

SUN SENIOR NEWS

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Don and Denise Bowden—Adventurous Homebodies

BY RUTH MORSE

Don and Denise Bowden have lived in Lincoln Hills for four-and-a-half years. They moved from San Jose immediately after both retired from Intel in order to be near close friends Joann and Tim O'Brien. The house when first purchased had good bones but needed some updating. They painted, recarpeted and enhanced the home to suit their tastes. When I visited, holiday decorations were being displayed and the house really shows off Denise's homemaking and decorating skills, a combination of artistic eye, eclectic collecting over the years and a sense of making a welcoming environment. The house in Sun City has curved walls, interior columns, a casita, a courtyard and a colorful front yard with drought tolerant plants and healthy succulents, some which came with the house



Denise and Don Bowden

PHOTO BY JEFF ANDERSEN

when the Bowdens purchased it. Part of the pleasant environment is the presence of two female rescue Dobermann Pinschers, the latest in a long line of similar dogs that the couple has had over the years.

Don Bowden was born and raised in San Jose. His mother was originally from Montana and his father from Texas. His father was a mechanic for Chevrolet dealerships. Don graduated from Del Mar High School in 1968 and immediately went to work in technology in startups that would eventually define San Jose as Silicon Valley and change the once sleepy suburb into a bustling international magnet for state-of-the-art computer companies. When he moved to Sun City, it was the first time he was moving out of the Bay area.

Denise's life took a slightly different trajectory. She was born in Boston where her parents were from. The family moved to Endicott in upstate New York

(cont' on page 29)

Happy New Year from the Lincoln Hills Foundation

BY DENISE BOWDEN

The New Year has arrived but it is going to feel a lot like the old year for some time still. We will have to put off National Hugging Day, celebrated January 21st, but when we are back to some semblance of normal imagine all those warm and wonderful hugs we will share with family and friends. In January Bingo will not yet be back and the time for our monthly games to start is still unknown. Much as we miss raising those daubers and celebrating a win we are committed to keep our players safe. So stay tuned until we are able to be back in the ballroom.

The Lincoln Hills Foundation wants to begin 2021 by expressing our appreciation for the all support we received this year. We met our grant commitments to the groups who depend on us and through the generosity of the community we were able to increase the contribution to the Salt Mine in order to help in key areas such as food and basic necessities this year. We would especially like to thank Southern Comfort Heating and Air for their generous sponsorship in 2020.

Financial contributions support our efforts but the gift of time is also important. The Foundation always welcomes new Board and Advisory Board members. There are many talented people in our community and we encourage those that want to give back to contact us. Skills such as marketing, fundraising, finance and community outreach are always needed. New Board members means

(cont' on page 25)

LH Music Group

BY DAN LEHRER

The Group "Zoomed" our performances in December. The spirit and joy of the Holiday Season was apparent, one could almost taste the egg nog and smell the potato latkes as we performed our songs. For our Group Opening and Closing songs we played and sang "Deck the Halls" and "Let it Snow! Let it Snow! Let it Snow!" When the OC reopens, we will 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, lincolnhillsmusicgroup.org; the password is musicgroup. You can also contact Dan Lehrer at dlehrer72@gmail.com. Ukele Ohana meets Wednesdays, 1:00 to 3:00 PM, (OC). Open to Lincoln Hills residents. Contact Ron Peck at 925-788-5869 for information.

Ballroom Dance

BY ERNIE MICHELI

The Ballroom Dance Club hosts six social events during a normal year. They include activities like the Valentine Dance, an ice cream social, the Spring Pot Luck, Hot August Nights, the Halloween Dance and a Christmas Pot Luck. Each special event has a theme and includes the beautifully decorated Kilaga Multipurpose Room, tables accented with lovely center pieces, food and a thoughtful

selection of dance music.

There is a person who activity after activity sets the tone for each social event with her flair for decorations and table settings. The moment participants walk in the door they are awed by the rooms transformation. That person whose creativity adds so much to Ballroom's social events is Barbara Swerdlow.



Barbara Swerdlow

Barbara is a retired teacher who moved to Sun City in 2010. Previously she lived in nearby Rocklin, California. She has two children, Alison and Andrew, and is eagerly awaiting the birth of her first grandchild.

(cont' on page 4)




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In the next few days, you'll be receiving your ballot for the 2021 Sun City Lincoln Hills (SCLH) Board of Directors election. There are 7 candidates running for 4 open positions. We're writing to urge you to allocate all 4 of your 4 votes among current Board President **ALICE CRAWFORD**, Director **KATHY SHADDOX**, and the outstanding new candidate, **JOE CORTEZ**.

As a former Board member, I have seen our once close-knit community become very divided over the last five years. We have endured dues increases while Food & Beverage losses continued unchecked. The quality and service at our beloved Meridians plummeted to a new low. We were even subjected to an unsanctioned application for a government loan in the amount of \$1.4 Million.

A concerted effort to change these trends began with the 2019 Board election, when incumbent directors were replaced with new faces. It has taken until 2020 to achieve the 4 person majority needed to make the positive changes essential for our community's success.

THE MAJORITY OF 4 NEW DIRECTORS SPEARHEADED MAJOR ACCOMPLISHMENTS THIS YEAR:

- Changed Executive Management
- Hired a highly accomplished new General Manager
- Replaced Legal Counsel
- No Dues increase for 2021
- Guided the HOA to a surplus of \$650,000 through October 2020
- Initiated a Food & Beverage Task Force to investigate previously untried methods of managing our F&B operations
- Conducted a successful community wide survey to determine exactly what residents wanted for Meridians
- Refined construction and maintenance procedures to ensure acceptable standards

We urge you to cast ALL 4 of your votes for ALICE CRAWFORD, KATHY SHADDOX, and JOE CORTEZ

They are committed to maintaining the momentum that began with our 2019 election, to guiding our community toward fiscal responsibility and community harmony. They are dedicated to doing the right thing. We must elect ALL 3 of these candidates to retain the Board majority to ensure these accomplishments are not overturned.

Sincerely,
John Kightlinger
Kindly direct any questions or comments to John at: (916)408-3928 or johnpat@sbcglobal.net

This ad has been paid for by residents to elect Alice, Kathy and Joe

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SUBMISSIONS

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

All information submitted to the Sun Senior News - Lincoln Hills must be accompanied by your name, phone number and written consent. All letters received become the property of the publisher (EGnews Inc.). The Sun Senior News - Lincoln Hills reserves the right to edit letters for publication and liability purposes and are not guaranteed to be published.

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To make the holidays a little brighter for 98 deserving students/families in six local Title 1 schools, \$100 Gift Cards were delivered by Jeff Greenberg - President of the L.H. Senior Softball League and Craig Fraser - President of the SCLH Pickleball Club.



Joy Norman, Jeff Greenberg and Phoenix High School Principal - Chuck Whitecotton.



Letters to the Editors...

Authors are solely responsible for the content of their letters.

We saved a life...

Sometimes you have a thing that happens to you that breaks up the day and also lessens the worry about something like the virus.

Coming home the other day we saved a life.

While driving up Sun City Boulevard, we saw something in the road and as we got closer and closer we noticed it was a turtle. Since it was in the middle of the road, we figured it

would not be fast enough to move far so we kept on going straight rather than try to turn our wheel. The turtle just went right under the middle of our car.

So we went to the end of the portion of the street where we could turn around and went back to see where the turtle was now.

When we arrived, it was up against the curb of the median struggling to get up the

(cont' on page 35)



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Ballroom Dance

(cont' from page 1)

Barbara has been a member of the Ballroom Dance Club for nine years. She likes the Latin dances like the Cha Cha, Rumba and Merengue as her favorites. She adds that she enjoys all types of dances including waltzes and the Fox Trot.

Barbara shares that she came from a dancing family. Her grandfather was from Argentina and taught her the Argentine Tango. Every weekend her family played music, sang and danced together! Her sister became a professional dancer, and Barbara always incorporated music and dancing while she was teaching.

While visiting Argentina, Barbara's cousins took her to a club to see a professional Tango show. After the show, the dancers picked people from the audience to dance with them. One of the dancers picked Barbara to dance the Tango with him on the stage. "Boy, was I nervous! It definitely was an exciting and memorable experience!" she recalls.

Besides Ballroom Dance, Barbara also enjoys Country Western dancing. Barbara feels invigorated, energized and happy when she dances. She also finds dancing is a good way to socialize.

Barbara's advice to new dancers is, "listen to different types of music at home and move to it in 'free form'. Try to hear the different rhythms and how they make you feel. This may help motivate you to try a dance lesson.

Once you begin lessons, go easy on yourself, and have fun—take one step at a time".

Barbara adds that the Ballroom Dance program in Sun City Lincoln Hills is very welcoming and helpful. Sal and Ruth Algeri are qualified instructors that structure their lessons for success and enjoyment. For more information contact Ruth Algeri at 916-408-4752.

• • •

Country Couples

BY JIM CHRISTIE

First I wish to acknowledge and say "THANK YOU" to Phyllis Svetich for four years of volunteering and successfully serving as Secretary for the SCLH CC Dance Club. You faithfully kept minutes of all club meetings and always submitted those minutes to the Steering Committee for review and approval. You ensured those minutes were published on the Club website and sent by regular mail to members without website access. You faithfully sent members dance flyers and any other pertinent information to members without computers. In addition, you sent birthday cards, get well cards or sympathy cards when indicated. Beyond all these duties performed so well, you embraced and assisted in the development of the Club website and maintained the Events Calendar to keep members informed about classes, practices, dances and special events. The Club was fortunate to have you as Secretary. I was fortunate to have you as a fellow Steering

Committee member. I am fortunate to consider you as a friend and a fellow Country Couples Dance Club member.

I wish to acknowledge and say "THANK YOU" to Kathy Lopez" for your faithful emails of encouragement and humor to all of our members. Your efforts unquestionably demonstrate your sincere concern for the welfare of our Sun City Lincoln Hills Country Couples Club members. Your actions reflect favorably on the other Board Members and we are fortunate to have you as our Public Relations Chair. I anticipate to working with you in 2021.

A big "THANK YOU" to Gary Moulton for being my back up and go-to guy, aka Vice Chairman for 2020 and look forward working

with you in 2021.

I want to say "THANK YOU" to Carroll Cederburg for being the Club Treasurer for 2020 and look forward to working with you in 2021.

Also want to acknowledge and say "THANK YOU" to Dennis and Georgi Dawson for organizing recent 2-hour Wednesday night dance practices held off-site in Rocklin. These were not official Country Couples Dance Club events, but they were open to all our members. Dennis and Georgi volunteered their time to provide fun, walk throughs and dancing. The individually wrapped chocolate chip cookies Georgi provided at the last dance were delicious.

(cont' on page 5)





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Email: olli@sierracollege.edu for more information

Country Couples

(cont' from page 4)

I wish to acknowledge and say “THANK YOU” Rich and Donna Pick for volunteering to be our Nomination Committee.

Club Status — There has been no improvements in regards to COVID-19 other than the National news announcements of future releases of effective vaccines. The local distribution and timely administration of the vaccine are a big issue. Our Club status has been, and always will be, guided by the SCLH Association. They are guided by the Placer County Board of Health and Directives from CA State Government.

When our facilities/activities open again, if you're interested in Country Couples lessons, check out the Compass. Beginner lessons are at 7pm on Monday evenings at Kilaga Springs Lodge. Country Couples Club is separate from the lessons. Membership allows you to take part in our dances and fun activities throughout the year. Please see the contact info below if you are interested or have any questions. Take care – stay well and safe! Contact: Kathy Lopez 916-434-5617

Website: www.sclhcc.com

• • •

Tap Company

BY ALISON WOLFE

This month's article focuses on several thoughts from Alyson Meador, SCLH Tap Dance instructor, on tap dancing.

Anyone can tap dance. It can be adapted for any age or fitness level; young children, senior citizens and absolutely everyone in between. When you learn to tap dance you become both a musician and a dancer, tapping (LOL) into your inner rhythm and improving your sense for finding the beat and pattern in music. It's a community. Though it isn't usually done with a partner, tap dance is very social. It's noisy. It doesn't matter how old you are, making noise just feels good. Tapping is a release that is actually great for improving emotional health and self-confidence. Tap dance is fun fitness. Once you learn the basics, tap dance choreography is an aerobic activity. Practice three times a week and you'll see the cardiovascular benefit of tap dance. And if that isn't enough, it makes you smarter! Tap steps are complex. Learning, practicing, and putting them together is a great exercise for your brain. Tap dance also improves balance. Tap dancing requires a lot of weight shift. This improves your balance, coordination and core control, which means better posture, less back pain and less chance of injury from tripping or falling. Tap dance goes anywhere and everywhere and is entertaining.

It makes people smile. It's definitely one of our favorite forms of entertainment.

We look forward to the future when our Tap Classes can resume. If you're anxious to find a new way to exercise, keep your mind sharp and meet great friends, join our Tap Classes. You will enjoy our teacher, Alyson. She specializes in teaching the basics to beginners. If you have never tapped before or if you want to refresh your tapping skills, please join us. (After the quarantine we all will probably be starting over. LOL) Happy New Year.

• • •

LH Players Club

BY KAROL MENDEZ

Well, we made it to 2021 and can see light at the end of a very dark tunnel with the vaccine! We aren't out of the woods yet, but it still feels good to have that year behind us. I sincerely hope you are all well and had a meaningful holiday season despite the social distancing and political drama. The pandemic certainly has been swirling around us this winter. It's getting close to home. Both my sister, and my son are in quarantine at this writing (December), and we have entered another lockdown. My sister's company had an indoor Christmas party for 100 people. She refused to go, but had to go to work on Monday. By Wednesday, the entire office staff except my sister, tested positive. I know everyone has pandemic fatigue, but we have to do better than that. My son is a Fire-Paramedic and had one too many exposures. My heart is in my throat for both of them. The vaccine has arrived, thank goodness, but will enough people be protected by it for a Spring

show? Only time will tell.

Doctor Fauci says things will be close to normal by the fall if 80% of the population gets vaccinated. That's a pretty tall order in today's political climate, but we need that to be able to present Damn Yankees next fall. Everyone, GET VACCINATED! 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. Please stay safe, and keep your spirits up for a while longer.

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

(more Club News cont' on page 7)



Sun City Lincoln Hills Depends on You!

The residents of this community deserve Board members who:

- Respect residents, employees, and respect each other
- Actively listen and consider divergent viewpoints
- Do not harbor hidden agendas
- Are willing to work with standing Committees and the Executive Director to the benefit of our membership
- Exhibit Leadership skills and strive to build consensus
- Are prepared, informed, and focused for meetings
- Are knowledgeable of the Davis Stirling Act and governing documents and are committed to following them

VOTE · HOA · NOW

Every Vote Shapes The Future Of Our Community

- Watch the candidate videos, read candidate statements, attend Zoom coffees, and/or email candidates.
- If you really want to see the consequences of the past 2 elections, watch any Board of Director videos - May thru October. Who do you want representing you and your interests?

Your votes are crucial:

Elect a professional, informed and effective Board which will take us thru 2021!



Welcome 2021!

