

SUN SENIOR NEWS

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Marilyn Brodersen — Perseverance

BY RUTH MORSE

Marilyn Brodersen is an excellent example of someone who perseveres. She has persevered through a marriage, raising an adopted daughter, a divorce, two different and yet related careers, the death of her mother, an ongoing debilitating disease, and learning how to oil paint. She moved to Lincoln Hills five years ago to be closer to her sister and aging mother. Her mother has since died. She is glad for the proximity of her sister and the community in Lincoln Hills that has helped her to enjoy her neighborhood and her special interests, even though the shutdown the last few months has made connections challenging.

Marilyn was born Marilyn Blackwell in Long Beach, California. Her father owned a butcher shop in nearby Sunset Beach. Marilyn helped in the store by cleaning, cashiering, and helping with the produce. When she was a senior in high school, her father lost the store and regretfully told Marilyn he could not help her with money for college. Marilyn could not



Marilyn Brodersen and her dog Tinker.

PHOTO BY JEFF ANDERSEN

decide between becoming a hairdresser or a teacher. She applied to Clairol for a grant and received \$500 to attend Beauty College in Long Beach. She practiced five years and

obtained an AA degree along the way. Later she would obtain a vocational credential from UCLA for the ability to teach cosmetology in public schools.

After his store closed, Marilyn's father worked at various jobs. He first sold meat and then became a government meat inspector. A jolly man with a GED for education, he made the most of the job and found that this position helped to ensure his retirement. He worked in both Los Angeles' manufacturing facilities and the Campbell Soup Company in Sacramento.

Marilyn married and she and her husband adopted a baby girl. Marilyn's daughter now lives in Carlsbad with her husband and son and works as a bank department manager in San Diego.

While Marilyn and her husband were raising their daughter, Marilyn taught for several years and then became a full-time mother. She loved to play tennis and
(cont' on page 25)

LH Foundation

BY DENISE BOWDEN

The Lincoln Hills Foundation is offering an opportunity to get your favorite family recipes published!

We all have memories of making something special for children and grandchildren and even food that our own mothers and grandmothers made for us. The Lincoln Hills Foundation is creating a community cookbook that will feature recipes that our residents have been making to the delight of their families over the years, and now you have a chance to share these recipes with friends and neighbors as well.

The pandemic has driven everyone to eat at home more and there has been a resurgence of home cooking. With that in mind we are looking for easy-to-make recipes, with ingredients that are not extravagantly priced and can usually be found in our local grocery stores (or a two-day delivery from Amazon for specialty items). Recipes should not have too many ingredients and generally not take too long to prepare with the exception of slow cooker favorites.

Your name will be included with your recipe! In addition to your name, tell us something about it. Where did it come from (a treasured family recipe)? What made it a family favorite? Was it a special occasion request? Tips or tricks when making it? Suggestions for what to serve with it? We will print your brief comments up to a few lines or 375 characters.

(cont' on page 28)

Ballroom Dance

BY ERNIE MICHELI

Jim and Dixie Parker are an inspiration for their love of dance. Their story includes dance in their youth, their dance influence from parents to children, and dance in their golden years. The following is a glimpse of a wonderful dance couple.

This past New Year's Eve, since there weren't any formal dances, Jim and Dixie dressed up, had a candlelight dinner at home and danced in the New Year in their kitchen. At eighty years of age, they feel it's never too late to dance.

Dixie shares that once while attending a dance in the Orchard Creek Ballroom she wore her Apple watch. When she got home, she found that she had danced two miles that evening.



Jim and Dixie

Dixie has always loved to dance and took up tap dance in elementary school. During junior high school years, she always went to dances in the gym on Friday nights. She loved dancing to the great 50's music. In high school she would go to Saturday night dances that featured music from the big bands like Glenn Miller, Ralph Marteri, and Ray Anthony, etc. Dixie remembers that her parents loved to dance too, and that her father had great rhythm.

Jim never danced before he met Dixie, but he loves to dance now. Dixie would tell him to listen to the beat. They would then dance the Two Step. Prior to Covid they participated in Ballroom Dance Club lessons for two years to really learn how to Ballroom dance. They mention the classes are great fun and that Sal and Ruth are terrific instructors.

Jim was a railroad engineer for thirty-one years. The last ten years of his career he drove the commute train from Gilroy to San Francisco and back. Jim and Dixie are originally from San Jose and moved to Sun City two and a half years ago.

They have three daughters, Teri, who resides in Nairobi, Kenya. Teri and her husband have lived in Kenya for thirty years as Harmon, their son-in-law, builds foot bridges for marginalized tribes. Cheryl, their second daughter, is an RN at the Kaiser Roseville emergency room and has been a nurse for thirty-two years. Cheryl's husband, Tom, is a retired firefighter paramedic.

(cont' on page 5)

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SUBMISSIONS

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

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Neighborhood Watch

BY DR. BARBARA BRANCH

March Comes in Like a Lion — It's March and I am starting to think Spring. Of course, we have had a very mild winter so far and I'm sure we will have some cold and wet days ahead but my wildflower seeds want planting. March doesn't seem to have come in like a Lion around here. March is also the month when countries around the world celebrate St. Patrick's Day with wearing green, shamrocks, and cooking corned beef and cabbage. Saint Patrick is said to have used the shamrock, a three-leaved plant, to explain the Holy Trinity to the pagan Irish. Even astronauts at the International Space Station have celebrated St. Patrick's Day playing a flute, wearing green, and singing "Danny Boy." My DNA says I have some Irish ancestry but I don't think you have to be Irish to join in the celebrations. Erin Go Bragh and Sun City Lincoln Hills Go Bragh.

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 of the services.

Placer County Protects Videos —

Placer County Protects at <https://www.placer.ca.gov/6964/Placer-PROTECT-presents>

www.placer.ca.gov/6964/Placer-PROTECT-presents has video presentations covering many topics: Elder Abuse, Scams, Covid-19, Seniors First, and Alzheimer's. They are only 5- 10 minutes long and are worth watching.

Thanks to Retiring Volunteers in 2021

Thanks to the following retiring volunteers for their service: Dottie Neill, Karen Gire, Patsy Young, Carl Bronau, Sharon Baring, Bob Bryans, Connie Jacobs, Ed McMurray, and Georgie Sorrentino.

Thanks to New Volunteers in 2021 —

Thanks to new Mailbox Captains and Mailbox Captains who have taken on extra Mailboxes:

- Lorraine Immel – Village 27
 - Grace Roberts – Village 19B MS 8
 - Cinda Hyman – Village 19B MS 9
 - Dianne Vela – Village 42A MS 1
 - Steve Gust – Village 30A MS 1 & 2
 - Caroline Weaver – Village 5AB MS 5
 - Deb Taylor – Village 5AB MS 9
 - Laurel Garwin – Village 35AB MS 8
 - Kathy Jaskot – Village 35A MS 10
 - Arlene Hopponen – Village 5AB MS 4 & 12
 - Mary Ann Barker – Village 5AB MS 12
 - Catherine High – Village 5AB MS
 - Bobbi Swenson – Village 41B MS 1 & 2
- (cont' on page 33)

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Ballroom Dance

(cont' from page 1)

Heather, their youngest, lives in Maryland with her husband, Tom. She is a life coach and her husband is a contractor for the government. All three daughters love to dance. Jim and Dixie have six grandchildren, two great grandchildren and two more on the way. The entire family loves to dance from the youngest to the oldest. They have had great fun at their grandkids weddings as the whole family danced and had a great time together.

Lastly, Dixie offers the following advice to new dancers, "It is so much fun. Jim and I do a lot of laughing at ourselves while trying to learn the dances. You do need a good sense of humor and be willing to laugh at your mistakes".

• • •

Country Couples

BY KATHY LOPEZ

Country Couples has been very fortunate to have several couples to lead our Saturday afternoon practices. The Saturday practices are "tied" to Monday night lessons; what is taught on Mondays at the lesson is reviewed at the practices. Irene and Ivan Hesson are one of the couples and here is their "story" on how they were introduced to country couples dancing and then got involved with the lessons and club.

"The first thing we tried was Line Dancing, then Ballroom and West Coast Swing. My parents were accomplished dancers and organized dances for teenagers

at a local club every Friday night while she was in high school, sometimes inviting some of the kids from American Bandstand. My older sister won a Twist contest in Atlantic City. Dancing is my passion! I was a 50's-60's girl all the way and never cared for country music growing up, but I have since learned to love it." When the Hesson's went to a holiday dance in 2009 held by the association, they were seated at a table with complete strangers. That's when they met Judy & Larry Carlson, one of Country Couples' founding members. The Carlson's got up to do a country dance (Cowboy Cha Cha). Ivan didn't dance much growing up and felt he didn't have much rhythm, but when he watched the Carlson's on the dance floor that night, he said to Irene, "I don't know what type of dancing they are doing, but I would do that!" Ivan inquired about their dance when the Carlson's returned to the table and was informed that there was a new group starting in Sun City that teaches country dancing. We signed up right away, just before the club was about to be sanctioned by our association in 2010. Never having done country dancing before, we were like sponges trying to learn as many dances as fast as we could. We remember having so much fun, laughing so hard that we cried! We tried never to take ourselves too seriously. Ivan said, "I finally found a type of dance where I could keep up with Irene's nimble feet!"

Soon after, the Hesson's were asked to help in class and then asked to become practice leaders. They have continued to be leaders throughout the years until COVID shut everything down in early 2020.

Irene has made many contributions to Country Couples throughout the years. She initiated monthly Sunday night dances in the ballroom, along with Ruth Algeri, merging Country & Ballroom groups together; initiated and organized our members to have dinner out together after Saturday night practices; organized a group of our members for dinner and dancing every Tuesday night at Meridian's for several years until an injury caused her to hand over that task to Steve Silvia; organized outside tours for our Club and a country dance cruise on Princess to Canada in 2019 and also served as Public Relations on the Country Couples Dance Club Board for two years (2018-2019).

"I couldn't have done any of these things

without the help and support of my husband, Ivan. It is so gratifying to us to help our members learn the dances and to see how confident they become. The more they learn, the more members are on the dance floor which is more fun for us. Country Couples has been like a second family to us for the past 10 years. We hope everyone is well and staying safe. We look forward to the day we can all gather safely and dance again, but mostly, to see our Country Couples friends and hopefully meet some new friends. We miss you!"

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

Contact: Kathy Lopez 916-434-5617
Website: www.sclhcc.com

• • •

Tap Company

BY ALISON WOLFE

Our tap instructor, Alyson Meador...

Alyson started working in Sun City Lincoln Hills in 2000. She was 39 at the time and had some learning to do about the best ways to instruct women 55 and up. She knew that she couldn't do tap tricks or turns, but other than that everything else could be taught as long as the speed stayed reasonable and there was a lot of review done.

Working with these ladies proved to be one of the biggest blessings in her life. First they taught her to slow down and explain in better detail what she was teaching (which was also beneficial in working with her youth dancers). They showed her that although they did not have the energy of young dancers, their appreciation and spirit far surpassed that of most young dancers. She went from one class of 8 dancers to eight classes totaling over 100! One of those dancer, Muriel Menig, initiated a talent show so they would have some place to perform their new skill and to have something to strive for. That talent show with a humble beginning became quite a

yearly production including other performers (actors, singers, hula dancers, etc.). They did a halftime performance for a Sacramento Kings game and a special group of talented ladies, known as the "Diamonds", did local dance competitions for several years.

The stories that some of the women shared about what tap had brought to their lives was simply uplifting to Alyson. Some of these women danced when they were young and hadn't put a pair of tap shoes on for over forty years. Some of the women always wanted to dance as a child, but their family could not afford the financial commitment. The bottom line about tap dance is that you are never too old. You can start learning as late as your 50's or 60's and still be a decent tap dancer with a pretty good understanding of the art form.

• • •

LH Music Group

BY DAN LEHRER

At our January meeting we held elections, and continuing on as President, Vice President and Secretary are Dan Lehrer, Michael Johnson and Rodger Mohme respectively. The Group Zoomed our February meeting. February's meeting songs were Country themed. For our Group Opening song we paid tribute to Hank Williams with "Hey Good Lookin'". After wonderful solo performances, we closed with "If I Were a Carpenter" written by Tim Hardin. Many artists have recorded this song but Johnny Cash and June Carter won a Grammy for their rendition. Playing online has been fun and spirit lifting. We are working through minor technical problems that pop up from time to time with determination and teamwork. 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.

• • •

(more Club News cont' on page 6)



Irene and Ivan Hesson



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LH Players Club

BY KAROL MENDEZ

It was wonderful seeing so many of you on our rare Zoom meeting February 8. I can't believe we have gone an entire year without seeing each other in person. We had a large turn out for the Zoom meeting as we were voting on the revision of our governing documents. The documents were unanimously adopted after Doug Brown's presentation of the committee's work. Generally, they were streamlined, with redundancies and old practices removed. Thank you to the committee, especially Doug for spearheading and organizing the work.

