

SUN SENIOR NEWS

Your Community News Source — Serving Sun City Lincoln Hills — ONLINE AT: SUNSENIORNEWS.COM



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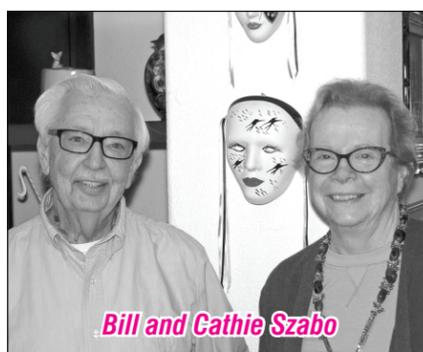
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The Szabos — Art, Books, Community

BY RUTH MORSE

There is a sign on the front of Bill and Cathie Szabo's house that states "Lincoln Hills Strong Together." That is appropriate for both the Sun City community and, also for the couple who reside in Lincoln Hills. Married since 1974 and living in Lincoln Hills since 2006, they bring longevity and stability to their marriage and neighborhood, although their lives started on the East Coast.

Bill was born in New Jersey and grew up in Rochelle Park. His last name is the Hungarian equivalent of Smith for its popularity and translated means someone who is a tailor. His family attended the local Sacred Heart Catholic Church. This proved to be fortuitous since this was also the church that Cathie's family attended and the place where Bill and Cathie would eventually meet. After college, Bill was drafted into the Army during the Vietnam era and served from 1966 to 1968. He stayed stateside and traveled all over the United States. He was based out of



Bill and Cathie Szabo

PHOTO BY JEFF ANDERSEN

the Picatinny Arsenal, only forty miles from his house. He worked in the Science and Engineering, and this is the career path that he later pursued. Attending a college called Kings College in Wilkes-Barr, Pennsylvania for a degree in Mathematics, he spent four years in the Drama Club. He and Cathie, his future wife, would later meet in a drama club at the Catholic Church.

Cathie was born into the Goebel family and grew up mostly in Northern New Jersey, although her family spent five years during her childhood in Southern California in the city of Arcadia, where she remembers both the Arboretum and the Santa Anita Racetrack. The family had moved because of Cathie's father's job. The family then moved back to New Jersey ultimately ending up in Rochelle Park, in a house that they would later discover was only about two hundred feet from the Szabo family home. Cathie attended Seton Hall University in South Orange, New Jersey. She majored in English and History and obtained credentials for teaching in secondary school. She started teaching seventh grade but decided that teaching was not for her, so she had a varied career in writing and editing. She remembers one job at a catalog house writing copy and realized it helped her sense of discipline since there were strict deadlines

(cont' on page 25)

LH Foundation

BY DENISE BOWDEN

Looking Ahead—2021: The holidays seem to be a distant memory as we move into February. For the Lincoln Hills Foundation it means that the new slate of officers was sworn in at the January meeting and they are already working on 2021 programs and community engagement. Officers for this year are Frima Stewart as Vice President, Joan Logue continues as Secretary, Kent Noard joins the Foundation as Treasurer, Carol Dickey joins as Assistant Treasurer and Denise Bowden steps into the big shoes of President previously filled by Jeff Andersen and many dedicated leaders prior to that.

The need in 2020, especially in the area of food insecurity, was great and there appears to be an ongoing challenge in 2021. The Foundation is proud to be able to help again with incremental grant money for the Salt Mine. Due to the generosity of our donors Grants are fully funded and we are once again able to supplement the need for food and supplies with additional dollars.

As we enter our 19th year we continue to encourage residents to join the Foundation as either Board or Advisory Board members. Whether someone is a long-time resident or new to the community we welcome fresh ideas and the energy that new members bring. Skills such as marketing, fundraising, finance and community outreach are always needed.

Keep watching this space, one of these days we will be back to Bingo in the Ballroom.

Ballroom Dance

BY ERNIE MICHELI

Bev Schroeder and Jim Slater are this month's featured ballroom dancers. Bev has enjoyed dance for many years, while dance is a relatively new experience for Jim. Read on to learn their individual dance stories.

She loves dancing, and feels it's the best thing to keep her mind and body working. Bev Schroeder is a lung cancer survivor who finds that dancing really helps keep her lungs working. Bev has been a member of the Ballroom Dance Club for the past four years. She and Jim praise Sal and Ruth Algeri as excellent instructors as well as the friendly membership.

Bev retired from the UC Davis Medical Center approximately fourteen years ago. She served as a clinical research coordinator. Originally from Palo Alto she moved to Carmichael, California prior to settling in Sun City, Lincoln. She has a daughter who lives in Texas.

Ms. Schroeder has enjoyed dance most of her life. She has tried many dance styles, but mentions she has been interested in ballroom dance for the past twenty-five years. Among the ballroom dances, she lists the Waltz, the Fox Trot and the Night Club Two Step as her favorites.

"If you enjoy music, dancing is one way to really get the most out of an evening," shares Bev. She adds, "There are many dance venues



Lynne Reitman, Jim Slater, Beverly Schroeder and Doug Lower.

in the area, and several dance programs right here in Sun City to explore."

Jim Slater, is new to the Ballroom Dance program. He has been a Ballroom Dance participant for the past twelve months and is fearless while tackling new dances.

Jim was a Medical/Technical Writer from Port Hueneme, California. He moved to Sun City in 2017. He shares that he has two children, Steven and Rachel, and two grandchildren.

Jim has discovered dance among the many opportunities to explore in Sun City. In addition to Ballroom Dance, he also participates in Line Dance classes. He likes all the dances and hasn't picked a favorite yet.

With the closure of SCLH facilities and directives to home isolate, the Ballroom Dance Club lessons and activities continue to be temporarily suspended. When the Ballroom Dance Club can resume activity, dues are only \$7 for a year's worth of lessons. The

(cont' on page 5)

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

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SCLH WRITER'S CORNER...

Februivius

BY JIM FULCOMER

Now in the second month each year, comes a time most grimly fear.

When cold storms rage and bodies chill; the Polar Vortex southwards spill.

Creating ague, coughs and sneezing, chilling outside pipes to freezing.

The Groundhog, if his shadow sees, predicts a much extended freeze.

So in this month the Romans named, to purify those souls defamed,

we now denote to some degree, the status of Black History.

Two Presidents, who framed our nation. Requests from the Heat Association.

Then Valentines, in red or pink, to signify our love, you think?

Tender gifts of flowers or candy, but maybe diamonds, if they're handy.

To compensate for selfish acts and get love back upon its' tracks.

With just four weeks, it quickly passes, but to some, more like molasses.

Old bones, I'm sorry to confess, this cruel month would like much less!

But when the Leap year comes around, every four years, a day is found -

and tacked upon this brief occasion, to force a monthly elongation.

The Horoscope, by Astrolagerians, finds most Februivians as Aquarians.

But if you're born on twenty-nine, your birthday's in the Pisces sign.

Jim Fulcomer is a member of the SCLH Writer's Group.



Letters to the Editors...

Authors are solely responsible for the content of their letters.

It's Not Too Late — VOTE!

Haven't cast your ballot yet for our SCLHCA Board of Directors? Vote to make a difference for our community's future. It's easy! Just mail your ballot today, or use the

dropbox at OC WellFit. Mislaid your ballot? Call the Membership Desk weekday mornings at 916-625-4068 for a replacement. Ballots must be received before 3:00 PM on Wednesday,

(cont' on page 27)

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Ballroom Dance

(cont' from page 1)

beginner lessons are very basic, but give you the foundation for seven themed dances (West Coast Swing, Waltz, Cha Cha, Rumba, Fox Trot, East Coast Swing, Tango and the Night Club Two Step). Each Tuesday there is a beginners class, then an hour of individual practice time is available after which the intermediate class begins. Interested participants should call Ruth Algeri at 916-408-4752.

• • •

Country Couples

BY KATHY LOPEZ

I received the following via email and thought it would be perfect to share with all of you. The author is unknown, but hope you enjoy it.

- Having plans sounds like a good idea until you have to put on clothes and leave the house.
- It's weird being the same age as old people.
- When I was a kid I wanted to be older... this is not what I expected.
- Chocolate is God's way of telling us he likes us a little bit chubby.
- It's probably my age that tricks people into thinking I'm an adult.
- Never sing in the shower! Singing leads to dancing, dancing leads to slipping, and slipping leads to paramedics seeing you naked. So remember... Don't sing!

• If 2020 was a math word-problem: If you're going down a river at 2 MPH and your canoe loses a wheel, how much pancake mix would you need to re-shingle your roof?

• I see people about my age mountain climbing; I feel good getting my leg through my underwear without losing my balance!



• If you can't think of a word say "I forgot the English word for it." That way people will think you're bilingual instead of an idiot.

• I'm at a place in my life where errands are starting to count as going out.

• I'm at that age where my mind still thinks I'm 29, my humor suggests I'm 12, while my body mostly keeps asking if I'm sure I'm not dead yet.

• I'm getting tired of being part of a major historical event.

• I don't always go the extra mile, but when I do it's because I missed my exit.

• At what point can we just start using 2020 as profanity? As in: "That's a load of 2020." or "What in the 2020." or "abso-2020-lutely."

• You don't realize how old you are until you sit on the floor and then try to get back up.

• We all get heavier as we get older, because there's a lot more information in our heads. That's my story and I'm sticking to it.

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 ALYSON MEADOR

Golden Years on Silver Plates—Growing older comes with its own set of positives and negatives. One of the most obvious positives is that upon retirement you find yourself with a lot of free time. You also find yourself with a lot of options as to what to do with this new found freedom such as traveling, making new friends, spending more time with family, or learning a new hobby such as tap.

You are never too old to learn how to tap dance. You can learn teamwork, form friendships, and step out of the box to try something new. Imagine stepping onto the stage at age 62+ for the first time ever. Pretty scary and rewarding at the same time.

The health benefits as well as the emotional benefits are definitely worth the time invested. Everything a tap dancer does

to the right, they have to be able to do to the left. Tap is a percussive art form that requires rhythm and musicality. The physical part is a good workout and the constant balance that is involved creates a stronger body. The complexity of learning the sequences and the timing and then adding arms can be very challenging. Once you add the emotional release, you have created a well-rounded choice for an activity that is good for your body and good for your mind.

• • •

LH Music Group

BY DANIEL LEHRER

The Group Zoomed our performances in January. For our Group Opening and Closing songs we stepped back into the Sixties. Our opening song was "To Sir With Love" from the movie with the same name and made famous by recording artist Lulu. For our closing number we paid tribute to the Lovin' Spoonful with "Day Dream." Playing online has been fun and spirit lifting. Naturally we miss each other and the necessary in person feedback musicians crave but this has been a wonderful substitute during these extraordinary times. 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.

• • •

LH Players Club

BY KAROL MENDEZ

It certainly was a tumultuous January! Let's hope that the political drama cools, and the Christmas surge ends! I'm happy to report that my sister did not get COVID-19 from her offices' Christmas party, even though two sick employees (and the Boss!) further endangered her by coming to work from time to time to "get things done." My son didn't get COVID-19 during that exposure I mentioned, but has since contracted it. He had all the symptoms and felt pretty ill for ten days, and is slowly recovering. I think just about everyone knows someone who has had it by now. My son and daughter, daughter-in-law and my partner's daughter-

in-law have all been vaccinated, as they are in the health care profession. I hope that by the time this goes to print, most of the 75 year and older crowd here has been vaccinated.

