

SUN SENIOR NEWS

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IN THIS ISSUE

St. Vincent de Paul.....	3
From City of Roseville.....	4
Executive Director	5
All Tuned Up, Singers, Dance.....	6
Creative Arts, Needle Arts, Fine Arts, Cinema	7
Stamp, International, Boomer Generation.....	9
Singles, Jewish Fellowship, Travel	9
Ambassador, Compliance, Website.....	10
Sunshine Services	11
Met RPD 14th Police Chief.....	13
Citizens Patrol/Neighborhood Watch	14
Republican, Veterans and Patriots, Democrats.....	15
Computer, Rods & Relics, Birders.....	17
Hiking, Pickleball	18
Croquet, Timber Creek Women's Golf Club	21
Timber Creek Men's Golf	22
Sierra Pines Ladies Golf, Golden Niners.....	22
Senior Softball, Billiards, Bridge, Mah Jongg.....	23
Observations	25
Sun Senior News Classifieds.....	27

And Much More . . .

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Jane and Bob — Dancing on a Cloud

BY RUTH MORSE

Jane McNally and Bob Goscinski have been married for thirty-five years. It was a second marriage for Jane, and she kept her previous name. She has a daughter, son-in-law and two granddaughters. Bob was forty-eight when they married, and it was his first marriage. They have been in Sun City for twenty-two years, and, while not the very first to move in, they did need to wait for their home to be completed before inhabiting. They met in Walnut Creek and moved to Roseville from the city of Hercules.

Jane grew up in San Francisco, and, until she and Bob moved to Placer County, had never lived farther than twenty-six miles away from the Bay area towns. She lived in San Rafael, Richmond, Walnut Creek and Hercules.

Bob grew up in Bayonne, New Jersey. At the age of seventeen, he joined the Air Force during the Korean War. After boot camp, he was stationed at Orly Field in Paris, France



Jane and Bob

and stayed there in Europe until his final deployment at McClellan Air Force Base here in the Sacramento area. He was at McClellan for six months. After the Air Force, he moved to Pinole, California and lived with an aunt and uncle. He started a career in sales. Looking back, he regrets not using the military funding to attend college. After he left Pinole, he moved back to Bayonne and saved up money to travel. He lived in Europe for five years before finally settling in the San Francisco Bay area. It was at a dance at El Papagallo Mexican Restaurant in Walnut Creek that he and Jane first met.

Before the dance, Jane had married, had a daughter, divorced and had a career in education. At first, she taught elementary school in San Francisco for three years and then married and moved to Richmond. While there, she spent thirty-five years in the district, doing things as varied as science, junior high

(cont' on page 19)

SCR Foundation

A charitable service organization by and for the residents of Sun City Roseville

BY TONI FISHER,
Public Relations Director

Welcome, New Residents!



Numerous homes in Sun City were sold this past year and the For Sale signs are reappearing as spring approaches. With many new owners and tenants moving in, it seems appropriate to describe the work of the Sun City Foundation and what it offers to all residents, both owners and tenants.

As stated on our website (www.scrfoundation.org), "The mission of the Foundation is to provide services that address the physical, cultural, educational and social needs of Sun City Roseville residents, beyond those services already provided by the Community Association." Our motto is: "Neighbors Helping Neighbors". We offer a variety of services and activities within our mission beginning with our highly valued Home Maintenance Teams. Pairs of resident volunteers work one week each on a rotating basis. They enjoy using their talents performing a variety of helpful minor home repairs to help you with such needs as garage door lubrication, minor plumbing repairs, replacement of smoke alarm batteries, or entire alarms if outdated.

(cont' on page 16)

Harmonicoots

BY BUD GARDNER AND JENNIFER MARTIN

There are two means of refuge from the miseries of life: music and cats Albert Schweitzer

Every Thursday for more than a year now, Belita Anatalio, Coots' dynamic Music Conductor, has hosted the Zoom sessions of harmonica music. She's an amazing leader, playing not only the harmonica, but the piano, flute, ukulele, and guitar. "What a musical talent she is!" exclaims Bud Gardner, Head Coot. "What a find!"

Born in Chicago, Belita moved to California when her father, a civil engineer/architect, and her mother, a pharmacist, moved to San Jose. A graduate of UC Berkeley, she next earned her medical degree from Loyola Medical School. She worked as a pediatrician both for Kaiser and in private practice. She's also a trained pastry chef and a dedicated music teacher for homeless, foster, and high-risk children. A compassionate, big-hearted person, Belita is co-founder of Cake4Kids, an organization that makes birthday cakes for under-privileged youngsters.



Belita Anatalio

Belita has lived in SCR since December

2018, having been evacuated the month before from the wildfires in Santa Rosa. She was familiar with the Roseville area because her son, Michael — who last year was named Athlete of the Decade for his achievements in track — attended Sacramento State University. She joined the Coots right away, finding them to be very talented musicians. "They love music," she says, "and that's infectious." Belita, who has two cats, enjoys Billiards, Scrabble, and playing piano for Music and Laughter.

Beginning piano lessons at age seven, Belita still has the Yamaha grand piano her parents bought for her when she won second in a San Jose talent show in 1973. She also has a harmonica in every room of her house and even in her car. She says, "I live and breathe harmonica and exhale piano." We're all delighted to have Belita with us to, as Schweitzer says, take "refuge from the miseries of life."

...

Music and Laughter

BY JANE BOHN

Are you ready to enjoy another Music and Laughter event? We certainly are. For all you newcomers wondering what happens at our gatherings, for well over ten years now we meet every second Wednesday of the month at 7:00 pm for one hour of "Open Mic" at our Sierra Pines Lodge located on the corner of Del Webb Blvd. and Whistlestop Way. We've been blessed with a variety of wonderful entertainment each

(cont' on page 6)

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 916-727-6383 • Fax: 916-727-6373 • E-mail: egnews@egnews.com
 Ad rates are available online at www.EGnews.com or Email: Ad@egnews.com



EDITORS
 Gregg & Liz Goldthorpe

PRODUCTION ASSISTANTS
 Mark Bernard, Targa Funk,
 Madison Goldthorpe-Lewis, Emily Goldthorpe.

ADVERTISING
 Gregg Goldthorpe

CONTRIBUTORS

Ruth Morse, Ken Shahoian, Toni Fisher, Bud Gardner, Jennifer Martin, Jane Bohn, Seamus Fanagan, Helen Dyda, Bill Weaver, Earl Wiklund, Leetha Dawson, Jackie Proett, Lenora Davis, Bonnie Gegory, CJ Kidd, Ella Bosse, Brian Sutton, Tim Miles, Cynthia Sindrey, Suzanne Crowder, Dawn Beck, Lois Arlen, Karen Levine, Dave Lewis, Joan Rose, Scott Titensor, Charlyn Ross, Pat Teilh, Brian Parry, Linda Vincent, Carole Vaillancourt, Paul Regnier, P.J. Cousineau-Palmer, Elna Ragan, Janet Morelli, Doris Merchant, Bob Verzello, Jane McNally, Barbara Mills, Tony King, Debbie George, Ralph Friend, Richard Epting, Gerry Cristoni, Ann Swaim, Cindy Simpson, Martin Green, Allene Salerno,

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The Sun Senior News - Roseville 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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St. Vincent de Paul & Our Community Combatting Hunger in the COVID Era

BY SEAMUS FLANAGAN

Almost nothing is the same as it was pre-2020, but one thing that remains constant is the need to help those facing financial instability and food insecurity in the community around us. The mission of St. Vincent de Paul (SVDP), Roseville is to provide basic human services and programs to prevent hunger and homelessness. We've had to adapt to the challenges and increase in demand that the pandemic has caused, but have managed to continue providing our services thanks to the numerous volunteers (including many from this community) giving their time and talent.

In 2020, SVDP Roseville provided the following:

- An average of 774 households were served each month from our Food Locker, with an estimated total of 218,000 meals worth of food provided last year.
- An average of 85 households had groceries delivered each month via our Bags program for seniors and disabled persons, with an estimated total of 9,180 meals provided.
- An average of 60 guests were served takeout meals daily from our Dining Room, with an estimated total of 12,200 meals served for the year.

Altogether in 2020, with a budget of \$434,000, SVDP Roseville provided goods and services worth \$1,686,000 thanks to our volunteers and community partners.

Current Major Programs and Services:
 Food Locker: Open on Mondays, Wednesdays, and Fridays from 9 am until 11 am.

Bags Program: Home delivery of groceries to homebound seniors and disabled persons in Roseville.

Dining Room: Open for takeout 5 days each week for a midday meal.

Homeless Prevention: Assist qualified households with one-time rental and/or utility assistance. Clients receive case management and service collaboration with community partners.

SVDP's ongoing challenge is to fund these programs, which we project will cost

10% more in 2021.

The Big Day of Giving (BDOG)

The BDOG is an annual fund-raising event coordinated by the Sacramento Region Community Foundation for non-profits in the greater Sacramento area. SVDP Roseville's BDOG campaign will run from April 5th through Thursday, May 6th – peaking with a final 24-hour drive of giving!!

SVDP Roseville needs a more-reliable vehicle, and the primary goal of our BDOG campaign is to fund a truck that will pick up donations from local grocery stores and deliver food to the Food Locker, Dining Room, and Bags program. See the insert in your newspaper.

Please help us reach our goal by visiting placersvdp.com to see how or mail a donation to:

St. Vincent de Paul Society
 503 Giuseppe Ct. Suite 8
 Roseville, CA. 95678

Dr. Tom Stanko, M.D. (retired),
 President. Seamus Flanagan, Board Member,
 BDOG Team Captain.

The Society of St. Vincent de Paul is an international, non-profit Catholic lay organization that provides social services to people in need. The Society derives its inspiration from the philosophy and works of its patron, St. Vincent de Paul. Locally, the Roseville Conference of the Society of St. Vincent de Paul was formed in 1983 and serves the cities of Roseville, Rocklin and Granite Bay.



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From City of Roseville

Roseville City Council Approves Land Sale for Future Jobs Site

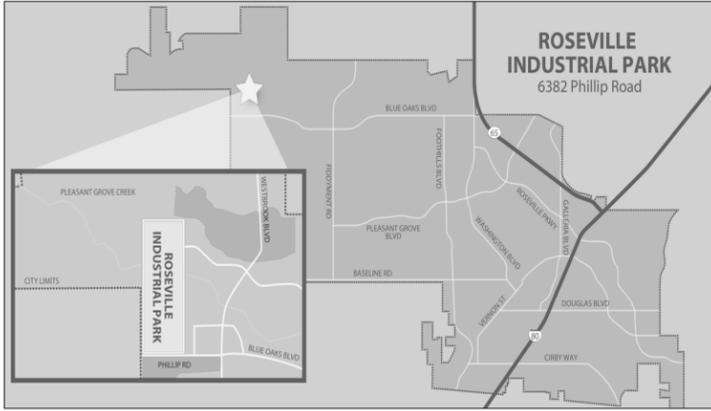
BY HELEN DYDA, *Roseville Economic Development*

A large regional jobs center is one step closer to reality following Roseville City Council approval for the sale of 6382 Phillip Road to Panattoni Development Company (PDC Sacramento). The future Roseville Industrial Park would allow the city to compete nationally in attracting employers to the area.

A recent study estimates the potential for \$950 million in annual economic impact and 6,700 jobs when complete.

"This site provides an ideal opportunity to drive significant job growth and economic activity," said City of Roseville Economic Development Director Laura Matteoli. "Roseville has a reputation for offering a combination of lifestyle, educated talent pool and business value, which is attractive for prospective companies."

