

SUN SENIOR NEWS

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Dave and Jill Short — Faith, Fires, Fortuna

BY RUTH MORSE

Dave and Jill Short have lived in Lincoln Hills for six years. They moved here from Fortuna, California, a small community on the northern coast of California and just south of Eureka and Arcata. Arcata is known for being the home of Humboldt State University. The school specializes in Forestry and Resource Management since the area is home to many redwoods. The change in location to Lincoln was striking but the Shorts were motivated by better access to healthcare and proximity to family members. Amazingly, their home of twenty-three years in Fortuna was purchased by someone moving from Lincoln Hills to Fortuna. The Shorts have adapted to living in the area and love many things about their home and the surroundings, including many of the people they have come to know.

Dave Short started his life in Burbank, California, the family moved to Downey, California, and then they moved to Tulare in the Central Valley when Dave's father took a



Dave and Jill Short

PHOTO BY JEFF ANDERSEN

position as the Tulare Fire Chief. He remained in the Central Valley until he attended Humboldt State University. By joining the fire service, he became the third generation in his family to do so—both his father and grandfather were firefighters. Returning to the Central Valley after college to work for Cal Fire, he joined a singles group at a local church. This is where he met his future wife, Jill.

Jill's life had taken a completely different trajectory before she moved to Visalia to teach school after graduation from San Diego State. She was born in the San Fernando Valley and lived in Woodland Hills, south of Ventura Boulevard. She graduated from Taft High School. The true "Valley Girls" who were legendary in the 1960s and 1970s were south of Ventura, made famous by the song with the line about cruising Ventura Boulevard. She loved spending her summers at Santa Monica beach. Jill was raised in a Jewish family. She has one brother. Her father was an eclectic man with many skills, including being an artist who worked with oil paintings. He was a makeup artist who worked for the movie studios. Later, he owned a beauty shop in Beverly Hills and worked with some very rich and famous ladies. In the 1970s, he reinvented himself to be a special education teacher. Unfortunately, he died soon after Jill and Dave were married

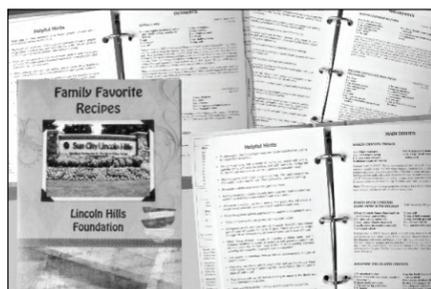
(cont' on page 29)

LH Foundation

BY DENISE BOWDEN

Back in the Ballroom and Shared Food Memories — Bingo players had their daubers ready and were looking forward to being back in the ballroom in July but circumstances beyond our control kept the Lincoln Hills Foundation from hosting Bingo as planned. We expect that we will be ready to put those daubers to work on Tuesday, August 31st and will be back to full capacity.

Many thanks to everyone who contributed to our recipe book. The books have arrived and they look great! Contributors submitted



family favorites, from drinks to desserts, and shared the stories that brought back memories of mothers and grandmothers who cooked these recipes with love. The books are available to purchase for \$20, tax included, on the Lincoln Hills Foundation website at www.lincolnhillsfoundation.org or call 408-307-1700 to buy in person.

Bingo and Books aren't all we are up to as we get back to normal. The Foundation is continuing to look at new ways of supporting our community so watch for announcements about new or enhanced programs coming soon.

LH Music Group

BY DAN LEHRER

Our July Zoom meeting theme was "Welcome Back." For our opening song, we sang and played together "Welcome Back," John Sebastian's "Welcome Back Kotter's" theme song. The Presentation Hall venue was exciting and extremely fun. After wonderful solo performances, we closed with The Beatles' "Come Together." In addition to welcoming back our members, we welcomed new member Dabbie Bowron. Dabbie is an accomplished Pianist and is anxious to play both solo and with small groups. We are looking forward to another Presentation Hall meeting in August. When the OC has extended hours, we will meet every fourth Wednesday of the month from 6:30 to 8:30 PM, Fine Arts Room (OC). You can find the Lead Sheets for the group songs and more information on our website, lincolnhillsmusicgroup.org; the password is musicgroup. You can also contact Dan Lehrer at dlehrer72@gmail.com. Ukele Ohana meets Wednesdays, 1:00 to 3:00 PM, (OC). Open to Lincoln Hills residents. Contact Ron Peck at 925-788-5869 for information.

• • •

LH Community Chorus

BY BARRY MACKINTOSH

The Lincoln Hills Community Chorus rehearsed two months for our spring 2020 concert before Covid shut us down that March. We hoped to return for our ever-popular holiday concert last December, but the virus

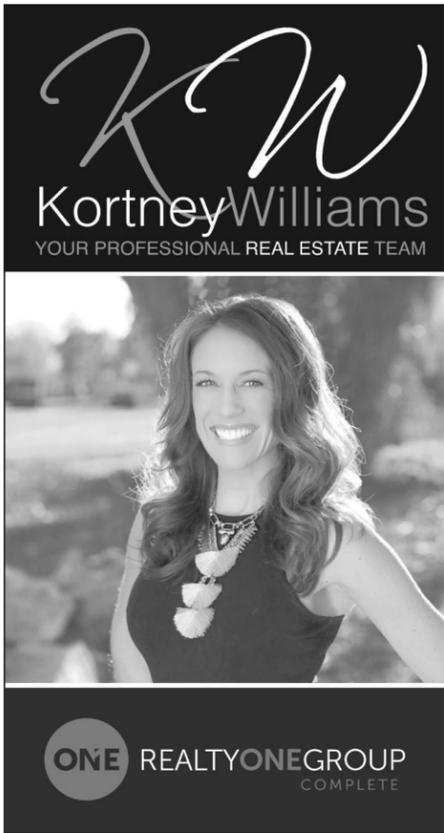


Paul Melkonian and Nina Malone.

still ruled. Then we postponed this year's spring concert to early summer, but even that got canceled when Kilaga remained closed too long for us to rehearse.

Not a happy story! But with Kilaga and the Ballroom now open at last, we confidently plan to begin rehearsing on September 7 for three holiday concert performances on December

(cont' on page 5)



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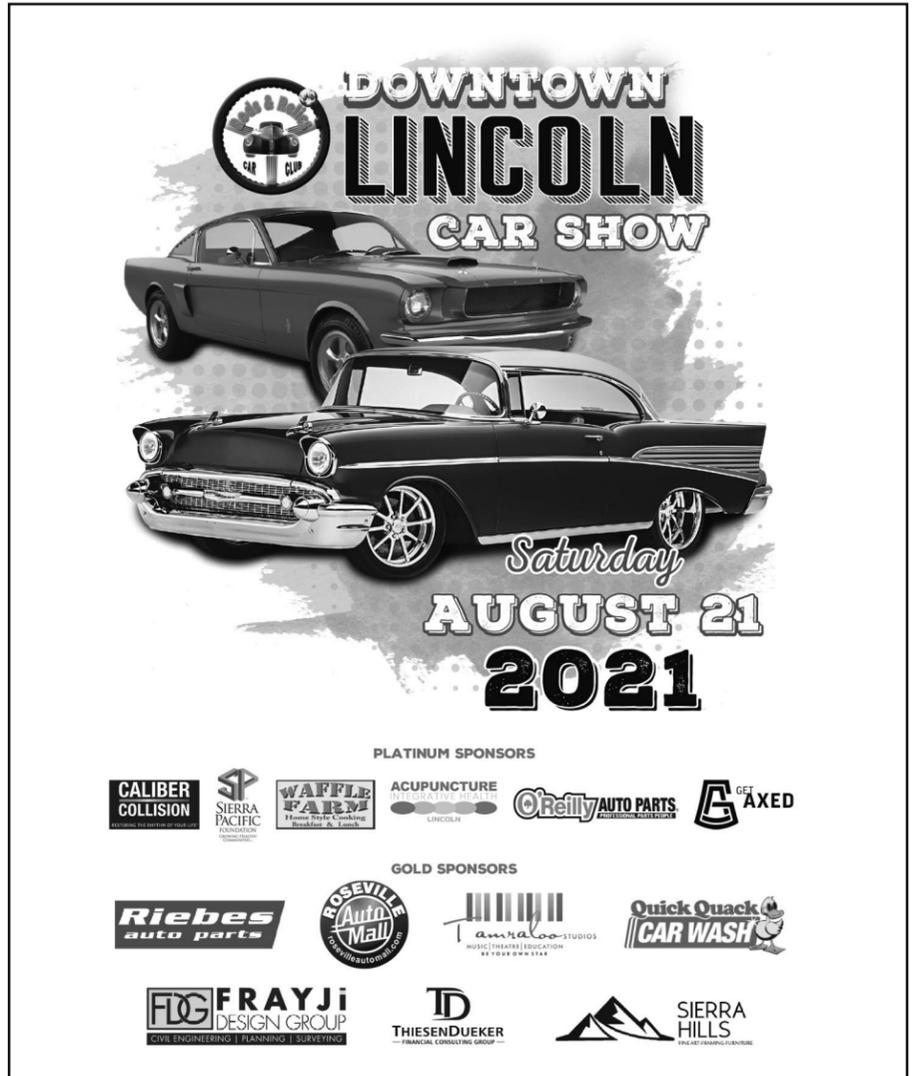
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The Sun Senior News - Lincoln Hills welcomes announcements from social clubs, schools, charitable organizations, non-profit organizations, local government and community events. Also, editorial contributions as well as articles, cartoons and photographs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

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From the Editors



Gregg and Liz Goldthorpe — Emily, Ben, Madison, Nick and baby Laken.

2021 will be a memorable year for us. Not only did we become first time grandparents, but we also gained our 2nd son-in-law last month.

We are so happy for our Emily and Ben!

Liz and Gregg Goldthorpe



Letters to the Editors...

Authors are solely responsible for the content of their letters.

2020-2021 Grand Jury Final Report

The 2020-2021 Grand Jury Final Report has been published and it is a worthy read! The report covers the subjects: Special Districts, Housing the Homeless, Lincoln Regional Airport, Public Libraries, Placer County Voting, the reviews for the detention, jails, and holding facilities, and analysis of responses to the prior Grand Jury Reports for 2019 to 2020. Included in this Final Report is the early release of the "Preparedness of Placer County for the November 2020 General Election", and the responses to that report by Ryan Ronco, Placer County Clerk-Recorder-Registrar of Voters. The insight into Placer County Voting by Ryan Ronco is timely and educational. We commend the Grand Jurors for their dedication

and efforts for an excellent Final Report. The Placer County library has a copy to read and the link to the report is: www.placer.courts.ca.gov/generalgrandjury-reports-2020-2021.shtml

Al Witten (Grand Juror 2009-2010)
 Carol Witten (Grand Juror 2019-2020)

Fruitvale Schoolhouse in Lincoln

We (the Lincoln Hills Garden Group) enjoyed the article (SSNEWS-July) about the historic Fruitvale Schoolhouse in Lincoln and the news that it would now come under the management of the Placer County Museums Division.

Thanks to our fundraisers for civic projects, we have had the pleasure of grooming the
 (cont' on page 31)

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LH Community Chorus

(cont' from page 1)

12-14. Paul Melkonian and Nina Malone, our fine professional director and accompanist, will return to lead us, and we welcome all our former singers back and newcomers to join us. As before, computerized music files will help us learn our parts at home, and sectional and full rehearsals Tuesday afternoons will prepare us to delight audiences again at concert time.

For more about us, visit our website at lincolnhillschorus.org and contact our membership chair, Mari Long, at mlong24sjca@sbcglobal.net or 916-409-9136. We expect to see some of you on September 7 and many more of you on December 12-14!

• • •

LH Players

BY DAVID AFRICA

ALL ABOARD! Are you ready for some intrigue, murder, and a little romance? The Lincoln Hills Players will present Agatha Christie's classic "Murder on the Orient Express" directed by Julie Africa, produced by Craig Stults. Come see your very talented friends and neighbors perform in this entertaining play with quirky characters in period costumes; plot twists and turns; and revenge, all aboard the classic Orient Express – Istanbul to Paris.

The play will be performed in four presentations beginning November 17 on the main stage of the Orchard Creek ballroom. Tickets will go on sale in September. In April the Players will present the highly entertaining *Damn Yankees* directed by MaryEllen Vogt

Ms. Norah Prouhet is the new producer of Readers Theater, and will be presenting a play for Halloween, *Which Witch*, an adaptation of Macbeth. An entertaining selection to start the Halloween season. A special thank you to Paul Gardner for heading up Readers Theater for four seasons.

The Players meet the second of each month in Kilaga Springs Lodge

Contact David Africa, djafrika@sbcglobal.net.

• • •

Ballroom Dance Club

BY ERNIE MICHELI

The Ballroom Dance Club's featured couple of the month is Don and Sunny De Santis. Don and Sunny met in Sun City Lincoln Hills. After a brief courtship Don asked Sunny to marry him. But first he had only one request of her, "Sunny, will you learn to dance with me?" Sunny agreed and together they took private dance lessons. Their goal was to dance the Rumba and Swing at their wedding four years ago. The wedding was a surprise to many of the guest because they thought they were attending a Great Gatsby Party.



Don and Sunny De Santis

After their wedding vows, they danced the Rumba to the music of Michael Buble's version of "Quando, Quando". The Rumba is their favorite dance because Latin music stimulates one's heart and soul.

Shortly after their wedding they joined the Ballroom Dance Club managed by Sal and Ruth Algeri. Sunny and Don feel that dancing has brought them closer as a couple. Dancing is an expression of love and socialization that connects couples. The De Santis enjoy the Ballroom Dance Club and have met and acquired many new friends.

The De Santis love dancing. While attending Ohio State University, Don learned and taught dancing at Arthur Murray's Studio. Sunny never learned to

dance until she met Don.

After college, Don became an entrepreneur in real estate. He also was a teacher, principal, assistant superintendent, superintendent and dean of a university. Sunny was a secretary to a school superintendent, worked at General Electric Nuclear Reactor division, and was an IBM administrator.

The Ballroom Dance Club has resumed weekly instruction. As a member you can learn the West Coast Swing, Waltz, Cha Cha, Rumba, Fox Trot, East Coast Swing, Tango and the Night Club Two Step. Tuesdays are a good time to learn some new moves or practice dance steps. Non members are welcome to attend a couple of lessons before committing to join the club.

Annual membership dues are only \$7 a person and is open to all SCLH residents and sponsored guests. Lessons are offered in the Kilaga Springs Lodge Multipurpose rooms each Tuesday from 2:00 to 3:00 p.m. for beginners and 4:00 to 5:00 p.m. for more experienced dancers. Open dance is from 3:00 to 4:00 pm during which you can practice the many dance styles including the current month's offering. Contact Ruth Algeri at 916-408-4752.

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Country Couples

BY KATHY LOPEZ

I'm sure we are all in agreement when I say how wonderful it is that almost everything has opened up here in Lincoln Hills and surrounding areas; and hopeful the latest virus surge with the Delta variant doesn't impede

our positive progress.

So grateful that our group has been able to get back to dancing. YAHOO! We were extremely lucky to be able to have a couple "review/dance" events prior to the June 15th "reopening". These events were held offsite where we had plenty of room to social-distance and still have fun dancing. The reviews were handled by Dennis & Georgi Dawson and Jim & Deb Christie with Dennis handling the music as well. It was so good to see everyone and catch up a bit.

We have also been able to resume our Friday morning practices (thanks to the SCLH Assn for giving us the time and space for that). Due to SCLH staffing issues Monday night Country Couples dance lessons have been delayed, but are to resume this month (keep your fingers crossed).

When our lessons resume, if you're interested in learning Country Couples dance, check out the Compass. Beginner lessons are at 7pm on Monday evenings at Kilaga Springs Lodge. Country Couples Club is separate from the lessons. Membership allows you to take part in our dances and fun activities throughout the year. Please see the contact info below if you are interested or have any questions.

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

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(more Club News cont' on page 6)



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Tap Company

BY ALISON WOLFE

Finally our tap classes have resumed. Last month Alyson started with two classes on Monday which were designed as a “re-intro” to both the Beginner II and Advanced levels of tap. This may continue into August but we look forward to Sept when all of her classes are back on the schedule.

We’d also like to start a beginner class. We are compiling a list of names of people who are interested in this class. If you have never tapped before (or it’s been awhile), this is a wonderful opportunity to learn or to brush up on your technique. We even have some tap shoes, though sizes are limited, for loan, Sat practices and DVD’s with basic tap steps to help you get started. It’s a great form of exercise, both physical and mental, and it’s fun. Please contact Alison Wolfe (awolfe@tt-valve.com) or Mary Adamson (maryadamson719@gmail.com).

• • •

Mixed Media Arts

BY JILL SHORT

Are you ready for hot August nights? Better yet, cool down during the day stay inside and do some collaging or painting. The Mixed Media Club likes to do all kinds of fun art projects using various mediums, techniques and supplies. The Club was pleased to hold our meeting on June 15th inside. It was great to see everyone in person again! Our project for the day was to create collage papers for use in our

future projects. We used acrylic paints, stencils, stamps and gelli plates.

