

# SUN SENIOR NEWS

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## Bob and Judy Verzello — Grounded, Accomplished Travelers

BY RUTH MORSE

Bob and Judy Verzello moved to Sun City Roseville in 2013 from Minden, Nevada to be closer to family. Minden was their first retirement community and is close to Lake Tahoe. At one time, their three sons and families including two grandchildren were living in Germany, Southern California and Atlanta but within a few years after Bob and Judy moved to Minden, the children all moved back to Northern California. As time passed, the trek over the mountains for family visits became problematic, especially in winter months. Now, they love their second retirement community in Sun City and are able to see their family more often.

Bob was born in San Francisco in 1938. As the first college graduate in his family, he earned a BS degree at University of San Francisco (USF) in 1960. He went on to earn an MBA from Stanford in 1962 and an EdD at USF in 1991. During his undergraduate years at USF, he was the Executive Editor of an

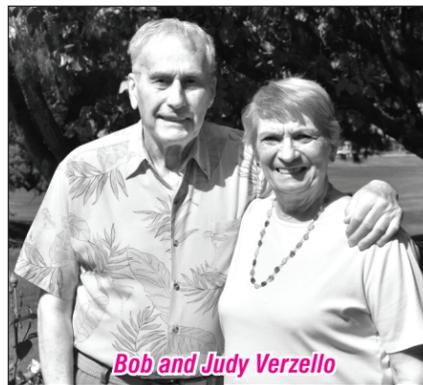


PHOTO BY KEN SHAHOLIAN

award-winning school newspaper, "Foghorn." While he was a sophomore at the university, he met Judy at her high school's "Grub Dance" in January 1958.

Judy was born in Scranton, Pennsylvania and moved to San Francisco as a small child with her family. She met Bob when she was a senior in high school. After high school graduation, she attended San Francisco State

College. While there, she started a part-time job in a financial district law firm. That started her career in law firms that included being a legal secretary, paralegal, office administrator, and, finally, an information systems manager for a large firm.

Judy and Bob married in December of 1961. They will celebrate their sixtieth anniversary this year. Judy stayed home as a busy mom with their three sons during their grade school and middle school years. During that time, she was PTA President and enjoyed a ceramics hobby. She also began taking classes at the community college and eventually graduated with an AA degree and a paralegal certificate.

Judy returned to work as a legal secretary circa 1975. The attorney she worked for left the firm and started his own. She left with him, setting up the new office as well as performing secretarial and paralegal duties. *(cont' on page 21)*

## SCR Foundation

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

BY TONI FISHER,  
Public Relations Director

**We Are  
Moving Forward**



As we begin to move out of the pandemic restrictions, our Directors are planning for future activities and events. The date of our Annual Golf Tournament has been moved this year to September 24 when we will be able to conduct the day in our usual fashion of foursomes enjoying either nine or eighteen holes of golf in the pleasant early fall weather followed by an enjoyable lunch and the awarding of prizes. Save the date for this fun event, watch for full details and plan to participate.

We cannot look to the fall without thinking of our Annual Dinner Dance, planned as usual for early November and always a most enjoyable evening. Tucked in somewhere around mid-October will be the first of our Bingo! afternoons since our shutdown. Foundation events have dual goals, providing social enjoyment while raising funds for Foundation services. As a 501(c)3 non-profit organization, funds raised support the needs of our residents, both owners and tenants.

We told you last month that we would *(cont' on page 27)*

## Sun City Singers

BY JACKIE PROETT

It's May and time to celebrate the month of "M's"! We always begin with Mother's Day and Moms because they were the ones who gave us life. We end the month with Memorial Day and we celebrate the fallen heroes who gave us a better life.

With the Sun City Singers the biggest "M" always stands for Music. Music has a special Magic because it Mixes Memory, Mourning and Mirth. All the things we find important in life are Magnificently brought to us through Music.

A favorite "M", Marla Shuman, President, is busily in touch with the powers that be, as to when we can get together, at least for a "Sing-In" type meeting, just to meet and greet. She has informed us of a 2021 Counsel Nominating Committee consisting of Betty Fritsch, Dale Melberg and headed by Lori Burt. We can hope that the standing Officers will once again re-up.

As life in Sun City begins to reopen we may discover many new Mysteries. Old friends have left and new faces appear. Last year's famous words, Masks and Medical alerts, have been replaced with this year's word, "Movers". A whole new group of people have moved in and hopefully, many of them will love to sing. We mustn't miss a moment to make bold to ask them to join us.

After all it is time to be Merry! It's time to make a bit of Mischief and miss the Malaise. Our very special "M's" are Director, Paul

Melkonian and Accompanist, Nina Malone. Join us and share our M and M's and Music!

• • •

## Music and Laughter

BY JANE BOHN

As of this writing, it looks like we are still in limbo unable to get accessibility using our facilities here in Sun City. We were hoping to host a special free musical event featuring professional singer/guitarists Lisa Marie Bohn and Scott Hathaway for your listening pleasure. These kinds of concerts are consistently a sell-out and in the past we've saved them to close out our year with a bang at our November Music and Laughter gathering. Please continue to check out our Music and Laughter article in your June Courier and your June Sun Senior News for more updates. If you would like to be on our mailing list e-mail me at: [janebohn8079@yahoo.com](mailto:janebohn8079@yahoo.com). While we are anxious to see all your smiles once again by sharing the joy that comes with these wonderful uplifting kinds of events, we are continuing to keep the faith. Hang in there and know it will happen.

• • •

*(more Club News cont' on page 9)*



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## Roseville Transforms Existing Courtyard Garden into a Water Wise Inspiration

Rain or shine, water efficiency in California is a way of life. That's why the City of Roseville has embarked on a landscape project this spring that will transform a courtyard garden at Mahany Park into a water wise demonstration to spur landscape water saving ideas for customers and the community.

The Inspiration Garden, appropriately fitting to inspire new ideas, thinking and approaches to having a sustainable landscape, will include nearly 300 new plantings – California natives as well as low- to mid-water use plants and trees. The diversity in plants species will allow for year-round color and texture while also reducing water use and maintenance.

“During the summer months, most of the water in our house is devoted to outdoor usage,” said Bobby Alvarez, water conservation administrator for Roseville. “We have an opportunity to transform an existing garden that will save water but will also allow us to create a space that will give customers options to see in person if they're considering a project like this at their home.”

The garden will also include proper irrigation practices, soil management and the use of mulch, and the right mix of plantings to encourage pollinators – all conditions needed to create a healthy garden ecosystem.

Mahany Park courtyard garden provided Roseville the greatest opportunity to maximize water use and create a usable space for learning. The Utility Exploration Center, which is the utilities' learning center, hosts how-to webinars and workshops to educate customers on ways to reduce impacts to the environment, including behaviors to use water wisely. As a result, staff recognized an opportunity to upgrade the existing garden and make it attractive, aspirational, and educational.

“The reimagined courtyard garden is a community resource that will allow us to share the latest practices in water efficiency and stormwater quality management. It includes many gardening best practices to give customers tangible tips to implement at their home,” said Rachel Tooker, Exploration Center supervisor.

We will complete the garden transformation by mid-May. Learn more about the garden at Roseville.ca.us/inspirationgarden.



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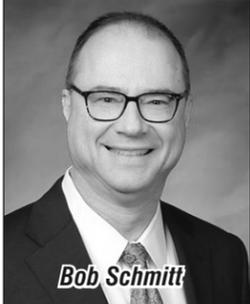
# Roseville City Attorney to Retire — City Council Appoints Replacement

BY BRIAN JACOBSON, *City of Roseville*

Roseville City Attorney Bob Schmitt announced his retirement effective May 29, after 22 years working with the City of Roseville, six as City Attorney. At its April 7 meeting, the Roseville City Council named Michelle Sheidenberger as the new City Attorney effective May 29. Sheidenberger served as Assistant City Attorney since 2015.

In making this appointment, the City Council turned to an internal candidate as its first choice.

“Michelle’s handled high-profile, high stakes issues for the City of Roseville for many years, including navigating the City’s transition to district-based elections, staffing the once-a-decade Charter Review Commission to review how the City governs itself, and successfully handling environmental litigation. She has earned the high level of trust she has with the Council, staff, and community, and I’m delighted she’s



Bob Schmitt

accepted this new leadership role,” said Roseville Mayor Krista Bernasconi.

“This is more than a job to me,” Sheidenberger said. “Roseville is my community and my home. This is where I’ve raised my family and I have a vested interest in ensuring the Council can achieve its goals.”



Michelle Sheidenberger

The City Attorney is the chief legal officer of the City and leads a team of attorneys responsible for a wide range of municipal activities and legal matters, including preparation of ordinances, resolutions, and contracts, and management of litigation. The City Attorney also reviews and analyzes the City’s position on legislation affecting the City.

Schmitt worked on key projects in one of the most dynamic periods in the City’s 112-year history, including the permitting and construction of the Roseville Energy Park, negotiating and drafting numerous development agreements (including Sierra Vista Specific Plan), and

numerous litigation successes.

City Manager Dominick Casey has worked with Schmitt since Casey joined the City in 2011 as director of Parks, Recreation and Libraries. “Bob is an expert in his field and an expert at leading his staff. He can sort out the most complex legalities of a situation one week and the next week, he and his staff are in costume, handing out candy in a make shift haunted house in their office,” Casey said. “That’s the kind of combination of professionalism and fun that make Roseville such a great place to work.”

The legacy Schmitt is most proud of is instituting a culture of personal and professional development in the City Attorney’s office, ensuring his staff is prepared to take on new responsibilities and roles in the organization.

“It’s what we’ve built and leave behind that matters most,” he said.

.....

## Taking Charge of Roseville’s Vehicle Fleet

BY HELEN DYDA, *City of Roseville*

Roseville is leading the charge and making greener choices to improve our city fleet of nearly 900 vehicles. From buses, to sedans, to garbage trucks, you’ll notice cleaner and more electric City of Roseville vehicles around town.

Over the next several years as vehicles

are replaced, the city is transitioning to: zero-emission all-electric light-duty cars and Roseville Transit buses, hybrid police patrol units, and Environmental Utilities trucks fueled by Compressed Natural Gas generated by our own waste-to-energy plant.

These proactive choices reduce fuel and maintenance costs, lighten Roseville’s footprint, and help serve you better. They also give our city a head start in meeting California’s zero and near-zero emission goals.

While this transformation won’t happen overnight, we’re taking steps to improve air quality in the meantime—like using renewable diesel fuel—which is cleaner and has fewer emissions.

Many of these improvements are possible thanks to pursuing competitive grant funding. Recently the City of Roseville was granted approximately \$140,000 from the Placer County Air Pollution Control District for a battery electric bus charging station. This funding comes from the California Air Resources Board to address local projects that take early action to achieve emission reductions beyond state regulations. Starting in 2029, all new buses in California must be zero-emission.

The future is electric. For resources and incentives to charge ahead with an electric vehicle for your home or business, visit [roseville.ca.us/ev](http://roseville.ca.us/ev).

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# From Your Placer County Supervisor “It’s Time to Get Out!” — Dry Creek Trail Update

BY BONNIE GORE — Supervisor Placer County, District 1



Bonnie Gore

Placer County has been continually rated as one of the safest and healthiest communities in California. We have been named a top place to raise a family and retire. One of the reasons for this is our parks and recreation offerings. Residents are a short drive from vast trail systems in the City of Roseville, the Pioneer Express Trail along the American River, Hidden Falls Regional Park, and around Lake Tahoe.

This month I want to profile a recreation offering we have right here in our backyard: The Dry Creek Community Park and Trail.