The approximately 236-acre greenfield parcel, with 191 developable acres, is located north of a planned six-lane western extension of Blue Oaks Boulevard. The planned six-lane regional Placer Parkway, connecting Highway 65 and 99, bisects the northern part of the property.



As early as 2006, the site was identified for a future industrial park and jobs center. At that time, city analysis showed potential for a minimum of 18 buildings and 1,080,000 square feet.

"Panattoni has been a long-standing partner in the City of Roseville. It's vital for our region to continue building industrial manufacturing facilities to create tradable sector jobs. Projects such as this one will be the key to Roseville's economic recovery efforts," Greater Sacramento Economic Council President & CEO Barry Broome said.

The vacant property was declared surplus

by City Council on November 20, 2019 and an Exclusive Right to Negotiate with PDC Sacramento was approved on November 18, 2020. In Roseville, the developer has also completed the McKesson and Amazon properties on Foothills Boulevard.

Future development of the Phillip Road site will require rezoning from public/quasi-public to industrial, a General Plan amendment for industrial use, a major project permit, and environmental review. These entitlements will require consideration by the Planning Commission and City Council.

Industrial trends

A 2020 study by the Greater Sacramento Economic Council showed Roseville's industrial labor market growing faster than the California average since the year 2000. Roseville's industrial growth is projected to expand 17% in the next 10 years while the state is projected to remain flat. In 2019, Roseville had a total of 5,012 industrial jobs, generating \$820 million in total gross regional product.

Stay informed

Visit roseville.ca.us/ChooseRoseville to learn more about Roseville Economic Development.

Subscribe to the Business Matters newsletter and be notified of economic development opportunities and Roseville business news at roseville.ca.us/connect.

Astronomical Events for April

BY BILL WEAVER

April 8/9/15/16: Earthshine Nights: The Waxing and Waning Crescent Moon phases in April and May are the best time to see earthshine, where the unlit part of the Moon becomes visible. It is also known as Da Vinci glow.

Little-known to most, one of Leonardo's finest works is not a painting or an invention, but rather something from astronomy: He solved the ancient riddle of Earthshine. You can see Earthshine whenever there is a crescent Moon on the horizon at sunset. Look between the horns of the crescent for a ghostly image of the full Moon. That's Earthshine.

April 12: New Moon: Take advantage of a dark night sky to see the planets. The three morning planets are Jupiter, Saturn, and Mars. The latter two worlds are snugged close together as April begins, then as the month progresses, they all will gradually stretch out, becoming equally spaced apart on April 9.

April 22/23: Lyrid Meteor Shower: The Lyrid meteor shower is expected to peak around April 22 and 23, in the Southwestern area of the sky. Named after constellation Lyra, the Lyrids are one of the oldest recorded meteor showers—according to some historical Chinese texts, the shower was seen over 2,500

(cont' on page 5)

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Astronomical Events for April
(cont' from page 4)

years ago. The fireballs in the meteor shower are created by debris from comet Thatcher, which takes about 415 years to orbit around the Sun. The comet is expected to be visible from Earth again in 2276.

April 27: Super Moon/Pink Moon: April's Full Moon is traditionally known as the Pink Full Moon. This year, it's also a Super Moon, so it will look a little larger than a usual Full Moon. The name Pink Moon comes from one of the first spring flowers, Wild Ground Phlox, also known as Moss Phlox, as they cover the ground like a pink blanket. These brightly colored flowers are native to North America, and they often bloom around the time of April's Full Moon.

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Executive Director Comments

2021-22 Annual Budget to be Approved at the April 26th Board Meeting

BY EARL WIKLUND

The draft budget proposed for the 2021-22 fiscal year results is a proposed monthly assessment increase of 4.04% or \$7.00 per month; to \$180.00 per month per household. The new Budgeted Revenue is approximately 20.4% higher than the 2020-21 Projected Actual Revenue due to the Pandemic but 6.4% lower than the previous year's budget. The majority of the increase coming in the new budget year will come from Food and Beverage which has essentially been closed down in the previous year. Golf Revenue is projected to be 'flat' from the previous year actual but 6.7% higher than last year's budget. Food and Beverage is budgeted for an increase of 133.2% over the previous year's Actual but 28.8% lower than in 2020-21 budget projecting that more than one fiscal year will be needed to regain lost Revenues; essentially in Catering.

The increase in the Association's annual expenses continues to rise as a new higher operating expense paradigm unfolds. The increase is fueled by minimum wage and wage creep increases, water, electrical and natural gas increases, costs associated with the upkeep on an aging facility and increases needed to meet new environmental and governmental regulations. We are experiencing an overall cost increase for all materials, cost of goods sold and vendor costs for all services performed or

sold within the Association. The Community will need to continue to be innovative in the discussions on how to increase revenues.

Included in the proposed budget is a 4.2% increase in Operating Expenses. The anticipated monthly assessment increase for Operating Expenses totals \$6.00 of which \$2.50 is estimated to cover the increase in minimum wages. An additional \$1.00 is needed for increases in health benefit premium costs which saw an increase after several years of savings or modest increases. The remaining \$2.50 of the proposed \$6.00 increase in Operating Expenses is for all other expenses net of lower Revenues. The remaining portion of the proposed monthly assessment increase is \$1.00 and due to additional funding needed for the Reserve Fund as a result of increasing inflation assumptions, a lag of interest income expectation and positive impacts from our Alternative Investment account.

We continued with the budget strategies developed in last year's proposed budget in an effort to offset the upward pressure to our monthly assessments. Our budget reflects Operating Revenue at 55% of Total Revenue while Assessment Revenue is projected at 45% (down from 51% just 8 years ago) maintaining our goal of putting less reliance on resident monthly assessments. The percentage of

Business Revenue is slightly lower than last year's budget due to the need for additional time for Catering Revenues to revive.

The Reserve Replacement Fund is funded at approximately 100% over the next 30 years. The current 30-year Reserve cash flow projection shows the annual percent funded in a range of 95% to 100%. Projects for the Common Area Improvement Account include the implementation of the Strategic Planning Work Group Projects Phase A-1 and A-2 approved by a resident vote for \$1,960,000. Other CAIA projects for the 2021-22 fiscal year include the funding for projects associated with the Master Improvement plans for both Golf and the Common Area Landscape.

The projected Operating Fund Surplus as of 6.30.21 net of the Operating Emergency Account balance of \$400,000 and net of the balance in the Common Area Improvement Account leaves the year end Surplus projected at approximately \$1,000,000; accumulated over the previous two fiscal years. The disposition of this Surplus will be decided by the Board at their April 26th Board meeting and can be used as additional offsets in the current year's budget, as a transfer to the CAIA or Reserve accounts or for future energy conservation projects.

You are invited to attend the April 26th Board Meeting and give input through the Open Forum process.

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Music and Laughter

(cont' from page 1)

month provided by various musicians, singers, jokesters, skit performers, you name it. These talented people all live right here in Sun City very possibly in your neighborhood. We've also acquired quite a dedicated fan base providing excellent participation in our sing-a-longs. On occasion our performers will also bring their karaoke equipment to accompany them. We are hoping our next gathering will be the second Wednesday in May in the afternoon, possibly outside on the patio of Sierra Pines Lodge or another location to be determined. Nothing is set in stone, however, so please continue to seek out our Music and Laughter article in your May Courier and your May Sun Senior News and come join us for an uplifting hour of fun.

All Tuned Up

BY LETHA DAWSON

Another beloved member of All Tuned Up, Lou Legere, harmonica player, died in March, 2021. When Lou played the Newfoundland Waltz, everyone wanted to get up and sway to his beautiful music. Lou was an example to all of us. He was a man with health issues who always smiled,



never complained, and was so generous with his time and music. He rose early and when schools were still open in prior years and taught the kids how to play the harmonica. We shall dearly miss Lou Legere.

SC Singers

BY JACKIE PROETT

It's April and time to fill your Easter basket. Oh, it won't be filled with new music, as in the past. You still have last year's music. No, this year it will be all about "how" you fill your basket. There are the "Sweeties". They fill their baskets with Chocolate eggs, (some with peanut-butter), jelly-beans and yellow chicks. There are the "Sniffers". Their baskets are brimming with tulips, cherry tree twigs and fragrant yellow Acacia blossoms (ach-choo!). Us ordinary Singers will probably stick to the beautiful safety of Faith, Hope and Charity. Not only our baskets, but our lives should always be filled with the cherished threesome.

We find that Hope was reborn with the Covid 19 Vaccine. Many of us have had at least one shot, some two. That should mean that before long we'll sing in the same room! Music--the best exercise for body and soul!

Music reminds us of Pianist, Nina Malone. Last month's article was sent in when it was discovered that Nina had been sick for several weeks with a terrible virus, not Covid, as originally thought. She is now the Liturgy Director at her church along with music. Unfortunately they meet outside in the cold and she has to wear long johns and special

gloves to keep her warm to play. Glad she's better now. Stay warm, Nina!

Through the years both Nina and Paul have kept our Easter Baskets filled with lilting Concert music, lots of fun and warm affection. The hard work of a good rehearsal was eased with their gentle persuasion. We miss them both.

So here's your choice. How will you fill your basket? Candy and flowers are always important but the perfect recipe for life is Faith, Hope and Charity.

Dance Club

BY LENORA DAVIS

In the last couple of months, we reviewed the origins of some of the dances we do here in our Dance Club. For this final review we will look at Line Dancing. Most people are at least somewhat familiar with lined dancing. It is basically a choreographed dance to music, with everyone facing in the same direction, in one or more parallel lines, repeating a series of steps in unison. Originally, line dancing was done exclusively to country-western music classics like the Tush Push and Electric Slide. However, its real origins go back even further. Most students of dance would agree that it was adapted from folk dancing, which has many similarities, but the adaptation of the Contra dance in the 1970's made it truly popular. The Contra dances from the 1940's thru 1960's were performed with dancers facing each other in 2 parallel lines and executing a sequence of dance moves with different partners along the

length of the lines.

In the 1970's, the five dances associated with country-western music were: Walkin Wazi, Cowboy Boogie, Tush Push, Electric Slide, and Nutbash. At about the same time Disco was becoming popular. The 1977 movie Saturday Night Fever, with John Travolta, started a new dance craze. In 1980 the movie Urban Cowboy, again starring John Travolta, pushed line dancing into the mainstream. From there, over a dozen dances were created. In 1990, the song Achy Breaky Heart solidified line dancing's place in history.

Over the years since then, line dancing has become even more popular, not only in the U.S., but also Australia, Germany, Asia, the U.K. and others. The website CopperKnob.co.uk shows a myriad of dance videos and instruction from all over the world. Today, line dancing is performed not only to the classic country-western music, but also to songs of the 1950's and 1960's and has evolved to more contemporary artists like Beyonce and Bruno Mars. So, not a country-western fan? No problem. Line dancing offers a little something for everyone.

(more Club News cont' on page 7)

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Creative Arts

BY BONNIE GREGORY

Writing an article about what was happening at the Creative Arts Club has been a challenge as the Lodge has been closed for the whole time due to Covid.

But, this month I have great news. The art work of members of the Creative Arts and Fine Arts clubs will be on display for sale at the Galleria Mall in Roseville. This is thanks to June Evans, Sun City Roseville Creative Arts event coordinator. She worked with Placer Art League to arrange for the clubs to use store front windows at the mall to display their art. Besides giving the artist a place to exhibit and sell their art, it will give all the Sun City residence and friends who missed out on the Sun City art shows at the Timber Lodge an opportunity to see and purchase these wonderful works of art.

The art from Sun City will be displayed mid-April for 2 months.

