

SUN SENIOR NEWS

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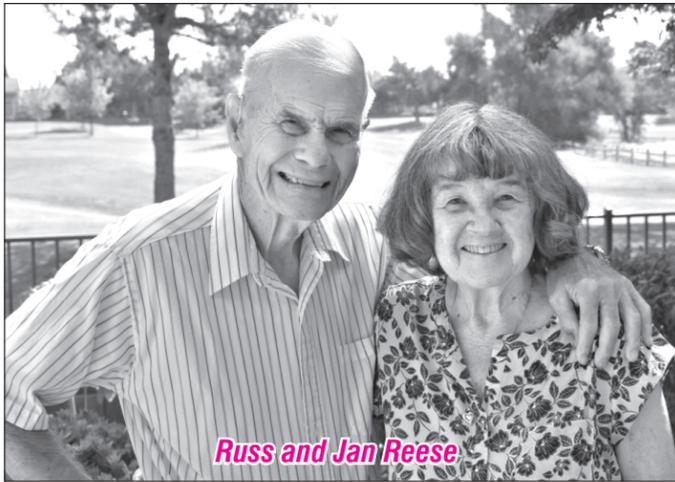
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Russ and Jan Reese: Focusing on an Active Life

BY JENNIFER MARTIN

Picture this: You're walking down the hallway of Russ and Jan Reese's spacious home and soon become captivated by the myriad of photos covering the walls. Russ as a pilot in the Navy. Jan at 17, the year she first met him on a blind date. Shots of them hiking on the John Muir Trail and of Mammoth Lakes where they lived and skied for 31 years. Many other photos, most taken by Jan, adorn the other rooms or are tucked away in a hundred albums. Photos telling the story of active, accomplished lives.

Jan was born and raised in New Orleans, Louisiana, with three sisters. She received her degree as a registered nurse from Charity Hospital School of Nursing. Then in 1956, she met Russ, an ensign in the Navy going through flight training. Almost three years later, on their 50th "date", they



Russ and Jan Reese

PHOTO BY KEN SHAHOLIAN

were married.

Russ grew up in Mountain View, Missouri, the third of six children, on a farm with no electricity and no running water. "If we didn't raise it or butcher it, we didn't eat it," he recalls. He attended a one-room schoolhouse

and when he continually answered the questions asked of the older students, the teacher promoted him from first grade to third. He attributes this to the extensive reading he did in his parents' library at home. Both parents were schoolteachers.

When he was nine years old, Russ' family moved to Torrance, California, where his dad worked at the Long Beach Naval shipyard building PT boats. In 1950, Russ graduated from Yreka High School where he'd joined the boxing and wrestling teams, lettered in

basketball and track, and was elected as senior class president.

Having been brought up in an agricultural environment, Russ opted to attend UC Davis and major in Dairy Industry. In his senior year, *(cont' on page 21)*

SCR Foundation

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

BY COLLEEN TOVEY, Public Relations Director

As we begin a new SCR Foundation year, we want to thank those residents who are leaving their positions on our Board of Directors: Toni Fisher, Ginny Taylor and Kent Hilburn. They will be missed.

Nancy Schubach is serving as Chairman of the Board of Directors this year. Nancy moved to Sun City from Florida in 2012. In 2017 she retired from her Sales job and has energetically used her time and talents to support Sun City in many ways, including President of the Boomer Generation, ARC, Citizen Patrol, Charter Club Committee, and Golf Committee. For the SCR Foundation she was the Events Coordinator for four years (remember Casino Nights) and has also served as Vice Chair.

Recently, we have been able to reinstitute the Home Maintenance Program on a limited basis. Both hours and services that are offered are limited at this time. Maintenance requests will be accepted for



Nancy Schubach

(cont' on page 25)

Harmonicoots

BY LINDA AUG

While Leonard Bernstein and Ludwig Beethoven are two of the greatest musical directors of all time, we have our own talented and enthusiastic music director right here in Sun City! It is our pleasure to announce Rebecca Hellman as the new Music Director of the Sun City Harmonicoots.

Rebecca met her lifetime sweetheart Dennis while attending San Gabriel High School in Southern California. While in college, Rebecca earned her degree in Interior Design and settled into married life. A transfer in Dennis' career brought them to Northern California where they settled in El Dorado Hills for 30 years and raised two sons.