I hope many of you are being vaccinated now. I somehow managed to get vaccinated at The Grounds in Roseville in the early days of it, and it was a very smooth, well-run operation. The faster we can all get vaccinated, the sooner we can get back to having all the fun activities that Sun City once-upon-a-time offered. At the time I write this, we are still concerned about the COVID-19 variants that can cause another surge, so no plans are being made yet.

I'd like to acknowledge the passing of one of our founding members, Frances Swanson. Frances ran a successful computer software training and consulting company in Southern California before moving to Lincoln Hills in 2000. She became part of LH Players beginning in 2002 with the first play, "Blithe Spirit." She performed in

"Sugar Babies," "The Golden Girls," "The Octette Bridge Club," to name a few, all the way to 2019 in Readers Theatre "Dweller in the Darkness." She was also a SCLH Board of Directors President. Quite a dynamo! She will be missed.

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

• • •

LH Painters Club

BY BOB GREEN

Using Jed Dorsey's "Snowy Street" acrylic painting as inspiration, our Club members dove into creating their own artist version of this snow scene. All had fun trying Jed's technique of painting light colors over a dark canvass by using fewer and lighter brush strokes. There were no rules, just the freedom to use any medium, any style or any size was encouraged. Also proposed was a beginner/refresher exercise trying to interpret a pair of green apples painted by artist Will Kemp.

Brief exhibits of members monthly art efforts are shown and discussed during our membership meetings on Zoom. Once Covid-19 restrictions are lifted we will resume monthly meetings in person at the Orchard Creek facility. New Members are always welcome. Annual dues are \$15. Sign up now and start having fun with Art and our

(cont' on page 7)



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LH Painters Club

(cont' from page 6)

Club Members. For membership contact: Jerrie Crass, email: jerriec68@gmail.com or 916-302-6178.

Any questions about this Article, please contact Bob Green, VP. Email: RwfJGreen@aol.com or 707-292-5526.

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Needle Arts

BY MARY SWANSON

Needle Arts members have kept busy during the Covid shutdown creating. During our February meeting several members shared projects they've been working on including a beautifully knitted sweater, needlepoint and several quilts. Our featured presenter was Jane Haworth who shared a video of the many quilts she has created using various mediums. Many members also participated in her Intro to Collage Zoom workshop where they learned to create a bumble bee and flower.

The March 9th general meeting will be held via Zoom and will include a presentation by Melissa Mason from Quilt All The Things. She will present a program titled "Curating The Perfect Palette" which includes easy tips to help us choose colors that work together, a topic that is relevant to many forms of Needle Arts. Please have your colored pencils/markers and blank paper available

during the Zoom meeting for practicing along with Melissa.

Within Needle Arts there are several breakout groups and some of these groups continue to meet via Zoom. Make sure to check out the Needle Arts website for a complete listing of these groups. This list includes their pre-Covid meeting schedule and leaders with contact information.

The challenge "Looking Forward to Spring" announced to all members last month is underway and there's still plenty of time to create. There are no size requirements for this challenge and the only rule is that your creation be something made by the NA member, whether it is knitted, crocheted, cross-stitched, hardanger, needlepoint, embroidery, quilted, wearable art or any other medium of choice relating to Needle Arts. These projects will be presented during the May meeting and all entrants will be entered into a drawing for prizes.

Our spring retreat at Mercy Auburn scheduled for April 26th through April 30th is still a go, although subject to possible Covid restrictions. If you have interest in attending please contact Nancy Norton at nbnorton.com for details. A Fall retreat has been scheduled for the last week of August at Mercy Auburn with details to follow.

Community Service continues to have a need for help with top quilting. Anyone with a desire to help this group out either by offering your long-arm abilities or simple quilting on your machine or by hand please contact Community Service.

There are currently 151 members in Needle Arts and if you haven't already joined for 2021 you can find the membership application and instructions on the Needle Arts website. Dues for the year are \$20.

The Needle Arts website is a great place to find contact information and membership forms. The address is: sclhna.com

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Mixed Media Club

BY JILL SHORT

As I am writing this article I am looking forward to March. This morning as I stepped outside, I saw some of my daffodils starting to open up... I look forward to our meetings that are held the 3rd Wednesday of the month in the Ceramics room at 1:00 PM. Our Mixed Media Arts President, Nan Griffin, will keep us informed when that can happen. Until we can meet in person, we are on zoom the 3rd Wednesday of the month at 11:00 AM. Don't worry about dues we are not going to discuss those until we are meeting once again. We welcome new members. For information about joining or other questions about our Club, contact Nan at griffinancy70@gmail.com

Our January Zoom was cancelled but we did Zoom in February. Some of us also

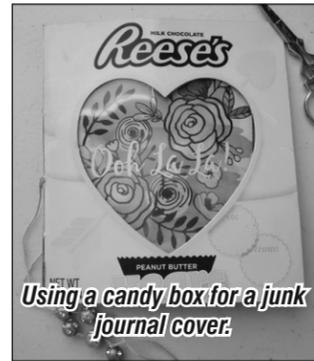
took the Art Journaling Zoom Class that Kerry Dahlin taught February 11. Those who took Kerry's class made some fun art journals out of empty boxes. Some of those boxes came from cookies, candy, crackers, and someone even used a Kleenex box. Kerry will be teaching Journaling classes a couple times a month. These classes will be on Zoom through the Association until we are allowed to meet in person.

How about an art challenge for March? The challenge, should you choose to accept it, is to use the color green. Remember there are no rules and anything goes in our challenge. Share the challenge at our March Zoom.

It is always a good idea to review what Mixed Media Art is for those who are curious about us. The term "mixed media art" covers many arts and crafts,

including collage, assemblage (both 2D and 3D), altered objects, including books and boxes, handmade greeting cards, artist trading cards (ATCs) and tags, art journaling and book making. Mixed Media uses all kinds of mediums that include paints, papers and board of all descriptions, glues, buttons, fabrics, found objects, photos, metal bits, fibers, things from nature, inks, pencils,

(cont' on page 8)



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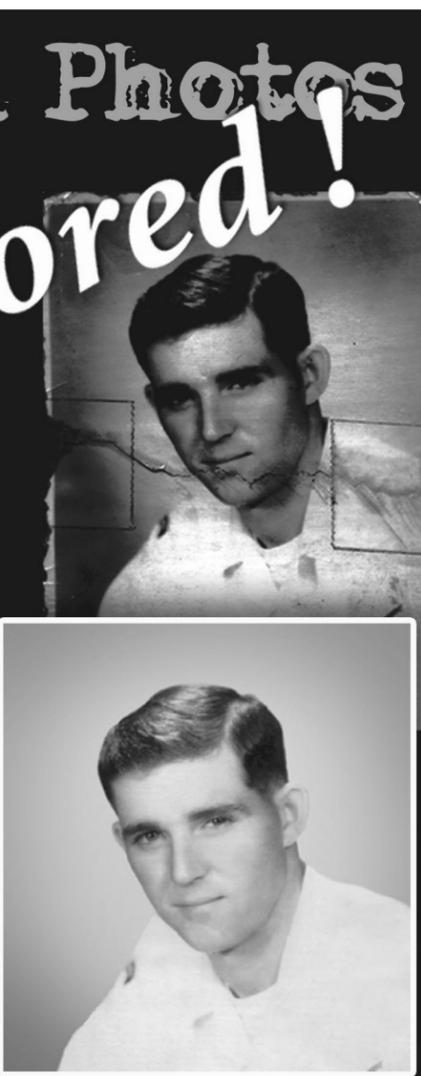
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Mixed Media Club

(cont' from page 7)

crayons, markers, and pastels, to name a few. Mixed Media is easy to start because you have the flexibility to start with things around you and expand from there. You need a base (substrate) to create on. This can be a sheet of paper, sketchbook, a cereal box, book, canvas or anything else you can think of. If you want to collage, you'll need glue and collage items such as dictionary pages, magazine pictures, colored papers or anything that grabs your attention. If you are heading down the drawing/painting path, you will need something to make marks, such as pencils, paints, crayons, markers or pastels.

Under the umbrella of Mixed Media is the art journal. Art Journaling is the same as a written journal, except that it incorporates colors, images, patterns, and other materials. Some art journals have a lot of writing, while others are purely filled with images and creative art. It's a form of creative self-care or can be just for fun. The beauty of an art journal is that anything goes. Every imaginable style, media and technique is used by art journalists. When it comes to the types of work represented in artist journals, there really aren't any rules, and each book is as unique as the artist who created it. Art journaling is for EVERYONE, no special skills required. You don't even have to know how to draw a stick figure. Promise! Simply put an art journal is a bound journal

filled with color, art, or imagery with words. For me personally I lean towards the art journaling part of Mixed Media Arts. I just love to have my art in books that I can pull out and look at. Once in a while I break out and use a canvas.

A beautiful feature of Mixed Media Art is that you don't need any art skills. The skills you need you learned in Kindergarten or even first grade. You just have to know how to use a pencil, scissors and glue. You probably already know how to take a paintbrush and make some marks on paper too. Really, you do not need any other skills! Most of us just play with lots of materials. These skills will expand and develop with practice. A word of warning, never compare yourself to anyone else. We do have some amazing artists in our club. We are able to enjoy their work and learn from them, which is an added bonus. Mixed Media Art includes everything you can think of! There really are no rules. If you can dream it, you can create it. Let's just have some good old-fashioned messy fun.

...

Paper Arts Club

BY LINDA LUCCHETTI

"Creativity is intelligence having fun."
(Albert Einstein)

Being away from our monthly meetings and club events has not interrupted our individual creativity. A great example was found In February's newsletter, where

(cont' on page 9)

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Paper Arts Club

(cont' from page 8)

members showed the many diverse ways to incorporate the Iris Folding technique into their paper crafting and card making. If you haven't seen their lovely work, check out the newsletter sent via email. I haven't tried this



awesome technique yet myself, but I've heard there are plenty of tutorials, patterns, and information that can help a novice. I think I will give it a whirl!

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 scwlong@sbcglobal.net.

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LH Photography Club

BY DIANE MARGETTS

Kirkman Amyx recently retired as the founder and owner of Amyx Photography and is now a Professor of Photography at Sierra College. We were delighted to have him as our featured speaker for the February General Meeting. He captivated us with his use of bold compositions, refined lighting, and expert digital imaging skills.

The Learning SIG resumed in February with a presentation on Landscape Photography by our own Truman Holtzclaw. Truman's presentations are always as brilliant as they are entertaining! In line with our new format, the March Learning SIG will focus on learning enhancement techniques for the photos you took after learning all about landscape photography.

The February Round Table SIG featured the challenges of color calibration while March will explore panorama photography techniques.

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

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

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

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

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Woodcarvers Club

BY LIONEL RAINMAN

One of the highlights of the Woodcarvers club is being involved in the annual carving show held in Sacramento in May. Unfortunately, due to the Corona virus, the show was cancelled last year and probably this year as well. It's unfortunate in that it gives new and old members alike a chance to submit a carving of their making. The show is organized in classes of carvings and skill level so a novice is not judged against an expert. The show is also an inspiration to carvers as there are carvers from around Northern

California and beyond showing off their work. If the show was happening, carvers in our club would be working on a project that would be entered. Like all carving projects, an idea starts the process followed by a picture or sketch, wood selection, carving, and finishing. As in the past, many of the award winners of that show were displayed in the windows of the Orchard Creek Lodge.

Clubs are not meeting currently, but when we do meet it will be on Wednesday in the Sierra Room of Kilaga Springs. We have a large library of carving books, tools to loan, and friendly members willing to help.

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

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Vintage Treasures

BY ELLEN STEELE

Winter in Sun City Lincoln Hills finds us still spending time at home, cleaning closets, doing jig saw puzzles, Zooming with friends and family. But, take heart, Spring is on the cusp, and we can see it in the sunshine, blue skies and puffy white clouds. It gives us hope that soon we will be joining the social whirl.

If you find yourself at loose ends, as do we all, Antique Roadshow on PBS has some fascinating programs. You might have a valuable treasure in your attic, closet, or garage. Plan to share it with your fellow members when we open for meetings!

(cont' on page 11)



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Vintage Treasures

(cont' from page 9)

Our club focus is on vintage and antique items, pre- 1970. When our facilities reopen, we will meet in the Heights and Gables Room (OC) on the first Monday of each month, from 10:00 to 11:30 AM. The program is followed by an optional lunch at Meridians. Contact: Sandi Janisch 916-253-9085

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Writers Group

BY ANDY DEXTER

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

We do hope to reconvene our meeting in March or April when we have our vaccines and the facilities reopen. Our wonderful secretary will shotgun an email when we start.