This also helps the art clubs as the artist will be required to donate 10% to their respective clubs. I know this will help the Creative Arts Club as we always need supplies like paints, glazes and other supplies that the artist use.

The Placer Art League is displaying other artist at the Galleria in Roseville now so go enjoy the displays.

Some other information, June Evans emailed was about a fairly new workshop called "Creative Clay House Lounge". It is located in the Planet Fitness Center across from Blue Oaks Cinema. The information sounded

very interesting. They have learning sessions such as Potter's paradise, Handbuilding Hub, Glazing Gallery. They also have ceramics, paints and glazes, and clay. You can walk in or schedule appointments. Sounds like we can get our creative juices flowing again and even learn something new.

Needle Arts

BY CJ KIDD

Each one of you are a shining example. Each star is important to the sky. You are here to shine in your own special way. May you never forget how special you are.

We are featuring a special Needle Arts person this month, Judy Myers, I asked for a bio and several of her favorite hobbies, movies, books, etc. I received a beautiful story about a person that realizes what is important in life.

This is how her story began:

CJ, I wish I could help you, but the problem is I don't do any of the Needle Artsy Things. I can barely sew (I've tried). In high school, I knitted a sweater for a boyfriend (he never wore it). I tried to Needle Point some chair covers for our dining room chairs (never finished and spent a fortune on the patterns, thread, and new cushions I had made.) I can't buy, change or paint anything in my house without Barbara Aaberg's approval, and the list goes on. In fact, back in 2005 when we moved to Sun City, my husband wrote in our Christmas letter, "hold on to your seat and no laughing. Judy has joined the Sun City Needle Arts Club. While I would love to be able to do just one

of those things, I don't think I have a creative bone in my body. I'm an accountant and do wonderful spreadsheets. So, why am I a faithful and loving Needle Arts Member? Probably in the beginning I was hoping something would rub off being in a room of talented ladies (it hasn't). I stick around and go to various events because I Love the Ladies in Needle Arts.

Editor's Note: Judy has a wild side. She Club raced Porsches back in her 30's

Thank you, Judy, for sharing your story.

Fine Arts Club

BY ELLA BOSSE

Happy Spring everyone! It is great to feel the sun getting warmer and the days getting longer.

And we finally have some news to report.

The Fine Arts Club and the Creative Arts Club have joined forces to have an exhibit in the Roseville Galleria Mall. The Mall has made available some empty store front windows for exhibits. And we are very excited about it. We will have about 15 pieces of art on display and are in the process of picking those out and coordinating our displays.

The time will be from mid April to mid June but at this time we don't have the exact dates yet or the exact location. The location will depend on the availability of a store front at that time. At the time when I write this article, which is early March, we don't know yet.

But you can always check out the SCR website (Fine Arts Club) for any updates and by next month I will have the exact location

so please come and check it out!

And now that most of us have had our vaccinations we can feel safer about coming out of our houses and going places.!

But in the meantime: be safe!

Cinema Group

BY BRIAN SUTTON

As this article is submitted for printing at the beginning of March, we cannot tell whether by April, conditions will have improved enough to permit the monthly Cinema Group meeting. We hope our members are finding ways of enjoying the wonderful world of movie entertainment.

Many of you have taken to streaming movies from various internet services, which offer access to older and newer movies. Some of you, who still have a working disk player and can view movies on DVDs or Blu-Ray disks, may have joined a disk rental service like Netflix, or have taken advantage of our nearby Riley Library's vast DVD collection by going to the now open Library, or by selecting items online and using the Library's curb-side pick-up service.

Riley Library is open Tuesday-Saturday from 10:00 am - 4:00 pm. The Library's website, can be accessed from the City of Roseville's website, www.roseville.ca.us, in the "Residents" menu.

We sincerely hope we will soon be able to get together to enjoy many entertaining films.

(more Club News cont' on page 9)

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Roseville Stamp Club

BY TIM MILES

Things are pretty static on the home front, as the Lodge is still closed due to State law, hence we don't have meetings, etc. However, from time to time, Al Capparelli (916-771-8288) is having viewing of collections in his garage, as well as being able to restock anybody with any accouterments they may need. Masks and social distancing prevail.

As we've seen, all the various stamp expos and shows that we normally attend during the course of the year have been cancelled, which is understandable. However, the American Philatelic Society has been attempting to fill the void with virtual shows over the internet and some really nice articles in the monthly magazine. Kelleher and other auction houses are mailing catalogs to interested persons so look them up on the internet and notify them that you are interested and they will mail you a nice catalog with their wares and auction schedules.

Jill Hendricks stands ready to organize a club dinner at the Lodge as soon as we get the okay on a Lodge Opening. Contact her and volunteer your services. We promise it will not monopolize your time.

Our yearly dues have been coming in at a rapid rate (\$20 for the year and a real deal), given the access that membership in the club provides. Al Raub has been really timely about emailing the membership as to anything going on.

If any reader needs to determine the approximate worth of an "old" album, please feel free to call Al Capparelli at the above-noted phone number and he'll be happy to set you up with a free appraisal.

Lastly, Al currently has three new collections he is breaking down for sale. We, at least, have that to anticipate.

Several members have medical problems being addressed and we ask that you keep them in your prayers.

• • •

International Social Group

BY CYNTHIA SINDREY

It looks like our lives may be improving soon.

We did have to cancel the March event but are planning and hoping an event in May will be the one for us all to come together and we will be in good health and good spirits. Your Board

is meeting on March 24th to plan and come up with an event that you will all want to attend. Flyers will be sent to all paid up members so if you want to be part of the purely social and fun group and haven't sent in the \$10 for the year, please do so. Should the lodge re-open there will also be flyers on the rack.

Keep smiling, stay healthy, and if you have any questions please contact: Cynthia Sindrey, President: 916-773-5151 or Gini Christensen, Co-President: 916-772-0506.

• • •

Boomer Generation

BY SUZANNE CROWDER

Greeting Boomers and I hope you are enjoying this lovely Spring Weather!

This month's Special Interest Group (SIG) highlight is the Boomer Generation Progressive Dinner Group.

Every two months eight (8) people of the Boomer Generation Progressive Dinner Group (SIG) participate in a dinner party where each course (appetizers, salad/soup, and main course, dessert) is hosted at four different homes over the course of four (4) hours. Throughout the course of the evening, the Group progresses from house to house as they enjoy one course at each of their destinations until the evening ends with dessert.

These dinners are a great way to spend the evening with other Sun City Roseville Boomers, enjoy wonderful cuisine, and you only need to prepare one course! Evenings are themed, and though courses are assigned to each household, your choice of which dish to serve for that course is open to your culinary genius.

Progressive Dinners also allow you to showcase your home and cooking skills, as well as meet likeminded foodies. Some past themes have included, Italian, Comfort Food, and Tailgate. While many Sun City Roseville couples participate in this activity, singles are active as well as they can choose a friend to pair up with or will be matched with a partner for the evening.

If you are interested in signing up to participate or just want to know if you previously signed up for the Progressive Dinner SIG, please send an email to Karen Shahoian scr@shahoian.com. Karen would love to add you to her Progressive Dinner mailing list.

The Boomer Generation Progressive Dinner Group activities have been on hold

for the last year or so but we remain hopeful that the SIG will be able to start meeting again before the end of the year!

Your Boomer General Council.

• • •

SR Singles

BY DAWN BECK

If any of you have been wondering where your Singles Newsletter is, you were not forgotten. John Pennington, our outstanding writer, has been laid up with a broken hip. He is doing better slowly, so this month he is planning to write it. The board presented him with a card and a plant that Janice Shreve purchased.

Many of us are very hopeful about the end of the pandemic since we are getting our vaccine shots and the area is opening up a little more. Now is the time to look back on this last year and understand what it has taught us. Did we miss all the activities, the parties, the barbeques, the dances and the trips? Yes, we did. But, did we also learn more about ourselves and how resilient we could be? Yes, that also.

We're grateful that we could contact our families and friends by phone, Skype, facebook, and Zoom. We're delighted when family or friends from the past reach out to us and want to know how we are doing. Some days have been real challenges because nothing is happening and we get bored very quickly. Those are the days that we need to count our blessings instead of our troubles. During Lent in March many gave up treats to slim down. Easter has come and gone, but hopefully we can give up grudges, annoyances, and bitterness all year long.

Spring is in full swing with flowering trees and gentle weather so we can enjoy our walks outside greeting others and wishing them well. We look forward to having our meetings and events, and having something to celebrate. We will never take for granted the enjoyment we got from being together. Just stay patient and check on others in the community. We all need someone.

• • •

Jewish Fellowship Circle

BY LOIS ARLEN AND KAREN LEVINE

Hello everyone! Welcome Spring! The days are getting longer, and beautiful blossoms have emerged. Hope all of you have been well and safe as we all look forward to warmer weather and hopefully the ending of

the pandemic.

As of this writing, with the Clubhouse being closed, there are not any Jewish Fellowship Circle events currently planned. But, when we do re-open, we will once again meet for both our fun and meaningful scheduled events.

The story of the Jewish people begins with God creating the world in six days and resting on the seventh. After many years of slavery in Egypt, God took his people to Mount Sinai where He made a covenant, and the Ten Commandments were given. After 40 years of wandering in the wilderness, the Israelites entered the Promised Land (Israel) and built a Temple in Jerusalem. The Holy Temple was eventually destroyed, and the Jewish people went into exile and were scattered all over the world.

Shabbat, or the Sabbath, is Judaism's day of rest on the seventh day of the week. The Sabbath is observed from Friday night at sundown to Saturday night at sundown. The lighting of the candles and reciting a blessing ushers in Shabbat. A blessing is also recited over Challah (a braided bread) and over a cup of wine. On Saturday night the Sabbath ends with a short prayer called Havdalah with a special braided candle, blessing a cup of wine and smelling sweet spices - wishing everyone a good new week.

Stay tuned to this section in the upcoming months for more interesting facts.

• • •

SCR Travel Club

BY DAVE LEWIS

"2021 and Beyond" — Hello again fellow travelers, Spring has arrived!! The grass is growing and soon many of our members will be going on an adventure to the "Painted Canyons" of Colorado and Utah. Vaccinations are flowing, and we may soon be moving from Purple toward Yellow and a gradual return to the activities we enjoy.

Recently Collette's Jay Fehan provided a "webinar" presentation highlighting the many "benefits" of Club membership and a preview of remaining 2021 trips and beyond." This month's focus is on the remaining two 2021 trips and popular 2022 "Holland and Belgium Springtime Tulip River Cruise below.

"New York and Niagara Falls" (12 - 20

(cont' on page 15)

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Ambassador Committee

BY JOAN ROSE

Happy Spring! Once again, the Ambassador Committee is waiting for the reopening of business as usual. But in the meantime, we try to get to know our new neighbors in other ways. Hope you are all still sticking your head over that back fence to say hi to a new neighbor or putting on your mask and trekking across the street or down the block.

The lack of anything else to write about has given me the opportunity to introduce you to members of the Ambassador Committee.

This month I would like you to meet Marg Donnelly and Carole McCullough. They are the Ambassador Committee liaisons to the Roseville Chamber of Commerce. Before the pandemic began, they would attend the monthly meetings of the Roseville Chamber. This would give them the opportunity to show other businesses our healthy, vibrant lifestyle and encourage the use of our facilities by promoting a positive image and great lifestyle within an active, adult community.

Marg moved here seven years ago from a planned community in Arizona. But she was no stranger to California. After meeting her husband, George, of 64 years, at Seattle University, they moved throughout California with his job. They raised their five boys in Red



Marg Donnelly



Carole McCullough

Bluff and Salinas and ended up in Monterey before they retired. Those five boys have given them 11 grandchildren and two great grandchildren. Marg immediately jumped into the active lifestyle here by joining the 18hole ladies golf club where she served as Captain for one year. She also loves playing tennis and bocce. She has been on the Ambassador Committee since 2018 and spent two years on the Chartered Club committee. No grass grows under her feet!