After moving to Sun City four years ago, retirement gave Rebecca many opportunities to get involved. Having a passion for all types of music, Rebecca quickly enrolled in ukulele lessons. Grass doesn't grow quickly under her feet as Rebecca currently serves as the Sunshine Services Entertainment Chair and is Co-chair of the Medical Equipment program. She is also a member of All Tuned Up where she has performed with other Sun City musicians in our Timbers Ballroom. As her greatest joy is playing music with her new friends, Rebecca plays ukulele in a local combo band called "Magic". Her love of music comes in many



Leonard Bernstein

forms as she recently enrolled in Beginning Tap Dance classes through the Dance Club.

When not playing music, Rebecca fills her days with her two grandchildren, ages 5 and 8 months old. She also enjoys painting, sewing and reading. She and Dennis can often be spotted on "Sunny Side of the Street" walking their two fur babies, Harvey and Luna.

Rebecca would like to thank the Harmonicoots for their warm welcome and is thrilled at the beautiful music she is already hearing! If you are around Rebecca long enough you are likely to hear her favorite expression "Music is Medicine!" As she proudly stands in front of the Sun City Harmonicoots and states "Harps Up!", the Harmonicoots willingly take a teaspoon of her medicine and fill the room with music.

Welcome Rebecca to the Sun City Harmonicoots and thank you for your leadership and contribution.

...

Sun City Singers

BY JACKIE PROETT

It's October and the magic begins. The days are shorter and we watch our world change costume. That red-hot smoky sun turns a softer gold. The trees shed green and dazzle in reds and orange. Our outdoor picnics come in and become fireside soup days. Sandals change to boots, summer shirts change to turtle necks. Fall is here and pumpkin and spice fill the air.

The Singers have magic of their own.

(cont' on page 6)



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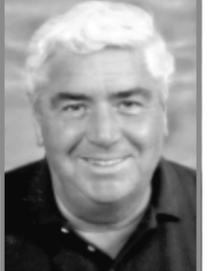
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SUBMISSIONS

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

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Roseville Police Officers Begin Using Body Worn Cameras

BY ROB BAQUERA, Roseville Police Department

In another positive step in strengthening our relationship with those we serve, the City of Roseville Police Department has implemented a new body worn camera program.

The Benefits

Having audio and visual recordings has proven to be a great asset to police agencies and their communities.

- Body worn camera footage helps supplement an officer's police report with the visual documentation of the overall encounter.

- Studies have shown there to be great benefits of body worn cameras in criminal investigations and enforcement actions.

- Body worn cameras allow for an increased level of accountability and transparency.

- They allow police supervisors to quickly identify and address operational or performance issues.

- While the Roseville Police Department has relative few police uses of force incidents each year, many agencies have shown a reduction in officer uses of force following the inception of



a body worn camera program.

While the Roseville Police Department has relative few police "use of force" incidents each year, many agencies have shown a reduction in officer "use of force" following the inception of a body worn camera program.

In July 2021, the Roseville City Council approved a five-year contract for just over \$750,000 with LensLock, a company specializing in body camera programs. The contract will provide Roseville PD with 150 body cameras, enough for every Roseville Police officer.

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Neuropathy Relief Is Possible

The most common method your doctor will recommend to treat neuropathy is with prescription drugs. While this may temporarily reduce your symptoms, medications such as Gabapentin, Lyrica, Cymbalta, and Neurontin are primarily antidepressant or anti-seizure drugs. These drugs may cause you to feel uncomfortable and have a variety of harmful side effects.

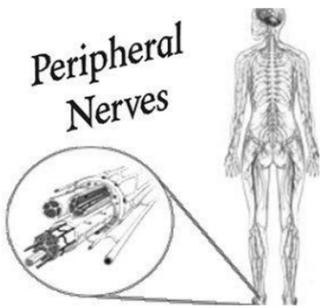


Figure 1: Notice the very small blood vessels surrounding each nerve.

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

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

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

Three Factors to consider for Effective Neuropathy Treatment:

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

Three goals of treatment at Lincoln Acupuncture:

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

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

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

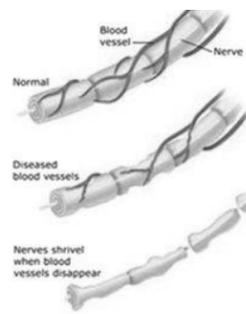


Figure 2: When blood vessels become diseased, they shrivel and are no longer able to provide nourishment to the surrounding nerves.

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

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

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

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

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

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

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YOU DON'T HAVE TO JUST LIVE WITH IT

Roseville Provides Streamlined Building Approvals to Help Ease Housing Shortage, Help Local Economy

BY GREG BITTER, *City of Roseville Planning Manager*

The City of Roseville is committed to providing suitable, safe, inclusive, and affordable housing for the Roseville community.