For those who never heard of gelli plates let’s take a closer look at it. A gelli plate is a clear gelatinous slab. They are reusable and store at room temperature. The paint glides across the surface of the plate when it is rolled by a brayer (or brushed) on, and then transfers easily to the surface of whatever paper you are printing onto. Use any brand acrylic paints, fluid or thick, for different results. I have found that some brands are easier to use than others. In fact, the basic craft paints worked well for me. You can incorporate different tools and techniques to get even more variations. The plates are easy to clean and always ready for printing. Acrylic paints can be easily cleaned from the plate with mild soap and water. Rinse and gently pat the gel printing plate dry with a paper towel. You can also use gel hand sanitizers and wipe with



Chris Fetter making Mixed Media Backgrounds

a paper towel or use baby wipes to clean it.

Basically, a gel plate is a fun way to make unique and creative prints – without a mess or without a lot of equipment and supplies. There are a few different manufacturers which make gelli plates. The two leading companies are Gelli Arts and Gel Press and come in a variety of sizes. I recently purchased an 8X10 size to use instead of my small 5x7 plate.

The larger plate made a huge difference for me. The plate is large enough to experiment on and use other pattern making tools like stencils and stamps. The smaller size would work well if you like to use smaller size papers. Gelli plates also come in round shapes which could be something fun to try. There are lots of videos online on using gelli plates.

There will not be an art challenge for August so let your creative juices flow and bring in something you created at our next meeting.

Come join us the 3rd Wednesday of the month in the Ceramics Room (OC) at 1:00 PM. We welcome new members.

For more information about the Mixed Media Club contact Chris Fetter at cfjams@gmail.com

• • •

Needle Arts

BY JILL SHORT

Our General Meetings will start up again in September. The Programs VP, Shirley Rainman, is working hard getting speakers for our meetings. We will keep our members posted whether the meeting will be held at Kilaga, on Zoom, or a combo. Needle Arts General Meetings are the 2nd Tuesday of the month at 1:00 PM. If we are meeting in person we are meeting in P-Hall (KS).

The sewing room is being used by Break Out Groups. The schedule is posted by the sewing room door. Check out some of these groups. We always love meeting new people. You can find groups in quilting, knitting and crochet, cross stitch, applique, fiber arts, Hardanger, Community Service, Machine Embroidery, and one of our newest group, Mixed Needles. Mixed Needles is a time to work on projects, get help, share information and try something new.

Needle Arts is working on updating our website. There is lots of information on our site. Check out the Resource list that Jean Storms has updated.

(cont' on page 9)

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Neighbors InDeed

Summertime and... Summer Suggestions

BY JANET ROBERTS
ARTWORK BY RUDI FRAN

Summer has arrived with some heat waves behind us and more still to come. Add to that a drought that has not been formally announced as of this writing. So, it's time to stay cool and control our water use and costs. Here are a few past suggestions:

Indoor Temperature Control

- Reprogram your thermostat to its summer setting. When you turn on the AC, set it high in your "comfort zone" – 78 – 80 degrees. You'll adjust and still feel comfortable.

- Keep your furnace filter clean for maximum air circulation and efficiency.

- Open your windows on those cool evenings to let the cool air in and circulate.

- Use your ceiling fans to circulate the cool air during the night and daytime, too. Make sure the fans are in the DOWN draft position to push cool air down (turning counter clockwise).

Outdoor Irrigation

- Water 2-3 days/week and minimize the duration of the watering time. During these



high heat waves, you may want to provide additional water by hand in the morning.

- Water in the early morning for less evaporation.

- Prevent wasted runoff onto sidewalks and gutters by adjusting timers and sprayers to retain all water on your lawns and plantings.

- Check and repair your drippers, sprinkler heads, and sprinkler lines that have severed lines, leaks, drippers going nowhere, etc.

- Cover your watering valves by the side of your house to protect them from sun damage.

- Read more on the Placer County Water Agency website at pcwa.net/smart-water-use

Neighbors InDeed can help you with many of these tasks. Handy Helpers can reprogram thermostats and sprinkler controllers, change furnace filters, and do some minor repairs on irrigation system. Information & Referral (I&R) volunteers can provide referrals to HVAC professionals and vendors who can check and repair your irrigation system. Just call us at the number below.

Volunteering is ...

Fun and easy to do. We need Handy Helper, I&R, and Dispatcher volunteers. If you like to do small household tasks, or talk on the phone to residents and Handy Helpers, we can find a place for you on our teams. We'll train you to do those tasks. It's a terrific place to volunteer and help out your friends and neighbors.

And ...

As always, please remember that we do not answer the phone. Leave us a message at 916-223-2763 and we will return your call as promptly as possible between 9 a.m. and 5 p.m., Monday through Friday.

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Needle Arts

(cont' from page 6)

This month we have a group of Needle Arts members who have signed up for our August Retreat at Mercy. What fun it is to get away with friends, work on projects all day and have someone cook for you! Ladies, we will want to see those projects at our September meeting.

Contact information and membership forms are available on the Needle Arts website at schlh.com

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LH Painters Club

BY BOB GREEN

Currently 19 of our Painters Club Members are represented in an exhibit of 25 original paintings in oil, watercolor and acrylic at the Simple Pleasures Restaurant located downtown Lincoln at 648 5th St until September 2nd. Buy yourself an original work of Art and good food at the same time.



Watercolor by Susan J. Berg

Our Club Members also display their Art in shows at the Art League of Lincoln. Currently, Susan J. Berg, Watercolorist, has a number of her paintings on display in the League's Spotlight Gallery at 580 Sixth St. from Aug 4 thru Aug 28. Meet the Artist at a reception Thursday, Aug 19 from 5 to 7pm at the League's Gallery.

New Members to the Painters Club are always welcome. Dues are \$15/yr. Contact: Jerrie Crass: jerriec68@gmail.com or 916-302-6178.

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Paper Arts Club

BY LINDA LUCCHETTI

Hooray! Plans are underway to restart our monthly meetings! We are set to reunite on Thursday, August 5 (our scheduled day) for a social event and some "free" items. Everyone is encouraged to bring any of their materials for card making that they no longer want. (No exchange of money.) This will be a wonderful chance for us to socialize after a long time apart. If plans should change, the membership will be informed.



Rosy Thielke's Fourth of July card.

The Community Service Project chaired by Donna Tewart has really taken off! Our members have been busy creating cards to be donated to residents in local facilities. More than 825 cards have been collected. The question is: Can we reach 1,000? Yes, we can! (Check out the monthly newsletter for more information.)

We meet on the first Thursday of each month at 9:00 AM in the Terra Cotta Room at the Kilaga Springs Lodge. For further information, contact: Susan Long, club president, at scwlong@sbcglobal.net.

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LH Photography Club

BY DIANE MARGETTS

For our first post-pandemic, live presentation, Mary Latham, a photographer and writer, shared her amazing life-changing story with us. She took her camera gear and writing tools on a journey with an unknown destination and a goal of "finding good". The plan unfolded as she set out to gather the photographs and the stories that she needed, ultimately covering 50 states and 43,000 miles. We were thrilled to have her share her

experience and wonderful photos with us!

With the re-opening of Orchard Creek Lodge, we were fortunate enough to be able to exhibit our photos in the Needle Arts display windows. Special thanks to Jeff Andersen for arranging/hanging the photos in the display windows. When strolling through OC Lodge, make sure that you visit this display of amazing photos which will be up until July 28.

We are currently exhibiting in Buonarrotti's Restaurant. Our photos are available to view until September. Next opportunity to exhibit will begin in January 2022. Stop by Buonarrotti's and enjoy the pictures and the food!

Our next exhibit opportunity will begin September 6 and continue until January 3, 2022 at Simple Pleasures restaurant in Lincoln. Stop by over the holidays to see our newest exhibit and enjoy an early morning breakfast or midday lunch while perusing the pictures.

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

Contact: Diane Margetts; 916-955-1809

Website: <http://www.lhphotoclub.com>

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Woodcarvers

BY LIONEL RAINMAN

Wood carvers are unique in that a group of carvers that are using the same particular pattern would produce identical results. That would be unusual as carvers would look at the pattern and view the subject with a different interpretation. The pattern serves as a basic concept. Assume the pattern is of a bird and some would carve it in a straight forward position. Others may carve it with the head turned or maybe tall and slender. There are options when carving which makes the finished project unique.

Since our meetings have resumed you are invited to come in and see what the men and women carvers are working on. We meet every Wednesday in the Sierra Room at Kilaga between 1:00 and 4:00PM

Lionel Rainman 916-253-9534

Lrainman1414@yahoo.com

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Book Club

BY CATHIE SZABO

Ever picked up a book that's an award winner? Then read that book and wondered how on earth it got that award. Or decided by page 10, it must have been a shoo-in for that award, it was so good. How does the judging process work? How are the Longlists, Finalists, and Winners chosen?

Wonder no more – just come to the August Book Club meeting and find out all those answers. Author Claire Booth will be our guest (via Zoom). We've asked author Claire Booth to speak about her experiences judging books for national recognition awards.

In addition, Claire will share her professional story as a reporter covering crime for daily newspapers all over the country. And how covering true crime led her into writing the fictional Sheriff Hank Worth mystery series based on small-town American life. She is also the author of one non-fiction book, *The False Prophet: Conspiracy, Extortion, and Murder in the Name of God*. Don't miss this interesting and informative book club meeting. Invite a friend.

Join us on August 19 as we Zoom with Claire. With fingers crossed, this will be our last Zoom meeting and stating in September, the Book Club will be back to normal. Not yet a book club member or just want to join in discussing this book, email Cathie at catsickle@gmail.com and she'll pass along your contact info to our webmistress.

Our club meets on the third Thursday of the month at 1:00 PM – for August as a Zoom meeting wherever you may be or in OC's Multi-Purpose Room in normal times. Do plan to join us if a book or two or three or more catches your interest. No dues are required – just a love of books.

For the balance of the year, we'll be reading and discussing:

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

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

November 18: *Camino Winds* by John Grisham

December: TBA

If a title interests you, volunteer to be our facilitator. We have guidelines to help and "old facilitators" are ready to further help

(cont' on page 11)

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1510	Topanga, 207	1097	\$370,000	Condo
2275	Pebblestone	1130	\$515,000	Sequoia
580	Stockman	1144	\$467,000	Millpond
1672	Andover	1161	\$505,000	Millpond
1378	Strolling Hills	1298	\$575,000	Bridgeway
1658	Beckwith	1298	\$487,000	Bridgeway
1743	Leander	1322	\$542,000	Bridgeway*
2826	COOPERS HAWK	1361	\$535,000	Madera
2987	Coopers Hawk	1361	\$515,000	Madera
1651	Grand Pheasant	1367	\$526,000	Madera
2185	Prairie View	1449	\$555,000	Almanor
908	DOGWOOD	1449	\$500,000	Almanor
865	Dogwood	1515	\$540,000	Pine Hill
108	Hay Wagon	1531	\$508,000	Alpine
1925	Mary Rose	1539	\$600,000	Pine Hill
1917	Hawk Hill	1539	\$565,000	Pine Hill
1840	Mary Rose	1578	\$540,000	Lassen
227	Saddlehorn	1687	\$557,000	Baldwin
1132	Newhaven	1705	\$555,000	Echo Ridge
1180	Sun Trail	1706	\$550,000	Baldwin
161	Calistoga	1767	\$845,000	Santa Cruz
2657	Woodacre	1791	\$655,000	Tahoe
710	Hopkins	1791	\$605,000	Tahoe
1624	Barn Valley	1791	\$720,000	Tahoe
1232	Ivy Arbor	1791	\$655,000	Tahoe
371	Snapdragon Ln	1793	\$581,000	Tehama
722	Wagon Wheel	1795	\$575,000	Tehama
1294	Cherry Blossom	1795	\$606,000	Tehama
2050	Stone House	1910	\$730,000	Fremont
1415	Picket Fence	1920	\$718,000	Quail Cove
1781	Audubon Hill	1935	\$695,000	El Dorado
107	Turtledove	1966	\$771,000	El Dorado
1424	Dapple Dawn	2025	\$900,000	Annadel**
1911	Creekcrest	2049	\$735,000	Annadel
1831	Andover	2065	\$734,225	Orchard Crest
998	Gold Nugget	2073	\$600,000	Annadel
2358	Granite	2073	\$715,000	Annadel
1308	Picket Fence	2090	\$750,000	Tahoe
922	Gold Nugget	2151	\$685,000	Sausalito
137	Calistoga	2240	\$825,000	Shasta
1966	Carnelian	2258	\$900,000	Napa**
628	Violet	2258	\$919,000	Napa**
209	Whippoorwill	2277	\$770,000	Shasta
659	Orchid	2390	\$845,000	San Mateo**
1570	Summerhill	2465	\$940,000	Monterey**
2035	Fallen Leaf	2536	\$904,000	Tiburon**
2456	Sutter View	2635	\$965,000	Sonoma
1221	Lasso Lake	2635	\$950,000	Sonoma**
260	Shadow Lake	2801	\$900,000	Meadowgate**
1331	Picket Fence	2916	\$830,000	
1247	Truchard	3063	\$1,050,000	Santa Barbara*

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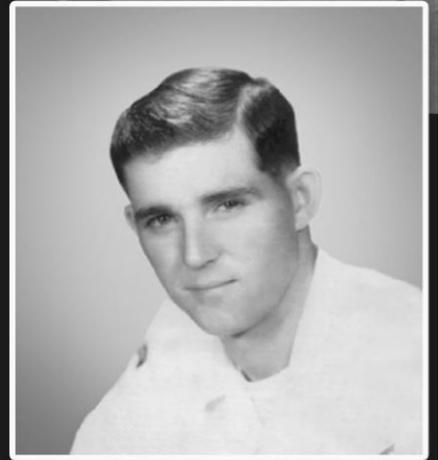
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Book Club

(cont' from page 9)

you. Email Cathie at catsickle@gmail.com and she'll forward the tips to you and match you with an "old facilitator" if you so desire.

What have you read, are reading or want to read that you think would be a good selection for our book club? Let Cathie (catsickle@gmail.com) know your recommendations and she'll keep track of them for our ballot at the end of the year.

Looking forward to hearing all about selecting books for awards. Hope to see you there.

For further information about the OC book club, contact Maureen Deal at modeal2010@gmail.com, Joanne Johnson Felt at ivyarborcourt@aol.com, or Cathie Szabo at catsickle@gmail.com.

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Writers Group

BY ANDY DEXTER

The SCLH Writer's Group is comprised of people with all writing abilities, from beginners to those who are published. Some write poems, novels, biographies, short stories, children's stories and even memoirs. Now is a good time to get started on that writing project you've been putting off! Your children and grandchildren will enjoy reading about the things, especially your experiences you did during your life, growing up, your careers, hobbies, especially your experiences during the pandemic. If you're apprehensive about

writing or don't know where to begin our members are here to help.

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

The Writers' Group meets at 6:30 PM, on the 2nd, 4th and 5th Monday of each month, in the Orchard Creek Multi-purpose Room. In August it is the ninth, twenty-third and thirtieth. If you want to read some of your work, please bring 10-12 copies to share. We provide each other with excellent feedback about our writings.

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Stamp Club

BY TIM MILES

The news for the Roseville Stamp Club is nothing but positive. Al Capparelli has reserved the Lodge meeting rooms for Tuesday, Sept. 7 and Tuesday, Sept. 28. Start time is 6:30 pm. We will have the "world-famous Mystery Box" full of stamps, along with various door prizes available. The address is 7050 Del Webb Blvd, Roseville CA, 95747 - Go to the right on entering the main doors.

This will be the first official club meeting since February, 2020 (yes, it has been that long!).

Al Raub has done a great job of keeping us posted on e-mail as to what news there was available. The latest show news as of this publication date is that Walnut Creek will have a stamp show around the end of October and PENPEX, Redwood City is tentatively

scheduled for early December. From time to time, Al has had an open house at his house for the exchange of items and replenishment of stamp items. We recently were given two new collections to distribute so call Al for viewing.

Anyone who has an "old" album stuck on a shelf and wants to know the current value of it can feel free to call Al Capparelli at 916-771-8288. He'll set up an appointment and let you know the value of the collection. Like everything else, stamps appreciated during the "pandemic".

The American Philatelic Society has done an outstanding job of keeping everyone posted thru email on the entire worldwide "stamp scene".

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LH Astronomy Group

BY BILL WEAVER

The LHAG Steering Committee is making preliminary plans to hold its first in-person membership meeting in over a year on Wednesday August 4th, 2021, at 6:45 PM. However, at the time this article was written, the SCLH meeting facilities continue to be closed at 5:00 PM. If this continues into August, the LHAG will hold its membership meeting via the Zoom computer application. Updates on this will be sent to the LHAG members via email.