The Dry Creek Trail is a multi-use trail for pedestrians, cyclists and scooters with a parallel trail along Dry Creek for mountain biking and equestrians. It extends from Cook Riolo Road at the east end, along Dry Creek through the Morgan Creek neighborhood, past Walerga Road south of the Doyle Ranch neighborhood, and will soon extend to Watt Avenue to the west. This extension is close to completion and is expected to be fully open to residents by autumn of this year.

Dry Creek Community Park, located on Walerga Road, offers a full basketball court, tennis courts, children’s play structure, fields for baseball, softball and soccer and a picnic

pavilion. The park also includes access to the Dry Creek Trail. In addition to these amenities, I am pleased to announce new recreation equipment was recently installed along Dry Creek Trail.

Four stations have been set up with a unique set of equipment at each station. Equipment available includes legpress, chest press, body curl, plyo boxes, and “captain” chairs for core work and leg lifts. Each station includes a guide on how to safely use the equipment with a QR code to take you to a website for even more tips.

Lastly, the Walerga Road Bridge project is finally completed. With it comes the completion of the trail under the bridge. Once the Watt Avenue extension is completed, residents will be able to travel nearly five miles on the trail without having to cross the road, increasing safety for trail-goers and drivers alike.

Perhaps the pandemic has kept you inside and now that the weather is warming up, it is time to get out and enjoy the outdoors. My husband and I (and our dog, Liberty) frequent this trail and admire its beauty and tranquility. I encourage you to explore the local trails we are fortunate to have right here in West Placer

and hope to see you out there soon.

Bonnie Gore serves the residents of West Placer and West Roseville on the Placer County Board of Supervisors. She can be reached by email at SupervisorGore@Placer.CA.Gov or by phone at 916-787-8950

## Looking for Licensed Contractors to Repair Homes in Roseville

BY HELEN DYDA, City of Roseville

The City of Roseville is looking for licensed contractors interested in bidding on housing repair jobs through Roseville’s Housing Rehabilitation Program.

The maximum amount of work per home is \$100,000. The types of repair work can involve items including but not limited to: electrical, plumbing, roofing, and window replacement.

The purpose of the Housing Rehabilitation program is to preserve housing occupied by low-income families, correct home health and safety problems, and help revitalize neighborhoods.

The Housing Rehabilitation Program is funded with federal funds. To be eligible to bid on these jobs the contractor must:

- be a licensed, general contractor with the State of California;
- complete and submit the contractor application form;
- provide a copy of liability insurance of

at least \$1,000,000;

- provide a copy of workman’s compensation insurance;
- be able to post a performance bond for the entire cost of each job;
- agree not to discriminate in employment practices; and
- make an effort to use minority and female owned firms in subcontracting work.

To request a contractor application or if you have any questions and need additional information, call 916-774-5451 or email kpfaelz@roseville.ca.us.

## The Friends of the Roseville Public Library Book Sale

BY JOAN GOFF

The Friends of the Roseville Public Library is delighted to announce a book sale at the Downtown Library, 225 Taylor Street, Roseville on Saturday, May 29 from 10 am to 3 pm in the parking lot behind the library. It will be outside, but masks are still required by all participants. Please come ready to enjoy the sunshine, books, music cds, and all the wonderful volunteers that make this possible. Please contact the Friends if you have any questions at 916-746-1212 or friends@rosevillefol.org. We can’t wait to see you! But, if you can’t make it to the sale, our bookstores are open in each of the Roseville Libraries during library hours. Our prices are cheap! Cash, check or charge.

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## Executive Director Comments

*State of California and the Timber Creek Lodge to Reopen June 15th*

BY EARL WIKLUND

Good news for all of us is just six weeks away. The Governor recently announced that he expects the State of California to abandon the tier system on June 15th which has controlled our activities throughout the pandemic. In addition, the State would be fully open for business at that time with only the requirement of face coverings carrying over as a required guideline. However, to reopen on June 15th, certain milestones must be met as far as vaccination targets, vaccine supply and the accessibility capacity in hospital emergency rooms. Access to the Association's common areas, including the Lodge and Sierra Pines facilities would require Face Coverings.

Currently, Placer County is stuck in the Red Tier which prevents us from fully opening the Timbers and reopening the Fitness Center as well as opening the Lodge. We hope to reopen the Fitness Center by May 15th at about the time the outdoor pool would normally reopen. The Association is in the process of updating our Reopening Plans and continues to seek guidance from the State and County on certain guidelines. These guidelines may impact us on how we reopen the Lodge. This would include how we accessed certain activities in the Lodge, set new room capacity levels, determine employee office space layout,

business hours and when to resume onsite events and Club and Group activity.

A you may know; the following departments are currently functioning: The Pro Shop, resident Sports Courts, Golf Course Maintenance, Landscape Maintenance, the Association's Human Resource, Informational Technology and Accounting departments. Also functioning by reservation, are Administration, Compliance and Executive departments. Partially open departments would include Timbers Restaurant, Catering and the Sierra Pines Deli, Facilities Maintenance, and the Activities department. Currently closed to resident access is the Lodge and Sierra Pines building / meeting rooms and the Fitness Center. As I mentioned earlier, if the matrix numbers continue to improve, we should see the Fitness Center reopen by May 15th and the Lodge and Sierra Pines building reopen June 15th.

In essence, we continue to focus on ways to reopen as much as possible under the current guidelines and remain safe for both our residents, guests and employees. Our intent is to reopen as quickly as possible doing so safely and within existing guidelines. We

*(cont' on page 7)*

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## Executive Director

(cont' from page 6)

will continue to communicate our reopening plans as we receive more detailed information from the State and County. Using June 15th as our reopening target, we are beginning to plan onsite events, travel events, firm up the room calendar for Clubs and Groups, restart Association Committee meetings, resume golf tournaments and book Catering and resident events in the Ballroom. We will also reactivate laid off employees needed to resume our operations.

Keep a sharp eye out for further news releases as we reopen the Association for the enjoyment of our residents. Thanks for your patience.

## Sunshine Services

**"We're Here to Help"**

BY PAT TEILH

There is a correction to the March Courier Sunshine Services article: Dennis Hellman and Bob Walker are washing down and sterilizing the Medical Equipment as they are returned from residents not Steve Cho. Until Sun City Roseville is fully open with all facilities and services, the Medical Equipment Loan program is here for emergency cases only.

Here is some information on one of our most popular programs that is fully up and running within the Sunshine's Services. Our new logo "People Helping People" says it all.

Roseville Transit Dial-A-Ride provides public reservation-based curb-to-curb bus service. Dial-A-Ride is a shared ride transit service that operates within the city limits of Roseville. As a shared ride transit service, travel time will be similar to a Local fixed-route bus trip, rather than a car or taxi. Anyone may use Dial-A-Ride and passengers are transported in small buses that are ADA compliant. The phone number for Dial-a-Ride is 916-745-7560.

Ride reservations can be made seven days a week, 8 am. to 5 pm. To make your reservation, call 916-745-7560. Rides are reserved at least one day in advance and up to 14 days in advance. A customer will be assessed and a late cancellation or no-show fee per occurrence as per Roseville Municipal Code Chapter 14.30 is in effect.

Passengers receive a pick-up time when making a reservation and need to be ready and waiting at the curb 15 minutes before and 15 minutes after the confirmed time because the Dial-A-Ride bus may arrive any time during the 30 minute pick-up window. Bus drivers wait for passengers at the curb of a public street, as close to the designated pick-up location as possible, for no longer than two minutes. If you need to cancel your ride, call (916) 745-7560 more than two hours before your confirmed pick-up time. Otherwise, you will be recorded as a no-show. The cancellation line is always open. Please provide the following information

to the representative, or by leaving a message: Your name, the day, date, and time of your appointment. Information such as: if you are canceling your trip one or both ways and a phone number where you can be reached on the day of your trip.

### Carry-On Baggage

Shopping bags, luggage and other carry-ons are limited to only those items passengers can safely carry on the bus in one boarding and without blocking the aisle. Passengers must have control over carry-on items at all times.

### Life Support Equipment

Respirators, portable oxygen or other non-emergency life support in use can be brought on board as long as such items do not violate laws or rules related to transportation of hazardous materials. Equipment must be managed by the passenger at all times.

### Accessibility

The seats closest to the front of the bus and near the door are reserved for elderly and disabled passengers. All buses are equipped with lifts or ramps and the ability to "kneel" by lowering the front steps, making boarding easier. Assistance with fare payment and passenger lifts is available upon request. Roseville Transit can transport passengers with mobility devices provided they can be loaded and secured safely. For easier and faster securement, straps are available.

10-Ride Pass: \$10 is good for 10 single one way rides anytime. Purchase tickets by calling Pat 916-521-9729 or Donna 916-952-0510.



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Days & Destination	Cruise Line ~ Sailing Date	Starting Price/ Inside Ocean View Balcony		
<b>15 DAY HAWAII from SFO! Princess</b>	Nov 7, 2021	\$1,649	\$1,899	\$3,249
<b>Ruby Princess ~ 3080 Passengers</b>	Dec 7, 2021	\$1,579	\$1,699	\$3,199
	Dec 22, 2021	\$1,749	\$1,899	\$3,399
	Jan 16, 2022	\$1,499	\$1,599	\$3,099
	Feb 10, 2022	\$1,499	\$1,599	\$2,999
	Mar 27, 2022	\$1,649	\$1,899	\$3,499
Sail round trip from San Francisco, California to Kauai, Nawiliwili Hawaii; Honolulu, Hawaii; Maui, Lahaina, Hawaii; Hilo, Hawaii; Ensenada, Mexico, San Francisco, California.				
<b>*ROUND TRIP LINCOLN SHUTTLE TO SHIP!</b>				
<b>10 DAY ALASKA From SFO! Princess</b>	May 30, 2022	\$1,249	\$1,399	\$1,899
<b>Ruby Princess ~ 3080 Passengers</b>	Jun 9, 2022	\$1,149	\$1,299	\$1,849
	Jul 29, 2022	\$1,299	\$1,399	\$2,099
	Aug 8, 2022	\$1,299	\$1,499	\$2,299
	Sept 7, 2022	\$1,199	\$1,399	\$1,999
Sail round trip from San Francisco, California to Juneau, Alaska; Skagway, Alaska; Hubbard Glacier, Alaska; Ketchikan, Alaska; Victoria, BC, Canada; San Francisco, California.				
<b>*ROUND TRIP LINCOLN SHUTTLE TO SHIP!</b>				
<b>7 DAY CA Coastal from SFO! Princess</b>	Oct 24, 2021	\$899	\$999	\$1,599
<b>Ruby Princess ~ 3080 Passengers</b>	Oct 31, 2021	\$999	\$1,099	\$1,699
	Apr 16, 2022	\$899	\$999	\$1,499
Sail round trip from San Francisco, California to; Santa Barbara, California; Los Angeles, California; San Diego, California; Ensenada, Mexico; San Francisco, California.				
<b>*ROUND TRIP LINCOLN SHUTTLE TO SHIP!</b>				
<b>10 DAY MEXICO From SFO! Princess</b>	Nov 27, 2021	\$999	\$1,199	\$1,599
<b>Ruby Princess ~ 3080 Passengers</b>	Jan 6, 2022	\$799	\$949	\$1,299
	Jan 31, 2022	\$799	\$949	\$1,299
Sail round trip from San Francisco, California to Puerto Vallarta, Mexico; Manzanillo, Mexico; Mazatlan, Mexico; Cabo San Lucas, Mexico; San Francisco, California.				
<b>*ROUND TRIP LINCOLN SHUTTLE TO SHIP!</b>				
<b>15 DAY Panama Canal Princess</b>	Feb 25, 2022	\$2,599	\$2,899	\$4,299
<b>Ruby Princess ~ 3080 Passengers</b>	*Mar 12, 2022	\$2,599	\$2,899	\$4,299
<b>INCLUDES SHUTTLE TO SHIP &amp; AIRFARE RETURN TO SACRAMENTO!</b>				
Sail from San Francisco, California to Fort Lauderdale, Florida visiting Cabo San Lucas, Mexico; Puntarenas, Costa Rica; Fuerte Amador, Panama; Transit the NEW LOCKS of the Panama Canal; Cartagena, Colombia; Fort Lauderdale, Florida. *March 12 Reverse Itinerary from Fort Lauderdale to San Francisco. Flight between Sacramento and Fort Lauderdale and shuttle between ship and Lincoln is included for both the February 25 and March 12, 2022 departures.				
<b>28 DAY SOUTH PACIFIC TO SFO! Princess</b>				
<b>Sapphire Princess ~ 3080 Passengers</b>	April 2, 2022	\$3,519	\$4,919	\$6,599
<b>Grand Princess ~ 2600 Passengers</b>	Mar 31, 2023	\$3,599	\$4,749	\$5,699
Sail from Sydney, Australia to Auckland, New Zealand to San Francisco, visiting Bora Bora, French Polynesia; Tahiti (Papeete), French Polynesia; Moorea, French Polynesia; Hilo, Hawaii; Honolulu, Hawaii; Kauai (Nawiliwili), Hawaii.				