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Address	Street	Sq Ft.	Price	Model
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1500	Topanga	1065	\$284,900	Condo
889	Meadowhill	1138	\$449,500	Millpond
1160	Shadow Glen Ln	1155	\$414,000	Sequoia
180	Lake Crest	1190	\$430,000	Sequoia
1510	Topanga	1194	\$309,000	Condo
2876	Blue Heron	1195	\$420,000	Calaveras
517	Silverwood	1195	\$426,000	Calaveras
1472	Topanga	1240	\$417,000	Condo
1440	Emerald	1322	\$450,000	Bridgeway
521	Gadwell	1343	\$435,000	Madera
2669	Woodacre	1449	\$540,000	Almanor
1932	Homewood	1473	\$511,000	Almanor
460	Wood Duck	1531	\$540,000	Alpine
856	Violet	1531	\$456,000	Alpine
1279	Tiger Lily	1531	\$490,000	Alpine
380	Lilypond	1539	\$435,000	Pine Hill
1901	Alpenglow	1539	\$495,000	Pine Hill
385	Lilypond	1595	\$479,000	Quail Cove
1885	Hidden Hollow	1626	\$485,000	Lassen
510	Gadwell	1655	\$484,000	Trinity
2113	Stonecrest	1739	\$520,300	Mendocino
1139	Picket Fence	1791	\$555,000	Tahoe
2305	Pebblestone	1791	\$613,000	Tahoe
1397	Sweet Juliet	1804	\$589,950	Pine Hill**
1805	Blackbird	1854	\$520,000	Orchard Crest
980	Wagon Wheel	1855	\$529,000	Plumas
1057	Magnolia	1910	\$560,000	Fremont
2118	Lavender Hill	1967	\$585,000	El Dorado
657	Canyon Oak	2049	\$634,900	Annadel
1699	Fallen Leaf	2068	\$735,000	Marin*
620	Orchid	2372	\$706,000	San Mateo
1937	Fallen Leaf	2513	\$724,500	Marin*
1744	Avian Hill	2576	\$750,000	Marin*

*Open Space • ** Enlarged Plan

Per Sacramento mls reported sales 11/1/20 - 11/30/20

Neighbors InDeed

Happy New Year from Neighbors InDeed!

BY JANET ROBERTS
ARTWORK BY RUDI FRANKE

Happy New Year to all of our friends and neighbors here in Lincoln Hills. What a year we've been through.

The Neighbors InDeed Board of Directors have had to make a hard decision about our services. With COVID 19 cases increasing here in Placer County, we want to keep our volunteers and residents safe. Therefore, we are going back to "urgent services only" which include helping with tasks such as changing batteries on chirping smoke alarms, replacing furnace filters for residents with allergies or other breathing issues, replacing light bulbs in areas

and remodeling parts of the house that we didn't do this past year.

You can contact the fitness center, pickleball or tennis clubs directly. For those landscaping or remodeling projects, we can refer you to vendors who have been recommended by your neighbors. Check out our website, www.neighborsindeed.org, for some of the vendor categories available for referrals.

Volunteering for Neighbors InDeed is rewarding and fun. Do you like helping people? Are you handy with tools and like to fix things? Are you comfortable



without other lighting, reprogramming thermostats, sprinklers and garage door openers, lubing problem garage doors, and a few others. For all other requests, we will request that you delay if for a few months or will refer you to vendors. We will continue with medical equipment loans during this time. Our volunteers will be wearing masks while at your home and we ask that you wear one as well.

How do we make resolutions for the new year? For those of us who want to travel, we're not quite sure that we can do that yet. And the fitness center? It's okay if we want to be outside with the exercise equipment and remember to make a reservation. What about pickleball or tennis? Maybe we should try that this year. So, we're now back to landscaping the yard

using the phone and your own computer? If you'd like more information, just call our message center at 916-223-2763. We'll send you an application and, if you're still interested, provide a general orientation. The Program Coordinators will then provide training and mentoring as you begin your volunteer work. There is always a volunteer to help you out and answer your questions. Volunteering with Neighbors InDeed gives back to the community that has given us so much.

Best wishes for a very happy and healthy new year.

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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Mixed Media Club

BY JILL SHORT

Happy New Years and welcome to 2021! Did you make any resolutions? I will admit that I never make resolutions but this year I thought about it and decided I would or at least change some things I do. My resolution is that once we get back to “normal life” I will not take anything for granted. I will enjoy once again to be able to enter the doors at OC and walk down the hallway to our club meeting room. As I walk down the hallway, I will always take time to look at the window displays and appreciate all the creative projects our Sun City residents have made. When I come into our meeting place in the Ceramics Room, I will be excited each time as I enter. Enthusiastically, I will listen as each of you share your art and life with our group. I will value the time I spend with our club members; every laugh will be a precious gift; every hug will be cherished. Each one of your unmasked faces will be something I will look forward to. May I always remember what It was like not to be together and cherish “normal life.”

Since we are not together yet, as I write this article, I would love to pretend that you are at my front door. I invite you inside to sit at my dining room table. I serve you a cup of tea, coffee, or some hot chocolate and some cookies. As we sit and talk, I ask you, “How are you doing?” For me, that is an important question. Each of our members in the Mixed



Media Group are important. I know that our lives have been turned upside down and even inside out. We are all in this but we are living it differently. I saw a quote someone posted but there was no credit for it. It said, “We are not all in the same boat, we are in the same storm. Some have yachts, some canoes, and some are drowning”, that seemed to sum it up for me. This can even extend to how we are doing art. Some members may have been busy these past months being very creative. While other members have had a hard time getting past empty pages or even pulling out art materials. Staying connected has been important and that is why we started to Zoom.

There are some that don't like to Zoom and we understand that it is absolutely not for everyone. We were made for relationships and that is why we want to encourage each and every one of you to join us in Zoom until we can meet safely in person. If you are having a hard day reach out to one of us. Reach out to me, I am here for you, Jillann322@gmail.com

Our Mixed Media Board met on December 9 on Zoom to discuss our December Holiday Zoom party, membership dues and moving forward in 2021. At this time, we will NOT be collecting dues until we start meeting together in person. If for any reason that changes, we will notify our members. Anyone who wants to join the club can still do so but not pay dues until the club decides to start collecting them again. Membership requests go to Nan Griffin. Check contact information at the end of the article. The Mixed Media Board consists of Nan Griffin, (President), Frima Stewart, Jan Stephens, Chris Fetter, and Jill Short (Article Writer).

Our “I'll Be Home For the Holidays” Mixed Media Club party was on December 16 on Zoom. We shared out art challenge. The art Challenge was to use a Holiday Song to inspire us in an art creation. We had a fun game about Holiday songs. After the game we shared, “These Are a Few of My Favorite Things.” In translation that means we shared 2-3 of our favorite art supplies.

How about a new art challenge for January 2021? Choose one of these two prompts and get creative: “Silver Lining” or “Fresh Start.” For those who are overachievers, go ahead

and do both. The more art the more fun. Remember doing a challenge is voluntary and there are no rules.

If you are someone who is having trouble doing any art or don't know where to start or just want a little extra fun, then how about a little Journal Jam with Jill (that is me)! I will give you some specific prompts and you can go from there. First get out your art journal or some art paper. Now let's get started. Add some college paper such as sheet, tissue paper, dictionary page or a book page on your art journal paper or the paper you are using. Tear it, cut it and glue it wherever you want to. When you are done it is time for your next prompt. Do you have some dice? You only need one. Go get it. if you don't have dice don't worry, I have you covered. Now it is time to add some acrylic paint. Roll your dice. If you roll the number 1 you need be using red acrylic paint, roll 2 and that will be yellow, roll 3 and that is blue, roll 4 and you will get green, 5 is purple and 6 is orange. If you don't have dice, I just rolled 3 and blue will be your color. Next prompt goes with the acrylic paint. Scrape the acrylic paint color that was rolled onto your paper using a scaping tool such as a credit card or palette knife. Remember you do not need to cover your whole page. Put as much paint as you want wherever you want. When you are done, the next prompt is to add some overlapping circles. When you are done with the circles it is time to choose a focal point to add to your paper. After you have glued down a focal point get a stencil and use it on your art

(cont' on page 10)



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SCLH Community Association Board of Directors 2021 Election

BY SCLH ELECTIONS COMMITTEE

Sun City Lincoln Hills will elect four members to its Board of Directors on February 18, 2021, and seven candidates are running for these positions. Terms are for two years. Ballots will be mailed to Sun City Lincoln Hills homeowners the week of January 11, and completed ballots must be returned by 3 p.m. on February 17, 2021.

Candidate forums will be live streamed on Saturday, January 9, at 10 a.m. and Tuesday, January 12, at 2 p.m. The forum videos will also be available on the resident website. Due to Covid-19, forums will be livestreamed via zoom.

Ballots should be completed carefully by following the provided instructions exactly as

written. When completed, ballots may be returned by mail, hand delivery to the Inspector of Elections office, or hand delivery to the ballot drop box at the Orchard Creek fitness center.

The Sun City Lincoln Hills Elections Committee hopes that all members of Sun City Lincoln Hills will become informed voters and vote for the candidates of their choice. Following are statements by the candidates running for office. The views expressed are those of the candidates and do not reflect the view of the Association, its directors, managers, employees, or agents. The candidates are solely responsible for the content.

David Conner



Dear Neighbors,

I am running for the Association Board of Directors and also requesting that I be voted President by the new Board.

I am a pro-active manager and visionary which was demonstrated by insisting that a change be made in the leadership of the Finance Department two years ago and it has since become the best in our history. Later as President I was firm and emphatic that changes in the Food and beverage Leadership be affected after many years of neglect while keeping our Staff and Committees intact and motivated while under duress and adversity.

I understand the mistakes from the past and know how to repair or avoid them in the future. I do not favor hiring outsiders to manage our restaurant or any other segment of our operation. No one cares as much about our community as we do and no one is wiser or more capable of taking care of our business than our residence..

I vow to end the nonsense and maintain the security and life style we have come to expect and I would appreciate your vote.

David Conner
916-543-0461, greyfoxdc@yahoo.com

•••

Robert Copp



It would be my privilege to serve the Lincoln Hills Community as a member of your Board of Directors. I have spent the last five years on the Finance Committee with three years as Chairperson.

I have provided advice to the Board on financial policies, the annual budget, reserves and capital improvements while learning about the Association's operations and its Governing documents. My working career included multiple leadership roles where I led the development of strategic, financial and operational plans.

My promise, if elected, will be to work to fully understand our Association's key issues and priorities, to seek broad resident input for major decisions through surveys and open workshops, and to support more resident input at every Board meeting. I will take the time required to collect and review information, work through Committees and staff, and collaborate with other Board members toward reaching consensus decisions. Though research and resident outreach may take longer, I believe that better decisions affecting our Community will be made and more people will be heard. This will help ensure that decisions can withstand the test of time.

I thank you in advance for your support and your vote. For more information, contact robertcopp64@yahoo.com.

•••

Joe Cortez



I am an Air Force veteran, as is my wife, Kathy. We have been married for 45 years. My profession was in law enforcement where I spent half of my 30 year career as a chief of police. As a police chief, I managed multi-million dollar budgets and kept our community safe. Today, Kathy and I serve as regional managers for a nationwide faith-based disaster relief organization.

My military service provided valuable lessons in teamwork, accountability, and dedication. Policing provided a strong sense of justice, fair play, and values-centered leadership. Disaster relief has shown me the high value of volunteers.

Like you, I am weary of the incivility and divisiveness we've seen this past year. Miscommunication breeds mistrust. Coffees with small groups, village-wide gatherings, and town hall meetings will go far in healing our rifts.

Lincoln Hills offers something for everyone to enjoy life on their own terms. With two generations of my family as residents of Sun City, I am committed to ensuring our community remains safe and inclusive to all, no matter age or ability.

I ask for your vote to continue moving this great community forward in a spirit of cooperation and trust.

Joe Cortez — joe4suncity@gmail.com

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Alice Crawford



Two years ago, I campaigned on a promise to actively listen and represent your concerns. Under my leadership, this Board was able to implement monumental changes that residents have been demanding for years. As a change agent, I oversaw the successful hiring of new HOA management and new legal counsel and resolved several resident concerns regarding our community. A great start, I'd say!

Now is the time to keep our community moving in the right direction – financially, operationally and socially. I want to finish the job I started by moving forward with the following:

- Instituting best business practices, transparent purchasing, and construction bidding.
- Developing budget processes that include resident input and span multiple years.
- Keeping HOA dues low by finding efficiencies and eliminating unnecessary expenditures, all with care to make this community the best!
- Demanding accountability and transparency of HOA management and staff; putting the focus on serving residents.
- Implementing policies that address

residents' needs and eliminate those which are over-controlling.

- Implementing residents' suggestions received as a result of the successful Food and Beverage Survey.
- Representing the best interests of ALL residents, not just vocal special interests or clubs.

If you want action, not just talk...
Please vote for Alice!

•••

Craig Fraser



I believe that it's essential that all residents be represented on the Board of Directors and my pledge is to be a Voice for All. Our community deserves leadership that can bring people together and foster a positive approach to governance. We are all neighbors with common interests. I will work hard to represent your interests, no matter how active you are in this one-of-a-kind community.

My commitment:

- Money will be spent wisely and without waste to control HOA dues.
- I will use my experience managing multi-million dollar budgets to find operating efficiencies for cost savings.
- Our community will be beautiful, safe and affordable with a comfortable and fun lifestyle.
- I will be accountable to you through diligence and communication because I believe resident knowledge and feedback are required for good decision-making.
- I promise to be prepared and knowledgeable for all Board-required activities and decision-making.
- I support measurable goals and objectives for the Executive Director.
- I pledge to be respectful and professional at all times as your Board member.

It would be an honor for me to work on your behalf by using my experience, financial expertise, tenacity and appreciation for our lifestyle, while managing the bottom line.

•••

Kathy Shaddox



MY GOALS: retain and improve life style quality; spend your dues wisely; support future growth; move forward with maintenance/replacement projects and obtaining bids, while working to meet the needs of all our residents.

My Priorities: address the challenging issues facing SCLH; keep our residents involved; be accessible, assure that transparency filters from top management and committees to the Board and residents; restore faith, trust and respect between board members, staff and residents.

My Experiences: Currently a SCLH Board Director; 27 years of financial and budget

experiences; 6 years as a Director/Treasurer for my previous HOA. I was appointed as San Mateo County Regional Representative for CSEA which sharpened my negotiating skills. Years of volunteering services for my community, schools and church.

I have the leadership traits, fiscal experience, and negotiating skills that makes me a valuable asset. I am energetic, honest, fair, an independent thinker, and strong believer in due process.

If Re-Elected, I will continue to welcome community input. Let us stand strong as we move to the FUTURE by keeping our Association running as smooth as possible.

My Desire: To move forward keeping SCLH the best to live.

I ask for your support and your vote!
kathyshaddox@gmail.com 916-209-3307

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Laura Thiele



- Focused
- Experienced
- Committed to our community
- Focused
- On financial integrity and strength of our \$20 million Association
- On financial review - ratifies review of records each month
- On safeguarding our wonderful lifestyle and facilities
- On listening and responding to all residents
- Experienced
- In SCLH Finances, serving as your Treasurer (former Finance Committee member)
- As an accounting liaison to the ethics officer of a fortune 500 company
- In corporate accounting as an assistant controller, finance policy manager, internal auditor

• As a leader who implemented integrated financial systems including business process redesign, security set-up and training

- As an auditor and CPA
- Education and Certification:
- M.B.A. Finance - University of California, Berkeley
- B.S. Business Management - University of California, Davis
- Certified Public Accountant, State of California

— Committed to Our Community

- Serving as your 2020 BOD Treasurer
- Supporting our Committees, believing nothing should be presented in a Board meeting for approval that hasn't been vetted through a committee

- Supporting our Staff
- Attending innumerable committee meetings
- Maintaining the financial health of our organization

I truly appreciate your votes!
Contact: jlat1200@gmail.com

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Mixed Media Club

(cont' from page 7)

creation. Next prompt is to add some metallic. Finish your art project off however you want. By the way, if you have impulses along the way to do something on your creation, by all means do that. If you chose to Journal Jam with me, then I hope you enjoyed the process, while you played.

“Play is messy, chaotic even. Things get flipped upside down and inside out and torn up and pulled apart and put together again in new combinations. This is where doors open into unforeseen worlds...Play opens possibility.” Elle Luna

For more information about Mixed Media Club and membership contact Nan Griffin: griffinncancy70@gmail.com

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Needle Arts

BY JILL SHORT

Happy 2021 to all our Needle Arts members. Let's hope that this year we will get back to normal life sometime in the near future. Thank you, Jean Storms, for working so hard as our President the last couple of years especially during some very difficult times. Jean has now handed off the job to our newly elected President, Jeanne Helland, who is a very wonderful and capable person. Jeanne gave our new board a running start by meeting in December. They started working

on plans for 2021.