The in-person LHAG membership meeting on August 4th plans to feature guest speaker Charles Hunt, PhD, who will give a "show and tell" presentation on an interesting toy called the Michelson Interferometer that

can demonstrate and examine the question of whether light is a wave or a particle or something else. Participants will observe a non-local interaction. That means when one particle affects another one at a distance great enough so the speed of light would not allow communication between the particles. The demonstration is guaranteed to leave everyone somewhat confused but will be remarkably interesting. The Michelson Interferometer was the instrument that showed that the speed of light was constant and independent of motion of the observer. As Dr. Hunt explains, "Albert Einstein probably didn't know about that experiment, but his relativity theory explained it."

The LHAG Cosmology (the science of the origin and development of the universe) Interest Group (CIG) meetings and lectures, scheduled for the third Monday of each month, have been postponed until further notice. The LHAG Steering Committee is working with the SCLH Administration to reinstate in-person lectures for this group.

The LHAG Telescope Interest Group (TIG) will hold a star party on August 10 at the new SCLH Sports Pavilion tennis courts. Observations will focus on the Solar System Planets and deep space objects. The TIG has established monthly star parties through November. The specific dates for these events can be found on the LHAG website at www.lhag.org. All residents of SCLH are invited to attend the star parties and observe the amazing

(cont' on page 13)



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LH Astronomy Group

(cont' from page 11)

objects of the Cosmos through the LHAG member telescopes. You are also invited to dust off that telescope stored in your garage and bring it to the star party where you will help you, as needed, to fully enjoy its capabilities.

Astronomical events for the month of August

Aug 8 - New Moon: Take advantage of a moonlight-free sky and look up for some stars and planets.

Aug 12/13 - Perseid Meteors: The Perseid meteor shower is known to be one of the most active and brightest meteor showers of the year. The Perseid meteor shower occurs in mid-August, reaching peak activity around August 11-13. Its radiant point lies in the constellation Perseus, and it is associated with the debris left by comet Swift-Tuttle on its journey around the Sun.

Aug 22 - Blue Moon / Sturgeon Moon: August's Full Moon, also known as the Sturgeon Moon, is a Blue Moon. Will it be blue? Highly likely, no. It will, however, be the third Full Moon in a season of four Full Moons. The Sturgeon Moon is the result of the number of sturgeons you'll find in the lakes and rivers at this time of year. This month the full Moon is passing through the faint stars of Aquarius, the Water Bearer, with Jupiter and Saturn to its right.

The LHAG membership is open to all Sun City Lincoln Hills residents. If you wish to become a member of LHAG and participate in upcoming programs and activities, you are welcomed to contact Ron Yelton, LHAG Treasurer, at ryelton660@aol.com . Annual LHAG membership dues are \$10.00 per household.

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

LH Amateur Radio Group

BY DAN LEHRE

FieldDay2021washotbutweaccomplished a lot and had fun. Antennas went up early and by 11:00 AM we were on the air. We erected two Verticals and one End Fed Antenna and worked 20, 40 and 15 Meters. Our Banner and Visitor Log In sheets were proudly displayed. Several folks stopped by and information was shared. We had a total of 183 QSO's (contacts) 56 on SSB and 127 on Digital. Our coverage was widespread, covering 29 States, Canada and Puerto Rico. Our total score of 1,490 is a Club high. Dan's, KN6DRN, Grandson, Caleb, made his first contact and then another 5! At seven years old, he was very successful and had big smiles throughout. If you are looking for a way to engage in the community and have an interest in Amateur Radio, please check out the LHARG. Our club conducts a weekly radio network at 7:00 PM every Monday on the W6LHR Repeater at 147.030 MHz, 167.9 PL. For more LHARG information visit our Website, the URL is: lharg.us or email dlehrer72@gmail.com

Apple User Group

BY RICH THAYER

At our August general meeting, Ken Spencer will introduce you to the features of Big Sur, the latest Mac operating system. Does your computer support it, and should you install it? Come to this session to find out, and bring your questions. But don't install Big Sur until you get the whole picture! Later in the month Andy Petro will show you how to do even more on your iPhone.

Now that lodges are open during daytime hours, you can attend morning seminars via Zoom or in person in P-Hall (KS). Evening seminars are via Zoom only because lodges are closed in the evening.

Mark your calendars! The 2021 LHAUG Virtual Banquet will be September 14 at 7:00 PM via Zoom. Come join us online for fun and prizes!

For information about upcoming events and services that LHAUG provides, visit www.lhaug.org.

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



SCLH Computer Club

BY NORMAN SEIDENVERG

July 14, 2021 via Zoom, Terry Rooney presented "Advances in Browsers". Chrome, Microsoft Edge, and Firefox were discussed in detail and compared for our usage. Great information and discussion, thanks Terry. It was recorded and will be available on our website: www.sclhcc.org for our members. On August 11, Bob Ringo will present "Google Search" either on Zoom or live at Kilaga, emails will be sent to the membership. The facilities are at this time not open past 5PM. Walk in Clinic at OC may restart, see the website or your emails. We hope you are using Onedrive or external drives to backup all your data. For any help with backup, desktop, laptop, pad, or smartphone call or email us at sclhcc@gmail.com. WIN 11 presentation will occur after it is available by one of our experts. Be aware that Covid-19 variants are active now in our country. Use your search to stay current. Restrictions for us may resume if the cases keep rising. Membership fee is \$15/year for each household, see our website for instructions. Beware of hackers and if unsure of source do not open emails, and do not give any personal data. We use Malwarebytes, which software that helps prevent malware getting into your computers. Be healthy and safe.

Genealogy Club

BY DR. BARBARA BRANCH

Richard Hanson will be our speaker on August 16 at 6:30 PM on Zoom. Lodges are not yet open at night so we cannot do a live presentation. Members will receive a Zoom link and handouts in a separate email from Maureen. Our presenter, Richard Hanson, is addressing "Writing and Publishing Your Family History." Richard has authored and published seven books. He has been working with other family members on genealogy since 1983. Bob Ringo has been working with the association to update the Computer Lab computers but the lab is not yet up and running. We will be sending out a survey soon to ask you what you would like to see with Boot Camp, coaching, and other informational sessions when we can get back to using rooms at the lodges.



Richard Hanson

Check our SCLH Genealogy Club website for handouts and updates:

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

(more Club News cont' on page 14)

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LH Italian Club

BY LINDA LUCCHETTI

Mamma Mia! Holy Cannoli! With these catchy phrases came the long-awaited announcement in an email to members about our club's activities resuming. Here is a preview of what is planned. Be sure to check your emails and the website for definitive event information.

Sunday, August 22: "Mingling and Getting Reacquainted Luncheon." Time: Noon (lunch at 12:45), Orchard Creek Lodge.

Sunday, September 12: Tombola (Italian Bingo) is back! Enjoy a brunch before we start the games for some prizes. Join us at Sun City Roseville.

Wednesday, Oct. 6: Annual General Membership Meeting at Kilaga Springs Lodge. Hear about our activities, the club's wellbeing, and meet the officers.

Sunday, November 7: Turkey Bingo will roll again with prizes and a buffet dinner, in the Sun City Roseville Ballroom.

Sunday, December 5: Christmas Dinner and Dance at Catta Verdera.

Friday, January 14, 2022: Crab Feed at McBean Pavilion in Lincoln.

February 2022: (Event and date to be determined.)

Wednesday, March 23, 2022: Western Night is back!

April 2022: date to be determined. A look at (and taste of) the Lombardia Region of Italy.

Now that we have events to look forward to, why not shop for some clothes? Check out

the Lincoln Hills Italian Club Apparel Store where you'll find shirts, hats, and sweatshirts with the club's logo for both men and women. See the website for more information.

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

• • •

Shalom Social Group

BY JUDY GANULIN

The Shalom Social Group will officially welcome our 12 new members at a dinner in their honor on September 23. Our Men's Club gathering was well received; Chef Hagai Narkis not only prepared excellent food but also discussed Israel's political situation. On August 30 Lincoln Chamber of Commerce President Mark Luster will inform us about happenings in Lincoln. We are tentatively planning our annual picnic for October 10. We continue our weekly Bocce Ball play and look forward to the annual Matzo Balls vs. Meat Ball competition on October 24. For more information please contact Joanne Levy, 508-333-8590.

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(more Club News cont' on page 15)

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Lavender Friends

BY SANDI DOLBEE

We — Are — Back!

With those words, our club — on the afternoon after Independence Day — held its first in-person social gathering in more than a year.

People’s noses and mouths never looked so good.

A whopping 43 people attended the bring-your-own-lunch picnic held at the Sports Pavilion — that’s about two-thirds of our membership. To be safe in this new normal, people brought their own entrees and the club furnished canned and bottled beverages and



Our thanks to the Strummin’ Sistas, a local ukulele group for coming out for a guest concert at our picnic.



A few of the 43 club members who attended our “we’re back” picnic at Sports Pavilion.

individually wrapped frozen desserts.

The crown jewel in the program — except perhaps for seeing each other up close and personal again — was a concert by the Strummin’ Sistas, a Lincoln Hills ukulele group that entertained us with oldies hits from Beach Boys to Carole King. Then they got us on our feet in an out-of-practice dance line for the finale song, “When the Saints Go Marching In.” Louis Armstrong would have been proud. They were such a hit that a pickleball player came by afterward to report that the courts were entertained as well.

Lavender Friends represents the LGBTQ community here with social events, supportive care and community participation (check out our website at lavenderfriends.com).

The Activities Committee, which like so many other club committees has been harnessing online platforms to keep us together while staying safely apart, had one final message:

More — To — Come!

• • •

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

BY PATTI KINGSTON

Good news! Lincoln schools are scheduled to open on August 19. Parents want the classes to be “in person” and the children are anxious to get back in the classroom and be with their friends and teachers. Special Zoom classes will be offered for those who prefer to stay home.

Volunteers may be allowed in the classrooms as the school year progresses. We



Cyndi Colloton, Classroom volunteer, pre-COVID.

may have more information at the SCHOOLS annual meeting on September 9. Save the date on your calendars because we will hear from Kerry Callahan at the meeting, which will be held at Kilaga Springs. Ms. Callahan hopes to reinstate volunteers but must wait for state guidelines concerning vaccinating children and masking at school.

A successful Summer school “FUN-demic” program has helped many children with extra instruction in math and literacy. Teachers had submitted the names of students who they thought would benefit after being at home for a whole school year.

The new principal at Leaman Elementary

(cont’ on page 16)

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torilynpearson@gmail.com

We are pleased and proud to welcome Tori Pearson to the Lenora Harrison Team. Tori is enthusiastic, responsive, and dedicated to her craft. She is a stellar reflection of the passion and commitment Larry and I bring to our business.

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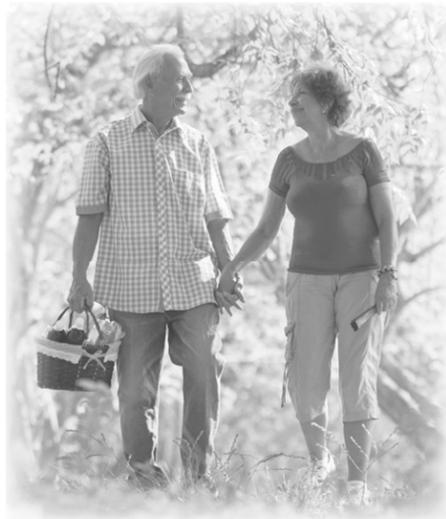
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S.C.H.O.O.L.S.

(cont' from page 15)

is Jack Gout. He comes to Lincoln from Yuba City where he has served as a teacher, instructional coach and assistant principal. He's a Lincoln resident. Julie Stern will be the new principal at Coppin Elementary. She is moving to Lincoln from Petaluma.

In other news, Glen Edwards Middle School has won the 2021 California Distinguished Schools Award. It is the only school in Placer County to receive the award this year.

A few volunteers were able to assist teachers during the pandemic in imaginative ways avoiding direct contact with teachers or children. One of those volunteers was Mary Ales, photographed here.

For information and updates the Western Placer School District website is www.wpusd.org.

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LH Republican Club

BY SUE DUMAS

Hope you had a happy Fourth of July!

Thank you to all the men and women who serve, have served, and sacrificed to make and keep America great!

There was float decorating on July 3rd in preparation for Lincoln's 4th of July Parade! A grand hometown Parade with splendid fireworks display to complete the day!

June and July were eventful months. Assisting in a fund raiser for Judge

his "grassroots" announcement to replace Newsom, on the July 10th kickoff Rally in Sacramento!

ZOOM meeting Guest Speaker was Eric Johnson, City Planner. He addressed his own concerns with the recent push to inundate our suburbs with proposed High Density Housing. Specifically, the 3 parcels, comprised of over 700 additional new homes just outside the entrance to Sun City Lincoln Hills. Eric was one of 2 of the 7 City Planners who voted against the development across from John Adams Academy and Sun City.

On the fun side, 44 of us went to a local Potter's baseball game, and cheered them on in their efforts to defeat the Prune Pickers. While there, we celebrated 3 Board Members birthdays! The weather was hot, but it did not diminish our enthusiasm, and everyone was happy to be doing something "normal"!

Saturday, July 10th Republicans rallied to Sacramento for Assemblyman Kevin Kiley's announcement of his "Grass Roots" campaign to replace Newsom at the Capital!

Tuesday, JULY 27th we held our first LHRC meeting in the Presentation Hall,



Happy Birthday to Board Members Jackie, Carol, Jerome and Dianne.



Aggie Marsh, a Party Planner.

Steven Bailey, who is running for Attorney General. Our members have also been working to stop, or at least modify the proposed high density housing development being thrust upon our community. As well as gearing up to support Assemblyman Kevin Kiley in

Kilaga Springs.

Bar-B-Que and Christmas Parties are coming up!

www.RepublicanClubSCLH.org

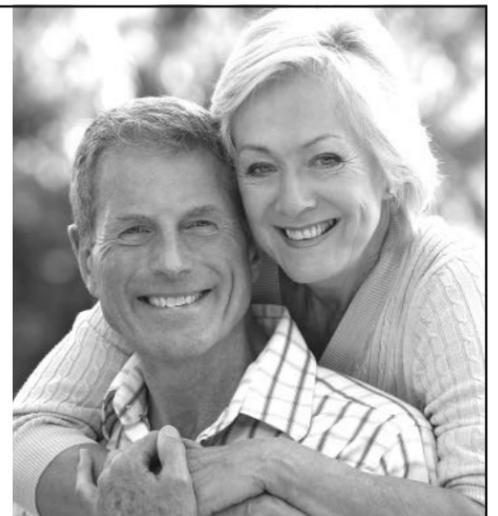
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(more Club News cont' on page 17)

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www.SunSeniorNews.com



Veterans Group

BY RICHARD CLARK

The Sun City Lincoln Hills Veterans Group has been active these past weeks. We welcome all veterans and spouses to join and all members of the Sun City Lincoln Hills community to enjoy our meetings.

Our next meeting will be August 19, in Presentation Hall, Kalaga Springs Clubhouse. The topic of this meeting: Vietnam: The Agent Orange Controversy. During the war in Vietnam, as many as 2.6 million veterans may have been exposed to Agent Orange, a toxic herbicide sprayed to defoliate or destroy trees and shrubs to expose enemy activity. Guest speaker Jaime Lim, a U.S. Navy veteran of three tours in Vietnam, will discuss the controversy surrounding this chemical and its lasting effect on veterans.

The Agent Orange toxin, sprayed by hand, airplane, helicopter and riverboat over 3.6 million acres of land, has been recognized by the VA as a presumptive cause of certain diseases, a status that eliminates the burden of proof of service members as they file claims for benefits.

Our speaker, Jaime Lim, is the current adjutant of District 17 of the Veterans of Foreign Wars. He was selected as the first Veterans Treatment Courts (VTC) mentor for the Placer County Superior Court pilot program. Please join us in this meeting.

Of note, our membership includes 16 World War II veterans and surviving spouses, representative of the 'Greatest Generation'.

Our Veterans Group acknowledges their contributions to our Country. Thank you!

- Welcome, New Members
- Joan Lemmon* U.S. Air Force Spouse
- Maria Loza* U.S. Army Spouse
- Jerry Noonan U.S. Navy
- Allen Sonnenblick U.S. Marine Corps
- *Associate Member

In Memoriam
Richard William Shafer
Veteran of the U.S. Navy

The Veterans Group extends its deepest condolences to Richard's family and friends. Need a Fresh New Flag?

If your American flag is looking tired and worn, the Veterans Group will sell you a bright new flag on the 15th of every month in the Orchard Creek lobby. The Group sells high-quality, all-weather American flags for \$25.

The Veterans Group will also take your old unserviceable flag and see that it's properly retired with respect. Just place that old flag in the designated tub in the utility room to the right of the Orchard Creek activities desk.

Individuals physically unable to visit the Orchard Creek Lodge to purchase a flag can arrange to have one delivered by contacting Joan or Doug MacAdams at 916-751-9272 or 703-217-4735.