The difficulty with trying to decide whether to present or cancel our Spring show, Murder on the Orient Express, is that even though people are being vaccinated, masks and social distancing may still be in effect for many months to come. The reason for that is that although the vaccine can keep you from getting sick, it may not keep you from being contagious in those critical few days after exposure. To stop COVID-19, we have to stop the spread of it, so, masks and distancing will be critical until the majority of us are vaccinated, or they can prove that you are not contagious in those early days. A show needs rehearsal and show rooms to be open, but more importantly, it needs a large enough audience to pay for the expenses. If we can only sell a quarter of the tickets, we cannot have a show. No decision has yet been made, but you can see our dilemma. We will keep you posted. Stay safe, stay well, and everyone,

Get vaccinated!

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

• • •

Mixed Media Club

BY JILL SHORT

It would be nice if all our club members would join us on Zoom this will allow us to stay connected. A few days before our Zoom meeting members will be emailed an invitation to Zoom that will have how to get onto the meeting. The club Zooms the 3rd Wednesday of the month at 11:00 AM. When we get back to "normal life" our club meets the 3rd Wednesday of the month at 1 PM in the Ceramics Room (OC). How about a February Art word prompt Challenge? The word prompt is "heart". Use the prompt to inspire you to create an art project. Be ready to share it at our March meeting.

At this time, Mixed Media Club is not collecting yearly dues. Once we are able to meet together again, we will reevaluate our dues. We are accepting new members at any time. If you would like to join the club contact our Club President, Nan Griffin at griffnancy70@

(cont' on page 7)



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In Memory — David D Otis

BY JIM FULCOMER

It is with great sadness that we note the passing of David D Otis of Sun City, Lincoln Hills. Dave passed away on December 26th, succumbing to injuries from a tragic accident the previous week. Dave is survived by his wife of 61 years, Judy, their two daughters, Kim Zubek and Kelly Otis. Their grandchildren; Garrison, Gabrel and Joshua Zubek, and Ian and Jeremy-Anderson Otis.

Dave was born in Creston Iowa. in 1932. He served in the United States Air Force and for many years, was a Sales Manager for Warner-Lambert Pharmaceuticals on both the East and West Coasts. He was a proud ski-bum in Aspen, Colorado, a saloon-owner in Sausalito, California and for a time, he and Judy sailed their boat around Florida and the Caribbean. They even lived briefly on an island on a lake in New Jersey with a pet goat.

Wherever he went, Dave made friends and celebrated life in his own fashion - making every day an adventure; being a genial and generous host, a raconteur and an avid golf follower. Dave was a creative artist with his use of used wine corks, turning them into collectibles for his many friends. His gravelly voice and shock of white hair were his distinct persona as he and Judy drove around in their bright red golf cart, "Giddy-up." He was fearless and positive; there was little doubt how he felt about things. Anybody who ever met Dave remembers him with fondness. He was a "man's man" whose life and character set a high standard among his peers. His legacy will be to live a life of purpose, adventure, and friendship. He will be missed by a legion of friends and family.

A celebration of his life will be held at some time in the future, when it is safe for all of us to come together. His final wish was that his remains be harvested as donations for vital organs to save the lives of others. This was based upon an essay written by Robert N. Test in 1976. He requested that his ashes be scattered either over the Golden Gate or on land where flowers could grow.

Mixed Media Club

(cont' from page 5)

gmail.com

Recently I started looking at my collection of glues and what a collection it is... Glue Glorious Glue! I am sure every home has some type of glue. In Mixed Media Arts, glue is a must! Look around your house and see what you have. A common question I hear is, "What is the best glue to use?" That question is really impossible to answer. Ask any mixed media artist and you will get various answers to what they like to use. I myself have many types of glues and brands of glues. I do have a couple of favorites these are Matt Medium and PVA glue along with a glue stick. We will look at some, since there are just too many to talk about in this space.

The basic glue stick is a good place to start. Those can be from very cheap as in the kid's Elmer's glue sticks to some that are more costly. Keep in mind, glue sticks work well for gluing paper onto other paper surfaces. The glue is lightweight, so it helps to prevent the paper underneath from curling and warping. Glue sticks however, have a tendency to cause your paper images to become unglued from the surface. So, it's really important that you completely and evenly cover the area to be glued and press the image firmly onto your base paper. Glue sticks in my opinion are really only good for gluing paper to paper and should be avoided when gluing paper to canvas, wood or objects. If you are strictly using paper to make your collage, you might want to use a simple glue stick.

Some artists like PVA glue which is a professional quality archival adhesive. It is a white glue and dries clear. I use this glue and like the results. Another popular adhesive choice for making a collage is a decoupage medium. Mod Podge and Aleene's Collage Pauge are two of the most popular brands and you'll find either very useful. Decoupage mediums are an all-in-one gluing and sealing product. You can use it to glue down your items and then spread it over the entire finished project for a nice seal that will protect it for years. It works great for both paper and fabric and is easy to apply with a foam or bristle brush. I have both these items; they are not my go to favorites but they seem to do an ok job.



Matt Medium is another all-in-one option, meaning it can be used as a glue and sealant. It goes on opaque and dries translucent. Matt Gel is a little thicker than matt medium and is a better choice if you have thicker paper. There are different brands in each of these and of course you will find varied opinions on favorites. I use the Liquitex brand and really like the results. The biggest benefit of acrylic mediums over a decoupage medium is that the acrylics are thinner. There's no need to water these down to get a thin, workable paste or sealer when needed. Since it is made for artists, acrylic mediums will cost more, but a bottle will last a long time. When gel medium dries, it's essentially dry plastic.

Another amazing mixed media glue according to some is Paste. It's really easy to apply with a brush, and it will stick lots of things to lots of things according to reviews. Unless you do a LOT of gluing, buy the smallest jar you can get, because it's expensive and it doesn't keep "forever". I have never used this item...but someday maybe I will add it to my glue stash.

The glue you choose to use for your collage project will depend on what type of items you are using. In some instances, you may even use a couple of different kinds of glue for a single collage. Once you get the appropriate one for your project, you can start making your masterpiece.

When you start doing mixed media art, you quickly realize that the glue you use to stick your "stuff" down to your surface is almost as important as the stuff itself. Well, you've never been more frustrated than when you use a glue that causes your paper to bubble or scrunch up and look awful, or causes the stuff you're trying to stick down to fall off after it dries. It's

a waste of time and it can honestly ruin your artwork. If you are new, I would suggest start with a glue stick and then maybe add matt medium or ask some artist friends what they like to use. The key is going ahead and try some glues and see what you like. Remember I only covered a few glues and there are many more out there.

I will leave you with this thought: "Sometimes we need all the glue we can get, just to hold ourselves together" Cecelia Ahern

Needle Arts

BY MARY SWANSON

Needle Arts entered the world of Zoom for the first general meeting of 2021 on January 12th. Jeanne Helland introduced the new board and we are all looking forward to a productive year. For the foreseeable future the monthly meetings will be held via Zoom on the 2nd Tuesday of each month at 1:00 PM. Information regarding the Zoom meeting login will be provided via Constant Contact email to all members. If you haven't already, please download the Zoom app to your computer, laptop, tablet or even your smart phone as all Needle Arts members are encouraged to participate. 111 members are registered to date including four new members, welcome all! If you haven't already done so, please send in your 2021 membership application along with your dues of \$20.

Get your creative juices flowing as "Looking Forward to Spring" was the challenge that was announced. All members are encouraged to create a piece of needle/fabric work in the medium of their choice that represents spring time/happiness for sharing during the May general meeting. All members who participate will be entered into a drawing for prizes.

Our February general meeting will feature a presentation by Jane Haworth, an award winning professional quilter specializing in making nature inspired raw edge fabric collage quilts. Please check out her amazing creations on her website: janehaworth.com, her Facebook page, or her Etsy site. She will be offering a Zoom workshop, Intro to Collage, for Needle Art members at 9:00 AM until Noon on February 17th, where she will be instructing

(cont' on page 9)



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Needle Arts

(cont' from page 7)

us on the raw edge collage applique techniques that she uses. Make sure to sign up early for this workshop as the number of participants will be limited to only 20. Detailed information on this workshop will be posted on the Needle Arts website.

Community Service members continue to work from their homes creating quilts for those in need. We are always looking for long arm quilters to help in our efforts to finish these quilts. Please let us know if you are able to help. Many thanks go to Debby Bainbridge for helping with this task during the past year.

The 2021 Mercy Auburn retreat is currently scheduled for April 26th through April 30th. We are hopeful that Covid restrictions will have eased by then so that this fun week can happen.

Make sure to visit the Needle Arts website for contact information, membership forms and more at: sclhna.com

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LH Painters Club

BY BOB GREEN

In January our members got their creativity juices flowing again by rendering their own artistic version of "A Boat at shore" painting by artist Richard Robinson. No rules, just freedom to use any medium, any style or any size was encouraged. Brief exhibits of members efforts were shown and discussed during

our membership meeting on Zoom. A "Snowy Scene" theme will be the study for February's Friendly Fun to paint more art.

2021 is the year to improve and expand your painting skills! Painting, sculpting, dancing, making music, and all the other artistic pursuits have benefits that go far beyond pure enjoyment or cultural creation — these activities can also strengthen your brain and improve your mood. Stay active painting!

We will email you our newsletter with suggestions of painting goals and activities. The newsletter will arrive before our next general meeting online, which is every third Tuesday of the month at 2:00 PM. These online meetings are accomplished using the Zoom app.

At home activities include choosing from our suggested pictures or painting from photos, and then changing them "To Your Style". No rules. Change the color pallet, change or alter the composition, add or subtract texture, smooth out brush strokes, or add in stroking. Then members can choose to briefly share their creation online with other Club members at our next online meeting.

Our 2021 Membership Drive is still on. Because of limited in-person meetings and Covid restrictions, Club dues for 2021



"A Boat at shore" by artist Richard Robinson.

have been waived for current members and for any new members who sign up before March 1, 2021. Sign up now. Membership contact: Jerrie Crass, email: jerriec68@gmail.com or 916-302-6178. Any questions about the Article or the LH Painters Club, please contact: Bob Green, VP. email: RwJfGreen@aol.com or 707-292-5526.

• • •

Paper Arts Club

BY LINDA LUCCHETTI

"Being creative is not a hobby, it's a way of life!"

We may not be together for club meetings and activities yet, but we're staying connected by sharing our projects and ideas.

Thanks to Rosy Thielke for offering two card kits during January. "Air Hugs" and "Just a Phone Call Away" have beautiful designs and sentiments. Also, thanks to Sue Dambrosio for posting directions for her "flap" card in the January newsletter. This card style is perfect for Valentine's Day greetings, or any occasion.



"Phone Call Away" by Rosy Thielke.

Check out the techniques for "Iris Folding" shown in the February newsletter.

Do you have ideas for projects we can feature and share with members? Let June Paquette know.

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 scewlong@sbcglobal.net.

• • •

Woodcarvers Club

BY LIONEL RAINMAN

Hopefully woodcarving doesn't conjure up the picture of guys sitting around the wood stove or out in front of the general store with a pocket knife and a wooden stick or branch. The woodcarvers club is made up of men and women that take pleasure in a creative process where wood is the medium. Like all creative arts some members have that natural gift and ability and others may have to work a little harder to achieve that first completed carving.

The woodcarvers in our club have various carving and creative abilities and are always available to assist or advise other members or new carvers as well. Woodcarvers Club members have a large library of carving books, magazines and DVD's for plans and ideas. If you are curious or have an interest in carving please stop by and see what we are doing. We have carving tools that you can use.

As you are aware, clubs are not holding meetings during this time of the Covid-19 virus. When meetings resume our schedule is as follows: Wednesdays from 1:00 to 4:00 PM in the Sierra Room at (KS). Contact: Lionel Rainman. lrainman1414@yahoo.com 916-253-9534.

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(more Club News cont' on page 11)

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Vintage Treasures

BY ELLEN STEELE

The new year has arrived, and we are optimistic that it will, at some point, bring the opening of our lodges, with all our favorite activities, and meetings with our Vintage Treasures group. Let us look forward to that bright future. When we can again meet, we will make a decision about dues, but only when we can meet again.