The Board is planning on a January 12th Zoom General Meeting at 1:00 PM. It will be a time to meet the new board, our newest members and thank our outgoing President Jean Storms for her hard work during her term. At our January meeting we will be sharing a challenge for all sewers and crafters in the Needle Arts Group. Join us to find out the details, and have a good time getting together on Zoom. The Board discussed plans for a speaker and a workshop by Zoom. More information about the February meeting will be discussed at the January Zoom Meeting also. Watch your emails for the Zoom invite.

The search continues for a communication person to take over immediately. This is my final month of writing articles. If no one steps forward there will not be articles for the Sun Senior News or the Compass. Communication is important for new people to see what we are doing who might be interested in joining Needle Arts. It is also an opportunity for members to read about what has been happening and future plans. Please do not be afraid of this job, the Board Members will give you items to include in articles. I know there is someone reading this who has thought about it but is a little hesitant to step forward, we need you. Take the step and contact Jeanne Helland at tjhelland@att.net for more information. I will also be here to help you get started.

Ladies all over our community have been busy working on projects for Community Service. Thank you each and every one of you who worked during these difficult times

for others. You ladies did Needle Arts proud! Clareen Bolton and Bev Johnson lead the Community Service Group and have done a fabulous job getting items out to charities. I would like to include the beautiful email from Clareen with the year-end report.

“With this unusual year we're experiencing it's no wonder the need for help is even greater. Fortunately, Community Service has the best, most dedicated ladies always coming through. Koinonia had 18 new foster teens that were each given a quilt. Beale Air Force base sponsors two national projects called Bundles For Babies for new expecting parents, and Hearts Apart for families of deployed military. Twenty baby quilts went to Bundles for Babies and 53 quilts to Hearts Apart. Every Christmas, St. Vincent DePaul helps Lincoln families in need. This year there were 30 children that were given new quilts. 51 quilts went to We Care for children displaced by the fires. Due to our resourceful Community Service ladies, we have been able to donate 193 quilts to date this year.”

If you have not paid for your 2021 membership dues yet, now is the time! The 2021 Needle Arts dues will be \$10 if paid or postmarked by January 30, 2021. If not received or postmarked by January 30, 2021 the membership dues will revert to the normal Needle Arts dues of \$20. To pay your dues, print out the 2021 Membership Form and send to membership chair, Linda Moran, by mail. Check the Needle Arts website to get the form

(cont' on page 11)



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Needle Arts

(cont' from page 10)

and the mailing address. Do you have friends who might enjoy Needle Arts? Print out an extra membership form and invite them to join. We are going to have a great year even in the pandemic.

We have reserved a date for next year's retreat. It will be held at Mercy Auburn. Save the date, April 26-30, 2021. Let's hope that the retreat will happen. I am sure that many of you will be so excited to get away from home and meet together.

During our normal life, Needle Arts meets the second Tuesday on the month at 1:00 PM in P-Hall (KS). Let's hope that in 2021 we can get back together and in person soon.

Jeanne Helland stated, "The upcoming year will be a year of learning new ways to get together and having to continue to be flexible as the year progresses." Let's remember what she says and make sure we encourage all our Needle Arts Board members as they are trying to do their best to navigate planning under some difficult and ever changing times.

Check out Needle Arts website for contact information, membership forms and more at: sclhna.com

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Painters Club

BY MARILYN BRODERSEN

2021 is the year to improve and expand your painting skills!

Stay active painting! We will email you our new newsletter with suggestions of painting goals and activities. The newsletter will arrive before the general meeting online which is every third Tuesday of the month at the time change of 2pm. These online meetings are accomplished using the Zoom app. We are asking all new and present members to get on Zoom website or to download Zoom Cloud Meeting (free) and get started.

Need more help? Members will also be emailed Zoom instructions. Look for them!

One of the "at home activities" is to choose from two pictures or painting photos, and changing them "To Your Style". Change the color pallet, change or alter the composition, add or subtract texture, smooth out brush strokes, or add in stroking. Our "at home" members can then choose to send it online to be shown at the next online meeting. We know that by challenging our brain to paint something new, we can grow brain neurons!

All present members have free membership this year.

New members are free until the END of February. \$15 A YEAR after that.

Membership- call or email Jerrie Crass, email jerriec68@gmail.com or 9163026178

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Paper Arts Club

BY LINDA LUCCHETTI

Happy New Year to all. Let's hope that sooner, rather than later, we will be getting together for cardmaking and camaraderie, at one of our meetings or events. We've got a lot of catching up to do!

Our December newsletter was full of unique holiday greetings. Thanks to all who sent in photos of their creations. The posted cards from members have truly been the "glitter and glue" that have helped keep the club together during these uncertain times.

Thank you again to those members who donated their handmade cards to "Cards for Kindness," the organization that collects and distributes cards to cancer patients, nursing homes, retirement homes, and children. Those who contributed their beautiful cards were: Roberta Pearson, Jan Arney, Shirley Rainman, Reg Fabian, Elly Goleno, June Paquette, Maureen Morton, and Pam Haines. We collected 235 cards that were mailed to the organization after Thanksgiving. Thank you for spreading sunshine!

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.

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Woodcarvers Club

BY LIONEL RAINMAN

Learning To carve... It's been said there are three ways people learn, that is, they learn by observation, by reading, and touching the wet paint. The same can be said about learning to carve as it is beneficial to be observant, to read and to touch the carving knife to wood to experience learning to carve by carving.

The hardest part of any carving project is getting started. Once begun, the creative juices flow and the project takes on life. There is also no correct way to do the carving process. Each carver should develop one's own approach, technique and style which may be learned by observing fellow carvers as well as trial and error of self-experience. Every carving project is a learning project and a practice exercise but with each carving project what was learned before applies to what is being learned in the next project. The more one carves the more one learns and the better one becomes.

Come visit the Woodcarvers when we are in action. Unfortunately most clubs are on hiatus due to the virus so visiting is not possible at this time. However, when all is safe and our club resumes meetings they are usually held on Wednesdays from 1:00 PM to 4:00 PM in the Sierra Room at (KS)

Contact: Lionel Rainman 916-253-9534
lrainman1414@yahoo.com

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(more Club News cont' on page 13)

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LENORA HARRISON & LARRY PEARSON

We would like to take this opportunity to wish you and yours a Happy New Year! We hope you enjoyed your time preparing, celebrating and getting ready for 2021 and enjoyed a lovely holiday season. We certainly did! Looking back on the past year has made us incredibly grateful for all we have. Being an active part of our tight-knit community and preserving relationships with friends and clients like you, is the core of our business foundation. We would like to thank you for trusting us to help you and those you refer, navigate the Sun City Roseville real estate market. It was truly our pleasure!

Warmly, *Lenora & Larry*

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LH Photography Club

BY DIANE MARGETTS

Our photographers have been using the downtime to hone their formidable skills. Recently a group of four photographers went on a bucket-list excursion to the White Pocket Monument in the Vermillion Cliffs National Park, Arizona. The adventure turned into a socially-distanced 11 day, six state, 2800 mile exploration of the Southwest. To the delight of members, the 'Four Amigos' shared their photographs at our December General Meeting. Their stories were almost as entertaining as their magnificent photography!

Want to enjoy some wonderful photography? Check out our Facebook Page. 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 out your skills with the camera. Beginners are especially welcome. To participate go to: <https://www.facebook.com/groups/SCLHPhotographyClub/?ref=bookmarks>.

We always welcome new members to the club. Other member-only benefits include monthly presentations by world class photographers, Special Interest Groups (SIGs), organized field trips to photographic destinations in California and beyond and member-to-member mentoring. The Club's SIGs (Enhancement, Round Table and Learning) are designed to broaden and advance the skills of our beginning to advanced photographers. The after-holidays January Enhancement SIG will be a timely show and tell.

The annual membership is only \$20 per household per year. Go to our website, lhphotoclub.com, for information on how to join and a schedule of our monthly meetings.

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Vintage Treasures

BY ELLEN STEELE

Vintage Treasures paused in December, due to the still closed facility where we meet. But, one of our talented members generously continued the e-presentations in November and into early December of Christmas treasures, both ornaments and decorations. And it has kept us connected when we most need to reach out to others, and find a way to share our interest in collecting treasures from the past.

Our club focus is on vintage and antique items, pre-1970. When our facilities reopen, we will meet in the Heights and Gables Room (OC) on the first Monday of each month, from 10:00 to 11:30 AM. The program will be followed by an optional lunch at Meridians.

Contact: Sandi Janisch 916-253-9085

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Writers Group

BY ANDY DEXTER

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

We do NOT plan to reconvene until a vaccine is available.

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. If you want to read something you wrote, please bring 10-12 copies to share. We provide each other with excellent feedback about our writings.

• • •

Book Club

BY CATHIE SZABO

"Times and conditions change so rapidly..." – Walt Disney

Happy New Year, I guess with fingers crossed. May 2021 see us returning to normal (whatever that may turn out to be) during the next 12 months.

And the Book Club wants to pass along a resolution for the New Year. In the midst of a pandemic, suggest you read a book about the 1918 Flu – novel of non-fiction. Then thank your lucky stars that modern medicine had made "our flu" a bit more bearable and that there is light at the end of our tunnel.

Challenge number 2 – read a book set in every state. Search the web and you'll find lists galore to choose from. (How did you do on your reading challenges for 2020? As I write this in early December, I'm on target to smash my goal of 130 books – in the midst of #124. And with the exception of "J", "U", "X" and "Z", tallied a book for each letter of the alphabet.)

2020 has taught us all that it's best to be flexible and bend with the changing winds of the times. And so, the Book Club is modifying itself to better fit this current pandemic world. Yes, our main goal is still reading and discussions. How to fit into this new reality is what is changing.

First, Zoom has become our mode of meeting. And we realize that many of our members are a bit Zoom-shy. For those who have never tried Zoom, we urge you to download the program from your device's app store, follow the tutorial given and join us Zoomers at our meetings. For more help, search for "how to use Zoom" on the internet – you'll find many, many articles and You Tube videos to check out. Be a Boomer Zoomer in 2021!

We're shaking up the content of our Zoom meetings a bit. We are going to try to have a different experience once a quarter or so – e.g. author visits, perhaps a visit from a local librarian. Our first "visit" will be April, hopefully, as we are finalizing details now.

Our big wish for 2021 for the book club is the goal of simplifying our website. If you have the skills to set up a website and have the time and desire to help, we'd love to have you work on our website. Contact Cathie Szabo

at catsickle@gmail.com for details.

Oh yes, the books. But before the big reveal – we will need folks to facilitate our discussion each month – we do have very helpful guidelines for our facilitators. Look over the titles for the first quarter of the year, and if one sparks some interest, volunteer to be our facilitator for that month. Email Cathie at catsickle@gmail.com and let her know you're stepping up. We're especially in need of a facilitator for the January title.

We'll be zooming on the third Thursday of each month at 1:00 pm. Details on the meeting will go out via email shortly before the meeting. Not on our list – email Dale Nater at ocbookgroup@gmail.com to have her add you to the email list.

Oh yes, the books. Here are the choices for the first three months.

January 21 – *The Cheerleader* by Ruth Doan McDougall

Remember the 50's? Then you'll identify with the heroine of this book, a teenager dealing with the angst of high school.

February 18 – *Lincoln on the Verge* by Ted Widmer

March 18 – *The Island of Sea Women* by Lisa See

April 15 – Author visit – details next month

Finally, a thoughtful quote: "The measure of intelligence is the ability to change." – Albert Einstein

Stay safe, stay healthy.

• • •

Shalom Social Group

BY JUDY GANULIN

Happy new year to all! The Shalom Social Group marked Hanukkah with a festive Zoom celebration. We lit our menorahs on screen; we had live Hanukkah music, and we had drawings for gift card prizes. We thanked our retiring Board members Bruce Herold, Lorraine Katz and Harriet Kroot and welcomed new Board members Barbara Kornfeld, Barbara Swerdlow and Bob Aron. We're considering forming an informal Zoom discussion group. We play bocce ball every Sunday, weather permitting. Our website, <https://sites.google.com/site/sclhsg> is informative for new and old members alike. For more information please contact Joanne Levy, 508-333-8590.

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(more Club News cont' on page 15)

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Big History

BY CAROLE WADE

Bleak though 2020 was, Big History had a good year thanks to Zoom, and now we're planning another great lineup of presentations for 2021. On January 25, Dave Lewis will kick off the year (and jog our collective memories) with a review of previous years' presentations. Then, looking ahead a bit, on February 1 we will have a special treat. Tamim Ansary, a well regarded author and lecturer, will speak to us about his latest book, "The Invention of Yesterday: A 50,000-Year History of Human Culture, Conflict, and Connection." In this engaging work, Ansary shows how the stories humans construct about their origins, their purpose, and the meaning of events have influenced the development of empires, civilizations, religions, and cultures. Throughout history, when groups with different narratives have met, the result has sometimes been conflict and war, but narratives can also blend and influence each other, resulting in a flowering of new ideas and technological breakthroughs.

We are going to be experimenting with weekly presentations, and we hope you'll join us. For more information, please contact Ranny Eckstrom at BHSCLH@yahoo.com or 916-708-0165.

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LH Astronomy Group

BY BILL WEAVER

During the Covid-19 restrictions on assembling, the LHAG will hold its general monthly meetings online during its regular scheduled meeting date and time of the first Wednesday of each month at 6:45 PM. The first meeting is scheduled for January 6, 2021. The agenda will include an introduction and update on LHAG activities, followed by a 30-minute video presentation titled "Deep Universe: Hubble's [Hubble Telescope] Universe Unfiltered". This video will look at some of the most distant galaxies the Hubble telescope has ever seen, and find out why, when we look at the most distant objects in the universe, we are also seeing the cosmos' earliest objects.

All LHAG members will receive an email invitation with details and assistance as needed on accessing the online meeting using

the Zoom computer application. The LHAG membership is open to all Sun City Lincoln Hills residents. If you wish to become a member of LHAG and participate in the upcoming program, you are welcomed to contact Ron Yelton, LHAG Treasurer, at ryelton660@aol.com. Annual LHAG membership dues are \$10 per household.

The LHAG consists of members with a wide range of interest in astronomy from novice to expert. If you are interested in just keeping updated with current events in general astronomy or learning about the science and mysteries of the Cosmos, the LHAG has a place for you. In addition, the LHAG sponsors a Telescope Interest Group that gathers periodically for star parties and provides support in acquiring and using telescopes.

Astronomical Events for January 2021

January 2, 3 - Quadrantids Meteor Shower. The Quadrantids is an above average shower, with up to 40 meteors per hour at its peak. It is thought to be produced by dust grains left behind by an extinct comet known as 2003 EH1, which was discovered in 2003. The shower runs annually from January 1-5. It peaks this year on the night of the 2nd and morning of the 3rd. The waning gibbous moon will block out most of the faintest meteors this year. But if you are patient, you should still be able to catch a few good ones. Best viewing will be from a dark location after midnight. Meteors will radiate in the Northern sky from the constellation Boötes but can appear anywhere in the sky.

January 13 - New Moon. The Moon will be located on the same side of the Earth as the Sun and will not be visible in the night sky. This phase occurs at around 9:30 PM in Northern California. This is the best time of the month to observe the heavens for faint objects such as nebulae, galaxies, and star clusters because there is no moonlight to interfere.

January 24 - The planet Mercury will be at its Greatest Eastern Elongation (the angular separation between the Sun and the planet, with Earth as the reference point). The planet reaches its greatest eastern elongation of 18.6 degrees from the Sun. This is the best time to view Mercury since it will be at its highest point above the horizon in the evening sky. Look for the planet low in the western sky just after sunset.

January 28 - Full Moon. The Moon will be located on the opposite side of the Earth as

the Sun and its face will be fully illuminated. This full moon was known by early Native American tribes as the Wolf Moon because this was the time of year when hungry wolf packs howled outside their camps. This moon has also been known as the Old Moon and the Moon After Yule.

Questions regarding the LHAG should be directed to LHAG President Bill Weaver at hamweaver@wavecable.com.