Prices are per person based on double occupancy and subject to availability at the time of booking. Please call for current availability and pricing.



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CST # 2033380-40 May 2021 edition

## Harmonicoots

BY JENNIFER MARTIN

“I wish you music to help with the burdens of life and to help you release your happiness to others” — Ludwig van Beethoven

At a recent celebration of life for Lou Leger, our beloved Harmonicoot who passed away on February 28, a Coots’ combo performed *The Newfoundland Waltz* (Lou’s signature song), *Amazing Grace*, *The Old Rugged Cross*, and *I’ll Fly Away*. Ray DeBenedetto, part of the group, created a beautiful blend of harmonic sounds in honor of Lou’s memory.

Ray grew up in Greenpoint, Brooklyn, where he met and married his wife, Barbara. After his four-year stint in the Air Force as an accoladed machinist, they moved to California, raising three children (Barbara, Cindy, and Ray) and enjoying their thirteen grandchildren and four great-grandchildren. Many jobs later, including being a district manager of Omark Industries, Ray became a business owner by launching The Tool House company with branches in Sacramento, San Jose, and Modesto. He also owned several rental yards in San Jose. Barbara worked as an executive secretary at Coldwell Banker and Prudential.

Ray first heard Coots playing at a Veterans’ Club meeting. He had played the harmonica as a youngster, but never read music. “If I could hum and I could sing it, I



Ray DeBenedetto

could play it,” he says. While sitting in on a few Coots’ meetings, he liked what he saw: people welcoming and urging him to go at his own pace. He joined when he felt he could make a contribution to the group. Not only has he played and sung at our gigs, Jamborees, and caroling sessions, but he even learned to repair harps for members.

When asked to sum up his experience with us, Ray says, “It’s an extension of a happy life.” His versatility, vocal and musical talent, and outgoing personality have made Ray an indispensable member of the Coots.

• • •

## SCR Dance Club

BY LENORA DAVIS

Male dancers in SCR!

No, ladies, not the kind that came to your bachelorette party. But, now that I have your attention, let me introduce three of the men that belong to the Dance Club. There are approximately 200 members of SCR Dance Club in the various dance groups. Most of these are ladies, but we also have a number of gentlemen and would certainly like to encourage more to join us in the fun. You do not need a partner and do not even need to know how to dance, except in the more advanced classes. Beginners and those “with two left feet” are always welcome.

I asked three questions of the three gentleman dancers. The questions were: How long have you been in the Dance Club? What made you decide to join? What is your favorite thing about the club?

All three have been members for at least 10 years. Bruce Oberlin replied that he enjoys dancing, so decided to give line dancing a try. Gene Ballard joined for the physical and mental exercise of line dancing and then later decided to add Ballroom as well. Richard Paine had done some line dancing before moving to SCR, so decided to participate here. He also later added Ballroom. Regarding the most enjoyable part of the Dance Club, Bruce enjoys the many friends that he has found here. Gene enjoys the dancing and meeting all of the fun

people that participate. Richard actually met his life partner, Ilah Larson, thru the club. Although she can no longer dance, she still enjoys the musical, social, and fitness aspects of dancing. All three are good dancers and quite fun to be around.

So, men, there you have it! Learn to dance, make friends, and maybe find that someone special. Please plan to join us when we start up again.

• • •



Richard Paine and Gene Ballard.  
Bruce Oberlin, not pictured.

## Fine Arts Club

BY ELLA BOSSE

After the article in the Courier last month we have some more pertinent information on our upcoming art show.

The Sun City Roseville Creative Arts Club and the Fine Arts Club have been invited to display their art at the Galleria Mall Roseville.

The Clubs are appreciative that the Placer Art Council is proud to support the efforts of county arts organizations. Both Clubs will have art on display from April 16th through June 13th 2021.

The location is the store window across from Pottery Barn Kids located on the lower level.

Please support our Sun City Art Clubs and visit the Galleria for a beautiful display.

This at least is a little point of light at the end of the (too) long tunnel. We are all

anxious to resume our Sun City activities, I for one really miss that.

Hope you are all well and please stay that way!

• • •

## Needle Arts Club

BY CJ KIDD

Smile and the whole world smiles with you. Make someone smile today just by smiling yourself.

This month would have been the month of the Needle Arts Club Fashion Show. Our 2021 Fashion Show has been postponed. I have signed a contract with catering for the Ballroom for Friday, May 6th, 2022. I really believe it will happen in 2022.

Rhonda Doty is the Needle Arts Member being featured this month. She is a remarkable seamstress, quilter, crafter, scrapbooker and crochet person. Rhonda was born in San Francisco and lived her early years in the Bay Area. She and her husband were married in 1970 and moved to Germany where he served in the military. Upon returning to the United States, she and her husband settled in San Jose and raised their three children.



Rhonda Doty

Rhonda was employed by a defense contractor for thirty years. She moved from

(cont’ on page 10)

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### My Story Continued

The first job I acquired after moving to Sacramento was as a trainee in a print shop for an insurance company. Due to my mechanical knowledge of equipment, I quickly went from trainee to top press operator. After three years working there, myself and four other press operators were laid off and replaced by a Xerox copier. This led to me opening my own print shop and I retained clients from the same building I worked in. I owned and operated JP Printing for twelve years. My success was because of quality work and outstanding customer service.

Being self-employed gave me the freedom to raise my two girls and spend time with them every day. They both played girls fast pitch softball from T-ball, recreation league, travel team ball and high school ball. I was one of the few dads that were able to be on the field with them as I coached them and their teams throughout their playing years. I treasured the moments.

After selling my print shop for various reasons, I had to reinvent myself and search for my next career.

My brother has been working for auto dealerships in their parts department so I thought I would give it a try. I got hired on to a dealership in the shipping and receiving department and soon I moved to the parts counter. After watching many managers come & go, I found myself working for a 23 year old as my manager. I caught him doing unethical things and overcharging customers for parts, all to make himself look good in management's eyes. After confronting him for his dishonesty, he fired me.

Again, I find myself in a position to reinvent a new career. This time I decided to go back to college and study exercise science, nutrition and massage therapy. I finished the exercise science portion of my schooling first and I got certified through the American College of Sports Medicine. With this designation, I went to work at a health club as a personal trainer while I continued to study advanced therapeutic massage. I graduated with a dual degree. While working at the health club, I also worked at a massage business to give it a try for a weekend. While there, I was looking through the appointment software and I was shocked to see how much people spend on oneself in this setting. That weekend I realized that people will pay me more to lay on a table for a massage treatment than they will to work out and sweat. This led me to quit both jobs and start my own business. I rented a room at my chiropractor's office and began treating patients for various injuries and ailments. I loved this career bringing healing to others. During this career, I've conducted over 3,500 one-on-one interviews. I learned in college that listening is an acquired skill which I possess. Thinking I would do this job until I retire, I was in for a shock when after 6 years my hands started giving out and cramping daily from all the deep tissue massages I had performed. Unfortunately, I had to give up on the career I loved.

What next???

### Your "PAL" in Real Estate

### Needle Arts Club

(cont' from page 9)

San Jose to Roseville by way of an employment transfer in 2003. She moved to Sun City in 2013 and retired a year later.

Her sewing interest began in her junior high years. Through the years she made lots of clothes and costumes for her children. She has always loved arts and crafts. She also crochets. Genealogy became a lifelong interest in the 1970's. She incorporated photos of family members into scrapbooks. She actually taught scrapbooking for ten years, THEN, fell in love with quilting. I think she is a quiltaholic, just like many of us. She began computerized quilting eleven years ago. She is a remarkable long arm quilter and enjoys seeing the final stitches on each and every quilt. Her motto is Happy Hands make a Happy Heart. If you happen to see Rhonda, say Hi, and she will share her beautiful smile with you.

• • •

### Cinema Group

BY BRIAN SUTTON

As this article is submitted for printing at the beginning of April, we cannot tell whether by May, 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 curbside 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](http://www.roseville.ca.us), in the "Residents" menu.

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

• • •

### Boomer Generation

BY SUZANNE CROWDER

This month's Special Interest Group (SIG) featured is the Boomer Generation Dining Out Group led by Penni Hanson.

Of all the things we've missed throughout this past year, the top three would be travel, visiting with friends and family and going out to dinner. Our Boomer Dining Out Group had been having a great time discovering new restaurants and revisiting old favorites. We had about twenty to thirty Boomer Club participants at each outing, both singles and couples, and enjoyed a wide variety of cuisines in Roseville, Rocklin and the surrounding areas.

(cont' on page 11)

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### Boomer Generation

(cont' from page 10)

One night each month, we would choose a restaurant, send out an invitation to club members and then make a reservation depending on how many members wanted to join us that month. Some of our favorites were LaProvence, where we went on half price wine night and enjoyed a wide variety of French style soups, salads, seafood, steaks, chicken and desserts. Another favorite was Mai Thai Kitchen on Eureka Avenue, where we all got to choose how spicy we wanted our entrees. Some people ordered 0 level spicy, but we like spicy, so we ordered a level 2 which was delicious, despite making our eyes water. One of our very brave and adventurous members ordered a level 4 spiciness and declared it to be delicious after we picked him up off the floor!

One of our most popular evenings was a visit to a long time favorite, Old Town Pizza, in Roseville. We loved the variety, everything from salads to pulled pork sandwiches, to chicken strips and of course great pizza and an extensive beer selection. And at Skipolini's, we filled an entire room with our large group of Boomers and enjoyed the Italian selections.

We're hoping that the day is near when we can resume this enjoyable social group activity. All you need to do is sign up to join the Boomer Generation Club (if you're not already a member) and then join our Special Interest Group, "Dining Out". See you soon!

Your Boomer General Council

• • •

### Singles Club

BY DEBBIE SMOORENBURG

Happy Spring. We are in the sweet spot between the cold of Winter and the heat of Summer. May brings wild flowers, mild days, and hope for us to finally see things open up.

May is also known historically for several things. First is May day. The Celts of the British Isles celebrated the first of May as the balance between dark and light. It represented life and fertility. The Maypole celebration, also from medieval times, was known as the celebration of Spring in the Northern Hemisphere. Villagers often danced around the Maypole, decorated with flowers and ribbons in the belief that doing so would bring prosperity to them.