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.

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Book Club

BY CATHIE SZABO

"You are not being punished for your anger. You are being punished by your anger" – Lisa See, *The Island of Sea Women*

As the anniversary of the official lockdown approaches and our tempers shorten each week, this is a more than appropriate quote from our book selection for March. Take a moment to reflect on its truth.

In *The Island of Sea Women*, Ms See

takes us into a culture few, if any, of us has heard of. In a remote island off Korea, a culture exists that is dominated by women who dive in the sea for a living. Mix together the tradition of handing down this practice from generation to generation and the invasion of the island by the Japanese and you have a fascinating read like no other.

Join us on March 18 as we explore the thoughts provoked by the book. We'll be zooming at 1:00 PM, details to be sent shortly before the meeting. Not yet a member, email Cathie at catsickle@gmail.com and she'll pass along your contact info to our webmistress. You'll get info on the monthly zoom meetings as well as all emails important for us bookworms.

Facilitators for this year are needed! Here's the lineup for 2021 – if a title interests you, volunteer to be our facilitator. We have guidelines to help and "old facilitators" are ready to further help you. Here's the books – what's your favorite?

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

April 22 – Author Visit

May 20 – *Beneath a Scarlet Sky* by Mark Sullivan

June 17 – *Forever Amber* by Kathleen Winsor

July 15 – *The Answer Is* by Alex Trebek

August – TBA

September 16 – *The Book of Two Ways* by Jodi Picoult

October 21 – *The End of October* by Lawrence Wright

November 18 – *Camino Winds* by John Grisham

Some terrific books – promise of great discussions – be a facilitator and put your own spin on the discussion. Email catsickle@gmail.com with your choice to facilitate.

For 2022, our book categories have been set – Historical Fiction, Historical Non-Fiction, Mystery, Classic, Non-Fiction, Modern/Realistic Fiction, Biography/Autobiography, and Other. We know you're been devouring books in 2020. What have you read that would be good for all of us members? Let Cathie (catsickle@gmail.com) know your recommendations and she'll keep track of them for our ballot at the end of the year. We'll be trying to do "something different" about once a quarter, so 8 titles is

the magic number. Should we "need" more titles, we'll select by the highest runners-up from our voting.

Our club meets on the third Thursday of the month at 1:00 PM – 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.

Ms See gets the last word, another appropriate quote for these abnormal times. "To understand everything is to forgive."

Til next month, stay safe, stay healthy.

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LH Italian Club

BY LINDA LUCCHETTI

Our virtual Italian tours, trips and trivia via email may have come to a close, but their creators, Lilly and Karen, haven't stopped. They're at it again--this time with "In a Nutshell – Pasta."

If you missed any of the eye-opening email series launched in mid-January that feature everything you wanted to know about the countless types of pasta but were afraid to ask, go to the website where they've been saved for your enjoyment.

As you know, we've canceled activities in early 2021. We hope to resume our events when it is safe to attend. Please check the website for updates. And while you're there, stop and shop at the Apparel Store for hats, shirts and sweatshirts with the club's colorful logo. Remember: "When the going gets tough, the tough go shopping!"

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

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LH Travel Group

BY SHERON WATKINS & LINDA BEVINS

Join the Lincoln Hills Travel Group as they "Tip Toe through the Tulips" in April of 2022. Collette is offering a very special tour to Netherlands, Belgium, and France. It is a small group tour and has two very special features- visit the Floriade, a once-in-a-decade international garden festival and horticultural exhibition. Floriade Expo 2022 will provide art and exhibitions, live music from classical to jazz, entertainment and

orchestras. The park will be full of energy and action. In addition to Dutch organizations at Floriade Expo 2022, some 40 countries will participate. National pavilions will present their culture, plants, flowers as well as local innovations to the rest of the world. Take the boat across the Weerwater, get an impression of Floriade's themes at the pavilions and explore the site on the scale-model railway.

The second special feature is the world famous Keukenhof Gardens, featuring more than 7 million colorful tulips and other flowers. Keukenhof not only provides a superb backdrop for its 7 million spring-flowering bulbs, it is also a nice location for sculptures and other works of art in collaborating with 25 artists. The combination of a flowering park and visual art is amazing.

The tour includes a private cruise along a canal lined with picturesque Dutch houses and stone bridges in Amsterdam.

Spend two nights in the cozy town of Bruges, tasting Belgian Chocolate, viewing lace making, tasting Belgium's quintessential beverage with small bites at a historic brewery,

Then spend three nights in Paris, the City of Lights. Stay in the heart of France's illustrious Champagne region, enjoying a 5 course tasting menu of French cuisine. View the colorful array of stained glass windows in a historic cathedral. Ride in retro car with an open roof, peering up at Eiffel Tower and Arc de Triomphe. Enjoy the Louvre or perhaps see the Monet's in the Musee D'Orsay or visit Monet's Giverny country home. Enjoy a hands-on French cooking class.

For the complete itinerary and to sign up before all the spaces are filled, be sure you are receiving E-Mail Club newsletter with the Zoom address.

Subscribing to the Lincoln Hills Travel Group letter is free, just send your name and e-mail address to Sheron Watkins (travelgrouplh@gmail.com)

The Lincoln Hills Travel Group has some other exciting trips - Look for details on the Autumn in Vermont, Colorado Rockies, Nashville & Smokies Holiday Tour in upcoming newsletters. In April, an expanded Zoom presentation will include an incredible trip to Morocco (2022) that can

(cont' on page 13)

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LH Travel Group

(cont' from page 11)

be combined with a tour to Spain. Be sure to sign up for the monthly newsletters that will include Zoom links for all the Lincoln Hills Travel Group Tours.

Travel Group Committee Member Contacts: Sheron Watkins 916-849-9504 sheron55@att.net, Louise Kuret 926-408-0554 lkuret@sbcglobal.net, Linda Bevins 916-666-7627 djbevins17@gmail.com

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SCLH Computer Club

BY NORMAN SEIDENVERG

Rita Wronkiewicz gave a presentation, 2/10/2021, on Zoom "Wiser Shopping". Online reviews of products or services were discussed and she explained that the comments, stars, or other feedbacks may not be taken as truth or facts. Paid comments or competing businesses may confuse the reports. Try to confirm with reliable sources and/or personal experience by someone you trust. The presentation will be available soon on our website: www.sclhcc.org. Thanks Rita for a real eye opening discussion. Past presentations are also on the website and an excellent source of information. The pandemic continues to prevent in house activities. If you have questions about your desktop, laptop, pad, or phone, please submit them to our email address: sclhcc@gmail.com. Articles about hardware and/or software of interest are at times sent to the membership by email. Dues are \$15 per family per annum and payable by check to Ben Richardson (see website for directions). Tax software programs are available to file your 2020 tax in stores and online. Easy to use and saves money. We may help you with the software usage, but not the accounting. Update your version of the computer software as available, as security improvements are usually included. Stay healthy.

• • •

Apple User Group

BY RICH THAYER

Have you ever had problems with passwords? Have you gotten so frustrated that you are ready to kick your device to the curb? At our March general meeting, Ken Spencer will show you some fool-proof ways to manage your passwords in his presentation, "Those X#%&#@&#@\$ Passwords!"

Also in March, Bill Smith will discuss the Apple Health app, which collects health data from devices and apps you already use. Bill will show how to increase the value of the data and will show how it can be increasingly useful as we age and have new health issues.

To wrap up March, Helen Rains will demonstrate how to use Apple Notes on your iPhone and iPad and sync your notes across Apple devices. Discover why this app is a favorite place to save information on the iPhone and iPad.

If you haven't yet renewed your membership, or if you'd like to join the user group, go to lhaug.org for the membership form and instructions. As always, see lhaug.org for the latest club information, including videos of past seminars.

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

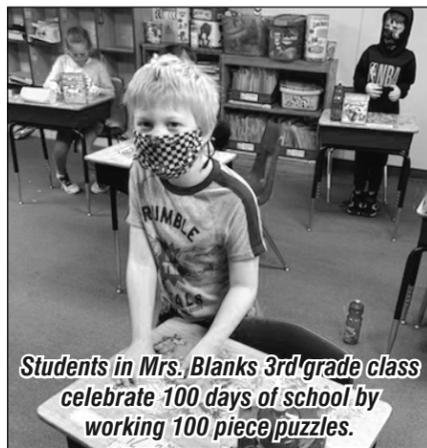
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S.C.H.O.O.L.S

BY PATTI KINGSTON

Elementary school children arrive at school just in time to enter the classroom for their half day in-person learning. With everyone masked they march in at a distance and greet their teachers. Their desks are spaced and masks remain on for the day. Scott Leaman, District Superintendent, opened schools last October and has had not a single case of transmission occurring in the schools. If a child has any symptoms he or she is tested and sent home. The whole class is quarantined for 14 days. There is contact tracing to find where that child might have been exposed to the virus.

This school year has been unprecedented. Flexibility has been the key. Parents voted overwhelmingly for a 5 day educational program for their children. Over 80% voted



for in-person learning. Presently just 30% of students are not attending in-person learning.

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. Teachers are now offered the opportunity for vaccination through the county.

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.wpusd.org.

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LH Astronomy Group

BY BILL WEAVER

In February, the LHAG members were treated to a live YouTube presentation hosted by the Silicon Valley Astronomy Lecture Series. The speaker, the distinguished Nobel-prize winner Dr. John Mather, and Senior Project Scientist on the new James Webb Space Telescope (JWST) gave a non-technical talk with illustrations on how the early cosmos (whose precise characteristics he helped pin down) became our present-day universe of galaxies, stars, and planets. Dr. Mather also discussed the history of the JWST (which will be a much larger

instrument than the Hubble Space Telescope when it is set to launch on October 31, 2021), how it is designed, and explained some of the exciting things this telescope will be able to do. For more information, visit <https://www.jwst.nasa.gov/>.

Monthly LHAG online meetings, using the Zoom application, will continue until the Covid-19 restrictions on in-person 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 next LHAG Zoom meeting, scheduled for March 3rd, will be follow-up presentation by LHAG member Ron Yelton on astrophotography and image processing. Ron will walk through some background on the composition of color and how we manipulate the pixels in our photographs of the Cosmos into images that you can frame and put up on the wall. He will also present a short demonstration on how this technique is achieved using Photoshop and include wonderful images by some world-renowned imagers.

The Cosmology Interest Group, a subgroup of the LHAG, has temporarily postponed its meetings, lectures, and activities until further notice. The LHAG Steering Committee will meet and discuss plans for resuming this exceedingly popular and broad topic covering the cosmos (the Universe) and our understanding of the reasons for its existence and significance.

The Telescope Interest Group (TIG), the other subgroup of the LHAG, has been unable to hold star parties because of the Covid-19 restrictions on in-person gatherings. However, the LHAG Steering Committee has established proposed dates for 2021 monthly star parties that will begin in May, assuming in-person meeting restrictions are lifted. TIG 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 March 2021

(cont' on page 14)

LH Astronomy Group

(cont' from page 13)

March 13: New Moon: Dark nights a few days before and after the Moon reaches its New Moon phase on March 13 are the best nights to do some night sky watching. This is a great time to view the planet Mars as an early evening object with binoculars and telescopes. From Lincoln, it will become visible around 6:30 PM (PST) as the dusk sky fades, 68° above your south-western horizon.

March 20: The March equinox is the first day of spring in the Northern Hemisphere and the start of fall in the Southern Hemisphere by astronomical definitions. The March equinox marks the moment the Sun crosses the celestial equator – the imaginary line in the sky above the Earth's equator – from south to north.

March 28: Worm Moon: The Full Moon in March is known by early Native American tribes as the Worm Moon because this was the time of year when the ground would begin to soften, and the earthworms would reappear. This moon has also been known as the Crow Moon, the Crust Moon, the Sap Moon, and the Lenten Moon.

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 \$10.00 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.

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LH Amateur Radio Group

BY DAN LEHRER, KN6DRN

The Group participated in Winter Field Day 2021. The goal of WFD is to try and set up outside and make contacts in emergency type conditions. Extra points are given for battery power and away from the home antenna setups. LHARG scored 6,032 points, contacted 7 states and Canada. A thorough analysis of our Repeater was conducted by John, NQ6Q and L.C., N7VQC. A write up was distributed to members and further testing and discussion is forthcoming. Our



ultimate goal is to make the Repeater more efficient and allow for greater coverage in our Lincoln Hills Community and beyond. We continue to Zoom our pre Net meetings every Monday night at 6:40 PM. 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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Big History Group

BY CAROLE WADE

Because we are collaborating with the Renaissance Society at Sac State, we will now be having a presentation every week at 10 a.m. via Zoom, rather than just twice monthly as in the past. Our spring schedule got off to a great start on February 1 when we were treated to an address by author Tamim Ansary on his thought-provoking book "The Invention of Yesterday"—a great read. That was followed on February 8 by a four-person panel on how features of geology, such as river valleys, have shaped civilization. On February 15 we heard how climate change and invasions led to the collapse of most eastern Mediterranean civilizations some 3200 years ago, and in some cases a reversion to a hunter-gatherer way of life. And on February 22 our topic was the mysterious

Minoans. There's always a lot to learn!