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

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

BY PATTI KINGSTON

When the 8:15 bell rings, Penny Whitworth's 3rd grade class files in. Her experience teaching some students from home and thirteen in the classroom has been mixed. The 5 students in her third grade who learn only at home on their computers miss a lot; the social experience in the classroom and the personal one on one that a teacher provides. The technology is difficult for some 7 to 9 year olds and the opportunity to just not do the work is a temptation. It has been a steep learning curve for Penny while getting used to the technology and the various platforms

available to her, KAMI, SEESAW, NEARPOD AND EPIC. The District uses Google Meet for the on-line classes. It felt like a whole new job at first but now she feels that she'll never go back to having everyone work solely on paper with pencils.

Western Placer Schools are open for in-person and distance learning with no plans to close when the County is in the purple zone. First Street School is open with the District mandated a 3 foot "nose to nose" distance among children and 6 feet from the teacher. Everyone wears masks and abides by the rules. Evidence shows that WPUSD schools are not a primary transmission for COVID. Masks and proper distancing have kept the numbers of COVID very low. Parents must monitor children's health before sending them off to school each day. Teachers are very strict about adhering to the protocols. Students and teachers must wear masks at all times and keep safe distances in the classroom.

We all hope 2021 will bring an end to the epidemic with the arrival of vaccines. 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.

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(more Club News cont' on page 16)



Mrs. Penny Whitworth's with her 3rd grade class.



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Apple User Group

BY RICH THAYER

We hope you had a happy holiday! LHAUG is kicking off 2021 with several seminars on Apple product essentials. Andy Petro will cover iPhone basics, such as restart, calendar, messages, photos, and more. He'll be using the iPhone User Guide iOS 14.2, so download that using the Books app on your iPhone. Ken Silverman will discuss iPad basics, such as setup, basic settings, finding information about your iPad, and syncing all of your information. Bill Smith will cover things you need to know to use the Apple Watch effectively. He'll cover topics such as setup, watch face design, gestures, control center, and Siri. He'll discuss the Emergency 911, Medical ID, and Fall Detection features, as well as health and activity monitoring. Also this month, Ken Spencer will discuss macOS Big Sur.

If you forgot to renew your membership, or if you'd like to join the user group, go to the About Us tab on lhaug.org for the membership form and instructions. As always, see lhaug.org for the latest schedule information and other useful information for Apple users.

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

SCLH Computer Club

BY NORMAN SEIDENVERG

Our facilities remain closed without any opening dates available yet. The good news is the Covid-19 vaccine is here and starting to be given to health care providers. There was no presentation in December, 2020, but will resume January 13, 2021 via Zoom. The subject will be: "Ask the Techs". Please submit questions about your computers, laptops, pads, or phones to www.sclhcc.org. Renew annual membership for 2021 by sending a check for \$15 to Ben Richardson, info at the club website. Placer County info re the Covid-19 is online and updated frequently. Do your own taxes online and save \$\$\$, several programs are available, the most popular is TurboTax. Hope your Holidays went well and please stay safe and healthy.

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(more Club News cont' on page 17)

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"My experience with Carolán 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 Carolán 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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 CA DRE # 01937273

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LH Italian Club

BY LINDA LUCCHETTI

We've canceled activities in early 2021. We will resume events when it is safe to attend. Please check the website for updates.



Hats off to the Italian Club!

To get ready for events when they start up again, why not shop at the online Apparel Store for items like hats (see photo) and shirts that display the club's colorful logo. You'll be ready to go! (See info on the website about how to order.)

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

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Lavender Friends

BY SANDI DOLBEE

Meet the three club members who have been put forth by the Nominating Committee to become our new officers for the next two years: Darlene Barbieri for president, Marilyn Kupcho for vice president and Pat Murphy for secretary.

The election will be held at our biannual business meeting, scheduled for 10 a.m. Jan. 23 on Zoom (members are reminded to watch for the Zoom link in your weekly emailed communications). Once elected, the three will join Nancy Sartor, who is continuing as treasurer.

Darlene, a retired school psychologist, has been a Lavender Friends member since 2017. When asked why she agreed to be nominated for the president post, she talked about providing a community for our LGBT residents that is supportive, caring, accepting — and fun. “I believe people need each other and we need each other to get through life’s ups and downs and, sometimes, crazy times. We can be that for each other.”

She has spent much of her life living by the ocean in San Francisco, Half Moon Bay and Capitola. While she misses the water and is saving up to buy a boat to spend time back on it, she adds: “I have adjusted my sails and am looking forward to enjoying retirement here in this community.”

Marilyn, a retired technology support manager at San Jose State University, has

been a club member since 2013. She likes to walk and play pickleball. Recently she’s begun dabbling in making bread, bagels, pizza and pretzels while also maintaining her weight. “Hence,” she adds, “the pickleball and walking.” She borrows a line from the smash hit play “Hamilton,” when asked why she agreed to run for vice president. “I want to be ‘in the room where it happens.’”

Pat is one of our newest members, having moved here this past summer. She is a semi-retired HR business partner and manager and loves to garden. She agreed to stand for election as secretary because “the best way to understand the culture and embrace my new home is to engage in areas of my interest. Being secretary allows me to learn about the group, its focus, challenges and goals in this community.”

They will replace the current president (Joan Lactis), vice president (Elaine Kalani) and secretary (Sandi Dolbee).

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Glaucoma Support Group

BY BONNIE DALE

Happy New Year! The uncertainty continues and I am not exactly sure about our meeting plans for this year. I have submitted paperwork for the Room Rental, but whether or not we will be able to gather in person with more than 10 people allowed is still unknown. So for now we will plan on Zooming it.

The January meeting will be held on

January 13, 2021 at 4:00 PM by Zoom. A few days before, a meeting announcement with more information and the Zoom Link will be sent to Members.

If you are interested in joining our group, please contact Bonnie for the meeting sign in information.

Questions? Call Bonnie Dale at 916-543-2133.

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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. For more information or to be added to our mailing list contact Marsha Van Wagner at mmvanwagner@gmail.com.

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(more Club News cont' on page 19)

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Bosom Buddies

BY VAL SINGER

Happy New Year! I think we will all be happy to wave goodbye to 2020. With the hope of a vaccine, 2021 is bound to be better. I know in my 80+ years, I've never seen a world so upside down, confused, and generally a mess. But, for my family, we have been blessed in many different ways. My husband was given a clean bill of health, my daughter had successful open-heart surgery, and we are all Coved free so what more can I ask? Well, now that you mention it, how about having a Bosom Buddies meeting or luncheon? Doesn't that sound like fun? Remember when...

But, thanks to Patty, Peggy, Kathy, and Kay, we all received a lovely Christmas present. The picture shows Kathy and Patty delivering my bottle. Peggy is always a part of this group but unfortunately, she fell and hit her head on the concrete. OUCH! So sorry Peggy! The decorated bottle lights up and seems to glow. It is very special and I've added it to my collection from years past, like The Elf on the Shelf and the decorated Christmas tree and much more. We are so lucky to have such talented and generous people in our group. It certainly made me feel, not only special, but not forgotten.

This past year has left people all over the world walking around in a daze. Doing what is right is no longer simple and leaves us all with such an unsettling feeling. It's very much like being seasick all the time. If you don't know that feeling, you are so lucky. I just felt completely disoriented and unable to right myself. Maybe I'm being too dramatic but that's the way I have felt since Coved started and I don't think I'm alone. Being friendly is no longer the right way to act. When I wear a mask, do you know I'm still smiling at you? Can you tell by my eyes that I really don't think of you as the enemy? If I see you not wearing a mask, should I be angry with you? Should I just go out in a field somewhere and scream?



Kathy and Patty delivering the decorated bottle.

There are no simple answers, but were there ever?

A big thank you goes out to the Foundation for their continuing support. All the gifts that have made such a big difference to our members during this isolation time are due to the generosity of the Foundation.

Happy better year ahead for everyone! Here's a virtual kiss to ya' all'.

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

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

• • •

Low Vision Support Group

BY JOAN BRANT-LOVE

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

Vitamin D3 and Omega-3 Offer No Protection Against AMD

International Low Vision Support Group Newsletter, December 2020
www.mdsupport.org

Observational studies have suggested that higher intake or blood levels of vitamin D and marine omega-3 fatty acids may be associated with lower risks of age-related macular degeneration (AMD). A recent large randomized trial (VITAL), however, has concluded that supplementation with vitamin D3 and marine omega-3 fatty acids actually had no significant overall effect on AMD incidence or progression.

25,871 adult US men and women, mean age 67.1, consumed daily supplementation with vitamin D3 (2000 IU) and marine omega-3 fatty acids (1 g) for a median of 5.3 years. Randomization was from November 2011 to March 2014, and study pill-taking ended as planned on December 31, 2017. This is the first randomized trial to examine vitamin D in AMD prevention. On the other hand, omega-3 has been studied in two past trials, most notably the AREDS2, but results have been uncertain.

In view of several minor limitations, the VITAL study has offered the most solid evidence to date that neither vitamin D3 nor omega-3 supplementation, while beneficial for other conditions, offer no specific prevention against AMD.

Beware UVC Lamps as COVID-19 Disinfectant

International Low Vision Support Group Newsletter, December 2020

www.mdsupport.org
Since the outbreak of COVID-19 disease, consumers' interest in ultraviolet-C (UVC) lamps has increased for use in disinfecting surfaces in the home or similar spaces. The U.S. Food and Drug Administration (FDA) has received reports of skin and eye burns resulting from improper use or installation of UVC lamps. 3 ILVSG Newsletter Volume 15, Issue 12 Such lamps fall into four categories:

- Low-pressure mercury
- Excimer lamp or Far-UVC
- Pulsed xenon
- Light-emitting diodes (LEDs)

The effectiveness of UVC lamps as a disinfectant for COVID-19 depends upon the wavelength, dose, and duration of radiation exposure. Precise data is still being collected, but it is inarguable that direct exposure of skin and eyes to UVC radiation from some UVC lamps may cause painful eye injury and

burn-like skin reactions.

The FDA recommends never looking directly at a UVC lamp source, even briefly. Doing so can lead to redness, blurred vision, tearing, light sensitivity, or general pain of the eyes. If anyone experiences these symptoms associated with using a UVC device, they are encouraged to see their eye care specialist for treatment, and report it to the FDA.

For more details on the risks and efficacy of UVC as a COVID-19 disinfectant, see UV Lights and Lamps: Ultraviolet-C Radiation, Disinfection, and Coronavirus.

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

Low Vision Support Group Contact: Cathy McGriff 916-408-0169 or cathygriff1010@gmail.com

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Alzheimer's/Dementia Caregiver

BY JEFF ANDERSEN

Things are looking up... aren't they? Vaccines are in the pipeline for Covid-19, the terrible fires and smoke have subsided, we've gotten a little rain and snow, and the possibility of once again being able to see each other in person for our meetings is getting more real. It certainly helps to have contact with others to share both pleasures and challenges. Dementia caregivers benefit significantly from learning how their peers experience and manage the challenges of caring for a cognitively impaired spouse, parent, or other family member.

The reality of dementia sneaks up on the diagnosed and those around them. In retrospect, the signs seem more clear, but in the moment they are usually overlooked. Here are some behaviors that you may recognize that should be documented: Memory loss that disrupts daily life, challenges in planning or solving problems, difficulty in completing familiar tasks, confusion with time or space, trouble understanding visual images and spatial relationships. With dementia, there is a pattern that is better recognized when you have documented dots to connect.

Our group is dedicated to sharing common experiences and providing peer and professional support in dealing with the reality

(cont' on page 20)

27 Quick and Easy Fix Ups to Sell Your Lincoln Hills Home Fast and for Top Dollar

Lincoln Hills - Because your home may well be your largest asset, selling it is probably one of the most important decisions you will make in your life. And once you have made that decision, you'll want to sell your home for the highest price in the shortest time possible without compromising your sanity. Before you place your home on the market, here's a way to help you to be as prepared as possible.

To assist homesellers, a new industry report has just been released called "27 Valuable Tips That You Should Know to Get Your Home Sold Fast and for Top Dollar." It tackles the important issues you need to know to make your home competitive in today's tough, aggressive marketplace.

Through these 27 tips you will discover how to protect and capitalize on your most important investment, reduce stress, be in control of your situation, and make the best profit possible.

In this report you'll discover how to avoid financial disappointment or worse, a financial disaster when selling your home. Using a common-sense approach, you will get the straight facts about what can make or break the sale of your home.

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Alzheimer's/Dementia

(cont' from page 19)

of dementia caregiving. Join us by Zoom until you can join us in person. Recognizing that open discussion is unlikely in the presence of the one you're caring for, consider connecting to the Zoom meeting with your smart phone or tablet while in your car.

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 Ladies group is discussion only, and is designed for women who prefer talking in a less crowded setting. This group also meets via Zoom on the 1st Wednesday at 1:00 PM. The Mens group, facilitated by Rich Martinez, have been meeting each 3rd Thursday at 10:00 at Granite Springs Church, 1170 E. Joiner Parkway in Lincoln. Covid-19 restrictions have changed that, so please contact Rich to confirm the next meeting location.

The caregiver's groups and programs are supported by the Lincoln Hills Foundation. More information (including Zoom links to our meetings) 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 by contacting Jeff Andersen 2jeffa@gmail.com.

• • •

LH Veterans Group

BY B. L. LEWIS

Happy New Year! The LHVG is looking forward to being out from under the controls Covid-19 and resuming our meetings and socials. Sanford "Sandy" Wolfe, Kerby Landis and, and Shirley Schultz will join directors Joan MacAdams, Larry Yaggi, Don Jobe, and Alan Hearl will work together as our Board of Directors for 2021. The Board is assisted by the Committee Chairs; Membership, Jon Hodson; Programs, Open; Vets Resources, Doug Cooper; Social Events, Shirley Schultz; Chaplain, Bill Lewis; Flag Sales, Michael Amerio; Public Relations, Steve Witmer. Also, at this time we need a volunteer for the position of Program Chair; if interested, contact Joan MacAdams at 916-751-9272.

WWII Veteran, Darlene Haag Dyar, U.S. Navy, Yeoman 1/c died in December 2020 at the age of 98 years old. Darlene was one of the founding members of the Lincoln Hills Veterans Group and served as treasurer of the first Board of Directors elected on February 22, 2001. She was born on November 7, 1922 in Britton, South Dakota and enlisted in the U.S. Navy on December 3, 1942. After boot camp in New York, she was assigned to Yeoman

School at the Naval Training Center, Hunters College, NY and Milledgeville, GA. Upon completion of Yeoman training Darlene was stationed at NTS Greatlakes, where she was the accountant for the Four Ships Service Stores. She then attended Radar & Radio School in Chicago, IL and was assigned to a television station owned by Paramount Studios where she worked as a bookkeeper and was interviewed on a program with other WAVES. She was also chosen to model the new Caps for WAVES when it was introduced to the fleet. She was offered the rate of Chief Petty Officer if she would remain in the Navy, but she turned it down and was discharged on January 18, 1946. After Darlene was discharged, she got married and became a Bolero Dancer winning many competitions and awards. Eventually she ended up in Lincoln Hills where she became involved with the Veterans Group and Tournament Golf.

All veterans are invited to support the funding of Lincoln Veterans Memorial at McBean Park in Lincoln. You can contribute by donating \$25 for a Memorial Coin; or with a \$150.00 donation you can have a Black Granite Tile with your name and service information inscribed; or you can make a donation of any amount to the Lincoln Veterans Memorial Coalition. Send your checks and information to LVMC Representative, Doug MacAdams, 1867 Hawk Hill Lane, Lincoln, CA 95648. 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.

Good News! It is time to renew your

LHVG membership and the Board has authorized a two-for-one dues offer. \$20 covers your dues through December 2022. As of November 1, 2020, the group's membership stood at 260, including 131 life members and 19 Associate members. World War II veterans (including Spouses) total 19. The total membership was 262.

