

# SUN SENIOR NEWS

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## Roy and Bonnie Devers—Going into all the World

BY RUTH MORSE

Roy and Bonnie Devers in Lincoln Hills celebrated their seventieth anniversary on October 6, 2020 and want everyone to know that they were quite young when first married. Bonnie teasingly believes she was three years old and Roy was only two. They had always planned to visit Victoria, British Columbia, Canada for their honeymoon many years ago and did not make it because Roy had to report to work soon after their wedding. Even though they have extensively traveled, they have still not made it to Victoria and planned a trip for this year, but that has been put on hold because of the unique circumstances this year has provided for travel. Hopefully, they will finally get there.

The couple met in Vancouver, Washington so they were never all that far away from Victoria. Roy attended school with



PHOTO BY JEFF ANDERSEN

Bonnie's sisters. Since it was an agricultural community, many of the students were let out of school to help with local crops such as picking local strawberries, harvesting prunes,

or collecting filberts. Bonnie went with her sisters and a whole bunch of girls to help Mrs. Butz with her strawberry crop. Roy was there helping also and eyed Bonnie from a distance. As they say, they "met in a strawberry patch." While Roy and Bonnie and their families were living in Vancouver at the time, their families were both from other states. Roy's family had come from Texas and Bonnie's family from Iowa near the South Dakota border. Roy Devers was born in Texas in 1931. His mother died two weeks later from complications related to childbirth and so he was raised by an aunt and uncle who had lost

a daughter in childbirth just a few months before. Roy's father had at one time owned a half section of wheat land in Booker, Texas  
*(cont' on page 31)*

## LH Foundation — A Time to Give Thanks

BY DENISE BOWDEN

As the month of November begins our thoughts turn to cooler weather, Veteran's Day and Thanksgiving. November is also National Caregivers month which is close to our hearts and minds. It is a time to recognize those dedicated individuals who provide caregiving at home or with some help from organizations such as Del Oro Caregiver Resource Center, which is supported by grants from the Lincoln Hills Foundation.

We can expect that Thanksgiving this year will be much different for many and seats around the table will be fewer as we continue to social distance, but no matter how we celebrate the holiday we have a lot to be grateful for. In that spirit, the Foundation wants to express our thanks to all of our supporters over the years and especially this year when the needs of many in our community has grown so significantly.

As a reminder, the Foundation will be selling olive oil again this fall and we are pleased to offer single bottles as well as the popular gift packs of oil and vinegar. This year we will have an array of new choices in both oils, (basil and herb) and vinegars, (pomegranate and fig) Visit our website [lincolnhillsfoundation.org](http://lincolnhillsfoundation.org) to see selections and place orders, email [oliveoil@lincolnhillsfoundation@gmail.com](mailto:oliveoil@lincolnhillsfoundation@gmail.com) or call 916-409-2016 to order.

## LH Music Group

BY DAN LEHRER

The Group had so much fun "Zooming" our performances in September. Several guests attended and applause was abundant. Folks are overcoming the technical issues and we continue to explore more advanced programs to better enable performers to "play together." Last month with a Halloween theme in mind, our October Opening Group song was "I Put a Spell on You," CCR inspired. The Closing song was "Bad Moon Rising," also CCR based. The Jam was "Crossroads." Many folks performed in costume.

Normally 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](mailto:dlehrer72@gmail.com). Ukele Ohana meets Wednesdays, 1:00 to 3:00 PM, (OC). Open to Lincoln Hills residents. Contact Ron Peck at 925-788-5869 for information.

• • •

## LH Players Club

BY KAROL MENDEZ

Julie Africa tells me she has wonderful ideas for this Spring's Murder on the Orient Express. We are all hoping she will be able to realize them in the Spring of 2021. Just take a moment to feel how wonderful that would

be to get together again and rehearse a new play! But now we are in our ninth month of the pandemic and hopes for a normal spring are fading. New York City announced last week that Broadway will remain closed until June. No one can say when the Lodges will reopen with the consistency we need to rehearse. The hope of a vaccine is still there, but logistics tell us it may be well into spring, or even summer, before enough of the population is vaccinated to have safe, live entertainment for large, indoor audiences. We will just have to be patient a while longer and see where life takes us.

We are very hopeful that we will be able to present Damn Yankees next fall. We are always looking for new faces as actors, singers, dancers, support, and technical crews. We will have fun when we can get together once more. When the Lodges reopen, our meetings will be held on the second Monday of the month at 4 pm, Kilaga Springs, Presentation Hall. I can't wait to see everyone again. Stay safe out there, and keep your spirits up for a while longer. Remember, this too shall pass!

Contact: David Africa, President 916 708-0009, [djafrica@sbcglobal.net](mailto:djafrica@sbcglobal.net). Website: [www.lhplayers.org](http://www.lhplayers.org).

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w/1 pic  
*(more Club News cont' on page 5)*

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# From the Editors



Gratitude in the year of the pandemic — while there have been plenty of headlines in 2020, the influence of the pandemic has been universal and 2020 will likely always be remembered as the year of COVID-19.

For us, and probably for you too, it has been a year of adjustments, from lock-downs and social-distancing to masks and learning more about communicating digitally. However, with all the concerns and uncertainty, there have been some silver-linings through the struggles.

Personally, the circumstances have brought our family and friends closer together, both physically and digitally.

Professionally, 2020 has been a challenge, but we have weathered the adjustments better than we anticipated, thanks to your continued support and the resilience and loyalty of our many



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advertisers — just one more thing that we are grateful for.

We hope you have found some of your own silver-linings to be grateful for in these very interesting times, and we wish you a safe

and healthy Thanksgiving.

Gregg and Liz Goldthorpe

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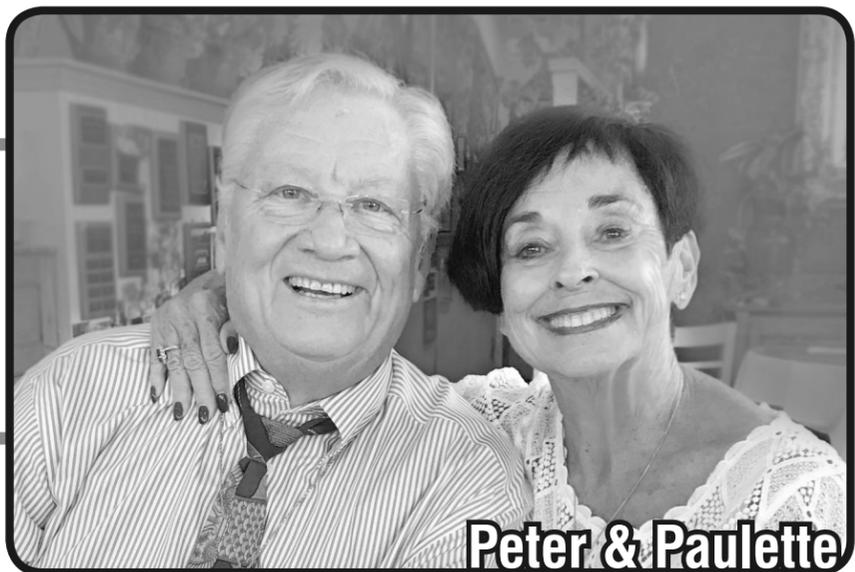
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### Ballroom Dance

BY ERNIE MICHELI

Tom and Michelle Breckon are this month's featured dance couple. Both Tom and Michelle, who have been in Lincoln Hills since 2004, enjoy dancing very much. They first started taking lessons at Sierra College in the early 80's. Tom and Michelle took an 18 year break when their son was born, and he became their focus. As soon as he went off to college, they resumed their hobby and have been dancing ever since.

Tom and Michelle lived in Roseville and took group dance lessons all over the area from many different instructors. They worked their way through most of the popular ballroom dances. They learned smooth dances like the Foxtrot, Waltz and Quick Step. They also know club dances like the East and West Coast Swing. They are also adept with the Night Club Two Step and one of their favorites the Hustle. Tom and Michelle also enjoy the Latin dances like the Rhumba, Bolero, Samba, Salsa and Cha Cha. Their goal was always to have fun, never to compete. They wanted to learn enough steps to be able to dance each style without repeating too often.

Their special treats were to go on a few dance cruises. They have danced on the big floors of both the Queen Mary 2 and the Queen Victoria. They spent several New Year's Eves in San Francisco, ballroom dancing at the Marines Memorial.

Recently they took up Argentine Tango, a very challenging but rewarding and fun. They like to practice on Tuesdays during the Ballroom Dance Club's open floor time at Kilaga Springs.

They give a Gold Star to the Ballroom Dance Club for their instruction and activities. The Ballroom Dance Club membership is only \$7 per year per person and entitles you to weekly lessons and practice time. The facility at Kilaga Springs provides an excellent



dance floor. Dancers at all levels will have an opportunity to practice and hone their skills. Beginners are welcomed and encouraged. The main purpose of the Club is to learn and have fun.

Tom and Michelle hope to see you on the dance floor.

The steering committee wishes you and your family a healthy and peaceful Thanksgiving. We hope that we can have some type of ballroom dance activity in the near future. Ballroom Dance Club lessons and activities continue to be suspended. Currently the Ballroom Dance Steering Committee is working on a plan to safely resume dance activities that are consistent with state and local guidelines. For more information contact Ruth Algeri at 916-408-4752.

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### Tap Company

BY ALISON WOLFE

An update on our winter Holiday Luncheon. Back in August we had been optimistically pessimistic that it would take place, but unfortunately with all that is still going on we've had to cancel it. There will be no Holiday Luncheon this December.

We wish everyone a very safe and healthy Happy Thanksgiving.

• • •

### Country Couples

BY KATHY LOPEZ

We all know it's Election Time (how could we not?) It is also that time for Country Couples... our Steering Committee will have two openings in 2021. The vacancies will be Secretary and Chair.

soon all the TV ads, mailers, and emails will cease... November 3rd is just around the corner. Then we should be able to get back to a little more sanity in our lives.

I was reminiscing recently back to some earlier times when there wasn't even a Country Couples group here in Sun City Lincoln Hills. A few of us found there were two local C&W dance clubs in the area. After attending a couple events at these clubs, we passed the word along to our fellow dancers here in SCLH. These two local clubs are still around and meet in Loomis (but not during the pandemic). Anyway, we met a lot of nice people at the outside clubs and still keep in touch with them. The photo included here is a 2010 New Year's Eve dance in Loomis. As usual, it sure was a lot of fun! Can't wait to get back to dancing again!

When our facilities/activities open again, if you're interested in Country Couples lessons,



CCMembers: Please consider volunteering for one of these positions. Rich and Donna Pick are the Nominating Committee this time around; just contact them if you are interested. If you've been thinking about volunteering or just want information about the positions being vacated, please give Rich or Donna a call or send an email.

I can guarantee you that Country Couples' election will be nothing like the current one that is going on right now at the national level. Sure hope you were all able to vote in the national and local elections – it is so important. Speaking of the current public election, pretty

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

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(more Club News cont' on page 9)

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# Oldham to Return to Placer as New Health and Human Services Director, Chief Psychiatrist, Interim Health Officer

BY PLACER COUNTY

Placer County has a familiar face as its new director of Health and Human Services and chief psychiatrist: Dr. Rob Oldham.

Oldham previously served as Placer's health officer and director of Public Health from 2014-2019, and returned to the county after serving for the last year as chief medical executive for Sutter Center for Psychiatry in Sacramento and as medical director of acute psychiatric services across the Sutter Health system in California and Hawaii.

Following an extensive recruitment process, he was appointed to his new post by Placer County Executive Officer Todd Leopold in consultation with the Board of Supervisors, and officially began Sept. 14.

"Rob is a proven, trusted leader who embraces a collaborative and innovative spirit. The credentials he holds are invaluable to the county as we not only continue to navigate through the COVID-19 pandemic, but through his strategic engagement with our community partners," said Leopold.

As Health and Human Services director, Oldham will oversee a department with a fiscal year 2020-21 budget of more than \$230 million and more than 800 staff members. The department integrates five operating divisions: Adult System of Care, Children's

System of Care, Environmental Health and Animal Services, Human Services and Public Health, with fiscal guidance and oversight from Administrative Services. Health and Human Services serves the community through a combination of direct services and a robust network of public, private and community-based partners.

In his role as chief psychiatrist, Oldham will direct and manage psychiatric medical activities under the county's mental health program.

The department's wide array of services includes:

- Crisis and emergency services for children and adults;
- Public health services such as communicable disease control, emergency preparation and response;
- Child welfare services and other programs for children;
- Adult protective services;
- Mental health programs;
- Substance abuse and treatment services;
- Assistance for needy families and individuals, including financial, food and nutrition, employment, and healthcare coverage;
- Restaurant inspections and other environmental health programs; and

• Animal adoptions, dog and cat licensing and a variety of other animal services.

Services are available throughout the county at offices in Auburn, Roseville, Rocklin and the North Lake Tahoe area.

In addition to his permanent role as HHS Director, Dr. Oldham was appointed as interim health officer for Placer County effective Sept. 26.

The health officer is a statutorily required position in California, appointed by each county Board of Supervisors. Oldham previously served as health officer at Placer County for nearly six years and will serve in the interim capacity while the county engages in a thorough search for a permanent health officer.

"Dr. Oldham is well positioned to lead the county's COVID-19 response until a permanent candidate is identified," said District 1 Supervisor and Board Chair Bonnie Gore. "We are fortunate to have him onboard."

Oldham received a Bachelor of Arts from the University of Virginia, a Doctor of Medicine from the University of Alabama School of Medicine and a Master of Science in health administration from Virginia Commonwealth University, where he also completed his residencies in general psychiatry and preventive medicine/public health. He is board-certified in general psychiatry, general

preventive medicine/public health, and consultation-liaison psychiatry. Oldham is also the immediate past president of the California Conference of Local Health Officers and the California Academy of Preventive Medicine, and has served on many other local and statewide boards and associations.

During his previous tenure with Public Health at Placer, Oldham led the division's efforts to complete its first community health assessment in over a decade and initiate the Public Health Accreditation process. He also helped bring the Whole Person Care pilot program to the county.

"I'm excited to return in this new role and work with our team to build upon the department's past successes to better serve our county's residents," Oldham said.

Oldham will succeed Jeff Brown, who is transitioned into long-planned retirement in mid-September. Brown has served as Placer County's Health and Human Services director for more than six years and many years in similar roles in other counties, including eight years in neighboring Nevada County. He will join his wife, who also recently retired, in traveling and other adventures.

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# From Your Placer County Supervisor Placer County Reaches Historic Conservation Landmark

BY ROBERT M. WEYGANDT, District 2 Supervisor



Robert M. Weygandt

After 20 years of hard work and dedication I am proud to share that the first-of-its-kind Placer County Conservation Program was adopted by the Placer County Board of Supervisors in September.

This is an historic achievement and I would like to take this opportunity to talk about what it means for future generations.

The PCCP covers more than 260,000 acres of western Placer County and Lincoln. Within the plan area, roughly 47,000 acres would become part of an interconnected reserve system to more effectively protect and restore fish and wildlife species and their habitat.

The PCCP is unique because it would also expedite the environmental permit processes under state and federal environmental laws for proposed public and private projects and move those approvals to the local government level.

This program has potential to serve as a model for other counties across the country - protecting species and their habitats while streamlining permitting processes.

In fact, the PCCP would be one of the first regional conservation plans in the United States to integrate endangered species permitting both for terrestrial species and

fish species, as well as regional wetlands permitting.

This will greatly reduce costs and the amount of time required to receive permits that without the PCCP are issued separately by state and federal wildlife and wetland protection agencies.

Here's how the permitting process will work.

Property owners and project sponsors are required to mitigate species and habitat impacts under the PCCP would either dedicate land to the reserve system or pay fees to support free-market easement or property acquisitions.