Our club focus is on vintage and antique items, pre - 1970. Our meetings are always most interesting, with charming items with fascinating histories.

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

Contact: Sandi Janisch 916-253-9085

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The Writers Group

BY ANDY DEXTER

The SCLH Writer's Group is composed 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

"What if all the difficulties anticipated in the Federalist Papers – regional tensions, unscrupulous leaders, and a dysfunctional Congress – happened at precisely the same moment?" – *Lincoln on the Verge*, Ted Widmer
Oh no, are we repeating history again? In

Lincoln on the Verge, President-elect Lincoln is faced with just that dilemma; are we in 2021 doing the same? Think on it.

As Lincoln travels to Washington for his inauguration, Lincoln is seen as being on the verge of greatness. He foils an assassination attempt, sees the country up close and draws close to its people in his speeches. This is not the Lincoln of Mount Rushmore or his namesake memorial. This is a man traveling in a soon to be divided country, worried by the enormity of the task in front of him and faced with enormous obstacles before he even can take up his job. A different look at Lincoln, one that is sure to increase your understanding and admiration of the man.

Join us on February 18 to discuss the book and its implications for 2021. We'll be zooming – if you're not yet a member, email Dale Nater at oobookgroup@gmail.com to have her add you to the email list. She'll make sure you get the details on how to join in the meeting.

Just because it's only the second month of the year doesn't mean the Book Club loses sight of next year. Our list for potential books to be read for 2022 is open for suggestions. Categories are not set in stone just yet, we'll let you know about them shortly. In the meantime, email Cathie at catsickle@gmail.com with your candidates – she'll keep track of them.

Still in need of facilitators for future months. March's book is *The Island of Sea Women* by Lisa See, about a culture few of us know about – the sea diving women of a small Korean island. If you are a fan of Lisa See, love the sea, or like to see new cultures, why not see if you can facilitate this book? (Did you "see/sea" what I did?) Contact Cathie at her email above to "see" if the facilitator spot is available.

April promises to be truly different. We'll be zooming (we're pretty sure at this point) with an author here in SCLH, Nancy Wiseman. Her book is unique – in teaching female inmates the art of sewing, she learns so much from the experience. Mark down March 18 for this meeting, more details next month.

Our club meets on the third Thursday of the month at 1pm – in the lodge in normal times or wherever you happen to be if we're zooming. Do plan to join us if a book or two or three or more catches your interest.

To close – another quote from *Lincoln on the Verge* – all too true today? Sure hope not. "The lessons of history were hard to

ignore. Every democracy ever known had failed, beginning with the Greeks twenty-four centuries earlier. They had succumbed, one by one, to all the well-known vices the people: corruption, greed, lust, ethnic hatred, distractibility, or simply a fatal indifference."

See you next month – stay safe, stay healthy.

• • •

LH Italian Club

BY LINDA LUCCHETTI

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

As you know, during the time of separation in 2020, we've kept in touch by special e-mail messages, sometimes humorous, but always educational. We started with a "Tour of Italy" message that led to "Reaching Out and Keeping in Touch" messages (52 of those) and then "Nutshell" messages (8 of those) which led to the "Where Are We" messages-- a virtual tour of Italy that ended on December 21 in Rome. (Note: If we had a trophy for a perfect record for correct answers to "Where Are We," it would go to Pam Moura. Congrats, Pam!) In total, we went to 13 different places and gave away \$270 in \$5 certificates!

As we got closer to Christmas, the Christmas series began with messages about the traditions and festivities that adorn Italy during the holidays. There were 6 of those messages. And then we had giveaways. Since we had no activities to give away a door prize or two, we used messages to give some away instead. So far, we've had 4 of those. (Our special email creators tell us there may be more. Stay tuned!)

We hope you have enjoyed all these virtual tours, trips and trivia, and we hope you had fun and learned a lot (or refreshed your knowledge) about Italy. Thank you to those who participated in the activities or read each email. And, thank you for your continued support of the Italian Club.

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.

• • •

Genealogy Club

BY DR. BARBARA BRANCH

Pamela Bell Dallas will be our speaker on February 15 at 6:30 PM on Zoom. Members will receive a Zoom link in a separate email from the Genealogy Club. Her topic is,



Pamela Bell Dallas

Evaluating Evidence or Court is in Session. Pamela has enjoyed conducting personal and client research for more than 30 years using a wide variety of repositories and record sources. We will send a Zoom link to all members and any handouts one week before the meeting. We have sent one email about 2021 Membership which included an application. You can also go to www.suncitylhgc.com/membership for an application. Please remember to renew. We have a full schedule of speakers for 2021 and you must be a member to receive the notification and Zoom link. We are offering a membership discount of \$15 per household for 2021 (one year only) for new and renewing members due to coronavirus constraints. Please consider joining or renewing so that we can maintain our services for you. As of January 12, we have seventy-six 2021 memberships. We are still paying for Zoom, speakers, and subscriptions at the Orchard Creek lodge.

Check our SCLH Genealogy Club website for handouts and updates:

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

• • •

LH Travel Group

BY SHERON WATKINS & LINDA BEVINS

Soon the world will re-open, allowing your travel spirit to take flight and soar. The Lincoln Hills Travel Group is happy to present some exciting travel adventures for you.

Picture yourself and your friends in September in the Colorado Rockies. This tour starts in Denver- the "Mile High City"! Enjoy the views as the coach winds thru the towering peaks and rolling meadows, visiting four National Parks and riding on

(cont' on page 13)



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SCLH WRITER...

**Stop the Madness —
 I Need a Haircut!**

BY VAL SINGER

Not going out to eat, shopping for the sake of shopping, and all the other niceties have turned my life, and of course all the world's, upside down. But, come on, I need to look good. After all, I have my image to uphold! But, of course, one good thing about living in Lincoln Hills is that most of us can't see that well, so does it really matter? Now, that's the real question, isn't it?

Does it matter if I make my bed every day or if the kitchen is pristine? Who cares if I put on my eyebrows or wear lipstick? The amount of people that have been in our house in almost a year, I can count on one hand. Will the gardener tell the other gardeners how I look? "Did you see that old lady on Perdita lately? I swear she wears the same jeans every day." The honest truth is I don't wear the same jeans, it just seems that way because I only have a few pairs that still fit. If you promise not to tell anyone, I'll give you a secret as to how to beat the bulge. Don't put your jeans in the dryer! Hang them up to dry. They not only stretch better but it gives you that little extra wiggle room. Now you know why you read this...

With the holidays over and most of the goodies gone, things may get back to semi-

normal, whatever that is/was. I've cleared the freezer out of cookies and such, so now I can feel better about not wasting food. I was raised with the sentiment, "eat all your food, there are starving children in China". If all the food that children don't want to eat was sent to a third world country, the hunger problem would be over. As a kid, I offered to package it up and send it on, but that didn't go over well with the adults in attendance. I was just trying to do my civic duty!

My daughter has cut my hair in the past and does a good job, so I think she will be doing it again. And the good part about wearing a mask is that you're not readily identified anyway. Even the cowlick in the back of head is held down by the mask.

Such a deal!!! By the time the virus is under control, please God soon, we're all going to be unrecognizable.

So, does it make a difference if my house is straight or if I'm coiffed correctly? I've come to the conclusion that the only one that cares is me. My husband, daughter, and my friends love me straggly or not and that is what matters after all.

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

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LH Travel Group

(cont' from page 11)

two historic railroads. Travel the Trail Ridge Road, the highest continuous paved road, in North America. Stop in Estes Park in Rocky Mountain National Park to see the historic Stanley Hotel. The coach travels amid the the grandest landscapes of the America West - thru Colorado National Monument to Grand Junction. Spend a day among sandstone arches in Arches National Park and viewing the awesome gorges of Colorado River from Canyonlands National Park's Island in the Sky. In Silverton, "all board" the famous Durango and Silverton Narrow Gauge Railroad. Spend a day in Mesa Verde National Park- A UNESCO site and the incredible sites of the cliff dwellings of the ancient Ancestral Puebloans. Enjoy a ride on the Royal Gorge Route Railroad thru the deep gorge of the Arkansas river. And visit scenic Garden of the Gods.

Fall is a beautiful time to travel the majestic mountains and deep river gorges in Colorado - leaves are turning colors, the aspen tree shimmer with gold while the green pines stand tall. Please check the Zoom presentation or contact Sheron Watkins for details of this tour.

Each month the Travel Group will highlight the details of one of the upcoming tours.

Collette has been busy developing new "Zoom" computer shows "on demand" for you to view the Collette adventures. Direction and the web site address can be found in the monty

e-mail. (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 current web presentation of intriguing places to capture your travel spirit. (There is no charge.)

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

LH Astronomy Group

BY BILL WEAVER

The LHAG held its first online monthly all-member meeting of 2021 on January 6th. The agenda included an introduction and update on the LHAG, and latest activities, followed by a 30-minute video presentation titled "Deep Universe: Hubble's [Hubble Telescope] Universe Unfiltered".

Monthly online meetings, using the Zoom application, will continue until the Covid-19 restrictions on gatherings is lifted. All meetings

are scheduled for the first Wednesday of the month at 6:45 PM. and will be preceded by an email invitation and login information to all current members.

The Cosmology Interest Group, a subgroup of the LHAG, is planning to hold its first meeting of 2021 at 6:45 PM on the 3rd Monday of the month beginning in February. This meeting will begin a series of lectures and discussions on the "Introduction to Astrophysics", the branch of astronomy concerned with the physical nature of stars and other celestial bodies, and the application of the laws and theories of physics to the interpretation of astronomical observations. The LHAG membership will receive an online invitation to join the sessions via the Zoom application.

The Telescope Interest Group, the other subgroup of the LHAG, has been unable to hold star parties because of the Covid-19 restrictions on gatherings. However, the LHAG Steering Committee has established proposed dates for 2021 monthly star parties that will begin in May, assuming meeting restrictions are lifted. All star parties will be held at the Sun City Lincoln Hills Sports Pavilion. The LHAG members are invited to bring their telescopes and binoculars to collectively view, share, and learn about the amazing objects of the Cosmos. These star parties are open to all SCLH residents for viewing through the LHAG member telescopes.

Astronomical Events for February 2021

February 11 - 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 is the best time of the month to observe faint objects such as galaxies and star clusters because there is no moonlight to interfere.

February 27 - 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 Snow Moon because the heaviest snows usually fell during this time of the year. Since hunting is difficult, this moon has also been known by some tribes as the Hunger Moon since the harsh weather made hunting difficult.

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.

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 .

(more Club News cont' on page 14)

Michelle's Featured Listings



Tiburon Model w/Pool - 2,536 Square Feet

Here's your opportunity to own an Estate Series Home in beautiful Sun City Lincoln Hills. This gorgeous Tiburon model is situated on a quiet cul-de-sac on an oversized lot w/ swimming pool, spa and fruit trees. This home features a spacious kitchen w/ large center island, maple cabinets throughout, double ovens, gas cook-top, full size pantry & endless amount of granite counters. When entering the front door, your eyes will carry you straight outside w/ its many windows. You'll also observe the cozy gas fireplace surrounded by white built-in cabinetry, wood flooring, plantation shutters & the formal dining area adjacent to the great room w/ French doors leading to the backyard. A walk down the hallway through the double doors takes you to the master suite (w/ outside access to backyard) & the master bathroom w/ double vanities, soaking tub, shower stall & oversized walk-in closet. Further down the hall is the second en-suite w/ its own private bathroom.