Welcome Aboard to new members, John Campbell, U.S. Air Force, John Buckley,

U.S. Marine Corps, and Jack Stermer, U.S. Army. Remember to Fly your Flag Proudly on New Year's Day, January 1, 2021 and Martin Luther King Jr. Day, January 18, 2021 and every day in Honor of all of our Medical Personnel, First Responders, and all of our Law Enforcement Officers. Joan MacAdams and her husband Doug are selling U.S. Flags to the community. Flags can be purchased by calling Joan at 703-217-4735 or 916-751-9272. They will deliver, but you must make specific delivery arrangements.

In Memoriam —

Peter Nelesen, U.S. Air Force

Gary Freeman, U.S. Navy

Darlene Dyar, U.S. Navy, WWII, LHVG Member

Jim Johnson, U.S. Air Force, LHVG Life Member

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

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(more Club News cont' on page 21)



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

LH Democratic Club

BY JUDY GANULIN

The Lincoln Democratic Club will hear Sierra College OLLI instructor Terry McAteer discuss “The Inaugurations of American Presidents” at its Thursday, January 21 meeting, starting at 6:45 PM, by Zoom. McAteer has addressed our group on different topics several times. Our club contributed this year to the Placer Food Bank, The Salt Mine, The Gathering Inn and Stand Up Placer. Some of our members will participate in the Placer County Democratic Central Committee’s first Bingo fundraiser of 2021, on Friday, January 15 at 7 p.m. For more information about membership and our activities, please visit our website, <https://democraticclublincoln.ca.org/>

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Republican Club

BY SUE DUMAS

God Bless America! President Trump still delivering on his promises, just settled yet another Middle East Peace deal.



Also to his credit, President Trump was nominated three times for the 2020 Nobel Peace Prize, and most recently, a fourth Nomination for the Nobel Peace Prize for 2021. This latest nomination was for his role in the recent peace deal between Israel and the United Arab Emirates. Most Commendable!

Our Nations Values Remain Strong with a growing population willing to proclaim and support our Constitution. There have been hundreds to thousands participating at each of the multiple Trump Rally’s. These Rally’s have been ongoing across the United States, from Washington DC to California since before the election.

Locally, we have reached over half our goal for signatures on the Gov Newsom recall petition. We’ve been granted an extension to March 11, 2021 to complete required signatures.

Assemblyman Kiley is still giving strong opposition to Newsom’s rampant executive orders!

More good news, a new Black movement has been created; BCP – Black Conservative Patriots. Unlike BLM, BCP is proactive in promoting positive conservatism, supporting

law enforcement, our Constitution, and love of Country. Check their website! www.BCP.com

LHRC will be resuming monthly ZOOM meetings this month

Hunter Biden expose’ was suppressed by mainstream media prior to the election. Now, 5 weeks after the election, mainstream media is reporting on the abuse by Hunter Biden and Quid Pro Quo activities of President Elect – Joe Biden, benefitting his son and other family members.

What does this all mean?

We ask that everyone say an extra Prayer for President Trump and Vice President Pence, their families, and our Country.

Christmas behind us, we look forward to a Healthy, Happy 2021!

Republican Lincoln Hills residents are welcome to join SCLH Republican Club. Member fees are \$15/year per person, see website.

www.RepublicanClubSCLH.org

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RV Group

BY STEVE BEEDE

Happy New Year to everyone. As I write this, our monthly meetings remain cancelled due to Covid but our Members are gearing up for RV’ing all over California and the USA. We have Rallies in Palm Desert in February and Campland on the Bay in San Diego in March. Plus, we’re planning additional Rallies throughout California. Meanwhile several Members are planning individual travels to

Yellowstone and even Alaska. Our Rallies typically include golf, pickleball, and much more.

Thank you to our incoming 2021 Officers: Vickie White, Sharon Skar, Janet Motta, Maureen Williams, Lynda Fagan, and Ricki Montoya. Steve Beede is timed-out as President but will stay on temporarily. You are all the fuel that keeps our RV Group alive, active, and fun.

When we eventually re-open Meetings, we’ll be at 4:30pm on the 2nd Tuesday each month in the Placer Room (KS). If you’re an RVer, you don’t have to wait for the Lodges to re-open to join our Group and attend our Rallies. 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 to 916-752-6972, or check our Website at www.lhrvg.com.

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(more Club News cont’ on page 23)

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Travel Group

BY SHERON WATKINS AND LINDA BEVINS

A toast to the New Year - 2021! Challenging describes the past year in so many ways.

But the Lincoln Hills Travel Group invites everyone to look ahead and consider some exciting travel adventures. And Collette has been busy developing new "Zoom" computer shows on demand for you to view the Collette adventures.

(If you are not receiving the monthly Lincoln Hills Travel Group e-mail please send your name and e-mail address to Sheron Watkins travelgroup1h@gmail.com, You will also receive the Zoom address to access the intriguing places to capture your travel spirit.

And we would like to take the opportunity to thank Teena Fowler for her continuing dedication to the Lincoln Hills Travel Group. Teena joined the Travel Committee in 2005 and has been a moving force ever since. Teena has decided to retire as of Dec 31, 2020. Her contribution to all aspects of the group are too many to mention, she has been responsible for getting the newsletter to the SSN every month. We know that all the travelers that have traveled with her will miss her. Her skills at advising, helping and scheduling could not be surpassed. (she was a lot of fun also), and, we can't forget Steve (her husband) he was by her side every minute helping with every and anything that needed to be done. We will miss her input. She was very important to the Travel Group. She is still a member of the Travel Group, she has just retired from the Committee. Teena we thank you for all the years you have committed to make the travel group the success it has been. We will see you at the next meeting or at the Zoom Meeting.

Sheron Watkins, Louise Kuret

Here are some of the current new travel adventures —

- America's Cowboy Country: June 2021
- Crystal Cruise - Stockholm to Dover: July 2021
- Classic Danube: August 2021
- Colorado Rockies: September 2021
- Autumn in Vermont: October 2021
- Colors of Morocco: March 2022
- Spain's Classic: March 2022
- Travel Group Committee Member

Contacts:

Sheron Watkins 916-849-9504 sheron55@att.net

Louise Kuret 926-408-0554 lkuret@sbcglobal.net

Linda Bevins 916-666-7627 djbevins17@gmail.com

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SCLH Sports Car Club

BY PAM BERRY

This month sports car story is from Steve & Ann Beede.

Steve's car history goes back to the 1960s when he got his driver's license in 1968 driving his sister's Chevy Corvair with the push button transmission.

My first car was a Volkswagen Beetle in 1970, later upgraded to a series of Super Beetles.

Ann's first favorite sports car was her babysitter's Sunbeam. He used to take her and her siblings out for drives. Her uncle also had a sports car and would race up and down the streets at Beale Air Force base where he was stationed as a pilot. Ann would hold on tight through the excitement but never forgot the thrill. In her "BS" period: "Before Steve", she dated many sports car owners including those with Corvette Sting Ray, MG, Aston Martin, and several others. Obviously, she loved sports cars.

Steve's favorite car of all-time was a 1960s Mercedes Sedan – he thinks it was a 450 SEL. He was driving this when Ann & I first met in 1977 and I was living on Boston's Beacon Hill.

It's best parts:

The doors went "chunk" when you closed them;

Blaupunkt radio could get foreign stations;

Power sunroof; Seats as thick as my sofa; So powerful, the 5th gear only accessed above 90 mph

The worst part:

He lived in Boston and the salt on the roads in Winter ate up the body but it had a great engine and a rotted body.

Ultimately it was sold to a guy from Texas who had the same car except his had a blown engine (from Texas sand) but a great body.

After that, they got matching Toyota Celicas (hers was red, his was blue).

As time went on, they gradually shifted to a Ford vans because of a real estate investment business and travel fun.

After moving to California in 1983, they got the first of several Lincoln Town Cars. Mobile luxury... like going down the road in your living room, or as a friend said "room to breathe".

Around 2000, They got their first sports car - a Miata. Steve loved the little car because it was so light and easy to drive. But it did have history. Steve got it from a law client that owed him a lot of money. The guy was broke but had this Miata sitting in his back yard. So, Steve took the car and wiped out the bill. It was a lot of fun for several years until it started having repeated engine issues. Perhaps this was because it had apparently been underwater with a prior owner.

Around 2008, they needed to replace the Miata and were trying out all sorts of sports cars at CarMax. Then, Ann spotted a beautiful

2004 silver Corvette convertible across the lot. She went over, sat in the passenger seat and a big smile crossed her face. A check was written and they drove it home. That's what they drive today for sports car fun.

The Miata may have been more fun but the Corvette is an eye-catcher and much more functional. And best of all, we can put two sets of golf clubs and luggage in the trunk.

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RoadRunners Motorcycle Club

BY MIKE SMITH

There was no club meeting or ride in December. Once coronavirus restrictions have eased the club will continue holding monthly rides on the second Saturday of the month, March – November. Also the club meetings will resume on the fourth Thursday of the month at 5:30 PM Multipurpose Room (OC)

Guests are always welcome. There will be no meeting in January.

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

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Rods & Relics

BY ELNA RAGAN

Looking back on 2020, the COVID19 Virus, was a shocking and major disruption to all our lives! We had to cancel our annual Downtown Lincoln Classic Car Show for the first time in 14 years! We are undaunted and have begun planning for our 2021 Car Show to be held on Saturday, June 5 with backup dates of Saturday, August 28 and, if needed, Saturday September 25.

Our thanks to President Chuck Barnhart for introducing us to a "new" type of event: PARADES! We honored several special birthdays including two WWII Veterans aged 100 and 101, the 4th of July, Veterans' Day including Toys for Tots, and for Thanksgiving, we took turkeys to the Fire Station for local distribution. These were the seven major events of the year.

Our thanks to all the Club members who joined us for these special events. Wishing our Club members and friends, a joyful, happy, safe holiday season. 2021 here we come!

(cont' on page 24)



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Rods & Relics

(cont' from page 23)

The monthly General Business Meeting and the bi-weekly breakfast at the Waffle Farm continue to be canceled until further notice. The Waffle Farm was a major Sponsor of our annual Car Show for years. Our Club members support them during the difficult times by ordering weekly take-out meals. General Car Club information can be found on our Web Site listed below.

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

Web Site: www.rodsnrelics.net

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LH Amateur Radio Group

BY DAN LEHRER, KN6DRN

The Group's Zoom Meetings are covering a wide variety of topics and are both educational and fun. One of our members digitally contacted several Foreign Countries including South Africa, St. Lucia and Japan. Digital Modes allow for weak signals to be captured, with the help of your computer and software specially developed for use with today's modern radios. It is sometimes difficult to contact using SSB Mode but with the improved conditions noted that on 11/30/20 the Solar Flux Index was 116 and the Sunspot number was 84. Higher numbers



on both of these indices means greater ability for communications over long distances. John NQ6Q and L.C. N7VQC paid a visit to our Repeater and performed maintenance on it, thanks Gentlemen! We continue to "Zoom" our pre Net meetings every Monday night at 6:30 PM when tips and tricks are shared. If you are looking for a way to engage in the community and have an interest in amateur radio, please check out the LHARG. The LHARG conducts a weekly radio network at 7:00 PM every Monday on the W6LHR Repeater at 443.2250 MHz, 167.9 PL. For more LHARG information visit our Website, the URL is: lharg.us or email dlehrer72@gmail.com

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Bird Group

BY RUTH BAYLIS

As of this mid-December writing, there still has not been enough rain to fill vernal pools and seasonal ponds in the Lincoln area, or likely anyplace in the central valley, so the general landscape looks quite dry. Very recent rains have finally produced a little green, and it looks like more rain is coming. Fortunately, our winter waterfowl visitors can still find a good winter home in our rivers and lakes and the artificially flooded rice fields and wildlife refuges.

Again, due to Covid precautions, Bird Group members have had to strike out on their own to visit valley wildlife refuges and other birding hotspots. Many of us have done exactly that. You do not have to drive far out of Lincoln to see Tundra Swans, Snow Geese, and Greater White-fronted Geese in the flooded fields. Raptors can be seen on power poles and lines, with American Kestrels being most prevalent. It is nice to see numerous White-tailed Kites,



Bufflehead Pair by Larry White.



Sandhill Cranes by Don Baylis.

but we are still missing the Ferruginous Hawk that has been present near the model airplane park on Catlett Rd. in previous years. There seems to be an abundance of Meadowlarks sitting on fences or in fields. Some folks have reported numerous Long-billed Curlews in the fields.

The wildlife refuges and farther off locations have not disappointed. Scores of Ring-necked Ducks have been reported at Sacramento NWR, as well as Bald Eagles, and the usual abundance of ducks and geese. A Phainopepla was seen at Gray Lodge, and at Staten Island, in addition to an exceptionally large number of Sandhill Cranes and Aleutian Cackling Geese, there were a great number of Canvasback Ducks. Don and I took a recent drive out to Camp Far West and Spenceville to find at least 30 Lewis's Woodpeckers. We are thrilled to sight one or two of these woodpeckers in Bird Group trips out there in spring, so perhaps we have visited at the wrong time of the year!

Within Lincoln Hills, the Bufflehead Ducks have arrived in large numbers and

(cont' on page 26)

SCLH WRITER...

Lady Cottonwood

BY JAN ORSINI

I lost a friend today. A drizzling rain fell early in the morning and continued all day, mingling with my grief. My lost angel had been with me day and night for six years, and I will miss her terribly.

A graceful cottonwood tree, she stood just twenty yards from our house on the edge of five acres that borders our property. Rising sixty feet tall with a canopy that reached even wider, she was a work of art, framed perfectly in my kitchen window.

When Joe and I moved into our house in Lincoln Hills, it was our third move in ten years. Every move had become more difficult as we aged, and we were determined that this would be our last. My energy spent, I told my husband, "We are not moving again. This is our last stand. It's our Alamo." My come-out-of-no-where remark surprised even me and prompted me to look up the word 'alamo.' It is Spanish for cottonwood tree. More than likely, the historical site in Texas was known as the Alamo because of a massive tree growing there. It seemed a divine sign that an "Alamo" would be the landmark of our "last stand" house.

By December we had settled in. Come spring I would learn an important fact about cottonwoods from living in the presence of one. In this family, male and female flowers

grow on different trees. Since males produce pollen and females produce seeds, our tree was clearly female. That spring—and every spring for twenty-some years before—this prolific lady produced copious strands of seeds covered in cotton. And every spring, strong westerly winds swept across the open spaces in Lincoln Hills—the Hills being situated between foothills of the Sierras and California's prairie land. Each year from May to June, our whole neighborhood experienced blizzard after blizzard of Lady Cottonwood's spores, covered in tufts of cotton that littered pavement, manicured yards, and window screens.

I'd be lying if I said I didn't mind the mess of cotton that had to be cleaned up. But it was easily forgotten as throughout the year, I could sit at my kitchen table and to my joy, was served up a spectacular slice of wildlife daily.

You see, Lady Cottonwood stood in marshy grasslands next to vernal pools, where sheep & goats come seasonally to trim the grass; where after rain, egret and geese glean puddles for frogs. By day the lady hosted a great variety of birds—red-tailed hawks, northern flickers, western blue birds, black phoebes, warblers, robins, ravens and doves—and so many more. Those are the few I can name. By night, she became a hunter's roost for great-horned owls. Any time of day, squirrels skedaddled in and out, up and down—her branches—byways and bridges for the bushy-tailed rodents.

In summer, her thick foliage gave us privacy; served as a windbreak on windy days, and screened our west-facing home from the heat and glare of the setting summer sun.

Perhaps most precious to me was the sight of her heart-shaped leaves reflected in my baby grandson's eyes, as he sat, mesmerized by their dance in the breeze. Through the kitchen window, he learned lessons from her—how the wind that stirred her branches was the same that frisked about his face and hair when he was outdoors; how birds drink and bathe as they flitted from her branches to the terra cotta fountain in our yard. The role she played in my developing relationship with my grandson was a tender gift to me.