The reserve system would be managed by a joint powers authority including Placer County and Lincoln that would purchase conservation easements or acquire lands in fee title to be preserved in perpetuity.

The JPA would also oversee cooperative agreements with other organizations that would own or manage preserves or conservation easements as part of the PCCP reserve system.

The program is also a wonderful example of the county working with environmental groups, business leaders, developers, farmers and other stakeholders to reach a common goal.

Although we're extremely close to solidifying the project we still have a few

more steps.

Subsequent adoption hearings are planned to be held by the Lincoln City Council, Placer County Water Agency Board of Directors and South Placer Regional Transportation Authority Board of Directors as additional PCCP plan partners.

This program will help to preserve our natural heritage while balancing growth and prosperity for generations to come.



## Volunteers Needed

AARP Foundation Tax-Aide is looking for volunteers as counselors, greeters, and schedulers to help taxpayers complete their 2020 income tax returns in Lincoln during the 2021 tax-filing season. Some knowledge of computers is required to assist in providing our free e-file service. Volunteers need to commit four hours in one day per week during February 8th through April 15th. To volunteer or for more information about becoming an AARP Tax-Aide volunteer in Lincoln for the 2020 tax season, please email [yorke1946@gmail.com](mailto:yorke1946@gmail.com) with your name, address, phone number, and position(s) you are interested in.



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## Line Dance Group

BY TOM WILLIS

Line dance classes continue to be held outside, but we are now meeting under the solar covers at the Kilaga parking lot. This venue gives us more protection from the sun and a larger dance area. Of course, we would love to be dancing inside Kilaga Springs Lodge, but for now, we are just content to be dancing. Our instructors give their all to make our “parking lot” experience worthwhile. While dancing is our main focus, we are also a social group. We hold three socials during the calendar year, but unfortunately, this year was a bit different. We have a Line Dance Committee which consists of four positions, (President, Vice President, Secretary and Treasurer ) and we are looking for volunteers to fill these positions. The term is a two-year commitment and the present board will vacate next January. The present board will offer assistance to the new board to make the transition go smoothly. We look forward to having socials next year when it is safe to do so, but we will be unable to have these fun events if we do not have volunteers. Committee meetings are held once a month on average to plan events. If you have experience planning social events or would like to write articles for the Sun Senior News or Compass, please consider volunteering your time. Even if you do not have event-planning experience, just consider becoming more involved.

## LH Painters' Club

BY JOAN MUSILLANI

As we approach the close of a challenging 2020, we look forward to 2021 with hope and ready to regain as much of our “normal” lives as possible. For painters, we are fortunate that we have been able to paint while still in seclusion, so we will present our semi-annual Challenge in November. We'll see the results of the subject assigned in May – Urban Scenes. Entries will be posted on-line, available to all members to review and vote for their favorites.

In addition to our country's election on November 3rd, our Painters Club will hold its biannual election this fall. Nominees are announced in October and the new officers will be announced at the November meeting. The current officers will have concluded their maximum term of two 2-year terms, so there

will be new officers with a fresh perspective and new ideas. Clubs benefit from changing leads and we are looking forward to “new blood” to lead us.

This is also the time we start our DUES Drive. This year our Board reviewed the expenditures and (lack of) activities of 2020 and recognized a large savings due to inability to hold our regular programs. It was decided the dues for 2021 will be waived for current members, more information by will come to members by email.

Our monthly critique meetings will continue on the first Tuesday of the month at 10-12 under the KS Solar Panels, as long as weather permits. Once the Lodges are open, we will arrange inside accommodations. We continue to get great feedback on these events.

We are sorry to announce that the annual Fine Arts Show, normally held in late February has been canceled for 2021, due to the uncertainty of holding large social events during the pandemic. We will look forward to 2022 and a return to the same popular show we have had for 17 years.

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

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

Membership: Jerrie Crass, e-mail: jerric68@gmail.com or 916 302-6178

## Mixed Media Arts Club

BY JILL SHORT

Happy November artists friends! Our club has been trying to stay connected the last few months. We are missing some of our members as we Zoom. We hope to see you all next time. In September, we had an informative and fun lesson from Dina Wakley. In her video she demonstrated ways to use her Scribble Sticks. Presently, Dina has three different containers of the sticks. They coordinate with the colors of her paint too. Since these are water-soluble pigments, we learned how to create background and blend colors using them. We found out all kinds of ways to use Scribble Sticks. Some of our members got so excited they decided to buy these sticks and some learned how to use the sticks they already had in new ways.

During our meetings we always share what we have been working on including our art challenge for the month. Our prompt word

for September was “Dream”. I announced our Challenge for October during the meeting. The October challenge was to take a hat, cap, or hair band and decorate it for Fall. The wearable art that was created was to be modeled during our October Zoom meeting. How about a November challenge? The prompt words are “Fall Leaves”. The rules for challenges are that there are not any rules and you do not have to participate. If you choose to participate then just create with our challenge words in mind. Next time we get together whether we are zooming or in person you can share it.

Our Zoom meetings are the third Wednesday of the month at 11:00 AM. Our members are kept up to date with emails from our President, Nan Griffin. When we are back to our “normal” life the meeting time will change to 1:00 PM the third Wednesday of the month. Our in-person meeting room is the Ceramics Room (OC).

Some of the Mixed Media members are taking Kerry Dahlin's Art Journal class that is held twice a month in the Secret Garden. The October classes had a waitlist and had new people in it. Great to see such an interest in Mixed Media. In September Kerry taught us how to turn a bag into a fun pocket to hold a little Journal we also made. Creating outside in the Secret Garden is a big bonus. Her classes in October had us working in our own journals. We were excited to have Kerry as our Zoom Speaker for our October meeting.

One of the tools we use all the time are brushes. I have bought all kinds of brushes from very cheap to not so cheap. I have discovered some of my brushes tend to lose bristles in my projects. When that happens, I have choices. I can try to pick the bristle out of my paint, leave it in the paint and call it texture, or even throw out the brush. I have done all of these choices at various times. Some of my brushes are a little more expensive and are more delightful to work with. It is up to you the artist to decide which brushes you are most comfortable working with. In Mixed Media there is certainly no wrong brush. As a precaution if you use brushes with your Gesso then it is a good idea to dedicate a brush to use only with Gesso. Gesso tends to ruin brushes by making the bristles very hard and stiff.

I want to share some basic and useful information on acrylic paint brushes. So, let's look at some different types of brushes for acrylic painting as well as some examples of

why and how you might use each brush. Keep in mind though that these are just general recommendations and suggestions. Also, I am not talking about brushes for watercolor.

The acrylic wash brush is a paint brush that is very big. These brushes are best known for covering large parts of canvas or paper quickly. They are thicker than most other brushes which allows for the brush to pick up the most amount of paint and water. A dry brush can be used when applying paint. To achieve the maximum coverage quickly the best option is to dip the brush into some water and then the paint.

The angled brush has an angled or slanted tip. It can also be known as a “slanted brush.” This brush is useful for curves and being able to create lines and shapes that vary in thickness and coverage. This is a great brush If you like the flexibility going from thin to thick lines with just one brush.

The flat brush very closely resembles a wash brush, except it is not quite as thick and the bristles are typically not as rounded on the edges. Flat brushes are great for wide strokes where you want a lot of paint coverage. If you are working on a surface where a wash brush might be too large, the flat brush gives you excellent coverage while also providing you a little more control over the wash brush. Flat brushes can also be used for thick to thin lines.

One brush that I enjoy playing with for nature scenes is my fan brush. It is great for painting trees, grasses, shrubbery. Fan brushes have a fan shape tip. These brushes are great for blending backgrounds and skies, as well as adding subtle highlights to darker areas. You can also play around with a lot of different textures using a fan brush. If you tap the brush, you will get a different effect than if you simply create long brush strokes with it. While we often associate these brushes for painting nature elements and landscapes in acrylics, these brushes can also be excellent for adding fun textures and different designs in your mixed media art journals and abstract paintings as well!

Round brushes are typically much smaller than flat and angled brushes, and have a soft rounded edge. Use these brushes for adding details and when you need full control of the size and flow of the paint. You may also wish to experiment with using these brushes both

(cont' on page 13)

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# Neighbors InDeed

## Year End Reminders

BY JANET ROBERTS  
ARTWORK BY RUDI FRANKE

The Handy Helpers are back providing full services. If your routine maintenance was delayed at our request, please give us a call at 916-223-2763.



In the past, the Community Forum Task Force has welcomed the Handy Helpers to make presentations informing residents about a number of different topics related to our homes, both inside and out. We had a Forum scheduled for last month, but canceled it due to the closure of Orchard Creek Lodge. We want to let you know that you can access the Handy Helper Community Forums from the past on the SCLH Resident Website and learn from those presentations at your leisure. You can also access the 2018 Forum on the Neighbors InDeed website [www.neighborsindeed.org](http://www.neighborsindeed.org).

Usually fall is the time to do those last-minute household and yard tasks before winter settles in. The tasks that the Handy Helpers can help out with include, but are not limited to, furnace filter changes, garage door lubes and smoke detector battery changes. In addition, you might want to consider reprogramming the thermostat and the sprinkler controller as

the weather gets cooler. Check to make sure all the lights around the house, inside and out, are in working order as it gets darker outside. We may not have little ghosts and goblins running around, but we don't want you to trip and fall if you're walking around in the dark.

Anything else our Handy Helpers can do for you? Did you find a leaking drip line as you were checking your yard, or did you remember that you wanted to rotate the mattress and get the boxes of decorations down from the garage shelves? We can't clean the gutters or go into the attic, but there are lots of ways we can help you. Check our website for reminders about what we can do and what we can't.

This is our last article for 2020. It's been a different year for all of us, but we've almost made it through. Neighbors InDeed wishes you happy holidays from Thanksgiving through New Year's, and we hope that you'll be able to spend some of those holidays with your family and friends, either in person or in one of those new ways that we've had to learn. Stay safe and healthy.

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

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## LHCC Honors Lincoln Police

BY CAROL GLAUSH

On Wednesday, September 16, the Lincoln Hills Community Church Women's Ministry hosted a two-hour drive through to reconnect with the women after six months of no events or fellowship. This was also an opportunity to donate and show appreciation and support for the Lincoln Police, The event was attended by the Public Safety Chief, Doug Lee, and some fellow officers. As the participants drove



*Jaquie Tomke, Linda Walsh, Wendy Gotcher, Rett Haworth, Lieutenant Alves, Janet Hamil, Police Chief Lee, Lissi Bedford, Jim Brown, Pastor Jody Shorkey and Pastor Mike Bradaric.*



*Officers with the Ballistic Shields.*



*Wendy Gotcher with a participant in the drive through.*

by the Police, they thanked them for their commitment to the safety of our Community.

The occupants in more than 100 cars donated generously to show how much our Lincoln police are valued. During the drive through over \$5000 was raised. The Men's and Women's Ministry

groups contributed additional funds bringing the total to \$9,000. Since the event, donations from the congregation and the community are still coming in, with hopes of reaching \$10,000.

The donated funds will be used to purchase ballistic shields and other items needed by the police department.

## Kiwanis Club of Lincoln will be Selling See's Candy

BY CAROL DICKEY

Kiwanis Club of Lincoln will be selling See's Candy again this year with all proceeds going to support the youth of Lincoln and the immediate surrounding area. The selling locations for this year will be the former Pipeline Coffee shop located across from the Orchard Creek Lodge in Sun City Lincoln Hills and downtown Lincoln in what was formerly the Lincoln Gun Exchange, 426 Lincoln Blvd., right next door to Awful Annie's Restaurant. The Club anticipates opening November 10 in each location and will continue selling through Christmas Eve or until the supply is exhausted.

All precautions will be taken to guarantee safety requirements of the Placer County Health Department regarding COVID-19. Additionally, the See's for Soldiers program will be in effect. Last year the Club sent over 1,000 pounds of candy to service personnel stationed around the world during the holiday period. If anyone has questions, please call Mike Caporale 707-548-1490 or Criste Freymond 916-343-7643.

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### Mixed Media Arts Club

(cont' from page 9)

wet and dry for different effects while creating. A liner brush is a very thin brush with very long bristles. It somewhat resembles the round brush, except it is so much smaller. Liner brushes are best used for fine details in your artwork. You can use liner brushes to dip into acrylic paint or even with ink. Liner brushes are excellent for having a lot of control of the paint brush and for creating very thin lines. You can also use a liner brush for lettering and adding words to your pages. Liner brushes work best when wet. Dipping into water before the paint can help make the paint flow and spread a bit more smoothly.

Palette knives are technically not actually a brush at all. I will list them because they are a very common and popular way to apply paint to our art work. Many artists use palette knives in a variety of different ways to create different textures and effects in their artwork. Plastic palette knives will work well for beginners and for your first experiences in exploring acrylic paints, but if you really love using them, it would be wise to invest in a metal palette knife. I first bought plastic and then bought metal palette knives. I tend to only use my metal now. The advantage to a metal palette knife is they are generally much easier to clean. Metal palette knives are also much less likely to snap and break if too much force is accidentally applied to them. You can use palette knives to create different textures, spread paint, and build up various layers. Palette knives are most popular to use on canvas, because the paint tends to be applied very thickly. You can certainly use a palette knife in your art journals. If you use a palette knife in your journal to thickly apply paint or texture paste just be sure that you allow for ample drying time to ensure pages do not stick together!

As you look at your brushes and pick up one do you wonder if it is the right one for the job? Just remember we as artists can break the rules about paint brushes and use what we want. Pablo Picasso said it best, "Learn the rules like a pro so you can break them like an artist."

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### Paper Arts Club

BY LINDA LUCCHETTI

Club meetings and activities are still on hold. We will publish our calendar in the newsletter based on the status of facilities and public safety recommendations. Keep checking our newsletters and enjoy photos of some project ideas and creative cards from members. In October's newsletter, we showcased all things Halloween. Thanks to those who shared their spooky designs.

It's that time of year when we give thanks, count our blessings, and give back to those in need. Here is a way for us to give back, while using our talents. "Cards for Kindness" is



Paper Arts Club — Shirley Rainman's Halloween cards.

a unique organization through Scrapbook. Com, that reaches cancer patients, people in hospitals, nursing homes, retirement homes, and children. All you do is send them your handmade cards and they will distribute. If you would like to donate your cards, and spread sunshine to others, contact Linda Lucchetti, linnluu@aol.com, who is organizing the club's effort. For more information and details about what types of cards to donate, go to the website <https://www.scrapbook.com/articles/cards-for-kindness>

Upon lodge reopening, 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: Susan Long, club president, at [scwlong@sbcglobal.net](mailto:scwlong@sbcglobal.net).

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### Needle Arts Club

BY JILL SHORT

We are into the Season of Holidays and a fun time to get creative with some of our seasonal Needle Arts projects. There are a few things to report about our group.

Community Service donated 51 quilts to "We Care." These quilts will go to children displaced by the fires. Community Service, you have come through again helping others! We are so grateful to this subgroup of Needle Arts.

The Needle Arts Board met on Zoom the first Monday of October to discuss next year's Board, appointed positions, meetings, and dues.

position is still unfilled. The appointed Board Members are as follows: Board Liaison - Sheila Haddad, Calendar - Karen Funk, Community Service - Clareen Bolton and Bev Johnson, Membership - Linda Moran, Sewing Room - Pat Barnhill, Sunshine - Shirli Lent, Webmaster - Sylvia Feldman, Window Display - Judy Horowitz, Workshops - Susan Smotherman, Communications - Open Position.

Needle Arts Dues for 2021 are \$10 until January 30. The price is for members who are renewing as well as new people who wish to join. Our website (under membership) has the membership forms and information on where to mail your checks. To get the dues for \$10 the membership form with your check must be postmarked by January 30. After that date, the dues will go up to \$20 for everyone. Make sure you send in the dues early so you can get the great discounted price.