March has an equally great lineup. On March 1, the month opens with a special presentation by Martha Lewis on "Religion, the Experience of Being Alive." How and why did religions first develop and how have they evolved? Then, on March 8, we turn to the Indus River valley, a fascinating ancient civilization in the Pakistan region. On March 15 we'll examine the ancient civilization of Egypt--its fascinating pyramids and a few pharaoh superstars. On March 22 we'll learn about the Mound Builders of North America--prehistoric, indigenous inhabitants who, during a 5,000-year period, constructed large earthen mounds for religious, ceremonial, and residential purposes. Finally, on March 29, we conclude the month with a presentation on early trade patterns in the Mediterranean, and why they were historically so significant.

For more information, please contact Dave Lewis at stuff629@gmail.com or 916-626-2795.

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Shalom Social Group

BY JUDY GANULIN

The Shalom Social Group's bocce ball program continues to be successful. We have started a virtual happy hour (by Zoom) for our members every 2nd and 4th Thursday at 4:30 p.m. We are still planning our 20th (or 22nd) anniversary gala and hoping we will be

(cont' on page 15)

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This is the most common question asked when a person is interested in buying or selling a house. In real estate there are so many questions that people have that I have created "The Real Estate Minute".

Go to "Steve Evans Lincoln Hills" on You Tube

For my videos on real estate matters.

Shalom Social Group

(cont' from page 14)

able to hold it in person later in the year. We also plan a virtual Passover Seder in late March. Our April meeting program will be "Tales of Ellis Island," presented by our own Valerie Jordan. Learn about our activities and programs from our website, <https://sites.google.com/site/schlssg>. For more information please contact Joanne Levy, 508-333-8590.

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Lavender Friends

BY DEBORAH TURNOR

Oh, to talk about love, the choice to love, the ability to choose, the reminder that we all get to choose.

The president of the Lavender Club stated, "I am what I am. So take me as I am. No one can escape from their individuality."

Love is love and as a culture we need to move forward, irrespective of gender. Not all romantic love occurs between straight women and straight men and there are so many alternative forms of love that are important and beautiful, including love for our children, grandchildren, pets, partners and friends.

Freedom can only be true where all communities possess equal rights. We may have a long way to go, but we certainly have come a long way from where we once were.

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Bosom Buddies

BY VAL SINGER

Well, I'm another year older and probably not any wiser. Although, I have learned over these many years that it's better to walk around the hole than it is to fall in. When I was young, everything was a challenge. Full steam ahead! Consequently, I did a lot of falling. I think the term is, egg on face! Why, Oh, why did I say that, do that, and look ridiculous doing it? I acted before I thought it through and so now, in my dotage, I try very hard to keep my mouth shut until I assess the situation. As my friends and family will attest, it doesn't always work for me but maybe when I'm 100 I'll get it right!

Once again our illustrious ladies, consisting of Peggy Ryan and Patty McCuen, came to my door with a lovely Valentine gift. During this time of isolation, these ladies have gone out of their way to make us all feel loved and not forgotten. It would have been so easy during this time to forget who we are and what we are all about. But, because of these ladies dropping in and saying "Hi, how are you? Do you need anything?", our group has stayed intact. These ladies are the epitome of what Bosom Buddies is about, "Caring".

The picture shows Carol Calderhead receiving a rose from Peggy Ryan and the rose with its heart-warming sentiment.

It reads: "Valentines, a Day of Love".

We want YOU to always know, that your



own Bosom Buddies Adore you bunches – It's so!

May this rose remind you
A friend is standing near.
So if you are low or
Needing help,
Call & we'll
Be there
You are loved.

BB's

This was composed by our beautiful Kathy Woodward. She is a gem!!

Bosom Buddies welcomes all ladies who are currently in treatment or have had breast cancer, no matter how long ago. I'm going on my 40th year! Our dues are \$12/year and if we ever get back to having luncheons again, you get a free lunch for your birthday. Bosom Buddies is a sisterhood of ladies who have had all kinds of breast cancer. Our ladies have experienced and are still experiencing a wide array of treatments and are happy

to share this information. We welcome new members no matter what stage you may be in your journey through breast cancer. It's a big relief to talk with someone who has walked in your shoes. Give us a call and join this fantastic group of ladies who have "been there, done that", always with a smile.

On March 17th at 11:30, our president, Patty, is having a group meeting at her home, 502 Sawmill Court. This get together will be outside (hopefully, no rain) with masks and social distancing. Whether a member or not, you are welcome. This could be a perfect time to "try" us out if you have been vacillating as to whether to join. We can listen if you are having troubles, we can help guide you through your journey, but equally important we can laugh and just enjoy each other. Come see for yourself! Bring a chair, a drink, a smile and get ready to have a good time.

I still have club shirts in most sizes. Call me (916-251-6528) and I'll get one to you.

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

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

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(more Club News cont' on page 17)

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Napa w/Stunning View

SOLD



"Working with Cindy made the process of selling my home a dream come true. She was able to bring the first offer at full price. Cindy is so well organized and experienced professional. Thank you for getting me to San Diego so fast to see my first grandchild". Jan H.



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Glaucoma Support Group

BY BONNIE DALE

Happy St. Patrick's Day and the luck of the Irish to ya! Our March 10, 4:00 PM meeting is on Zoom. The link will be provided the prior Monday. Let's hope we will be lucky and able to gather safely again soon. In the meantime, for some fun, share your favorite joke or funny story with us.

Spring is coming and with that comes allergies. It is important to make sure there are no conflicts with your eye drops and antihistamines. We will also discuss how we are doing here regarding the one-year anniversary of COVID.

If you or a family member are new to Glaucoma, please join us as we share tips and ideas to make our lives easier.

For information call Bonnie Dale at 916-543-2133.

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Alzheimer's/Dementia Caregiver's Support Group

BY JEFF ANDERSEN

The Alzheimer's/Dementia Caregiver's Support Group meetings are currently held online each month except in December. The Mixed group meets at 1:00 PM (via Zoom) each 4th Wednesday. All are welcome to attend, especially caregivers with recently diagnosed family members. The program for the Mixed group alternates monthly between group discussion moderated by a licensed counselor from Del Oro Caregiver Resource Center, and formal presentations by professionals in the industry. The Ladies group is discussion only, and is designed for women who prefer talking in a less crowded setting. This group meets via Zoom on the 1st and 3rd Wednesdays at 1:00 PM. The Mens group, facilitated by Rich Martinez, usually meets each 3rd Thursday at 10:00 at Granite Springs Church, 1170 E. Joiner Parkway in Lincoln. Covid-19 restrictions have changed that, so please contact Rich to confirm the next meeting location and time.

The caregiver's groups and programs are supported by the Lincoln Hills Foundation. More information (including Zoom links to our meetings) is available from our

Steering Committee members Valerie Jordan 909-625-7443, Cathy Van Velzen 916-409-9332, Jo Fratessa 916-408-7209, Rich Martinez 408-202-1865, or by contacting Jeff Andersen 2jeffa@gmail.com.

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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.

RetinoStat - Delivering Genes to the Retina

Oxford BioMedica, a biopharmaceutical company located in Oxford, United Kingdom, reveals progress in the research of gene therapy as a potential treatment for wet macular degeneration.

Just as Avastin and Lucentis injections target proteins that encourage abnormal blood vessel growth, so does the gene therapy in the RetinoStat study.

The investigative therapy stimulates the production of endostatin and angiostatin, proteins that have anti-angiogenic properties that also slow or stop the development of tiny blood vessels that grow under the macula leaking fluid that results in distorted vision and the degeneration of photoreceptor cells.

Genes and Macular Degeneration

Faulty genes play an important role in the development of AMD. While there are many things we can control such as diet, exercise, and lifestyle, we can't control the genes we inherit. Find out where the study is being conducted, how the corrected genes are administered and what it can mean for those with AMD. <https://www.webrn-maculardegeneration.com/new-treatment-for-macular-degeneration.html>

Leslie Degner, RN, BSN

Better Health for Better Vision

www.WebRN-MacularDegeneration.com

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 cathymcgriff1010@gmail.com

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Multiple Sclerosis Group

BY JERI DI FIORE

By popular demand, our members and family will return to entertain at the Tuesday, March 9, One PM MS Zoom meeting followed by the usual member check-in. The entertainment is quite good and has helped us combat COVID and Zoom fatigue. Zoom link will be sent Sunday, March 7 to all Members.

Yearly Walk MS Alert to all Lincoln Hills Walkers/cyclist and scooters, save April 24 to participate in the Annual Fundraiser. Walk MS supports Multiple Sclerosis services and research.

You can join our team, the Lincoln Trailmixers by walking, donating, or both. Wear our logo on your daily Walk on 4/24, whether or not you are participating solo or with our group.

Contact Captain, Joni Deutsch, 916 434-7181 for details.

To donate go to Google Search: Folsom MS 2021 Walk, Donate, Participant, Joni Deutsch, or Lincoln Trailmixers

Thank you in Advance!

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Democratic Club

BY JUDY GANULIN

Jonathan Mehta Stein will address the Lincoln Democratic Club by Zoom at 6:45 p.m. Thursday, March 18. Stein became Executive Director of California Common Cause last May after extensive experience working in traditionally underserved communities to increase civic participation and equitable representation, especially voting rights, campaign finance and redistricting. While earning his Master's in Public Policy and Juris Doctorate from the University of California, Berkeley, Stein served as the student regent on the UC Board of Regents. For more information on our programs and activities, please visit our website, <https://democraticclublincoln.ca.org/> New members are always welcome.

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LH RV Group

BY VICTORIA WHITE

Spring is in the air and we are all tuning up our rigs and looking forward to our RV travels. With Palm Springs area and San Diego coming up the end of February and beginning of March, the Utah trip will be right on its heels with visits to Moab, Capitol Reef, Brice Canyon and Zion National parks. Hiking the red rocks and zooming down the Green River on a jet boat, jeep excursions and even a Cowboy dinner show will keep us busy. For July, we'll cool down in the Northern California redwoods at Giant Redwoods RV Park. Nearby golf, restaurants, fishing, lots of hiking will be on the agenda. August 30th will see us at Coachland RV Park in Truckee. With Lake Tahoe just a short distance away, we will plan several outings to historical monuments, golf, gamble or just plain lay around under the pines in camp. Sound fun? Join us! Olema Campground in the Pt. Reyes coastal region the beginning of October will show us the diversity of that area. Muir woods, wineries, San Francisco and the beaches will close out our season but we're busy planning for 2022. How can that be? Stay tuned.

RV'ing is the safest way of traveling during the pandemic. We all practice distancing, with still being able to socialize. We meet on 4:30-6 pm on the 2nd Tuesday of each month - no meetings however until Kilaga Presentation Hall opens, sorry. Watch the Compass for news of re-opening.

If you're interested in joining, contact Sharon Skar, Membership Chairman/Vice President at 916-434-7799, marlowensharon@gmail.com.

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Veterans Group

BY BILL LEWIS

General Robert Hipwell, U.S. Army Ret. will be the speaker at the All hands ZOOM meeting at 1:00 p.m. March 18, 2021. General Hipwell will be talking about the 2021 Gold Country Stand Down, which is being held at the Placer County Fairgrounds in Auburn. The General will also be asking for volunteers to help out with this event. LHVG President,

(cont' on page 19)

(99) Department of the Treasury - Internal Revenue Service

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Veterans Group

(cont' from page 17)

Joan MacAdams will be sending out Zoom instruction prior to the meeting.

It is not too late to join the St. Patrick's Day Leprechaun Brigade Parade, the last day to sign up is March 12, 2021. The Veterans Group is sponsoring a Lincoln Hills golf cart parade starting at 11:30 a.m. Wednesday, March 17, 2021 in the Orchard Creek parking lot. The parade route will pass under the portico of the front entrance of Orchard Creek Lodge for judging, then follow Sun City Blvd. to Kilaga Springs Lodge and then back to Orchard Creek Lodge. Participants are encouraged to decorate their golf carts or come dressed for the occasion. Prizes will be awarded for the best golf cart decoration, the best St. Patrick's Day costume and the best safe shenanigan. Contact Shirley Schultz at 916-645-7539 to enter your golf cart, your costume, or your shenanigan.