May 5th, or Cinco de Mayo, is a celebration of Mexico's 1862 triumph in their war with the French Napoleonic Army. Here it is a day for everyone to eat Mexican food and drink beer, although with Covid still going on, celebrations will be mild.

We also have Memorial Day, a day for remembrance for everyone lost during war. This Memorial Day we should also remember those lost to us for any reason.

As things slowly improve we are all ready to celebrate anything and everything. Hopefully in the near future we will be able to resume our meetings and parties.

As always, please look out and take care of each other. It is the small things that sometimes have the most impact.

• • •

### SCR Travel Club

BY DAVE LEWIS

"Follow the Yellow Brick Road"... Are you ready to travel!

Summer is fast approaching and many of our members will soon be departing on their adventure to the "Painted Canyons" of Colorado and Utah. With increasing COVID vaccination availability and recent changes to COVID guidelines all our friends and neighbors seem to be feeling more positive about the future.

While some members have come forward to stand for election in May to serve as a Club officer, the slate is not complete. There is still a need for someone willing to volunteer their time and talent to join the leadership team and continue the valuable contribution the Club provides to our community.

Planning to travel, the latest deadlines to register for the trips showcased last month are listed below.

"New York and Niagara Falls" (12 - 20 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

Please continue to check the Club website and your emails for updates as they occur and stay safe until we meet again!

• • •

### Roseville Stamp Club

BY TIM MILES

We're well into April and there is no news on the reopening of the "full" Lodge, so as to make meeting rooms available. While Timbers Restaurant is open, the rest of the bldg. is closed. There is talk of a June or July opening but that is only conjecture.

Meanwhile, Al Capparelli continues to evaluate collections that have been submitted and stands ready to resupply anyone with whatever their philatelic needs are. He has everything from stamps to pages to mounts and everything in between.

From time to time, he has an "open

(cont' on page 15)

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## Ambassador Committee

BY JOAN ROSE

Summer is almost upon us and the Ambassadors, along with everyone else, are eager to be out and about and socializing with our neighbors. But we are still in an abbreviated form of lockdown. Since the Ambassador Committee is still unable to do our regular jobs, I would like to tell you about the position of Realtor Relations. Two of our members, Dana Eggerts and Carol Norris, hold this position currently.

The Realtor Relations co-chairs would normally maintain contact with Realtors who advertise in the Courier, and or live or work in Sun City. In times before the pandemic, they would plan a Realtors' information meeting featuring breakfast or lunch to demonstrate features of our website, solicit advertising in the Courier, and to inform the Realtors about Community Guidelines. The Realtor Relations co-chairs would attend weekly open houses, to make contact with real estate agents and share the SCR rules and regulations. Dana and Carol are unable to perform most of the duties presently, but hopefully, before long, we will be having open houses again.



Dana Eggerts



Carol Norris

Dana has been a member of the Ambassador Committee since 2019. She and her husband Bob, moved here in 2017. They love living in Sun City and have taken advantage of its many amenities. Dana is active with the Sierra Pines Ladies Golf group, she is the Chair of the Mah Jongg Goup and she volunteers with Child Advocates of Placer County and The Placer Food Bank. She and Bob have four children and four grandchildren. She loves to travel, which is a good thing, because her children and grandchildren live in Oregon, Washington and Bonn, Germany.

Carol has been a member of the Ambassadors since 2019 as well. She is a native Californian and grew up a small rural family farm. She was a high school business teacher for eight years before switching to a career in business. She has lived in Roseville since 1981, where she worked for the city of Roseville as Finance Manager. She was here to see Sun City built and has lived here for three years. She has been active in Boomers, Bocce, the Travel Club and Timber Creek Women's Golf. Carol has two daughters, a grandson and is expecting a granddaughter in September.

Both Dana and Carol are looking forward to providing realtors with information regarding our great community as soon as open houses resume.

## Compliance Committee

BY SCOTT TITENSOR

Time to Enjoy the Great Outdoors!

Walking or driving through our beautiful development, you cannot help but notice how well our neighbors maintain their homes. We take our home maintenance responsibilities seriously. Our governing documents (CC&R's) on page A-25, Section 7.02 under Owner Maintenance Responsibilities, section {b} (i) General Obligations "Landscaping after installation shall be maintained as required to provide a neat and attractive appearance and to meet the restrictions and requirements for landscaping as provided in Section 6.08".

Please take a moment to review your property. Making sure your shrubs and trees are pruned for that "neat and attractive appearance" If you have a view lot, the same responsibilities pertain to your backyard. Make sure trees and bushes are not encroaching into your neighbor's property or that they are blocking street signage.

Have you looked at your bark or stone accents in your yard lately? Are you seeing weeds, clumps of wild grass or general unsightliness? A little effort, spraying or pulling will improve the look. If your bark is showing bare areas, now's a great time to add fresh bark. You'll love how it updates the look of your yard.

Keeping our trash containers properly stored adds to the esthetic value of our homes. Our governing documents (Design Guidelines)

Section 3.02 [R], details our trash container storage requirements. Please refer to this important guideline.

Remember, before making any significant change to your landscaping, painting the outside of your home, adding concrete, fence repairs or new installs, changing a front or garage door, please contact Ryan O'Connell, Assistant Director of Community Standards at 916-774-3863 or via email at ryano@scrca.org or Lorri Booth, Director of Community Standards at boothl@scrca.org. Working together we will keep Sun City Roseville, the premier active adult community in Northern California.

## Website Workgroup

BY CHARLYN ROSS

"Mayday" or "May Day," There is a Difference — "Mayday" is a voice distress signal, conceived in the early 1920 by a radio officer at a London airport. Since much of the air traffic, at the time, was between his airport and Paris, he proposed the term "mayday," the phonetic equivalent of the French m'aider (help me).

While "May Day" generally refers to the first day of the month, which is the 121st day of the year (122nd in leap years). In many countries May 1st is called Worker's Day and commemorates the labor movement, which is celebrated in the United States as Labor Day

(cont' on page 13)

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## Website Workgroup

(cont' from page 12)  
in September.

The American naturalist, Edwin Way Teale once said, "The world's favorite season is the spring. All things seem possible in May." This quote seems most appropriate for all of us in Sun City Roseville as we begin to see improvements in our restricted condition, like the re-opening of our restaurant. We can only hope that this "May" trend continues and, like the spring flowers, it will allow us to "open up" all our wonderful facilities. We certainly don't want to experience a need for a "mayday" call.

### Community Updates —

As we enter the warmer spring season, several projects will be underway.

- Our landscape staff will begin work on the Master Plans for Golf and Common Area landscapes.
- Phase 1A, the change-out of the Catering Office and Wall Street Room, will soon begin.
- Our staff is making plans for the safe reopening of the Lodge.
- Plans are also being formulated for Sun City Roseville to celebrate its belated 25th Anniversary, sometime this summer.
- Two vacancies on the Board of Directories will be filled.
- Our 2021-2022 Budget will be approved for its July 1st start date.

Just a reminder, information concerning all these important projects is readily available on our Resident Website [www.scrs.org](http://www.scrs.org). The

Website continues to be the main source of information as our community proceeds toward all that we call "normality." It is hoped that all residents make use of the Website to remain up to date on important information and events.

### Assistance is Available —

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 (916) 774-3878, by email at [julianns@scrca.org](mailto:julianns@scrca.org), or by a note placed in the Suggestion Box at the Lodge's side entrance.

### Classified Ads Feature —

One of the Resident Website features that has been maintained, during the period of closure, is the "Classified Ads." In the past, we relied on the Lodge bulletin board for ad postings. We may have forgotten that such ads can be viewed online too.

Pending the return of our Ads Bulletin Board, you can list items or find something you may need, on the Classified Ad feature. The submission form is accessible from the "Sun City Roseville" menu. When you mouse over the "Classified Ad" link, an auxiliary link appears at the right that leads to the submission form.

## Elections Committee

BY PAT TEILH

The Association Election for the Board of Directors and the Virus — This year the election will once again be different. The Board of Directors election for two directors will be held on July 20, 2021 as planned. Because of the Covid restrictions set upon SCR lodge, there most likely will not be in-person events. The coffee or wine and cheese events, candidate forums, or meet and greets may only be held via Zoom.

Candidates and their campaign managers are being challenged to determine alternate ways of communicating with residents. Candidates may invite you to a Zoom meeting; or you may be receiving an e-mail or a phone call to participate in a teleconference or some other creative communication method. These are only a few of the ways in which the candidates will campaign this year.

Because of Covid restrictions, the Election Committee will not hold an in-person forum again this year. So here is a solution for having a Forum. We will solicit questions from residents that will be passed on to our candidates for their written answers and, in turn, will be posted on the website. You will also find each candidate's written statement in support of their being elected to a Director position on the Board and photos of each candidate.

The ballot and balloting materials will be mailed on June 18, 2021. Voting begins June 19, 2021. To make it easy for our residents to

return their ballots, the Election Committee and the staff will place the ballot box outside the front entrance to the Lodge beginning June 21, 2021 between the hours of 8:00 am and 4:00 pm. But if you choose to mail your ballot via the postal service, be sure it will arrive in the PO box before 10:00 am of Election Day, July 20, 2021 in order to have your vote counted.

To be fully informed by the Elections Committee of any and all changes to the election, please check the website regularly; we suggest once a week at a minimum to stay abreast of election updates. If you have any questions about this election process, please email your questions to [Patteilh@gmail.com](mailto:Patteilh@gmail.com)

## Sons In Retirement Branch 13

Sons In Retirement Branch 13 (Lincoln/Roseville) is hoping to resume having luncheons at Catta Verdera on May 18th. Proof of vaccination or negative COVID test within 72 hours will be required. 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 as a guest in the future, please contact Chet Winton at 916-408-8708.



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### Roseville Stamp Club

(cont' from page 11)

garage” that is set up for a limited number of folks and masks and social-distancing is required. The announcements will be made via email from our secretary, Al Raub, who has done a great job of notifying us during this pandemic. Most of the members have received their vaccinations by now, hopefully.

Many of the members who belong to the Amer. Phil. Society have enjoyed the virtual visits APS has sent them via email. They are really well-done and cover a host of subjects. Also, Palo and Kelleher, to name a couple, have sent out catalogs to folks. Look them up on the computer, call and ask to be sent a copy of their current catalogs.

Any reader who has an “old” album up in the bedroom closet stuffed away and who desires a current evaluation of worth should call Al Capparelli at 916-771-8288 and schedule a free assessment of the current value. It is nice to see that stamps aren’t diminishing in value.

We all look forward to the day we can get together as a club.

• • •

### SCR Computer Club

BY BARBARA EICHTEN

As Placer County begins to open from the pandemic, we can look forward to our monthly meetings with our educational programs. We need to start by electing officers. We would like to encourage new and established residents to participate in the Computer Club. Many of you have hidden skills. We would like to have your input for programs, resident computer assistance, or just getting to know other residents.

We offer a variety of interesting Special Interest Groups (SIGs). You have been enjoying the photography in the Courier each month. As we open the Computer Lab, the display will again be in the Lodge. If you are interested in submitting a photograph for May’s Photo Gallery, the theme is “Vehicles”.

We encourage the family historians to attend our genealogy meetings. These are attended by speakers and/or members of the community “just interested in genealogy.”

We like to provide assistance on Mac and/or PC devices. This SIG generally meets once

a month to exchange old/new ideas related to your computer, tablet, and phone.

Your club application is available on the SCR website (sres.org). Club membership is only \$15 per year. Now is the time to join!