Carole moved here four years ago from Morgan Creek, just across the way. Raised in Ohio, she met her husband Cal, another Ohioan, on a blind date in Fremont, California. This made him an instant hit with her family. They have been married 51 years, have a son and a daughter, six grandchildren and one precious great granddaughter. Shortly after moving in, Carole hit the dirt running.

She joined Boomers where she became Secretary, Bocce and the Architectural Review Committee. She has been a member of the Ambassador Committee since 2019. Pre pandemic, Carole also enjoyed time at the Fitness Center exercise classes. The one she misses the most is Aqua Zumba.

Both ladies look forward to a time when they can return to Roseville Chamber meetings to tout our facility to the rest of Roseville. In the meantime, they are staying safe and hope all of you are too.

Compliance Committee

BY SCOTT TITENSOR

Community Standards is here for you! Spring is a wonderful time of year, especially here in Sun City Roseville. Temperatures are rising, many of us have a list of projects we wish to accomplish. Your pride of ownership keeps our community beautiful. Step one in any project should start with a review of our governing documents and design guidelines. Your Community Standards Department (CSD) is here to help. Addressing concerns, answering questions, helping you achieve your desired result while keeping your home compliant. Contact Ryan O'Connell, Assistant Director of Community Standards at 916-774-3863 or ryano@SCRCA.ORG, or Lorri Booth, Director of Community Standards at boothl@SCRCA.ORG. Please, have your project approved first!

If you desire to display outdoor decorative items including but not limited to flowerpots, planters, trellises, arbors, fountains, sculptures, and flags, be sure to read Design Guidelines, Section 3.03 (j) and 3.04. Pots and planters are prohibited on windowsills, knee walls, party walls, fences, masonry walls and landscape/retaining walls. Items not placed in your private space require ARC application and approval. These standards were developed to help maintain the beauty and enjoyment of our community. If you need more information about private space, please refer to Design Guidelines Glossary of Terms and Section 3.01 (h).

The Compliance Committee is currently not meeting due to COVID-19 safety concerns. We are working with the Community Standards Department, addressing issues brought to our attention. Your continued adherence to our governing documents is greatly appreciated, keeping Sun City Roseville the premier active adult community in Northern California.

Website Workgroup

BY CHARLYN ROSS

What Can We Say About April? What can one say about April other than it is the first full month of the spring season? After doing a little research on the internet, it seems there is much that can be said, as the following sample of quotes indicate.

Starting with April 1st, "Some people can't be fooled on April Fool's Day because they were fooled too many times during their entire lifetime." Akash B Chandran

This quote is probably the most popular. "April is the cruelest month, breeding lilacs out of the dead land, mixing memory and desire, stirring dull roots with spring rain." T.S. Eliot, The Waste Land

Someone decided to contradict T.S. Eliot's quote.

"April is the kindest month. April gets you out of your head and out working in the

(cont' on page 11)

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(cont' from page 10)

garden.” Marty Rubin

A quote appropriate for its author.

“It was a bright cold day in April, and the clocks were striking thirteen.” George Orwell, 1984

Of course, Shakespeare had to have a say.

“April hath put a spirit of youth in everything.” William Shakespeare, Shakespeare’s Sonnets

After that bit of April enlightenment, let us get to the purpose of this April article—the Resident Website.

In one important way the past year of being locked-down has been positive for Sun City Roseville. It has prompted many more residents to discover the importance of frequently checking the Resident Website, www.scrs.org.

- The Announcements Area is the primary location for updates and meeting information. The ability for residents to attend meetings via videoconferencing has proven to be very important.

- Additionally, past video recording of the February Town Hall Meeting, monthly Board Planning Session, and monthly Board Meeting can be accessed from the link “Watch the Board Meeting Videos...{more}” located below the Announcements area.

- The Board of Director’s webpage has been revised to contain links to meeting agendas, approved meeting minutes, and to meeting videos.

- The Amenities Menu, which contains links to the Timbers Restaurant and Golf, are kept updated as changes occur to locked-down

restrictions. Recently, Timbers Restaurant web page was revised to make it easier to access the current menus on a small, smart phone screen.

April seems like a good time to remind everyone that the Resident Website was available to keep you informed, during this past, difficult year. It will remain a primary source of information in the future as well.

Should a resident have questions about the Website or its features, or perhaps, have a suggestion to improve it, those should be provided to Julia Schmunk, our Website Designer, by phone 916774-3878, by email at julianns@scrca.org, or by a note placed in the Suggestion Box at the Lodge’s side entrance.

As Sun City residents we have made an investment in this community, which makes it all the more important to stay informed. And, as so many of you have discovered during this past year, the Resident Website is the best resource for that, not just in April, but throughout the year.

Sunshine Services “We’re Here to Help”

BY PAT TEILH

Last month marked one year that the Corona Virus (Covid-19) quarantine has been in effect and your Sunshine Services group continues to be here for you.

Of our many services, four programs continue to serve your every day needs. These active groups are the sale of Dial-a-Ride tickets, the Caregiver Relief and Individual Care, the Medical Equipment Loan program and our transition and loss director is always available to offer assistance to our residents. Sunshine Services council meets every month via email where all members submit their reports. As you can see, the Sunshine Services group is still here to help even during this shut down.

If anyone in your family or in your neighborhood needs cheering up with a friendly card or if someone passes, we are here to send the appropriate card. Please let me know and the card will be delivered. We are here to spread a little cheer to our community. As always, we with the Sunshine Services group are thankful for the support given to us by the Foundation Committee. We are hoping we will be back to normal soon but until then remember the Sunshine Services Group is Always Here to Help.

“The future belongs to those who believe in the beauty of their dreams.”- Eleanor Roosevelt

AARP Tax-Aide to File Tax Returns

AARP Foundation Tax-Aide is offering free tax preparation for low-to-middle income seniors. Most host sites anticipate full closure due to coronavirus. All tax returns need to be filed with minimal or no face-to-face contact to ensure the health and safety of volunteers and you - the taxpayer.

For those who have historically been assisted in Roseville at the Maidu Community Center, Sun City, or the Downtown Library, appointments will be necessary and can be made by calling 916-741-0506.

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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- Jennifer Kier

“Need to sell a home during a pandemic when you’re out of the country? Call Sherri Walker. She got us an offer and then when the stock market plunged and the buyer freaked, she got us another offer right away...above asking for a second time! She is a go-getter!

- The Petersons

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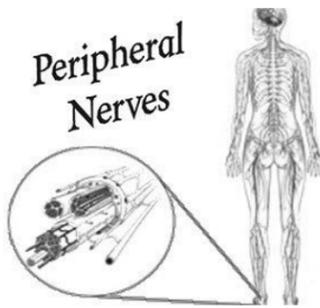


Figure 1: Notice the very small blood vessels surrounding each nerve.

Peripheral neuropathy is a result of damage to the nerves, often causing weakness, pain, numbness, tingling, and the most debilitating symptom, balance problems. This damage is commonly caused by a lack of blood flow to the nerves in the hands and feet. Every part of the body relies on blood via blood vessels, for oxygen and nutrients. Without it, the body begins to lose function.

As shown in Figure 2, as the blood vessels that surround the nerves become diseased, they shrivel. This prevents the nerves from getting the nutrients necessary to survive. The nerves begin to degenerate and no longer conduct sensation adequately.

When these nerves begin to "die" they cause you to have balance problems, pain, burning, pins and needle sensation, and other symptoms.

Three Factors to consider for Effective Neuropathy Treatment:

1. Underlying cause?
2. Amount of nerve damage sustained?
3. How much treatment is required?

Three goals of treatment at Lincoln Acupuncture:

1. Increase blood flow
2. Stimulate nerve fibers
3. Decrease brain based pain

The main problem is that those with Neuropathy have been given limited options for treatment: medications which often make you feel

sick or uncomfortable, or have to come to terms with the idea of "just living with it." There is now a clinic in Lincoln that offers you hope without worrisome side effects.

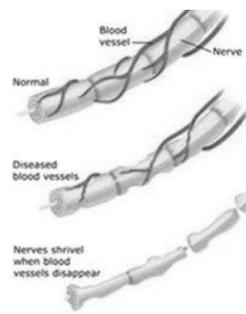


Figure 2: When blood vessels become diseased, they shrivel and are no longer able to provide nourishment to the surrounding nerves.

The treatment to increase blood flow utilizes Acupuncture, ATP Resonance BioTherapy and O3 Regenerative Therapy. Acupuncture helps to stimulate the blood vessels and the peripheral nerves such that they are able to receive proper nutrients needed to heal and repair. Collectively, these treatments function to increase blood flow and expedite recovery and healing.

The amount of treatment needed to allow nerves to fully recover varies from

person to person and can only be determined after a detailed neurological and vascular evaluation.

We will conduct an exam that consists of detailed sensory vascular testing and an analysis of neurological findings. After the exam, you will meet with the practitioner to discuss your results and determine if you are a good fit for our program.

This life impacting condition affecting millions of individuals can be helped and even reversed. Whether the neuropathy affecting you is chemical in nature, due to diabetes, or mechanical such as disc disease or arthritis, treatments are available to help you alleviate your suffering.

Call **916-884-0398** to make an appointment to determine if the peripheral neuropathy affecting you can be treated.

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YOU DON'T HAVE TO JUST LIVE WITH IT

Met Roseville Police Department's 14th Police Chief — Troy Bergstrom

BY BRIAN PARRY
PHOTO BY BRIAN PARRY



Roseville residents hit the jackpot. After a nationwide search, city leaders decided to hire one of our own. Continuity of leadership. Nothing wrong with that. Troy Bergstrom, a 26-year police veteran was recently appointed Roseville Police Department's 14th Police Chief. Bergstrom, his wife and two college age sons are residents of West Roseville. He has been described by some as being friendly, approachable and having a great sense of humor. The type of person you want as your neighbor, no less your police chief.

I found him to be every bit of that and more when I sat down with him in his office for this interview. Bergstrom grew up in the San Jose. He started considering police work after his father tragically died during a backpacking trip to Yosemite National Park. He was moved by how compassionate the responding Park Rangers handled the entire incident. Later while a student at Humboldt State University in Arcadia, California he watched while responding police officers handled another student who was in the midst of a mental health crises. According to Bergstrom, "They completely calmed him down and took him into custody without incident."

Bergstrom transferred to Sacramento State University and enrolled in the criminal justice program. After several police ride-alongs and careful consideration of other public service careers, he settled on police work and started his career in San Mateo at the age of 22. After several years with San Mateo, he took a lateral transfer to the Roseville Police Department. His wife had family in the area.

Bergstrom is well liked and respected by his officers and many Roseville residents. While a candidate for the chief's job and prior to his appointment, a Roseville officer paid Bergstrom the ultimate compliment a police officer can get from another officer. He was described as a "cop's cop." In police jargon that refers to an officer who is highly respected and regarded by his peers as an officer to emulate. Regarding the community, Mia Winters, a Roseville Westpark area resident and Neighborhood Watch director said, "Chief Bergstrom is responsive, approachable, down-

to-earth and a strong community advocate who supports programs like ours."

During his career Bergstrom worked in almost every departmental division and specialized unit, and according to the officer, Bergstrom was not just checking off the boxes on his way to the next promotion but actually immersed himself into every assignment as if it were his last.