Affordable housing is important to the health of the community and the local economy. When members of the community can afford to live in the same community where they work, it improves commute traffic, increases investment in the local community, and improves an employer's ability to attract and retain employees.

Earlier this year, the Roseville City

Council approved the use of Objective Design Standards (ODS) to streamline the construction of qualifying affordable housing projects. The ODS were adopted to be in compliance with State housing legislation.

Projects that comply with the ODS will qualify for the streamlined permit process that bypasses the standard design review, and public notification and hearing processes. These projects can then proceed directly to building permit and engineering permit review, allowing

the project to be built more quickly with fewer permitting fees.

Affordable housing projects are not as profitable for developers as market rate housing. The time and cost savings associated with ODS provides builders more economic incentive to build affordable housing projects helping to ease the state's housing shortage.

What are the Objective Design Standards?

The ODS provide quantifiable, objective development and design standards for site design,

architecture, and landscaping of affordable housing projects.

State law allows cities to develop standards that are unique to their jurisdiction. Consequently, Roseville tailored the ODS to ensure high-quality development consistent with the City's existing Community Design Guidelines. In order to qualify for the streamlined permitting processes, developers will be required to meet the ODS standards. The adopted Objective Design Standards can be found at Roseville.ca.us/ODS.

How do I find out about these projects?

Design plans for qualified affordable projects using the ODS process will be posted on the city's website at Roseville.ca.us/ODS. By state law, the project review and public input is limited to ensuring compliance with the ODS checklist.

If you have questions about development activity in your neighborhood, please call 916-774-5285 or email planningdivision@roseville.ca.us for further assistance. Find out more about Objective Design Standards at Roseville.ca.us/ODS.



Recycling Food Waste in Roseville

BY MAURICE CHANEY, *City of Roseville Environmental Utilities*

Most people don't realize the amount of food they throw away each day – from uneaten leftovers to old produce or food that could otherwise be recovered. As a result, Californians send 11.2 billion pounds of food to landfills annually, reducing space at the landfill and increasing greenhouse gas emissions that impact our environment.

In 2016, California passed into law requiring local jurisdictions to compost organic waste at the household level. This new law takes effect in 2022, and Roseville is developing a plan and program that will change how you dispose of your food scraps and how we can address food insecurity as a community. This latest effort aims to reduce statewide organic waste disposal by 75 percent in 2025, which will help reduce methane gas – a significant contributor to the rise in Earth's temperature.

A new approach to recycling food waste is

being tested — Roseville customers will see a change in how they dispose of food waste. This is the most remarkable change to the trash and recycling industry in the last 30 years. Because of these changes, we are testing approaches before we launch a citywide program.

"We plan to roll out a new residential program in the last half of 2022 to comply with these new regulations," Devin Whittington, waste services utility manager, said. "We are currently conducting the second of two pilot studies where we are testing out components of a possible citywide program. However, before we do anything scalable, we want to gain customer perspective and test approaches under real-world conditions."

As part of the two pilot studies, customers receive a third bin for recycling, in addition to their trash bin and green waste bin. For example, food waste is collected in their kitchen using a

countertop bucket, and it is then disposed of in the green waste bin, where it is picked up weekly. Another approach is to have customers place food waste into their trash and recycling bin to be separated later at the Materials Recovery Facility. No specific method has been selected, but staff plans to have a preferred option by year's end.

"While Roseville hasn't confirmed a new pick-up approach just yet, we know that to achieve compliance with the state regulation, we need to determine a sustainable and accessible pathway for the customer," said Michelle White, recycling and organics coordinator. "The way people think about their trash will be very different, but we are testing scenarios to streamline the program once launched."

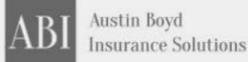
How to recycle food from all trash and recycling customers — This new residential program comes on the heels of regulations passed in 2014 requiring commercial customers that generate food waste to source separate back-of-the-house food scraps. To date, Roseville recycles up to 50 tons of food waste from local businesses each week. And, soon, customers at fast-food

and fast-casual restaurants will have to toss their uneaten food into a compost bin and separate it from food wrapping, cups, napkins, and utensils. This approach will significantly increase the diversion of food waste from landfills over time.

Addressing food insecurity while reducing impacts of climate change — To reduce the billions of pounds of food to landfills, Roseville must also assist with food recovery to feed those in need since some of the discarded food is still fresh. Roseville will coordinate with local food banks, soup kitchens, and food recovery organizations to address food insecurity in our community while also complying with regulations to cut food waste at the landfill.

Organic waste makes up more than 50 percent of what is sent to the landfill. So diverting waste and dealing with food insecurity will significantly impact landfill space and help those in need. In addition, the landfilled food will be put to good use: We will take the food and turn it into compostable soil, which is available for purchase at the landfill near Lincoln.