The Council will meet at Sierra Pines in May (Time and date to be determined). We welcome all residents to attend. Anyone interested in becoming an officer or have questions concerning the Computer Club, please contact Donna Grover (donnapetersongrover@gmail.com) or Barbara Eichten (barbaraeichten@gmail.com).

• • •

### 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 916-781-2468.

• • •

### Veterans and Patriots Club

BY PAUL REGNIER

MAY DAY, MAY DAY! The meaning of this exclamation changes greatly for different people at different times. It is a start of nature’s wonderment as May approaches for some and the immediate threat of “doom” for others.

We, Veterans and Patriots, have weathered one full year of this storm, this cloud, this not so special time apart. We have learned that things both bad and good do pass. When our world returns to “normal” once again will we be able to share jokes, laughter, a cup of coffee, a donut and maybe listen to others tell their stories of “Veteran and Patriot” journeys that we all have taken.

When do we reopen is a frequently asked

question. How do we reopen is just another. Slowly, carefully and safely is my best short answer. Keep your patience, smiles and best intentions close by. There will be much stumbling, some tripping and falling ahead but we will survive and rise again with these new memories.

It is our love and care for each other that sets us apart from others and creates a permanent bond that embraces us all. Oh, please do not leave out all those memories!

I have written to you each month for some years now. It has always been as if we were standing or sitting chatting about current events. Our E. G. News has always been my faithful sitting and writing companion. Our own Courier has greatly helped me to better understand how to put an article together. Thank you both for your great talents. To you, my friends and fellow Vets and Pats this is ADEAU, the final curtain and my exodus. I do love you all and will miss all of you and all of this. God Bless.

• • •

### Jewish Fellowship Circle

BY LOIS ARLEN AND KAREN LEVINE

“Keep your face always toward the sunshine – and the shadows will fall behind you.” ~ Walt Whitman

As of the time of this writing in late March, we are hopeful that Covid cases will continue to decline and that Sun City will allow us to resume our activities. In the meantime, our Fellowship does not have any scheduled events.

The next Jewish holiday is Shavuot. It occurs seven weeks after Passover. It is the last of the “Spring holidays”. It begins on May 16 and ends in the evening of May 18. Shavuot is the Hebrew word for “weeks”.

In the Bible Shavuot marks the wheat harvest in Israel. In Biblical times Shavuot was one of the three pilgrimage festivals in which the first fruits of the harvest were brought to Jerusalem as an offering to God. The crops included barley, dates, figs, grapes, olives, pomegranates and wheat. It also commemorates the anniversary of the giving of the Torah by God to the children of Israel at Mount Sinai.

Dairy foods are often eaten on Shavuot such as blintzes, kugel and cheesecake. The origin of this custom is unknown. On other

Jewish holidays it is customary to eat meat, but since meat was more expensive than other foods, meat was reserved for celebratory events. In Israel the holiday is usually celebrated with music and family friendly activities.

• • •

### SCR Democrats

BY TONI FISHER

Spring has officially arrived and, though it brings on our allergies and noisy motorcycles on our streets, it is wonderful to experience the warm breezes and bright sun. We hope it brightens everyone’s outlook and helps us focus on a number of important matters, both locally and nationwide. We sense that nearly all Sun City residents have obtained their vaccines and are still following the dictates regarding face masks, hand washing and social distancing. One benefit of aging is finding patience within us which helps us to accept the fairly slow, yet smartly designed re-opening. When we reach a full reversal of the shutdown, we will have much to celebrate.

As we heard President Biden say when signing the American Rescue Plan, help is here, and we can now turn to the proposals for a nationwide effort to renew and extend our infrastructure through the American Jobs Plan. Passage won’t be easy, but with bipartisan discussions and some compromises, this administration of competent, caring public officials will be successful in bringing our nation into the twenty-first century and beyond.

A real challenge for all citizens is the recent passage of a bill in Georgia and ongoing work in nineteen other states to limit or restrict voting. The best defense will be HR1/SB1, the For the People Act. We must monitor the work on these bills and remind our legislators that voter restrictions equals voter suppression and that is not what America is about.

A local cloud in our sunny days is the effort to recall Governor Newsom. Holding a vote is a costly process at a time when funds are needed to support our citizens and keep them safe as the state works to reopen schools and commercial operations. Our best response to this will be our vote in support of the Governor.

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(more Club News cont’ on page 17)

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## Rods & Relics

BY ELNA RAGAN

Club activity is picking up! A Board meeting was held on Monday, April 12, at the Del Webb Sun City Sports Plaza. On Thursday, April 15, our Club Meeting was held at Jerry Polen's Shop in Sheridan. Both meetings had a good turnout!

The number of Car Shows is steadily increasing, as the County moves to having fewer restrictions. Club members and friends are enjoying the camaraderie and the opportunity to show off their vehicles.

Plans for the Downtown Lincoln Car Show are moving forward. The big day is Saturday, August 21! Over 300 vehicles are expected. Check our Web Site for Vendor and Vehicle Registration information. Think positively!

The Board is now fully staffed. Last month's voting for Board members gave the following results: George Funk returns as Treasurer, Mike Carvidi returns as Membership Director, Jared Hawkins as the new Activity Director and Glen Vineyard as the new Member-At-Large.

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](http://www.rodsnrelics.net)

• • •

## Birders

BY JANET MORELLI

It's May already and usually, at this time every year, SCR Birders wind up their nine-month schedule of bird watching field trips that began in September of the prior year. This year, the Covid-19 restrictions on social distancing precluded even the start of the seasonal group field trips to Sacramento Valley area bird watching refuges, parks, preserves, and trails. To say that the Birders are anxious to resume their field trips, is an understatement.

In a couple months, the Birders Group will prepare a new schedule of field trips for next season which is expected (hopefully) to start in mid-September. This schedule will be available to SCR residents on the Birders web site in late August.

The California Quail is a year-round

resident of SCR and has the distinction of being the state bird of California, so designated in 1931. In addition, the California Quail is the only state bird whose name includes the full name of its state.

The male has a light brown forehead outlined with a white stripe to the back of its head, a black face and throat underlined with a white stripe, a gray chest, brown sides and white scales on its belly and sides. The most distinguishing feature of the bird is its forward facing black plume. The female also has a plume, but much smaller, brown, and her overall colors are gray and brown.



Male California Quail

California Quail eat mostly grains and seeds and, during the summer breeding season, they will eat insects for protein. They have a habit of scratching the ground with first one foot then the other in their search for food. When in groups (coveys) one male will be perched nearby acting as a lookout to warn the others of intruders or predators.

• • •

## SCR Hiking Group

BY DORIS MERCHANT

We're well into spring and the wildflowers that accompany it. In the Photo Gallery of our website, you will see wildflower pictures taken by Jean Hays and Dori Zuchold, and expertly identified by Bill Haley. Take a look! Better yet, see them for yourselves in person by joining in on a hike. Just show up at the parking lot by the tennis courts at 7:45 with water, lunch and your hiking shoes! Here are the scheduled hikes for this month.

May 6 - Brown's Ravine, rated 5 (moderate), 7 miles, \$6.00 carpool ride.

May 13 - Independence Trail, rated 4



Hiking Group—Bone Art on the Trail.

(easy to moderate), 7 miles, \$8.00 carpool ride.

May 20 - Jenkinson Lake, rated 4 (easy to moderate), 7.5 miles, \$8.00 carpool ride.

May 27 - Sagehen Creek, rated 3 (easy), 5.5 miles, \$10.00 carpool ride.

• • •

## SC Cycling Club

BY LAURIE MORKERT

Attention Cyclists! Spring has arrived and it's time to shake the cobwebs off your bikes and get together with friends to enjoy the weather and beautiful sights of spring. Join members of the SCR Cycling Group in our informal "Rides with Friends" to explore the area from the vantage point of your bicycle.

Due to the pandemic, we aren't yet allowed to have any sanctioned club bike rides or social events, but many of us get together informally for "Rides with Friends". It's easy to ride with friends. There's no need to sign up for rides -- just show up. We'd love to have you!

Each week we plan to send an email to all who are on our list. This email will give details on rides proposed for that week. If you are new to Sun City or to the Cycling Group and would like to ride with friends, we can add you to the list. Just email our President, Susan Glover ([3susanglover@gmail.com](mailto:3susanglover@gmail.com)). All pre-pandemic members of the cycling group

are already on the list of friends.

Each Friday (unless changed in emails) members meet at the tennis courts at 9:00 a.m. for a ride to and from Panera Bread. This ride, allowing time for coffee and conversation, should take one and a half to two hours.

More rides will be announced in our emails.

If you haven't been riding regularly it would be advantageous to make an appointment with one of our local bike shops to get your bike "all tuned up" which will lead to easier and safer riding. Don't forget to wear your helmet and preferably use a rear-view mirror. We want to keep us all safe out there.

• • •

(more Club News cont' on page 19)





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## Senior Softball

BY RICHARD EPTING

Finally, we have wonderful news; Senior Softball is back in full force! We have five strong teams, and everyone is excited for the season to start. Because of Covid-19, we have had to shorten the season to only sixteen games, beginning with opening day on April 14 and regular play ending on June 30. All games start at 9:00 a.m. and are played at Mahany Field on Pleasant Grove Blvd. near the Roseville Public Library. If you want to watch a game, spectators are required to sit on the grass, so bring a folding chair. The City of Roseville has deemed that the bleachers are off limits to spectators, but that's okay because they are really pretty uncomfortable! After the regular season ends on June 30, we will begin a four team play-off that will end by July 14.

Our draft took place on April 2, and most observers say we have five equally talented teams so it should be an exciting year. Team 1 is sponsored by A/C Girl and managed by Larry Larsen with Barry Schivo as the coach. Larry always picks well, so they should be strong. Team 2, sponsored by Smart Move Property Management is managed by Eric Erickson and Dave Garley is the coach. Team 3 is sponsored by Excel Realty and managed by Al Bowman. The coaches are Victor Tom and Bill Hunter. Team 4, the reigning champs, is sponsored by Coldwell Banker Realty and coached by Ron Roberts. The manager is Barry Speier, a last name which most Giant fans will recognize. Team 5 is sponsored by Eskaton Village, managed by John Pal, and Ken Miller, our league president, is their coach. Everyone is excited about playing again, and we hope to have an eventful but "safe" season.

• • •

## Croquet Club

BY JANE MCNALLY

Getting to know our members... Joan Donlon moved to SCR 13 years ago with her husband, Bert. She grew up in Palo Alto and received her Nursing Degree from USF. After working at Stanford Hospital for a year, she took a job as a school nurse in the Alum Rock School District. Joan and Bert married in 1965 and lived in Los Gatos for 41 years. Their 3 children and 6 grandchildren live in California. After being a stay-at-home mom

with her children, she embarked on a 22 year career in real estate. Joan volunteers at her church, SCR Care Giver Relief Program, SCR Bridge Club socials, and Croquet Club socials. Joan plays bridge, reads, exercises at the fitness center, takes walks, and hopes to line dance. She chose to play croquet, a sport both she and Bert would enjoy.

Barbara Stearns and her husband, Roy, have loved living the good life in SCR for 24 years. In San Francisco, she worked as secretary to the head of Public Relations and Advertising for Spreckles Sugar Company. Barbara met Roy at a party. Their romance bloomed, and they married. Barbara was a stay-at-home wife who took care of their home and two children. In her free time she played tennis and bridge. After moving from Santa Clara to SCR, she became a serious golfer. Later, she learned to play and enjoy croquet.