At times my grief is marked by hot tears. They are in part angry tears as I feel I had been misled on the fate of the cottonwood. I had been lulled by the premature promise of a trim that would insure greater health and beauty for her. But that was before closer inspection of her roots ultimately determined her fate. I was never informed of the removal edict until the trimmers arrived and I found I was a victim of my own hope and lack of information. Regardless of why she had to be removed, there was and is anger in my grief—simply because she died before her time, long before I was ready to say goodbye.

This queen tree began as a seed, found a womb in the earth and judging from her height and rate of growth, she flourished for at least a quarter-century. Unfortunately, the place she lodged and sent down her roots was above Del Webb's drainage pipes. Her tendency to grow rapidly soon threatened the function of those pipes.

Oh, that her ground might have been more carefully chosen and she escaped her fate—to

be cut down limb by limb and ground to chips and sawdust.

Now, I open the blinds that cover the kitchen window to find that her space, like my heart, is empty without her beauty to fill it. In spite of my sadness, I know her remains will probably be packaged and sold to enhance someone's garden. In that way—less glorious than her former life—she will continue to serve God's good earth.

I will miss her, but I am deeply grateful for Lady Cottonwood, for the gift she was and the joy she gave. Reaching high, she enriched the soil, cleaned our air and was a haven for wildlife. I pray her children grow wild and free in our open spaces.

We welcome your submissions such as humorous observations and poetry. Please see page 3 for submissions information.

Lincoln Hills Foundation

(cont' from page 1)

new ideas, fresh perspectives and lots of energy.

We are winding down this year's olive oil program but it's not too late to stock up. We are pleased to offer single bottles as well as the popular gift packs of oil and vinegar, either classic olive oil, flavored oils (basil and herb) and balsamic vinegars, (pomegranate, fig and new addition, peach balsamic) Place orders via email oliveoilinlincolnhillsfoundation@gmail.com or call 916-409-2016 to order.

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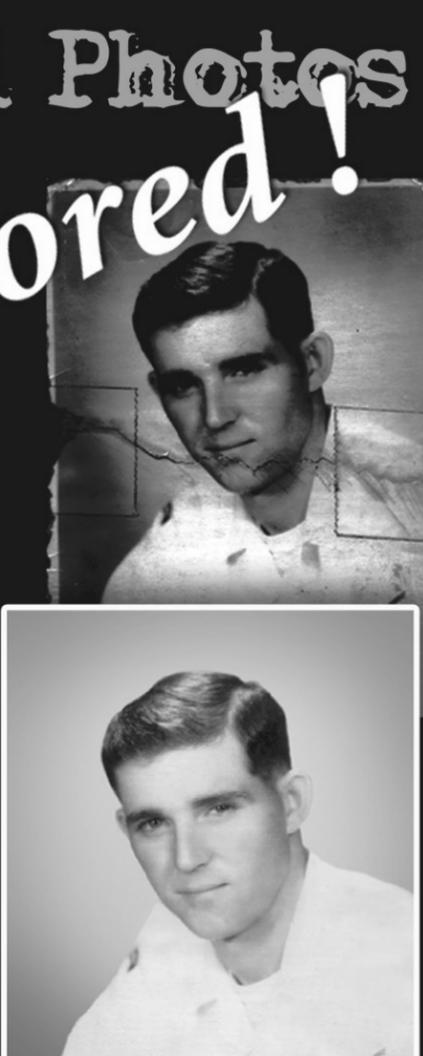
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Bird Group

(cont' from page 24)

can be seen on almost any sizable pond. The Common Yellowthroat at Ferrari Pond remains there, and not far off along Ingram Parkway two Great Horned Owls have been seen in a tree. Cedar Waxwings are as numerous as last year and Ruby-crowned Kinglets, Bushtits, and Yellow-rumped Warblers are everywhere, including our yard! Of course, the White-crowned Sparrows continue to sing along our trails and in our yards. In addition to bird sightings, at least one Mink is regularly seen in the Ingram Slough/Ferrari Pond area. Coyote sightings are numerous, and we seem to be seeing more foxes.

The Christmas Bird Count is on a small scale this year because of social distancing, but we will have some small teams counting birds along our Lincoln Hills trails. Counting birds in your yards will be encouraged.

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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Fishing Club

BY HENRY SANDIGO

Who's Been Fishing? Fishing has been slow around here.

I put out a note if anyone had been fishing. I hadn't gone out since March, then I did twice in October to fish. I decided to not attend any gatherings because we seem to be stuck in Purple re the Pandemic.

A note from Dave Ell - Jean and I took the boat to Sugar Pine Reservoir a couple weeks ago. Caught a few trout and some weeds. Several bites. It had been planted this year. Beautiful lake. Nice ramp and dock. Even though the lake was down a good 30 feet, there is plenty of ramp. It's a national forest, Tahoe I believe. Close enough for an easy day trip.

We were alone on the water. No covid to be found. Made life feel a little more normal for a few hours anyway. Look forward to seeing everyone again in the year to come.

A note from Sturmer - No fishing. Still casting in the park every day.

I have been doing it (casting) since I was 12 years old. I will get it right very soon.

A note from Dick D - Sorry, no fishing, looking forward to the vaccine. Keep safe and healthy. Dick

A note from Dan J. - I know this does not really count but I have been going to Anglers Cove once a week, I am still able to catch sizable bass. Most are 16 to 18 inches long. It is just that tugging on the end of the line that gets me going. Dan, it is fishing! Dan says "a



Blaine fished Collins Lake successfully.

matter of fact, I am meeting Dick Hafenricher there at 1:00 today." Come down and join us. Dan Jorgensen.

A note from Blaine Craig - Went to Collins Lake twice in November. These are some of our catches; a 4lb Rainbow and I caught 2. Second trip we caught 4 more but no photos. All fish were caught 5 to 10 feet deep at 1.8mph. They were all caught using 2.5 inch Maglips, 2 inch Rapalas and live worms trolled behind Dodgers

The board wish all anglers in the club, Happy Holidays and New Year that will bring us back together fishing.

• • •

Garden Group

BY LORRAINE IMMEL

Happy New Year! There is still no clearance for a January General Meeting yet, but we will send out news to our members as soon as we hear!

"Plant a Colorful Late Winter/Early Spring Garden...and Eat Healthy Too!" is an article in "The Curious Gardener" by Jan Birdsall, UC Master Gardener of Placer County. (This is a quarterly publication filled with a variety of gardening subjects. Online subscriptions are free. Go to http://pcmg.ucanr.org/Curious_Gardener_Newsletter/ to sign up for your electronic delivery.)



Jan Birdsall writes about thoughts of your next gardening opportunity to enjoy colorful cool season vegetables, which have become very desirable in the last several years. There are several wonderful advantages to planting a vegetable garden during this time, including

(cont' on page 27)



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Garden Group

(cont' from page 26)

fewer insects to contend with, rainfall to help with watering, and various winter vegetables that offer more colorful produce to brighten anyone's garden.

When planning your winter garden, explore unique varieties of purple or maroon kohlrabi, cabbage, cauliflower, lettuce, onions, turnips Swiss chard, beets, shallots and radishes add a splash of red. Many types of gourmet carrots and beets come in orange, purple, gold/yellow, white or, in the case of beets, candy striped red and white. With a few splashes of green kale and lettuces, this completes a delightful palette of colors in your garden.

Many of these unique seeds and transplants may be available through your local nursery, reputable seed catalogs and/or online nurseries. In our area, we have a unique source of free nonGMO seeds at the Loomis Seed Library located at the Loomis Library.

Keep in mind, you can plant your winter garden in containers!

• • •

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.

• • •

LH Cycling Club

BY DENNIS THOMPSON

Chain Gang — I ride with a group called the Chain Gang. Most of us have been riding together for many years. Our members have a broad spectrum of strongly held political beliefs. Nevertheless, we do a lot to help keep each other safe and have had a very low number of accidents compared to miles ridden. There are several good reasons for that.

We communicate with each other a lot. "Car back." "Car up." "Car right." "On your left." "Slowing." "Stopping." "Hole!" These are frequent and we often say them even when it's not obvious that they are necessary. It's so easy to day dream and verbal alerts help snap us out of that before we drift into danger. We also don't ride double or triple file except on isolated roads. We prevent having "semi-crises" when cars rush up behind us and we all need to suddenly slow down to enable a rider to re-join the line of bikes near the right edge of the lane. Such times are easily preventable and unnecessarily dangerous.

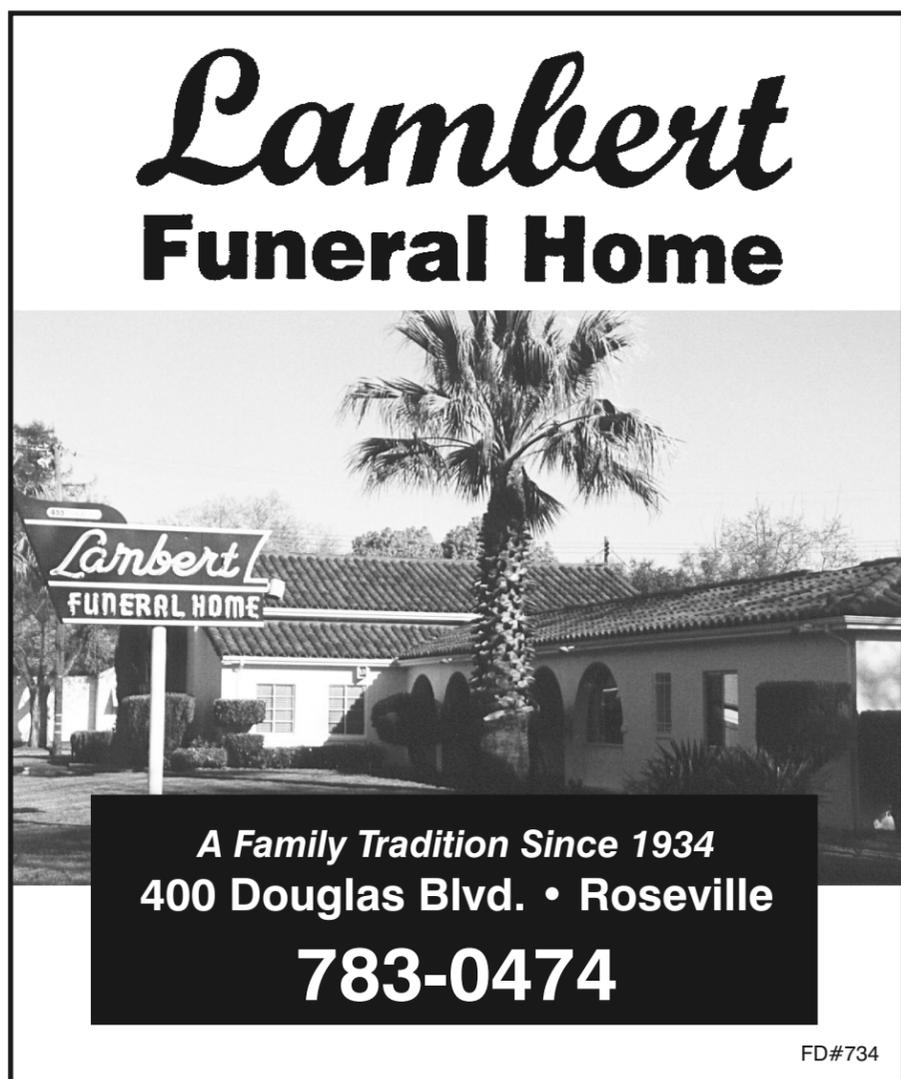
We don't pass on the right either. In addition, when someone has to stop for a flat tire or any other reason, at least one person stays with him. We don't leave people behind. It's pretty obvious that some drivers are much more aggressive against a lone cyclist than when there are two or more, even when riding carefully and considerately. Staying together really helps protect each other. And if one or more of us needs to leave the group because

they need to get home early, often one of us will go with them. And, we really try to remember to send the Ride Leader a text message when we arrive home safely.

We help each other stay safe by our actions even more than our words. Every one of us is a very predictable cyclist. This is so important! We don't make sudden changes in speed or direction unless we have verbally informed our colleagues ahead of time. This is especially true when a car is passing and when we are closely drafting behind one another. We never want to surprise drivers or our fellow cyclists with sudden unannounced changes. Instead we crank at the same speed as cars pass, so we are predictable to everyone. But, it's not just our mouths and legs that keep us safe. We use our brains and eyes too. We repeatedly look ahead, think ahead and act ahead of threats and changing situations. Part of that is checking our mirrors very often.

Another little practice that increases safety is a policy of making the rider in front "the boss" at intersections. This prevents drivers and the rest of us from getting signals or verbal comments from more than one person. If you aren't the rider in front, keep quiet and follow the current leader. This helps us stay coordinated and reduces "mixed signals" to drivers and fellow cyclists. It works. One more helpful act is that we push those cross-walk buttons to make sure that cyclists in the back of the group don't get caught in the intersection after the light has changed. Finally, we all have

(cont' on page 30)



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

Don and Denise Bowden

(cont' from page 1)

before relocating to the San Jose area when she was nine years old. Her father worked for IBM and had been transferred to California. She still has most of her relatives on the East Coast. After graduating from high school, she attended and graduated from Cal State San Luis Obispo with a BS in Home Economics. Her father gave her pragmatic advice by encouraging her to find a job with a future, since at that time the possibilities for income in the home economic field were limited. So, she also started in technology in startups in San Jose.

It was at one of these startups that Don and Denise met in the late 1970s. They married in 1981 and will be celebrating their fortieth anniversary in 2021. Don has three children from a previous marriage and grandchildren. His children and grandchildren all live on the East Coast. The couple jokes that their Dobermanns are actually some of their children since they are treated so well.

In the beginning of Silicon Valley, there were many startups that did not make it. Both Don and Denise worked for multiple companies before their time at Intel. Denise started at Intel first and worked for them for twenty-four years before retiring in 2016. Her last position with the company was Global Director for Operations for the Communications Team at Intel in Santa Clara. Don started at Intel after Denise after attending a company party and meeting someone who encouraged him to join Intel's team because of his skills. He worked at Intel for nineteen years and was planning on continuing his work at the offices of Intel in Folsom when they moved to Lincoln, but the company offered a retirement package he couldn't resist. His final position was as a Technology Marketing Engineer at Intel, a small group that created product demos for executive demonstrations. The couple retired on June 24, 2016 and moved into their home on June 25, 2016. Don had spent several months prepping the house for their move.

Denise loves to stay busy and thought she would find a part time job after moving



Don Bowden iRacing

PHOTOS BY JEFF ANDERSEN

to the retirement community. However, one of her new neighbors nabbed her for participation in the Lincoln Hills Foundation and she has never looked back. She loves that she uses her sizable skills learned during her career to benefit those in the local community. She is the incoming President for the Foundation starting in January 2021.

The mission of the Lincoln Hills Foundation is "to promote and fund programs that will enhance the quality of life for the senior residents of the Lincoln community." To this end, they raise funds through "grants, donations, memorial/honorary gifts, and planned giving in order to establish programs and provide financial assistance to senior assistance organizations." This includes diverse activities such as the Salt Mine, Senior Meals Program, Neighborhood Watch, Friends of the Lincoln Library low-vision materials, and Alzheimer's, Multiple Sclerosis and Parkinson's Support Groups. Both Don and Denise are active in the group and provide much needed assistance with their unique skills.

Before the move to Lincoln Hills and their many new activities, it may have looked like they were very stable in San Jose and Intel. That belies what their jobs entailed. Both of them traveled extensively and they have a world map in their casita that shows all the places they have been. They loved the travel aspect of their jobs and miss that especially this year in

the time of restricted travel. They are looking forward to future trips. When they worked, they often seemed like two ships in the night as they passed each other globetrotting. During one of Don's career moves in 1989 he even spent eight months working in Southern California in Marina Del Rey. He rented a place in Manhattan Beach and flew home on the weekends until he was able to transfer back to the San Jose area.

While they both individually traveled for their jobs and loved it, they have taken some memorable trips together. They love to take classes in other locations and have learned bread making at the King Arthur bakery, chocolate art in Las Vegas, and also fondant and sugar art in Las Vegas.

one summer together which was also about seven thousand miles. Don has also used his bike for solo trips, including one to visit his children and grandchildren on the East Coast.