For more info., visit Roseville.ca.us/EU.



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Sun City Singers

(cont' from page 1)

Fourteen new visitors have attended and so far, eight have become full members. They are Bass: Dale Bailey, Sopranos: Mary Brown, Jane McNally, Altos: Vera Dowling, Gail Hixson, Paula Scarpelli, Tenors: David Hixson, Sandy Howell. Hopefully others will join soon.

Performance has chosen the title for our Christmas Concert, "We Need A Little Christmas", and ain't that the truth! The date will be Monday December 6 at 7pm in the Timber Creek Ballroom. Jahna Holmes has volunteered to be ticket Chairman. Her number is 530-559-0599.

You won't have to wear a costume to come to come to our Bocce Ball party, dubbed "Pizza Daze". Hope you made your reservation as it is today, Monday October 1 at 12pm at the Bocce Court. The price is \$6.00 a head and will include Pizza, salad and a cookie. You bring your own drink. Best deal in town!

Hopefully a new Pianist will magically appear. Paul and all of us have been doing Abra-cadabras all over the place to make this happen. There is still time to join our magic-making when we put together our Christmas Concert. There is plenty of time to learn our music. We meet at 2:30 pm on Mondays at the back of the Ballroom. The trick is putting all of this together, the treat is the Concert. Happy Hallowe'en!

...

Music and Laughter

BY JANE BOHN

For several years at our regular Wednesday evening November Music and Laughter gathering we've had sell-out concerts featuring our singer/guitarist daughter Lisa Marie. November of 2019 she performed as a duo at our group with singer/guitarist Scott Slaughter, a fabulous addition who, by the way, backed John Denver as well as many other well known celebrities. To this day, I treasure the video of that performance covered by Richard Paine, our special Sun City photographer and occasional videographer. If we are fortunate to have this duo provide entertainment for us this year it will be held at Sierra Pines on Wednesday evening November 10th. I will hold off printing the tickets, which normally run \$10 until further notice. Stay tuned, stay positive and try daily to surround yourself with as much Music and Laughter as you can.

...

(more Club News cont' on page 9)

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Executive Director Comments

August Board Retreat Produces Board Goals for 2021-22

BY EARL WIKLUND

Already hard at work, the new Board of Directors met at their onsite annual retreat on August 19th and developed five Board Goals and Objectives for the new fiscal year. These goals cover a variety of endeavors; some consisting of projects continuing from preliminary work done in the previous year and a couple follow up ideas to explore. The five goals and objectives are:

Return to Normal Operations – We continue to move toward normalcy while adhering to Covid guidelines in response to keeping both residents, guests and employees safe. The Community is open in one form or another in every facet of our operation. We have responded to President Biden’s proclamation concerning vaccination for employees of firms with 100 or more employees and hope this helps. Whether the Delta variant is peaking or not, the path to normalcy continues to be elongated. We are optimistic the day will come when all restrictions are lifted.

Enhance Community Appearance – Focus continues to be on taking steps to maintain our physical appearance to underscore the foundation for SCRCA as a high-quality facility. Steps taken include: current updates to the Timbers Lodge Catering offices, Wall

Street Room and the addition of a Brides Room to support catering revenues. In early 2022, we will renovate the Fitness Center Locker Rooms and expand both the Fine Arts and Creative Arts activity rooms.

Major work has already taken place in replacing landscape irrigation and replacement planting on the major community arteries and the perimeter sidewalk landscape. This will continue as well as annual projects under both our Master Improvement Plans for both landscape and golf.

Revive Community’s Active Lifestyle – As we get back to normal, residents can begin to take advantage of all that our community offers once again. All of our amenities are now open although in some instances restricted by current covid guidelines. We begin to schedule more events for resident enjoyment both onsite and away trips. As you know, our fitness center, restaurants, sports courts and pro shop are all open and thriving. Resident clubs and groups are now meeting and currently planning for holiday events. As time goes on during the year, activities in all these areas are expected to become more robust.

Reassess Planning Initiatives – The Board recently took steps to reconstitute the Strategic

Planning Workgroup to help manage and set priorities for future projects paid through the Common Area Improvement Account and funded by our Special Use Fee. This will cover future improvements to facilities, golf courses and common area landscape. Their role will be to advise the Board on setting priorities annually to move forward in each of these areas.

Maintain Financial Strength – The first two months of the new fiscal year have continued to beat budget which is consistent with previous year’s results. The Board recently credited back a portion of last year’s budget surplus of approximately \$800,000 resulting in a reduction of future resident assessments. We remain financially strong with no debt and Reserves at 100% funded. We will strive to maintain this trend.