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Shalom Social Group

BY JUDY GANULIN

The Shalom Social Group traveled by Zoom to the Jewish Gold Country through journalist Gabriel Greschler’s fascinating photo presentation. It was a most enjoyable program! We are planning our Passover Seder, by Zoom of course (unless another miracle happens between now and March!) Last month we misspelled the name of one of our new Board members. We apologize. Her correct name is Barbara Korenthal. We play bocce every Sunday, weather permitting. Old and new members (and interested prospective members) learn about our activities and programs from our website, <https://sites.google.com/site/sclhssg>. For more information please contact Joanne Levy, 508-333-8590.

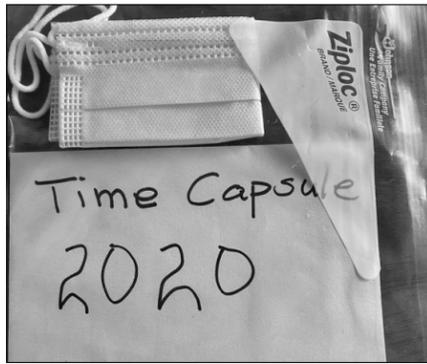
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Lavender Friends

BY SANDI DOLBEE

One day, the owners of a house here in Lincoln Hills will decide to remodel their bathroom and they will tear open a wall behind the shower and find a Ziploc bag with mementos from the great pandemic of our lifetime.

Stuffed inside are masks and a first-person account of the impact of COVID-19. “I wrote a personal journal of what it has been like with stay-at-home orders, long waits for remodeling my bathroom, shortages, unnecessary deaths, positive aspects of Zoom,” says Dawna Hawksworth.



A self-fashioned memoir of COVID-19 is buried behind a shower makeover

She got the idea for this self-fashioned time capsule from another renovation project years ago. “When we tore out a wall in our 100-year-old house in San Jose, we found old newspapers with dates and interesting wall paper. I was looking for anything of interest (here) when the walls behind my shower were exposed, but there was nothing but garbage that the original workers were too lazy to carry out.”

Dawna shared her story on a recent club get-together over Zoom. Other members were enthralled — and we were reminded that, like it or not, we are living through history and should all be thinking about how we can pass it on for future generations.

Lavender Friends is a club for LGBT residents here. We are looking forward to a time later this year when we may be able to safely get together again and do things like celebrate the 16th anniversary of our club’s founding.

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Big History Club

BY DAVE LEWIS

Big History begins a new era this month. Our partnership the Sac. State Renaissance Society kicks into high gear. Now, instead of 2 meetings per month we will have a Zoom meeting every Monday at 10 AM. We are still exploring the Agricultural Revolution which began around 12,000 years ago. After a year and a half, we have finally made it up to the late Bronze Age – early Iron Age (3,000 – 300 BCE). Our first presentation on Feb 8th is titled “How Geology Shaped Early Civilization”. River valleys are where the major of early civilizations started – the Egyptians on the Nile, the Sumerians between the Tigris and Euphrates and later American Indians on the Mississippi and Missouri rivers. But what may surprise you is the role clay had to play in early civilizations. Yes, clay. Attend on Feb 8th and find out how. Next on Feb 15th will be “The Collapse of Civilization 3200 Years Ago” A perfect storm of climate change and waves of invasions from “sea people” caused almost all civilizations in the eastern Mediterranean to collapse and in many cases revert to hunter-gatherers. Check this one out for how it all happened. Next on Feb 22nd will be “Mystery of the Minoan” ‘Minoan who?’ you might ask. Would you happen to remember a Greek fable about the Minotaur – half man, half bull? What about Daedalus and Icarus? Remember Daedalus made wings of feathers

(cont’ on page 15)



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Big History Club

(cont' from page 14)

held on by wax for he and his son to escape, but then Icarus flew too close to the sun and the wax melted? Those were tales about the Minoans. If you want to know what the Minoans were really about, sign up for the Feb 22nd meeting. And to give you a preview of next month, on March 1st we will have a special presentation by Martha Lewis titled "Religion – The Experience of Being Alive". No, this is not a sermon. Martha looks at the evolution of religion over time. You do not want to miss that one. For more information, contact Dave Lewis: email: stuff619@gmail.com or 916-626-2795. Big History is making big changes. Our partnership with the Sac State Renaissance Society is off to a great start. Instead of twice monthly, we now have Zoom meetings every week – Mondays at 10 AM. Our upcoming presentations start on Feb 22 with the "Mystery of the Minoans". Remember the of the Greek myth about the Minotaur, half man – half bull? That was on Minoa- current day island of Crete. Next on Mar 1st is "Religion, The Experience of Being Alive" No, it is not a sermon. Mar 8 "Indus Valley" a fascinating ancient civilization in the Pakistan region. Finally, on Mar 15 "Egypt" a history of pharaoh after pharaoh from 3100 BCE to 300 BCE. Contact Dave Lewis, stuff619@gmail.com, 916-626-2795 for more information.

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

BY PATTI KINGSTON

Wear a mask and keep the distance! That's the mandate from the Western Placer School District. The schools remain open with smaller classes combined with learning from home. Cases have been monitored and the District is doing well so will be continuing their program offerings for the foreseeable future. Evidence shows that WPUSD schools are not a primary transmission for COVID. Parents



must monitor children's health before sending them off to school each day. The situation is not perfect, but the District is able to honor it's mission statement: Empower students with the skills, knowledge and attitude for success in an ever-changing world.

The SCHOOLS organization is hoping that when schools are able to fully open and the COVID virus is under control the volunteers will be able, once again, to assist the teachers in the classroom. The volunteers miss the children and the opportunity to work with them and with the teachers. We're all wishing for a healthy

and a COVID-free 2021. For information and updates the Western Placer School District website is www.wpsud.org.

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Lincoln Democratic Club

BY JUDY GANULIN

The Lincoln Democratic Club started the new year with an interesting and informative talk on the history of presidential inaugurations by OLLI instructor Terry McAteer, by Zoom, of course. Our Board meeting saw our new Board members introduced and our prior Board members thanked for their service. Some of our members made phone calls for the Georgia Senatorial races, and we were all delighted with the results! Our own member Bill Lauritsen was elected to the Lincoln City Council and plans to report to us periodically on city issues. For more information please visit our website, <https://democraticclublincoln.ca.org/>

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Veterans Club

BY B. L. LEWIS

After a year of the COVID-19 Virus, we hope that this publication finds everyone well, with all of your home projects completed. The Veterans Group in person activities are still suspended due to the coronavirus pandemic. We will notify all members as soon as the group gatherings can resume. The Veterans Administration is scheduling the COVID-19 vaccine for enrollees who are 75 years or older. If interested, call the VA at 1-800-382-8387 to schedule an appointment.

I apologize to LHVIG Life Member Jim Johnson, U.S. Air Force for listing your name in the January edition of the Sun Senior News, In Memoriam section. I am glad to report that you are alive and well.

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 LHVIG membership and the Board has authorized a two-for-one dues offer. \$20 covers your dues through December 2022. As of November 9, 2020, the group's membership stood at 222, including 131 life members and 19 Associate members. World War II veterans (including Spouses) total 19. The total membership was 241.

Welcome Aboard to new members, David Manwaring, U.S. Army and Charles Terry, U.S. Army. Congratulations to New Life member, Tim Eberlein, U.S. Marine Corps

Remember to Fly your Flag Proudly

(cont' on page 16)



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Lincoln Hills December Sales Snapshot

Address	Street	Sq Ft.	Price	Model
1724	Glenbrook	1791	\$595,000	Tahoe
948	Dogwood	1910	\$509,000	Fremont
2034	Lavender Hill	1785	\$540,000	Santa Cruz
2480	Fountain Hill	1120	\$365,000	Milpond
1043	Fairway Valley	1449	\$495,000	Almanor
1915	Monument	1186	\$385,000	Millpond
240	Lariat	1768	\$485,000	Tahoe
2449	Swainson	1836	\$595,000	Plumas
884	Magnolia	1602	\$480,000	Lassen
120	Lake Crest	1190	\$427,000	Calaveras
1250	Silver Fork	1791	\$679,000	Tahoe
432	Stags Leap	1195	\$412,000	Calaveras
405	Sawmill	2504	\$640,000	Marin
1937	Blackbird	2238	\$580,000	Ventura
109	Deep Springs	2246	\$842,000	Napa
1845	Graeagle	1322	\$415,000	Bridgeway
1873	Monument	1626	\$505,000	Lassen
1685	Crocker	1911	\$583,000	Fremont
1643	Fallen Leaf	2073	\$699,000	Annadel
1380	Ivy Arbor	1886	\$600,000	Orchard Crest
115	Prairie View	1130	\$425,000	Sequoia
873	Wildomar	2049	\$667,500	Annadel
1530	Topanga	1194	\$305,000	Condo
2372	Rubicon	1795	\$525,000	Tehama
1589	Avian Hill	1549	\$500,000	Alpine
1751	Andover	1910	\$585,820	Fremont
2440	Hidden Hills	1823	\$600,000	Orchard Crest

Per Sacramento mls reported sales 12/1/20 - 12/31/20

Veterans Club

(cont' from page 15)

on Presidents Day, February 15, 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 —
 Crill Maples, U.S. Air Force

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

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LH Republican Club

BY SUE DUMAS

Happy Valentine's Day from LHRC!
 Fly your flag proudly, for our democracy, freedom and prosperity... pray we will restore integrity in our elections, keep our constitution and be united as one country, under God.

We will be resuming our informative ZOOM meetings in February. As always we welcome new Lincoln Hills Republicans who are not yet members to join Lincoln Hills Republican Club. Dues are \$15/pp per year. Stay safe, be well, keep the faith!

...

LH Amateur Radio Group

BY DANIEL LEHRER, KN6DRN

LHARG bids a fond farewell to our former President Stu Gallant, K3RZB. Stu and Hilda have moved to Florida and we thank Stu for his service to the Club. Congratulations to Dan Lehrer, KN6DRN as he assumes the Presidency. Dick, KI6NOX will continue to serve as Vice President and John, NQ6Q continues as our Repeater Trustee. We sadly acknowledge the passing of member Sonny Worman, Silent Key-KJ6UBK. We continue to "Zoom" our pre Net meetings every Monday night at 6:40 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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SCLH Computer Club

BY NORMAN SEIDENVERG

We continue to meet on Zoom, as the facilities remain closed, but there is hope as vaccines are now being given to prevent or minimize symptoms of COVID-19 infections. Last month, on the 13th of January, Terry Rooney, Rita Wronkiewicz, and Bob

(cont' on page 17)

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SCLH Computer Club

(cont' from page 16)

Ringo hosted "Ask the Tech" on Zoom. Highlights were documented and sent to membership. Thanks to the experts for their information and experience. February 10, 2021 Rita will present "Wiser Shopping-Making Sense Of Online Product Reviews", fake or unreliable, beneficial, ratings recourse if wrong and member experiences and input. Notice will be sent to members. March, 2021 Bob Ringo will discuss "Cloud Backup". April, 2021 Terry will present "Streaming". Join the club by sending \$15 check/family/year to Ben Richardson, info on website www.sclhcc.org. The Lincoln Public Library is open (see days and times online). Easy to sign up and use online for reserving books or ordering through ZIP Books. All free and a great service. Microsoft continues to update WIN 10 with better security and fixes, check if you have the "20H2", October, 2020 vers (Settings>System>About and scroll to Windows Specifications). Members are encouraged to send questions to sclhcc@gmail.com and we will help as able. Stay healthy, and looking forward to 2021 and beyond.

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Apple User Group

BY RICH THAYER

LHAUG started the new year with several seminars on product essentials for the iPhone, iPad, and Watch, as well a seminar on macOS Big Sur. In February, Ken Spencer will discuss

Apple Mail, Bill Smith will discuss messaging, and Helen Rains will discuss Apple Pages. See the calendar on lhaug.org for the latest schedule of events. Better yet, add the subscription calendar to your personal calendar so that events automatically appear on your device. Subscription calendar instructions appear at the bottom of the lhaug.org calendar.