• • •

Democratic Club

BY JUDY GANULIN

The Lincoln Democratic Club is preparing for the Tuesday, September 14 recall election. We will reach out to educate Democrats and like-minded voters on the importance of voting NO on the recall. Our political action committee is active. We are resuming our volunteer work at the Placer Food Bank. Seth Brysk, Northern California Anti-Defamation League Regional Director, will speak on "Hate Crimes and White Supremacy" on Thursday, September 23, at 6:45 PM. State Controller Betty Yee will speak on Thursday, October 21 at 6:45 PM. For more information on our activities please see our website, <https://democraticclublincolnca.org/>

• • •

LH RV Group

BY VICTORIA WHITE

The RV Group has been in travel mode with our trips to the Palm Springs area, San Diego, Utah and The Giant Redwoods in Northern California. Our remaining 2021 trips are filled but please join the waiting list if you are interested in going, we always seem to have last minute drop outs. When we make reservations for rallies, they are made anywhere from three to six months out to a year in advance. This makes it hard for our members as they only have a short period of time to make a decision and book, then another few rallies get thrown in and they have to get on it in order to be included in those too. We

try to get enough rallies scheduled per year to be able to accommodate all members. We want everyone involved. Look on the applications for the deposit deadline. The moral of this little story is "don't wait to sign up for the rallies".

We're looking forward to having our first live meeting in fourteen months...meanwhile our RV Club Board has been hard at work preparing for the rest of 2021 and 2022, including securing a full Slate of Officers for 2022. We look forward to getting to know our new members and rekindle old friendships. If you are interested in our RV Group, please contact Sharon Skar, Co-Vice President: 916-434-7799, marlowensharon@gmail.com. Check out our website at www.lhrvg.com.

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LH Travel Group

BY SHERON WATKINS AND LINDA BEVINS

WOW! All the tours are filling up and everybody is ready to travel! Please join us at the free Travel Show and see what destinations YOU may choose.

Because so many people are excited to come to a live show after a year of ZOOM meetings, the Travel Group is having two shows to accommodate everyone comfortably and we would appreciate your just giving us a quick e-mail (djbevins17@gmail.com) or call (Linda @ 916-752-0311) to let us know to save you and your friends a SEAT!

Show: Thursday, September 16, 2021
Place: Old Town Pizza - 599 Lincoln Blvd.
(cont' on page 19)



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LH Travel Group

(cont' from page 17)

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Time: 3:00 pm, Show is Free, but please let us know in advance as seating is limited.

Cost: Free. Presenter Jay Fehan.

Or perhaps another date would work better for you!

Show: Wednesday, September 15, 2021

Place: Via Roma - 2270 Nicolaus, Lincoln.
Beer, Wine is available on your own- Perhaps stay after the show as food is delicious.

Time: 4:00 pm, Show is Free, but please let us know in advance as seating is limited.

Cost: Free. Presenter Jay Fehan

Did you know we are planning the International Albuquerque Balloon Fiesta in October, 2022? AND we will be there for the Special Shapes Rodeo. This is the day the sky is filled with Balloons in shapes such as Smokey the Bear, stagecoaches, cows, bees, monkeys, Santa Claus and many more unusual shapes, not just the ordinary oblong, color shapes.

We are also traveling to Scotland to hear and see the incredible Royal Edinburgh Military Tattoo. Hear the drums, accompanied a spectacle of lights, fireworks in the Shadow of Edinburgh Castle.

Many other tours will be presented by our favorite guy - Jay Fehan of Collette Tours.

And please take a few minutes to fill out the survey when you come to the show to let us know what destinations are on your wish list. When you turn it in, you could win a bottle of wine in the drawing!

Looking forward to seeing you at Old Town Pizza on Thursday, September 16 or at Via Roma on Friday, September 17!

All the information on the tours and sign up forms on on tours are easy to access on the Zoom links listed in the Lincoln Hills Travel Group's monthly e-mails.

If you have not been receiving the monthly Lincoln Hills Travel Group e-mail newsletter, which includes Zoom links, and would like to receive it, please send your name and e-mail address to Sheron Watkins - travelgroup@ gmail.com And it is free!

See new places, meet new neighbors and sign up on the incredible tours. It all starts with viewing the tours on your computer with the ZOOM links in the monthly e-mail .

• • •

Rods & Relics

BY ELNA RAGAN

On June 25, our Car Club finally got the approval from City officials that pandemic restrictions had been lifted and the 15th Downtown Lincoln Car Show was finally approved! It will take place on Saturday, August 21 on Lincoln's shady tree-lined streets and feature over 400 classic vehicles. In the past, participants have come from as far north as Oregon and as far south as San Diego.

The day will kick off at 7 a.m. with a Pancake Breakfast provided by Boy Scout Troop #160 in the VFW Hall and officially start at 10:00 a.m. There will be a tasty Bar-B-Q lunch in Beermann's Plaza, food and product vendors, and a great Raffle Booth featuring unique items. DJ Dr. Rockola will play music throughout the day. There are also local restaurants and many unique shops to visit.

Over 30 trophies and plaques will be presented, starting at 2:00 p.m. Local dignitaries that have been invited include Lincoln's Mayor Alyssa Silhi and Public Safety Chief Matt Alves, who will pick their favorite vehicle and present a trophy to the owner.

The Rods & Relics is about more than just honoring the past and enjoying vintage vehicles. Its members use their hobby to fundraise and give back to the community. Since 2007, the Club has contributed \$187,000 to numerous local charities from its Car Show proceeds. This year the recipient of the day's proceeds will be the VFW Post 3010. The Car Club also sponsors a local Little League Baseball Team and donates help to the Lincoln Library.

The Car Show event offers fun for the whole family. Come and enjoy the beautiful vehicles from days gone by and have a great time! Look for our 1/4-page ad elsewhere in this paper and mark your calendar as a reminder to come Downtown on the 21st to support your City and to have a great time!

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

Web Site: www.rodsnrelics.net

• • •

SCLH Sports Car Club

BY PAM BERRY

If you were wondering if things will ever return to normal, worry no more! Not only are our members enthusiastically participating in tours and socials but new members are joining adding to the over all feeling of "things are getting better"!

were trying to avoid the deposits left by the horses in front of them! These cars are built to handle curvy roads so dodging deposits was not a problem.

Preparing this article over the last months has been a challenge so I would like to thank all the members who wrote such interesting articles about their years of involvement with cars. Because there were no car activities, they



Because you can never have too many rides planned, our Tour Event Manager, Wayne Sloan has started up the Thursday rides. These are simple rides designed to just be short and uncomplicated. Lunch or ice cream are usually on the plan but not necessarily. Recently the ride was up to Grass Valley via Hwy 49 and then a wandering ride through the back country around Lincoln. This time there was lunch and ice cream and more socializing at the end.

What better way to enjoy your car and summer than a picnic and even better it was at the Mt. Vernon Winery. A nice back road was chosen for the ride up. The grounds of the Winery were very nice for a picnic with friends. The winery was open for tasting and more camaraderie.

The Fourth of July provided another opportunity to enjoy and show off our beautiful cars. Twelve cars were led by President Tom Breckon down the parade route. Members were pleasantly surprised to find that a large crowd had come to see the parade. Seems everyone wanted to get out and enjoy the day. As the cars moved down the parade route waving and engaging with the crowd, they also

saved the day. Also, pictures by Carla LaFave and Ron Goleno made things interesting. Their efforts in taking photos, editing, and providing a good selection was very much appreciated.

Just a reminder that if you would like to see what fun it is to be a member of the Sports Car Group, just go to the web site lhsportscars.com.

• • •

Alzheimers Caregiver Support Group

BY JEFF ANDERSEN

Weeeee're Back! Caregiver meetings will resume in the Orchard Creek Lodge in August. The Ladies will meet on August 4th in the Multi-Medium Room. However, the General Meeting on August 25th will be a meet and greet social event in the Solarium for caregivers and those for whom the care is given. Light refreshments will be provided. We hope you will be there to greet old and make new friends. It's been a long haul, hasn't it? See you there.

(cont' on page 20)

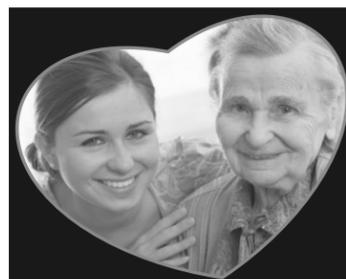
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Alzheimers Caregiver

(cont' from page 19)

The Alzheimer's/Dementia Caregiver's Support Group meetings are currently held online each month except in December. The Mixed group meets at 1:00 PM each 4th Wednesday in the MultiPurpose Room (OC). All are welcome to attend, especially caregivers with recently diagnosed family members. The program for the Mixed group alternates monthly between group discussion moderated by a licensed counselor from Del Oro Caregiver Resource Center, and formal presentations by professionals in the industry. The Ladies group is discussion only, and is designed for those who prefer talking in a less crowded setting. This group meets in the MultiMedia Room (OC) on the 1st Wednesday at 1:00 PM.

The caregiver's groups and programs are supported by the Lincoln Hills Foundation. More information is available from our Steering Committee members Valerie Jordan 909-625-7443 or Jo Fratessa 916-408-7209, or by contacting Jeff Andersen 2jeffa@gmail.com.

• • •

Glaucoma Support Group

BY BONNIE DALE

This month we will share tips on putting drops in your eye. It can be tricky, so come and see if you find a way to make it easier.

Our meeting will be on Wednesday, August 11 at 4:00 PM in the Multimedia Room (OC). The setup for a combined in-person and Zoom meeting is also being explored. A confirmed time and possible Zoom details will be emailed before the meeting to all group members.

If you would like to be a member of the group, please contact Bonnie Dale at 916-543-2133, bjdale@aol.com

• • •

LH MultipleSclerosis Group

BY JERI DI FIORE

See you at our first in-person MS meeting on September 21st. for a real hug! Also, at this meeting, we'll be experimenting with something new! Garth Goselin, volunteered to Zoom the meeting for those members in far-away places.

Good news! You can still hear our Member, Ann Assarasson, in concert on YouTube. Ann's beautiful voice treated us at many Zoom meetings during the lockdown! Log onto YouTube, Ann Assarasson, and/or CCA Stream Series.

In the meantime, continue enjoying life with our newfound freedom.

You still have time to donate to the 2021 MS Walk to fund Research, Education, and the MS phone referral/information Navigator program 800 344-4867).

To Donate – Google Walk MS Folsom 2021, Donate, Lincoln Trailmixers or Joni Deutsch (Captain). Carry on brave survivors!

• • •

LH Low Vision Support Group

BY JOAN BRANT-LOVE

Meeting – Tuesday 8/3/21, 2:00-4:00 PM, Multi-Purpose Room, Orchard Creek Lodge
Jerrod Sieberg, Senior Drivers Ombudsman for the CA Department of Motor Vehicles will be our speaker. Hear the latest on drivers' licenses and tests, I.D.s and self-driving cars. As Ombudsman, Jerrod assists seniors who are going through the license renewal process. Bring your questions with you. Ample time will be allowed for Q&A.

Meeting – Tuesday, 9/7/21, 2:00-4:00 PM, Multi-Purpose Room, Orchard Creek Lodge
"New Developments in Eye Diseases" will be our topic. Dr. Glenn Yiu, Associate Professor of Ophthalmology at the UC Davis Eye Center will be our speaker. His presentation will focus on cataracts, glaucoma, and macular degeneration. He will also discuss three major new areas of therapy – gene therapy, gene editing and deep learning.

Families Adjusting to Vision Loss of a Loved One

Information assembled and adapted by Patricia Locke, retired Special Needs Teacher. Patty was the leader of our Low Vision Living Skills Group for 10 years.

"If Mother is blind, why does she seem to be able to see sometimes?" People who are severely visually impaired have widely differing abilities to see. Some people may indeed be totally blind. Others may be able to perceive light, or may be able to distinguish shadows and colors. Some have enough vision to see fairly well in most situations, especially when the lighting is correct. For example, a person with a condition like macular degeneration may not be able to read, but may have excellent travel vision. A person with glaucoma may be gradually suffering a loss of vision to the side, which makes walking difficult, yet still may be able to read. A person with diabetes may have fluctuating vision and so may be able to see better on some days than on others. It is not surprising that a good deal of confusion and misunderstanding often plagues family members as they try to cope with the practical effects of their relative's loss of vision.

Ignorance of the effects of the specific eye condition can lead family members to suspect malingering on the part of the newly visually impaired person, or can cause the family great confusion when the person can see one thing but not another. It's a common reaction of relatives to believe that the visually impaired person is tricking them either by pretending to see more than he can, in order to deny the reality of his loss of vision, or by exaggerating the sight loss to gain their sympathy. Occasionally, a newly blinded person will be acting in one of these ways as part of his adjustment process. More often, though, family members simply don't understand the exact condition of their relative's vision. Some family members may even take the attitude that they don't want to know the details of the visual impairment.

One of the most basic (and unfortunately most neglected) ways a family member can help is by learning as much as possible about the degree of sight loss, the kind of sight loss, and the prognosis for sight improvement

(cont' on page 21)

LH Low Vision Support Group

(cont' from page 20)

or deterioration that their relative is facing. Will the sight loss probably continue to total blindness, or is the sight stable? Will the loss be sudden or gradual? Will surgery be needed?

The Low Vision Support Group is subsidized by

Neighbors InDeed and the Lincoln Hills Foundation

Low Vision Support Group Contact:
Cathy McGriff 916-408-0169
or cathymcgriff1010@gmail.com

Bosom Buddies

BY VAL SINGER

We're backkkkkkkkk!!!!!!

With the vaccinations, Bosom Buddies is working on getting back to regular meetings. Wouldn't it be nice to sit next to a member and give them a hug?

In the works is a core meeting in early August. More information will come by email as to time and location. Please try and come as we will be talking about officers, how to become more involved, and what you would like from the group. Everyone is welcome so watch for the email. Hopefully, we can have a regular meeting at OC in September. Stand by, things are happening....

Unfortunately, Bosom Buddies will not be participating in the American Cancer Society Relay in Auburn. With so many of our members having medical issues, participation



was way down.

However donations to the American Cancer Society are still being collected by Peggy Ryan. With a donation of \$100, you will receive a special gift. Please send or bring your checks to Peggy Ryan, 1139 Perdita Lane. Checks should be made out to the American Cancer Society.

Remember, even though we have not been having meetings Bosom Buddies is alive and well. If you need someone to talk with, our members are there to listen. Please don't hesitate to call someone and even if that person can't help, they can always refer you on to someone that can. Our membership is diverse in types of medical issues, doctors, treatments, etc. So, "reach out and touch someone". You are not alone.

The picture shows a group of our ladies wearing our shirts and holding our banner.

This is not a current picture, obviously, but it does show how we can make a statement wherever we go. We are in the "pink"!

Bosom Buddies is forever grateful to the Foundation for its support.

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

We end each meeting by holding hands and saying:

"Together we are strong; together we will make a difference; together we will survive!"
And, we will, hopefully with a little fun...

Bird Group

BY DON BAYLIS

It's August...and we're back.

In July, the Association opened Presentation Hall for club use, and we used it. With a good crowd present, after some 15 month delayed socializing, many of the club photographers reminded us of all the good birding within Lincoln Hills. Suzanne Hutchison, Linda Morley, Larry White, Dennis Berry, and Truman Holtzclaw had presentations featuring their recent photos. While all the presentations featured SCLH birds (with a few birds from other areas of California), each person had a different conception of what to show. Suzanne had daily shots of a hummingbird family, from egg to fledgling and after. Linda had a different take on hummingbirds. Larry and Truman had action and posing shots, most taken on their daily walks of Ferrari Pond. Dennis instead had a extensive slide show, accompanied by music, showing how post-processing can turn vibrant photos into art.

In "normal" years, we take the month of August off. After our 15 months of rest, we will instead meet on August 9, with Heath Wakelee presenting on "Beginning Birding". While most of us might not consider ourselves beginners, very few of us have gone birding with groups of people in the last year and a half. So Heath's presentation will provide us with a reset on technique and etiquette, before we

(cont' on page 23)



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Bird Group

(cont' from page 21)

head out on organized trips.

We do have programs for the following months as well. September 13 will bring us Angela Thompson, of Wild Birds Unlimited in Roseville, speaking on "Wild World of Northern California Woodpeckers". Most of our woodpeckers are year-round, but a some will be returning to winter with us. A chance to learn before viewing. October 11 will have Sal



Golden Eagles by Larry White.

Acosta and Suzanne Hutchinson speaking on their COVID era trip to Yellowstone National Park, and photos of the birds and mammals they saw. Their normal travel pattern is to research all the wildlife they are likely to see, then check them all off. Sal says the only one he missed was the pika, so there should be a lot of good photos.

Bird sightings of course continue. Some of the most memorable have been a family of Golden Eagles most often seen around the cell towers near the water tanks at Boulder Lane. These eagles have been sighted over the years around south Lincoln, but as construction enlarges the city, this year they are most often seen near the tower.