Each month we will update you on the progress of each goal through our open Board Planning Sessions and the monthly Board Meeting which is recorded for viewing through the resident website. Please join us each month to keep informed on our progress on achieving the Board’s goals. Enjoy your community each day and yes, our future is getting brighter again. Enjoy.

Astronomical Events for October

BY BILL WEAVER

Oct 6: New Moon — The New Moon phase is the best time to explore the night sky. The New Moon is when the Sun and Moon are aligned, with the Sun and Earth on opposite sides of the Moon.

Oct 8/9: Draconid Meteor Shower — Around October 8-9, the Draconids meteor shower peaks. The shooting stars are best seen just after nightfall. The shower is named after the constellation Draco the Dragon in the Northern Sky, where the meteors seem to originate.

Oct 20: Full Moon — The October Full Moon is traditionally called the Hunter’s Moon. The month of October is a time when our ancestors started preparing for the coming winter by hunting or slaughtering animals and preserving meat.

October 21-22: Orionid Meteor Shower — The Orionid meteor shower is the second one in October. It peaks on but usually remains active between October 2 and November 7. The best time to see these shooting stars is just after midnight and before the sun rises. The Orionid meteor shower is the second meteor shower created by debris left over by the passing of Comet Halley. Orionids are named after Orion, because the meteors seem to emerge or radiate from the same area in the sky as the constellation.

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15 DAY HAWAII from SFO! Princess	Jan 16, 2022	\$1,839	\$2,404	\$2,979
Ruby Princess ~ 3080 Passengers	Feb 10, 2022	\$1,699	\$2,199	\$3,099
	Mar 27, 2022	\$1,809	\$2,404	\$2,998
Sail round trip from San Francisco, California to Kauai, Nawiliwili Hawaii; Honolulu, Hawaii; Maui, Lahaina, Hawaii; Hilo, Hawaii; Ensenada, Mexico, San Francisco, California.				
*ROUND TRIP LINCOLN SHUTTLE TO SHIP!				
10 DAY ALASKA From SFO! Princess	May 30, 2022	\$1,648	\$2,039	\$2,349
Ruby Princess ~ 3080 Passengers	Jun 9, 2022	\$1,549	\$1,989	\$2,199
	Jul 9, 2022	\$1,549	\$1,999	\$2,199
	Jul 29, 2022	\$1,648	\$2,194	\$2,448
	Aug 8, 2022	\$1,851	\$2,294	\$2,799
	Sept 7, 2022	\$1,803	\$2,360	\$2,599
Sail round trip from San Francisco, California to Juneau, Alaska; Skagway, Alaska; Hubbard Glacier, Alaska; Ketchikan, Alaska; Victoria, BC, Canada; San Francisco, California.				
*ROUND TRIP LINCOLN SHUTTLE TO SHIP!				
7 DAY CA Coastal from SFO! Princess	Oct 31, 2021	\$1,135	\$1,293	\$1,507
Ruby Princess ~ 3080 Passengers	Apr 16, 2022	\$979	\$1,194	\$1,444
	Oct 1, 2022	\$994	\$1,299	\$1,379
Sail round trip from San Francisco, California to; Santa Barbara, California; Los Angeles, California; San Diego, California; Ensenada, Mexico; San Francisco, California.				
*ROUND TRIP LINCOLN SHUTTLE TO SHIP!				
10 DAY MEXICO From SFO! Princess	Nov 27, 2021	\$1,311	\$1,671	\$1,904
Ruby Princess ~ 3080 Passengers	Jan 6, 2022	\$1,332	\$1,671	\$2,151
	Jan 31, 2022	\$1,392	\$1,599	\$1,939
Sail round trip from San Francisco, California to Puerto Vallarta, Mexico; Manzanillo, Mexico; Mazatlan, Mexico; Cabo San Lucas, Mexico; San Francisco, California.				
*ROUND TRIP LINCOLN SHUTTLE TO SHIP!				
15 DAY Panama Canal! Princess	Feb 25, 2022	\$2,899	\$3,299	\$4,699
Ruby Princess ~ 3080 Passengers	*Mar 12, 2022	\$2,599	\$3,499	\$4,299
INCLUDES SHUTTLE TO SHIP & AIRFARE RETURN TO SACRAMENTO!				
Sail from San Francisco, California to Fort Lauderdale, Florida visiting Cabo San Lucas, Mexico; Puntarenas, Costa Rica; Fuerte Amador, Panama; Transit the NEW LOCKS of the Panama Canal; Cartagena, Colombia; Fort Lauderdale, Florida. *March 12 Reverse Itinerary from Fort Lauderdale to San Francisco. Flight between Sacramento and Fort Lauderdale and shuttle between ship and Lincoln is included for both the February 25 and March 12, 2022 departures.				