Bente Frydendahl grew up in Denmark and became a home economics teacher. She moved to SCR in 1998 from Washington State after losing her husband of 41 years. She has always enjoyed athletics. In her youth she played tennis, and in SCR she enjoys water volleyball. Holding fond memories of backyard croquet, Bente joined the Croquet Club when it started on what is the horseshoe court today.

• • •

## Pickleball Club

BY BOB VERZELLO

It is a pleasure to welcome two more new members to our Club, Dev Corlett and Thom Niesen. Since we have many new members and we have not had a Club meeting during the pandemic, it might be a good idea to reintroduce our Club's Council members.

Gene Cochran is President, Jane Julian is Vice President, Tom May is Treasurer, and Rosemary Sanchez is Secretary. These officers constitute the Club's Board. Additional Council members include Debra Davies and Eva Freeman who manage the social program and Bob Verzello who writes the monthly Courier/Sun Senior News articles.

Tom May suggests that our members read an article in New York Magazine "Why Pickleball is the Sport of the Year (Or Should Be at Least)" by Rachel Khong. It describes Rachel's discovery of pickleball. Rachel mentions that she especially liked the satisfying thwack of the ball against the paddles, the

triumph of a successful dink, and the thrill of a particularly wonky spin.

Coincidentally, the very same day that this writer (Bob Verzello) read the article, he met an investment advisor who spent a considerable amount of our valuable time together describing his newfound interest in pickleball. He said that one of the reasons he was drawn to the sport was those popping sounds of the paddles hitting the balls. Who knew that popping sounds are a major attraction to our sport? Let us hope the neighbors in the nearby houses like the popping sounds of our pickleballs being hit early in the morning!

The New York Magazine article goes on to describe some of the better paddles and balls. You can find the article on-line by going to "nymag.com/strategist" and search "pickleball."

Just for fun: I wondered why the pickleball kept getting bigger. Then it hit me.

• • •

## SCR Table Tennis Club

BY DON WOODS

The Sun City Table Tennis Club had its birth in 1998. Sun City residents, Harvey and Sheila Lee were the primary leaders in getting Table Tennis started. During the early years, Norbert Werner and Mel Starkey provided leadership as well. Sheila Lee wrote Club articles to promote Club visibility.

The Charter membership consisted of 45 members. Some charter members are still active today - Ron Brandvein, Bill Whitney, Henry and Kathy Koong. Over the years, the number of members has varied because of death and moving away. We are now at 40 active members. Our Presiding officers are Ron Houston, President; Vince Pattillo VP; Frank Tom, Treasurer.

The Sun City Table Tennis Club meets at Sierra Pines meeting rooms on Tuesdays and Thursdays, 2:00 PM to 5:00 PM and Saturdays, 9:00 AM to Noon.

Our Club welcomes you. This is a place to meet new friends, have fellowship, and enjoy table tennis at various skill levels from beginner to expert. A practice table is available to improve your playing ability.

Our Club has been closed because of the pandemic but we hope to be opening soon. Think about joining us for some fellowship and good exercise.

A Brief History – Table tennis was invented in England in the early 20th century. It was originally called Ping Pong. The game quickly spread to Sweden, Hungary, India, Denmark, Germany, Czechoslovakia, Wales and Austria. By the mid-1990s there were more than 165 national associations.

The first world championships were held in London in 1926. From 1926 to 1939 the game was dominated by players from central Europe. In the 1950s, China and Japan emerged as a breeding ground for champions. Table tennis became an Olympic sport in 1988, with singles and doubles competition for men and women.

• • •

## SCR Tennis Club

BY DIANE BARNETT

The warm spring weather has arrived. Although we are eager to hold meetings and socials again soon, in addition to daily play, the Tennis Club recently held 2 Tennis Play Days for Club members. Thank you Patrick Maglione and Anne Burney for putting the Play Days together. It was reported that everyone had a great time!

On April 7th California Governor Gavin Newsom announced that the state will fully reopen its economy June 15 as long as vaccine supplies remain sufficient and hospitalizations remain low. Because you will read my article in May, you will have a good idea of whether or not that plan is still on track. Fingers crossed! Regardless, now is not the time to let our guard down, as we still need to maintain current guideline precautions like social distancing and wearing masks as directed. Even within those guidelines there is still plenty of room to enjoy the warm weather, get some exercise and have fun with friends and that is where playing tennis fits in nicely. Despite the Lodge and most SCR amenities being closed this past year, it has been reported by Treasurer Kathy Fowler, that Tennis Club membership continued to rise. Perhaps you are among those who recently joined and want to find people to play with or you played tennis in the past and are thinking about getting back into the game. Or if you are new to tennis, perhaps you joined the Tennis Club to learn how to play. If any of these describe you, then you have joined the right Club because we are a friendly group

(cont' on page 23)

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# Bob and Judy Verzello

(cont' from page 1)

While working, she returned to college at the University of San Francisco taking evening classes. She earned a BS degree in Information Systems Management. She then attended San Francisco State for graduate classes to obtain a California Community College Teaching Credential. After she obtained the credential, she began teaching evening paralegal classes at Skyline Community College. A few years later, she switched jobs and became an Information Systems Manager for a larger firm with offices in four different locations. Five years later, she was happy to retire. Subsequently, she went back to community college to earn a travel agent certificate which she only used to plan her own family's travel.

Bob had three different careers. First, he helped to manage the business owned by his parents, specializing in sandblasting, and painting large steel structures such as bridges, ships and pipelines. While performing this job, he conducted a national survey of management practices for the called Painting and Decorating Contractors Association (PDCA) national trade association. He coauthored an industry-standard textbook on estimating and blueprint reading, and, also conducted Management and Estimating workshops for contractors throughout the United States, was a contributing editor for PDCA's trade magazine and a keynote speaker at their national conventions.

In his second career, Bob taught business and management subjects at Skyline Community College in San Bruno, California. He developed the first business courses in microcomputer technology at the college. He coauthored a data processing textbook published by McGraw Hill, authored accounting software for Worth Publishing and created teaching software to use at Skyline. At the same time, he started a doctoral program exploring the role of community colleges in economic development with an international research component. This led to many interesting trips for the couple. During the doctoral work, he studied the relationship between adult education and economic development in South East Asia. Judy joined



Judy and Bob Verzello — Prom 1958.



Judy and Bob Verzello — Wedding 1961.

the doctoral study group when visiting school administrators in China, Thailand, Nepal and Indonesia. Bob's dissertation was chosen as a model for the doctoral program, and he was Student Speaker at graduation.

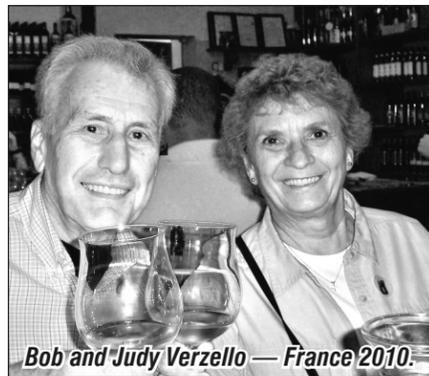
After completing his doctorate, Bob embarked on his third career before retirement. He was Dean of the Business Division at Skyline College for thirteen years, then became Assistant Chancellor of San Mateo Community College District. Shortly after starting retirement, he was called back to serve as Interim President of College of San Mateo.

Retirement found the couple moving to Minden, Nevada from San Mateo, California to "live where they played." Over a span of several decades, they had enjoyed hiking, swimming, skiing, and boating at Lake Tahoe and the surrounding areas. So, Minden's proximity to Lake Tahoe seemed to be a good choice for them. During the fifteen years they lived in Minden, they volunteered at the local food bank and Reno's Pioneer Center for



Bob and Judy Verzello

PHOTO BY KEN SHAHOIAN



Bob and Judy Verzello — France 2010.

Performing Arts and belonged to the Carson Valley Hikers group, Carson Valley Trails Association and the Sierra Philharmonic League. In the Sierra Philharmonic League, they managed the July fourth concert known as "Pops in the Park" which took place in Genoa, Nevada. Bob served on the boards of Sierra Philharmonic League, Reno Philharmonic and he also was President of the Sierra Philharmonic League. Judy became interested in gourd art. She donated many of her pieces to the Sierra Philharmonic League's silent auction to raise funds for the "Pops in the Park."

One of the new interests the couple developed in retirement was learning how to play Bridge. Judy convinced Bob it would be a good idea to learn so they could meet new people in their community and on cruise ships. Although Bob was not interested at first, he went along. They took lessons at a Bridge Club in Carson City and also received help from patient friends.

After their move to Roseville in 2013 to be closer to family, they became active in the Sun City Bridge Club and Judy served as secretary for two years. To become familiar with the community, they spent a year volunteering for the Citizens Patrol. Currently, Bob is now

the team leader for their neighborhood watch group.

Other activities Bob has enjoyed in Roseville are tennis and pickleball. He started out playing tennis after the move from Nevada but transferred to the quicker action of pickleball. He joined the Pickleball Club, serves on their council, and writes the articles for the Courier and Sun Senior News.

One of the enduring passions extending over decades for the couple is their love of travel. It probably started with a forty-nine-day driving trip they took with their young sons in 1977. They covered 10,600 miles and traveled to twenty-five states, D.C. and Canada. When they celebrated their twenty-fifth wedding anniversary, they went to Club Med in Tahiti, a place they had fantasized about visiting after watching the movie "Mutiny on the Bounty" multiple times. The travel bug bit even harder after their trip to South East Asia for Bob's doctoral program. They loved meeting new peoples and seeing new places different from their American background. To date, they have traveled to forty-eight states and ninety countries and territories. They especially enjoy cruising and have spent the equivalent of about two full years on the ocean. Some of their favorite travel memories include seeing their young children experiencing the sunrise over the Grand Canyon, watching schools of fish swimming past the deck of their hut on Bora Bora, visiting the Verzello family relations in a tiny northern Italian town during their porcini mushroom festival, seeing giant icebergs and massive penguin colonies as they cruised the Antarctic peninsula, being up close to a variety of birds and mammals in the Galapagos Islands, and hiking and partying with friends in Death Valley.

Their long, enduring marriage has kept them grounded in love and their sizable skills in their different careers have given them a rich retirement full of adventures. They value their current life in Sun City Roseville, close to family and replete with new friendships and activities. They have brought to retirement the enthusiasm they had when they worked in their chosen careers and are making the most of it.

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# Fibromyalgia Solutions

Common experiences of those living with Fibromyalgia often include:

Pain that is difficult to identify or pinpoint.  
 Pain that seems it has a life of its own.  
 The feeling that others expect so much from you because they can't see that you are sick.  
 The feeling that everything hurts.  
 Feeling of brain fog.  
 Overwhelming pain and fatigue that causes you to avoid social or family activities.

Maybe you've tried physical therapy, pain pills, injections, burning off the nerve, back cracking, or massage, which provided some relief at first but is no longer working.

Are you afraid your pain is getting worse?  
 Are you tired of not getting any answers?  
 Does your doctor tell you the pain is "all in your head" and to "just live with it"?

## What Causes Fibromyalgia?

The exact cause of Fibromyalgia are not fully understood, but a variety of factors could be working together that may cause the body's pain signals to go awry, including:

**Genetics:** There may be certain genetic mutations that may make you more susceptible to developing the disorder.

**Infections:** Some illnesses appear to trigger or aggravate Fibromyalgia.

### Physical or emotional trauma:

Fibromyalgia can sometimes be triggered by a physical trauma, such as a car accident. Psychological stress may also trigger the condition.