No field trips are planned before September. We are still looking for a trip leader for the group (hint hint), and trip details will not be available until closer to trip time.

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

Contact: suncitybirders@schbirders.org
Web Site: schbirders.org

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Fishing Group

BY HENRY SANDIGO

Water where art thou? — Well, our state has entered another official drought period, an ongoing event that's been hanging around for a few years and shows up each year more aggressive than the prior year.

Of course we all know many lakes and reservoirs are down 30 to 50% with remaining waters at 38% or less of capacity. You can see the effects of the rivers down by several inches leaving creek beds bone dry, while ponds that provided life to the dragon fly are also gone. If we all do our part to conserve water, we should be able to get through this year using less water for all.

Who takes the hit? The farmer and businesses that rely on water power to complete their cycle of the business life. The home owner who sacrifices their pool, their garden and so forth. We all know lawns use a lot of water. What about the angler, the angler who relies on water to sustain the life of the fish they so desperately seek. Nothing is worst than spending a day on a river or lake with no fish hits on our presented bait or fly. Woe is the angler who returns to shore and sulks for the rest of the day wondering "what should I have done different to catch that aquatic phenomenon?"

Why do we wait to take action to prevent our loss of water? Everyone has the right to live where they choose. Homes are being built every day in surrounding neighborhood. Water will be consumed in these new homes. Most home builders install devices to cut the flow of water, while the home owner removes those devices to get that feeling of water powering on to them during a shower. We all hate the trickle of water while bathing when we perceive the power of water washing away the grime of the day - whoosh down the drain it goes!

As I walk through our neighborhoods I see sprinklers going off spraying water everywhere, on to the sidewalk, plants that are dead and in many cases no plant at all. Some sprinklers running for longer than need be! And the water flows onto the sidewalk, out to the street, and down to the gutter. Why is the homeowner or business not aware of this waste? Lethargy, too busy with life to look out the window or walk their property. Maybe they're just not aware of our annual disaster of less water each year. Heck, during the good times we all forget the recent past water crisis. Don't we?

• • •

Garden Group

BY LORRAINE IMMEL

"Successful Gardening & Raised Beds" with guest speaker Greg Gayton, California Certified Nursery Professional (CCNP) will be the subject of the Thursday, August 26, 2:00 PM, General Meeting at Presentation Hall in KS Lodge.



Greg Gayton

Greg is an entertaining 39 year certified nursery professional and self-proclaimed "Plant Geek" at Green Acres Nursery, where he specializes in Community Outreach, Garden Talks, and answers the garden solution emails for all seven locations.

He said, "Enjoy the benefits of raised bed gardening. It's easier than you thought and will help make you a very successful gardener while having lots of fun!" He will bring hand-outs and donate a plant to add to the door prizes.

Brown Bag sales will be available at this meeting (before and after). If you want more information or plan to bring a donation of a garden plant or item, contact: Julie Africa, 916-521-6886, Janneafrika@yahoo.com.

At this meeting we will have a sign-up sheet available for the Wednesday, September 22, 9am-\$5 per person-Garden Group event "Table Talk!" For those of you who are new to it, it is a Social and Informational discussion of 4 different garden topics with a rotation through 4 tables so you get to enjoy all of it! There are 64 spots for it! Contact: Debbie Schryver, 916-666-1741, dshumhaven@sbcglobal.net.

Linda Garrett will also take sign-ups if you have not had an opportunity to do this yet for August 19, Field Trip to MARTHA'S GARDENS in Newcastle. We will be having a tour of the farm with the ability to purchase "produce and flowers!" Check out their website at (www.marthasgardens.net) for the story and pictures. We will bring our own brown bag lunches and drinks. There is no cost for the tour, but there is a \$3.00 donation for the driver if you carpool. We will meet at the Kilaga parking lot to carpool at 8:30 AM or drive on your own and we will meet you there. There is however, limited parking space. The tour begins at 9:00 AM. Send questions to linda_garrett@sbcglobal.net or Vicki White weimarwoman@yahoo.com.

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Hiking and Walking Group

BY STEPHANIE HUNTINGDALE

Listen up hikers; it's time to re-invent the hiking/walking club.

COVID happened about 15 months ago and we just recently began offering hikes to club members. During those 15 months, many of us made changes to our routines that now have become a normal every day. What I mean is that the attendance on hikes has fluctuated from as little as 3 people to as many as 20+. We have also experienced a shortage of hike leaders.

We recently had a club meeting, we call it hike leaders but it is open to all members. We started a discussion of our aging club, distance of hikes, and lack of hike leaders and upcoming Board elections.

It's time to "reinvent" this club and your help is needed. The hiking club started around 2003, that's 18 years ago. I hear all the time, "I used to be able to do 10 to 12 miles, now it's hard for me to do 3 miles". Yes, Sun City, we have aged and many of us have developed some medical issues. We have also gained new younger members who have recently aged and moved in. What do you want this club to be? Is it shorter hikes with less difficulty? Elevation gain contributes to Easy, Moderate and Strenuous. We need hike leaders, are you willing to help? If so, please contact Dan Cortinovic, 925-262-7345 immediately! Perhaps we just need to accept that a strenuous hike will have few hikers and easy hikes will have more. Another thing, we didn't have any trouble traveling to cooler Sierra hikes or going to the Bay area to escape the hot summer heat here in the valley. Those trips seem to have disappeared too. Things I hear, "Don't want to fight the traffic", "Don't want to be gone all day". Part of being a member of this hiking/walking club is the sociability of being with everyone and the joy of sharing an activity. Do you really have something else to do and can't plan a day trip? I enjoy the day trips to the Bay Area and Sierras. Don't know what hike to do? David Wood has many posted on the Website, including photos. Take a look.

The club will have their annual meeting in October. Officers are needed as most of the Board is not returning. Time to step up, can you be a leader? Contact Dan Cortinovic,

(cont' on page 24)



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Hiking and Walking Group

(cont' from page 23)

925-262-7345.

Lastly, I have been doing the SSN articles for about 8 years. I love to write and it has been a joy to put the articles together. However, as they say, the only thing certain is change. I have recently become more involved with my husband's other hobby and it has become a more time consuming responsibility. If anyone out there loves to write and is willing to take on the monthly articles, please contact me at 916-580-7377. Maybe we can even do guest writers and you don't have to do it every month. Let me know your interest.

Next month look for a feature article on the Walking Group written by Debbie Schryver.

Save the Date! Friday, October 1, 2021, 6:00 PM, dinner at Pescatore Winery. Further information to come as the date gets closer, watch the website.

Stay safe, stay connected.

You MUST check the website for the most up to date information. If you think you are not feeling well, please stay home. There will be future hikes.

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

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

Call Debbie Schryver, Walking Group Coordinator, 916-666-1741 with questions about the Walking Group

•••

Cyclist Group

BY TOM FRADY

Many years ago, when I was still trying to move from "bike rider" to "cyclist", I was participating in the Mile High Century, which started in Chester, CA. It was one of my first centuries and I was on the home stretch. I happened to look down at my speedometer (this was before Garmin's and Wahoos) just as the odometer turned "100". Off to my right was beautiful Lake Almanor and straight ahead I could see Mt. Lassen, still covered in snow late in June. I might have had music in my ears. I was feeling good.

I smiled. "I like to ride my bike," I thought. Since that day, I have had many of what I call "Smile Moments", when it (whatever "it" is) all comes together and you realize being on a bike is one of the great joys of your life.

Heck, I had a Smile Moment just recently on a 30 mile ride I do about 40 times a year.

I've had many "best days" on a bike. Maybe the 137 mile, 8000 feet of climbing in 100 degree weather was the best. Or maybe it was the mile and a half I did with my grandson. We had to quit because his butt hurt.

You see, it really isn't about whether the ride was hard or easy. When I asked my friend Geoff what his favorite day on a bike was, he said,

"My hardest, favorite, ride was the 72 mile, seven and a half hour ride around Lake Tahoe. It is the most beautiful place in the world

(cont' on page 25)



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Michelle's Current Listings



Annadel Model w/3 Car Garage and Owned Solar

This charming Annadel plan with 3-car garage and owned solar is anxiously awaiting

its new homeowner. Lovingly cared for by the original owner for over 18 years, this home offers double ovens, gas cooktop, center island for meal prep, oodles of cabinet space and cozy breakfast nook surrounded by built-in desk and more storage. The spacious great room has custom built-ins, gas fireplace and large picture windows bringing in natural light all day long. The master suite is on one side of the home while the guest bed/bath are on the opposite side. If you're a crafter or want a dedicated office space, this floor plan offers that option. The peaceful backyard with retractable awning sits up high allowing for sky views under the covered back patio.

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Bridgegate Model - Corner Lot

Neat as a pin, this Darling Bridgegate floor plan located close to the Orchard Creek Lodge, Fitness Center

and Sports Complex will surely have a lot of attention so don't wait! Upgrades include, front courtyard, plantation shutters, engineered wood floors, white kitchen, aftermarket slider to backyard, remodeled master bathroom with tiled shower and glass enclosure. The private backyard is like a sanctuary with covered patio, low maintenance landscape and a decorative bridge for added charm. You'll love this home!

Offered at \$509,000



Michelle Cowles

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Cyclist Group

(cont' from page 24)

with its clear, blue water, clean thin air, and beautiful green trees. The best part is I got to share it with three of my kids. We all made it together. A dad with his kids, completing a most difficult task, it just doesn't get much better than that. "

Sure, it's a tough and gorgeous ride, but what made it special was the "we made it all together" part.

Another special Day-on-a-Bike comes from Jean;

"During a 3+ week cycling trip with 4 other couples in Ireland, we climbed Healy Pass (1000' climb in 4 miles) out of Adrigole [southwestern Ireland]. The rain had stopped, the road was dry, the views were infinitely varied and absolutely spectacular. I learned to look around, drinking in the fabulous scenery, ignoring the grind up the climb where 15+% was seen. What a ride! Then there was the descent into Lauragh..."

It seems everyone waxes poetic when remembering "that" day.

Mark's best day not only involved a bike ride, but frogs, a snake, and a bit of feeling independent.

"I was 12 years old. Summer time with nothing to do. Jumped on my wide-tire two-speed and started riding. Before I knew it I was 12 miles out in the country on a dirt road with ditches along the side, stopping along the way to pick up aluminum cans, listening to the frogs in the ditch, catching a garter snake, and

enjoying the sun. I was afraid to tell my mom, who was at work, that I had ridden 25 miles and not told her where I was."

The best days on a bike aren't necessarily about the bike itself or about how well you were riding that day. Scientifically, it involves heightened production of happy chemicals in the brain that help to keep you joyful. Not only this, but exercise releases growth hormones that increase the supply of blood and oxygen to the brain, stimulating the release of powerful mood-enhancing endorphins,

Gee, all you need to add to that for a great day is a donut.

I can attest to Jon's comment on one day of seven of AIDS/LifeCycle, a ride from SF to LA, because I was there. Note: it involves pastry.

"We cycled 89 miles from Paso Robles to Santa Maria. We conquered the Evil Twins to reach the coast, stopping at the "Half the Way to LA" sign to record our achievement. Tom Frady accompanied me over the summits and heading south along Morro Bay. At Pismo Beach we devoured amazing cinnamon rolls at Old West. I was 298th to reach camp out of 2250.

Mike's best day has all the ingredients of a fine pedal stew; amazing scenery, the sounds of nature, riding with friends, and pastry.

"Those who have driven 17 Mile Drive (Monterey to Carmel) know the beauty. Seeing it by bicycle is even better. I did it ten years ago with two friends. Sea vistas, crashing surf and a ride up Ocean Avenue in Carmel with a pastry/coffee stop, nothing better!"

Wait. Was I on that ride, too? Maybe I

am what makes a ride memorable!

That phantom tailwind, that smooth road, that hum of tires on the asphalt, that hill climb that puts you near death but makes you come alive. While your best day, or one of your favorite days, might involve an epic ride, it's not a prerequisite. There's a sense of freedom, a sense of exhilaration. As much as we would like to explain the human condition, it's the mystery of it all we must embrace.

It doesn't matter how many great days you've had on your bike, or whether you are 12 or 72. The best one may still be out there.

• • •

LH Pickleball Club

BY MOLLY MORRIS

Our members are on the move! We are participating and bringing home medals in tournaments near and far!

The Pacific Northwest Regional USA Pickleball tournament was held in Boise, ID in June. Ron Greeno, Carol Nakao and Sharon Klotz received GOLD medals, entitling them to play in the 2021 Margaritaville USA Pickleball National Championships in December in Indian Wells. Carol Nakao also won a GOLD medal at the Mountain Regionals in Las Vegas. At nearby Rusch Park; Mark Henrickson, Rita Weighall, LeRoy Weighall and Terrie MacDonald received medals. Congratulations to all of our competitive players!

Why does the Pickleball Club have over 660 members? We offer free lessons, parties, drill classes for all levels, competition,

tournaments, round robin events, socials and drop-in play (mornings and evenings).

Are you intrigued but don't know where to start? Sign up for our Intro to Pickleball class at paddleuppartner@gmail.com. The class meets Wednesdays at 11:00 AM (depending on weather). Reservations are needed for this class. We provide balls and paddles. Please wear shoes designed for tennis or pickleball. Or, if you are ready to play, come down to Drop-in play, held every morning 8:00 -11:00 AM and evenings from 7:00 - 9:00 PM. Come join the fun!

If you want more information on these or other Club activities, visit the website at LHPBClub.com or contact Molly Morris at 408-386-9054.

• • •

LH Mad Hatters Bocce Group

BY NORM CHERUBINO

The CCOC of Sun City Lincoln Hills requested the membership participation of all groups and clubs. Paul reported that we have 164 members on our email list; 50 or 60 who play often or occasionally; and average 32 to 40 players each Thursday. Hopefully, the CCOC will make their findings available to all members.

We meet on Thursdays at 8:00 AM in the Summer. New, inexperienced and handicapped players are welcome. Lessons are available. Our goals are friendship, fun and enjoyment.

(cont' on page 26)

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LH Mad Hatters Bocce Group

(cont' from page 25)

Again, we ask that unvaccinated people wear a mask to protect other people. We will not ask anyone if they are vaccinated, or not.

We are still looking for volunteers to take over some of Paul's many duties. He has been doing them all himself for many years and is asking for relief.

Our new email account: LHBocceGroup@gmail.com

Contact: Mad Hatters Bocce Group at LHBocceGroup@gmail.com; Bob Vincent 916 543 2607.

• • •

LH Senior Softball

BY KARL WENZLER

Here it is August and our Lincoln Hills Senior Softball League Summer season is coming to a conclusion. We started the Summer recreation season later than usual with more than 20 new players joining us. Teams are set, rosters full, and players preparing for play-offs. The last day of the Summer season is August 30th, and we are planning our annual season-end gathering for the entire LHSSL membership. League play-offs begin September 1st and end with the championship game or games on September 14th. Come out and watch some exciting softball. Our Women's Division completed a successful Summer season on July 25th. This is the third year in existence for the Women's Division, but only the second year of play due to the pandemic

shutdown. The enthusiasm of the founding players attracted many Lincoln Hills women of all skill levels and ages to join the fun. Play is continuing in August and September with casual practices to keep in shape and work on skill improvement in preparation for Fall Fun League play starting in October. For additional information, visit our website at LHSSL.net.

• • •

Table Tennis

BY DENNIS ZARO

Play is currently available from 8:00AM to 12 noon at two locations. Players are required to bring their own paddles.

On Tuesdays and Fridays two tables are available on the terrace behind Kilaga Springs Lodge. Reservations are made at: <https://holdmycourt.xyz/reserve2/lhtt>.

On Sundays seven tables are available inside the KS Lodge. Players may arrive on a drop-in basis. No reservations are required for Sunday play. KS Lodge requests face coverings for those not vaccinated for COVID 19.

• • •

LH Tennis Group

BY HELEN BEROTT

Come join the fun! We have ball machine practice every Saturday morning from 8-9:30am. All residents are welcome. Volunteers run the drills and keep things moving. This is a good practice and a good way for new-comers to meet other tennis players.

On Wednesday and Saturday mornings from 8-10am we have courts 1 and 2 reserved

for drop-in. You don't need a partner or a reservation. Just show up with racquet in hand and enjoy playing.

As post-Covid life starts returning to normal, plans are underway for a Welcome Back Tournament on September 23, and our very popular Oktoberfest Tournament on October 21. Mark your calendars and plan to join in the fun!