36 DAY San Francisco to the Med! Cunard	July 24, 2022	\$5,549	\$6,744	\$7,099
Queen Elizabeth ~ 2081 Passengers		INCLUDES AIRFARE & SHUTTLE RETURN TO SACRAMENTO!		
Sail from San Francisco to Barcelona, Spain visiting Los Angeles, California; Cabo San Lucas, Mexico; Puntarenas, Costa Rica; Transit the Panama Canal; Oranjestad, Aruba; Fort Lauderdale, Florida; Hamilton, Bermuda; Madeira, Portugal; Seville (Cadiz) Spain; Villefranche, France; Rome (Civitavecchia), Italy; Mallorca (Palma), Spain; Barcelona, Spain.				

Prices are per person based on double occupancy and subject to availability at the time of booking. Taxes, Fees, & Port Expenses as well as Travel Insurance are additional. Round Trip Lincoln Shuttle is \$125. Please call for current availability and pricing.

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SRC Dance Club

BY LENORA DAVIS

October is finally here and as we look forward to cooler weather and fall colors, let's reflect back to one event that we held in August. Line Dance 1 held a Hawaiian themed beach party which everyone enjoyed and, as you can see, many were in the Hawaiian spirit. We offer a special thank you to Audrey Andrews, who is a Line Dance 1 class monitor and whose always smiling face is the first one you see when you enter the room, as she is there to check you in and take your ticket. We also thank Gloria Nelson, who is our dedicated woman in charge of decorations and tirelessly makes the room festive for whatever the occasion may be.



Audrey Andrews and Gloria Nelson

Be sure to get your tickets to the big Halloween all-dance party on October 18, featuring the wildly popular Crystal Image band. Tickets are \$10 and we are limited to 160 members/guests. Costumes are encouraged, so get in the spirit and get creative!

Mark your calendar for the December 7 dance party. This year's theme will be the Roaring Twenties and, once again, costumes will be encouraged. Details to follow.

Ongoing events include:

Early Evening dance on Tuesday evenings starting a 7:00.

Board meetings on the first Thursday of each month at Sierra Pines from 11:45 am until 12:45 pm. We encourage all club members to come and participate in planning future events.

Beginning tap still has room for new members – you don't even need tap shoes. Drop in Tuesdays for a free class from 3:45 to 4:45 in the ballroom.

As summer fades away and we say goodbye to family BBQ's, dining al fresco, and outdoor activities, remember that folks around the world may say Aloha, Adios, Sayonara, Ciao, etc., but we in Dance Club like to say Allfeetarethesame.

• • •

Creative Arts

BY JUNE EVANS

As we move past the heat of summer, our thoughts will soon turn to the Holidays and gift giving. Our Creative Arts Club artists are busy making hand crafted items that will be available for purchase at various locations.

A Call-to-Artists went out recently to Creative Arts Club members, giving them an opportunity to sell their art and you an opportunity to shop for the Holidays.

Happenings: October 19, 1:30pm to 4:30pm - Creative Arts Club room. Learn to make Holiday Village paper houses. One day workshop is just \$20, all supplies provided, sign up in the Creative Arts room. Open to all Sun City Residents.

Call-to-Artists: October 23, 10:00am to 4:00pm - Art Council of Placer County is sponsoring a Maker Mart at Westfield Galleria Mall in Roseville. Typically, there are thousands of visitors to the Galleria on a Saturday and previous Art events have been very well attended and sales good. There is still time to reserve a table and a great opportunity to do some Holiday shopping. You may even see one of Sun City Roseville art club members demonstrating, displaying and selling their art.

November 6, 3:00pm to 7:00pm - ReCreate, a Creative Reuse Store and Maker Studio is hosting a Holiday Craft Boutique. ReCreate is committed to reducing waste in our community and inspiring others to do the same - through art, education and imagination. Artists will be presenting affordable gifts for sale and most items are made with materials purchased from ReCreate at 6827 Lonetree Blvd, Suite 105, Rocklin.

November 3 to December 18 - Art League of Lincoln Gift Shop, 580 6th St., Lincoln is hosting an ALL-iday Gift Boutique. Deadline to apply and enter is October 30, 2021. The gift shop will be open 11:00am to 3:00pm.

• • •

Needle Arts Club

BY CJ KIDD

Life doesn't need to be perfect to be wonderful. Enjoy the journey. Every journey starts with a single step. Take that step today.