Unfortunately, their friend Tim died from kidney disease two years ago. They miss him terribly but are glad for the continuing friendship with his wife, someone Denise considers to be her best friend. They love Sun City and have found incredibly welcoming people and lots of engaging activities. Besides Denise and Don's involvement with the Foundation, Don is learning to golf, and Denise likes making chain maille jewelry. She has sold some at crafter events in Sun City. Don is in the Motorcycle Club and will be President starting in January of 2021. Don is the Webmaster for the Foundation and also Bingo Master, one of the Foundation's fundraisers.

In keeping with his travel passions, one of Don's favorite activities is participating in a gaming venue called iRacing. He has their casita set up for his enjoyment of the online sport. It provides a safe way to race sports cars in real time with others from around the world. The gaming chair has movement, there are pedals for brake, clutch and acceleration, and there are three screens for the simulation which shows the dashboard action and views of actual racetracks. It is incredibly real and there are about 150,000 people worldwide participating online

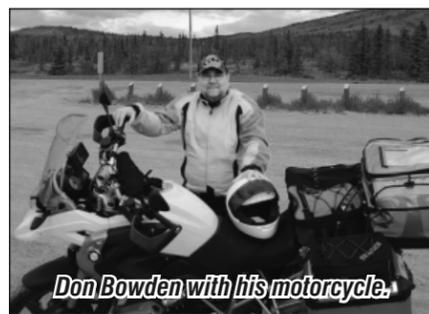


Denise Bowden

In the casita is also a display of one of Don's hobbies, photography. There are gorgeous pictures of places from all over the world that Don has visited.

Don is an avid motorcycle rider, a hobby he started when he was sixty years old. The reason that the couple discovered Sun City in the first place is because of their friends, Tim and Joann. Tim and Don took several motorcycle trips together. They traveled to the Artic Circle on their bikes, a trip of about seven thousand miles. Also, they attended a BMW bike rally in Bloomberg, Pennsylvania

Don and Denise bring a balance of a pleasant home life mixed with memories of past and current adventures all over the world. Don loves racing in place in his casita and Denise loves having the worthwhile projects that focus on helping those around her while also bringing her creativity to bear on jewelry making and home decoration, not so far off from that home economics degree earned decades ago. They are anticipating their fortieth anniversary of marriage in 2021.



Don Bowden with his motorcycle

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LH Cycling Club

(cont' from page 27)

good, blinking lights in the front (white) and back (red) of our bikes. This is required by law and if those lights prevent one accident, they are well worth it. I had one driver pull up next to me after waiting for me to pass her as she was stopped at a road that entered at an unusual angle on the right. She said that she wouldn't have noticed me except for that blinking headlight. Whew.

Okay, the truth is that we make mistakes every day. It is so easy to day dream and not notice a vehicle approaching from behind. We also do ride next to each other more than we should on busy roads. It is so tempting to talk sometimes and sometimes we just can't resist. Other times, we forget to say "On your left". Sometimes we even pass on the right, but usually that's while engaging in a conversation, so the rider on the left already is aware of where the other rider is. We do get lazy sometimes, but usually not all at the same time and we help snap each other back into paying attention.

If you are really being careful, you will see the same things on every ride, that is, pavement, what your mirror shows, vehicles, and the bikes and butts in front of you. Boring, but oh so safe. Boring is good because the stakes are so high! At our age, it takes so darn long to heal. Having an accident that keeps you relatively inactive for weeks is a big deal. Having an accident that keeps you relatively inactive for months could

be life (or death) changing. When I get safely done with a ride with the Chain Gang, I know it's because my co-riders did a lot to keep us all safe. That never gets boring.

• • •

Water Volleyball Club

BY ROSEMARY ELSTON

The 2020 Holiday Season will be remembered for the sacrifices made by all for family and loved ones. We were not able to hug those we love --- we were able to pledge our love by keeping each other safe and healthy. With the December restrictions, Water Volleyball or any indoor physical activity was not possible. However, the milder weather encouraged Club members to access the available Outdoor Weight and Cardio at Orchard Creek, the beautiful walking trails and the fantastic sports venues. The Holidays did offer the opportunity for Club members to share with our local community by contributing to Toys for Tots, the Placer County Food Bank and the Salvation Army. Thank you to all for your generosity! For Water Volleyball Club information: www.lhwatervolleyball.com Email: sclhwatervolleyball@gmail.com

• • •

Hiking and Walking Group

BY STEPHANIE HUNTINGDALE

Welcome to the New Year! I am sure we all pleased to say good riddance to the lost year of 2020. Well, not so fast....was it truly lost? Yes, with Covid we do feel like we have lost almost a year of our life. Who ever thought that we would see or live through anything like this pandemic? Not me.

Yes, I have lost the social ability to meet with the hiking club, my friends, many times my family, we all have. I for one have really missed that the most. However, I have gained the ability to slow down, have a little more patience and enjoy the quiet things I do. I even have more time to enjoy them! I have also enjoyed and marveled at how everyone has learned to be more flexible and the changes that has brought about. We do things together at a distance. As hikers we are still able to go out and enjoy the outdoors just not with so many people. Our association has worked hard to bring alternative recreation, fitness opportunities, and crafting to us. Although different, it is very much appreciated.

Right now it looks like the beginning of 2021 will be the same. But there is hope. There is also being grateful for what we have. By spring, I hope we will be back to some normalcy. Let's all look forward to an amazing New Year!

Till next month, stay safe, stay connected.

Always check the website for the most up to date information. If you think you are not

feeling well, please stay home. There will be future hikes.

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

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

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

• • •

LH Pickleball Club

BY MOLLY MORRIS

Christmas is a beautiful time of year and the residents of LH reveled in our decorations this year.

Due to the surge in COVID cases in our community, we have another round of changes at the pickleball courts. In conjunction with the Association, all lessons, drop-ins, ladders and round robins have been canceled until at least January 4th. At that time, the use of the courts will be reassessed.

We are continuing to keep the courts open with singles play only and ball machine use. We are monitoring the courts and asking everyone to strictly adhere to the COVID policies in place. We are also asking players NOT to show up at the courts before their scheduled time; to wear a mask anytime when not on a court and to use hand sanitizer. If someone is exposed to COVID, the CDC recommends a 10

(cont' on page 31)

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LH Pickleball Club

(cont' from page 30)

day period of quarantine. The Board is hoping that by keeping these strict policies in place, we will be allowed to keep the courts open.

If you have any questions about pickleball in general, look at our website: lhpclub.com or call Molly Morris at 408-386-9054.

Retain the joy of the Christmas season and stay safe and healthy everyone!

• • •

LH Senior Softball League

BY BRUCE BRIGGS

We instituted a "Fun Ball" series of two games every Monday and Wednesday mornings beginning this past November. We hope to run it, weather permitting, until late February. It has been an amazing success. Please check our website, lhssl.net, for more information.

The annual Del Webb Field renovation is complete. We're hopeful that, come our 2021 anticipated start date of April 14th, we can enjoy a more traditional season of play on Mondays and Wednesdays. We're planning for several events including several 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 later this year.

• • •

Table Tennis

BY DENNIS ZARO

Table tennis is again suspended until further notice.

Some avid players have set up tables in their homes and garages.

• • •

LH Tennis Group

BY HELEN BEROTT

Happy New Year! And best wishes for good health in 2021. We must all continue to do our part in the fight against the Covid virus – wear a mask, social distance and wash hands frequently. At the same time it's important for both our mental and physical health to continue to exercise. We are so very fortunate to have the use of our tennis courts to get that exercise. Please remember that we are still not able to have non-residents play on our courts.

• • •

Lincsters 9 Hole Golf Club

BY JOYCE KIRK

The gavel has been passed to the 2021 Lincster Board. Stepping into the lead is an experienced and energetic group of relatively newer members. All are hopeful that "regular club play" — flight play, mixed flight play and scrambles — will be possible soon.

Kudos go to the outgoing executive board



Lincsters 2021 Board, Schutz, Josse, Hall, Lindler, Mox (not pictured: Cook).

members who faced a challenging year of pandemic restrictions, closures and rules — Captain Ruth Pennington, Co-Captain Judy Josse, Secretary Georgia Shipley, Treasurer Brenda Cook, Treasurer Assistant Jan Varin, and Tournament Chair Kathy Lindner. Give a "thank you" next time you see them.

Several of this year's Board are returning from last year — including Judy Josse, Co-Captain and Kim Schutz, Co-Captain. Kim moves from Tournament Chair and Judy repeats her position as Co-Captain. Judy also served as Tournament Chair on past boards. Both moved to Lincoln Hills 5 years ago in 2015. Kim is from Yuba City after retiring as project manager from Caltrans. Judy is from Cupertino where she worked at Hewlett Packard.

Three of the executive Board members are relatively new to the Lincsters — joining less than 2 years ago. Jane Hall, Secretary, originally from England and recently from San Jose where she retired as operations manager for an escrow company. She joined Lincsters May 2019. Side note: She recently she hit a

hole-in-one at Turkey Creek!

Brenda Cook, Treasurer, is returning to her board position from last year. She moved to Lincoln in 2019 from Mt. Shasta where she and her husband owned a business for nearly 40 years and were members of the Mt Shasta Resort

Golf club. She is an avid golfer and likes to travel and spend time at her vacation condo in Hawaii.

Even newer to Lincsters is Susan Mox, Tournament Co-Chair, arriving from San Jose in November 2019. She joined Lincsters officially just this month! Susan served on the Almaden Golf and Country Club Board in several positions — twice as captain. Professionally, she worked on data systems for education. Side note: She has four children including a set of triplets

Kathy Lindner, Tournament Co-Chair, returns from the same position last year. She can lay claim to being the board member with the longest Lincsters membership. She joined 12 years ago when she moved to Lincoln Hills from Tucson AZ. She worked as an elementary school teacher in her early years and became a full-time parent and professional volunteer involved with her children's scouting, church, and soccer programs in Walnut Creek.

• • •

(more Club News cont' on page 33)





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Neighborhood Watch

BY DR. BARBARA BRANCH

OMG! It's 2021.

It is hard to believe we have spent most of 2020 dealing with the pandemic. We could choose to be depressed by whom we have missed and what we have missed. We could be sad that we have spent almost a year wishing we could eat out with our friends, visit our family, go to the movies, and play cards with our friends. However, there are rainbows, so many rainbows. We learned to Zoom. We caught up with people we had not seen in many years. We made new friends. We found long lost cousins. We volunteered to help neighbors with groceries and doctors appointments. We painted rocks and left them in parks to cheer up our residents. In Neighborhood Watch, we collected food for the Salt Mine. We created a Virtual Welcome Packet and several training videos to assist our Mailbox Captains, Village Coordinators, and residents. We updated our by-laws and Policies and procedures documents. Finally, we continued to connect with neighbors and try to assist with the challenges of the pandemic. There were so many rainbows.

Neighborhood Watch Strategic Plan for 2021 —

In 2021 we plan to achieve the following goals:

1. Update our website and email server to a new web company. Details about access will be available later in the Spring,
2. Share a Virtual Safety Symposium on the website,
3. Create an Operations Manual of the major processes to make it easier and more clear for new personnel to take on positions,
4. Update Mailbox Captain and Village Coordinator training videos,
5. Continue to recruit new volunteers for open positions,
6. Permanently move National Night Out to the first Tuesday in October.

Alerts —

- Assault and Robbery

On Thursday 12/03/20 at about



5:00 AM one of our residents was riding his bicycle in the area of Stone Ridge Blvd. and Twelve Bridges Dr. when he observed a vehicle driving erratically, spinning circles at the intersection of Stone Ridge Blvd and Fountain Hill Lp/ Crescent Ln. Lincoln Police have followed up.

- Holiday Reminders

o Go to schwatch.org for details

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

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

1. To receive NW Alerts, using your personal computer, go to schwatch.org & click ADD ME TO ALERTS

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

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

Assuming we are still sheltering in place or just slowly opening back up December, 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. Happy New Year!



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Ladies Golf—18 Holers

BY CANDICE KOROPP

The last general meeting of year was a zoom meeting on Dec. 3, with 34 members in attendance. This meeting was the official changing of the guard. Julie Storer, our outgoing 2020 Captain, passed the gavel to incoming Captain Deb Dunipace. She announced her executive board, co-Captain, Linda Mann, Treasurer, Jody Watson and Secretary, Barbara Grant. Also our new club motto will be “Be Kind, Be Friendly, Be Helpful to Your Fellow Players and Enjoy the Day”. This meeting also became the setting to present the Annual Award winners, in four categories. However, this was an abbreviated year, as we played until mid-March, and then had about three and a half months without competition on Thursdays, only to resume in July. Sanderson, chair of the Birdies and Chip-ins, announced the winners: Tilton led with 17. She racked up the bulk of her total before the end of August, as she usually added one or two each Thursday until taking time off to help her mother. Koropp was second with 15; third place, with 11 each, went to Sanderson and Warren, in the first flight. The second flight winners were Dong with eight, Lilienthal with six and Carson with five. The third flight was led by Grant and Unger with seven apiece, St. Peter



Donna Sanderson in her prize-winning costume of the Holiday Tourney.

with five and Cicci with four. Tilton chaired the Eclectic, and announced that Watson (Jody) was the winner on the Hills with a net 50, followed by Tilton with 51; and three tied for third: Dong, McNiff and Royball, with 53, for flight one. In flight two, Senn was first with 48 and Thom was second with 51. There was a tie for third between Bedford and McGraw, each with 52. Grant led flight three with 45, just one better than Tamanti, and Tilley had a net 49, for third. For the Orchard, Koropp led the first flight with a net 48, and a four-way tie for second included Blanchard, McNiff, Royball and Sanderson, each at 53. Kain and McCoy tied for third with 56. In flight two McDonald (Nancy) was first with 50, one better than Bedford; and tied for third was Carr and Thom at 53. St. Peter led flight three with 48, and Tamanti was second with 49; Grant had 50 for third. The NetChix winner of the year was Koropp. The Most Improved Player award went to Cameron. Her handicap began the year at 39.9 and fell to 31.2 at year’s end. The only player to get a Hole-in-One was Carson, on the Hills number seven. Congratulations to all of the winners for 2020.

Due to the COVID-19 restrictions, our annual Awards Luncheon turned into a Holiday Tournament, chaired by Jody Watson. There was a gift bag for all, including snacks and the symbol of the year, a mask (of

golf motif fabric), tied up with a jingle bell to signal the angels. Sixty ladies, mostly decked out in festive frocks, spent a sun-filled, fall day on the Hills. Sanderson’s beary Christmas outfit, complete with twinkling lights, took the costume prize. Five teams became winners in this Two BB of the foursome format. First place by three strokes was earned by Blanchard, Fitzmaurice, Watson (Jody) and Habecker. Watson’s birdie on hole four and Fitzmaurice’s lowest round (ever) on the Hills, with a net 63, was more than enough to get top billing as the angels were at work. Three of the foursome finished with nets in the 60’s. Second place went to Ashe, Chappellear, Marshall and McCoy, helped by Chappellear’s lowest round of the year. Again, the angels converged, giving them a stroke advantage over the third place team of Emge, Hur, Lilienthal and Loyd, as Hur strategically helped with her two pops on key holes. Fourth place was captured by Cameron, DeWildt, Green and Varner, as Green and DeWildt had birdies on five and 12, respectively, to give them a stroke over Grant, Koropp, Thom and Unger. Grant’s chip-in to par number four and Koropp’s birdie on 13, contributed to their luck securing fifth. CTP’s were awarded to Senn on seven and Tamanti on 12. And, oh what fun it was to drive and putt, at Christmas time this year.

• • •

Men’s Golf Club

BY MICHAEL MCGUIRE-BACK

Time is running out to get the discounted price of \$86 for your membership renewal in the Men’s Club. Starting January 1, the price increases to \$96. The money pays for your club membership, prizes and your NCGA membership.