Bergstrom told me his two favorite assignments were working in the Crime Suppression Unit and as a patrol sergeant. Bergstrom actually brought the concept of the Crime Suppression Unit to Roseville from his days in San Mateo. The unit is comprised of hard charging detectives, working undercover, pursuing career criminals who commit crimes in Roseville. As a patrol sergeant, he loved working with his team on the graveyard shift.

In 2013, Bergstrom attended the FBI's National Academy, one of the most prestigious law enforcement executive training programs in the world. While there he exchanged ideas and networked with police executives from all over the country and the world.

Bergstrom explained he started thinking about the chief job as he promoted through the ranks to lieutenant and captain.

As the new Chief, Bergstrom draws from his experience working for 5 different chiefs who set the foundation for the department. He considers every decision he makes from the perspective of how it will affect the community, his officers and the professional support staff. "After all," he said, "My decisions affect the community where my family lives."

Bergstrom believes he inherited a well-functioning police department and plans to improve the department by making incremental positive changes to move the department forward and elevate the good programs to the next level. Another goal is to develop his staff and mentor new leadership.

We talked about several of the innovative programs implemented by the Roseville Police Department. Bergstrom is very proud of the Social Service Unit, the Family Mobile Team and the Mobile Crises Team which deal regularly with the homeless and those people experiencing mental health issues. Roseville was forward thinking and ahead of many other police departments when they formed these teams. The teams have trained social workers and crisis counselors responding to assist officers with a myriad of mental health and social problems.

Roseville also has a number of Placer County Probation Officers assigned to the work out of the police department. Probation officers and police officers working together is a force multiplier and enhances the exchange of information and intelligence. This partnership is a win for both departments and the community.

Another program totally unique to Roseville is the Interfaith Task Force which is run by volunteer Al Moody. The program brings together security personnel from 25 to 30 different churches in south Placer County to exchange information about problems facing their respective places of worship. Those problems range from graffiti and thefts

to mentally ill persons disrupting services. The task force gives security personnel the opportunity to exchange information, network and discuss best practices.

Bergstrom is especially proud of the community Neighborhood Watch Programs which meet regularly at the police department to exchange information. The neighborhood watch programs act as the eyes and ears of the police department. As Bergstrom says, "It is simply neighbors looking out for each other and calling the police when something looks suspicious."

Community relations are important to Bergstrom and the Roseville Police Department. He and his officers regularly attend neighborhood and community meetings. In fact, almost two thirds of the officers actually live in Roseville. They are our neighbors and, therefore, are personally invested in keeping our communities safe.

When asked about motivating his officers in a time when recent laws were passed in California weakening the criminal justice system, Bergstrom reminds his officers not to stress over something they have no control over and to continue doing good solid police work. Even in light of the anti-police sentiment in some areas of the country, Bergstrom said he would not discourage any young person from going into police work especially in Roseville which has an unusually high degree of community support. In fact, one of his sons is considering police work. Bergstrom sums up police work as driving into neighborhoods, talking to people and keeping people safe. That aspect of police work will never change.

Bergstrom has submitted a budget proposal to purchase body worn cameras for his officers. Bergstrom believes the cameras will provide an extra level of safety for his officers, enhance evidence collection and improve transparency with the community.

In his leisure time, Bergstrom likes to travel with his family. They enjoy visiting national parks, hiking and are sports fans. Bergstrom likes to ski and is a voracious reader. He has read all of the Tom Clancy books and enjoys political memoirs.

I sense Troy Bergstrom is the same guy whether he is at home or at work. He is a man of character, an experienced lawman and cares deeply about the community he lives and works in. We are fortunate to have Troy Bergstrom as our police chief and as our neighbor.



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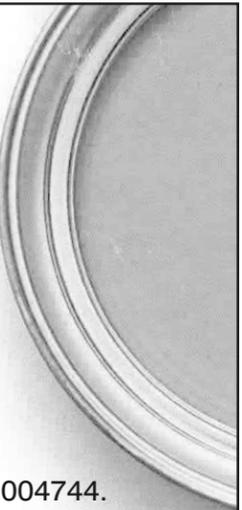
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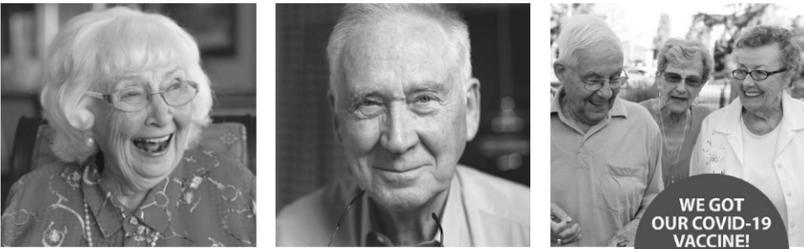




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Citizens Patrol/Neighborhood Watch Safety with Friends and Your Neighbors

BY LINDA VINCENT

Familiarizing yourself with neighbors can be a win-win situation. Offer yourself as a resource in case of emergencies or help needed on their end; some neighbors might reciprocate the offer. See if they're comfortable sharing their needs.

Do you live next to an older couple that stays home but sometimes needs help? Does your neighbor have indoor pets, and should you call if you ever see the pets outside? Develop a buddy system with your neighbors. It is as simple as when you wake, text, call a neighbor or even opening your front blinds lets your neighbor know you are ok. This is a great way to keep your neighbors safe too.

Planning get-togethers based on physical activity is a great way to get to know neighbors. With COVID-19, getting together can be very challenging today, however with 6 foot distancing, it can still make for a good gathering.

Developing a neighborhood calling tree could help when things go amiss in the neighborhood, whether it's a property crime or something more sinister like violent crime.

You could also encourage neighbors to disclose safety/burglary incidents so others know what to look out for.

A well-kept yard can help deter crime since trimmed foliage offers fewer places to

hide. And fences can, of course, keep unwanted visitors out. An unkept yard might say to those passing by that "someone is on vacation for extended time", "home is vacant" or maybe an elderly neighbor is in need of help.

When out of town, exercise caution. Burglars rely on signs of vacancy, so make it look like you are home, when you are gone. Have neighbors keeping an eye on your property, have your yards manicured, stop mail and newspapers or have a neighbor gather them; have a car parked in your driveway occasionally while you're gone. Even small efforts can deter crime.

Use timers on your lights in various rooms of your home or find a smart security system that allows you to turn lamps off and on remotely.

Close your windows and blinds at night is less enticing to steal if no one knows the valuables inside your home. Turn on your porch lights in the evenings and install motion detector lights on sides and back of homes to scare off intruders.

Get involved with your neighbors and keep an eye out for unusual happenings in your area!



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SCR Travel Club

(cont' from page 9)

October 2021)

• Last date to register: 12 April 2021 (Wait Listed)

• Niagara Falls; Medina; the Erie Canal; Sonnenberg Gardens and Mansion; Cooperstown, the Baseball Hall of Fame; West Point and New York City

“Discover Nashville & the Smoky Mountains Holiday” (8-15 December 2021)

• Last date to register: 8 June 2021

• Grand Ole Opry Show; Historic RCA Studio B; Country Music Hall of Fame; Gaylord Opryland Resort Dinner & Holiday Show; Great Smoky Mountains National Park; Dolly Parton’s Christmas Stampede & Dinner Show; Dollywood; Asheville and the Biltmore Estate

“Holland and Belgium Springtime Tulip River Cruise” (18 – 26 April 2022)

• Last date to register: before 12 August 2021; this trip sells out fast!!

• Amsterdam; 7 Night River Cruise; Keukenhof Gardens; Arnhem; Middelburg; Bruges; Ghent; Antwerp; the Kinderdijk Windmills and Floriade Expo 2022

As a reminder, the election of 4 new Club officers and approval of the fiscal year 2021 – 2022 budget in May are essential to prepare for the coming Club year on 1 July.

Members, please check the Club website and your emails for updates.

Safe and happy trails to you!

• • •

SC Republicans

BY CAROLE VAILLANCOURT

Hopefully we will be able to meet soon! We say that every month but alas we are still waiting! Maybe the end is near.

COVID vaccinations are continuing at a faster pace now and hopefully you are taking advantage and receiving the shots.

We are hoping to have a social event for our first meeting when we are allowed to meet.

When the situation changes, you will be notified by e-mail.

The petition to recall the Governor is nearing completion, we then will be able to support the Republican candidate.

As always. Practice safe precautions till you are protected.

For questions please call 781-2468.

• • •

Veterans and Patriots Club

BY PAUL REGNIER

I opened my eyes this morning and noticed... it is April! OMG, it has been over a year since we last met, talked, joked and played together. We, here in Sun City, have been staying still and “behaving” better than most. Our “health” statistics have not dropped like many others around us. Our “boredom” measurements have greatly increased, though!

Your Club leaders are constantly searching for safe “rule following” ideas and ways to begin to re-open and reintroduce some “fun” back into our lives. Is it possible that we will start a new branch of veterans, the COVID 19ers?

We hope the future is just around the corner.

Some of our “fighting” veterans that moved away have returned. As you all know, once a member of the Vets and Pats here in Sun City, always a member here in Sun City. Yes, each and every returning member is, has and will always be welcomed back and reinstated into their and our club.

Enough for now but stay tuned for more up to date news. God Bless

• • •

SCR Democrats Club

BY TONI FISHER

We are finally sensing some hope that the effects of the pandemic may be slowing down and our world will at some point return to a more active stance. While many of us have received our full vaccinations, we are told that we should not expect everything to open up until probably late summer or early fall when a higher percentage of the population has also been vaccinated. This does not mean that there is nothing for us to do since activities for the 2021 elections have started up again.

The activities kick off with the upcoming California Democratic State Convention which runs from April 29 to May 2. We are fortunate to have two of our members as delegates for the next two years. Kathleen Crawford will serve as a Central Committee Board delegate and Toni Fisher was elected recently as a replacement for a Board Member who was elected to the State Democratic Executive Board. While this year’s first convention will be a virtual Zoom gathering, many decisions

will be made and attendees, who will celebrate the progress already made by the Biden-Harris administration, will be encouraged to work for our preferred candidates as well as any propositions or measures that may be on the ballot and merit our support.

We will also be encouraging everyone in our area to work to elect good candidates in any way possible. We must first identify potential candidates who will serve us locally as city council members, school board members and possibly county board members. Beyond those candidates, we will want to show our support for candidates for Assembly District 6 and U.S. Congressional District 4.

While we may not soon be able to walk the neighborhoods in support of any candidate, we will have several Zoom meetings to hear from potential candidates and to announce projects for anyone to join and work from home such as writing letters and postcards to encourage votes for a particular candidate, ballot proposition or measure, then calling or writing voters to remind them to vote in the 2021 primary election in the spring.

We have had our “breather” in recent months and we must now use our renewed energy for the benefit of the citizens of our area. We can do this together!

• • •

(more Club News cont' on page 17)

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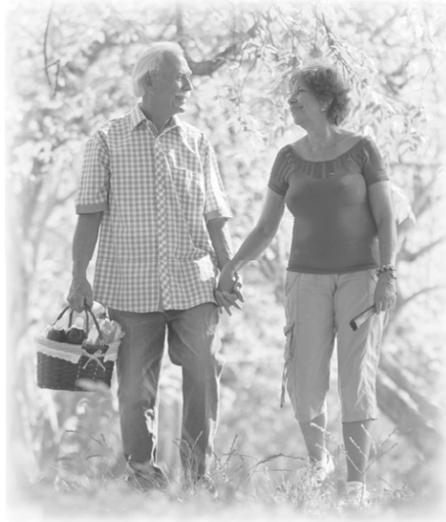


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SCR Foundation

(cont' from page 1)

Each team has at least one member who is able to climb a ladder to change ceiling lights or check on ceiling fans; they can also move a bulky piece of furniture. If you have a different need, just ask and they can tell you if they are able to assist.