Check out our website for all our online show and tells. There has been some wonderful projects shown. We will be having one this month (around November 10) that will showcase "Holiday" projects.

At the time of writing this article, Needle Arts is continuing to look for someone to take the Communication position. This position requires writing articles for the Sun Senior News and the Compass. I have done the job for three years and I am stepping down. When I took the job there was a need for someone to do it but I had no writing experience and writing was not an area that I felt comfortable in. I took it on and put my own spin on things. As the years continued, I became a little more comfortable letting my personality out into the articles. I am still not a writer but I learned a lot. During these Covid months I just decided to be creative since there was very little to nothing going on. Long articles are not necessary for whomever takes over the job. I have surprised myself in that I have enjoyed writing articles for several reasons. I have enjoyed meeting new people as I gathered information for articles. Writing articles is a way to meet people and get to know what is happening in Needle Arts as a whole and in the subgroups. When we are meeting during the "normal" time the gathering of information is very easy. During "normal" times I wrote about what was happening in the past, present and future. I encourage members who are

(cont' on page 14)



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**Needle Arts Club**

(cont' from page 13)

interested to let go of any fears you might have about volunteering for this position. If I can do this job, you can. If you like to write and have experience writing then you are way ahead of me. Of course, loving to write or experience in writing is not necessary. Just a willing heart to help out is all you need. If you volunteer, I will walk you through how to turn in articles and ideas to help you gather information. Please, if you are interested contact our President, Jean Storms. My last article will appear In January 2021. These last few articles will be short and sweet. They will contain club information so members who might be interested in volunteering for the job of Communications will see what can be written about the club.

As we finish out this year members should watch for emails from Jean Storms with up to date information. Thank you, Jean, for keeping us connected with these newsletters, especially during this last year when we cannot be together. Please check our website for membership information, contact information for our current Board Members, and Show and Tell. The Needle Arts website is sclhna.com

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**Vintage Treasures**

BY ELLEN STEELE

Since Spring, Vintage Treasures has been continuing our interest in collecting and sharing antiques with e-presentations to its loyal members via email. We are so very fortunate to have many talented and interesting members who have been sharing their collections. A warm thank you to all the members who have shared the photos and history of their treasures!

Our November e-presentation will be a member, of her collection of Holiday items. As we approach the Fall and Winter holidays, we can still bring out our decorations, and brighten

our homes and yards with the seasonal items we have collected over the years.

December will bring a pause for Vintage Treasures while we try to make plans for the New Year. Let us hope that 2021 will be full of promise, and we will again gather to share our treasures.

When we can get together again, it will be in the Heights and Gables Room (OC) on the first Monday of every month, from 10:00 to 11:30 AM. The presentation is followed by an optional lunch at Meridians.

Contact: Sandi Janisch 916-253-9085

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**Woodcarvers**

BY LIONEL RAINMAN

Obviously the Covid-19 virus has put a damper on club meetings, but members can still enjoy carving while at home. What about someone that is interested in carving and would like some information. Probably the best source is our good friend the Internet. Thankfully that has been available, but can you imagine how we would all be if we lost that connection. Sorry for that little morbid thought.

For carving information, the internet, specifically YouTube, can't be beat. Putting in "woodcarving" in a search box will give you many samples by many different artists. However, be aware that many things are shown with minimal information and speeded up video so a completed project that may take many hours is condensed to a few minutes. There are some videos that may be quite lengthy and informative. Hopefully the idea is to get you inspired. At some time in the future we may be having real meetings and we welcome anyone interested in carving to pay us a visit. When meetings resume we meet weekly in the Sierra Room at Kilaga on Wednesday from 1:00 to 4:00 PM

Contact: Lionel Rainman 916-253-9534

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**LH Photography Club**

BY DIANE MARGETTS

Artistic Vision' is the path to the heart and soul of a photo. Karen Hutton was the presenter at our October 'virtual' General Meeting. Karen is on a mission to create photographic art that is like oxygen for your walls. With phenomenal photos that ranged from massive landscapes to the spectacular detail of a flower, she certainly accomplished it for our virtual walls.

Our new 'virtual world' truly does span the globe. Our November presenter, Nigel Danson, will be speaking to us from across pond in the Peak District in the United Kingdom. Nigel is a landscape photographer, writer, videographer, teacher who believes Life is About Experiences. To experience Nigel Danson, mark your calendars for November 11.

Share your work in the Enhancement SIG. What are you working on? This is a chance to show your current projects. Have you taken photos lately that just need a little more umph? Or maybe you are working on enhancing older photographs or trying a new technique A/C would like to hear from others. Bring your work and your questions to the Online Enhancement SIG. The SIG meets on the first Wednesday of the month at 9 am. All are welcome. The November topic will be on "white balance" issues.

The Round Table SIG is held on the fourth Wednesday of the month at 9 am. The

(cont' on page 15)

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### LH Photography Club

(cont' from page 14)

November topic has not been selected yet. The Learning SIG is temporarily on hold but will resume after the first of the year. We appreciate feedback on any topics you would like featured in any of the future SIGs,

The club Facebook page is open to all residents of SCLH who are interested in photography. Members post photographs, suggestions, answer questions, and add ideas for local places to try your skills with the camera. Beginners are especially welcome. To join go to: <https://www.facebook.com/groups/SCLHPhotographyClub/?ref=bookmarks>

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

### LH Amateur Radio Group

BY DAN LEHRER - KN6DRN

Our Group continues to “Zoom” our pre Net meetings every Monday night at 6:30 PM. We share information, and “rag chew” up until our official Net time. One of our topics included ways to overcome computer problems in setting up Digital programs to successfully work with our radios. Several of our members participated in the California QSO Party. At this “Party,” Amateur Radio stations from across the USA and Canada try to contact stations in California accumulating points for each contact. It’s exciting just to hear so many



Dan, KN6DRN Earns WAS Award September, 2020.

stations trying to contact us. Congratulations to Dan, KN6DRN for earning his Worked All States Award (WAS). WAS is achieved by having a confirmed two-way contact with Amateur Radio Stations in all 50 states of the USA. In these low Sunspot times and other restrictions, the challenge of making contacts is quite high, well done! Check out our Website for useful information such as upcoming Ham contests, technical articles and events as well as our roster and net scripts. 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 meetings at the Sports Pavilion as soon as Covid-19 health concerns are a thing of the past. 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](http://lharg.us) or email [Stuart.Gallant@gmail.com](mailto:Stuart.Gallant@gmail.com).

### LH Astronomy Group

BY BILL WEAVER

The LHAG Steering Committee has established web-based meetings and presentations for its members as an alternative to in-person membership meetings. This will continue while the Covid-19 restrictions prohibit in-person meetings. Our first on-line meeting was held on October 28th and included the presentation by NASA Solar System Ambassadors, Tim Pinkney and Richard Sandler and titled “Artemis: Humanities Return to the Moon”, about the first woman and the next man who are going to the Moon by 2024 to better understand the Earth’s origins as well as our place in the solar system and Milky Way. The program for November has not been set as of this article but will be announced through email to its members and the LHAG website.

Astronomical Events for November  
Nov 15: Super New Moon

This New Moon takes place close to its perigee (the point on its orbit closest to the

Earth). This is the phase of the moon when it is in conjunction with the sun and invisible from earth, or shortly thereafter when it appears as a slender crescent. In contrast, the full moon is the lunar phase when the Moon appears fully illuminated from Earth’s perspective.

Nov 17/18: Leonid Meteor Shower

The Leonids’ shooting stars are visible between November 6 and 30 around midnight, and peak on the night of November 17 and early morning of November 18, 2020 with up to 15 meteors per hour. The shower is called Leonids because its radiant, or the point in the sky where the meteors seem to emerge from, lies in the constellation Leo. The Leonids occur when the Earth passes through the debris left by Comet Tempel-Tuttle. The comet takes around 33 years to make one orbit around the Sun.

Nov 30: Beaver Moon

The Full Moon in November is named after beavers who build their winter dams at this time of year. The beaver is mainly nocturnal, so they keep working under the light of the Full Moon. It is also called Frost Moon and Mourning Moon, depending on the winter solstice.

Questions regarding the LHAG should be directed to LHAG President Bill Weaver at [hamweaver@wavecable.com](mailto:hamweaver@wavecable.com).

Additional information about the LHAG, its meetings, activities and its subgroups can be found on its website at [www.lhag.org](http://www.lhag.org).

(more Club News cont' on page 16)



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**Lincoln Hills September Sales Snapshot**

Address	Street	Sq Ft.	Price	Model
320	Shepherds	1571	486000	Quail Cove
2272	Lamplight	1045	375000	Mariposa
208	Quail Covey	1190	400000	Calaveras
2526	Walden View	2372	617500	San Mateo
1510	Topanga	1509	360000	Condo
2480	Blue Heron	2128	700000	Ventura
248	Saddlehorn	1148	405000	Milpond
873	Mossy Ridge	2176	754500	Sausalito
2646	Warbler	1775	497500	Tehama
2251	Lamplight	1449	430200	Almanor
572	Rustic Ranch	1785	565000	Santa Cruz
1825	Monument	1720	566000	Baldwin
504	Sawmill	2258	850000	Napa
1631	Andover	1626	490000	Lassen
1152	Barnswood	1910	550000	Fremont
995	Dogwood	1322	435000	Bridgegate
1230	Perdita	1515	508000	Pine Hill
1759	Emily	1806	500000	Echo Ridge
512	Northfield Lane	1298	418000	Bridgegate
460	Lilypond Lane	2955	840000	Madowgate
1086	Longhorn	3063	849500	Santa Barbara
1010	Stone Pine	1570	480000	Quail Cove
1633	Hackberry	1322	405000	Bridgegate
1562	Grand Pheasant	1967	595000	El Dorado
1530	Topanga	1194	300000	Condo
265	Geary	1020	375000	Mariposa
1430	Sweet Juliet	1161	380000	Milpond
536	Northfield	1515	475000	Pine Hill
110	Prairie View	1130	395000	Sequoia
1857	Homewood	1687	515000	Baldwin
910	Anton	1873	510000	Orchard Crest
1226	Tarapin	1361	455000	Madera
980	Yosemite	2860	827000	Springcrest
1433	Tallac	1298	450000	Bridgegate
1170	Overland	1549	492550	Alpine

Per Sacramento mls reported sales 9/1/20 - 9/30/20

**Book Club**

BY CATHIE SZABO

“To save one is to save the world”. – *The Tattooist of Auschwitz*, Heather Morris

Such a simple sentence, yet knowing it belongs to the horrid conditions of Auschwitz, it takes on a more profound meaning. And having it spoken by a Jewish man in the hellhole of the concentration camp makes it poignant. And yes, you guessed it, this book can be a difficult read, but full of enrichment in the sense that we see a whole new side of this slice of our history in the humanity of this tattooist.

Lale Sokolov, a Slovakian Jew, is forced to become a tattooist at Auschwitz when it is discovered he speaks several languages. From this “privileged” position, he able to find means of getting food for his fellow prisoners. And one day, he is touched by a young woman waiting for her number and vows to survive and marry her. A love story, yes, but so much more. Does love really triumph over all? Read the book and join in our discussion. It might become deep and uncomfortable, but that is how we grow as persons.

Our November meeting means we’ll be “zooming” yet again with details going out to our members shortly before November 19, the usual 3rd Thursday for our meetings. If you are not a member of the Book Club and wish to join us, email Cathie Szabo at catsickle@gmail.com with your email to receive details on joining the Zoom meeting.

As I sit and write this, your ballot for books selected for 2021 will be reaching your email shortly (with fingers crossed). Just like that “other election”, no in person voting. Ballots and a brief synopsis for each title suggested will be emailed to our members. Returns can be made via email, “snail mail” or phone. Details will be with the ballots. Winners will be announced in December.

Keeping this month’s article short and sweet, so you’ll have more time to fill out your ballots.

But one final thought from Heather Morris.

“If you wake up in the morning, it is a good day.”

And that sure sums up 2020!

Keep reading. Stay safe, stay well. Happy Thanksgiving to one and all from all of us in the Book Club.

For further information about the OC book club, contact Maureen Deal at mdeal2010@gmail.com, Joanne Johnson Felt at ivyarborcourt@aol.com, or Cathie Szabo at catsickle@gmail.com.

**Writer’s 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 October we are scheduled to meet November 9th, and 23rd and 30th. 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.

**SCLH Computer Club**

BY NORMAN SEIDENVERG

Kilaga and OC facilities remain the same, closed through the end of this year. We continue to provide monthly presentations via Zoom to our membership, on subjects involving our computers and the changing world. October 14, 2020 Norman Seidenverg MD gave a talk about “TeleMedicine”. Hardware, software, and medical uses were discussed. It was recorded and should be available soon. 5 prizes were awarded to the lucky attendees. November 11, 2020 @ 6:30 PM, Terry Rooney will talk about “Chromebooks”, which are selling rapidly due to use by schools and replacements for desktops. Our website: www.sclhcc.org is available to review previous presentations and other news. Election of the Board of Directors will be on November 11, online. Please consider running for the Board and /or giving a presentation. Contact us at our website, or sclhcc@gmail.com. Stay safe.

**Apple User Group**

BY RICH THAYER

The holidays are approaching so you won’t want to miss the holiday-oriented seminars in November. We anticipate that home automation will be a popular product category this season; Ken Spencer, Ken Silverman, Bill Smith, and Doug Thom will cover what you need to know about home automation. Need gift ideas for an Apple user? Vicki White and Andy Petro will collaborate on a presentation that provides some gift suggestions for Apple products users. Spreading holiday cheer through holiday greeting cards? Helen Rains and Andy Petro will show you how easy it is to create a holiday newsletter using Apple Pages. Check lhaug.org for seminar dates and times.

Also see lhaug.org for videos of October seminars, which covered new product offerings from Apple. These included an overview of iOS 14 by guest speaker Pete Lozzi, new Apple devices by Ken Spencer, iPadOS 14 by Ken Silverman, and the new Apple Watches by Bill Smith.

LHAUG is now accepting membership renewals for 2021. To renew your membership or to newly join LHAUG, go to the About Us tab on lhaug.org. Also, don’t forget about lhaug.org resources if you are upgrading your equipment. The Classifieds page is available to members for buying and selling equipment. The donation program is available if you’d like to donate your current Apple equipment. And the Help Line continues to be available.

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

(more Club News cont’ on page 17)

### Lavender Friends Club

BY SANDI DOLBEE

During this pandemic, Kate McCarthy documented a day in the life of being shuttered in place for a photography class she was taking. One of her photos was a poignant portrait of her dog, Hannah, looking out through the front door at the smoke-filled air on a day that there would be no walk because the air quality was unhealthy.

Kate, a longtime member of Lavender Friends and former club president, is a retired special education teacher and life-long learner. Rarely a semester goes by when she's not taking a class at Sierra College. She's also an avid photographer and active in the photography club here (a couple years ago, she took holiday pictures of Lavender Friends and their pets as a present for each of them).

She is a prime example of the diverse and dedicated men and women who make up our club, which represents LGBT residents and their allies.

Since this is the month of Thanksgiving, when our thoughts turn to gratitude, she weighed in on what she is grateful for—despite the COVID-19 shutdowns and cancellations, along with the other turmoil during a year that we will not soon forget.

"I am grateful that I am less likely to take things for granted during this time of quarantine and political disarray," Kate said.



"Quarantine brings a deeper appreciation of the value of close friendships. The political disarray makes me realize that we can't take democracy and civil rights for granted and need to stand up and fight the eroding movements toward fascism."