The Holiday Challenge, 2-Man Pinehurst, was held on December 8 with another big turnout and lots of winners. The winners were: First flight - Joe Brown, Keith Bergevin, John Vass, Joe Angel, Ron Cook, Steve Mumma, Gary Homer, Gary McGraw, Paul Yeage & Mark Hamilton. Second flight - Tom Traxel, Doug King, Montie Boatwright, Jerry Maynard, Ray Engelhardt, Tony Portman, Dennis Cumiford, Doug Swanson, Dan Roberts & Joseph Keller. Third flight - Joe McLeod, Stan Perry, Rick Lamb, Jack Drinkard, Mark Green, Jim McGeough, Lou Lovotti, Skip Greulich, Pete Saco & Roger Val. Fourth flight - Doug Hinchey, Wally Gibson, Dave Taylor, Bill Zeek, Bob Arts, Paul Carr, Bob Bonomini, Ron Hartman, Jerry McCann & Rudy Lopera. Fifth flight - Tom Kausch, Richard Campbell, Tim Reasonover, Ike Ogata, Mercer Tyson, George Wuschig, Herb Ingraham, Gary Anderson, David Jansen & Bill Kugel. Flight six - John Duggan, James Chan, Alvin Olivieri, Damele Bernard, Dave Wilens, Jeff Griffith, Bill Fagan, Ron Dawson,

(cont’ on page 35)



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We saved a life...

(cont' from page 3)

curb. Only one car came by before we could reach the turtle and we cautioned the driver to come over towards us to avoid hitting the turtle.

Figuring it would have a hard time climbing the curb of the median and it would still have to get to the other side of the road if it did, we picked it up and put it in our open space and pointed it towards where it could reach the water.

A life saved.

It may have only been a turtle, but it is now still living because we took the time to care. This is what we should also be doing today with the virus going around.

It is time for all of us to care. To care for each other although that is what we are supposed to be doing before the virus. But we need a lot more effort today.

If you see a neighbor who cannot get up whatever curb they reach and trying to get on the other side, turn around and pick them up like you would like to be picked up.

You may save a life!!!

Sue & Bob Olin

• • •

Three Outstanding Candidates

While serving a total of five years on our Association's Elections Committee, I became well acquainted with the candidates for our Board of Directors and the performance of those elected. I left this committee in 2020 because I was concerned about the direction of the current Board and wanted to be free to support candidates offering better alternatives.

My hopes have been met by three of the best candidates I've ever encountered here: Laura Thiele, Robert Copp, and Craig Fraser. Laura, our Board Treasurer, and Robert, our Finance Committee Chair, have played key roles in stabilizing Association finances and keeping our 2021 dues level. As president of the Pickleball Club, our largest active recreation group, Craig worked closely with Association committees, staff, and other interests to enhance our community's value and appeal to present and prospective homeowners. All three have demonstrated the deep knowledge, strong commitment, and consensus-building skills needed to lead SCLH forward for all of us.

Laura Thiele, Robert Copp, and Craig Fraser will get all four of my votes on the ballot

we'll receive this month. Watch their candidate videos on our resident website and their Candidate Forum appearances on January 9 and 12. I hope you'll then join me and many others who care deeply about this community.

Janet Becker

• • •

Lock Conner Up!

As many of you know I am a candidate for the Sun City Lincoln Hills Board of Directors. The following is offered strictly for laughs and the irony of it all. I received an E-mail (emailed address withheld) with the heading "Lock Conner Up!" and followed by a message saying "Throw his fat ass out of Lincoln Hills!". This business concern apparently offers seminars on various subjects, not the least of which is one on "Harassment" and "Anti-bullying". I had to chuckle.

The name of the founder and his phone number listed on the web site coincides with the same name and number listed in the Sun City phone book. His picture is on the web site and I have seen him around. Apparently I cannot count on him for a vote, which probably rules out a beer at the next concert, but really, I have no rear end and the comment about my "fat a" is obviously not true.

This is primarily for fun, but also a reminder that candidates and elected officials are not whipping posts nor entertainment for the uninformed. I believe the rude and crude should always be exposed for what they are, so, for you with a little courage, help yourself.

David Conner

• • •

Concerned

I was recently reading your Sun City Lincoln Hills December publication, and concerned with the column by Sue Dumas for the LH Republican Club. Her report that the "mainstream media prematurely called the election, even after voter fraud was reported, and all votes were counted" is factually inaccurate, and is not supported by any credible evidence. No law suits filed by the Trump "legal team" to invalidate the election have been successful, and Trump's (personal) Attorney General Barr has been quoted as saying there was "no widespread election fraud". Trump's own Director of CISA has stated the election was secure. In addition, the election is on course to be certified by all 50 states.

The author went on to say "Covid 19 is the 'fear factor' of the century" "Keeping us away from others, out of churches, destroying small businesses, restaurants, etc." The CDC, WHO, our own US Surgeon General and leading health experts around the world have been critical of Trump's handling of the pandemic. It is widely accepted that masks, hand washing, and social distancing is our best chance to fight the virus until a vaccine is widely available. These simple strategies will only work if we are ALL doing it.

It is possible that those that are ignoring the recommended guidelines are the 'super spreaders' that are forcing our governor to close the churches, businesses and restaurants? Does Trump, as the leader of our free world, have a responsibility to set an example, and promote healthy habits ?

By publishing factually incorrect information, your paper is complicit in spreading the delusions, and inadvertently supporting these falsehoods.

I would respectfully encourage you, as the editors of this publication, to check: fact-check.org.

Fact-check's goal is to reduce the level of deception and confusion in US politics. I only wish everyone in America would take the time to know the facts before making decisions that effect the whole of us. We all have a responsibility to take care of now, for the sake of tomorrow.

Dr. Kathy Carpenter

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Editors' Note

The Sun Senior News - Lincoln Hills, by intentions and practice, is politically neutral, with no-agenda except providing an inclusive publishing forum that reflects the diverse individuals, interests, activities, groups and clubs of the residents who comprise Sun City Lincoln Hills, with the vast majority of our content originating from Sun City Lincoln Hills residents who agree to have their names published along with their submissions. This has been demonstrated through 20+ years and hundreds of issues of the Sun Senior News - Lincoln Hills.

Additionally, we publish a content disclaimer monthly on page 3 that states: "All content and letters to the editors represents the opinion of the various authors and all content and letters should be considered

as opinion and editorial in nature. Any representations expressed by the various authors are not necessarily shared or verified by the publisher." This disclaimer alerts readers that any author may have made representations that should be considered unverified opinions.

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Send your letters to the editor... See same page 3 details!

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Men's Golf Club

(cont' from page 33)

George Porzio & Greg Didion.

The first tournament of 2021 will be the Winter Slossfest held on January 19. If the last tournament is an example, we'll have another big turnout. The new calendar for the 2021 tournaments will be out soon, please check the Men's Club web site for details.

Don't forget to check out the new apparel page on the Men's Club website, mgclh.com.

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Mad Hatters Bocce Group

BY PAUL MAC GARVEY

Ordinarily this time of year we'd be writing about our annual Christmas Party, the change to our winters hours and the cold, rainy weather... but this year not so much. We didn't have a Christmas party and we are still not playing as a group. As you already know the state asked for people to be extra vigilant so we don't anticipate any changes in the near future. We Hope you had a Merry Christmas and wish you a Happy New Year. With any luck this third (second?) Covid-19 wave will have waned by the time you read this and vaccines are on the way. Stay safe. Bob Vincent, 916-543-0543; John Gradwohl, 650-576-2979

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(more Club News cont' on page 36)

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LH Billiards Group

BY STEVE FOWLER

Everyone is anxiously looking forward to resuming tournament play. Initial play will be for all residents of Sun City, and LHBG 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 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

(cont' on page 37)



LH Billiards Group

(cont' from page 36)

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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Thursday PM Bowling

BY JOHN HABEIN

John Habein's Tips for Reducing Open Frames

Here's a remarkably simple approach to improving your scores. Avoid open frames! Simple as that. How do we do that? Let me count the ways!

1. Focus on your target EVERY shot.
2. Throw the ball straighter.
3. Hit the headpin EVERY shot so your spares are easier.
4. Hit the front pin in EVERY spare.
5. Know how to pick up the FRONT pins. They are going to be the same pins over

and over.

6. The front pins are the KEY pins. They are the 1, 2, 3, 4, 5 and 6 pins. The 7 and 10 are not key pins.

The real message here is to learn to become a good spare shooter. Once you develop your physical game skills sufficiently, work especially hard on learning a reliable spare conversion system. Converting routine spares is the quickest way of improving your scores.

A typical bowler competing in leagues does not get a strike every time. When you don't, you have a spare to shoot at. An obvious deduction! Remember, there are a bunch of reasons open frames pop up during competition. The main one is we LOSE FOCUS and don't hit our target every shot. If you don't focus on your first ball and miss your target and you miss the headpin – the result is a tough spare to shoot. Got a simple spare to shoot at and we lose focus on our target – result is an open frame. Open frames happen and when they do, think about why, fix it and move on. You just have to reduce the missed spares by simply avoiding careless shots. Carelessness can develop through anger or from anxiety (trying too hard) when making one poor shot.

Although it is much more fun to roll strikes, it is more important to develop accuracy in shooting spares. Train your thinking to pay full attention to every shot, not just the strike shots. Everyone will leave an unmakeable split (or a split which is almost never made) from time to time. It is part of the game. It happens, just focus, and get nine pins and move on.

• • •

We, as bowlers always want to do better. Set a couple of goals. (1) Hit the headpin 7 out of 10 times. Hit the front pin in every spare 9 out of 10 times. These are simple and attainable goals. Have a mindset of zero tolerance for losing focus.

One Step Drill Tip

Most of us have not bowled in months because the lanes have been closed. Try this drill at home to help keep in shape and practice your timing and release. To see a video type in the following link in the Google search bar or in the YouTube search bar. The link is <https://www.youtube.com/watch?v=QZ23LKBLemw>. This video will show you how to execute the drill. Remember, you can do this drill at the bowling lanes or at home. How do you do this at home you ask? Pretty easy really. If you have a lawn, you can practice it there. No lawn, then indoors you want to have a surface to slide on and a surface to land the ball on. The ball only needs to roll a few feet. You are working on your last step and release. Do the old one-shoe-on and one-shoe-off method. You want to have a sock on your sliding foot and a shoe on your non-sliding foot. That'll give you some stability after your release the ball. If you have a throw rug you can do it on your patio or on your garage floor. If you have wall to wall carpeting, you can do it indoors. You just need a backstop. A cardboard box with pillows or using a couch cushion will work fine. Just put something heavy behind the box to keep it from moving after each shot.

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Observations on the Worst and Best of Times

BY MARTIN GREEN

Charles Dickens began his novel "A Tale of Two Cities" by observing that it was the worst of times and the best of times. I thought this was an appropriate description of where we are at as the year 2020 closes and the year 2021 begins. The pandemic is once again surging, in the United States and it seems in most of the other Western countries. Our own state of California is once again in lockdown. However, one vaccine has already been approved and shipments are on the way with a second vaccine not far behind. We are being warned of a long dark winter ahead, but Dr. Fauci says there's light at the end of the tunnel.

Millions of words have been written about how to survive the pandemic, some of them by myself, and they probably haven't been of much use to anybody. However, being a long-time cat person (as readers know), I was recently struck by an article in the Wall Street Journal by John Gray headlined "Cats Are the Best Philosophers." The gist of the article is that cats' default state is "contentment, to which they return whenever they are not hunting, mating or playing." In contrast, Mr. Gray says, the default state of humans is "diffuse misery."

He goes on to say that if cats gave advice to humans it would be: "Don't chase after meaning, which will distract you from living. Let each day be sufficient. Find fulfillment in the sensation of life itself... Don't seek

wisdom by looking within yourself. Too much self-awareness makes life burdensome." And further on: "We cannot achieve the ease with which cats inhabit the world. But we can perhaps learn from their example how to pass through our lives less anxiously. Delighting in the sensation of life itself and not worrying about tomorrow have always been wise practices. In a time of pandemic and pervasive uncertainty they have become necessary for the health of the world."

I'm not sure what Mr. Gray means when he says that the natural state of us humans is "diffuse misery." I guess it's similar to what Thoreau said, that most men lead lives of quiet desperation. I have to disagree with this. I'd hate to think that I'm miserable or desperate most of the time (although when my computer became inoperable I wasn't too happy). Also, since we humans are blessed, or cursed, with the gift of consciousness, it's impossible not to look within ourselves every now and then and try to find some meaning in things.

Having said this, as has become obligatory to say, I think us oldsters have a perspective on things that younger people may not. We've lived through the depression (not a mere recession), a world war, a cold war, Vietnam and a few other wars, the 1960's, television, reality TV, rap music, gangsta rap, robocalls, all kinds of scams, iPhones, iPads, Twitter, Facebook, the

circus in Washington (and in Sacramento) and the latest drought era of the Sacramento Kings so we can be pretty sure we'll get through this pandemic, too.

Meanwhile, some things I learned during the pandemic. When you get your groceries delivered you'll always forget an item or two, same as when you went shopping in the store. You can get almost anything through Amazon, including toilet paper. You can order stamps online from the post office. (I believe you can get stamps from Amazon, too.) If you have a car problem you can get a mobile car service to come to your house and a mobile car service can do almost everything a regular garage can do. I missed having sports on television. You can live without a computer but it isn't easy and you can have your computer fixed remotely. I missed having sports on TV.

In last year's January "Observations" I wrote something about the cruise Beverly and I had taken and I also noted that my 90th birthday was coming up and that I felt there'd been an arithmetical error somewhere as how could I be that old. Now that another birthday is coming up, actually it's passed as it was on December 30th, I feel the same way. Maybe it's because for most of last year Beverly and I have been sheltering in place, which means we've been living in a cocoon---no going to the Lodge, no lunches at the Timbers, no exercise

classes at the fitness Center and certainly no cruises---so everything in our lives has been at a standstill, including perhaps feeling that we've become older.

In closing, I want to salute the first-line people who are helping us get through the pandemic and the scientists and others who have produced vaccines in record times. I hope that we can get through the long cold winter ahead (we will, remember those cats), that it might be pretty bad but not the worst of times and that we'll have a spring and summer in which things get better and maybe the year 2021 will be the best of times yet. Stay safe until the vaccine comes and Happy New Year.

PS. I have been keeping a running journal of the year 2020 and hope to put out a book, "The View From 90" sometime later this year. Be on the lookout. My memoir, "The View From 85" is still available on Barnes&Noble as an e-book, a mere 90 cents.

"We would highly recommend Michelle to anyone purchasing or selling a home. Even after the sale, she continues to stay in touch making sure **every need and question is addressed.**"

Jim & Jan

"I've been in Real Estate for over 35 years in many states and have **never worked with a more professional Realtor than Michelle.** She went the extra mile at every turn. I would highly recommend her."

James

"Michelle has far surpassed any agents we have used in the many years of service we've experienced. **You've got our recommendation.**"

Lee & Valerie

"You are **more organized** than any other Realtor we've ever worked with the in the past (8 homes bought & sold), **seriously you are amazing!**"

Jim & Liz



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WANTED: PRE-1960 PERFUME & VANITY ITEMS. Good Condition. SC Resident. Clare 916-612-3477.

WANTED: SHOPSMITH 5 or 7 with all 5 tools in good condition. Call Ralph at 559-860-9104.

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 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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716 Rustic Ranch Lane	Alpine	\$450,000
856 Violet Lane	Alpine	\$456,000
1951 Monument Drive	Pine Hill	\$462,000
2113 Stonecrest Lane	Mendocino	\$520,300
2372 Rubicon Lane	Tehama	\$525,000
980 Wagon Wheel Lane	PLUMAS	\$529,000
460 Wood Duck Court	Alpine	\$540,000
2669 Woodacre Lane	Almanor	\$540,000

*All measurements and all calculations of area are approximate. All Sales from all MLS Brokers. Display of MLS data is usually deemed reliable but is NOT guaranteed accurate by the MLS. Buyers are responsible for verifying the accuracy of all information, Sales from all MLS brokers