• • •

Lincsters 9 Hole Golf Club

BY DARLYNNE GIORGI

Pars, chip in and birdies are becoming common on Wednesday's play days. Recent Chip in included Mary D'Agostini, Meredith Nelson, Cheryl Brindley, and Linda Zierman. This shows the game has been fine-tuned and we hope COVID is in our rear-view mirror. The tournaments have been exceptional. The Inter-club Scramble was a huge success with numerous winners. My team won the most fun! "The Senior Rules" held on June 30, chaired by Marie Bossert, was enjoyed by 62 members full of fun, friendship and foolery. To get an idea of "Foolery", one of the rules was "Traps Should Not Trap Seniors". Should a ball land in a trap, then throw it out quickly so it doesn't get Sandy! Lots of laughs and a morning of throwing out all USGA Rules. On July 14, Carol Sexton chaired The Tin Cup Tournament with a planned luncheon in



Sharon Winslow

the tent. The Club Championship will be held September 15 & 22. Don't forget to save the date for "Strike the Ball into Fall" to be held on September 29. Darlynnne Giorgi will chair this fun tournament that you won't want to miss!

Lincsters Spotlight. I don't think you can guess "WHO" has held the same board position with our organization since 2008; donated over 3,120 hours of service since taking office; worked in Data Processing since 1965; Senior Vice President of B of A; responsible for nationwide check processing system; fell in

love and married someone she met at a SCLH Singles Club; and the golf course is in her backyard. Do I need to tell you the amazing woman is Sharon Winslow?

During her 13-year reign, Sharon indicated the biggest task was implementing the Golf Genius System. She was the master technical expert, Marie Bossert was responsible for the practical application and Linda

Salmon was the handicap guru. Together they have spent countless hours getting this program up to speed. When you boot up our web page, think of how special Sharon is to our communication. BTY, The Lincsters and Sharon are seeking club members with technical backgrounds to step up and assist.

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(more Club News cont' on page 27)

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Ladies 18-Holers Golf

BY CANDICE KOROPP

Tournament director, Peggy Carr, introduced a Mutt and Jeff format at the end of June. Counting only the par threes and fives, proved interesting on the Orchard Course, for 48 ladies. The low net winner of the day was Nancy McDonald with 36, including birdies on seven and eight. Two other first place winners included Rosie Warren and Carol Lopez. Second place was earned by Gwen Hare, Sandy Tamanti and Ofra Unger. Birdies were charted by Eileen Boore, Kathi McCoy, Trisha Ramirez, Donna Sanderson, Patti Tilton (and the only one to par the new par 5, 15th) and Warren. Vivian Lim captured the CTP on 16 and Donna St. Peter won the CTP on Seven.

July gave us a new NetChix, Eileen Moore, shooting a net 70, including a birdie on Hole Four of the Orchard. She is our newest member and what a nice welcome. Linda Fitzmaurice tied Boore, but had been a previous monthly winner, so she became a first place winner along with Tilton, Edda Ashe, Yeong Hur and Carol Lopez. Debbie Dunipace, Donna Brinkerhoff, Julie Storer, Cheryl DeWildt and Millie Sams were second place finishers. Sams also took the CTP on Hole 11, about 14 feet from the cup. Tilton had two birdies, and Lopez and Warren had one apiece. Tilton, Sanderson and Brinkerhoff also managed pars on Hole 15. That's worth a shout out!

The annual Red, White and Blue tournament was chaired by Pat McNiff. Players arrived to a patriotic-themed check-in counter,

before we began the morning with the Pledge and "Star Spangled Banner". Then before tee-off, there were competing cheers from each team and a little razzing of the opposition. The Hills course was the backdrop for 66 gals playing a Stableford format. Kelley Royball had the lowest round of her golfing career, shooting an 85, and tabulating 46 points. Other high-point scorers included Ilene Marshall with 45, Eileen Moore with 42, Dori Knorr and Kathy Lee with 41 and Linda Chappelle with 40. The White team, Captained by Shari Loyd, won the day with 729 points. The Red team, with Captain Julie Storer, placed second with 705, and the Blue team headed by Donna Sanderson, finished with 671. Those noisemakers from the Blue team were not enough to scare the competition. The White team members were: Ashe, Boore, Bedford, Biswell, Carr, Feldman, Hastings, Kain, Keaney, Loyd, Marshall, D. McDonald, McWilliams, Meske, Owens, Perrin, St. Peter, Tamanti, Thom, Tilton, Unger and Wold. Vivian Lim's tee shot was only four feet from the hole to claim the closest to the pin on #12. A Meet and Greet for the newest members followed in the tent, but the heat took a toll on the after-party. There is always next year for the losing teams.

LH Men's Golf Club

BY MICHAEL MCGUIRE-BACK

We had another great turnout for the Red, White and Blue Tournament, lots of winners and fun. The Summer Heat Tournament is coming up on August 10, it is a 2-man better

ball format with times on both courses. Tee times start at 7:30 now, so please make a note of the time change.

Sand is available for everyone again. Please help by filling in your divots and a few others around the courses, maybe this will make a difference. Same goes on the putting surface, please repair your ball mark and one to two others. Please read the updated Course Care Initiative at <http://mgclh.club/course-care-initiative> for any questions.

LH Billiards Group

BY STEVE FOWLER

By the time you are reading this article all of our tournaments should be up-and-running. If not you will be notified through Billiards Club email. Good news is that new members will have the membership annual dues of \$10 for this year waived. Just fill out the form minus the \$10.00 membership dues and mail to the address on the bottom of the form. Members in 2020 had their dues waived for 2021 so both new and renewing members will pay membership dues of \$10 during the January 1 - 31 time frame in 2022. Membership Forms are available on the Billiards Room Bulletin Boards at Kilaga and Orchard Creek Lodges and

on our website <http://lhbilliards.com> that you can download and print. See our website at <http://lhbilliards.com> for information about our club policies, membership forms, American Pool Players Association (APA) and individual tournament rules. An individual may play in one tournament then they must join our club to be eligible to play in future tournaments. Contact Tony Felice at 916-955-0501 at tfelice3@gmail.com for information on the below listed tournaments.

BilliardsGroupSchedule-Recommended Playing Levels

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

(cont' on page 34)



Congratulations to our winners of the Players 8 Ball Tournament June 24th with Bill Kim (L), Dennis Dreiling (C) tied for First place with 7 wins and 0 losses. Second Place went to Remy Giannini (R) with 6 wins and 1 loss.



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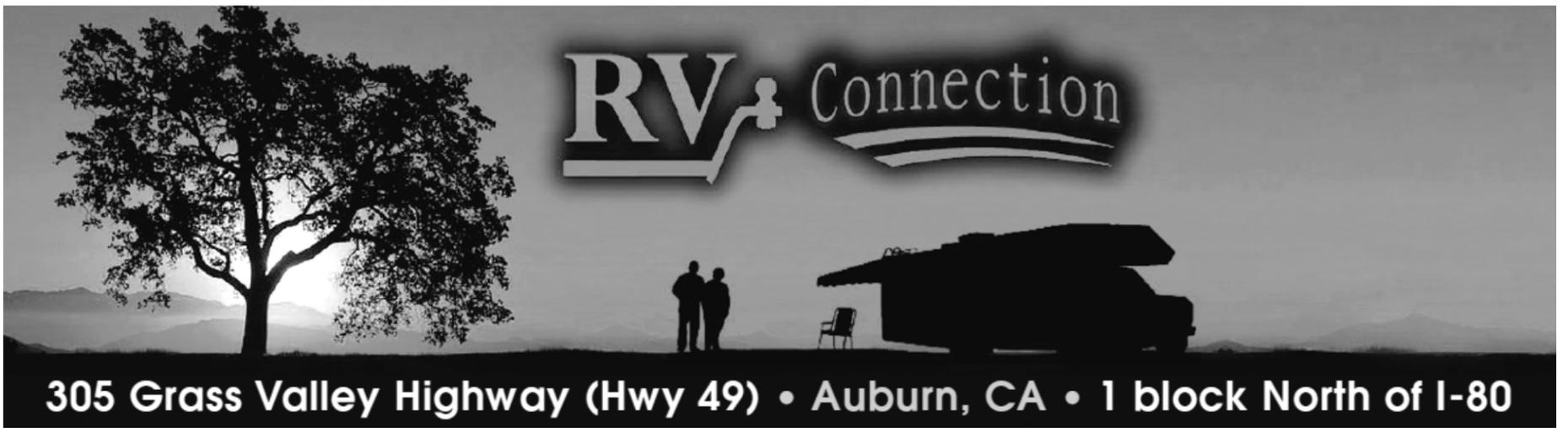
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Most of you probably recognize me as a singer and entertainer in Lincoln Hills within the last five years. You may not know that I have been a full-time real estate agent since 2002. As your neighbor, I will welcome the opportunity to share my extensive marketing and promotional listing packages if you are thinking about selling your home sooner or later. Contact me for a no-obligation conversation to work up a current value for your home.



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

Dave and Jill Short

(cont' from page 1)

in 1980. This was especially difficult for Jill because he had long been her advocate and supporter, even when Jill converted from Judaism to Christianity during her college years. The reason for his untimely death was that he had received a blood transfusion in the early days of AIDS transmission and ended up dying from the disease. His case was one of the reasons they finally figured out it was a blood-borne disease and could be transmitted through blood transfusions. Some of the other members of Jill's family were less enthusiastic about her conversion, but she managed to maintain a relationship with her mother until her mother's death near the time of the Shorts' move to Lincoln. Jill is still close to her brother.

Jill met Christians on the campus of San Diego State, and even dated some. It was not until after she graduated that she met Dave, the love of her life. When Jill graduated with teaching credentials in the mid-1970s, teaching positions were scarce. She eventually found a job in a small school district called Liberty Elementary School--located between Tulare and Visalia. She taught fifth grade for several years and became involved in the singles group that Dave was attending at a local church. The couple admits it "was fate" that they met since they had come from such different areas of California. Ironically, Jill had made a list of things she was looking for in a husband and two of them were that she did not want to marry a fireman and she wanted someone who loved dogs. Dave was, in fact, a fireman and not crazy about dogs but they overcame both obstacles to have decades of happy married life. They lost their seventeen-year-old dog recently and miss him greatly. Dave's solution for living with Jill's dog when they first married was to build an outdoor doghouse. At first Jill thought this was great until she realized that Dave's intention

was to have the dog stay outside instead of in Jill's bed, where the dog was accustomed to sleeping. It did finally work out.

The couple went on to have two daughters, and now have seven grandchildren. One of the



Jill Short in her craft room.

PHOTO BY JEFF ANDERSEN

daughters has four children and is currently in Colorado Springs. Her husband is a chaplain for the Air Force and is currently stationed in Colorado. The other daughter lives close by in Citrus Heights. She is a trained speech therapist who is mostly homeschooling her three children. Her husband works in the computer industry. The family was able to all meet up in Colorado Springs this year and spent time at the Great Wolf Lodge, a hotel with an enclosed water park. All the grandchildren are ten years or younger, and the Shorts met the youngest one for the first time at the reunion because of previous travel restrictions.

Dave spent his entire working life in the fire service, eventually seeing thirty-five years of fire seasons, including four years when he was in school and just working it as a summer job. He had wanted to be "Smokey Bear's best friend" and work for the National Park Service. Dave retired as a Battalion Chief in 2008. His last assignment was the Emergency Command



Jill and Dave Short on their wedding day.

Center Chief for the Humboldt-Del Norte Unit of Cal Fire.

When the Shorts decided to leave Fortuna to move to Lincoln, it was a difficult time for them. They loved their house and the area on the coast, and the year they decided to move also became the same year that both Jill's mother and Dave's father and mother died. They died within a year of each other. One of the reasons they were able to afford Sun City was because Jill received an inheritance from her mother's estate. The couple was determined to not have a mortgage when they settled into Lincoln, and they succeeded in that goal.

They believe their house was a God-given present since the circumstances surrounding their purchase were nothing short of miraculous. They had limited visiting time and were working with real estate agents. They had definite ideas of price, size, location, and a timeline deadline to meet. The Alpine model house they bought had just gone on the market when they started to look and, as they say, "God gave us the house." They love their neighbors. When they moved in, they knew no one in the community and Jill felt like an orphan. She has found her niche as a mailbox captain, a member of the Mixed Media Arts and Needle Arts groups, a line dancer, and she is also a Sun City Lincoln Hills Ambassador. She no longer feels out of place. Dave keeps

busy working on projects for the house. During the recent shutdowns, he busied himself with a side-yard renovation including a solar-powered fountain. He helps others in Sun City as a Handy Helper. He likes the fact that there is plenty to do and no hurry to do any of it. The couple has also painted a mural on their shed.

The house in Lincoln contains some unique characteristics. The walls display some oil paintings by Jill's father along with her detailed, unique quilted pictures. She loves to do scenes with fabric and sewing machine. Their backyard boasts many plants specifically designed to attract hummingbirds and many other critters. I saw hummingbirds when I visited.

It was their faith that first brought them together and their faith that helped them through both the good and hard times. It is also their faith that gives them hope for the future and the impetus behind their giving back to the community in Lincoln that they have chosen for their current life. Their visually appealing house and yard and their infectious love for each other gives warm feelings to their family and friends and makes them a great addition to Sun City.

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

Just let us know!

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

LH Craft Beer Enthusiasts

Are you interested in joining a club where the meeting agenda consists of talking to your friends and drinking beer? Then you may want to consider getting added to our e-mail distribution list that announces upcoming club activities. We meet once or twice a month at a local tap room, brewery, or good happy hour location.

If you are interested, please contact Phil Hermanson at 530-320-7469 or philhermanson1@gmail.com. Wine lovers are welcome but must be accompanied by a beer geek.

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SSN WRITER...

In Lieu of Sorrow

BY DARLENE KAPUR

The pictures caught my eye as I turned the pages of San Francisco's Sunday Chronicle. There were two photos where usually there's only one, and they were in color. One photo showed sandy blond hair tumbling around a young wide face, blue eyes with a direct gaze and a big smile--a blend of Loretta Young and Mia Farrow.

The second photo was the woman as a little girl, perhaps five, standing in the sun dressed in blue. She's smiling with her arms outstretched to the photographer; come hug me because I love you.

Her name was Carrie. She was born in April of 1962, and passed on September 22 of last year. Only 53 years old. A tragedy without reading another word—yet these are simply the numbers that I file away. Could have been one of mine...only ten months older than our daughter...died three days before our son's birthday...heartbreaking for her family...

The tribute below the photos was exceptionally long, two columns, 16 inches each.

I began reading because how could I not? What followed was a most extraordinary love letter to Carrie by someone who adored her with every cell of his being. His loss was so

profound he could speak only in the present tense.

"She leaves her children and her husband as one form and joins them in another as pure love. Ever since she was born in Santa Rosa, Ca, she's been a student of life. She is still learning. After earning her B.A. in English at UC Davis, she received her M.A. degree in English from SFSU. She then became fluent in sign language at the Sign Language and Deaf Studies program in Berkeley, eventually qualifying as an interpreter.

Carrie is inspired to paint as she processes the world visually, and to write, as the arrangement of words endlessly thrills her. She marvels at the richness and sheer complexity of American Sign Language.

She is amused and not at all surprised that she never has to say to her husband, 'You're not fun anymore.' Carrie swoons with a bursting heart watching her children merely walk down the street, excel at their sports, laugh, talk, read, sing and breathe. They are true wonders.

Gratitude encompasses Carrie. She feels positively grateful for her lucky, happy life;

for her adored and astonishing children and husband; for the numerous dearest,

funniest, most generous friends; for her parents and nieces and nephews, and for her daughter, Mary, in Uganda; for stunning San Francisco, for fog horns and church bells and hardware stores; for Dr. Samuel Johnson (1709-1784); for Green Apple Books and books themselves—capable of being lovingly dog-eared and shared, hand-to-hand; for bumper stickers that read, "Don't believe everything you think";...for the intelligence and fortitude of Gloria Steinem; for the underdog; for Peter Gabriel's exhilarating song, It Is Accomplished and Louis Armstrong's smile inducing, What a Wonderful World; for organic farmers, for waterfalls, for Porgy and Bess ("Cause the things that I prize like the stars in the skies are all free"); for American painters Richard Diebenkorn and Joan Snyder; for the twinkling bemusement of Dean Martin; for pie, fabulous pie; for those who right wrongs; for Chaka Khan's I'm Every Woman; for the hokey pokey, because sometimes you have to put your whole self in and shake it all about; for walking in the rain; for loveable optimist Corky St. Clair in Waiting for Guffman, for Julia Child; for Sojourner Truth; for holding hands; for Willie Nelson—the man, the music, the braids, for art in all its manifestations; for countless opportunities to grow, love, fall, struggle, succeed, for life.

As joy comes from gratitude, Carrie is unabashedly joyful. This is what she knows; that when you least feel like it, do something for someone else; that learning requires a willingness to be bad at something for a

while and that is okay; that as the poet Anne Bradstreet stated, if we had no winter, spring would not be so pleasant; that love must be outwardly shared and compassion acted upon; that people who deeply listen and closely observe radiate light from within and access their empathy; that, as Buddhist monk Thich Nhat Hanh says, sometimes your smile is the source of your joy, and sometimes your joy is the source of your smile; that full engagement in the shining, startling now is pleasure waiting to be had.

In lieu of sorrow, express your love. Smile when the people you cherish come into a room. Let them see your eyes light up again, and again. And again."