If you recently upgraded your Apple products and you're wondering what do with your old products, consider donating them through the LHAUG donation program or selling them using the LHAUG Classifieds page.

If you haven't yet renewed 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 club information.

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

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

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Multiple Sclerosis Group

BY JERI DIFIORE

With "Happy Thoughts" of Quarantine freedom, we are planning a very special MS Zoom Meeting

Tuesday, February 9, 1 PM.

Our Talented Members will again entertain us by creating lovely music, from Vocalist Ann Assarasson and Flutist Kalli Genest to a surprise of gifted family members.

Of course, we will have our check-in. Also, Captain, Joni Deutsch, will discuss her plans

for the 2021 MS Walk, which will be held locally this year.

The Zoom link will be sent Sunday, February 7 to all Members of the MS Group. If you are not a Member and would care to join the 2/9 Zoom Meeting, please contact 2020jeridifiore@gmail.com to forward the link.

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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.

Looking Forward — International Low Vision Support Group. www.mdsupport.org

Even the most optimistic person will admit that 2020 was a 365-day slog through dangers, disasters, and disappointments. In a year that offered little relief, considering that its famous number might have been expected to boost our spirits with good news about vision. And that's why it might help us to look ahead at some promising events during the coming new year.

First treatment for geographic atrophy. Earlier this year, Apellis announced the completion of patient enrollment in the ongoing Phase 3 DERBY and OAKS studies investigating APL-2 in patients with geographic atrophy (GA), the advanced form of dry age-related macular degeneration affecting approximately five million people globally.

No approved treatment has yet been

(cont' on page 19)

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Low Vision Support Group

(cont' from page 17)

approved for GA, but the year 2021 may see that happen. APL-2 is the only targeted complement system therapy in Phase 3 clinical trials for GA. Trial results have found that monthly injections of APL-2 reduced the rate of progression to GA by 39 percent in areas of the retina outside of areas with prior damage. Top-line results from these pivotal trials are expected in the third quarter of 2021.

For the first time, all major age-related macular degeneration organizations are collaborating to help patients and caregivers more easily find resources about AMD. Navigating the plethora of AMD information online can be overwhelming, and many people don't know where to start. But now a new website, to be unveiled before the summer of 2021, will help resolve that issue.

The site is being designed to empower patients and their caregivers to take ownership of their eye condition as a catalyst to change the way they manage their health and wellness. It will help patients and family members learn about AMD clinically and provide practical advice for living with low vision so that they can better manage the disease.

The contributing nonprofit patient advocacy organizations are all trusted members of the vision community and are crucial in supporting people impacted by AMD. Look for announcements in the Spring.

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 cathy.mcgriff1010@gmail.com

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Glaucoma Support Group

BY BONNIE DALE

Happy Valentine's Day!

This month we will meet Wednesday, February 10 at 4:00 PM using Zoom. You will receive an invitation with the Zoom ID and passcode a couple of days before the meeting.

With our change of lifestyle, it is important that we continue to be diligent in caring for our eyes. Drops? Use as directed. Appointments? Try to keep them. Exercise? This could be a bit challenging.

Let's discuss ways to stay in tune with our

eye health. Bring your questions and stories to share. And any great hints that you have too!

Hope to see you on Zoom.

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

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Bosom Buddies

BY VAL SINGER

Bosom Buddies is alive and well. Over the holidays it was so nice to have contact with various members and to find out they are all ok.

I found this on Facebook and it really seemed to describe what BB is about:

"As you get older, you really just want to be surrounded by good people. People that are good for you, good to you, and good to your soul." That's what Bosom Buddies is for me and hopefully for all of you. During this isolation, it's so great to be able to call one of my buddies and know they will always welcome me with open arms. If any of you need a virtual hug, call one of your buds just for the sake of hearing a loving voice. You will not be disappointed.

Thanks again to the Foundation for the recent grant. I can't say too often how the Foundation makes such a difference in the lives of Bosom Buddies.

Happy Valentine's Day!

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...

• • •

Alzheimer's Dementia Caregivers Group

BY JEFF ANDERSEN

Our group continues to connect via Zoom, and you are welcome to join us. We meet on the 1st, 3rd, and 4th Wednesdays of the month. You can get connection information via eMail via 2jeffa@gmail.com. Note that you do not need to download the Zoom software in order to join the meetings. It's easy peasy. Jump aboard.

We're happy to see that the Covid-19 vaccines are at last beginning to be distributed

and given. Check online for availability by searching for Covid Vaccine Clinics. The distribution of vaccines continues to be a logistical Gordian knot, but at least the process has begun.

If you believe in science over urban legend, precaution over incaution, and just plain old doing the right thing... get the vaccination. This pandemic continues to develop and morph into unknown territories, so social distancing, masks, and hand washing - in addition to getting the vaccine - makes sense. This regimen is likely to last for some time to come.

• • •

RV Group

BY STEVE BEEDE

While our RV Group Meetings have remained cancelled due to Covid, our Members are getting ready for a busy RV travel year including Rallies in Palm Desert, San Diego, Utah, Lake Tahoe, Point Reyes, and possibly more. Our Rallies typically include golf, pickleball, and much more. Plus several Members are planning individual RV trips across the U.S., to Yellowstone, and even to Alaska. We know that RVing is the safest and most scenic way to travel especially in times of Covid. In fact, despite the pandemic, over 3 million new RVers are experiencing the fun.

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. Contact our Membership Director, Sharon Skar at 916-434-7799 or email to marlowensharon@gmail.com to sign up. When we eventually re-open Meetings, we'll be at 4:30pm on the 2nd Tuesday each month in the Placer Room (KS).

Have questions or need more information? Contact Club President Steve Beede at stevebeede5@gmail.com or check our Website at www.lhrvg.com.

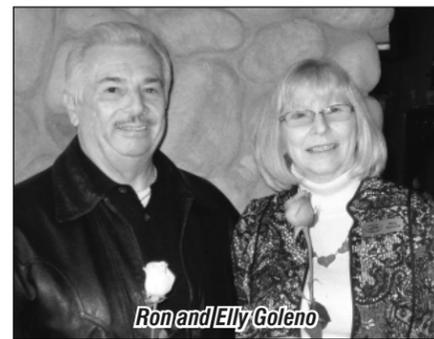
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SCLH Sports Car Club

BY PAM BERRY

Thanks to Ron Goleno for sharing his "car life".

When growing up as a child in Monroe, Michigan, my first interest in cars was due to my Dad and our neighbor "Hot Rod" who raced old cars at the local oval dirt racetrack representing Sealtest Dairy. We had many old Dodge's, Plymouth's, Ford's, and Chevy's all over our back yard and garage. It was exciting



hearing and watching them race and riding in them in local parades. So, it was no surprise at 15 years old that my first car, a 1950 Chevrolet Business Coupe, became my passion and love as my Dad helped me disassemble every piece of engine and all accessories to fully rebuild this car to be my pride and joy! I owned this car throughout my high school, college, and Air Force career up to meeting my lovely wife Elly in San Bernardino. My car still remains in my life, as I sold my car to purchase Elly's wedding ring before going to Vietnam.

I have enjoyed owning muscle cars such as a Chevy Nova SS, a V8 Mustang Fastback, and a fun Chevy Z28 until "children" became a big part of our lives. Then it was the family cars like Volvos, Hondas, and BMWs. This however never stopped my enjoyment to zip around the hills in Napa Valley while commuting between Napa and Mare Island Naval Shipyard. I always took the backroads in the vineyards to enjoy the twists and turns.

Then... we retired and moved to Del Webb in quaint Lincoln! When I got a copy of the Compass and I saw the information about a Sports Car Club, that really got my interest up. Yea! Something to do with Cars and driving all over the place with others who also enjoyed driving! We bought a Mercedes SLK-55 AMG and wasted no time in joining this wonderful group. Talk about one of the best things ever to happen. We were met with open arms from strangers and other people having similar interests as us! What a gold mine. Great people, great rides, great socials... we are in heaven living the dream!

• • •

(more Club News cont' on page 21)

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RoadRunners Motorcycle Club

BY MIKE SMITH

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

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

• • •

Bird Group

BY DON BAYLIS

By February, while our winter visitors are still with us, the early birds of our year-long residents have moved into breeding season. Both the Anna’s Hummingbirds and Great-horned Owls have identified mates and nesting sites, and are moving into another season of brooding and raising young. Already in mid-January the first Great-blue Herons have started flocking to the colony site between Starbucks and McDonalds, soon to be joined by Great Egrets.

In more “normal” times, the group is busy with trips and presentations. Staten Island, Linden/Salt Springs Reservoir, Grizzly Island/Suisun/Vallejo, Davis Wetlands, and MacGarvey Pond in West Sacramento are often visited as winter turns to spring. Many of these are accessible to individual car trips, while others might be more enjoyable if you can find an experienced group member to help you map out or guide the way.

Much closer to home, the flooded rice fields a few miles west of Lincoln still offer rich viewing of our winter migrants. We have seen flooded fields with Tundra Swans, Snow Geese, White-fronted Geese, Pintail and Shoveler Ducks, Long-billed Curlews, White-faced Ibis, and multiple shore birds all along Catlett Road, which begins just west of the casino.

At home, ponds, stagnate from lack of rain as this is written mid-January, still host ducks and teal. Bufflehead, found diving for food in a number of ponds on the golf courses and wildlands, seem to be quite abundant this year. This duck, beautifully colored only in black, white and grey, is also tied to another winter visitor, the Northern Flicker. They not

only share this area as a wintering ground, they also share a breeding ground, as the Bufflehead prefers a abandoned Northern Flicker cavity as a nest. Buffleheads compete for nest cavities with a variety of birds from Mountain Bluebirds to Goldeneyes.

The Bird Group is still on hiatus in order to shelter in place from the COVID-19 virus. Until the Association reopens the lodges and gives the OK, we will not be scheduling any group activities.

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

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

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Garden Group

BY LORRAINE IMMEL

There is still no scheduled Garden Group General Meeting for February yet. Look for our emails to bring you up on current information.

Just in case we get to sponsor our Annual Amateur Rose Show this April, you might want to get your roses off to a good start now! Many of you know how to make that happen, but some may want a few tips from Farmer Fred or other Rose Growing sites online. Roses are in the nurseries now and do very well in our garden zone!

Have you ever wondered whether plastic-wrapped bare-root roses are a good deal? Fred Hoffman (Alias Farmer Fred) says the older non-patent varieties such as Queen Elizabeth or Mister Lincoln are! He states, “Those are named roses that were originally introduced more than 27 years ago and are no longer under



patent. That means sellers can offer that rose for sale without paying royalties to the patent holder, which usually means a lower price to the buyer. And, he notes to look for Grade A roses, whether they are offered wrapped or in sawdust bins.

Regardless of the grade, what you do with that rose when you first get it home is the same: Re-hydrate it. Bare-root roses are dug up in October or November. Their roots have been wrapped in plastic (or stuck in sawdust) for months. They need water – now! Before planting your new rose bush, soak the roots in a bucket of water overnight. That will help refresh the bush and get it ready for its new home in your garden. Your other roses need attention, too.

Prune out all dead and weak growth. Remove any borer-infested branches, as well. A hollow or blackened center of a stem may indicate the presence of borers.

Make no cuts on hybrid tea rose bushes or grandifloras below your knee, unless you’re removing the cane completely.

Leave as many primary canes as the plant can handle. Many cold climate rosarians might advise you to leave only three canes per hybrid tea rose bush. Here in California, a vigorously growing hybrid tea or grandiflora rose might have as many as nine healthy canes. Keep most, if not all of those canes, for even more roses during spring through fall.

Do not use glue, tree seal or paint on pruning cuts. A clean cut will heal much more quickly when left alone.