All of our Friendship Groups are meeting regularly in our Needle Arts Room. Members are enjoying their time together.

I will be managing the Needle Arts Membership distribution list for e-blasts. Only members will remain on the list. Please pay your dues of \$10 per year. This covers July 1, 2021 through June 30, 2022. Make your check payable to Needle Arts Club and drop it, along with the membership form, in the Membership Envelope in the Needle Arts Room. You may also mail it to Judy Singleton or hand it to her at the General meeting.

Our October meeting will be a Music and Table Event. The date is Wednesday, October 6, 2021 at 2:00 in the Ballroom. Please join us. Select a table of your choice. Each table will be decorated to reflect a theme. Some of the past themes have been Garden Party, Frontier Days, San Francisco Giants, Tea Parties, Holiday Fun, Birthday Celebrations, Days at the Beach and Movie Themes. There will be many choices for you. Sit with the decorator of the table and enjoy Cookies and Lemonade. Charlie Kidd will be entertaining us with his Easy Listening Music. This is an event you'll not want to miss.

Pottery Barn will be sharing their creativity and inspirational design thoughts for Fall Decorating. Mark your calendar for Wednesday, November 3, 2021 at 1:30 in the Ballroom.

• • •

Fine Arts Club

BY NANCY VAVUL

As the seasons roll around and we welcome October and some cooler weather, we find more and more activities to keep us busy. We're welcoming Pat Abraham back as an instructor of watercolor on Tuesday afternoons while Ken Myatt's oil and acrylic classes continue on Thursday mornings. On October 5 Carol Shaw will head up a workshop on "Procreate," a program used to create art on the iPad. On the afternoon of October 15 Donna Self is offering a workshop called "Mystery Masterpiece" for all levels of painters.

Our membership keeps growing, but sadly there are some who've not yet paid to continue on our rosters. If you'd still like to join, but haven't gotten around to it, stop in the Fine Arts room. It's never too late. While you're in the room, be sure to check out the beautiful artwork in the window, on the gallery wall,

(cont' on page 13)



Back row: Sandy Costanza, Sue Carey, Jan Soufo, Joyce Vermette.
Front row: Gloria Nelson, Gerri Junso and Jim Junso.

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Ambassador Committee

BY NANCY GREEN

One of the favorite tasks of the Ambassador Committee is welcoming new guests to our community!

This was experienced by 53 new neighbors at our recent Sun City New Resident Welcome party in July.

As Ambassador's, we give tours to prospective buyers or any new resident who would like a tour of the complex. One of our Ambassador's would gladly arrange for an appointment. Information for a tour is accessible at the Monitor's Desk in the Lobby.

Many of you may not be aware of the new residents requirement of completing registration after purchasing your new home. Nona Weintz, in the Administration Office, is in charge of organizing your documents from the Title Company. Additionally, she will issue your membership cards. This card entitles you to access the Fitness Room, pool, attend events and join Clubs in the Community. Nona will help you with signing up for access to the Sun City website. A Welcome Packet will be included and is essential for all new residents as they settle in our community.

The next New Resident Welcome will be held on November 6. E-vite's will be sent out in October to those who moved in during June, July, August, and September. Remember to check for your E-vite in your email.

Looking forward to meeting our new neighbors in November!

Compliance Committee

BY DIANE DOOLEY

Trash Cans — Can you think of a more interesting subject than trash cans? Well, read on and you may learn something new about how trash cans should behave in Sun City Roseville! Trash receptacles and their storage are discussed in our CC&Rs, Article VIII, Section 8.07 and in our Design Guidelines (DG), Article III, Section 3.02(r), as well as Appendix C which is the application for installation of trash enclosures.

Everyone in Sun City gets their trash collected on Mondays. Your cans may be rolled to the curb for a reasonable amount of time the day before and should be returned to their storage place by Monday evening. By following this timetable, we can all work together to keep Sun City Roseville a beautiful community and you'll also keep your neighbors happy.

Do you have trouble rolling your can(s) to the curb? Try asking a neighbor who lives close-by for help. Do you know of a neighbor who has difficulty rolling their cans to the curb and back? Offering to help can be very rewarding. Neighbors helping neighbors reflects the Sun City Spirit that makes this a great place to live! An assistance program is available from the city, but you would still be responsible for placing your cans outside your gate. Call City of Roseville Solid Waste Division at 319-774-5780 to inquire.

Where do your trash cans live? Our documents specify that they must be stored so as to not be visible from neighboring properties.