When we are able to get back together, the club's activities committee is thinking about hosting an event showcasing our members' many talents and hobbies. We have painters and quilters, collectors and crafters, among

others. Hopefully, Kate's photo work also will be on display.

Happy Thanksgiving everyone. For more information about our club, check out our website at [www.lavenderfriends.com](http://www.lavenderfriends.com).

### Genealogy Club

BY DR. BARBARA BRANCH

Karen Burney will be our speaker on November 16 at 6:30 PM on Zoom. Members will receive a Zoom link in a separate email from the Genealogy Club. Her topic is, Combining DNA and Traditional Research to Grow Your Family. Karen has been doing genealogy research for over 25 years. We will send a Zoom link to all members and any handouts one week before the meeting. There is no speaker in December. If you have never Zoomed, contact Barbara Branch for assistance before the meeting date. We can practice so you get a good experience. The Genealogy Officers will meet by Zoom in November to finalize plans for 2021.

Watch your Membership email for how to get coaching on Zoom with Genealogy Club Members. Notifications for renewal of membership will be sent to members in December. We will be offering a membership discount of \$15 per household for 2021 (one year only) for new and renewing members due to coronavirus constraints. Please consider joining or renewing so that we can maintain our services for you.

Check our SCLH Genealogy Club website

for handouts and updates:

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

### Shalom Social Group

BY JUDY GANULIN

Members of the Shalom Social Group heard several interesting and informative presentations this past month. First we heard from Sun City Interim Executive Director Robert Richardson. Then we heard from MacGregor Scott, U.S. Attorney for this area, and his staff. We had contacted his office because we learned that someone had painted a swastika on a resident's garage door, and as a primarily Jewish group, we found that offensive and frightening. Our last program was on the Electoral College, presented by Terry McAteer, a professor in the OLLI program at Sierra College. For more information please contact Joanne Levy, 508-333-8590.

(more Club News cont' on page 19)



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## Big History

BY CAROLE WADE

In November we continue to explore the origins and development of culture in Mesopotamia during the Bronze Age (3,500 to 1,100 BCE). In October we focused on how cultural universals such as language and education arose out of the family, then the tribe, and ultimately nations and empires. As tribes began to interact and trade in both goods and services with other groups, complex economies developed, enhanced by new technologies. And as cultures expanded there was eventually a need for some level of regulation and control, which in the beginning was accomplished by religions and later by governments.

At our first meeting in November we will look at the darker side of culture. On November 2nd Dave Lewis will speak on "War and Civilization." We will learn how the first civilizations developed and interacted, often violently, during the Bronze Age. Since then there has never been a century without war. Have you ever wondered why? Can there ever be a world without war?

On November 16th, we will try to put it all in perspective. The Culture Group and Dave Lewis will summarize the three Zoom sessions on early cultural development, and then we will break into discussion groups. Please join us to share your thoughts and questions, or hear those of others.

Zoom links will be emailed before each meeting. For more information, please contact David Lewis at 916-626-2795 or stuff619@gmail.com.

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## LH Italian Club

BY LINDA LUCCHETTI

We've canceled all remaining activities through 2020. Please continue to check the website for updates and possible news of next year's events.

Above all, let's stay positive! We look forward to the days when we can have fun together again. And to prepare for those days, and upcoming events, why not shop at the online Apparel Store for items like hats and shirts that show off the club's colorful logo. Be ready for any club gathering. Go to the website homepage to access the Apparel Store.

In addition, try browsing the website for a variety of articles, like "Reaching Out and Keeping in Touch," a series about Italy—its beautiful locations, fascinating history, and rich culture; "Where Are We?" where Karen and Lilly take virtual trips throughout Italy, providing clues along their journey; and the newest addition, "Italy in a Nutshell," with tidbits you may not know about Italy.

For a sweet treat, go to the website to view eight new Italian cookie recipes for: Amaretti Cookies, Anginetti Cookies, Baci di Dama, Bugie, Ossi di Morti Cookies, Pignoli Cookies, Sicilian S Cookies, and Sicilian S Cookies-Version 2. (Learn more about these cookies and their names in installment #46 of "Reaching Out and Keeping in Touch.") Each recipe has been carefully tested in our home kitchens, with finished products sampled by qualified taste testers! These recipes are ready and waiting for you to try. So, bake, enjoy, and impress your guests during the holidays.

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.

• • •

## LH Travel Group

BY TEENA FOWLER

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

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

www.LincolnHillsTravelGroup.com  
Nashville & the Smoky Mountains Holiday (Dec 10-17, 2020) (Sheron)

Grand Ole Opry, Dollywood, Asheville, Biltmore Estate, Gaylord Opryland Resort Exploring New Zealand with Optional Fiji Extension (Feb 3-24, 2021) (Linda)

Auckland, Wellington, Christchurch, Queenstown, Mount Cook National Park Tropical Costa Rica (Jan 23-31, 2021) (Sheron) San Jose, Coffee Plantation, Guanacaste, Monteverde Cloud Forest and options on tour

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

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

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

Crystal Cruise—Stockholm to Dover (Jul 7-20, 2021) (Louise)

Ports: Tallin, Estonia; Helsinki; St. Petersburg; Gdansk, Poland and Copenhagen 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

Even though our regular meetings at Kilaga Springs have been cancelled since last March due to Covid, it has not stopped our Members from traveling in our RVs all over California and throughout the USA. Planning is well underway for 2021 Rallies in Palm Desert in February followed by Campland on the Bay in San Diego in March. Further possible Rallies are being researched for Buellton/Solvang; Likely CA; and several venues closer to home. Meanwhile our Members are planning individual travels through the South, Yellowstone, and even Alaska. And then of course our Rallies include golf, pickleball, hiking, kayaking, and campfire sing-alongs.

When we're not travelling, our Members enjoy a good Party. Social Chair, Vicki White, has confirmed our Annual Holiday Party on December 10th at Catta Verdera where we can expect great food, lively music, and lots of dancing... all socially distanced of course.

Our Monthly Meetings are Scheduled to be held at 4:30pm on the 2nd Tuesday of each month in the Placer Room (KS). However, with the Lodges remaining closed due to Covid-19, we don't know when our Monthly

Meetings will resume. Watch Sun Senior News and the Compass for News of re-opening. But if you're an RVer, you don't have to wait for a Meeting to do so. Several new Members have been joining us on our Rallies. And remember, RVing is the safest way to travel as 3 million new RVers are experiencing.

Have questions or need more information, contact Club President Steve Beede at stevebeede5@gmail.com or by phone at 916-752-6972, or check our website at www.lhrvg.com.

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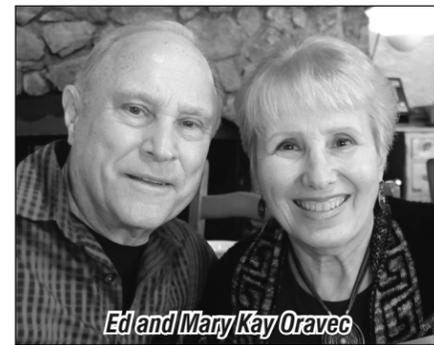
## SCLH Sports Car Club

BY PAM BERRY

Thank you to Ed and Mary Kay Oravec for writing this article. Take care and stay safe. If Not Now, When?

It was 2011 and we were in to making our retirement dreams a reality.

Family, Friends and Travel were what it was all about. What possibly could we be missing?



Ed and Mary Kay Oravec

Looking at lhspcars.com we found out. A lot of very nice welcoming people doing short trips to fabulous mostly California locations. There was a problem though, you had to have a sports car. We had never had a sports car and getting one had never crossed our minds. It had to be better than traveling 6,400 miles in a VW BUG from Michigan to Victoria Canada then back to Michigan via the Trans-Canada Highway in 1972.

Well that was all to change. We looked at the list of approved vehicles on the fantastic website and found two different hard top convertibles which looked very appealing. Off to CarMax we went where we purchased our first ever sports car, a Gold Lexus SC430.

(cont' on page 20)

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### SCLH Sports Car Club

(cont' from page 19)

The car and the club have been all we hoped for and even more. We've met great people, made some new friends and ventured to some new places and revisited some cherished from the past.

Our annual Lockeford Sausage Run and Pacific Grove "Seven Gables Inn" stay have been among our favorites and something we've looked forward to every year for the last nine.

Some beautiful memories were also made on our wonderful Santa Cruz/Felton Train/Shadowbrook trip. Also, can't forget Grants Pass Jet Boat Adventure, Little River Inn, Mendocino, Carson Mansion/Ferndale, Yosemite, Safari West, Pismo Beach/Ocean Melodrama and numerous backroad winery tours.

WOW! How lucky we are. So grateful for all the people and great memories.

• • •

### RoadRunners Motorcycle Club

BY MIKE SMITH

There was no club meeting or ride in October due to ongoing coronavirus restrictions and wildfire smoke. It is not known at this time if there will be a club ride in November. When restrictions have eased the club will continue to have scheduled rides on the second Saturday of the month, March – November. Club meetings are held on the fourth Thursday of the month at 5:30 PM

Multipurpose Room (OC) There is no club meeting in November.

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

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### Rods & Relics

BY ELNA RAGAN

On October 13, many of our Car Club members participated in a drive-by to honor Melissa Sandry, a young woman who has Down Syndrome. It was her 26th birthday. She was overjoyed by the acknowledgment of her special day and received numerous gifts, cards, and helium balloons. It was the highlight of her day! Our thanks to all who participated in this special event!

Plans for our Downtown Lincoln Car Show, to be held on June 5, 2021, continue to move forward. Our first meeting involving the Committee Chairs, will be held in January. Tom Indieri and Rich Ragan have begun working on information to be used in the Sponsor letters and developing artwork for the Flyer/Registration Forms.

The monthly General Business Meeting and bi-weekly breakfast at the Waffle Farm continue to be canceled until further notice. General Car Club information can be found on our website listed below.

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

Website: www.rodsnrelics.net

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

BY PATTI KINGSTON

"What a great day it was" when the schools opened for in person classes, said Scott Leaman, District Superintendent. All children and teachers have been wearing masks and socially distancing. Even the youngest are committed to keeping safe. Parents must monitor children's health before sending them off to school each day. The new Scottt Leaman Elementary School opened with 400 eager classmates and cutting the ribbon to open the new school was a time for celebration. It will be the district's first Science, Technology, Engineering, the Arts and Mathematics elementary school. This will be Scott Leaman's last school year heading the district as he will retire in June 2021. He has worked in the district since 1993, rising from principal to superintendent through a time of great growth.

SCHOOLS volunteers have been wondering about their roles in the classrooms this year. While they cannot appear in classrooms they can possibly pick up papers from the office to be corrected at home. Volunteers should contact their teachers to make arrangements. Volunteers may also be able to work one-on-one with students who need extra help via Zoom or Google Classroom. As the COVID situation changes there will be adjustments and details are changing daily. For information and updates the Western Placer School District website is www.wpusd.org.

• • •

### Lincoln Democratic Club

BY JUDY GANULIN

The Lincoln Democratic Club, like everyone else, is meeting by Zoom these days. Our next general meeting will be Thursday, November 19. Although at this writing we don't know the outcome of the election, we expect this meeting to be a victory party. We have been delighted to see the number of Biden-Harris yard signs in our neighborhoods. It is never too late to join the Lincoln Democratic Club. New members are always welcome. For more information please visit our website, <https://democraticclublincolnca.org/>

• • •

### LH Republican Club

BY SUE DUMAS

Fellow Republicans, give pause and prayer for Election 2020! Our lives, those of our children, grandchildren and future generations depend on the outcome, more so than ever.

Since COVID-19, the other side, has blamed President Trump for everything but the sunrise.

The LHRC Chair works tirelessly recruiting and leading volunteers from LHRC membership to assist in the recallgavin2020.com Petition, voter registration, and promoting TRUMP/PENCE and other Republicans running for office in 2020..

(cont' on page 21)



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**LH Republican Club**

(cont' from page 20)

October 12 ZOOM meeting with Guest Speaker; Trevor Loudon, trevorloudon.com, New Zealand author of 3 books on politics in the US. Most recent being "White House Reds". An informative speaker who put my worst fears into reality! He stressed the importance of keeping President Trump in the White House in 2020, as being critical, not just to the US, but for the World. Visit.



Carol Wilson at local "Back the Blue" Rally.

TrevorLoudon.com.

Check out YouTube: (30) TRUMP CARD: Official Trailer - YouTube

Since our last entry several of our LHRC members joined in the October 5 & 17, Nationwide MAGA Drag the Interstate events, with well over 500 vehicles participating in each event. First parade went from Rocklin to Sacramento to finish in Auburn. Both were well received events, commanding cheers, flags and horns honking along the route. Many of the event participants, after circling the Capitol, on October 17, drove to Old Town

and cheered the MAGA Boat Rally on the American River. Loads of fun!

If you haven't done so already - Vote! This could be the most important election of our lifetime. There is lots of information out there. Check your facts. Check your sources. Be Informed. Vote!

Registered Lincoln Hills Republicans are welcome to join the Lincoln Hills Republican Club. Dues are \$15/year/pp. We are a great group of like-minded people, come join the fun! www.RepublicanClubSCLHRC.org

**LH Veterans Group**

BY B. L. LEWIS

The Lincoln Hills Veterans Group Board of Directors has decided to suspend the monthly general meetings until the Kilaga Springs Presentation Hall reopens and in-person gatherings can resume. But there will be an Open Mike Members Zoom meeting at 1:00 p.m., November 19, 2020.

In accordance to the LHVG By Laws, November is the month that we nominate and elect the members to fill the vacancies for the 2021 Board of Directors. Normally the election takes place at the November general meeting, but this year due to the cancellation of the general meetings you will be receiving a ballot by email or U.S. Postal Service. The ballot will contain instructions for voting. Three members in excellent standing have been nominated to fill the open seats. The following are the names of the 2021 nominees

and a short bio.

Gretchen Wallin, U.S. Army – While in college, Gretchen trained for the Olympics as a shot put, discus and javelin thrower. She missed making the team because she weighed 135lb. and was competing against 200+ pounders, so she quit and joined the Army. In the Army, she was trained as an Intelligence Analyst, Russian Linguist, and Combat Medic.

Sanford Wolfe, U.S. Army – After college, Sandy had a job deferment working for a company that was doing work for the Army, but he lost the deferment and was drafted into the Army. He was lucky and had a safe wonderful service experience.

Dr. Kerby Landis, U.S. Army – Is out of town and No bio is available at this time.

Again, due to the meeting restrictions, the 2020 Lincoln Hills Veterans Day Ceremony will be held at 11:00 a.m., November 11, 2020 in the Orchard Creek Portico. The program will begin with the Laying of the Wreath at the Lincoln Hills Veteran's Memorial, followed by LHVG President, Joan MacAdams' opening remarks, Saluting the Colors Hands, Pledge of Allegiance by Richard Clark, Invocation by Alan Hearle, See's Candy for Deployed Veterans by Jack Everett and closing with Taps by Malcolm Singer.

All veterans are invited to support the funding of Lincoln Veterans Memorial at McBean Park in Lincoln. You can contribute by donating \$25.00 for a Memorial Coin; or with a \$150.00 donation you can have a Black Granite Tile with your name and service information inscribed; or you can make a donation of any

amount to the Lincoln Veterans Memorial Coalition. Send your checks and information to LVMC, Treasurer, Larry Yaggi, 2300 Cinnamon Teal Lane, Lincoln, CA 95648 or notify Chaplain Bill Lewis, 916-408-3771, email: bllewis1977@gmail.com if you would like to order a Tile for a Lincoln Hills Veteran that has passed.

As of June 15, 2020, the group's paid membership stood at 221, including 131 life members and 21 Associate members. World War II veterans (including Spouses) total 19. The total membership was 262. Remember to Fly your Flag Proudly on Veterans Day, November 11, 2020 and in Honor of all of our Medical Personnel, First Responders, and all of our Law Enforcement Officers.