When you are finished, strip all remaining leaves from your roses, then blow or rake all the leaves out of the beds and send them to the dump, not the compost pile. Since all the fungus spores and insect eggs are there from the last growing season, removing these from your yard now reduces next year’s problems.

• • •

LH Fishing Club

BY BOB GEORGE

Received my 20 ft BayBee custom aluminum boat from Bruce Koffler in 1990 at the annual February San Mateo Sportsman’s show. For several years, I had visited the show and had admired the Koffler boats and their construction above the others at the event. So, when I decided to purchase one, I travelled to Eugene during the late summer of 1989 and sat down with the builder and ordered nearly



every feature of the boat such as: length, draft, side height, dory bow, transom configuration, rod and tackle trays, engine, windshield, seats, trailer, etc. The day Bruce Koffler came to the show, he had on the trailer my boat and four additional aluminum drift boats on top of it. I had agreed to let him show my boat along with his others for the duration and took mine home after the event closed.

I have used this boat to fish Half Moon Bay, out through the Golden Gate and past Rye Patch, Bodega Bay, Eagle and Oroville lakes and many times at my favorite, Pyramid Lake, NV. Its maiden voyage was a fishing trip out of Ward’s Landing near Colusa, for strippers. I’ve also used for many years since chasing strippers up and down the Sacramento river and into San Francisco Bay.

This past August, I took the boat out of its home base, Oxbow Marina on the Georgiana Slough near Isleton, and traveled down the slough fishing for strippers to the Mokelumne, and San Joaquin, just above the Hwy 160 bridge into Antioch. On my return trip and just before reaching home, the engine made a minor hiccup that wasn’t really noticeable. This reminded me I should take it in for an annual check-up and maintenance which I did upon returning home. To my surprise, the Delta Marine mechanic Mike called and asked if I was sitting down. He said he performed compression checks on the four cylinders of my Johnson and two of the four indicated repair. He estimated the repair cost at \$8000 to \$9,000. I’m nearly 80, my lovely wife didn’t think I should repair but rather sell it as is. Well, long story short, the attached picture show it has a new 115hp Mercury Command Thrust engine, controls and gauges, with replaced plywood floor and reinforced aluminum flooring, 4 new seats, battery and cutoff switch, steering wheel and cabling, rod holders, etc. Will be heading to Oxbow shortly after the New Year to get it out on its next and final maiden voyage.

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(more Club News cont’ on page 23)

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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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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.

• • •

Hiking and Walking Group

BY STEPHANIE HUNTINGDALE

Well, we have started the New Year off with some strife and uncertainty in our world. I didn't expect Covid to disappear on New Year's Day, as I am sure you didn't either. Let's hope that things calm down and the vaccine will be useful to stop or slow the spread. The question still remains for many, will you get the vaccination? Our age group is very susceptible to the virus, but I hear conversations that some are still contemplating whether or not to take the vaccine. It's a personal choice for sure.

We are so very fortunate that one of our hobbies is walking/hiking. Being out in the fresh air, not too many on the hiking trail, giving us a feeling of being safer than most activities. "Giving us a feeling of being safer" You must not let the guard down. We must all continue to fight against the Covid virus – wear a mask, social distance and wash hands frequently. Hiking and walking helps to clear our minds and keep our mental condition positive. We also need the physical health that continued exercise brings. Continue to do this until we can all get together and hike again. Miss our social conversations, but they will be back in 2021. We hope.

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

• • •

Cyclists Group

BY TOM FRADY

While this article will be published a month after being written, I have no doubt COVID-19 will still be with us. Not only still with us, but at its most dangerous.

Although the official ride calendar is temporarily closed, many of us continue to ride, which is a good thing. Being outdoors and getting exercise has many positive effects. Sun: good. Air: good. Mental health: good.

However, I have noticed a relaxation in vigilance for safety. People can be contagious 2-3 days before symptoms show up, so a rider that's symptom free now might actually be contagious during a ride. Even after we old people get vaccinated, we can still get infected and infect others, albeit we may be protected from illness ourselves.

At one time, some of us were making calculations in our heads to be sure we were at least X number of feet behind the rider in front of us, noting the wind direction, maybe wearing mask while we rode, etc. I don't think we need to be that compulsive, just give a little more space between cyclists. My information is you do not need to wear a mask while actually riding, but feel free to do so.

If you are stopping at coffee places, delis, etc., be sure the establishment is observing state and regional protocols, and that you observe them, too. Wear your mask when you enter any establishment for any reason. Stow a mask on your bike, so you don't forget it. Be sure while you enjoy a scone or Clif Bar with your mask down, you are well-distanced from your fellow riders.

When gathering at Kilaga, waiting to start a ride with your cohort, be sure to maintain the 6' distance. It is easy to fall into the old habit of straddling your bike close to others straddling their bikes, chatting about how cold it is, as you wait for the word to get on the road.

Social distancing is a little harder while waiting for stop lights, but it is equally important. The time spent at a few stoplights during the course of a ride adds up. Spread out. The same at regroups. Keep your distance.

It is easier to stay distanced if your group is smaller. Four to six might be a good number. If a large group shows up for your ride, split up.

If you stop at parks to use public restrooms and drinking fountains, be extra careful. Carry, and use, hand sanitizer. Take your gloves off when you enter and consider washing your gloves more often.

It appears we will have COVID restrictions for a few more months. Let's make it through it all safely and in good health.

• • •

(more Club News cont' on page 25)

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Water Volleyball

BY ROSEMARY ELSTON

The 2021 New Year is an opportunity for reflection and goal setting. The year 2020 has been challenging to all residents, extended families and association employees. The Sun City Lincoln Hills community is fortunate to have access to a myriad of personal and physical development options from gyms to trails to clubs to lessons to classes to special events. The Water Volleyball Club offers weekly recreational and competitive training, team focused competitions and mixed group games. A Water Volleyball Club member is encouraged to play on a regular basis; an enthusiastic member can potentially play water volleyball at least three times a week. In addition to playing water volleyball, the Club promotes member socialization with potlucks, tournaments, special group nights (Ladies' Night), and an annual dinner membership meeting. To provide organizational leadership, a Steering Committee is voted in annually by the entire membership. The Steering Committee meets monthly to oversee water volleyball activities, propose changes/improvements and address member concerns. All Water Volleyball Club members are invited to attend the monthly meetings or read meeting minutes posted on the Water Volleyball Club website. Website: www.lhwatervolleyball.com Email: scwhatervolleyball@gmail.com

Table Tennis

BY DENNIS ZARO

Table tennis remains on hold. However, our club president, Alan Smith, has been busy making plans for the future when we can again enjoy our game. He has been in communication with the Lifestyle Room Booking and Club Coordinator. Our play dates at Kilaga Springs are confirmed. Also, Alan planned a steering committee meeting addressing important issues such as by-laws, membership, website, and correspondence. Howard Parker has come forward as play manager, and Mark Fong will fill the equipment manager role. A big thank you goes out to all who are working to support table tennis as we await the reinstatement of our game.

(more Club News cont' on page 28)

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

The Szabos

(cont' from page 1)

that had to be adhered to for submitting the information for publication.

Even though Cathie and Bill's houses were close together and they attended the same church, they did not actually meet until both had finished college and were in a drama group at Sacred Heart. There is some conjecture that they met earlier. Bill ran for



Bill and Cathie Szabo

the school board in the town when he was in his twenties. He was not successful in getting on the school board, but he had done door to door canvassing in the neighborhood and he is fairly sure he was at Cathie's family home. In any event, they did finally meet at church and married in the church on December 28, 1974.

They stayed on the East Coast until Bill was transferred with his insurance job as a fire protection to an office in Marin County. They moved and lived in Petaluma. They have no children but considered their cats, now all gone, to be part of their family. There are some great stories surrounding the cats, but when the last one



Cathie and Bill Szabo

died, they decided not to replace it since they crunched the numbers and realized that the animal might outlive them. They enjoy their memories.

After their time in Sonoma County, they moved to Roseville near Diamond Oaks Park and lived there from 1991 to 2006. When they were searching for a retirement community, they looked at both Roseville and Lincoln Sun Cities but realized they preferred the homes and neighborhood in Lincoln. Bill retired from the Fireman's Fund after twenty-eight years in 2007. When he retired, he was based out of Rancho Cordova. By that time, Cathie had already retired.

They both like Lincoln Hills and remain active. Bill is the Chairperson of the Properties Committee which oversees maintenance and improvements on the common grounds, including twelve community parks in the complex. Bill is also involved with the local firefighters in Lincoln. He assists with CERT, Community Emergency Response Training. He is also active in the Photography



PHOTO BY JEFF ANDERSEN

Club, a hobby he has enjoyed since he was a child. His father taught and encouraged him. He likes using his Olympus digital camera and has also used his iPhone. Both Cathie and Bill are in the Apple Users Group.

The Szabos are avid readers and are well-known at several local libraries. When one of the Roseville librarians discovered they were moving to Lincoln, they begged them to keep visiting the building since they were afraid their statistics would suffer. They do still go back there as well as the Twelve Bridges Library in Lincoln. They are part of a mystery book club in Lincoln, and that is the couple's favorite genre. Also, Cathie does the Sun City Book Club article every month for Sun Senior News. The last few months with no in person meetings have been a struggle on Zoom and she will be glad when they can go back to meeting in person again. She loves writing the articles since it combines two of her favorite things—writing and reading. The Book Club's February choice is Lincoln on the Verge.

Cathie has an artistic eye, demonstrated by a great display in the living room of their house. They collect artist pottery and have bought from artists who live in Sun City and work in clay. Cathie also does intricate beaded jewelry with seed beads and has taught jewelry making classes in the past.

The couple also loved to travel, and one of their favorite places to visit was Venice. They have artwork all through the house including Hopi Kachina dolls, unique crosses and scenes reminiscent of Santa Fe. Their house interior is a visual delight.

One of the best stories to explain the interconnection of the couple with their Lincoln surroundings is the tale of the neighborhood clapping for essential workers every night at 7:00 pm. They started months ago and still go outside with a few other neighbors socially distanced to celebrate and honor those keeping us alive and safe in these somewhat difficult times. As their sign states, Lincoln Hills Strong Together. And the Szabos are strong together also.

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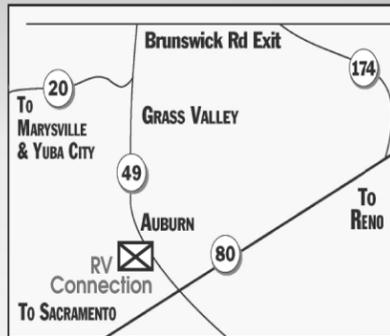
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Neighborhood Watch

BY DR. BARBARA BRANCH



projects are developed. It is important to note that while we have had a few safety issues this year, Sun City is still a very safe community.

Remember a few precautions you can take to ensure your safety.

1. Watch out for scams.
2. Keep your doors locked and gate padlocked.
3. Do not leave tempting items in a car left outdoors and lock car doors when parked outside.
4. Know who is at the door before answering doorbells or door knocks.

Security Camera Task Force — Under the leadership of a few residents who are retired police officers, a Camera Task Force has been created in conjunction with Lincoln Police. The Task Force will be meeting Chief Lee of Lincoln Police in January to plan for rolling out a database plan for collecting security camera information from Lincoln Hills residents. We will provide more information when the Task Force has finalized the plans. Two NW volunteers serve on the Task Force, Barbara Branch, Executive Director and Linda Minor, Past Executive Director.