My heart ached with awe. This man's ability to express the very essence of his beloved wife, Carrie, in a continuing stream of joy was profound. After rereading his words, I knew without a doubt that she was someone I would have liked and been very fortunate to know.

It occurred to me that perhaps Carrie had a say in what was said; that she had some notice of what was coming and contributed words about her children and what was most important to her. It was very clear her husband wanted no sad songs. He implores us to listen to Carrie:

Hold the people you love close, express the joy of life this time for me... in lieu of sorrow.

We welcome your submissions such as humorous observations and poetry (no political). Please see page 3 for submissions information.

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JOHN L. SULLIVAN
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Fruitvale Schoolhouse in Lincoln

(cont' from page 3)

landscape for Fruitvale School over the past 15 years. Under the leadership of two of our members (Burna Jamieson and Madelynn Mossar) a group of us "yard workers" were organized to do the upkeep on the grounds of the place. Much attention was given to cleaning up the yard by planting additional roses, rejuvenating the hills of iris, fertilizing, and clearing away dead foliage and debris. It was a labor of love to see the yard come to "life" again. The Garden Group

also donated baskets of plants and garden items for their BBQ auction and sent numerous checks to them for upkeep. It will be our pleasure to see how the next years develop with the Fruitvale Schoolhouse!

Lorraine Immel
(Garden Group Publicity)
• • •

Fantastic Birthday Party for Kim Bringman!

Kim Bringman's Birthday Party was fun and there were over 100 fun people celebrating! The party took place on June 21 at the Sports Pavilion in Sun City Lincoln Hills. Mark and Nanette Forry gave Kim a Redwood Sequoia tree as a



birthday present and Kim was excited about this! Fun had been had by all including me! You can view all photos at www.maggiemcgurk.photorelect.com



On July 6, the Lincoln Highway Trio performed from 7 pm to 8 pm. Next performance will be on Tuesday, August 3 from 7 pm to 8pm. Bring your chairs and enjoy at 1346 Rose Bouquet. Their fans come out to see and hear the Lincoln Highway Trio! The price is free!!

You can view all photos at <http://www.maggiemcgurk.photorelect.com>
Maggie Rose McGurk Photo Art

Keep History Alive: Volunteer at Placer County Museums

The Placer County Museums Division is recruiting volunteers to join the ranks of the county's amazing museum volunteers, docents and team members.

Volunteers are currently needed at the Bernhard Museum Complex, DeWitt History Museum, Gold Rush Museum, Placer County Museum in Auburn, Griffith Quarry Museum in Penryn, and the brand-new Fruitvale School Museum in Lincoln.

"Being a museums volunteer is a wonderful and fulfilling experience for anyone who loves history and meeting new people," said Placer County Museums Administrator Ralph Gibson. "Keeping Placer's history alive is an important

job and it's a lot of fun, too." Placer County Museums has had the pleasure of preserving and sharing local history since 1948.

The county's museum system includes eight museums from the valley to the foothills.

Thousands of local students and visitors from all over the world travel to Placer County to learn what makes our county's history special.

Contact the Placer County Museums Division for more information or to register for volunteer training at 530-889-6500 or museums@placer.ca.gov.

Learn more about Placer County museums here.

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BECAUSE ADVANCED WOUNDS NEED ADVANCED CARE

Local clinic using O3 Regenerative Therapy, an advanced medical solution to treat stubborn wounds.

When you scrape your knees as a kid, the wound was able to heal with little more than a bandaid and a hug from mom. As you age, however, the body's ability to repair itself diminishes due to several factors including fewer stem cells in the skin or a chronic illness like diabetes.

Slow healing wounds can make life difficult and uncomfortable.

Stubborn and chronic wounds affect approximately 6 million people in the US. These wounds have a significant impact on quality of life, limiting mobility and a person's ability to work. In some cases, these wounds are unable to heal as they are permeated with drug resistant bacteria. If not resolved, an infected wound can have more severe consequences.

When a wound won't heal, advanced wound therapies can help.

Healing these types of wounds requires an advanced and different approach. Fortunately a local clinic, Lincoln Acupuncture and Integrative Health is treating wounds using O3 Regenerative Therapy, an innovative therapy that speeds up the healing process and gets patients back on their feet.

O3 Regenerative Therapy utilizes the antibiotic and disinfectant properties of ozone. O3 Regenerative Therapy is a specialized treatment in which vital oxygen penetrates areas that normal oxygen carrying red blood cells can't reach. By using O3 to treat difficult wounds, we are forcing oxygen in to the cells of the body which gives them the energy and building blocks they need to do the job that they were designed to do: reproduce and repair. O3 revitalizes tissues and stimulates the growth of new blood vessels.

O3 also triggers white blood cells to produce antibodies which prevents the immune system from attacking healthy cells. Healthy cells are the ones responsible for creating new skin and tissue and closing wounds and O3 aids in their ability to do that.

We know you've gone through it all. The dressings and wound clinic visits. Maybe you've even tried grafts or stitches in hopes to close the wounds.

Our goal is to get you the results you need to close the wound, get rid of the pain, and be active again.

If you or someone you love has been struggling with stubborn wounds, we know your fears, we understand your struggles. Call **Lincoln Acupuncture Clinic** at **916-884-0398** to schedule a consultation. It may be the last resort with best results you can give yourself.

Take Your Life Back! Call To Schedule a Consultation: 916-884-0398

Neighborhood Watch

BY DR. BARBARA BRANCH



The Long Hot Summer Paul Newman and Joanne Woodward made the movie, The Long Hot Summer steamy and titillating. Our long hot summer just makes us hot and lethargic. Stay cool and stay hydrated. Exercise early if outdoors. Wellfit and the pools are open so get back to the gym or the pool. We've spent not only a long hot summer but fifteen months of sitting on our couches, not moving like we usually do. Take getting back into shape slowly and easily. Our brains remember when we could bounce back in a few weeks, our bodies no longer obey that rule. When I was a long-distance runner and bicyclist, I hated stretching. I now understand the wisdom of getting those muscles warmed up before exercising. Listen to your body.

Two clarifications from July Sun Senior Article

1. Golf carts are considered motor vehicles, just like cars, trucks, and SUV. Drivers of golf carts must obey traffic signs and signals, including stop signs, yield signs, pedestrian crossings, and stop lights. The rules of the road are there for a reason and it's important regardless of the vehicle you're driving to follow them. Get out there and have fun with your golf cart, but make sure you're being safe too!

2. Mailbox Captain Resident Contact Information Reports contain confidential information. To protect residents' privacy, Mailbox Captains should only share their Resident Contact Information lists with their assigned Coordinator (or co-captain if you have one).

Lincoln is Among the Very Safest California Cities

According to a study called "Roadsnacks" which uses FBI data has reported Lincoln is the 20th safest city in the state.

Lincoln Police Chief Matt Alves praised public partnerships in keeping Lincoln safe. "Ensuring the safety of our community is a team effort," said Alves. "I am extremely grateful for our dedicated group of citizen volunteers, who do an amazing job of assisting us." That's our Neighborhood Watch.

Read the full report at <https://goldcountrymedia.com/news/190166/fbi-stats-reveal-placer-communities-among-safest-in-state/>.

Keeping Our Homes Safe from Intruders

1. Keep your gate locked.
2. Keep your side garage door locked.
3. Don't leave your garage door open unless you are in the front or in the garage. Even leaving the garage open while you are in the backyard can invite unwelcome intruders.
4. Do not leave valuables in the front of the car, even in the garage.
5. Use "dusk to dawn" or motion porch and garage lights.
6. Install a security camera. Check the guidelines from ARC and register your camera with the City of Lincoln at <http://www.lincolncalifornia.gov/city-hall/departments-divisions/camera-registration>.

Catalytic Converter Thefts

There has been an increase in theft of Catalytic Converters in Lincoln recently. The thefts are done to obtain precious metals that can be sold for a profit. To reduce the risk of theft, the safest place for your car is in the garage. If

you are unable to park in the garage, there are after-market Catalytic Converters locks available. We remind you to keep your car locked while outside of the garage.

Evacuation Plans

In the event of a wildfire or other evacuation situation the following suggestions should help you to make a plan-of-action.

Determine any special assistance you may need and include in your emergency plan.

- Create a support network of family, friends and others who can assist you during an emergency and share your disaster plans with them. Practice your plan with them.

- Make sure they have an extra key to your home, know where you keep your emergency supplies and how to use lifesaving equipment or administer medicine.

- If you undergo routine treatments administered by a clinic or hospital, find out their emergency plans and work with them to identify back-up service providers.

- If you have a communication-related disability, note the best way to communicate with you.

- Don't forget your pets or service animals. Not all shelters accept pets so plan for alternatives.

- Consider loved ones or friends outside of your immediate area.

- Prepare an emergency kit for your pet.
- For related information visit our page on individuals with disabilities.

National Night Out Kickoff

Neighborhood Watch will be sponsoring our annual National Night Out Kickoff Potluck event on August 28 at the Multi-purpose Room in Kilaga Springs Lodge from 6:00 – 8:00 PM or the Sports Pavilion from 9:00 – 11:00 AM. The final venue will be determined based on the availability of the Lodges in August. Volunteers will receive a flyer in July to send to their residents.

All residents are welcome. We encourage our volunteers to sign up early. Depending on the venue, reservations may be limited.

The cost to attend the National Night Out Kickoff Potluck is \$5. Attendees will be assigned a dish to bring according to their last name.

National Night Out will be held annually on the first Tuesday in October. The August kickoff is held to encourage our volunteers to hold Neighborhood celebrations on National Night Out. Since we have moved National Night Out to October, the weather should be much more conducive to outdoor celebration.

Welcome to New Volunteers

Mailbox Captains - Carrie Pederson: V4 MS 4, Ellie Gregorek: V20 MS 11, Yvonne Reddig: V41BX MS 3; Mary Shelton added

V19A MS 13.

Current Alerts

1. PG&E customers are reporting telephone scams with calls that show PG&E on the caller ID 1-800-743-5000 (this is NOT their phone number) Or, the caller may falsely claim to represent PG&E. Go to <https://sclhwatch.org/pagedownloads/PGEScamAlerts.pdf> for more information. Be aware of these scams.

2. On Friday, 06/11/21 at 9:30 AM a resident in the 1400 block of Lasso Lake Ln came from inside the house into his garage and found two strangers. Keep garage door closed when you are not in the garage or the front of the house.

3. A purse was stolen from a vehicle which was parked in the parking lot in the Sports Pavilion parking lot. Lock your purse in the trunk at home before you go to the venue. Someone at the venue might see you put the purse in the trunk

4. A resident reports a mail theft (UPS Package) from the front porch of the residence in the 2300 Block of Rubicon Ln. To avoid having a package stolen from your porch, register with UPS www.apps.ups.com/doapp/signupmychoice?loc=en_US and at www.fedex.com/en-us/delivery-manager.html.

Go to sclhwatch.org/alerts-2/ to review the latest scam and suspicious activity alerts.

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

Sign-up for Alerts.

Process to be added to Neighborhood Watch alerts:

1. Go to sclhwatch.org;
 2. Select Add Me to Alerts at top of the homepage;
 3. A blank email will open. You do not have to enter any information. If you have more than one email address, you might be asked to choose one of them before a blank email will open;
 4. Send the blank email and your email will be sent to our alerts coordinator who will add the email to the alerts system;
 5. If the email does not open, contact executivedirector@sclhwatch.org.
- Events Calendar
- New Resident Orientations will resume soon. Watch eNews for further information.
 - September 10: NW training live at Orchard Creek. More info coming.
 - September 27: Volunteer Appreciation

Event 6:00 – 8:00 PM, Kilaga Springs Multi-purpose Room

- October 5: National Night Out. Plan your Village NNO events.
- October 26: Safety Symposium, 1:00 – 3:00 PM, Orchard Creek Ballroom. All residents welcome.
- November 6: Annual Board Meeting, 10:00 – 12:00, Kilaga Springs Multi-purpose Room

Stay Connected and Informed:

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

1. To receive NW Alerts, using your personal computer, go to sclhwatch.org & click ADD ME TO ALERTS
2. To receive Association eNews, go to www.sclhresidents.com (log in) & click SIGN UP FOR ENEWS
3. To receive Placer Alerts go to www.placer-alert.org & click on SIGN UP Neighborhood Watch would like to remind you of our Mission Statement:
 - To strengthen neighborhood ties
 - To increase personal safety and security awareness
 - To be the "eyes and ears" of the Lincoln Police and Fire Departments
 - To encourage emergency preparedness

Attention Retired and Currently Employed Law Enforcement Officers

The Retired Law Enforcement Officers Group has quarterly breakfast meetings at a location in the West Placer County area. We currently have over 160 members and invite you to join us for some camaraderie with America's finest. You will enjoy the topics discussed by our guest speakers.

For more information please contact: Chuck Schmidt, Coordinator Retired Law Enforcement Officers Group 916-543-9569



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LH Billiards Group

(cont' from page 27)

Level: Beginners

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

Mentoring Training – Tuesday- 9 AM-10:00 AM and 10:15 to 11:15 AM. Learn how to play pool, or refresh skills of former players. Basic, Intermediate and Advance Training available.

Level: Novice - Intermediate Players

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

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

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

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

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

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

Level: Advance Players

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

Cue-Masters: Wednesday- 12:45 PM Sign in with a start time of 1 PM. Meets 1st

Wednesday for 8 Ball Singles, meets 2nd Wednesday for 9 Ball Singles, Meets 3rd Wednesday for Doubles 8 Ball alternate shots.

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

...

Thursday Sun Seniors Winter Bowling League

BY KAROL RICH

Time to clean those balls and dust off the shoes. The USBC sanctioned league will be starting on September 2nd with practice at 9:30 AM.

Open to anyone 55 or older. Location: Strikes Unlimited in Rocklin.

Looking forward to seeing you all again.

Contact: Carol Torno, Secretary 650-218-9656.

thurs.sun.seniors@gmail.com

...

Duplicate Bridge

BY JOYCE CLARK

Welcome back! We are now playing each Wednesday at 12:30 in the Ballroom. Saturday games have not resumed. Reservations for playing with your partner must be reserved in advanced by emailing Elise at elisehomer@

(cont' on page 38)

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945 Orchard Creek Lane, Suite 300, Lincoln, CA 95648

Back in the Day... Sergeant Leonore "Lee" Brown

BY RICHARD CLARK

I had the opportunity to meet a special veteran with a special story. It's a story that encompasses, in no small part, duty and devotion to country. This veteran's story has texture and character. It also includes extreme pride of country being part of the United States military.

This veteran enlisted into the Air Force November 8, 1949 when it was a very new service, recently formed from the U.S. Army Air Forces (September, 1947). The veteran's enlisted Military Occupational Specialty (MOS) was in the medical field. After basic training and technical school, our veteran was assigned to an Army hospital since the Air Force had no hospitals.

Being stationed in the hospital environment during the Korean 'Police Action,' the medical personnel were feeling the impact of combat casualties. This veteran saw the 2nd Division leaving Fort Lewis in 1950 and casualties returning to Madigan Army Hospital from combat in Korea.

As the song says, "The times, they are a'changing." As with any story, sudden changes impact one life. This was the case of this Korean War veteran. The veteran had to leave the Air Force due to regulations. Our veteran, a WAF (Women in the Air Force), was discharged because she married another member of the Air Force.

"Back in the day" enlisted personnel could not marry an officer. There was no fraternization allowed between enlisted personnel and officers. Sergeant Leonore 'Lee' Brown was honorably discharged February 1, 1952. She had proudly enlisted in the Air Force from Boone, Iowa. She recalls to this day riding on the hard wooden bench seat of the Air Force truck from the train station to Lackland Air Force Base for basic training.

But the story doesn't stop there with medical duties and an honorable discharge due to marriage. The event actually begins a new type of military career. She became the wife of an Air Force pilot, Gene W. 'Swede' Brown, her childhood 'sweetheart' from Boone, Iowa. Gene was best known as 'Swede'. They were classmates from kindergarten through high school. Swede broke her wrist in the third grade. He pushed her down on some ice and she never let him



Sergeant Leonore 'Lee' Brown.

forget it!

Swede's childhood dream was to become a pilot and in order to get into the Air Force flight program, he

needed two years of college. Since Swede was Air Force bound, Lee enlisted in the Air Force while he finished his education.

Lee's first duty assignment as a surgical technician was at the Madigan Army Hospital, Fort Lewis, Washington. At the time, the casualties were coming to Madigan from Korea.

She was then sent to the Psychology Social Worker course which was a different part of the medical field. She went from working in the surgical wards to working with patients with significant mental illness. This assignment was at Fitzsimmons Army Hospital in Denver, Colorado.

One case that Lee readily recalls was to escort a Women's Army Corps (WAC) sergeant back to her duty station at Fort Leavenworth, Kansas. The patient was not the most compliant about following the rules. Lee was successful in getting to the WAC's orderly room, but somehow the WAC went AWOL at a stop along the way! Probably still AWOL! Lee laughs as she tells the story and comments that there were no reprimands from her commanding officer for the WAF escort!