Another service recently described in this space which has had an exceptional response is our Survivor's Guide. This binder has pages which remind you of all the information to record for up to two residents in the event one is hospitalized, or possibly passes on, and is a helpful resource for family members. If you think it may be time to move to the next level of housing in an extended care facility, information on local facilities is in our Alternate Living Considerations Program which is continually updated on our website. Our décor loan program offers a variety of items for your home celebrations or to decorate the tables for your club's event at Sierra Pines. If interested in these services, call our phone number 916-774-9040 and speak to one of our phone volunteers.

Several Foundation events serve our commitment to residents' social needs. These include two bingo afternoons, our fall dinner dance and casino night and our annual golf tournament. While we sometimes raise funds with these events, our main purpose is your enjoyment. Another social event is the Association's Speaker Series, funded by the

Foundation and offering interesting speakers selected by our Activities Director, Sharon Mowry.

For your physical needs, we have funded a handicapped-accessible exercise machine in the Fitness Center, the benches situated around Sun City and the lights at School House Park. We also provide support funding for the Sunshine Services Programs including the caregiver and caregiver relief programs and discounted tickets for the Dial-A-Ride program.

Our Board of Directors and the residents who perform the services are all unpaid volunteers and, as a 501 (c)(3) nonprofit organization, our work is funded through some events and the free will tax-deductible donations offered by our residents.

Next month's article will offer ideas we hope will encourage you to get involved.



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Computer Club

BY P.J. COUSINEAU-PALMER

We need YOU in the Computer Club. As a member you may learn how to operate the latest iPhone or Android Smart Phone, Ipad, tablet or Laptop. You also can learn how to take better photographs plus how to enhance those photos. Do you want to find those long lost relatives? If so you can join our Genealogy group. Maybe you want to write your own family stories or write a book.

If you already know all of the above maybe you can assist your neighbors, friends or other Computer Club members to understand their own devices.

Or maybe you need help with our SCR website or can help others navigate it. You can pick your own hours and days.

Rods & Relics

BY ELNA RAGAN

Our second General Business Meeting was held on Thursday, March 18 at a member's large facility in Sheridan. Voting for Board members took place. The results will be announced next month.

Car Shows are beginning to be held. Placer County moved to Tier 2. Our original date of June 5 is still in the works with back-up dates of August 21 or September 25.

The bi-weekly breakfast at the Waffle Farm continues to be cancelled until further

notice. Once again, the Waffle Farm is a major sponsor of our annual Downtown Lincoln Car Show. 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

Birders

BY JANET MORELLI

What does it take to become a birder? It's probably easier than you think, in fact, you may already be a birder. There's no wrong way to watch birds unless you're trying to wipe out an entire species. If you look out your window and see a bird, if you spot a bird in a neighbor's tree or on a lawn somewhere, or if you see a large bird soaring on the thermals above, and you find those experiences enjoyable, you are a birder.

Bird watching with others is one of the best ways to improve your birding knowledge. The Birders Group of SCR is anxiously awaiting a return to scheduled field trips and welcoming new birders to increase their exposure to the many birds that can be seen in the greater Sacramento Valley. Since the annual SCR Birding Field Trip Schedule starts in September of each year and ends in May of the next year, it will probably September of this year before the Birder's field trips resume. Hope to see

you then! In the meantime, continue to enjoy watching birds.

A male Wood Duck is beautiful sleek-crested duck that has been sighted in SCR on rare occasions. It is usually found in pairs or small groups in marshes, swamps, or wherever there is standing water among trees. The male is patterned in iridescent green, purple, blue and chestnut patches with a white chin and belly. Female Wood Ducks are the same shape, but are mostly all brown with a large white eye patch. These ducks have strong claws on

their feet which allow them to grip the sides of tree trunks and perch on branches. They nest 15 to 40 feet above ground in tree cavities or man-made nesting boxes. They feed mainly on acorns and other seeds and glean water surfaces for aquatic vegetation.

• • •

(more Club News cont' on page 18)



Male Wood Duck



Male Wood Duck



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My Story Continued

My very first job was at the ripe young age of 13. I became a paperboy with my very own route. I was responsible for delivering 110 daily papers in a neighborhood 3 miles from my home. I would come home from school to fold and deliver papers using my bike with handlebar bags. After one year, I changed routes to one in my neighborhood.

After 2 years of delivering papers, I changed jobs to work at the hotel my father managed. I was hired on to the maintenance department. I worked that job all through high school and college. It enabled me to buy my first car at 16. When they were filming Herbie the Love bug at Laguna Seca Raceway, I met Don Knots while carrying his bags to the room he was staying in.

Because of the mechanical classes I took in school and my maintenance job, I was offered a position at a horticulture plant as a maintenance worker and shortly after, I became the shop foreman.

My sister had a friend that she bowled with and after meeting him, I was offered a job to help his business at a diesel truck repair shop. These were 18 wheelers they repaired and I worked as the parts counter manager. I also took on another part-time job at a tire store as an installer.

I helped a close friend that was going through a divorce by giving him a place to live until he could get settled. In return, he got me hired at a machine shop working as a machinist. I thought at the time that this was my final career job until life events changed my situation and I left Salinas at the age of 25 and moved to Sacramento to help another close friend and his wife with their new born son and living expenses.

If you think that was a lot of different careers, wait until you read about those I've had since moving to Sac in the next edition.

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SCR Hiking Group

BY DORIS MERCHANT

Spring has arrived, and that means we start the trip to our hikes at 8:00 a.m.! Please meet in the parking lot by the tennis courts at 7:45 a.m. If you're new to the group, bring water, a snack, lunch and a pair of shoes to change into after the hike. Carpooling costs are determined by the mileage to and from the trailhead. Please visit our website for more information on the scheduled hikes.



Stagecoach/Manzanita Loop Hike.

April 1: Lake Clementine Loop, rated 5.5 (moderate to difficult), 8.5 miles, \$6 carpool ride.

April 8: Bridgeport, rated 4.5 (moderate), 5.5 miles, \$8 carpool ride.

April 15: Spenceville, rated 3.5 (easy), 5.25 miles, \$6 carpool ride.

April 22: Cronan to Magnolia, rated 4.5 (easy to moderate), 5 miles, \$6 carpool ride.

April 29: Lake Clementine View, rated 4 (easy to moderate), 5 miles, \$6 carpool ride.

• • •

Pickleball

BY BOB VERZELLO

Despite COVID issues, we have had quite a few players join our Club during the past year. Now, we get to welcome another new member, Robin Aguirre.

In March president Gene Cochran had planned to conduct a pickleball clinic for new members and for existing members interested in improving their game. However, concerns over an increase in COVID cases

in Placer county required that the clinic be postponed. Gene will try to reschedule a clinic in April. Meanwhile, Gene told us to expect additional improvement to the courts with new windscreens and umbrellas.

Here is the next installment of the official 2021 pickleball rule changes and clarifications for non-tournament play.

If the server calls the wrong score, a

(cont' on page 21)

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

Jane and Bob

(cont' from page 1)

reading and staff development in the district office. She loved the teaching as well as the inspiring, outstanding people she met along the way in education.

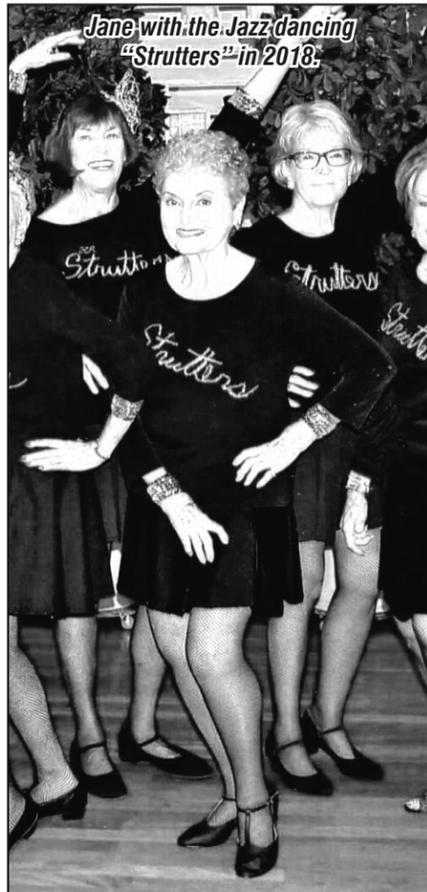
After Jane's divorce, she was in no hurry to meet anyone new or get married again. She realized on a trip to England while attending a ballroom dance that there were indeed still nice and charming men in the world. So, there was an openness when she first met Bob at a dance at a restaurant in Walnut Creek, California. Bob approached her and told her he had been watching her dance and wanted to dance with her. She accepted the tall, curly-haired guy's invitation. She had come to the dance with a total of seven women from a choir



Bob and Jane on their wedding day — 1985.



Jane — Circa 1962



Jane with the Jazz dancing "Strutters" in 2018.

at a local Presbyterian Church and Bob had such a great time with Jane that he took out all seven women for breakfast after the event. On a second date, Jane and Bob enjoyed a meal at a Chinese restaurant but not before Bob questioned if he would need to take all seven women out on the date. That didn't turn out to be necessary. After dating, the couple married in 1985.

Jane continues to exercise two of her favorite passions—dancing and writing. Over the years, Jane has taken various classes to improve her writing skills. She enjoyed three years in a memoir writing class and the result was the 2019 publication of her book entitled *Dancing on a Cloud: A Choreography of My Life*. She also likes to write poetry and started taking poetry classes while she was still working. When she first started the poetry classes, she was most comfortable with traditional rhyming verse but now can write anything from sonnets to free verse to haiku and cinquains. She published last year a small volume of her poems entitled *Life's Rhythms*. Here is a part of one called "Life's Dance":

Dancer, dancer in a dream
Lithesome spirit in the midst
Twirling, twirling pirouette
Roundejaim, bold silhouette.

Related to her writing is her love of reading. She has been in a book club for fifteen years in Sun City and they have been meeting remotely on Zoom. They will soon be able to start meeting together in person.

Her other passion, dancing, has been an integral part of her life for many years. It was through dancing that she met Bob, but it started long before that. Jane and her first husband were members of the International Dance Theater Troupe in San Francisco, which performed International folk dances throughout California. She was a member of the Silver Spurs line dance performing group and has been part of a jazz performing group called the Strutters. She is part of the Dance Club in Sun City and taught folk dancing and line dancing in the past. She has also been various officers in the Dance Club over the years, including serving as President three times.

One of the ways that Jane met new people in Roseville after their move to the community was through a chapter of an altruistic educator sorority called Alpha Delta Kappa. She met thirty new women in the Beta Eta Chapter and

enjoys participating to this day.

Jane also loves many aspects of nature. When we visited, she was wearing two necklaces—a beautiful silver one of a butterfly, and another one with a hummingbird. She loves the outdoor gardens and koi pond at the Placer Buddhist Church in Penryn where she attends services. Many of the people who attend the Church in Penryn have a Japanese background and many have family associations with the Japanese camps used during World War II. She likes the three hallmarks of Buddhist philosophy—loving-kindness, compassion, and gratitude. Buddhists also practice meditation, and Jane participates in a Sun City meditation group.

Both Jane and Bob have been active in Sun City. Jane has been part of the Charter Club Committee, Ambassador Committee that reaches out to the local community, Singers, Croquet Club, and the Fine Arts Club. She likes to do watercolors. Bob loves to golf and meets up with a group of friends to putt every day. He is a sports nut who loves to follow golf, professional football and professional basketball. He played basketball in high school.