***"I've had fibromyalgia for 15 years. My first symptom was upper back pain, then slowly everything felt like a bruise. When it all began, my doctors told me I was fine, and I needed a therapist. Then I tried acupuncture and found real support. She really listened to me and with her treatments, I'm able to manage to my pain and not feel life passing me by."***  
**- Tonya L.**

## Fibromyalgia CAN be treated.

You may feel that your condition is misunderstood or that you and your symptoms are being dismissed. And perhaps you've even been told that you just have to live with your Fibromyalgia pain. But relief CAN be achieved! We have pioneered non-pharmaceutical solutions along with acupuncture to help your Fibromyalgia symptoms. For many of our patients, Fibromyalgia pain can be controlled and your daily life improved!

## What to Expect.

Because there is no simple laboratory test to diagnose Fibromyalgia or determine its severity, we rely on really listening to your concerns and eliminating the possibility of underlying conditions that might otherwise be causing your symptoms.

Then, a COMPREHENSIVE treatment plan will be developed, CUSTOMIZED for YOUR Fibromyalgia symptoms. Our treatments have been shown to increase blood flow and expedite healing and recovery. Our clinic has an 87% success rate in treating Fibromyalgia.

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### SCR Tennis Club

(cont' from page 19)

of people who welcome you and will help you find your niche. If you are eager to get started playing tennis, give Ray Barnett a call at 916 759-2578 and he will get you involved.

• • •

### Sierra Pines Ladies Gold

BY DEBBIE GEORGE

Here we are at the first of May. Predictions from our Governor's office is that by the middle of June, all restrictions on our state will be lifted. Gone will be the various colored tiers. All facilities should be back to 100%. Let's hope this is true. It's been way too long.

Meanwhile, our ladies are starting some tournament play in April. Throughout the month they will be posting Putts for Points, Birdies/Chip-ins, and Eclectic. I hope to be able to report on that next month.

Most improved players for the month of March are the following. 1st flight – Elizabeth Gustafson; 2nd flight – Linda Vincent; 3rd flight – Joan Rose; and 4th flight – Debby

Huntington. Great job ladies! Thanks, Pam, for your report.

So trousers or "slacks" on the course caused quite a stir. But this outfit, worn by Gloria Minoprio, is now in the possession of the British Golf Museum in St. Andrews. Apart from her dress, her claim to immortal fame is that she played in the British Championship 1933-39 by using only one golf club. Can you imagine! Not sure which one I would choose. 7 iron? Google her!

Today the LPGA's own dress code is very relaxed. We've all seen this if you follow their tour on television. Sleeveless, collarless shirts as well as the traditional polo shirt is worn. It also allows both shorts and skirts, with no length requirement. It does draw the line at denim, cut-off shorts or gym clothes.

That's it for this month. Happy golfing and enjoy this gorgeous weather!

• • •

### Timber Creek Women's Golf Club

BY BARBARA MILLS

A big "thank you" goes to Joan Meyers, our Tournament Chair, who does a great job setting up our weekly play schedule!



find one you want to attend, click on the View box which gives details of the event. It is a good idea to register on the first sign-up day as these events fill up quickly. Make sure you have registered a profile on Golf Genius by clicking the "Sign In/Register" button on the WGANC Legacy letterhead page.

Happy to report that Maggie Altnow had a Hole-in-One in March, her sixth, on Hole #14 witnessed by Cookie Hennager, Mary MacLean, and Hattie Donovan.

Since we were able to play every Wednesday in March, we have our first Most Improved Players for 2021. 1st Flight, Marsha Suter; 2nd Flight, Diane Dooley; 3rd Flight, Karen Hawkins. Congratulations! Our website has been updated to include the Most Improved by Month information after selecting the Handicap Button.

Our Memorial Day tournament will be held on May 26th, chaired by Gail Quintel, a day to remember and honor our friends who passed away in 2020: Chris Brower, Rose Maki, and Sharon Sampson.

• • •

### Timber Creek Men's Golf Club

BY TONY KING

In March we had our St. Patrick's Day tournament. It was an Irish Scramble. We had 116 golfers wearing lots of green. There were two flights of winners. The first-place group in the Celtic flight was Victor Tom, Joe Hoban, John Woodbury, and Kaz Seo. The first-place group in the Leprechaun flight was Martin Wolf, Bill Whitney, Fred Haseley, and Joe Rodriguez.

Next up is our Spring Swing Card game. You don't know whose ball counts till you get to the green.

Bob Dunn and his tournament committee continue to do a terrific job. The monthly tournaments for the second Tuesday of the month are in good shape. Some of the mixer tournaments are in jeopardy because of the Covid.

Our Central Valley Senior (CVS) started to play April with a reduced number of players because of the Covid. The first course will be Sierra View in Roseville.

• • •

(more Club News cont' on page 27)



We continue to play in super weather with cool mornings and not too warm afternoons. With this beautiful weather, we had an excellent turnout for our 36-Hole Better Ball Tournament on April 14 and 21. Winners will be announced in the June Courier article.

Eleven members played in the Open Day at Catta Verdera on March 29 and had a wonderful time! Mary Jorgensen encourages members to look at the Open Day locations and try private courses that are not normally available to play. You can go to the WGANC Legacy page (<https://ncga.org/wganc-events/>) and select Open Days or Tournaments. If you

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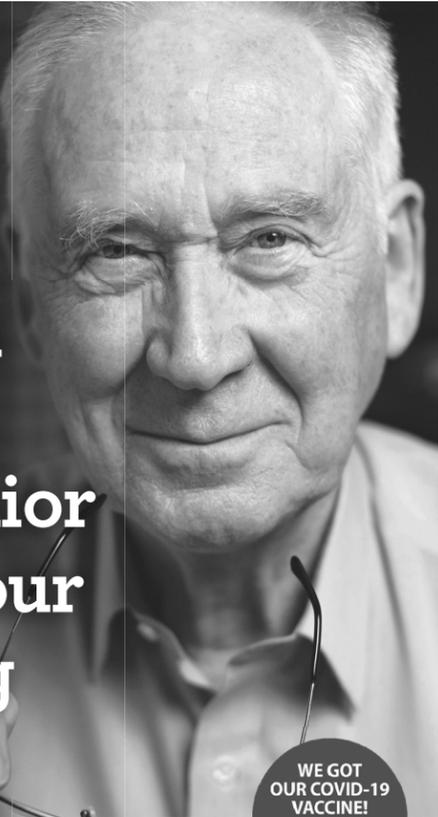
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# Neighborhood Watch

BY LINDA VINCENT

For all of our new residents, you ask, “What is Neighborhood Watch?” It is a program in which the people in one area (neighborhood) agree to watch out for each other and report suspicious activity to the police. All Sun City residents are part of Neighborhood Watch. Neighborhood Watch signs are posted throughout Sun City on street signs warning criminals that the neighborhood has an active and organized Neighborhood Watch group.

### Report Suspicious Activity to the Police

Informed and alert citizens play a key role in keeping neighborhoods safe. Do your part in keeping your community safe by paying attention to your surroundings; if you see something suspicious, call the police.

Sun City is grouped into Villages and Teams, which serve as a communicating link for each area in Sun City. When one or more of those links become vacant, it is difficult to inform residents of possible suspicious behavior to watch out for, i.e.,

- Someone going door-to-door asking unusual questions or looking into houses or car windows.
- Unusual noises that cannot be explained, like breaking glass or pounding sounds.
- Business transactions conducted from a vehicle. (This could be drug or stolen property sales.)

- Someone removing property from unoccupied homes.
- Someone loitering in a neighborhood on foot or in a vehicle when there is no apparent purpose or destination.

When you call the police be ready to describe specifically what you observed:

- Who or what you saw;
- When you saw it;
- Where it occurred; and
- Why it’s suspicious.

When to call 9-1-1

9-1-1 should be reserved for emergencies.

Here are some examples of when to use 9-1-1.

- a person’s safety is in immediate peril
- a crime is in progress
- a serious injury that needs an immediate response
- any time where immediate response is required; when you cannot be placed on hold

The Roseville Police Department’s non-emergency dispatch number is (916) 774-5000 option 1. This number should be used to report incidents that have already occurred, when no immediate danger is present, and suspects are long gone. And you would also use the non-emergency number for calling in a “Wellness” check. A wellness check is something you can ask the police to do whenever you’re concerned about a loved one’s well-being. It’s a procedure

you can ask them to initiate, in order to check if everything is alright with someone you’re concerned about. It doesn’t matter whether you’re a family member or simply a close friend.

Become an active member in your neighborhood when asked. If there is not a Team Link in your area, the communicating link is broken. Will you get involved as a Team Link when asked?

Neighbors helping neighbors. It’s a simple adage and one that holds immeasurable power when it comes to keeping communities safe.

Stay safe and get involved with your neighbors around you.

# Astronomical Events for May

BY BILL WEAVER

May 5 - 6: The Eta Aquarids meteor shower named after Aquarius.

The radiant, the point in the sky where the Eta Aquarids seem to emerge from, is in the direction of the constellation Aquarius looking generally East can best be seen between 3:00 AM and 6:00 AM. The Eta Aquarids is one of two annual meteor showers seen as the Earth passes through the debris left behind by the Comet Halley.

### May 26: Super Moon / Flower Moon

This year’s Full Moon in May, also known as the Flower Moon after all the flowers that bloom around this time in the Northern Hemisphere, is a Super Moon. It may look bigger and brighter compared to other Full Moons.

### May 26: Total Lunar Eclipse

Considered the best astronomical event of 2021. This total lunar eclipse of the Super Flower Moon will be visible from Australia, US West Coast, western South America, and South-East Asia. It can be seen from our area beginning at about 1:47 AM looking South and reaching total eclipse at 4:11 AM. This will be the first total lunar eclipse visible for most of the U.S. since Jan. 21, 2019.



Sunday, May 9, 2021

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# Sun City Real Estate Market Report

## 1st Quarter Home Sales - Roseville/Lincoln

Number of Homes Sold: 32/73

Price Range: \$400k-\$826k/305k-945k

Average Price Per SQFT: \$329.07/321.77

Median Price: \$495,000/\$565,000

Average Days on Market: 8/31

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## 17th Annual Voices of Lincoln Poetry Contest — Poets Wanted! Enter Now!

The 17th Annual Voices of Lincoln Poetry Contest began in April, as part of the celebration of National Poetry Month. The theme of this year's contest is "If Life Were A Game Show, What Would Poets Say?" The five (5) new contest categories, selected from the names of popular TV game shows, include the following: "Let's Make A Deal" "To Tell The Truth" "The Price Is Right" "Family Feud" "Who Wants To Be A Millionaire." Poets may submit a maximum of three poems, no more than one in each of three of the five contest categories.

Poems may be in rhyme, free verse, Haiku or other accepted poetry forms and of any length, up to a maximum of 60 lines.

Everyone is encouraged to enter the contest. Poets do not have to live in Lincoln to be eligible. There is no entry fee. Young Poets, 18-years of age or under, are encouraged to submit poems and will compete in a special "Young Poets" category.

The "Rules and Entry Form" can be downloaded from the following website:

<https://friendsofthelincolnlibrary.org/voices-of-lincoln-poetry-contest/> or blog: <https://slolowe44.blogspot.com/2021/03/2021-voices-of-lincoln-poetry-contest.html>.

com/2021/03/2021-voices-of-lincoln-poetry-contest.html.

Poems should be written in English. They should be typewritten and not centered. Please use the Arial font 12-point. The title should be listed at the top of the poem and the category should be included at the top right corner of the poem page. The name of the poet should not be included on the poem. Entry Forms must be received no later than Tuesday, July 20, 2021. Early submissions are appreciated. If you have questions, please contact Alan Lowe, Contest Coordinator, at [slolowe@icloud.com](mailto:slolowe@icloud.com).