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

As of February 9, 2021, the group's membership stood at 231, including 128 life members and 20 Associate members. World War II veterans (including Spouses) total 19. The total membership was 231.

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

Remember to Fly your Flag Proudly 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

David D. Otis, U.S. Air Force

Peter J. Nelesen, U. S. Air Force

Edwin "Skip" Morton, U.S. Air force

Robert L. Madler, U.S. Army

Harry Dietrich, USMC

The Veterans Group extends its deepest Condolences

to the families and friends of these Veterans

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Republican Club

BY SUE DUMAS

Happy Saint Patrick's Day!

Judge Steven Bailey was guest speaker at February ZOOM meeting. He is concerned about integrity in our elections and informed us of the 501-3C Non-Partisan lawsuit filed by Election Integrity Project. The lawsuit is against Ventura County for fraud, witnessed in the 2020 election. Judge Bailey is running for CA Atty General 2022: www.BaileyForAG.com

CA news...We have over 1.5 million signatures on Recall Gavin petitions to date! We will be collecting additional signatures to meet verification threshold. We will have a Recall table at HOBBY LOBBY - Roseville, Monday thru Saturday until March 10, as weather permits. Meanwhile, candidates to replace Newsom in the Recall Election, are gathering!

We welcome new Lincoln Hills Republicans to our Club. Monthly ZOOM meetings with interesting speakers and activities. We remain in compliance with COVID-19 Restrictions. See website.

www.RepublicanClubSCLH.org

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RoadRunners Motorcycle Club

BY MIKE SMITH

The club held the first meeting of the year via Zoom. Upcoming rides for this year were discussed along with suggestions for future rides. First ride of the year is set for Saturday, March 13, destination to be determined.

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

"Ride Safe - Ride With Friends"

Contact: Manny Perez 916-253-9121 manwil412@wavecable.com

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SCLH Sports Car Club

BY PAM BERRY

This month's car story is from Linda Snyder.

I was sixteen when my parents gave me a 1959 Chevy Impala Sport Hardtop with a 348 engine, 3 speed manual transmission, and painted Gothic Gold with Chrome Rims.

My Dad enjoyed cars and once owned a Black 1955 Mercury Montclair with Continental Kit including Red, black and white leather interior. I along with family and friends spent years watching drivers compete at the Vacaville Raceway, Vallejo Speedway and several times attended races at Laguna Seca Raceway in Monterey. Over the years my late husband Ray and I owned several cars. The first real sports car was a 1986 Corvette. Options included a 4-speed manual transmission, 350 engine, with removable one-piece roof panel painted Metallic Dark Red. Our second sports car was 1989 Porsche 944 S2 with options of a 5-speed manual transmission, 2.5 Liter engine, and painted Baltic Blue Metallic. Over the years we owned several Mustangs, 1985 Camaro Z28 and 1983 Nissan 280zx. I know the person who bought the 280zx and over the years he has been restoring and sending me photos. When it's finished, I plan to drive to the Bay Area to see the car and take a ride.



Linda Snyder

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Rods & Relics

BY ELNA RAGAN

The Covid19 Virus continues to be a major disruption to our lives and Club activities! Our first General Business Meeting, despite the times, was held on Thursday, February 18 at a member's large facility in Sheridan. Distancing and safety precautions were in effect for the safety of our members.

We continue to monitor the prospects for our 2021 Downtown Lincoln Car Show. We are working with Saturday, June 5, and other possible backup dates in August. Saturday, September 25 is also a backup date being held.

The bi-weekly breakfast at the Waffle Farm continues to be cancelled until further notice. The Waffle Farm was a major sponsor of our annual Car Show for years. Our Club members support the restaurant during these difficult times by ordering weekly take-out meals.

General Car Club information can be found on our Web Site listed below.

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

Web Site: www.rodsnrelics.net

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(more Club News cont' on page 21)

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Bird Group

BY DON BAYLIS

Here we are in March, with all group activities still suspended. The birds are still here, doing “birdy” things, and Bird Group members are still watching and photographing.

The herons, and by now the Great Egrets, are flocking to their nesting site in the trees in the marshy region between Starbucks and McDonalds along Lincoln Blvd. The herons began gathering late in January, claiming existing nests and sites, with egrets following a few weeks behind. The birds will be refurbishing the nests, then settling down to lay eggs and raise their young. By summer, the young will fledge and the colonies dissipate until next year.

Along with observing birds in SCLH backyards and preserves, members are also checking out the farming areas west of Lincoln, plus state and federal refuges in the area. Many of us are familiar with Vic Fazio near Davis, Gray Lodge just north of the Sutter Buttes, and the Sacramento NWR complex. This complex consists of several units, stretching from just south of Red Bluff nearly 100 miles to Sutter NWR southwest of Yuba City.

Another such complex lies several hours drive south of us, the San Luis NWR complex, based near Los Banos. This complex can be reached (round-trip) in a single day from Lincoln, although an overnight trip would allow for a more in-depth exploration. We (the authors) managed to visit two units, Merced NWR and San Luis NWR, in a day trip. Both feature one or more auto tour routes, each of several mile distance. Merced NWR claims 20,000 Lesser Sand-hill Cranes, along with good viewing of ducks and geese on the many ponds. San Luis also has the ponds to support waterfowl and wading birds, with a second tour concentrating on their Tule Elk population. Other units include San Joaquin River NWR and Grasslands WMA. The main visitor center for the complex is at the entrance to San Luis NWR just north of Los Banos. The whole complex lies between I-5 and CA-99, so either approach works. Los Banos is a little smaller than Lincoln, but has food and lodging widely available.

On the north side of Lincoln there is a



Short Eared Owl by Sal and Suzanne.

opportunity to observe Short-eared Owls. Sal Acosta and Suzanne Hutchinson report that at dawn and dusk you can find these birds along Waltz Road. You reach Waltz Road by driving up 65 to Wise Rd., turn left (west) on Wise, then the next right (north) on Dowd Rd. About 1 mile north on Dowd, turn left on Waltz. The owls are about 0.7 miles west on Waltz. At other times of day, Bald Eagles have been spotted in this region.

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

• • •

LH Fishing Club

BY ERIC RICK KNAGGS

Fly Fishing Vest — I have a fly fishing vest that is at least 25 years old.

Every time I put it on it brings back fishing memories. There are buttons missing, the Velcro does not work very well, and various loops have broken, but I love this vest. It is a very simple vest with ten pockets and a rear storage area. I am at the age that I cannot find everything I have stored in this vest when fishing. So much so, I often

have to take this vest off to find what I am looking for.

Therefore, I decided to look on-line at new fly fishing vests. The one that has me curious is described as “a fly fishing vest with a stacked layout, molded pockets, bulletproof materials, dual front closure, a unique collar, and massive rear storage.”

So let’s look at each feature. First, this vest has a “stacked layout.” I assume this means more bells and whistles. The stacked layout just means I can lose more of my stuff in this vest. Secondly, it has molded pockets. What is a molded pocket and why do I need them? My current vest has “moldy” pockets that smell really good. The third feature has me really intrigued. This feature is bulletproof material. Why do I need bulletproof material for fishing? I do have to admit with my fly fishing skills I hit my back with my line or fly sometime during a fly fishing outing. Will this material prevent my fly from snagging the back of my vest? Maybe you only wear this vest during deer season and it protects you from any bullets penetrating your vest. The next feature is dual front closure. I have trouble with a single front closure. Nature calls, and I have to get out of a dual front closure...ain’t going to happen! Next we have a “unique collar.” My only comment is “Why do I need this feature?” Lastly, this vest has “massive rear storage.” This just means I will have a very large area to store and lose more things.

All things considered; I am keeping my old, used, smelly, moldy, torn, and simple fishing vest.

• • •



A typical fishing vest, not Ricks old vest.

Garden Group

BY LORRAINE IMMEL

Spring has sprung. The time for planning the garden is over, and the time for working in the garden has arrived. It is starting to feel comfortable enough to work in the garden in Northern California in March. Action! There are lots of garden activities to engage in while we are waiting for the Lodges to open for the Garden Group’s meetings and activities.

- Apply compost to the soil.
- Fertilize trees, shrubs and roses.
- Plant summer-blooming bulbs, herbs, potatoes, and leaf crops.
- Practice slug control.
- Spray your fruit trees
- Check other chores from our webpage (lbgardengroup.org) under “Farmer Fred’s March list.”

Your Steering Committee has had several ZOOM meetings to set plans when we can gather again for General Meetings! We discussed:

Programs for guest speakers- ZOOM, in-person, and/or shifts.

Civic Garden projects and donations for Lincoln.

Activities-Rose Show, Flower Show, Bonsai Show, Socials. These are all dependent on when the Lodges open again. (There will be no Home Garden Tours this year.)

Field Trips. Hopefully our first one will be to Georgetown Cemetery viewing old growth roses and meeting up with some members of their Garden Club for the history, etc. When we find out for sure, we will send the info, how to register and details about other field trips as they become available.

The Annual PLANT SALE depends on when the Pavilion will be open for our use. We have 2 possible dates: April 3 or June 5. We rely on donations from our Garden Group or other SunCity residents, so below is the usual request...we want to give you an early start to plan. (This is our Annual Fundraiser for Lincoln Civic Garden Projects.)

Do you have extra volunteers from your perennials?

Are you dividing your iris, lilies, cannas,

(cont’ on page 22)



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Garden Group

(cont' from page 21)

bulbs, etc?

Do you propagate vegetables, flowers, succulents, etc?

Are you replacing some plants you no longer want in your garden?

Do you have "gently used" Garden Books, Tools, Pots, Art, Items, etc. to donate?

Please "pot plants or bag bulbs" and make them "presentable for sale!" Be sure to label them-including name, color, sun/shade, or any other helpful tips-perhaps a picture of them in bloom! Please keep your plants in 3 gallon or smaller containers. Thank You!

Contact: Marie Salers (916-408-3895) or Linda Bringle (916-645-3862).

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Shooting Group Article

BY JOHN KIGHTLINGER

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

Weather permitting, we meet on Tuesday of each week for Trap and on Thursdays for Skeet at Coon Creek Trap and Skeet, 5393 Waltz Road, Rio Oso, CA 95674, just minutes from Lincoln. You may join us for either trap or skeet, or both. Occasionally other shotgun sports such as International Trap, Sporting Clays and 5-Stand are enjoyed. We have no fees but each shooter must pay the Coon Creek clay targets fee. For more information about shotgun shooting sports contact John Kightlinger at 916-916-408-3928 or johnnpat@sbcglobal.net

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

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Hiking and Walking Group

BY STEPHANIE HUNTINGDALE

The end of February the sun set at 5:57 pm. By the end of March the sun won't set until 7:28 pm. April 7:56 pm. May 8:23 pm. June 8:34 pm. There are brighter days ahead with plenty of sunshine for taking walks and long hikes.

As I said last month, we are so very fortunate that one of our hobbies is walking/hiking. Currently our walking group is not walking as a group however, we all can walk on our own and we should. My watch is always

(cont' on page 23)

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Hiking and Walking Group

(cont' from page 22)

asking “shouldn’t you stand up now” or “Great” (when I only take a few steps). Our Sun City trails are so beautiful and they give us a great variety with plenty to see including a lot of wildlife around Ferrari pond. Now, this month the association is adding goats to the mix. I always enjoy going out and finding them. I can watch for hours. Currently they are on Del Webb by the 7th Lincoln Hills golf hole. You don’t even have to walk too far to enjoy them but there is a great trail there. Get out! Do it! You’ll be glad you did.

Don’t forget to send photos to David Wood of the hikes you are doing. He will post the photos on the website for all of us to enjoy. I guess that is our virtual world for now.

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.

• • •

Bike Club

BY DENNIS THOMPSON

Some Bicycling History — The precursor to modern bicycles was powered by the rider’s feet on the ground. It was invented by Karl Drais in 1817. These devices were referred to as Laufmaschinen in Germany, velocipedes or draisiennes in France, and hobby horses or dandy horses in England and the USA. Mr. Drais was inspired to invent such a device because of a shortage of horses due to natural disasters and the Napoleonic Wars. Thousands of horses starved to death, were killed or slaughtered for food. The new “bicycles” substituted for horses and were used by messengers for the military. They also gained some popularity by civilians in cities, but some cities banned them due to complaints by pedestrians. Sound familiar?