In Memoriam —

- Diane Rice, Associate Member
- William Inman, U.S. Army
- Matt Rogers, U.S. Coast Guard
- Ries Mckee, U.S. Air Force
- Al Roten, U.S. Air Force

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

(more Club News cont' on page 24)

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# Neighborhood Watch

BY DR. BARBARA BRANCH

NNO Events and Salt Mine Food Drive —

Because Lincoln still had poor air quality and excessive heat, some National Night Out events were cancelled. Some groups did get together and really enjoyed the long wanted



will step down as a director but will continue to be a Mailbox Captain and Village Coordinator Susan Ishimaru is also retiring as a director. She will continue as Mailbox Captain and possibly Village Coordinator. Both ladies will be



Food Drive

comradery. Neighbors still came through with a tremendous response to the Salt Mine Food Drive supported by the SCLH Foundation and Neighborhood Watch. NW collected hundreds of bags and boxes of food and \$670 in cash donations, Thank you to everyone who donated and to all the Mailbox Captains, Village Coordinators, Directors, and residents who dropped off the donations. Thanks to the Foundation for picking up the donations and delivering to the Salt Mine. We will certainly make a difference for some Lincoln community holiday dinners.

Two Neighborhood Watch Directors Retiring —

Linda Minor, current Executive Director, is termed out as of November 2020. She

missed as directors. Two new volunteers have been interviewed for Director and were put forward for election at the Annual Meeting, November. 6.

Annual Meeting – Virtual on GoToMeeting —

Thanks to everyone who attended the Neighborhood Watch Annual Meeting on November 6. As of this writing, the meeting has not been held but will include election of new directors. Following the Annual Meeting, the board of directors will hold an election of new board officers. New directors names and officers names will be included in the December Sun Senior article.

Porch Lights —

As the days get shorter and the street light

lamps have not yet been replaced, we would like to encourage all residents to purchase “dusk to dawn” light bulbs to replace porch and garage lights. The lights will go on automatically at dusk and shut off at dawn. The cost to run the bulbs all night is minimal at about 6 cents per day. The cost is worth the safety for your home and your neighborhood. Neighborhood Watch does not endorse any particular brand but you can Google “dawn to dusk” lightbulbs and get many references online and also at Home Depot and Lowe’s. Let’s light up our neighborhoods and stay safe.

Captains and Coordinators Needed —

The following villages need Coordinators: 3B, 10A, 24A, 24C, 26C, 29, 30B, 38C, 39, 40A and 40B. Many villages need Mailbox Captains. Check with your Village Coordinator to see if your neighborhood needs a Mailbox Captain.

Vial of Life —

While we are all home, now is a good time to update your Vial of Life information. Be sure to include all meds, supplements, and vitamins. The information may be vital for first responders if they have to come to you. Lincoln Fire strongly recommends that we all have a Vial of Life. Neighborhood Watch is not passing out the medicine bottle vials at this time. If you do not have one, go to sclhwatch.org under documents, download the Vial of Life FORM, complete the form, and store the form in a sandwich baggie on the top shelf of the refrigerator door.

Alerts – see <https://sclhwatch.org/PostAre/all-alerts/> for details

- Scam Warning to Recent Widows & Widowers

The scammers are searching out vulnerable potential victims by reading newspaper obituaries. See tips in the alerts section of the website listed above.

- Catalytic-Converter-Thefts

One of our resident’s reports that some person(s) unknown removed/stole the catalytic converter from their daughter’s Toyota Prius.

- Mountain Lions sighted in open areas  
Be vigilant and do not leave young children or pets alone in yards that are next to open spaces.

- Carjacking Suspect Sentenced

On January 18, 2018, a woman’s car was stolen. The suspect was sentenced to 7 years and 4 months on September 25, 2020.

Due to the shutdown, NW announces several changes to the calendar: [sclhwatch.org](http://sclhwatch.org)

- New Resident Orientations are cancelled until further notice.

- The NW Directors are holding all Board Meeting virtually until further notice.

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

Thank you, residents, for responding to your Mailbox Captain to update contact information.

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

1. To receive NW Alerts, using your personal computer, go to [sclhwatch.org](http://sclhwatch.org) & click ADD ME TO ALERTS

2. To receive Association eNews, go to [www.sclhresidents.com](http://www.sclhresidents.com) (log in) & click SIGN UP FOR ENEWS

3. To receive Placer Alerts go to [www.placer-alert.org](http://www.placer-alert.org) & click on SIGN UP

Assuming we are still sheltering in place or just slowly opening back up in September, 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.



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### Wise Aging Support Group

BY CAROL EISENHOWER

We are a support group for residents of Sun City Lincoln Hills, and we provide a forum for discussion, support, education, and sharing of aging-related resources for all residents wanting to plan for their older years, whether ageing in place or exploring other options. Some recent topics include senior peer counseling, local housing options, and financial abuse of seniors. Our meetings always include small group discussions to share ideas. Future topics include transitioning from home to a facility, ask the lawyer, coping alone, handling finances in a crisis, and how to leverage your assets. Come and join the other 60 people who have discovered the comfort in sharing information and being heard. Our meetings are the first Monday each month at 1 pm. via Zoom. To be added to our mailing list contact Marsha Van Wagner at mmvanwagner@gmail.com. For other information contact Stefanie Spikell at stefhope@att.net or 916-253-7431.

### Multiple Sclerosis Meeting.

BY JERI DIFIORE

Well, here we are again, Zooming our Multiple Sclerosis Meeting. Thank goodness, as it's a way we can keep connected and see each other. The next Multiple Sclerosis Zoom Meeting is Tuesday, November 10, 1 PM with a link sent to all Members Sunday,

November 8.  
If you would like to be added to see what we are all about contact  
2020jeridifiore@gmail.com  
Feeling anxious about life and/or finances and have MS or a family member or friend with MS, the MS Navigator Program will help with resources.  
Call MS Navigator at 1-800-344-4867, Press One, or ask Operator for Newly Diagnosed.  
New Webinars are also being offered and informational programs: Ask an MS Expert  
For general information or join a weekly webinar series, which is an opportunity for anyone to learn more about multiple sclerosis from top MS experts  
nationalMSSociety.org/MSexpert, Facebook Live, and YouTube Live  
Webinar are on Fridays at 10:00 am.  
Continue to bravely carry on and see you at the November 10 Zoom!

(more Club News cont' on page 25)



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“My experience with Carolan Properties was incredibly positive. When I first met with Penny she was focused and professional and she laid out all of the steps that needed to happen next. There was never any pressure to do something, all of the decisions were up to me but her experience and knowledge helped me make my way. Every item that needed to happen on the house was itemized, figured out and fixed as needed. All of this work was done in a quick and professional way. I didn't have time to oversee the work or fret over the details so I left this to Penny because I knew she would get it done right. I would (and will) recommend working with Penny and Carolan Properties to anyone in Lincoln who is in the market. When I initially thought about selling my parents house it seemed like a daunting and difficult task. This was not the case, Penny was a pleasure to work with. Thanks so much Penny!” - Jeff Mazzeo, Homewood Lane

“We lived in Lincoln Sun City for 6 years and decided to upgrade to a larger home. We contacted Penny and were very impressed with her knowledge of the construction, community, pricing and market knowledge. Her sense of urgency in responding to our questions; looking at property on a moments notice, explaining the process we would go through not only purchasing another home but, selling our existing home as well. If you are new to the area and considering our great community, contact Penny. You will not be disappointed.” - Steve Giordano, Sun Valley Lane



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## Alzheimer's/Dementia Caregiver's Support Group

BY JEFF ANDERSEN

Last month's Walk to End Alzheimer's was decidedly different - as most everything else has been different in 2020. Joining the Tom Rush "Team Snail" walk here in Lincoln Hills was fun, and the team presence even generated drive by donations.

Our participation level has been markedly down since the Covid-19 problem arose, and we sincerely hope that more of you will join in the Zoom meetings until the meeting rooms open at Orchard Creek Lodge. It's important to stay connected in at least some way. Join us. If you need the Zoom connection, send a



request to Jeff Andersen 2jeffa@gmail.com.

Best wishes to you and yours in this Thanksgiving month.

The Alzheimer's/Dementia Caregiver's Support Group meetings are currently held online each month except in December. The Mixed group meets at 1:00 PM (via Zoom) each 4th Wednesday. All are welcome to attend, especially caregivers with recently diagnosed family members. The program for the Mixed group alternates monthly between group discussion moderated by a licensed counselor from Del Oro Caregiver Resource Center, and formal presentations by professionals in the industry. The Women's group is discussion only, and is designed for women who prefer talking in a less crowded setting. The Women's

group currently meets via Zoom on the 1st and 3rd Wednesdays at 1:00 PM. The Mens group, facilitated by Rich Martinez, meets each 3rd Thursday at 10:00, usually at Granite Springs Church, 1170 E. Joiner Parkway in Lincoln. Contact Rich to confirm the next meeting location.

The caregiver's groups and programs are supported by the Lincoln Hills Foundation. More information is available from our Steering Committee members Valerie Jordan 909-625-7443, Cathy Van Velzen 916-409-9332, Jo Fratessa 916-408-7209, Rich Martinez 408-202-1865, or contact Jeff Andersen 2jeffa@gmail.com.

...

## Low Vision Support Group

BY JOAN BRANT-LOVE

Monthly meetings will resume once Stay-at-Home restrictions

are lifted and the Sun City Lodges are re-opened.

Levodopa May Improve Vision in Patients with Wet AMD

International Low Vision Support Group Newsletter, October 2020

[www.mdsupport.org](http://www.mdsupport.org)

Investigators have determined that treating patients with the early wet form of age-related macular degeneration (AMD) with levodopa stabilized and improved their vision. Levodopa is a safe and readily available drug

(cont' on page 26)

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### Low Vision Support Group

(cont' from page 25)

commonly used to treat Parkinson's disease,  
The drug reduced the number of  
treatments necessary to maintain vision, and  
as such, will potentially reduce the burden of  
treating the disease, financially and otherwise.  
Their findings appear in the American Journal  
of Medicine, published by Elsevier.

The investigators developed two  
proof-of-concept studies to test whether  
levodopa improves visual acuity and the  
anatomical changes caused by nAMD. This  
trial demonstrated for the first time that  
levodopa is safe, well-tolerated, and delayed  
anti-VEGF injection therapy while improving  
visual outcomes. In the first month, retinal  
fluid decreased by 29 percent. After six months  
the decrease in retinal fluid was sustained and  
mean visual acuity improved enabling patients  
to read an additional line on the eye chart. This  
is the equivalent of improvement from 20/40  
to 20/32. Side effects were limited.

The investigators noted that levodopa  
may be unlikely as a standalone treatment in  
patients with newly diagnosed nAMD since  
11 of the patients did require anti-VEGF  
injections. However, they required fewer than  
the standard monthly treatments, and in the  
second group, monthly injections of anti-VEGF  
decreased by 52 percent.

In spite of the small sample size and  
limited patient diversity, the findings suggest  
efficacy and support the targeting of the GPR13  
receptor (which is supportive of retinal health

and survival) with levodopa for the treatment  
of nAMD in future studies.

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to use an inhaler for Asthma or get insulin for  
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The Low Vision Support Group is  
subsidized by

Neighbors InDeed and the Lincoln Hills  
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Low Vision Support Group Contact:  
Cathy McGriff 916-408-0169  
or cathymcgriff1010@gmail.com

• • •

(more Club News cont' on page 27)



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**Bosom Buddies**

BY VAL SINGER

When will this madness end??? If only someone would come up with an answer, you could hear the sighs around the world. Holding one's breath seems to be the national sport right now. Am I the only one that wakes up each morning thinking is this all a nightmare? Yes, please, I'll have some cheese with my whine, thank you!

Bosom Buddies has sadly lost two members, Diane Rice and Dulcie Peck.

Mary Shelton, who knew Diane well and visited her often during her final days, was kind enough to write the following for me.

Diane passed away in late September. With determination to live her life as fully as possible, she battled three different cancers as well as other physical challenges over the last 25 years. Diane was involved in many SCLH activities in the 18 years she lived in Lincoln Hills, including hula, card making, painting, SCOOP, and Neighborhood Watch as a mailbox captain. Her love for animals

extended to wild life, and she worked as a volunteer for Gold Country Rescue in Auburn. Diane leaves behind her beloved husband, Lloyd, a retired Navy captain, with whom she enjoyed almost 50 years of marriage – many of them as a Navy wife living in such places as Hawaii and England. She also leaves behind her son, Richard, daughters Karen and Della and her treasured dog, Feebee. Her friends remember Diane for her fun-loving spirit and desire to experience as much as possible in the time given her. We will miss her. See her picture taken by Cindy.



Diane Rice



Dulcie Peck

Shirl Schweitzer, a dear friend of Dulcie, wrote the following: Dulcie Peck truly lived her life! She moved to LH 10 years ago and with her outgoing personality, enthusiasm, energy and wonderful smile she pursued many activities and interests. She joined Bosom Buddies, Bowling League, Singles Club and volunteered for Meals on Wheels. Dulcie enjoyed all the activities LH has to offer, especially the concerts and bus trips. Her annual Mardi Gras parties were

awesome. Traveling to Switzerland for the annual Boogie Woogie Festival was a favorite. Her passion was genealogy and she visited the Mormon Library in Utah twice to do research. Her passing has left a void in the hearts of all who knew her. She will be especially missed by her beloved dog Roscoe, her family, her gal pal lunch group and her many friends. See her picture taken b

Bosom Buddies Clearing House of Cancer has surprised all our members by bringing balloons, flowers, and messages of encouragement and support to their door. I know from experience that when they surprised me, I teared up. Missing friends is definitely one of the side effects of this virus. Bosom Buddies is a sisterhood and with the help of the Foundation, even during this dire time, we have been able to reach out to the members by giving them special treats and most important, attention. Thanks to Peggy and Patty both our ladies were recipients of this attention before they passed. You know we can all do Facetime as a way of connecting, not just Zoom. No makeup required...

Even though the turkeys may be smaller, canned pumpkins scarce (really?) and generally the whole world being upside down, if we are healthy and safe, we have it all. With Zoom and Facetime, we can still connect with the family and friends that aren't around our dinner table. I know I will be thankful for all of you and hope real soon we can do actual hugs.

Happy Thanksgiving!!!

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...

•••

**Glaucoma Support Group**

BY BONNIE DALE

Fall is here and our November meeting will be a Zoom meeting on November 11 at 4:00 PM. At this meeting I would like to ask that you bring to share what you are thankful about as we navigate our lives with Glaucoma. You might be thankful for your Glaucoma specialist, or you might be thankful for your pharmacist who helps you with your medications. Perhaps you are thankful for your friends and neighbors who give you a ride or stop by for a visit. There is much to be thankful for.

Questions? Please call Bonnie Dale at 916-543-2133.

•••

(more Club News cont' on page 28)

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I've discovered some new ideas that minimized the costs to my clients in selling and buying a home! Contact me and I will share them with you if you are looking to sell or buy.

Go to my YouTube channel, "Steve Evans Lincoln Hills" to see how I share the benefits and amenities in our community.

**Bird Group**

BY RUTH BAYLIS

November is an exciting time for birders as more and more winter birds are arriving. In anticipation, wildlife refuges are being flooded and rice farmers are flooding their rice fields. When the rains arrive, vernal pools will form. All



*Long-billed Curlews by John Garfein.*



*Greater White-fronted Goose by Larry White.*

of these provide an inviting habitat, especially for waterfowl and shorebirds. Last year in November the Bird Group visited Cosumnes River Preserve, Vic Fazio Wildlife Area, and Gray Lodge Wildlife Area. While we cannot as a group carpool and visit these sites, they are still open for individual visits.