Winners will read their poems on Sunday, October 10, 2021, at the Voices of Lincoln Special Event to be held from 3:00 to 5:30 p.m., at the Lincoln Public Library in Lincoln, CA, if health conditions allow the event to take place. Winners who are unable to attend the event will have their poem(s) read by a member of the Poets Club of Lincoln. Winners will receive a commemorative chapbook of the winning poems.

The Voices of Lincoln Poetry Contest is presented by the Poets Club of Lincoln and is sponsored by the Lincoln Library and the Friends of the Lincoln Library.

## SCR Foundation

(cont' from page 1)

present opportunities for you to get involved in the Foundation. If you have a knack for performing minor home repairs and enjoy the process, our Home Maintenance Program is seeking new team members. Members are teamed up in pairs of two with at least one able to climb a ladder. Six teams rotate on a weekly basis and substitutes are available should a regular member have a conflict during his week. If interested in becoming a regular or a substitute, contact Doug Smoot at [dr4love@comcast.net](mailto:dr4love@comcast.net) or call 916-532-0332 and he will be happy to describe the work to help you decide if you are interested.

This time of year is also a transition period for those Directors whose terms are ending and

we are seeking people who can assume their roles. If you wish to explore the possibility of volunteering your time and talents for the benefit of our Sun City neighbors, we will be interviewing interested candidates during June with the new, two-year positions beginning in August. Currently, we know of several open positions: The Golf Tournament Organizer; the Special Programs Director who manages aspects of the Survivor's Guide and the Alternate Living Considerations Program, and; the Public Relations Director, responsible for writing the monthly Courier article and performing a variety of duties related to the Annual Friends Appeal as well as other methods of informing residents of the Foundation's programs. If you think you might enjoy any of these positions, contact me, Toni Fisher, at [tonifisher2@gmail.com](mailto:tonifisher2@gmail.com) or call 916-783-0327.

## Golden Niners

BY RALPH FRIEND

The month of March had ten top winners with the following amounts deposited in their names at the Pro Shop at Timber Creek: Lloyd Leitz and Howard Frank - \$28, Steve Rodriguez - \$25, Greg Davis - \$24, Richard Bradshaw - \$23, Bernie Gould, Dwight Rose and Gene Norcia \$22, Bill Kimura and Ray Blake - \$20.

The Golden Niners support the First Tee program through donations by the club, as well as by individual club members. First Tee is an organization that supports young school-aged golfers. Over the past three years, the Golden Niners have donated over \$4,200.00 to their scholarship fund and they have given \$800 towards their programs for youth. A major support of the First Tee program comes from Steve Fernandez and Mike Cepress.

You don't have to be a "great golfer" to belong to the Golden Niners. We have a great time and we are all "winners". The club is designed so that everyone plays with different player combinations each week. The cost to join is \$35 for each fiscal year with 80% of the membership fees going back to the members. The club is run by volunteer club members who perform the different duties of the club. In January, the fee to join is set at \$5 for each remaining month of that fiscal year.

Come out and enjoy the fun... become a Golden Niner!

• • •

## SCR Billiards Club

BY GERRY CRISTONI

Good news! Governor Newsom said California will re-open sometime in June 15th, if covid 19 numbers are down.

Our club president will e-mail members when the billiards room opens.

Don't forget to let club officers know if you approve of current officers continuing to serve as your 2021/2022 officers. Contact any officer.

On a sad note, Norm Pilliard passed away in March. We received a thank you note from Jan Pilliard and family for the beautiful flowers sent by our club.

• • •

## SCR Bridge Club

BY ANN SWAIM

Bridge tip of the month: Namyats - This is Stayman spelled backwards. Most players know you can pre-empt bid a decent 8 card major suit at the 4 level. More than likely your partner will pass and many times a slam bid is missed. To prevent that from happening, you use the Namyats Convention.

To use Namyats you need a better hand. You need 8 1/2-9 quick tricks. If your suit is Hearts, the opening bid is 4 Clubs and if your suit is Spades, you open 4 Diamonds. Your Partner now makes a responding bid to indicate whether he wants you to play 4 of your major; whether he feels it would play better with him as declarer; and also, if he feels bidding a slam is a possibility. The opening bidder defines and limits his hand making Responder the Captain of the contract! There are 3 main responses as shown below.

1. Responder can bid 4D after the 4C opening, or 4H following the 4D opening. This indicates the Responder prefers Opener be declarer and ends the bidding at the 4 level.

2. A responding bid of 4 of the indicated major would place Responder as the Declarer.

3. Should Responder use their partnerships choice of keycard asking, it indicates a slam contract could be possible.

Most of the time the final bid will be in the long suit held by Opener but occasionally all key cards are available and NT becomes the final contract. The extra 10 points this yields is always sought by duplicate bridge players.

• • •

## Mah Jongg Club

BY CINDY SIMPSON

"A hero is someone who has given his or her life to something bigger than oneself." — Joseph Campbell, Happy Memorial Day!

I have received my new card for this year, and I can't wait to play! 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. Stay well! Stay safe!

• • •

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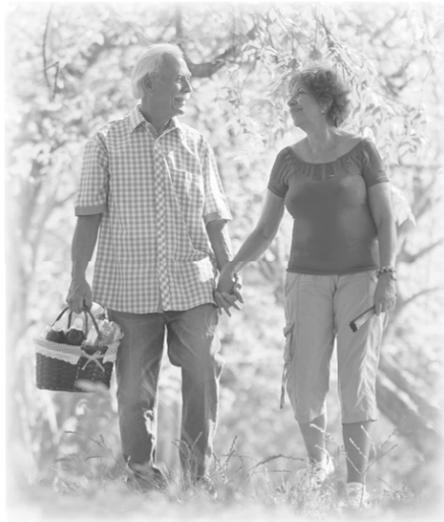
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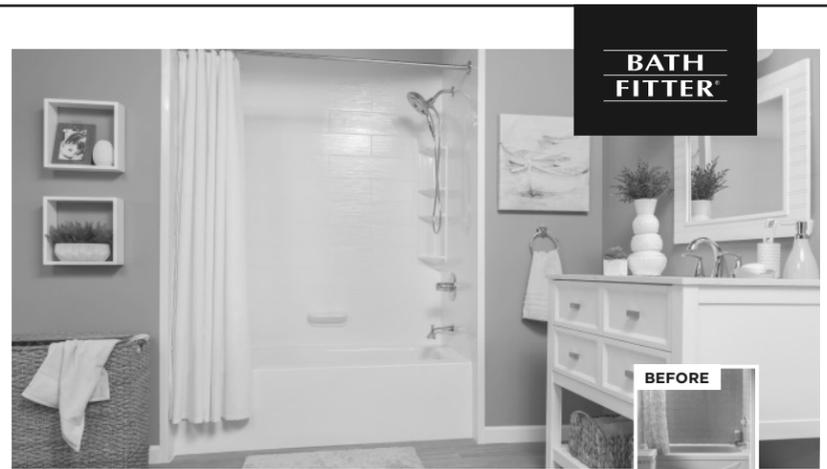
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# Observations on Things Learned During the Pandemic

BY MARTIN GREEN

As I mentioned in last month's "Observations," Beverly and I have received the vaccine and so have been taking tentative steps into the outside world after a year of almost completely sheltering in place. I'm hoping this marks a new phase in the era of the pandemic and thought I might put down some of the things that we learned during the old phase of staying home.

One of the first things we seniors had to contend with was how to get essential items, such as food, say, without going out to stores. We found that we could have deliveries from our local supermarkets but it was not exactly the same as shopping in them ourselves. With each delivery there was bound to be a few items deemed unavailable and a few items that were not exactly what we expected to get. The most notable is when I thought I'd ordered a regular bag of potato chips and instead got about 100 of those little bags. These lasted me almost six months. On the opposite end, I recently order what I thought would be a regular pint size of ice cream and instead got a Dixie cup. So, we learned that every delivery would contain a surprise.

There were other items we couldn't get from the supermarket and so we turned, like many readers, I suspect, to Amazon. We'd begun using Amazon before the pandemic and now we learned you could get a surprising number of things from it, including food items

and medications. Some of the other items included masks to wear during the pandemic and, during the great toilet paper buying panic, some kind of toilet paper. Regarding this last, we had an experience similar to those with the supermarket; we thought we'd ordered four rolls but instead got a dozen. I might have been able to sell these for an exorbitant price during the panic but refrained from doing so. You could also get stamps through Amazon but I discovered you could get them at a lower cost directly from a Post Office site.

While not going anywhere, we'd take out our cars for a weekly spin to keep their batteries charged and to make sure we hadn't forgotten how to drive. On one of these spins, my car's warning light came on. I referred to the manual and it was either a brake or tire problem, I couldn't make out which. I wanted to do something so discovered there are mobile auto repair shops that would come to your house. One of them did so and it was just one low tire, so I could have borrowed a device a neighbor had to pump it up and saved some money. On the other hand, I now knew I could get a mobile service that could do just about anything a regular garage could do and this knowledge might come in handy for the future.

Other than getting in the necessities of life without going anywhere, there was the matter of what to do during all that time you were staying at home. I never completely solved this

problem but did uncover a few things I could do on my iPad. One was that there were sites offering virtual museum tours so I could re-visit New York's Museum of Natural History and Metropolitan Museum of Art, places I'd gone to while growing up in that city. I could also re-visit museums like the Louvre in Paris and the Prado in Madrid, places Beverly and I had been to on our travels.

I had the GoogleEarth app on my iPad and I used that to re-visit various places, some we'd been to while visiting our son in Ireland, like Shop Street in Galway and the Prom in nearby Salthill. I could also walk up and down Central Park West and Fifth Avenue in Manhattan. With my aging knees I couldn't do this in person any more and it was nice to be able to do so virtually while sitting comfortably in my Lazy-Boy chair.

Another thing I discovered, or re-discovered, was our house's front porch, which our model has but which we'd never really used much while living there for about 25 years. We had a couple of chairs and a porch swing out there and it was a nice change to do some porch-sitting instead of being inside the house. I came across a newspaper article that across the country people were now using their front porches so I wasn't the only one.

I haven't mentioned reading or writing because these activities, reading anyway, are common-place things to do to pass the time and

many people do so, maybe more so during the pandemic. I've also read recommendations for homebound people to write and came across an article saying that many have been writing their memoirs, so many that publishing houses have been swamped by them. As readers know, I too have been guilty of writing a memoir (which I'll try to put on Amazon) and I think it's a good thing to do, if only because it's interesting to look back at things happening during the pandemic, things such as the toilet paper buying panic mentioned above. Were we really so worried that we'd run out of this basic necessity of life? I supposed we were.

Finally, and on a more serious note, we found out, as many did, that it was important to maintain social contacts during a time when you couldn't get together in person. We had weekly or almost weekly phone calls with our sons. Beverly talked to her brother frequently and I started calling my sister every week. Then there were phone calls and e-mails to friends in Sun City and elsewhere. A couple of online magazine editors I regularly e-mailed with informed me of how things were going in England. Other e-mail correspondents informed me about Seattle, North Carolina, Oregon and New Zealand. All of this has helped me weather the pandemic to date. So now, as noted above, here's to a newer and better phase of the pandemic, one that will be closer to "normal."

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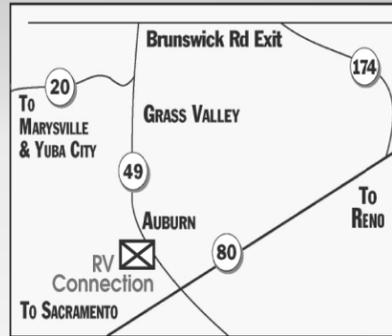
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