Guidelines for security cameras updated on September 24, 2020 are in the SCLH Association Design Guidelines, Section 22, page 49

Pet Reminder — Along with the Covid-19 situation, some residents are asking their children or grandchildren to move in with them to be caretakers. Along with the caretakers, pets often come. It has become a recent problem with many roaming cats. Please remember and inform your caretakers that all pets must not be allowed to roam freely other than in your own backyard. When residents complain about roaming cats coming into their backyards and garages, they are sometimes threatened by the pet owners. Please make sure your caretakers understand our pet rules and let them know that threatening residents is not acceptable and be reported to the Compliance Committee for further action.

Remember your Valentines all through February — 2020 provided us with many challenges. Now is the time to remember your loved ones and friends in 2021 with hope for a better year. According to Wikipedia, “The Feast of Saint Valentine was established by Pope Gelasius I in AD 496 to be celebrated on February 14 in honor of Saint Valentine of Rome, who died on that date in AD 269. The day became associated with romantic love in the 14th and 15th centuries when notions of courtly love flourished, apparently by association with the “lovebirds” of early spring. In 18th-century England, it grew into an occasion in which couples expressed their love for each other by presenting flowers, offering confectionery, and sending greeting cards.” In the 1840s, Valentine’s Day took off in the U.S. as increased paper production and printing presses lowered costs and increased the number of pre-printed cards that people could exchange that featured fancy lace, pictures, and other decorations. It is not too late to celebrate Valentine’s Day with a delivered meal, a special card, or a call just to say hello, how are you?

Placer County 211 — Many Lincoln Hills residents have been shut in for months. They may be experiencing loneliness, depression, or just need to talk with someone. Placer County provides services for seniors through Placer County 211 Services for Seniors 60+. Check the website at 211connectingpoint.org/placer-county/ and refer a neighbor in need to the services.

Safety Task Force Created by the SCLH Association Board — Under the leadership of Kathy Shaddox and Diana Peters, a Safety Task Force has been created to look at safety issues concerning our residents. Neighborhood Watch (NW) was asked to provide two members for the Task Force. Barbara Branch, Executive Director and Suzanne Rosevold, Assistant Executive Director, will serve as the two members representing NW. The Task Force will begin meeting in the new year by Zoom. We will provide updates from the Task Force as

New Website Planned — Neighborhood Watch is exploring the creation of a new website. Longtime webmaster, Larry Whitaker wants to retire from webmaster duties. NW Board members, Barbara Branch, Executive Director and Reneé Plummer, Executive Assistant have taken over the duties of webmasters. We are moving management of the email server to Barbara and Reneé and we are cleaning up the current website in preparation for creating a new website. If any residents see pages or documents on the current website that need updating, please let Barbara know at executivedirector@schwatch.org.

Alerts —

- **Grand Theft:** On 12/11/20 one of our residents had his golf clubs and softball equipment stolen from inside his vehicle.
- **Vandalism/Theft:** A resident in the 2600 block of Crescent Circle reports that sometime between 12/05/20 and 12/06/20 someone drilled a hole in the vehicle gas tank and siphoned out all the gas.
- **Scam:** A scammer convinced a resident to give them access to the resident’s computer and personal information. The loss was \$20,000.
- **Solicitors Lincoln Hills (Microsoft Scam):** A resident received a call advising her that her “Microsoft Defender” account would be charged \$249.00 unless she called a certain phone number.

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 February or March, 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.

It’s Not Too Late — VOTE!

(cont’ from page 3)

February 17. Four Directors will be elected on February 18.

Votes for Robert Copp, Craig Fraser, and Laura Thiele are votes for healing the divisions on our Board and within our community. These three candidates running independently have each demonstrated the leadership and consensus-building skills we so urgently need. They pledge to act in the best interests of our whole Association. Cumulative voting allows you to cast one vote for four different candidates or two or more votes (up to four) for one or more candidates.

Please join me in supporting Laura, Robert, and Craig in this crucial election.

Pete Saco

Thank you & See’s Valentine’s Candy!

Kiwanis Club of Lincoln thanks the community for its support during the holiday season and making the See’s Candy sales an overwhelming success. The Club netted \$53,000 in profit which will go back to the community to help support the youth of Lincoln. Additionally, the See’s for Soldiers program sent 646 pounds of See’s Candy to deployed military personnel and to Walter Reed Hospital in Bethesda, MD.

The Club will be selling See’s again for Valentine’s Day commencing February 3 through February 14, in the Lincoln Ridge Shopping Plaza, adjacent to the Orchard Creek Lodge in Sun City Lincoln Hills. Hours are 10am to 4pm daily.

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LH Tennis Group

BY HELEN BEROTT

Construction of our new tennis courts has been on hold due to some of the workers contracting the Covid virus. We wish them a speedy and complete recovery. Hopefully by publication time, work will have resumed!

Our courts are very busy with social play, and many of us are looking forward to being able to continue playing leagues and having our in-house tournaments and socials, as well as having grandchildren and other guests join us on the courts.

• • •

LH Senior Softball League

BY KARL WENZLER

It is almost time for another year of Recreation Softball. Remember we are co-ed league we encourage all to play. It doesn't matter what skill level you are.

Let's hope we can start play April 14th. The deadline for signups is February 28th the application can be downloaded on our website.lhssl.net

Fabulous outcome from SCLH members of Softball League and Pickleball Club.

With a generous donation of \$11,150 they were able to give \$114 Gift Cards for disadvantaged students/families in 6 local schools. Thank you Jeff Greenberg, Joy Norman, and all that participated

• • •

Ladies Golf—18 Holers

BY CANDICE KOROPP

The new year opened with the first playday on the Orchard, a NetChix tourney. The cold and fog greeted 32 gals, after cancellations, on this wintry morn in the land of Lincoln. But after a half hour the sun helped brighten the day, a good omen for 2021, as four scored net 70 to win NetChix: McCoy from Flight One, Linda Fitzmaurice and Jody Watson, from Flight Two and Peggy Carr, Flight Three. There were three birdies among the winners: Peggy Carr birdied number four, and Fitz said her birdie on Hole 13 was especially sweet because it was her first in 25 years. McCoy went out in 39, with the help of a birdie on eight, but went cold on the back nine, adding a couple of blow-up holes. Second place was captured by Donna Brinkerhoff in Flight One, with even par, followed by 75 for Patti Tilton, in third. Fourth place was secured by Dee Arts with 76. In Flight Two, Suzanne Hutchinson and Lynn Lopera tied for second, netting 77; and Edda Ashe was third, with 78. Flight Three found Maureen Senn in second, with 74, followed by Mikie Briggs, carding 75. Donna McDonald, with a chip-in for par, on eight, tied Yeong Hur for fourth place, with nets of 76. The CTP winner for Hole four was Deb Dunipace, and Donna Brinkerhoff was the winner on Hole 11. Our new year is off to a good start and our membership is growing.

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Lincsters 9 Hole Golf Club

BY DARLYNNE GIORGI

Have you seen our www.Lincsters website's new Calendar? It's chuck full of information about tournament dates, FYOF Tournaments, WNHGA Events, General Meeting Dates and Elected and Board Meeting Dates. (Thanks to Sharon Winslow our webmaster wiz!) And don't forget to attend the General Meeting to be held on March 1, 2021 at Orchard Creek at 8:30 AM. You won't want to miss out learning what's in store for our 2021 league play.

Here's the latest news: Sweeps are back! Yea! Bunkers are back. Ugh! To avoid being penalized, follow USGA and the stated "Lincster Rules". Will continue with Tee Times, 1st Wednesday of the month will be In-flight, 2nd Wednesday Mixed Flights, 3rd Wednesday in flight and 4th Wednesday FYOF (Form Your Own Foursome). We will still need to cap at 60 players per play day.

You may wonder how our organization started. In 2001, Alyce Stanwood formed the Lincoln Hills Lincsters, a 9hole woman's group with membership of 27 women. Alyce was confronted with many obstacles and challenges which she diligently worked through



Alyce Stanwood, Lincster Founder.

with perseverance and dedication. Finally, Alyce was allowed to have tee times for women golfers. Thus, the Lincsters organization was formed.

From the start of 27 Lincsters, the organization has now grown to over 140 members. Alyce has demonstrated her strong and steadfast commitment to women's golf and has help make our organization what it is today. She was recently honored for her 16 + years on the board for WNHGA. Thank you for your outstanding service to our organization.

Please welcomed 8 new members to our organization and watch for them on our leader board: Ginny Cyphers, Rosemary Heckman, Chantal Le Floch, Sharon Craig, Susan Mox, Patricia Morgan, Carole Eubanks, and Beth Radar. For membership in the Lincsters 9-hole Golf Club, contact Nancy Hastings 916 645-5590, nhsat38@yahoo.com

Men's Golf Club

BY MICHAEL MCGUIRE-BACK

The first tournament of 2021 will be the Winter Slosfest held on January 19. It's another large tournament with between 160-170 members. I'll have the top winners in next month's article. Good luck to all.

Mike Monroe did a fantastic job as Tournament Director in 2020 even with all the obstacles he had to work through. He has a great list of events again in 2021. Don't miss out! See the list of tournament on the Men's Club website at mgclh.club.

The Men's Club members wants to

thank the new superintendent the rest of the maintenance crew for all the work taking place on the Lincoln Hills Golf Courses. What a difference in the courses, it hasn't gone unnoticed by the community. Great job!!

Time is running out to renewing your membership in the Men's Golf Club of Lincoln Hills. The price as of January 1, is \$96. The money pays for your club membership, prizes and your NCGA membership.

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

Pickleball Club

BY MIKE GARDNER

Pickleball received welcome news when it was decided we could once again take to the courts as "foursomes."

For several weeks, to meet the challenge of the latest surge with tighter restrictions, only two players could be on the court at once. We embraced "the joy of skinny singles" by playing half court, running drills and cussing out automatic ball machines.

But play is not back to "normal."

The Club has had to pause our Introduction lessons aimed at beginners who want to take up the sport.

Keep checking out our website at www.LHPBclub.com for updates when those lessons return.

Meanwhile, the Club continues its stringent protocols so players, their families and the public stay safe.

Those include mandatory face coverings,

monitors during busy times, required reservations, contact tracing and a ban on visitors. Hand sanitizer is also available.

We also continue to collect cans (no bottles please) for recycling in co-operation with the Softball Club. We just got the final numbers in for 2020: we raised enough to provide nearly 100, \$100 gift cards for needy students attending six nearby schools.

We have a new board heading into 2021, led by President Mike Hilton. Challenges include restarting leagues, lessons and social activities once it is safe to do so.

Mad Hatters Bocce Group

BY PAUL MAC GARVEY

Well, that's at least progress. We just managed to get ourselves registered for the Covid-19 vaccination program at the Roseville Fairground. We'll have to wait and see if that actually works out. At least the web site worked... this morning. We wish we had some kind of Bocce news to report but we can't think of anything that's new... except the President of the United States. Hopefully that will work out for the better. We are still looking for members of the group to volunteer to write our Compass and Sun Senior News articles. Maybe you could come up with something better than this.

Contact: John Gradwohl, 650-576-2979; Bob Vincent, 916-543-2067.