Starting in late September, there were reports of Sandhill Cranes overhead. By this month, they should be well settled in the Lodi area and other places in the Sacramento Delta.

The Lodi Sandhill Crane Festival, usually held in early November, has been canceled this year. Don't let that prevent you from driving down to Staten Island or the Isenberg Crane Reserve to see the Sandhill Cranes, Aleutian Cackling Geese, Snow Geese, Tundra Swans, and other waterfowl that frequent the area.

Within Lincoln Hills, White-crowned and Golden-crowned Sparrows have settled in for their winter stay. I personally really look forward to their sounds along our trails. Other returning birds include Northern Flickers, Yellow-rumped Warblers, Ruby-crowned Kinglets, and Say's Phoebes. For Don and I, our first of season (FOS) sightings of White-crowned Sparrows and Say's Phoebes were not in Lincoln Hills, but in Ruth, NV, while on a trip to Ely, NV. Waterfowl should be returning in number to Lincoln Hills in November.

Outside of Lincoln Hills, the Woodland wastewater treatment plant continues to produce interesting sightings. One of our

members recently observed hundreds of Long-billed Curlews fly in. This is not a usual sighting for us. Also sighted, were Greater White-fronted Geese off of Catlett and Brewer Roads. Should be a building population of Tundra Swans and Snow Geese along the rural roads between Lincoln and Hwy 99.

In normal times, our programs are held in KS Presentation Hall at 1:30 PM on the second Monday of the month. But, these are not normal times and it is not anticipated that we will be restarting meetings, or field trips, any time in the near future.

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

You can communicate with the Lincoln Hills Bird Group at email address: LH\_Bird\_Group@yahoo.com.

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**Garden Group**

BY LORRAINE IMMEL

Happy Thanksgiving! May we remember in our Prayers of Thanks all those who need Prayers of Hope and Assistance to recover from the many months of loss this year.

At the last Steering Committee Meeting the following motion was made by Membership Chair Marjie Anderson and seconded by Treasurer Penny Grmolyes: Members of the Garden Group, who paid dues for 2020, will be credited with dues for 2021. Motion Approved.

New (and past members who had not

registered yet for 2020) are welcome into our Garden Group for 2021. Membership information is on our website: [lbgardengroup.org](http://lbgardengroup.org).

We also approved of giving \$500 again to each of these organizations who help people through food distributions. "The Lincoln Foundation" and "The Salt Mine."

There are no remaining Garden Group general meetings, field trips, or socials scheduled for 2020.

We share parts of an article from the Sacramento Bee Garden Section on TIPS that will help with your garden chores in the next few weeks. A shortened version is below. Fall is a busy time in the garden. Not only is it a prime planting season, but there are key chores to be done to ensure future garden success.

Planting: Fall is an optimal planting season for perennials. Plant spring-blooming bulbs. Winter vegetables can also be planted through fall.

Garden Cleaning: It is a good practice to clean up plant debris. Large pruning should not be done until plants have lost their leaves, however some plants can be pruned to remove dead and scraggly growth.

Mulching/Cover Crops: Mulching is a great way to get added nutrients into your soil, as well as helping to restructure it over time.

Pest/Disease Control: It may be necessary to apply spray to control some pests, if some mealybugs and scale have been an ongoing issue-but wait until the temperatures drop

(cont' on page 29)



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### Garden Group

(cont' from page 28)

into the 70s.

Dividing Plants: A crowded plant will often result in smaller and fewer blooms. You can use a serrated knife to cut through the root ball.

• • •

### Fishing Group

BY HENRY SANDIGO

Leap of Faith (With permission)

By James Hauffer and Phil Robertson

Cold rivers sing to salmon in a secret calling key.

A song of safety for their young. For this, the salmon leave the sea.

Humans built a dam here, for reasons they well know.

Concrete for the ages, to catch the melted snow.

To take a piece of water, they damned the river's sweep.

No thought of silent salmon, nor nature's bond to keep.

The salmon flash, and circle, rush headlong toward the dam.

No faint, no doubt, intent and right, success their only creed.

They seek a path to launch themselves, but the concrete takes no heed.

Speeding through the pool, they choose a place to try. They break from out the water, still swimming as they fly. But their leaps end



crashing, on the sullen concrete face. As we stand, silent, watching, witness to disgrace.

And crashing, still the salmon struggle, in hope of finding way. They dart and shudder seeking. A chance to win this day.

Again, again, again they jump, 'till dazed and damaged, they surrender to the dam.

Some lucky few make nests below the dam, and some few eggs survive. Then down the gauntlet of the river, young salmon dart and dive. They strive toward the sea, as currents swirl and spin. Till they find that great blue jungle, our planet's living skin.

There, in the bounty welling up from deep below, they'll hunt in ways that only salmon know.

Large and strong, years later, they'll come back up this stream. And at the dam, again we'll see them. Each jump a silent scream.

They'll fight to find safe haven for the life they hold within. As they have for eons ever, where the river starts to thin.

They will not stop until they win.

Text © Copyright James Hauffer. Photo © Copyright Phil Robertson. Published by Friends of Auburn Ravine. www.auburnravine.org

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### SCLH Cyclist Club

BY DENNIS THOMPSON

Fast Bikes — Many bike riders love to go fast. It sure can be fun. One way to go faster is to upgrade to a faster bike. There are big differences in bikes. How much difference? Don't be surprised if going the same speed will take 15% to 25% less effort. However, it typically takes money to get a fast bike. Fast bikes are more aerodynamic, lighter, and have bearings & wheels that roll a lot easier. The MSRP on these bikes will be \$6,500 to \$12,500. But, high performance used bikes are available for a lot less. If you are willing to spend \$3,000 to \$4,500, you can get a very fast, used bike in wonderful condition. That's because there isn't a lot of competition against you. The number of people who are willing to spend that much for a new bike is not large, but the number of people who would spend that much on a used bike is quite small. Such bikes are typically very well maintained by a bike aficionado. Sellers include cyclists who just have to have the latest & best; pros who get bikes free or at great discounts; employees of bike shops & bike companies who get big discounts on bikes; and people who are moving far away.

Another way to get great bikes at a significant discount is to buy a new bike that isn't the current model year. Examples of these include demonstrators, display bikes, and bikes that somehow got misplaced in storage. They are often new, but not the current model year.

You might want to avoid Trek & Specialized because they usually sell for a

premium in the USA. But there are many other companies that make absolutely great bikes. Examples include Felt, Cannondale, Orbea, Look, Ridley, Cervelo, Scott & Colnago (ridden by winner of Tour de France). But, beware of some brands that appear to be bargains, including a brand that you owned long ago. Bike companies often change ownership & what you knew as a fine manufacturer may now be owned by people who just want to use the good reputation to sell cheap bikes. They can be devious & might prominently include name-brand quality components to make their bikes look premium. For example, including Shimano Ultegra derailleurs, but with cheap frames & bottom brackets. Just a difference in wheels alone can be hundreds of dollars. You may not want to consider bikes more than 3 or 4 years old. Technology for carbon fiber & other features improve so much that many older bikes may not be good value.

So, examine parts thoroughly & know who you are dealing with. Ask questions. If you have a friend who knows a lot about bikes, use him/her to guide you as you narrow your choices down. But, do a lot of the preparation yourself. There is so much information on the internet about bikes, wheels & components, including manufacturers' websites & reviews of bikes by experts. Perhaps limit yourself to 1 or 2 brands & then read voraciously to learn a lot & decide what model to search for & what size you need.

You can search for bikes at The Pros

(cont' on page 32)

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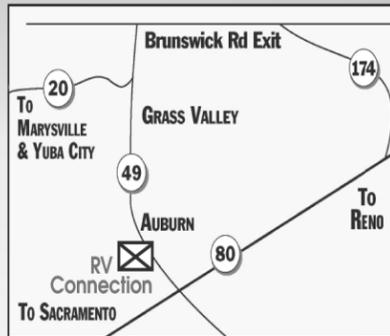
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# Roy and Bonnie Devers

(cont' from page 1)

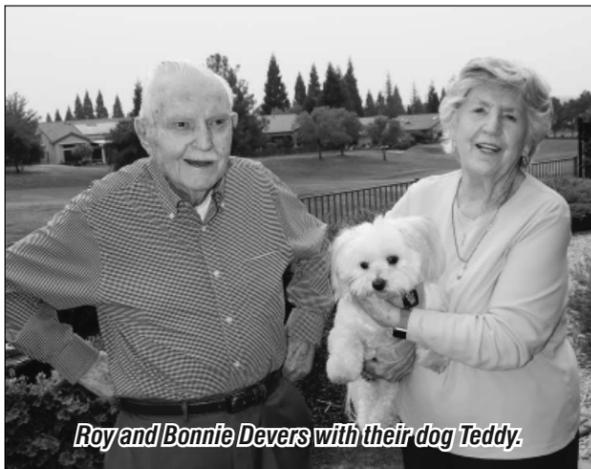
but had lost it during the Depression. He moved onto farming near small towns in New Mexico. His father was an award-winning rodeo saddle bronc rider. Roy's aunt and uncle raised him as an only child and moved to Vancouver to work in the shipyards and assist with the war effort.

Bonnie's trajectory to Vancouver was different. She was born in South Dakota but lived just over the border in Akron, Iowa. Her parents also relocated to Vancouver because of jobs in the shipyard. She came from a family of twelve children, seven of which are still alive. She is the oldest of the remaining siblings.

After marriage, Roy and Bonnie started a life that would lead to living in twenty-three different homes, many of them outside the United States. Roy worked for Fluor Corporation as a safety engineer for twenty-five years, eventually rising to the rank of Manager of Safety Engineers and located in such diverse locations as Saudi Arabia, Kuwait, Puerto Rico, and Los Angeles. They moved so much they joked that they were part of the witness protection program and stated that the "Feds might still be looking for us." Along the way, they had three sons.

Their sons now live with their families in Folsom, Oceanside, and Malibu (in the Los Angeles area). When Roy retired, the couple at first moved to Washington State to assist with aging parents. While they were there, they had a second home in Surprise, Arizona. Eventually, they decided to move to Sun City and bought a home in 1999. They moved into their house in April 2000 after selling their second home in Arizona. They love it in Sun City where their home looks out over the golf course. Their neighbors look out for them and everything is well kept up.

Perhaps not surprising, many of the couple's children and grandchildren have led very international lives. One of the sons,



*Roy and Bonnie Devers with their dog Teddy.*

PHOTOS BY JEFF ANDERSEN



*Roy and Bonnie Devers with some of their golf awards.*

now based in Oceanside and working for a church planting organization, spent twenty-six years as a missionary in Indonesia. The couple have a total of three grandsons and one granddaughter. One of the grandsons is a half marathon runner and works for Adventures in Mission. One of the grandsons is now married and living in Sweden. He and his Swedish wife first met at Youth with a Mission in Australia. He works with automatic robot lawnmowers at Husqvarna in Sweden and he and his wife are the proud parents of the first great-granddaughter. Roy and Bonnie are anticipating meeting her for the

first time, but the travel has been difficult this year. She celebrated her first birthday this past summer.

The third grandson works for Oracle and was married in January of this year at a fun and romantic wedding in Sayulita, Mexico. The Devers were able to attend the wedding before the shutdown started. The granddaughter lives locally and will be having a small, intimate wedding in Carmel. Ironically, she is an event planner who has been featured on the cover of a local magazine called Real Weddings, Sacramento to the Sierra. Getting married in this difficult time has been challenging for her since her own wedding was postponed from its original May date.

One of the sons works for Electronic Arts in the Los Angeles area and the third son who lives in Folsom is a construction project manager.

Both Roy and Bonnie have interesting family traditions to pass on. Roy's full name is Garland Lee Roy Devers. His father had the same initials and won a championship in the 1920s as a bronc rider. The family has a pair of spurs with the initials that will be passed on to the next generations. One of the

Devers' sons has the same initials, GLD, and, also, one of the grandsons.

Bonnie's great-grandfather donated land for what was to become the Pleasant Hill Chapel in Union County, South Dakota. This area was right over the border from Akron, Iowa. The Chapel was built in 1905 and is still used for small weddings. It is an excellent example of rural Gothic Revival architecture and it represents first generation church construction.

Roy and Bonnie first moved to Sun City in 2000 to be closer to family. They have been glad to settle down in a house for an extended



*Bonnie and Roy Devers on their wedding day.*

time. They enjoy both their house furnished with items from all over the world and their involvement with the local community, both Lincoln Hills and the church they attend, Lincoln Hills Community Church. Since they have moved to Lincoln, they have participated in golf but have slowed down some now. They like the fact that the weather is not as dreary as the weather in Washington and not as hot as their home in Surprise, Arizona. They love being in the current

surroundings year-round.

The Devers' house has a gorgeous inlaid carved table from Thailand called Chiang Mai and known for its beautiful ancient Buddhist temples. They visited Thailand during their many travels and loved the area. They also have a Havanese/Maltese mix dog named Teddy. They have had the white fluffy dog since he was about two months old. He is eight years old now and enjoyed the interview process by staying close to Roy until we were done.

After a very peripatetic life with their children, Roy and Bonnie wondered if maybe the children would have liked something a little more stable. Bonnie asked one of her sons about his experience growing up and he told her he was thankful for the adventure. Obviously, many of the family members inherited the international bug since they now or have lived in places all over the world. They have certainly gone into all the world by their choices of where they have lived, but they have also fulfilled the commandment inherent in their faith to spread the Good News. Calm and pleasant, the Devers exude a loving, enduring strength that has seen them through many adventures over the last seventy years together.

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### SCLH Cyclist Club

(cont' from page 29)

Closet, BikeExchange.com, RoadBikeReview.com (classifieds), Slowtwitch.com (classified ads), bikeconnection.net, Craigslist, Columbus Cyclery, EBay & Amazon. Learning & searching for the right bike will take some time, but if you get a great bike, it could yield many years of enjoyment, great exercise & fast times in Lincoln.

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### Shooting Group

BY JOHN KIGHTLINGER

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

Weather permitting, we meet on Tuesday of each week for Trap and on Thursdays for Skeet at Coon Creek Trap and Skeet, 5393 Waltz Road, Rio Oso, CA 95674, just minutes from Lincoln. You may join us for either trap or skeet, or both. Occasionally other shotgun sports such as International Trap, Sporting Clays and 5-Stand are enjoyed. We have no

fees but each shooter must pay the Coon Creek clay targets fee. For more information about shotgun shooting sports contact John Kightlinger at 916-916-408-3928 or johnnpat@sbcglobal.net

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

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### Water Volleyball

BY ROSEMARY ELSTON

In the absence of playing water volleyball, members have been maximizing the availability of Orchard Creek and Kilaga Springs facilities to exercise in preparation for the opening of the Kilaga Springs Pool. On October 13th, the Steering Committee was scheduled to meet for the first time since June 2020. The agenda for the Steering Committee Meeting included reporting on the Covid Protocol submitted to the Association, discussion regarding 2021 Club member dues, how to proceed with the annual election of officers for the Steering Committee and a proposal for a virtual yearly General Membership Meeting on November 10, 2020. The Steering Committee Meeting was scheduled to meet virtually to ensure the safety for all participating members. The Water Volleyball Club continues to remain hopeful the Kilaga Springs Pool will be opened for water volleyball, water walking and lap swimming in the near future. Contact the Water Volleyball

Club website for information on the sport of water volleyball and the Lincoln Hills Club. Website: www.lhwatervolleyball.com Email: sclhwatervolleyball@gmail.com

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### Mad Hatters Bocce Group

BY PAUL MAC GARVEY

Well, we did not get a very robust response to our requests for new people to take over some of the responsibilities for running our group. We have one person who said they might assume some responsibility for week to week operations but we would still need volunteers to write the Compass and Sun Senior News articles and perhaps manage e-mails. We also have a vacancy on our steering committee if anyone is interested. In case you weren't aware of it we do not have a president, vice president, secretary or treasurer. We just have a simple four person Steering Committee for the group. As we have no dues or financial holdings we are not required to make any tax declarations so can keep things rather simple.