When they are not at home in Sun City, they love to travel, and they have great memories of favorite places in Europe—especially the pastries in France and the chocolates in Belgium. Jane recommends the orange peel dipped in dark chocolate. While she was there, she tried different orange peel chocolates every day.

They also stay close to Jane's daughter, son-in-law and two granddaughters. One of the granddaughters is going to college in Arizona and the other one is in high school. The family lives in San Francisco.

Bob and Jane have enjoyed and made the most out of their life in Sun City over the last two decades. They have contributed their unique skills to others and relished all the new friendships they have made since moving here. Bob's love of sports and Jane's love of writing, dancing and nature compliment their decades of happy marriage found later in life.

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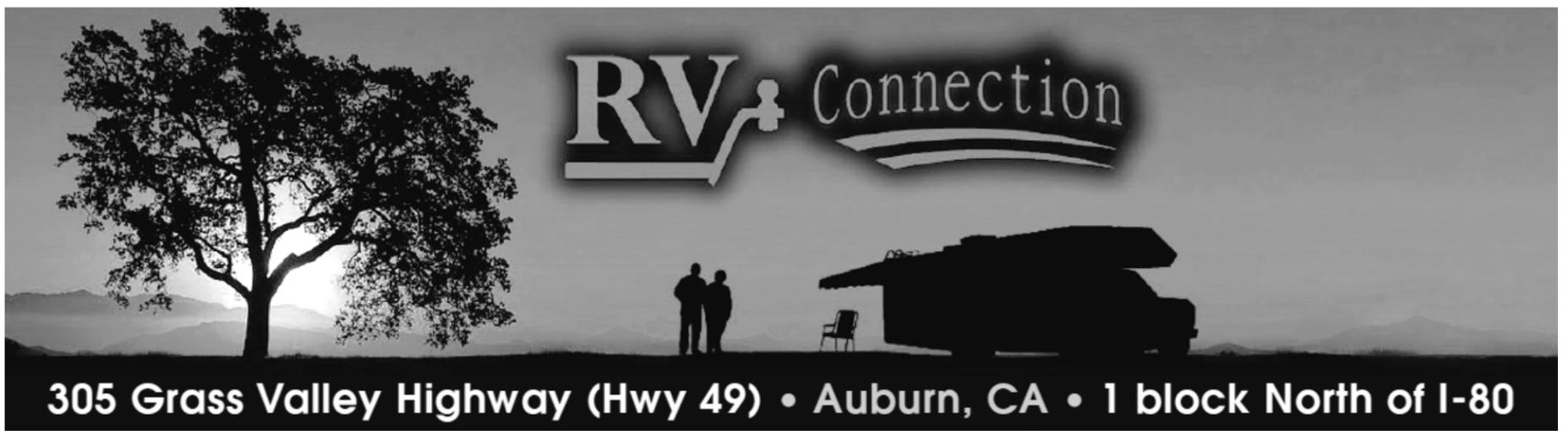
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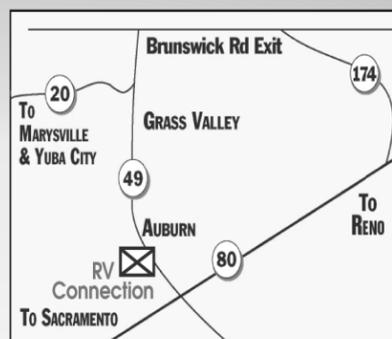
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Pickleball

(cont' from page 18)

player may stop play before the “Third Shot” occurs to ask for a correction. (This rule expands the window of time that players are allowed to challenge a possible incorrectly called score and extends it to the “Third Shot” point-in-time.)

If the server serves and the receiver returns the ball into the net, the receiving team can still claim a wrong score because it is before a third shot has occurred.

If the score was called incorrectly, the correct score must be called, and the ball reserved without penalty.

After the serve has occurred, a player who stops play and challenges the called score when there is no error will have committed a fault. And, if a player stops play after the “Third Shot” occurs that player will have committed a fault and shall lose the rally.

Just for fun: I thought the dryer made my clothes shrink. Turns out it was the refrigerator.

• • •

Croquet

BY JANE MCNALLY

Anita and Art Brittain, met at a USO dance in Everett, Washington. Art, a native of Penn, Wyoming, was stationed at Paine Air Base waiting for discharge from the United States Air Force. After Art flew to California to work, their courtship continued by telephone, which was the way to get better acquainted in those days. Anita flew to California to meet



Anita and Art Brittain

Art’s family. When Art came to visit her in Washington, he presented her an engagement ring. After they were married, they moved to Pleasant Hill, California where they started a family. Art was a Chief Engineer with the Pacific Telephone and Telegraph Company, which caused the family to move to several places in the Bay Area including San Jose. Art retired in 1984, and they moved to Camano Island, Washington. After twelve wonderful years, Art and Anita decided it was time to live closer to family, and in 1996, they found the perfect place to live, Sun City Roseville.

At first they enjoyed golf, but then they discovered croquet. Croquet was played on the “cow pasture,” now the horseshoe court. Jim Miller dreamt of a real regulation croquet court, and after he got Board approval to have one built, he asked Art to work with Jim Ferrin on the plans for the court. He enjoyed planning with Ferrin, but his real love was

helping people learn the game of croquet. Many of our members became skilled players because of Art’s patient teaching, and the group of women he taught became known as “Art’s Girls.” Art and Anita played both 6 and 9 wicket games several times a week until health issues sidelined them. Art passed away in 2019. Anita remains an inactive member who looks forward to seeing her friends soon at our Thursday night wine socials.

• • •

Timber Creek Women’s Golf Club

BY BARBARA MILLS

It is great to return to shot-gun starts and begin playing for sweeps and have some tournaments after months of casual play. It is just about perfect golf weather!

We are lucky to have such dedicated “check-in” ladies, Jean Nakao and Bev Simpson! Jean has been a member since



Jean Nakao and Bev Simpson

2000 and says it has been a great experience meeting a lot of wonderful ladies. Bev has been a member since 2006 and was Handicap Chair before volunteering to do check-ins in 2017. Every Wednesday they arrive extra early to set up our scorecards and cheerfully greet everyone to get our golf day started efficiently. Ladies, be sure to read the back of your scorecard for information on the day’s tournament and rules.

Our Vice-President, Mary Jorgensen, is in charge of Open Days and is encouraging members to sign up to play. She put a list of Open Days and instructions on how to sign up in the “golf room” next to the Pro Shop, so take a look at the list and ask someone in the Club to go and have fun playing other courses.

Kathy Casten deserves a huge “thank you” for many hours of work setting up our new TC Women’s Golf Club website on the resident website with a wealth of information! She invites all lady golfers to take a look and consider joining our Club. We have Big Sisters ready to mentor you!

We said “fond farewell” to Suzie Everett who moved to Idaho to be near her parents. She assures us that she will be back to join us for Guest Days.



Suzie Everett

• • •

(more Club News cont’ on page 22)



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Timber Creek Men's Golf Club

BY TONY KING

We have had two events since my last writing. One was our first club tournament in a year. Congratulations to the winners of the two flights. Flight one was Bob Dunn, Ted Allen, Roger Exline and Tony Garcia. Flight two was Bob Niznik, Dirk Fowler, Gary Pelzman and Norm Schwalm.

The other event was our senior net qualifier. Congratulations to Jerry Olsen and Michael Langley. They will be moving on to the regional qualifier next. Good luck guys and play well.

• • •

Sierra Pines Ladies Golf

BY DEBBIE GEORGE

April has arrived. Still no word on when we can resume our monthly meetings. As more and more of our neighbors are vaccinated, hopefully we will return to "normal" soon.

We have a brief message from Deb Gassen, our club President. "In April our club will be reinstating Putt for Points, Birdies/Chip-Ins, Eclectic and Tournaments! Also we will be putting together our Nominating Committee in the late summer (August) timeframe to begin the election process of new Council Officers (Captain, Co-Captain, Secretary, Treasurer, Handicap & Membership Chairpersons). More information to follow next month."

Our most improved players for the month of February are the following. 1st flight – Marlene Bell; 2nd flight – Sharon

Lee-Giesser; 3rd flight – Sharon Lawin; and 4th flight – Sharon Young. Great golf ladies.

In the early days of women's golf (late 19th century) women were expected to be modestly dressed. A neat sailor hat, a coat, a spotless linen collar and tie, an ordinary blouse and skirt, and a pair of well made walking boots with water repellent soles. And please make sure that every hair on your head is still in place at the end of your round. It wasn't until 1933 that a woman dared to wear trousers at a ladies championship tournament. Of course this was deemed inappropriate. Etiquette standards were slipping. Happy golfing everyone!

• • •

Golden Niners

BY RALPH FRIEND

We need to say "thank you" to all the landscape maintenance staff for keeping our golf courses as some of the best in Northern California. While appreciation is on the agenda, our club would be remiss in not acknowledging our treasurer, Joe Campagna. Joe been our treasurer for many years and he will be retiring from that position in July. We miss his "dry sense of humor" as he gives the financial details of the Golden Niners. We will, however, still get to see him every Tuesday for golf!

This month we are spotlighting Howard Frank. Howard is 91 years young and has lived in Sun City Roseville for 12 years. He has been married to Carole for 23 years and

(cont' on page 23)

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Golden Niners

(cont' from page 22)

they have 6 children between them. Before coming to SCR he lived for 32 years in the pocket area of Sacramento. Howard came to the west coast from Ohio when he joined the Air Force for a second time as a Captain. He originally joined the Air Force in the Korean War where he served 5 years at the Air Force Academy in Colorado Springs. After his service he worked at the UC Davis Medical Center in finance for 12 years.

Howard shared that golf has given him a lot of opportunities. He has wonderful memories of hitting “a hole in one”, as well as hitting a 79 on an 18-hole course! Howard has played golf at many of the renown courses around the country, such as Pebble Beach, Saw Grass in Florida and Troon in Scotland, to name a few.

Howard really enjoys golfing with the Golden Niners as it gives him an opportunity to play golf without struggling at his age. He stated that “being able to hit from the white tees at 89 years young makes it fun to play golf!”

Come out and join the Golden Niners so you can meet Howard and join in on the fun!

Senior Softball

BY RICHARD EPTING

The sun is out, the sky is blue, and it looks like we are going to have a softball season! If Placer County moves to the Red Tier, and our Association gives us the okay, we should be

practicing softball by April. There will be new rules and guidelines put in place because of Covid, but we will still use the same balls, the same bats and the same gloves. One rule for sure will be that players wear masks and use hand sanitizer, but masks will not be required by players on the field.

As soon as we get word from Placer County and our Association, we will e-mail our members details about practice times and locations, registration forms and fees (it's going to be cheaper this year) and the schedule for the season. If you are new to Sun City and would like to play in our league, you can phone Ken Miller 916-995-9753, or Richard Epting 916-918-2161 and we will add you to our e-mail list so you can be informed of what's happening with Senior Softball. See you at the practices!

SCR Billiards Club

BY GERRY CRISTONI

The officers of the Billiards Club met on February 24th on the patio of the lodge, and sat apart as we discussed the issues facing the club. Present were Ben Padilla, President, Bruce Ahnberg, Vice President, Myrna Irwin, Secretary, Gerry Cristoni, Treasurer and Tim Connolly, Council Member.

Gerry reported that the club has a good balance in our bank account, which allows the club to do several things in this coming year.

As your current officers, we voted unanimously to:

Suspend dues and lockers fees of \$7.50 for the second half of 2020/2021 as we have

not been able to use the room.