The first use of pedals occurred about 1860. Pedals were on the front wheel. These bikes were often referred to as “bone shakers” because they had wrought iron frames with wooden wheels and iron bands wrapped around the wheels. They provided a bumpy and uncomfortable ride. Solid rubber tires came next and typically the front wheel was quite large. The long spokes and rubber made the ride more comfortable than the “bone shakers”, but the big wheels with solid rubber tires were quite heavy and the ride was still not so great. Young men risked their necks on cycles with large wheels, but ladies and more dignified gentlemen rode tricycles.

In 1887, John Boyd Dunlop’s invention of pneumatic tires created an explosion in the popularity of bicycles. He was a veterinary surgeon in Ireland and developed pneumatic tires for his son’s tricycle. Later, he made tires for a friend who entered bicycle races and that friend won all the races that he entered. This success resulted in Dunlop making pneumatic tires commercially and he revolutionized the bicycling industry. He sold his business in 1895 and never continued in the tire or bicycling business again. However, his name remains as one brand of automobile tires.

The broad, new popularity of bicycles played an important role in the lives of Wilbur and Orville Wright. They opened their first bike business in 1893 and sold and repaired bicycles in Dayton Ohio. Later they developed their own machine shop and made bicycles labeled “Van Cleve” after an ancestor, or “St. Clair” after the first governor of the Northwest Territory. “Van Cleves get there first” was the Wright Brothers’ slogan and their bikes sold for \$60 to \$65. The brothers made their living in the bicycle business while obsessively working to develop the world’s first airplane.

The Wright brothers and everyone else participated in the craze for bicycles. “High wheeler” bikes of the 1870s and 80s were surpassed by “safety bicycles” with two wheels of the same size and these were acclaimed to be great for everyone’s physical and mental health. One physician stated in a prominent medical journal that “the



bicycle was one of the greatest inventions of the nineteenth century for people’s health”. However, some people claimed that bicycles led to immorality because it enabled children, teenagers and young adults to quickly stray much further from home than walking could. Complaints about children reading less because of bicycles were also common, as were concerns that bicycling frequently led to “seductions”. Well, cool bikes sure can be seductive. Above is a picture of one example.

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Water Volleyball Club

BY ROSEMARY ELSTON

The Water Volleyball Club and every resident in Sun City Lincoln Hills is eagerly looking forward to light at the end of the COVID pandemic tunnel. Vaccines are arriving at more injection sites for people within the targeted groups. The outdoor cardio area, lap pool, punch classes and

(cont' on page 26)

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

Marilyn Brodersen

(cont' from page 1)

was a substitute teacher. She continued to work on her education and obtained her B.A. degree from Cal State Fullerton with a major in liberal studies. She went on to obtain the teaching credential for elementary school.

After the daughter stepped out on her own, Marilyn and her husband divorced. Marilyn went to work as a kindergarten teacher, a job she loved for five years. Even though kindergarten and cosmetology do not seem closely related, it was the instructional aspect of both careers that Marilyn enjoyed.

During this time, Marilyn struggled more and more with an autoimmune disorder called fibromyalgia that eventually became so debilitating that she was forced to stop teaching. She has had the disorder now for twenty-five years but has been determined to find ways to treat the problem and has found a solution that, while not altogether perfect, greatly assists her in her day-to-day pain management.

Fibromyalgia is a "disorder characterized by widespread musculoskeletal pain accompanied by fatigue, sleep, memory and mood issues. Researchers believe that fibromyalgia amplifies painful sensations by affecting the way your brain and spinal cord process painful and nonpainful signals." Marilyn was diagnosed with the debilitating disorder while she was still teaching kindergarten, some twenty-five years ago. She needs to take pain medication to pursue such activities as painting and searched for solutions for the pain for many years. She has discovered an invention that has literally been life changing for her. It is a machine that uses vibration plates and assists with pain reduction from a company called Lifepro.

Lifepro states that "the first serious appearance of whole-body vibration was in the Russian Space program where it was used on Russian cosmonauts to simulate weightlessness



Marilyn Brodersen

PHOTO BY JEFF ANDERSEN

and to combat the loss of muscle tissue associated with life in space. After seeing significant results, the use of WBV (whole-body vibration) then moved to elite athletes as a way to enhance performance." Now the vibrating machine can be used successfully with persons with neuropathy, edema, and fibromyalgia. For Marilyn, it has been a game-changer. She uses it three times a day and each time it takes away her pain for several hours. This allows her to enjoy her hobbies like painting and participate more fully in life in Lincoln. She wants people to know that it costs about \$200 and can be ordered on Amazon. The Lifepro website has good information and testimonials about the product.

After she quit teaching, Marilyn moved to a condo in Newport Beach, close to Costa Mesa and a preserve and open land canyon. She enjoyed the environment and took a painting class at a hardware store in Costa Mesa. The class started a passion that she still relishes to this day. It gives her great joy and satisfaction.

She says, "Painting is my passion. I love the art principles and working on the skills of painting." While she confesses she is not a talented artist naturally, she has learned the skills carefully over time. One of her preferred ways of artistic endeavor is to try to paint a copy of one of her favorite paintings done by such artists as Renoir, Matisse or Monet.

She is the current Painting Club President in Sun City and loves interacting with other artists. During this time of social distancing, the artist group has been participating in challenging each other remotely to perform monthly challenges. Also, she has sponsored small groups in her back yard to do rock painting. One of the painted rocks in her front yard states "Share your time," something Marilyn definitely loves to do when she is having one of her better days.

Marilyn's sister and mother both lived in Rocklin and they convinced her to move up to this area. At the time of her move, her mother was ninety and living on one-and-a-half acres in Rocklin. The house that her mother occupied was the same age as her and the property had been originally a peach orchard for a Japanese family. After her mother died, the ninety-three-year-old peach orchard house and acreage was sold.

Moving to Lincoln Hills to be near family, Marilyn chose the Madera floor plan, one of the smaller Sun City houses. It is perfect for her because it has a well-lit area for her art studio. Graphic letters on the wall of this area state "Salon d'Art." A wall of cubbies holds books and art supplies in the way that she likes—everything visual for her to see what she needs. She lives on Kingfisher and the women in the neighborhood call themselves the "Queenfishers" and meet together when they can. The men also meet and are called "Kingfishers." The neighborhood is welcoming and social and has hosted everything from card groups to parties and meeting in Marilyn's backyard to paint "kindness rocks."



Marilyn Brodersen on her Lifepro.

Marilyn's life is a story of things not always being easy, but she has shown perseverance to make the best out of sometimes difficult situations. Determined, she worked hard at cosmetology and teaching, learned how to paint and even managed to see the best in a very difficult physical condition. She can definitely be seen as someone who does not easily give up and can look on the bright side in even the most problematic situations.

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

Just let us know!

Call us at 916-727-6383 or e-mail us at: egnews@egnews.com

SCLH WRITER'S CORNER...

The Ides of March

BY JIM FULCOMER

'Twas sometime in the Ides of March, when Caesar's toga lost its starch.

And now again, as that time nears, it comes with unrelated fears.

Winter ends officially, which most of us regard with glee.

Shedding coats and Winter duds, anticipating flower buds -

Is now a long-awaited thing, a well considered sign of Spring.

The winds of March still cause a chill, but summon up a distant thrill,

of top-down drives down lover's lane, as April enters once again.

And daylight lingers even longer and creaky joints get ever stronger.

As solar warmth replaces cold and somehow you feel not so old.

Life again renews us all, as we detect the mating call —

from feathered creatures of all kind, as they proclaim the ties that bind.

Remember while you plan relaxing, these are times most sorely taxing.

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

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Three Generations Strong

Water Volleyball Club

(cont' from page 23)

indoor lap pool are being utilized on a regular basis by community members anxiously awaiting a full opening of all pool and gym facilities. The Water Volleyball Club continues ongoing discussions with the Association working toward an agreed upon process to resume safe play in the Kilaga Springs Pool. Hopefully, once the level of infection has dropped, we will receive approval for the Water Volleyball Club to return to the Kilaga Pool for not only a member meet and greet but recreational and competitive play. Email: sclhwatervolleyball@gmail.com Website: www.lhwatervolleyball.com

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LH Pickleball Club

BY MOLLY MORRIS

Spring is here and we are still playing pickleball! The Board recently received an email from one of our members with this quote, "The LHPC members and volunteers should be extremely proud of the achievement in playing over seven thousand games since the reopening of pickleball play without a single COVID-19 outbreak related to the courts that I am aware of." The LHPC Board wants to thank all the members for adhering to the COVID protocol. We especially want to thank the monitors for

their tireless work since the reopening of the courts. Without them, we may not have been able to keep the courts open.

By the time you read this article, we are hoping to have lessons and drop-in play. Check the Association website or the LHPB website for updates on the latest news.

We are still offering our "Intro to Pickleball" class every Wednesday at 11:00AM. We are limited to eight players per week. Please email Lynn Fraser at paddleuppartner@gmail.com for a reservation. Balls and paddles are supplied. Please wear court shoes (not running shoes) and bring water.

In conjunction with the Softball Club, we are recycling cans and plastic bottles (with a recycling symbol 1 or 2) at the Upper Courts. We do not accept glass. Feel free to drop by. The money earned goes to local charities.

If you have any pickleball related questions please go to lhpclub.org or call Molly Morris at 408-386-9054.

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Table Tennis

BY DENNIS ZARO

Table Tennis has been on hold for a year. We did enjoy a brief interlude when we were allowed to play for a few months on the terrace behind Kilaga Springs. Our steering committee under the leadership of club president, Alan Smith, continues to explore

(cont' on page 27)

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Table Tennis

(cont' from page 26)

protocols for eventual reopening. See the Japanese Matsushima family of four children play table tennis. They are absolute prodigies. The youngest is only three years old. Go to www.youtube.com/Watch?v=6Voch2vbFrg.

• • •

LH Tennis Group

BY HELEN BEROTT

We have progress on our new tennis courts! Asphalt is down; low spots filled; fence posts installed. Next we have fences, top coats, lines and benches. Then we will be ready to play on the new courts. We will have ten courts for tennis and one multi-use court.

In the month of March we wish a Happy 90th birthday to Jack Williams. He has been active in our tennis group for many years, and at one time served as president. He still plays a good game of tennis and is an outstanding example of living the good life in Lincoln Hills. THANK YOU JACK! You are an inspiration to all who know you.

• • •

Mad Hatters Bocce Group

BY PAUL MAC GARVEY

Covid-19 statistics are heading in the right direction and many Sun City residents have managed to find their way to

a vaccination site. The whole process seemed to be hit or miss for a while but more sites have opened up and it seems to be getting easier. We would speculate that, as summer approaches we will have a substantial portion of our seniors vaccinated and could entertain beginning group activities again.

Contact: John Gradwohl, 650-576-2979; Bob Vincent, 916-543-0543

• • •

LH Senior Softball

BY KARL WENZLER

At this writing our field is closed because of storm damage to our left field fence. Our field maintenance department is working to rectify the situation and hopefully it will be complete by the end of March. We are also looking into the infield drainage problem. By this time everyone who will be playing recreational softball will have signed up.

However if your new to our league there is still an opportunity to get on a team.

How it works, as a player drops from a team for what ever reason you're able to replace that player as long as you have equal ability. Our league did a tremendous job last season to keep covid-19 intact. Most of us will have been vaccinated by time we play - hooray!

kwenzler@sbcglobal.net, lhssl.net

• • •

Lincsters 9 Hole Golf Club

BY DARLYNNE GIORGI

From the looks of the leader board many have been tuning up their game during this past COVID-19 year. Let's keep the golf momentum going and challenge the sweeps leaders.

Did you know our club offers other golf opportunities in addition to Wednesday Tournament Play? For example, Go Away Lincsters and Women's Nine Hole Golf Association (WNHGA). A little information about WNHGA. Any 9-hole or 18-hole golf member may belong. Dues are \$25 yearly. Membership offers opportunity to participate in events at 46 private country clubs in Northern California and pay no green fees. Contact Alyce Stanwood for more information. Alyce@Stanwood.us.

Special Lincsters Spotlight for this month is Linda Salmon. She is a woman of integrity that goes along with her expertise as Handicap and Rules Chair. She has



WNHGA Members



Linda Salmon

held that position for over 10 years. As our ambassador, when the handicap system changed to the World Handicap System, she voluntarily attended numerous seminars and workshops. After sitting for a mandatory test, she became certified enabling our club to meet the necessary qualifications. Linda is an expert golfer, 4-time Club Champion, our faithful friend and always ready to assist. "Thank You" Linda!

Don't miss our general meeting scheduled for March 10, 2021.