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

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### LH Senior Softball League

BY BRUCE BRIGGS

Our Summer Season softball is over. The winner of the LHSSL Co-Ed league was the team sponsored by Siino's Pizza Pasta Grill managed by Darrell Rinde. The playoffs came down to the wire with the number one and number four seeded teams playing for the Championship on the morning of Wednesday, October 7th.

We had an interesting season, hopefully never experienced again, coping with the health and safety requirements due to the COVID-19 pandemic and the unhealthy Air Quality Index that cancelled so many games.

We're hopeful that come the spring of 2021, we can enjoy a more traditional season including weekend Tournaments and "Hot Dog Days" throughout the spring and summer.

We'll look forward to seeing you at Del Webb Field at 1050 Del Webb Blvd. in Lincoln Hills next year.

• • •

(cont' on page 32)

## Michelle's Featured Listings



### 1699 Fallen Leaf Lane - Tahoe w/Casita on View Lot

This stunning Tahoe model w/ large casita & 3-car garage sits on a spectacular southern view lot overlooking two fairways & golf course lake. Many well thought out upgrades include owned solar, newer HVAC, Hickory wood flooring, granite counter tops, built-in cooktop & full-sized pantry closet. The open floor plan w/ its many windows & seamless transitions is the perfect home for entertaining. The great room's cozy gas fireplace will be your favorite spot during the upcoming holidays. The master bedroom suite offers a boxed window for extra square footage & large vanity w/ dual sinks. The enormous walk-in closet comes w/ custom made-to-order shelving/drawers so you can keep all your seasons of clothes in one spot. If you love to craft or want a man-cave, the large builder upgrade casita w/ built-in cabinets & desk awaits you. The backyard patio is covered for added shade & has lush mature landscape. The location is perched up high so you can watch all the wildlife fly at eye level!

**Offered at \$749,000**



### 657 Canyon Oak Lane - Annadel with 2.5 Car Garage

This lovely Annadel Model with 3 full bedrooms and 2 bathrooms awaits its next homeowner. One of the most popular floor plans due to its open floor great room concept, this home is nicely appointed with many upgrades including granite counter tops, center island, cozy breakfast nook overlooking the front yard, built-in entertainment unit with fireplace, crown molding, ceiling fans and plantation shutters throughout. The master bathroom is one of a kind having been recently remodeled with a large walk-in shower with custom rain-glass enclosure and bench. The southern facing backyard has a covered patio for added shade. You'll enjoy visiting friends and family in your backyard all day long.

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### Lincsters 9 Hole Golf Club

BY JOYCE KIRK

In the spirit of the holiday, gift-wish lists of fifty-six long-time care residents at the Lincoln Meadows Care Center will be filled by participating Lincsters members. Edna Linville who has chaired this event from its inception in 2007 says, "This may be the most important year for us to bring a little fun and excitement to them after the isolation they have been enduring throughout this pandemic." For months, these folks have not been able to have visitors or leave their rooms to share time together. Even being able to hug a family member has been restricted. There will not be a holiday gathering but this year but Santa will deliver gifts to each room. Edna adds, "This heart felt club activity is even more rewarding this year."

Lincsters are asked to select a resident's wish list posted on the Lincsters.com site. December 14 is the deadline to deliver the wrap gifts.

Year 2020 golf officially ends for the Lincsters in just a few weeks with November 18 set as the last round of club golf. January 6 is the first play date of the New Year. A 2021 calendar of traditional tournaments and activities is set with high hopes that the pandemic will be conquered soon.

Club membership is holding steady with a total membership of 150 beginning and ending the year. Thirteen new members joined to fill the spots vacated. The last to be added to the



Edna Linville — Chairman of gift giving event since 2007 years.



Lincoln Meadows resident is happy to greet Santa last year.

2020 roster is Pietrina Magna from San Ramon and Carlsbad. Two additional members are slated to officially join in January: Sharon Craig from Alamo and Susan Max from San Jose.

Do not forget to complete membership renewal by November 30 to avoid additional fees.

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### Ladies Golf—18 Holvers

BY CANDICE KOROPP

The last Thursday in September was played on the Orchard, in a Stroke Play format. The low net belonged to Karen Thom, with 69, three strokes clear of the field of 41. Candy Koropp had the low gross, 91, and three strokes clear of the field. Dee Arts led the first flight in a three-way tie at 74. Reta Blanchard placed second, Koropp third and Robin Kain was fourth. In the second flight, Thom led, with second going to Donna Brinkerhoff, third to Lynn Lapera and fourth to Aileen Martinez. Judy Hurner had net par to take first in flight three. Linda Chappellear was one off the pace, Peggy Carr was third with 79 and Sandy Tamanti finished fourth with 80. In flight four, Ofra Unger was the winner with 73, followed by a tie between Linda Fitzmaurice and Dori Knorr at 74, with Fitzmaurice grabbing second. Fourth place went to Donna McDonald with 77. The CTP's were claimed by Chappellear on Hole Seven and Hurner on 16.

The theme of the first Thursday in October was smoky, hazy skies. However, after lots of

cancellations and a change in format, 29 gals took to the Orchard and made the best of stroke play. Kathi McCoy, had the low gross, 83, to top Koropp in flight one, followed by Kelley Royball and Donna Sanderson. In flight two, Barbara Grant, scored net 70, to lead by three over Hurner. Cameron Mitsuko had a net 74 for third and fourth went to Lynn Lapera. Tamanti bested flight three with net 70, one stroke better than Fitzmaurice. Third and fourth belonged to Millie Sams and Ofra Unger. It was unusual for all of the flight winners to tie with net 70. The CTP's were won by Sams on Hole Four, and she was the only one on the green in her foursome. McCoy won for Hole 11. Sanderson birdied nine and Koropp carded back-to-back birdies on 10 and 11.

Although the weather was cooler than normal, The Net Chix for October, Judy Hurner, had the hot sticks, shooting net 68. Both Hurner and runner-up, Unger, capitalized on the holes where they had the most pops. Diana Lilienthal and Linda Mann were close behind, netting par. The Flight winners: Arts in flight one, Karen McGraw in the second, Mann for the third and Unger in the fourth. Second place finishers were: Sharon Knoll, who had a spectacular approach on hole seven from about 60 yards for a birdie, to secure her spot; Lissi Bedford edging Maureen Senn in a tiebreaker; Chappellear and Lilienthal. CTP's were won by Joanie West on Hole 12 and Chris Biswell on 16. While the balls were getting a nice roll on the Hills course, many in the field of 37 had a host of double and triple

(cont' on page 34)

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### Ladies Golf—18 Holers

(cont' from page 33)

bogeys. It's golf. On the bright side, Mann also birdied seven and Rosie Warren birdied hole two; and in a repeat of last week, McCoy turned in the low gross, 8

• • •

### Mens Golf Club

BY DOUG HINCHEY

The 2021 Mens Club membership application has been emailed to members, plus it can be found on the website. Returning members get a \$10 discount if they rejoin by December 31st they also get their 2021 NCGA membership and all tournaments for just \$86.

After January 1st ALL returning and new memberships will be \$96. The Board of Directors positions for 2021 have been filled, we welcome Michael McGuire-Back, Rich Henrikson and John DeWildt to the Board. The popular Four Man Scramble will be November 10th followed December 8th by the Two Man Pinehurst tournament. Watch for Mike's email or check the website for further details. Results of the recent Club Championship tournament can be found on the website, mgclh.

• • •

### Table Tennis

BY DENNIS ZARO

Table tennis is back! Two tables will be set up on the the outdoor terrace behind the Kilaga Springs

Lodge. Times are Tuesdays, Fridays and Sundays, 8:00 AM to 12:00. A sanitizer stand will be at the

entrance. Players must sanitize their hands prior to entry. Tables and balls will be sanitized at the beginning of the session. Players are required to sanitize at the end of their play times. Masks are highly preferred, but, since we are outside, not mandatory.

Players are required to bring their own paddle. No chairs will be in the area to prevent a congregation of players. Players are requested not to arrive more than 5 minutes before their play times and exit quickly to prevent group gatherings. Reservations are required by contacting Robin Bistline, texan1225@gmail.com or 480-570-1355. Times are in 30 minute intervals. Those who wish to play with a particular partner should arrange with him/her ahead of time. Only one person needs contact for the reservation. Doubles or singles are OK. Entrance to the space is along the walkway to the right of the main Kilaga Springs doors. Just follow it around to the back.

• • •

### LH Tennis Group

BY HELEN BEROTT

We continue to have robust play on our courts, and look forward to having two more courts available soon. Restrictions on spectators and visitors are still in place. The water fountains are still inoperable, so be sure to bring your own water to the courts.

We are hopeful that we will be able to get back to having our fun, competitive tennis events early in 2021. Meanwhile, we can be thankful for our good health, our good weather and thankful that we have a beautiful sports plaza where we can play tennis every day!

• • •

### LH Pickleball Club

BY MOLLY MORRIS

Have you walked by the new Pickleball courts and wonder why people love this game so much?

Come join us. We now have lessons! If you are new to pickleball or want to pick it up again after a long hiatus, you will join our Intro to Pickleball class. If you are a member of the Pickleball club, you will be invited to take the appropriate lesson based on your skill level. Take a look at the website lhpclub.com for the latest information.

The club has also resumed ladder play for a little competition. We have a Ladies Ladder on Mondays and ladders A-D meet Tuesday through Friday. You must be a club member to play on a ladder.

For those that want to play but don't have a foursome, come to the upper courts from 8-11 am and you can join the drop-in group. Our monitors will explain how drop-in works and they help make everyone feel welcome.

With COVID still very active, we are maintaining our safety protocols during all of our activities. We also have our monitors at both the upper and lower courts to facilitate the flow of players on and off the courts.

Please remember, the pickleball courts are open for residents only. No grandchildren, guests, visitors or spectators are allowed.

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

• • •

### Thursday PM Bowlers

BY JOHN HABEIN

Understanding the Importance of Spares Do you want to average 15 to 20 pins more a game? It's simple, pick up 2 more spares a game. Spares are the most important part of bowling. Not strikes, not equipment, not lane conditions, not your approach and not your release. If you can master one single thing in bowling, master your spares. Getting strikes is NOT the easiest way to shoot higher scores.

We obsess so much over the first ball. Why? Because getting a strike is alot more fun. It's more gratifying. When we can put

(cont' on page 35)

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### Thursday PM Bowlers

(cont' from page 34)

two, three or more strikes together it can lead to a great game but only IF we pick up our spares. If throwing lots of strikes is NOT a normal part of your game, then shooting spares surely has to be.

#### Opens vs Spares vs Strikes - Added Values:

There are three possible outcomes in any frame of bowling, (1) a strike, (2) a spare and (3) an open.

1. An open has NO added value. You get whatever you knocked over, period. If you don't get a strike or spare in your game you're going to shoot 90 or less, period.

2. The best added value you can have in bowling is moving from an open frame to a spare. You get 10 bonus pins (added value) plus whatever pins you knock down on your next ball.

3. Strikes have the POTENTIAL to be twice as valuable as a spare and more than three times as valuable as an open. You get added value (10 pins) plus whatever pins you knock down with the next two balls. If you get 2 strikes in a row there's more added value (10 more pins) plus your count. It takes a double (2 strikes in a row) to make up for a single open frame.

Your game needs spares. You can shoot a maximum 190 game without a strike. Spares are so much easier to get than strikes! Knocking down remaining 1, 2, 3 or 4 pins is much easier than trying to knock down than 10 pins. Remember, a spare is twice as valuable

as an open frame.

#### Evaluating Our Bowling

How do we evaluate our bowling? We ask ourselves; did I bowl my average today (Under average = bad day, hit average = OK day and above average = good day)? Most of us live and die evaluating bowling game this way. It's the wrong way!

#### Set a PAR for Yourself

Instead of just paying sole attention to your bowling average to determine how well you did for the day, I'd like you to figure out your "PAR" when it comes to open frames. Let's say my average is 134. That means I am missing 5 frames a game.

If I throw 1 or 2 strikes every 10 frames, I'm shooting 8 or 9 spares a game. That means I'm missing 5 spares a game. If I don't get my normal strikes, and that happens to all of us, now I must shoot even more spares a game. I could miss another 1 or 2 spares a game so, instead of 5 opens I'm looking at 6 or 7 opens a game. Now I'm down to 115 to 120 a game.

In the above example 134 average means 5 opens a game if I don't get 2 strikes in a row somewhere. That's 15 open frames a series. Make that 15 opens your PAR for each league day. Now, focus on shooting under PAR for your series. Your mindset will gradually change to focusing on picking up spares and that in turn will improve your game. Before bowling, say to yourself, "My goal this week is to go 3 under par and have 12 opens instead of 15.

The concept works if you really think about it. If you shoot under PAR, you bowled better than your normal day. If you shoot over

par, you did worse, but you'll know why. In your series, it'll be a good day when you are under PAR whether you have shot over or under average. Splits happen! Remember, sometimes we just don't get the strikes we count on. We always have spares to pick up.

• • •

### LH Billiards Group

BY STEVE FOWLER

Everyone is anxiously looking forward to resuming tournament play. Initial play will be for all residents of Sun City, and LHBG tournaments play will commence as soon as restrictions are removed sufficiently to allow tournament play. The final restrictions and rules for play will be determined once we get closer to opening again. As it currently stands LHBG Monitors will be at each lodge to assist and direct play for residents of Sun City. The New Brunswick Gold Crown V1 Tables have been installed in both lodges, carpet cleaned, and new stainless-steel lights installed.

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

1. Signup sheets for pool players will be located at each lodge. They will be located at the entrance to each of the pool rooms or at the front desk of each lodge.
2. Players will only play for 1 hour each day (will be modified as needed).

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

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

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

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

7. Maintain Social Distancing.

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

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

10. No more than 2 players per table.

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

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

13. Players must use their own pool cues.

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

Contact Tony Felice at 916-955-0501 atfelice3@gmail.com for information on the below listed tournaments, membership application and social functions. See our website at <http://lhbilliards.com> for information about our club policies and individual tournament

(cont' on page 37)

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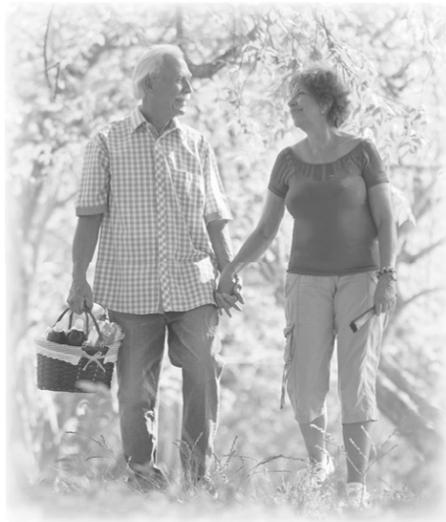
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**LH Billiards Group**

(cont' from page 35)

rules.

The Club dues are \$10 a year. Membership year is Jan 1 through December 31 of each year. Dues paid in the month of October, November and December will be counted current for the following year. Membership Forms will be available on the Billiards Room Bulletin Boards at Kilaga and Orchard Creek Lodges. An individual may play in one tournament then they must join our club to be eligible to play in future tournaments. Once we get back into the tournament mode the below applies.