We will plan a “Welcome Back” dinner at the Lodge once it reopens. Members will be free and guests will be \$20. Date and Time to be announced.

In other new business, our election is coming up in June. Because of the extraordinary nature of the shutdown and the uncertainty of the reopening, the existing officers had agreed to continue for the fiscal year 2021-2022. Please contact any club officer with either a yes or no, also if you/or someone you know would want to volunteer for a position, again contact any club officer.

SR Bridge Club

BY ANN SWAIM

Today at bridge one of the players asked, “When do you think we will be going back to bridge at the club?” It is a good question with no known answer. In spite of a lesser number of Covid 19 cases, our bar seems to be continually raised. We at Sun City wish club play would begin in the very near future; yet, we know that is not a likely.

Bridge tip of the month: Weak Two Bids. To open at the two level with a 6 card suit, your point range should be between 5 and 11 points. Vulnerability is an important consideration. When you have favorable vulnerability, you can open with a weak six card suit. You might only have 5 HCP and a suit headed by the Q,J. With unfavorable vulnerability, you should have two of the top three honors or 3 of the top five honors and you should be close to the

top of the HCP range of 11, plus your hand might have an outside A or K. Your seating position at the table is also a factor. In first or second seat, you should have a better hand. In third seat, you can be weaker, and you might even open the bidding with a reasonably good five card suit. In fourth seat, you should use the rule of 15. Count your HCP and add to that the number of spades you hold. Always open when the total equals 15, otherwise pass the hand. To open a long weak suit in the 4th seat position, you might just be opening the bidding for the opposition. However, in fourth seat, when you hold a 6 card suit and have an opening hand, bid two of your suit.

Mah Jongg Club

BY CINDY SIMPSON

A single act of kindness
throws out roots
in all directions,
and the roots spring up
and make new trees.

— Amelia Earhart

We are on hold right now due to the COVID-19, however, when we start again, we typically play on Mondays from 12:30 pm to 3:30 pm and Fridays from 9:00 am to 12:00 pm with lunch in the Timbers Restaurant for whoever wants to join us. At this time, we have canceled our quarterly luncheons and the classes for beginners. Also, we will not be collecting our yearly dues at this time. The new Mah Jongg cards should be mailed to you in April. Stay well! Stay safe!

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Observations on This and That

BY MARTIN GREEN

One effect of sheltering in place so long during the pandemic, for me anyway, is that with every day being pretty much the same I lose track of time. Yesterday, I suddenly realized that it was already the middle of the month and so time for another “Observations.” At the end of every year I usually check to see what sports figures and other notables have passed away, and so a little belatedly, I thought I’d do that for this month.

Most of the time I become aware when some notable has died, but a surprising number of times the event eludes me. For example, I, of course, knew that basketball icon Kobe Bryant met an untimely death in a helicopter crash early last year. What I didn’t know until I looked it up was that Wes Unseld, who was an undersized but great center for the Washington/Baltimore Bullets, and who I watched many times as those teams battled my New York Knicks back in the days when they had a good team, had passed away at the relatively young age of 74.

In football, I knew that Gale Sayers, one of the greatest runners of all time, had died (age 77) but I didn’t know that Harland Svare, a linebacker for my New York Giants back in the days when they had a good team, had died at age 90. This reminded me of another Giants linebacker of those days, Sam Huff; I looked him up and he’s still around at age 86.

Sam Huff was famous for his battles with perhaps the greatest running back of all time, Jim Brown, and I was reminded of Jim Brown when I discovered that Brown’s running mate, Bobbie Mitchell, had passed away at age 84. Jim Brown and Bobbie Mitchell, what a duo; no wonder I hated the Browns. Mitchell was later traded to the Washington Redskins to become the first African-American on that team. He was an amazing performer for both the Brown and Redskins.

In baseball, I knew that Yankee great and fellow New Yorker, Whitey Ford, had passed away at age 91. I think I also knew that another great pitcher, Bob Gibson, had passed away, 84. However, I didn’t know that pitcher Phil Niekro, famous for his knuckleball, had died at age 81. I always associated Niekro with the Atlanta Braves and was surprised to learn he’d also played a couple of years with my team, the Yankees. Niekro pitched an amazing 24 years in the majors, won 318 games and didn’t retire until he was 48 years old, also amazing.

What this all amounts to is that, one by one, the athletes I followed when I was younger are passing away, leaving behind many great memories. In the course of looking up notable deaths, I also found out that Max Von Sydow, the star of many Ingmar Bergman films, has died, at age 90. Carl Reiner, who I remember from the old Show of Shows with Sid Caesar,

also died, age 98, and I think he was active up to the end. I also found out that Sid Caesar had passed away back in 2014 and this led me to Imaogene Coca, who was gone in 2001.

Okay, enough of this possibly morbid pastime, although, let’s face it, we oldsters do look at the obit pages. On to what readers know is another interest of mine, related, I think, and that is aging. *The Wall Street Journal* recently reviewed several books on aging, a few of which are on how to prolong the process by manipulating genes and/or DNA and/or genomes. I can’t say I understand this but apparently it can be done and if an anti-COVID vaccine can be produced in under a year instead of the predicted five years by manipulating antibodies (or something) who’s to say?

But, all this will be too late for us current oldsters, so I was more interested in a book called “Keep Sharp” by Dr. Sanjay Gupta, which the WSJ says, “adopts a more practical approach to preserving the human healthspan and lifespan.” How do you do this? For one thing, be sure to get married and to a good wife. “Dr. Gupta suggests that one’s choice of a spouse may have a greater impact on life span than genetics.” You should also exercise and I was happy that Dr. Gupta says “a mere 120 seconds of activity each hour is sufficient to offset the effects of prolonged sitting.” I can handle that. Other key lifestyle factors are sense of purpose, sleep and relaxation, nutrition and social connections. During the pandemic the last one has become difficult but I guess we should do the best we can through phone calls, e-mails, Zoom and whatever other means we

can use, maybe even letters (remember those?).

I started this column by observing that being sheltering in place for so long has made me lose track of time. I’m happy to report that Beverly and I have received the vaccine shots and a couple of days ago I ventured into the outside world, going to the bank, grocery store and also getting gas for my car. I found out that Safeway had moved things around but was able to get an alphabetized list of items, and that the gas pump didn’t accept my credit card the way I’d always inserted it, but a kindly attendant showed me the new way of doing it. So, I may get acclimated yet. And yesterday came the good news that Placer county is moving back to the red tier so that more places, including restaurants, will be opening up. I’m hoping that this time, with more and more people getting the vaccine, the virus will stay under control. Maybe next month I’ll even remember what time of the month it is.





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Photo by Allene Salerno of Lenie's Pictures.



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855-946-0763

SUN SENIOR NEWS CLASSIFIEDS

SERVICES

CARE W/KINDNESS & RESPECT: In-home care, Transportation, Errands. 10 yrs experience w/all conditions. Jan: 916-781-9651.

SPARKLE HOUSE CLEANING: We do the work your relax. You get the best job. at rate you can afford it. Experienced more than 10 years in house cleaning . Weekly, Bi-weekly or Monthly. Contact: 916 -802-1408.

SUNSET LANDSCAPE. All Landscape necessities including •Basic Maintenance •Fence repair •Tree Services •Gutter cleaning. Free estimates. Salvador 530-315-0055.

HENRY'S LAWN SERVICE Lawn Maintenance, Weeding, Trimming, Yard clean ups. Call for a free Estimate. 831-320-7018.

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

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

LOW WATER PRESSURE? May be time to replace your pressure regulator. Free evaluation. I am a Sun City resident with over 40 years experience. Honest, AND quality work! 510-708-7276.

MEAL PREP & DELIVERY - Enjoy quality meals delivered to your home. KitchenToTable.net or 916-768-0264.

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

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

DRAINTECH, open 24/7 for all of your drain cleaning needs. Including camera inspections, hydro-jetting, pipe de-scaling and routine maintenance. Call us at 916-676-6455 to schedule!

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

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

LAMP REPAIR by experienced Sun City Electrician \$25hr. plus parts. John Shook 916-783-3617.

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

CONTRACTOR, HANDYMAN. No job too small: Painting, Electrical, Plumbing, Sheetrock, and Dry Rot repair. Call Martin: 916-747-7888. LIC# 1042598.

FENCE REPAIR, PAINTING & Power Washing: Reasonable, many Sun City references. Please call Josh at 916-307-8430.

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!

ELIMINATE GUTTER CLEANING FOREVER! LeafFilter, the most advanced debris-blocking gutter protection. Schedule a FREE LeafFilter estimate today. 15% off Entire Purchase. 10% Senior & Military Discounts. Call 1-916-953-5518.

TIMESHARE CANCELLATION Experts. Wesley Financial Group, LLC Over \$50,000,000 in timeshare debt and fees cancelled in 2019. Get free informational package and learn how to get rid of your timeshare! Free consultations. Over 450 positive reviews. Call 855-946-0763.

FOR SALE

QUEEN BED w/ cast iron Headboard/ Footboard frame. Used 2 days only. \$700 Call 408-368-0371.

FURNITURE, LAWN & EXERCISE EQUIP, Complete sets of golf clubs call 916-771-9586.

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 530 273-8490.

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.

ANNOUNCEMENTS

JOIN US FOR A VIRTUAL EASTER WORSHIP Service Sunday, April 4th at 9am Text **EASTER** to 71234 for a reminder to tune in broadcasts. ChurchofJesusChrist.org

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

**FREE ADS — INCLUDE

- ◆ First 15 words are FREE (for SCR 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 \$25. 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 SCR Classified and your Phone Number (Example: SCR 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.

SCR 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 \$25 for one-month. Additional words \$1 each. (\$65 for three months for the same ad.)

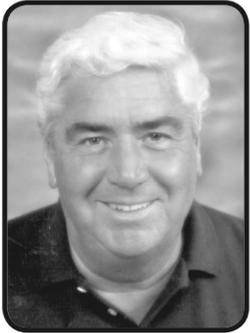
If your classified ad is determined to be “business” related, we will email you an invoice that will allow you to pay immediately with a credit card, or mail a check.

***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

Selling ONLY Sun City Homes for 20 Years

The Schlaegel Team



Martin Schlaegel
Realtor

(916) 771-8599
cell (916) 765-5172
mschlaegel@comcast.net
DRE# 00797298



Nancy Peffley
Realtor

(916) 774-9432
cell (916) 532-0053
nprose@surewest.net
DRE# 00848141



Don Schlaegel
Broker Associate

(916) 926-9511
donschlaegel@gmail.com
DRE# 00647027

- ▲ Choose the agents who do everything to achieve the highest selling price for your home.
- ▲ We take the worry and hassle out of your moving. "WE DO IT ALL" and have references to prove it.
- ▲ Before Listing your home, call us and find out our exclusive approach to preparing your home to sell.

Sun City Residents and Specialists in Sun City Properties

When You List Your Home With Thompson + Brown Our "Showcase Service" Will Provide:

1. FREE Carpet Cleaning
2. FREE House Cleaning
3. FREE 1-Time Yard Clean-up, Weed Removal & Trimming
4. FREE Donation Service
5. FREE Connection with Estate Sale Company to help sell un-needed Furniture and Household Goods

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www.thompson-brown.com

We have names of quality local tradesmen that we have been working with for years. **PLEASE CALL FOR RECOMMENDATIONS.** Fence repair and painting, concrete work, contractors, pressure washing, plumbers, electricians, A/C and heating, roofers, house painters interior/exterior, carpet cleaner, moving companies, organizing and packing, help in finding an independent or assisted care facility.

See ALL Sun City sales activity as it happens at:

www.schlaegelTeam.com