(more Club News cont' on page 30)

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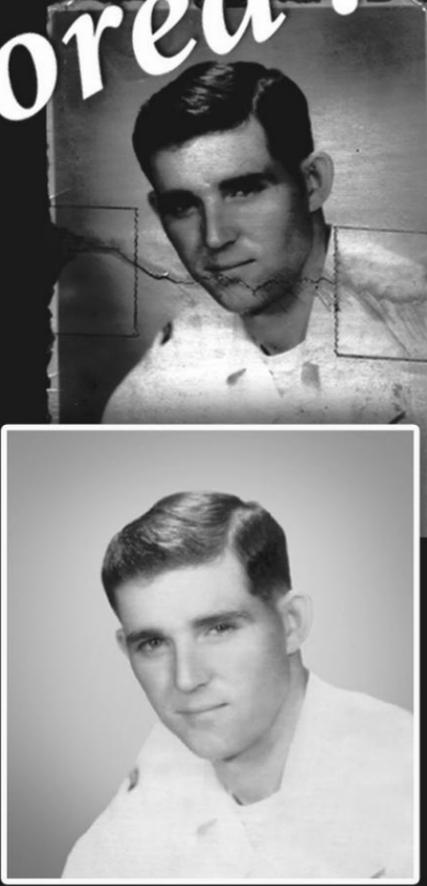
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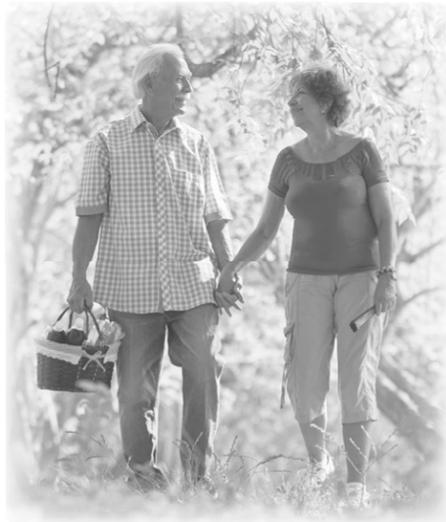
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LH Billiards Group

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.

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. Dues will not be collected for 2021 from anyone who paid for the 2020 year. New members will pay \$10.00 for 2021 membership. Membership Forms will be available on the Billiards Room Bulletin Boards at Kilaga and Orchard Creek Lodges or from Steve Fowler at stevefowler@wavecable.com.

An individual may play in one tournament

(cont' on page 33)



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Observations on the Start of Year

BY MARTIN GREEN

To state the obvious, last year was quite a year. This year has started off to be quite a year, also. I was curious to see what was going on last year at about this time, so I turned to the journal I keep and here are some things I found.

I started off the year by cleaning out a lot of old stuff that had been accumulating for the past decade or so, mostly financial records. As of now, nothing has turned up to indicate I'd thrown out some piece of vital information but I'm still waiting. I was trying to lose some of the weight I'd gained the year before, same as I'm trying to do now, so that hasn't changed. Beverly and I were going to our twice-a-week exercise class at the Fitness Center. That has changed. We hope that possibly sometime before the end of this year the Fitness Center will re-open and we can resume exercising. What about doing exercises at home? That didn't happen, which was the reason we were going to the exercise classes.

Beverly and I were going out to lunch about once every two weeks. In January we went to a recently opened restaurant, the Cracker Barrel, with our LEO, (Let's Eat Out) lunch group. I don't recall if that was our last LEO outing but it may have been. As with the exercise classes, we hope this might resume later this year. As readers may know my "Favorite Restaurants" column also came

to an end shortly thereafter. On the last day of January I had lunch at the Timbers in SCR with two friends. Someone wrote that of all the things he missed because of the pandemic it was having lunch with friends and I have to agree with him.

I've written here about (many) of my misadventures in technoland, and last January I took my old miniPad to the Apple store in the Galleria because it had pretty much stopped working. I suppose it was provident that the pandemic was still a couple of months away and so I could still go to the Galleria. One of the Apple "geniuses" hooked the miniPad up to a laptop and it was given kind of a transfusion. Miraculously, the transfusion worked and the miniPad came back to life, at least for a time. Later in the year it failed again. This time one of our sons gave me an iPad for my birthday and, another miracle, I managed to get it working. I had the brilliant idea then of deleting all but a few of the Apps from the old minipad and so far it's more or less working again although I know it can't last. This time I'll give it a well-deserved retirement.

What about sports? I'd already noted in January that the Sacramento Kings were in trouble and it turned out that for the umpteenth year in a row they failed to make the playoffs. As of now, there are indications they might also be in trouble this year although it's a little

early to tell. Like all true Kings' fans, we hold out hopes until the end. As for the 49ers, they clobbered the Green Bay Packers and were on their way to the Super Bowl where they led the Kansas City Chiefs 20 to 10 at halftime and were poised to win it all. As we know, the final score was 31-20 in favor of the Chiefs. So 2020 was the year when the 49ers would again advance to the Super Bowl and this time there was no question of their winning. Little did the 49ers and their fans know what was in store---injury after injury until at one point not one of the players on the field had been in the Super Bowl line-up.

On television, Beverly and I were watching Downton Abbey for the second time around and being surprised at all of the things we'd forgotten so it was as good as watching the first time, maybe better as we knew the characters and so could root for Bates and then for his wife Anna to get out of prison and for sister Lady Edith to find some happiness. This last pandemic year, Beverly and I found ourselves watching old movies and old TV shows we'd seen before and having the same experience.

As always happens, a number of notables passed away at the start of 2020. Russell Baker, a New York Times columnist I still remembered, died at age 93, after, what else, a fall. At the end of January of course Kobe Brian died in that helicopter crash. And on

February 1, I noted the passing of mystery writer Mary Higgins Clark at age 92. She was, like myself, born in the Bronx so later on after the first lockdown I found one of her books to read as a diversion and it was pretty good.

So, some things were the same as the year 2020 started — cleaning out old stuff to start off the year; my misadventures in technoland; celebrities, old and young, dying — and little did we know what was ahead. I did see one thing I wrote in January, that the stock market had gone down 450 points that day "because of that virus." No, I didn't realize then that this was a warning and that "that virus" would take over our lives.

And so the new year is underway. As just about everyone has observed, 2020 was a horrible year. But, the vaccines have started to arrive and at the end of this year perhaps we can say that most things have gotten better, much better.



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LH Billiards Group

(cont' from page 30)

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.

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• • •

LH PM Thursday Bowling

BY JOHN HABEIN

John's Bowling Tips: If you are bowling for fun and social reasons, here are a few quick and simple APPROACH TIPS for bowling that will help you to achieve better scores and have even MORE fun.

Your Approach: Approaches are as unique as bowlers, no two are ever the same. However, there are 3 basic approaches that are the most common. Those are the 3 and 4 step approaches. Our approach is what we all use to try and feel the most comfortable with when we get to the foul line to release our bowling balls. The ideal is to time the first step of your approach with the push-away so that your ending slide-step and the ball end up at the foul line close to the same time.

1. The traditional approach is a 4-step approach. This approach starts with the right foot for right handers and the left foot for left handers. Done correctly, this gives us the

best chance at good timing and decent speed. The ball's push away and the first step start at essentially the same time. The push-away is the most critical part of this approach. You should push the ball out and down and take your first step. Try and keep the ball over your right foot. As soon as your right foot touches down your push-away should end and the natural relaxed swing should start. The 4th or sliding step and the ball end up at the foul line pretty close to the same time. This is the approach to use to get more ball speed simply because your feet will have to move faster. Sometimes an opposite side timing or starting step is added to just simply get the bowler started. It's still considered the basic 4-step approach though.

2. The 3-step approach is the most difficult to use to achieve the correct timing. Here the bowler starts with the left foot and the push away is actually started before the 1st step. How much before is where we get into difficulties. Another way to get this approach started is to take an extra timing or step at the beginning and after the first step lands the ball is pushed away. The approach really ends up being a 4-step approach with a late push away. Not the best for good timing.

Timing: To get a feel for what proper timing is there are a couple of things to do before you get out on the lanes. Here is a drill, if done correctly, will give you proper timing and more ball speed with less effort. You can use this drill at home without a bowling ball. Get a dumb-bell or something that you can grasp one your hand that weighs about 5 to 10 pounds and is easy to hold on to. This is a

substitute for your bowling ball. Stand like you would start on the approach substituting the dumb-bell or whatever for the ball. Just stand there, bending slightly forward and push the dumb bell out and let it swing as if it were the ball. Make sure your thumb is pointing forward and fingers pointing back as if they were in the ball. Swing the dumb-bell using a push-away with a relaxed swing a couple of times just to get the feel of a loose and relaxed swing.

Next, stand as if you were going to take the first step of your approach. Push the dumb bell out and start your first step at the same time. A key thought might be to be sure the dumbbell is over your right foot during the push away. Your right foot should land when the dumb bell is fully extended from your push away. As soon as your right foot lands let go of the dumbbell with your left hand and let your arm swing naturally down and back with no effort, so it gets into a full relaxed swing back and forward.

Set-Up: If you use a four-step approach and you are right-handed, and your non-starting foot is your left foot. Take your starting position, place your feet a couple inches apart with most of your weight on your non-starting foot with your starting foot a couple inches farther back.

When you have mastered push away and relaxed swing, try a shortened version of your full approach with the dumbbell. Start your approach, leaning slightly forward, using short steps of about one foot each. Pretend this is your approach, just with short steps. Good timing is when your slide foot reaches the

foul-line, and the ball gets to the bottom of the swing a fraction of a second later. Work to try and time the landing of your last step slightly before the dumb bell reaches the bottom of the swing just before you would release the ball.

You may have to adjust the speed of your steps or the length of your steps to get the timing correct. Complete the swing by having the dumb bell finish at shoulder height. Don't release the dumb bell, just get the feel for the timing. This will give you an indication of what it will feel like and how fast your pace should be.

When you think you have this drill mastered give it a try with your ball instead of the dumbbell. You can throw the ball into a pillow/cushion backstop or an easy chair to get the full effect. When you go to the lanes to try this, try it with the ball and the much shorter steps first and gradually increase the length of your steps until you get the timing correct.

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The Second-Most Famous Smile

BY RANDAL C. HILL

Though you may not know it, Harvey Ball has had an impact on your life. Harvey Ross Ball was born in July 1921 in Worcester, Massachusetts, one of six children. After graduating from Worcester South High School, he became an apprentice to a local sign painter and later studied fine art at the Worcester Art Museum School. Following World War II, he worked for a local advertising firm until 1959, when he started his own advertising business.

In 1963, a phone call from a Worcester client, The State Mutual Life Assurance Company, changed Ball's life—and in time added to the popular culture of America and many countries around the globe. The insurance outfit had recently experienced a hostile takeover merger with an out-of-town competitor, and employee morale was low and sinking lower. Could Harvey come up with some kind of quirky design that would be fun to look at and consequently lift spirits around the office?

Ten minutes later, he had created a bright yellow circle with black oval eyes, with the one on the right slightly larger than the one on the left and a creased, slightly off-center smile, the right side being a bit higher and a bit thicker than on the left. Ball was paid \$45—about \$350 today—for his efforts.

The State Mutual folks produced and handed out 100 Smiley pins to its employees, the goal being to encourage workers to smile while doing humdrum tasks around the office

such as chatting on the phone with customers.

Smiley buttons later became so popular with the general public that they were eventually being ordered in lots of 10,000 each. By 1971, more than 50 million Smiley buttons had been produced. Ball's creation had become recognized around the world as an American icon.

So was Harvey able to retire early, purchase a yacht and sail off to retire in a beachfront villa on a tropical island? Well, actually, no. He never applied for a trademark or a copyright of the Smiley Face, and State Mutual made nothing from the design either. Ball's son, Charles, always maintained that his dad never regretted not registering the copyright. Charles claimed that Harvey wasn't motivated much by money.

Ball did, however, have an incentive other than cash. In 1999, he founded the World Smile Foundation, a nonprofit charitable trust that supports children's causes. The outfit now licenses Smileys and runs World Smile Day, an event celebrated on the first Friday in October each year. It's a day that emphasizes the slogans "Do an act of kindness" and "Help one person smile." Harvey's Smiley is now said to incorporate the most famous grin since the Mona Lisa's.

Footnote: *When the Vietnam War was raging during the 1970s, businessmen brothers Bernard and Murray Spain decided to make buttons displaying Ball's creation, but added "Have a Nice Day" on each disc. The Spains raked in a healthy profit with sales of 50 million discs. Yep, the pair had first copyrighted that four-word phrase.*



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