For membership in the Lincsters 9-hole Golf Club, contact Nancy Hastings 916 645-5590, nhast38@yahoo.com

• • •

(more Club News cont' on page 30)



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Lincoln Hills January Sales Snapshot

Address	Street	Sq Ft.	Price	Model
883	Meadowhill	1138	438000	Millpond
151	Stags Leap	1349	457000	Madera
1500	Topanga	1509	369900	Condo
1647	Hackberry	1515	509000	Pine Hill
400	PLOVER	1549	480000	Alpine
235	Stags Leap	1549	490000	Alpine
1206	Cherry Blossom	1549	540000	Alpine
312	Stags Leap	1775	520000	Tehama
2124	Stonecrest	1791	580000	Tahoe
1307	Picket Fence	1791	580000	Tahoe
1290	Hawthorne	1854	549000	Plumas
2484	Granite	1873	545000	Orchard Crest
1856	Hawk Hill	2049	565000	Annadel
402	Calistoga	2163	595000	El Dorado*
510	Montgomery	2188	670000	Fremont*
297	Sawmill	2192	670000	El Dorado*
1236	Lasso Lake	2263	699000	Shasta
2405	Fountain Hill	2269	750000	Annadel**/**
2170	Pebblestone	2360	650000	Atherton
131	Cinnamon Teal	2390	622000	San Mateo
1640	Gingersnap	2612	832500	Springcrest
688	Violet	2832	875000	Sonoma***
1946	Grand Pheasant	2832	895000	Sonoma***

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Per Sacramento mls reported sales 1/1/21 - 1/31/21

Potpourri III

Sun Senior News writer Martin Green has another book out. The book is called Potpourri III and like the previous Potpourri books contains his latest short pieces (published in online magazines) and latest "Observations" (from the Sun Senior News) plus a bit more. In this case, the bit more includes two installments of a planned memoir called "The View From 90." Martin had thought of doing this as a kind of sequel to his memoir "The View From 85," not knowing at the time that his ninetieth year would also be the year of the pandemic and a few other extraordinary events.

The latest short pieces include a dozen or so about the pandemic and its effects. There are also a number of pieces about being old, really old, and its effects. These latter are set in a Northern California retirement community suspiciously like Sun City Roseville. The "Observation" columns are for the 18 months from July 2019 to December 2020, so if you've missed any there they are.

"Potpourri III" is available on Amazon as an e-book for FREE; no, not quite free but for the bargain price of \$2.99. Martin's other e-books, including "The View From 85" are also available for similarly low prices.

Lincoln Hills Foundation

(cont' from page 1)

Submissions should be typed in a Word or Pages document or clearly written so we don't make mistakes when typing it up. Please send via email to cfish23@icloud.com or mail to Lincoln Hills Foundation - Recipes, PO Box 220, Lincoln, CA 95648.

We will begin accepting submissions March 1st and will be collecting through the end of April so get out those recipes and share some of your family's best with your friends and neighbors in Lincoln Hills. Based on number of recipes received we may have to limit the number printed.

We will be selling the book this summer and all proceeds from sales will be put back into this community to support programs and services for our residents.

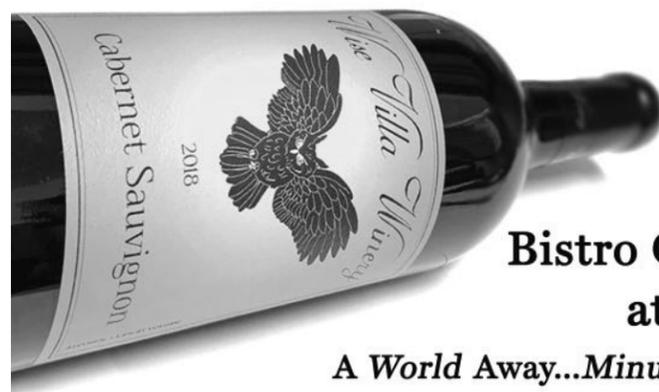
The Recipe Submission Form, detailed instructions and commonly asked questions can be found on the Lincoln Hills Foundation website, www.LincolnHillsFoundation.org.

Sons In Retirement Branch 13

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



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Observations Looks at TV

BY MARTIN GREEN

With the pandemic still going on we're watching more television than ever, so it's time for a look at some of the new sure-fire hit TV shows. First, *The Scepter*: the trials and tribulations of the royal family of an unnamed country but it's an island whose people speak in a funny accent and have strange tastes in food. The Queen tries to set a good example by working hard at her desk reading and initialing a lot of documents, attending a lot of ceremonial events, telling everyone they must set aside personal interests for the good of the country and above all keep a stiff upper lip.

However, the King is tired of all this and has a roving eye for the better-looking ladies of the court. The queen's younger sister is a chain smoker and drinker and her latest lovers are a ski instructor, a tennis coach and a beach boy. The Queen's oldest son, the Prince, has married a younger woman but really loves an older woman who is still married. The Prince's younger wife, The Princess, is unhappy with all this and is on the verge of a nervous breakdown. Every now and then there's a scene showing some member of the royal family hunting in the royal hunting grounds or going somewhere in a private helicopter or airplane, indicating that being a royal does have some perks. But, the overall message is that it's really tough being a royal and no wonder their lives make such good soap opera material for us commoners

to watch. Incidentally, if, like myself, you're wondering just exactly what is a scepter, it's a staff or wand held in the hand of a ruling monarch as an item of royal or imperial insignia. As Shakespeare or somebody said, "Uneasy is the hand that wields the scepter."

Us is Them: is a set of triplets, including one adopted, can set up a television show with a never-ending series of family complications then imagine what a set of quintuplets, including two adoptees, can do. There you have "Us is Them," and, no, I don't know what this title means. In the first episode a young couple, Jill and Jack, have triplets and, improbable as it may seem, adopt a set of twins that someone has left at a fire station (maybe the one in "Chicago Fire"). This sets the stage for the family complications mentioned above, such as who are the favorite children and why has the family never gone to Disneyland. Along the way, the father, Jack, is killed when he falls out of a tree rescuing one of the daughter's cat. However, Jack remains in almost every episode as the show switches from the present to the past and sometimes to the future, leaving the viewer confused as to what's happening when and where and maybe why.

Of the two daughters, one is fat and the other is anorexic, and of the three sons, one is handsome and devil-may-care and becomes a famous TV star, one becomes a successful

businessman and the third plays in a jazz band. The TV star quits his show because he aspires to greater things and has a number of affairs, none of which ends happily, as he becomes an alcoholic and drug addict but then gets into rehab and is about to star in a play when the woman from one of his affairs reveals he's the father of triplets so now what are you going to do. The successful businessman has panic attacks and the jazz musician is dedicated to finding out his real father is Louis Armstrong or somebody like him. In the present, Jill, the original mother, re-marries after Jack's death but might have dementia and in any case can never keep her five children straight.

Each of the five children has some secret in his or her past that hasn't been revealed yet but comes out in scenes of their past traumas and drops everything to do something or other to put the trauma to rest. It turns out that each child has something he or she resents about the but others but then they all reunite at the family cabin and all is well until the mother disappears into the woods and is lost.

The Generic Cops and Robbers Show: a special unit of the police force in some big city solves a different crime each week. The head of the special unit has lost his wife to a murder or possibly cancer or maybe an auto accident and maybe a daughter, also. Each of the other unit members have a similar trauma in his or hers past. A male and a female unit member are obviously attracted to each other and every so often seem about to get together but then something comes up and they don't, leaving the viewer to shout at the TV screen,

C'mon, you guys.

In every episode, there's an early scene in which the unit breaks into a suspected perp's place but there's nobody there and they get to call out "Clear" to one another. This may be followed by a scene in which there's a chase with the perp, having departed through a convenient window or back door, runs away, leaping over fences, pushing aside bystanders and dashing down alleys but is always caught, pushed to the ground and handcuffed unless he's hit by a car. In any event, it's obligatory for every episode to have a chase no matter what.

Also, every few episodes there's a scene in which one of the unit members, posing as a drugs buyer, has a meet with a drug dealer in some warehouse while the other unit members wait for the signal to pounce. Every so often, the unit bends or breaks the rules and the "rat squad" investigates and it looks bad but turns out to be "a good shoot" in the end. Also, every so often a stoolie, or CI, "confidential informant," gets into trouble and is in danger of being exposed but usually, but not always, comes out OK in the end. Or a unit member goes "undercover" and it looks as if he or she will be shot by the bad guys but that also comes out OK.

Pawn's Gambit: a four-year old orphan unaccountably becomes a chess genius and... oops, have run out of space but you can see this show too will be a winner. Happy TV watching.

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Ladies Golf—18 Holers

BY CANDICE KOROPP

We nearly made through the month of January without a rainout, but the last week proved too drippy for play. However, on the 21st, we were able to play a team, 2BB format on the Orchard. Albeit, two teams tied with a net 124. It was the team of Cameron, Hur, Hutchinson and Wold that proved victorious in the tiebreaker, as Wold birdied 13 and 17, for a three-stroke margin on the back nine. Hing, Lapera, Ramirez and Thom took second. Hing used her two strokes wisely on holes four, 11 and 12 to net eagles for the team. Then, the third place team of Lopez, McDonald (Nancy), McGraw, and Sartor took advantage of pops on key holes to secure their position by two strokes, with a net 132. The fourth place team of Dong, Emge, Senn and Unger was also helped by holes where Senn and Unger had two holes apiece with two pops, netting them eagles, to end up a stroke better than the fifth place team of Ashe, Christoff, Lim, and Loyd. The highlight of the day was the Hole-In-One made by Rosie Warren on Hole 11. It was her 5th ace of her golfing career. Birdies were also carded by St. Peter on seven and Hurner on 11, and chip-ins were recorded by Fitzmaurice and Hur. Wold had the CTP on seven and Warren captured it on 11, with her ace.

The first week of February ushered in a monthly Low Gross/Low Net stroke play

format. Out of the blue, and it was a blue-sky day, Koropp beat all odds with the low gross of 88, topping Patti Tilton in Flight One, by two strokes, but Tilton earned low net for the flight. Second low gross was claimed by Donna Sanderson, with 91; and Shari Loyd managed 2nd low net with 79. In Flight Two, Karen Thom took 1st low gross, with 95, in a tiebreak with Jody Watson, and Watson captured the 1st low net of 70, and second best of the field. The 2nd low gross was taken by Deb Dunipace with 102; 2nd low net went to Pat McNiff, with 83. In Flight Three, Donna St.Peter topped the flight with the low gross of 101, and Suzanne Hutchinson had the 2nd low gross with one more stroke. Linda Fitzmaurice had the low net with 75 and 2nd low net went to Edda Ashe with 81. Peggy Carr led Flight Four with the low gross of 108 and Kathie Sutter had the 2nd low gross in a tiebreak with Barbara Korenthal. The first low net was claimed by Ilene Marshall (79), and the 2nd low net score of 82, was won by Diana Lilienthal in a tiebreak over Vivian Lim. Nancy Gadsby was the low gross winner in Flight Five, with 111, and 119 was just enough for Donna McDonald to claim 2nd low gross. The 1st low net went to Yeong Hur with 81 and 2nd low net to Bonnie Hing with 83. Birdies were flying: Kathi McCoy on Two and Nine, Gwen Hare on Six, Koropp and Tilton on Seven. CTP's went to Donna Sanderson on Hole Four and Peggy Carr on Hole 16. Lots of doubles and triples were the rule, this day, as the greens were fast and as the course is recovering from the rainy

weather. Triple putts were not uncommon.

Our NetChix for February became a test to see if 45 gals could beat the incoming rainstorm—all did. This tournament, originated by Bev Ansbros, was set up for high handicappers, and it did not disappoint. While the low net of the day belonged to Fitzmaurice, with 59, her record for the Hills and career low, she was one of four who won in January, so the next up was Linda Chappellear, shooting a net 66 to become the monthly winner. Both ladies were from the fourth flight. Two players tied with 69's: Hur and McNiff. Warren's 80 was the low gross, and she also won the low net, 71, in Flight One, as Sanderson was one off the pace with a net 72. McNiff placed first in Flight Two followed by Dee Arts with 71. In Flight Three, Karen McGraw won the tiebreaker over Suzanne Hutchinson, each with net 72's. In Flight Four, Trisha Ramirez was second with a 73, following Fitzmaurice and Chappellear. Second place was earned by Ofra Unger, with 70, one back of Hur, in Flight Five. The CTP's were won by Judy Dong on Seven and Carol McCann on #12. Birdies were recorded by Dunipace and Fitzmaurice on 13, Hurner on 16, Mann on one, and Warren on 14. This tournament day was a nice nod to Ansbros's vision.