Billiards Group Schedule - Recommended Playing Levels

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

Level: Beginners

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

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

Level: Novice - Intermediate Players

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

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

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

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

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

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

Level: Advance Players

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

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

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

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# Observations on the Front Porch (and Some Other Things)

BY MARTIN GREEN

I believe I've mentioned here that since the onset of the pandemic lockdown I've re-discovered the front porch of our house and have taken to porch-sitting as an alternative to sitting inside. Evidently, I'm not alone in having done this as I came across an article in the Wall Street Journal headlined: "The Forgotten Front Porch is Making a Comeback." The article starts: "Thanks to the pandemic, the front porch is enjoying a new golden age. Like their near cousins, stoops, steps, even fire escapes, porches offer a semi-public setting where we can meet friends and neighbors face-to-face — even if those faces are masked. In the words of Claude Stephens, founder of a tongue-in-cheek group called Professional Porch Sitters Union Local 1339, a porch is "the only place where you can feel like you are outside and inside at the same time; out with all of the neighbors and alone reading a book."

I don't know if I qualify as a professional porch-sitter as since our air has become smoky and unhealthy due to the fires I've been keeping inside except for going out to collect the mail.

Before this, I'd go out on the porch in the morning and read, not a book, but the newspaper. In between reading the usual bad news I'd watch the cars zip by, almost always above the speed limit, wave to the bicycle riders (there were always a few) and possibly exchange a few words with the people, not very

many, walking by. I'd also go out after supper in the evening and Beverly would join me and we'd go over the events of the day, usually the same old things as during the lockdown every day is pretty much identical.

There's a history to front porches, something I didn't know. According to the article, starting in the 19th century "every respectable house in the U.S. was built with a confident front porch". This changed in the 1920's with the advent of the automobile when people left their front porches to go to other places and continued to the 1960s when front porches came back to "make neighborhoods more neighborly". The front porch revival picked up steam in the 1990's and today 65% of houses are built with a front porch.

I don't know what the percentage is in Sun City Roseville but fortunately the model we chose when we moved in does have one. This was, until now, somewhat incidental as we chose one of the smaller models primarily because it cost less and after my retirement we wanted to use our money to travel. As I wrote above, I re-discovered the front porch because, until the pandemic, Beverly and I were out and about most of the time and rarely used it. At any rate, I'm happy we made that choice and look forward to when our air finally clears so that we can once again enjoy our front porch.

As I quoted above, the front porch is

related to the stoops, steps and fire escapes found in cities. When I grew up in New York (da Bronx), stoops were an important part of our social life, especially on hot summer nights. While our parents (the old folks) brought out their wooden folding chairs to sit on the street and gossip, we kids would congregate on a stoop to discuss such important matters as who was better — Willie Mays, Duke Snider or Mickey Mantle.

Stoops also had another important use other than as a place to sit on. Stoop baseball was played by throwing a rubber ball at the steps and then trying to catch it when it came back to you. If you caught it that was an out. If the ball bounced once it was a single; twice, a double; three times, a triple; four times, a home run. My most vivid memory of playing stoopball was the time when the ball came out so far I had to backpeddle into the street to catch it and was hit by a passing car. Luckily, it must have been only a glancing blow because I don't remember having to go to a hospital but I do recall finding myself lying on the street and wondering what had happened. As for fire escapes, people used them mainly to sleep out on during those hot summer nights.

Up until now, I thought stoopball was strictly a city game, like curve ball, slug ball, curves and off-the-point. (Readers who grew up in New York will recognize these). However,

one of my e-mail correspondents and fellow writer, Kevin Hughes, informed me that he and the other kids in his neighborhood used to play it on the steps of their porches. So, I guess that, like baseball, it is (or was) a national pastime.

Another thing, or I should say place, Beverly and I have re-discovered is Schoolhouse Park. In our younger days, we used to walk to the park and up the hill to the bench from where we could look out over Sun City. Nowadays, we drive there and walk on the level path, resting on benches along the way. It may not be much but, like porch-sitting, it does make a nice change from being shut up in the house.

On another subject, I've just read that Yankee pitcher great Whitey Ford has passed away at age 91, just a bit older than myself. Ford was a New Yorker, also like myself, and, being about the same age, we were in the Army at about the same time during Korea. In fact, when I was inducted and sent to Camp Kilmer I saw him play in a baseball game. I guess Ford spent his Army stint playing baseball while I did other important things like shuffling papers. His passing is sad and brought back a lot of memories; maybe some more about this next month.



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Monitored by ADT® the #1 home security company in the U.S.



**ADT® 24/7 Monitored Home Security**

- 24/7 monitoring provides peace of mind
- Yard sign and window decals help deter crime
- Quickly connect to emergency response
- May qualify for a homeowners insurance discount

**GREAT LOW PRICE**

**MONITORING \$27<sup>99</sup> PER MONTH**

**FREE HOME SECURITY SYSTEM**

**FREE SECURITY SYSTEM**  
New customers only. Early termination fee applies. Installation starts at \$99 with 36 month agreement. See all offer details below.

**\$850 VALUE**

**FREE VISA® REWARD CARD** From Protect Your Home —\$100 Value

**FREE WIRELESS REMOTE CONTROL** —\$139 Value

**FREE 7 WIRELESS DOOR/WINDOW SENSORS** —\$695 VALUE!

**FREE INDOOR HD CAMERA** When you upgrade to ADT Video Lite —\$299 VALUE!

See all offer details below.

**LIMITED TIME OFFER—CALL TODAY!**  
**1-916-953-5516**

Ask about same-day installation! Reply By October 30, 2020



**Protect Your Home**  
Authorized Premier Provider

**\$100 VISA® Reward Debit Card:** \$100 Visa® reward debit card requires service activation. You will receive a claim voucher via email within 24 hours and the voucher must be returned within 60 days. Your \$100 Visa® reward debit card will arrive in approximately 6-8 weeks. Card is issued by MetaBank®, N.A., Member FDIC, pursuant to a license from Visa U.S.A. Inc. No cash access or recurring payments. Can be used everywhere Visa debit cards are accepted. Card valid for up to 6 months; unused funds will forfeit after the valid thru date. Card terms and conditions apply. **BASIC SYSTEM:** \$99 Installation. 36-Month Monitoring Agreement required at \$27.99 per month (\$1,007.64). 24-Month Monitoring Agreement required at \$27.99 per month (\$671.76) for California. Offer applies to homeowners only. Basic system requires landline phone. Offer valid for new ADT Authorized Premier Provider customers only and not on purchases from ADT LLC. Cannot be combined with any other offer. The \$27.99 offer does not include Quality Service Plan (QSP), ADT's Extended Limited Warranty, **ADT Command:** ADT Pulse Interactive Solutions Services ("ADT Pulse"), which help you manage your home environment and family lifestyle, require the purchase and/or activation of an ADT alarm system with monitored burglary service and a compatible computer, cell phone or PDA with Internet and email access. These ADT Pulse services do not cover the operation or maintenance of any household equipment/systems that are connected to the ADT Pulse equipment. All ADT Pulse services are not available with the various levels of ADT Pulse. All ADT Pulse services are not available in all geographic areas. You may be required to pay additional charges to purchase equipment required to utilize the ADT Pulse features you desire. **ADT VIDEO LITE:** ADT Video Lite installation is an additional \$299. 36-month monitoring contract required from ADT Video Lite: \$59.99 per month, (\$2,159.64), including Quality Service Plan (QSP). Indoor camera may not be available in all areas. **GENERAL:** For all offers, the form of payment must be by credit card or electronic charge to your checking or savings account, satisfactory credit history is required and termination fee applies. Certain packages require approved landline phone. Local permit fees may be required. Certain restrictions may apply. Additional monitoring fees required for some services. For example, Burglar, Fire, Carbon Monoxide and Emergency Alert monitoring requires purchase and/or activation of an ADT security system with monitored Burglar, Fire, Carbon Monoxide and Emergency Alert devices and are an additional charge. Additional equipment may be purchased for an additional charge. Additional charges may apply in areas that require guard response service for municipal alarm verification. Prices subject to change. Prices may vary by market. Some insurance companies offer discounts on Homeowner's Insurance. Please consult your insurance company. Photos are for illustrative purposes only and may not reflect the exact product/service actually provided. **Licenses:** AL-21-001104, AR-CMPY.0001725, AZ-ROC217517, CA-ACC6320, CT-ELC.0193944-L5, DC-EMS92653, DC-60251600016, DE-07-212, FL-EC13003427, GA-LVA205395, IA-AS-0206, ID-ELE-SI-39131, IL-127001042, IN-C.P.D. Reg. No. — 19-08088, City of Indianapolis: LAC-000156, KY-City of Louisville: 483, LA-F1914, LA-F1915, LA-F1082, MA-14451, NJ Burglar Alarm Lic. # -NJ-348F00021800, NM-353366, NV-0068518, City of Las Vegas: 300008296, NY-Licensed by the N.Y.S. Department of State UID#12000317691, NYS #12000286451, OH-53891446, City of Cincinnati: AC86, OK-AC1048, OR-170997, Pennsylvania Home Improvement Contractor Registration Number: PA022999, RI-3582, RI-7508, SC-BAC5630, SD-1025-7001-ET, TN-1520, TX-B13734, ACR-3492, UT-6422596-6501, VA-115120, VT-ES-238277C, WA-602588694/ECPROTEYH934RS, WI-City of Milwaukee: PAS-0002966, WV-WV042433, WY-LV-L-21499. 3750 Priority Way South Dr. Indianapolis, IN 46240 ©2020 DEFENDERS, Inc. dba Protect Your Home

# SUN SENIOR NEWS CLASSIFIEDS

## SERVICES

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

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

KREUZER'S INSTALLATION & REPAIR Lic#330100. All your Handyman needs 916-712-2339.

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

REPIPE SPECIALISTS - APG Plumbing "Stop Leaks" Call today to replace old or defective plumbing systems. Free Estimates. Ask us about "Tankless". 916-308-3401 alex.apgplumbing@gmail.com (Lic.# 1006695).

\$\$\$SAVE MONEY WHEN SELLING HOME. LH Resident/RE Broker will list your home for only 1.5%! Full service, less cost! DRE#01195871. SELL n SAVE w/ Cindy. Action Realty: 916-595-2635 . www.sellnsavewithcindy.com

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

JUNK REMOVAL garage, yard, storage units, furniture, appliances, e-waste, & more. PELICAN HAULING 1-916-712-7224 Andy Business Lic #00833776.

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

GUTTER CLEANING, Window Cleaning, Solar Panel Cleaning, & Christmas Lights... Student Services Call/Text 916-380-8333.

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

PET WASTE REMOVAL: We Scoop Dog Poop! Weekly service starting at \$10.95. Call 877-POOP-911 or www.poop911.com

AFFORDABLE HOME CARE HELP: customized to fit you or your loved ones with specific needs: In home care • exercise/wellness • companionship • errands, much more. Call me, I care! 916-834-3001.

GARY'S SPRINKLER REPAIR: Lic# 869624. Valves replaced, drip systems checked, timers, broken pipes. 916-223-3706.

MY DOGGIE B&B HAS REOPENED !! plan a getaway and leave the loving care up to me. My day fee is \$20 - overnight is \$30. call marcia, 916-408-8608.

11 COSTLY HOME INSPECTION PITFALLS. Free Report reveals what you need to know before you list your home for sale. Free recorded message 1-855-608-1114 ID# 1003. ROG Complete (2020) DRE# 01801668.

VETERAN DELIVERS FOOD/PRESCRIPTIONS/GROCERIES. (SCLH/VERDERA ONLY). Call John 361-455-8059 from 10-9 weekdays.

DIGITAL TECH REPAIR: Computer Support Services. 916-912-5004.

JUNK REMOVAL garage, yard, storage units, furniture, appliances, e-waste, & more. PELICAN HAULING 916-712-7224 Andy Business Lic #00833776.

## FOR RENT

PALM DESERT SEASONAL RENTAL 2BR/2BA Private Pool Avondale CC Gated. \$4000 monthly. Darlynn 916-768-0284 SCLH

## FOR SALE

HAWAIIAN RATTAN ENSEMBLE: cushioned club chair, round end table, lamp, side chairs. \$75 OBO. 916-772-5766.

OUTDOOR FURNITURE, 4 piece sectional, 3 chairs w/ ottoman. Never used, \$100. 916-408-7458.

RIDE GO-GO ELITE TRAVELLER PLUS (4 wheel electric scooter) with charger. Easy Transport, used 4 hrs. \$600. Robert Rand 916-408-2937.

EXCELLENT 10" SKIL TABLE SAW \$150/ Quality 2x4 computer armoire \$150/card table/ chairs \$50. 916-747-5060.

MOVING. Rosewood 9-piece dining set. Hand-carved, 100-years-old. GORGEOUS. Two 18-inch leaves. Can e-mail photos. \$3,500. 916-300-6886.

GOLF: CALLAWAY EPIC FLASH DRIVER. One year old, minimum used. Paid \$ 700, Sell \$ 350. 916-408-3490.

## WANTED

WANTED: Buying Records Jazz, Blues, Rock, and R & B. Buying small and large collections, LP's, 45's, and 78's. Also looking for reel-to-reel tapes, (all types.) Call 530-273-8490.

WANTED: BUYING OLD COINS, pay cash, free appraisals, discreet, I pay more! Private collector, SC resident. Call Jerry 1-916-772-4268

CASH PAID by collector for MILITARY & VINTAGE ITEMS. I collect military & vintage items. Medals, patches, documents, photos, weapons, helmets, model trains, old toys and other collectibles. Call George at 916-768-4694.

WANTED ANY TRUCK OR SUV any condition paying top prices Montie Boatwright 916 434-5089 or 916 417-7468 LH resident 16 years.

WANTED! cars-truck-SUV's all years all makes. I pay top dollar! Always more than CarMax 19 yr Lincoln Hills resident: Les Van Pelt 916-837-7659 or lesvp@yahoo.com

WANTED: BUYING RECORDS Jazz, Blues, Rock, and R & B. Buying small and large collections, LP's, 45's, and 78's. Also looking for reel-to-reel tapes, (all types.) Call 530 273-8490.

WE BUY BROKEN/USED LAPTOPS. Get A Quote TODAY! 916-912-5004.

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

## ANNOUNCEMENTS

SONS IN RETIREMENT BRANCH 13 (Lincoln/Roseville) is cancelling its activities (except bocce) until further notice. Sons In Retirement is a fun social group dedicated to promoting the camaraderie of retired men. If you are interested in joining SIR or attending one of our luncheons at Catta Verdera Country Club as a guest in the future, please contact Chet Winton at 916-408-8708.

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

### \*\*FREE ADS — INCLUDE

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

### BUSINESS ADS

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

Classified Ad Submissions —

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

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

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

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

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

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

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

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

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

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



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### ***Recent Sales in Lincoln Hills***

<b>2251 Lamplight Lane</b>	<b>Almanor</b>	<b>\$430,200</b>
<b>995 Dogwood Loop</b>	<b>Bridgegate</b>	<b>\$435,000</b>
<b>1433 Tallac Lane</b>	<b>Bridgegate</b>	<b>\$450,000</b>
<b>1226 Tarapin Lane</b>	<b>Madera</b>	<b>\$455,000</b>
<b>536 Northfield Lane</b>	<b>Pine Hill</b>	<b>\$475,000</b>
<b>1010 Stone Pine Lane</b>	<b>Quail Cove</b>	<b>\$480,000</b>
<b>320 Shepherds Court</b>	<b>Quail Cove</b>	<b>\$486,000</b>
<b>1631 Andover Lane</b>	<b>Lassen</b>	<b>\$490,000</b>
<b>1361 Tallac Lane</b>	<b>Almanor</b>	<b>\$490,000</b>
<b>1170 Overland Lane</b>	<b>Alpine</b>	<b>\$492,550</b>
<b>2646 Warbler Lane</b>	<b>Tehama</b>	<b>\$497,500</b>



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