An early duty assignment for Swede after getting his wings and commission was flying the

C-82 and C-119, the 'Flying Boxcar' from Ashiya Air Base. Missions were usually back and forth to Korea. Lee joined Swede in the house he had built for them. She traveled by troopship from



The Brown Family

the U.S. to Japan. The trip took several weeks. The price of Lee joining Swede was a year's extension on his tour. For Lee, this assignment started a lifelong appreciation for the Japanese and their art.

Next stop as an Air Force wife was the Strategic Air Command (SAC). Swede was selected for training in the B-47 and the rigorous duty of SAC. This involved another change in duty station for Lee with a stop in Waco, Texas for the specialized pilot navigator training. Swede's life was typical for a SAC pilot with temporary assignments, alert duty and being at the 'tip of the spear.'

More children followed, all boys, with more Air Force bases. Next aircraft milestone for Swede was Castle AFB to transition to the B-52. The B-47's had played their role and the B-52 was the new primary aircraft for SAC. 'Chrome Dome' missions continued for 'Swede,' again as part of the edge of the manned reach of SAC.

The Cold War continued, but Vietnam became another focus of SAC. Crews that were training for nuclear missions were refocused to conventional weapons to support the war in Vietnam. Terms such as Operations Arc Light and Barrel Roll were being heard. Temporary

duty for B-52s included Andersen Air Force base on Guam.

Swede was sent to Guam as part of the Arc Light operation. As Swede was flying missions, Lee was, as most SAC wives were doing, raising a family, now having grown to four boys: Frank, Jeff, Stacy, and Bret.

Lee prides herself as being part of the Strategic Air Command community. Some of the events in which she was 'there' are deep history. She was one of the first enlistees in a new branch of service, the Air Force. That was a time when there were no Air Force Hospitals for her job specialties. As a result, she was assigned to the Army hospitals. She experienced the Cuban Missile Crisis, the Cold War and the demands on families of the SAC missions. The list of air bases where she tended her family continued to grow: Ashiya, Donaldson, Forbes, Turner (6 years), Columbus, Castle, and on and on.

Sadly, as Lee pointed says, "Swede didn't come home." The family paid the ultimate price.

On a bombing mission from Guam to the A Shau Valley (also known as the 'Valley of Blood' for the extensive ground fighting), Swede's B-52 over the Vinh area encountered major mechanical problems. Swede, piloting this malfunctioning aircraft, lost significant and important flight/aircraft controls. Attempting a landing at Da Nang and due to his control problems, the B-52 ran off the runway into a minefield and was destroyed. Only the gunner survived.

Now it was another huge task for Lee. The loss of Swede forced her to raise four young boys to manhood. This part of Lee's life journey is full of hardship and irreplaceable loss. The Air Force helped her and her family but the times were different then. All of Lee and Swede's boys joined the military and proudly served.

Lee (Driscoll) Brown, a proud veteran of the Air Force with different levels of involvement, i.e., proud enlisted WAF, proud SAC wife, and proud mother. Thank you Lee, you deserve a medal!

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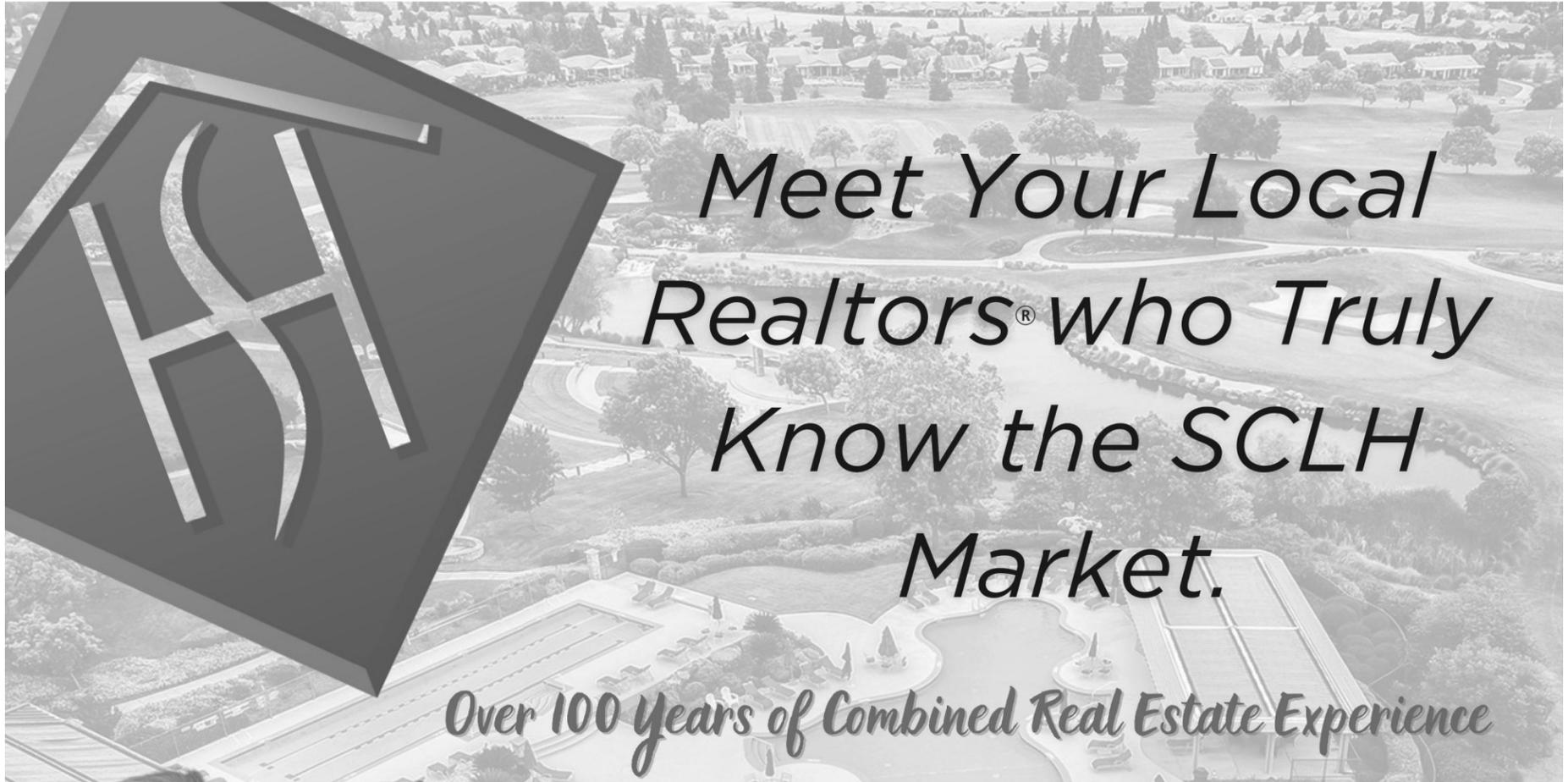
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Observations Looks Back

BY MARTIN GREEN

It may be that the older you get the further back your memories go. Lately, I've been remembering things that happened when I was a kid growing up in the Bronx, which now seem to belong to a different age, and I suppose they do. For some reason, the first thing that came to my mind was the iceman carrying a big block of ice in his tongs and putting it into our ice box. As a kid, I would watch in fascination, maybe because I was afraid the ice block would somehow slip out from the tongs and come crashing to the floor, but it never did.

Another thing that used to fascinate me was when the coal truck would come. I could spend hours watching the coal slide down the chute to the furnace in the basement of our apartment building. Another thing that would come by was the fruit cart drawn by a horse (this really was a long time ago), with the driver calling out his wares. Still another person who came by was the sharpening man, who with his grinding machine would sharpen all of our knives and anything else that needed sharpening.

Since we lived in an apartment building in the Bronx it went without saying that we had roaches and our mother would put out potato slices with some kind of roach poison to kill them. Miraculously, neither my sister nor myself ever poisoned ourselves. I'm not sure about the roaches but I guess enough were killed so that our apartment was habitable.

Our apartment was in the back of the building so that it overlooked the yard and the yards of adjoining buildings. Every so often a man would appear in the yard and start singing and our mother would give us a penny wrapped in a piece of paper to throw down to him. I guess in those Depression days even a penny would help.

Every day after school, I'd go down to the street to play with the other kids. I remember playing all of those New York street games--slugball, boxball, stoopball, curves, hit-the-penny, off-the-point and, when we got older, punchball and then stickball out on the street. At a certain time, the mother of one of us kids, who lived in a front apartment, would yell out the window for him to come up for supper and this was the signal for all of us that playtime was over and up we went.

Besides those daily street games, there were those games that you played only in a certain season. One was marbles. I don't know how we knew it, but at a certain time, everyone got their marbles out and played. Another was called skelly, where there was a box drawn with chalk on the sidewalk and you shot bottle caps to get into a central square. This too was played only at a certain time and then the chalk was erased and it was over.

I remember that the girls would play separately from us boys, jump rope with

all of those rhymes handed down through generations. They also played jacks. I don't recall anyone worrying about gender identity or about boys doing what they did and girls doing what they did. A girl who liked playing boys' games was known as a tomboy and that was it.

When it snowed in the winter, we got out our sleds and I remember pulling my little sister on one. Sometimes our father would take us to the park (Crotona Park) and we'd sled down a hill, being careful not to go too far and end up going into the lake. I also remember my father taking me up to a big rock in the park, our rock.

On hot summer nights, all of the women would come out with their wooden folding chairs and sit on the sidewalk, trying to keep cool. I'd sit on a stoop with my friends and we'd argue about which team was better, the Yankees, the Giants or the Dodgers--New York had all three of those teams then. On Saturday mornings, I'd take my sister to the movies, which were the only air-conditioned places then. For, I don't remember, a nickel or a dime or maybe even more, but not much more, we'd see cartoons and a movie, maybe a Hopalong Cassidy western. I also remember a Superman serial where you could see the cord holding him up while he was flying.

Also in the summer, our Mother would take us out to Brighton Beach, where our grandfather had a small house. The trip required taking the IRT subway half an hour to 14th Street and then changing to the BMT, another half hour ride. It was a long trip but when we got out, finally, and could breathe in the ocean air it was worth it. As all New

Yorkers, all Brooklynites anyway, would know, the legendary Mrs. Stahl had her knish stand by the Brighton Beach station and we'd get them to take to our grandfather's house for lunch, then we'd walk to the beach.

When we were old enough, our mother would also take us to the Bronx zoo and, further away, to the Museum of Natural History. The main thing about these attractions in those Depression days was that they were free. When we were a little older, she'd sometimes take us "downtown," which meant going to a movie at Radio City and also to the Automat, where you could put a nickel or nickels into a slot and food would miraculously come out from behind a glass pane. (During this time, before, during and after WWII, our father was working out of town).

My sister reminded me that there was also a roller skating season when all the kids would get out their skates and go around the corner where the sidewalk was sloping and skate down the "hill". Once the season was over, the skates were put back into the closet until next year.

I could go on and on, but I've run out of space. I think the reason these memories come back is that it was a simpler and more innocent time, so different from today with its iPhones, laptops, play dates and the rest of it. As I said above, it was a different age and I regret that it's gone.



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Duplicate Bridge

(cont' from page 34)

gmail.com. Please make reservations no later than the Monday before the game.

We will require proof of vaccination completion before you can play without a mask. Our club is allowed to set such rules. Bring your vaccination card with you the first time you play and a list will be kept of those vaccinated; if not you will be asked to wear a mask.

Jack Uppal will offer refresher bridge lessons the first Wednesday of the month in the Ballroom, from 10:00-11:30AM. Please email him at jsuppal@yahoo.com. You must pre-register so boards can be prepared. For more information, visit our website at www.bridgewebs.com/lincolnhills.

Contact: Pat Lewis at phlewis399@sbcglobal.net

• • •

LH Bereavement Group

The group is meeting again on the second Wednesday of each month at 3:00 PM. It meets at Joan Logue's home. Call for directions: 916-434-0749. The purpose of the group is to offer support and friendship through sharing with others who are experiencing the same thing. Grieving is normal for a loss of any kind. Come and find caring people to share with.

SCLH Social Bridge Club

BY JODI DEELEY

We have started our social bridge again. It is being held temporarily in the Orchard Creek Ballroom on Thursday afternoons each week. In the future, we hope to be back playing on Fridays in the Kilaga Springs ClubHouse. If you are interested in playing, please call one of our coordinators to sign up. Arrive at 12:15 pm. We play from 1 pm to 4 pm; however if the tables are filled up, we will start earlier. The winners from July 15th are: First: Anne McMaster. Second: Jay Southard. Third: Rich Walliser. Fourth: John Butler.

More winners to come! Contact Coordinators John Butler at 541-536-4685 or Jodi Deeley at 916-208-4086 to sign up.

• • •

Lincoln Parkinson's Support Group

Meets the 3rd Tuesday of each month from 10-11:30 am

Location: Lincoln Hills Community Church

950 E. Joiner Parkway, Lincoln CA

Please wear a mask if not vaccinated.

Questions? Call facilitators Gary High, 916-434-5905 or Susan Feldman, 916-919-0063

Sons In Retirement Branch 13

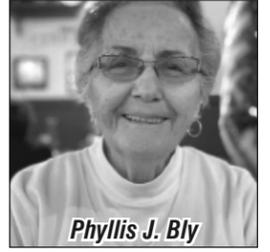
The Lincoln branch of Sons In Retirement will hold a three course gourmet luncheon at Catta Verdera on Tuesday, August 17. Arrive by 11:30AM. All attendees must wear masks upon entry, must have a vaccination card that shows the last vaccine at least two weeks prior to the luncheon or proof of a negative Covid test within 72 hours of the luncheon, and all attendees must sign a liability waiver upon entry. Cost is \$20. If you are interested in coming as a guest or in joining the Lincoln branch of SIR, call Chet Winton 916-408-8708.

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In Memory

On June 27, 2021 Phyllis J. Bly passed away peacefully at the age of 89. She is survived by her children, Russ Walters, Michael Walters and Janet Lunak and sisters, Linda Tibbetts and Sharon Dahme and brother, Bob Bacon. She had 5 grandchildren and 3 great grandchildren. She was born in Oklahoma, lived in Henderson, NV, Redding, CA, Richmond and Sun City Lincoln Hills. She retired from working at Rolling Hills Memorial Park in Pinole, CA. After retiring, she volunteered for the Pinole Animal Rescue/Shelter for an amazing 24 years. She was laid to rest at Rolling Hills Memorial Park alongside her husband, Robert Bly. She will be missed by her family, many friends and co-workers.



Phyllis J. Bly

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WANTED: BUYING RECORDS Jazz, Blues, Rock, and R & B. Buying small and large collections, LP's, 45's, and 78's. Also looking for reel-to-reel tapes, (all types.) Call 530 273-8490.

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

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

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

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

ANNOUNCEMENTS

AUGUST 17&18 • 9:00- 2:00 p.m 1909 Deep Springs Lane. 916-434-7374. Too much to list Check it out.

NON-PROFIT ORGANIZATION in Lincoln needs Board Members. Ride To Walk looking for new, energetic board members. Enjoy helping individuals with disabilities. Applicants need good understanding non-profit, experience in leadership. ridetowalk@sbcglobal.net or 720 Sunrise Ave. #D-110 Roseville 95661.

LINCOLN PARKINSON'S Support Group: Meets the 3rd Tuesday of each month from 10-11:30 am. Location: Lincoln Hills Community Church-950 E. Joiner Parkway, Lincoln. Please wear a mask if not vaccinated. Questions? Call facilitators Gary High, 916-434-5905 or Susan Feldman, 916-919-0063.

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

**FREE ADS — INCLUDE

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

BUSINESS ADS

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

Classified Ad Submissions —

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

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

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

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

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

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

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

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

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

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



Since 1991

CALL US OR EMAIL
FOR MORE
INFORMATION

**916-771-
4177**

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VALUATION
EMAIL :
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Why pay 6% ?

**SELLING HOMES IN A FAST
PACED MARKET REQUIRES
EXPERIENCE, STRATEGY AND
MARKET EXPERTISE!**



George Brown

Recent Sales in Lincoln Hills

2227 Pebblestone Lane	Sequoia	\$440,000
2712 Woodacre Lane	Sequoia	\$455,000
1829 Blackbird Lane	Calaveras	\$456,000
580 Stockman Lane	Millpond	\$467,000
908 Dogwood Loop	Almanor	\$500,000
326 Snapdragon Lane	Tehama	\$520,000
1263 Freschi Lane	Alpine	\$553,000
1570 Summerhill Lane	Monterey	\$940,000
1221 Lasso Lake Lane	Sonoma	\$950,000
2456 Sutter View Lane	Sonoma	\$965,000
1247 Truchard Lane	Santa Barbara	\$1,050,000

Call or text 916-297-3500 for a Free consultation on value and the best strategy to achieve your goals. With over 35 years experience, I have experience in markets like this.

George Brown-Broker/Owner

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

#01163699

www.thompson-brown.com