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(more Club News cont' on page 31)

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Jim & Liz



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Men's Golf Club

BY MIKE MCBACK

The Hills and Orchard courses were the sites on Tuesday, February 17 for the "Valentine's Day Massacre", a Lone Ranger event. It was a full field ready to do battle for the top prize. The field was divided into 3 flights on that cold and dewy morning. Here are the players that came out on top for each flight:

Flight 1 – Low Gross - Braa, S/Dillon, J/Keller, J/Henrikson, R

Low Net - Dipaola, T/Traxel, T/Gentile, B/King, D

Flight 2 – Low Gross - Portman, T / Noonan, J/Englehart, R/Griggs, J

Low Net - Balderston, R/Novoselac, J/Klink, G /Cook, D

Flight 3 – Low Gross - Jansen, D/ Norman, D/Kugel, B/Varin, M

Low Net - Malone, T/ Costa, M/Vogeli, J/Carbrey, C

Also, a big thanks to John Garfein for marshalling on the Hills course.

The next Tournament is "Tournament of Champions" and "Just for Fun", individual stroke play. It's set for Tuesday, March 16 starting at 8:30. This tournament will fill up fast.

The Men's Golf Club of Lincoln Hills' board is currently accepting donations of golf ball and golf equipment to give to Lincoln High School. Please see Pete Saco or email him at psaco52@gmail.com if you want to donate.

• • •

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 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 .

See our website at <http://lhbilliards.com>.

com for information about our club policies, APA and individual tournament rules. An individual may play in one tournament then they must join our club to be eligible to play in future tournaments. Contact Tony Felice at 916-955-0501 atfelice3@gmail.com for information on the below listed tournaments and social functions.

Billiards Group Schedule - Recommended Playing Levels

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

Level: Beginners

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

Mentoring Training – Tuesday- 9 AM-

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

Level: Novice - Intermediate Players

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

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

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

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

(cont' on page 33)



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LH Billiards Group

(cont' from page 31)

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

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

Level: Advance Players

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

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

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

• • •

LH Thursday Bowling

BY JOHN HABEIN

At Home Drills – Continued.

The Ball-Substitution Drill: For those of you that would like to have better timing at the foul line and improve ball speed this drill is for you. This drill is about getting your first step and push-away started at the same time. You will end up with a true 4-step approach and eliminate your 3-step approach where you take a step and then push the ball away.

Use a weight to simulate your ball. Use about a 5 lb. weight that's easy to hold onto, like a dumb bell. Take your starting position and hold the weight with both hands gripping the handle as if it were your ball. Start your first step and push the weight out and slightly down with both hands at the same time. Keep the weight over your right foot until you're your foot lands. When it does, let go with your left hand and let the weight swing back in a relaxed swing. Your push away and step MUST start at the same time. Do that a bunch of times until your get the feel of it. Once it feels somewhat natural add the

second, third and fourth steps into the drill. Your approach will start out about three feet long. Your steps must be much shorter. The last step will be a normal step. The goal is to complete your steps in the amount of time it takes the weight to swing back and forth. Experiment! If the steps are 3 or 4 inches to start with that's fine. Get the feel of your steps and the weight swinging back and forth with your foot ending up and the foul line at the same time. It's gonna feel like you're jogging and that's OK.

Got it down? Try your approach with your ball using the same short steps and slowly roll the ball. Get some pillows or cushions to use as a backstop. You can go out in the yard for this too. You must get this drill down before you get to the lanes.

Got it mastered? At the lanes, start using the short steps with slow ball speed to get the feel. Make sure your pre-shot set up is correct. Repeat, the shortened version several times before you start increasing the length of your steps. Keep increasing the length until you are comfortable. The ball and slide foot should arrive at the foul line at the same time. Visualize! See yourself arriving at the foul line with a nice smooth release of the ball. If you find the ball is getting to the foul line first, quicken your pace, shorten your steps, and/or start your push away with the ball at shoulder height. You are in an experimental phase so experiment.

Swing: It has to be relaxed. Don't squeeze your grip. If your forearm is tight, your grip is too tight. Still can't hold onto the ball, check with the pro-shop to make sure your thumb hole is fitted correctly. Release should be thumb first then fingers. Land the ball 2 feet past the foul line in line toward your target. Follow through with elbow at shoulder height. Hold your position and watch the ball to see it hit your target. You can't fix anything until you know you hit the target.

Targeting: Select a range finder/arrow down the lane. Ideally, an arrow should be your target to get to the pocket. Experiment on targets. You may find a different target that's easier for you to hit.

• • •

Neighborhood Watch

(cont' from page 3)

- Joe Uptain – Village 26C MS 6
 - Steve Dalaklis – Village 33 MS 1
- Captains and Coordinators Needed

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

- 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.

- Computer Scam

A scammer convinced a resident to give them access to the resident's computer and personal information. The loss was \$20,000.

- Grandparent Scam
- A resident was bilked out of \$18,000 falling for the "Grandma, I've been in an accident" Scam.

Fortunately, the perpetrators were caught and are in jail.

- 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.

- It's Tax Season. Be aware of Tax Scams. Pick up your mail daily so tax forms are not sitting in

your mailbox. Mail tax returns directly from the post office or file electronically.

Be aware of these scams. Do your research before falling for a scam.

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

- New Resident Orientations are cancelled until further notice.
- The NW Directors are holding all Board Meeting virtually until further notice.
- Welcome Packet Tuesdays are cancelled until further notice. There is a Virtual Welcome Packet PowerPoint and Video on the website. The link is on the top of the Homepage. Please share the link with new residents.

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

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

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

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

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

SCLH WRITER...

Tina, My Little Girl

Family, Friends, Community

BY PHIL ROBERTSON

Tina is my little girl, who runs and plays all day. She is full of fun and life and love, regardless what our neighbors say.

She loves to dance, she loves to sing, her enthusiasm she cannot contain. But most of all she loves to talk...and talk, and from that, she cannot refrain.

She must, she needs, to get her way, come hell or high water. And if she doesn't, she quite likely may scream, for only a starter.

At the end of it all, you've lost again, that transient, fleeting authority. And in its place have a migraine, to prove again her superiority.

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



Every month people in Sun City turn to our pages for the latest on community news!

Also available to read online at: SunSeniorNews.com



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

Our caregivers are carefully screened, trained, bonded, insured, and background checked through the DMV, Department of Justice, and FBI

"I Have Hope Again."

Lincoln Hills resident, Dawn R. had been experiencing the painful effects of Peripheral Neuropathy, "my feet and legs were extremely painful and my doctor told me there was nothing they could do. I was told that I would have to take Gabapentin for the rest of my life, that wasn't okay with me." Then she started treatment with Lincoln's own acupuncturist, RaeAnn Salvador.

Peripheral Neuropathy is the pain, discomfort and numbness caused by nerve damage of the peripheral nervous system. Dawn explained that daily tasks like opening doors and using the bathroom were overwhelmingly painful. "How can you live for the next 20 years when you don't even want to get out of bed to do simple things?"

She was experiencing the burning, numbness, tingling and sharp pains that those suffering with neuropathy often describe. "The way that I would describe it, it's equivalent to walking on glass." Dawn hadn't worn socks in five years and was wearing shoes two sizes too big so that nothing would 'touch' her feet.

Unfortunately Dawn's story is all too familiar for the over 3 million people in the U.S. suffering from Peripheral Neuropathy.

If you are unfortunate enough to be facing the same disheartening prognosis, you're not sleeping at night because of the burning in your feet, you have difficulty walking, shopping or doing any activity for more than 30 minutes because of the pain.

You're struggling with balance and living in fear that you might fall. Your

doctor told you to "just live with the pain" and you're taking medications that aren't working or have uncomfortable side effects. Just know that there are options.

Fortunately, three months ago, Dawn read an article about Lincoln Acupuncture and the work being done to treat those suffering from Peripheral Neuropathy without invasive surgeries or medications.

She can now share how significantly her life has been changed.

"Now when I go to bed at night I don't have those shooting pains. I don't have that burning sensation. I don't have pain coming up my legs," Dawn enthusiastically describes life after receiving treatment. "I can wear socks and shoes and I can enjoy walks with my dog."

At Lincoln Acupuncture & Integrative Health, results are achieved using the time tested science of Acupuncture combined with technology originally developed by NASA that assists in increasing blood flow and expediting recovery and

healing to treat this debilitating disease.

What differentiates Lincoln Acupuncture is the use of the most cutting edge and innovative integrative medicine. Specializing in chronic cases, specifically those that have been deemed 'hopeless' or 'untreatable', she consistently generates significant results. What was once a missing link in senior healthcare is now easily accessible to the residents of Lincoln.

If you've missed too many tee times because of pain or you've passed on dancing along to songs of your youth because you're afraid of falling, it's time to give yourself a new opportunity.

It's time to let your golden years be golden!



PERIPHERAL NEUROPATHY?

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SUN SENIOR NEWS CLASSIFIEDS

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

ROOF INSPECTIONS AND REPAIRS. License #758107. Steve 916-997-2749.

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

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

ATLAS SPINE CENTER: Tired of opioids, epidurals, and failed back surgeries? Resolve chronic back, neck and spinal disc pain non-surgically! Endorsed by Harvard, Stanford, Mayo Clinic, Johns Hopkins University, and Duke Medical School. True game changer - 30 years of experience - Sun City resident. Call 916-645-3890 to see if you qualify and if we can help you today!

FOR SALE

FREE 36 inch SS GE Microwave, Model #JVM3670SF001, no heat, all else works. 916-408-7458.

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HOUSEHOLD, FURNITURE, DECORATIVE ITEMS, art, china, clothing, some garden, CDs, very reasonable prices, 916-434-7374.

WINEGARD FLATWAVE AMPED AMPLIFIED DIGITAL INDOOR HD TV ANTENNA - 50 Mile Long Range \$20. 916-220-3228.

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NEW FISHING REEL. Bass Pro model #PQ2000XPS. Six bearing system. Call Paul 916-772-5766.

ADULT TRICYCLE 10-12 years old, comfortable seat, large baskets; needs tires, TLC. Was \$1200 new; asking \$175. 916-708-5060.

HOT TUB cover, \$25, never used, mahogany color, 74"X74" :Pics available. Can deliver in SCLH. 916-408-5817.

Mannington Adura vinyl coated 16X16 tiles. Grand Canyon pattern. Four boxes (12) plus box (7). \$100. 916-409-0804.

TWO PAIRS OF MENS WRANGLER JEANS. Size 38x32. Great shape. \$7 each. 916-409-5963.

SPORTS ILLUSTRATED FEB. 5, 1990 ISSUE, "Joe knows Super Bowls". This is the issue following the thrashing of Denver, 55-10. 1984 Yearbook. " Super Season". 1994 Sports III Special Collectors Edition, "A Super Season", SF 49ers. 1987 Pro Football Annual Edition. \$40. 916-408-2211.

THULE REVOLVER™ HANGING BIKE HITCH RACK. Loaded hitch rack swings away from vehicle for full rear vehicle access. Also has integrated locking cable. \$50.00 firm. Call Mary 916-408-5008.

RENT

PALM DESERT 2BR/2BA Private Pool Avondale CC available April, May \$4,000 monthly Darlyne 916-768-0284 SCLH

WANTED

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

WANTED: BUYING RECORDS Jazz, Blues, Rock, and R & B. Buying small and large collections, LP's, 45's, and 78's. Also looking for reel-to-reel tapes, (all types.) Call 530273-8490

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

BUYING any Car, Truck, SUV, Van. I am a licensed Auto Dealer. I do all DMV paper work. Always paying TOP prices. Free appraisal at your home. Montie Boatwright 916-417-7468 or 916-434-5089. LH Resident.

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

ANNOUNCEMENTS

GARAGE SALE: Sat., March 20th 7am - 4 pm, 1500 Rose Bouquet Drive, SCLH. 916-434-9347.

KIWANIS CLUB OF LINCOLN Selling See's Candy for the Easter Holiday, from March 11 - April 3 in the Lincoln Ridge Center, near Orchard Creek Lodge. Hours: 10am - 4pm, closed Sundays. For info: Mike Caporale, President, 707-548-1490.

NON- PROFIT ORGANIZATION in Lincoln needs Board Members. Ride To Walk looking for new, energetic board members. Applicants need good understanding non-profit, experience in leadership. ridetowalk@sbcglobal.net

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

**FREE ADS — INCLUDE

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

BUSINESS ADS

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

Classified Ad Submissions —

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

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

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

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

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

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

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

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

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

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



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1440 Emerald Lane	Bridgeway	\$450,000
716 Rustic Ranch Lane	Alpine	\$450,000
856 Violet Lane	Alpine	\$456,000
1951 Monument Drive	Pine Hill	\$462,000
2113 Stonecrest Lane	Mendocino	\$520,300
2372 Rubicon Lane	Tehama	\$525,000
980 Wagon Wheel Lane	PLUMAS	\$529,000
460 Wood Duck Court	Alpine	\$540,000
2669 Woodacre Lane	Almanor	\$540,000

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

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