This means that if you have an enclosed lot, they can be stored in the rear yard behind the wooden gate or in the garage. If you have an open lot (no wooden fence) and do not have a place outside where they are not visible to neighbors, then they must be stored in a trash enclosure, in the garage, or completely screened by plants. There are very specific requirements for trash enclosures. Please see Appendix C of the Design Guidelines for specifications and drawings. Consult DG Section 3.02(r) for additional information on enclosure setback, color, material, dimensions and other requirements. Coverage of the lattice with evergreen live plantings is encouraged. Trash enclosures cannot be used to store yard or other equipment or miscellaneous supplies, and they require approval by the Architectural Review Committee prior to construction. Applications are available in the hallway by the Administration Office or online.

The Community Standards Department (CSD) is always willing to assist with any questions. You can contact Ryan O'Connell, Assistant Director of CSD at ryano@scra.org or 916-774-3863; or Lorri Booth, Director of CSD and Resident Relations at boothl@scra.org.

Now you know!

Website Work Group

BY CHARLYN ROSS

It's October! — The start of a new month seems to bring the prospect of good times ahead. That is certainly true for October, especially after the events of the prior nine months of this year.

The name "October" is far from accurate. The ancient Roman calendar was based on the lunar cycles, as opposed to our calendar, which is based on the solar cycles. There were originally ten months in the Roman calendar, and October was the eighth month. "Octo" translates into eighth in Latin. In 451 BC the two months of January and February were added to the beginning of the solar calendar, making October the tenth month and the sixth of the seven months in the year with 31 days. People born in October are born under two different star signs--born before the 23rd and your sign is Libra; born on or after the 23rd and your sign is Scorpio.

What does October mean for Sun City Roseville? Well, we have successfully endured the difficult time of the pandemic during the past nine months of this year. We have seen the remodeling of our Catering Office and Wall Street Room in the Lodge. And, we are in the beginning stages of Strategic Plan Phase A2, to continue to update and improve our community's facilities.

It's on the way!

Of interest for this article is the much anticipated, improved Resident Website. Our Website Designer, Juliann Schmunk, is hard at

(cont' on page 11)





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Website Work Group

(cont' from page 10)

work on the revised Resident Website. She says, "I am really excited about the Resident Website moving into the 21st century, technology-wise.

One enhancement pertains to today's predominant use of smart phones. Special attention is being given to improving the way our Website displays on the smaller mobile device screens. Another revision will ensure our website is compliant with the Adults for Disabilities Act's (ADA) requirements for internet usage. Other features will closely mirror the way most internet website's function, to be easier for our viewers to use.

Road Repair Report

Information on the repair of our community's streets is accessible from the "Resident Safety" button at the bottom of the home page. Click on the "Traffic Projects" button, to link to all the city's traffic projects. Choose "Current Project", click on "Roadway Resurfacing" and scroll down to Sun City.

Our Website Needs You!

The Website Work Group meets for one hour, at 9:00 am on the first Wednesday of each month, in the Lodge Aspen Room. The meeting is open to all residents who wish to provide our Website staff with suggestions for improving the Website, such as how information is displayed, clarity, ease of use, any noticeable problems, etc. Anyone interested in assuring that our Resident Website provides our community with all the information and features needed to enjoy our

active adult life style, is welcome to attend.

Should you have Website questions or suggestions, please contact Julia Schmunk, our Website Designer, by phone 916-774-3878, by email at julianns@scrca.org, or by a note placed in the Suggestion Box at the Lodge's side entrance.

Governmental Affairs Committee

BY STEVEN GUSTAFSON

A mission of the Governmental Affairs Committee is to inform Sun City Residents on topics that government at any level (Federal, State, County, or City) can influence. Often the first hour of our monthly meeting features outside speakers, and dozens of Sun City residents attend. At our July meeting Placer County and City of Roseville officials spoke on the extensive development that surrounds us (over 38 thousand new housing units are planned or are under construction within three miles of Sun City). At our August meeting Placer and Roseville officials spoke on Roseville's water supply infrastructure and the redundancy that makes it resistant



to drought. At our September meeting officials from Roseville Electric discussed proposed rate changes and Roseville's resilience to power outages (due in part to our own power plant).

At our October 12th meeting (2 - 4 PM in the Timbers Lodge) a speaker from the Placer Mosquito and Vector Control district will cover topics that include the West Nile Virus, which is transmitted by mosquitoes. For those over 60 years old, the West Nile virus may have a risk of serious illness similar to that of the Covid-19 virus. There is no vaccine, and avoiding mosquito bites is the primary defense. Your reaction may be "What? I worry about Covid sickness and wildfire smoke, and now I need to worry about mosquitoes?" You are welcome to get some answers at the meeting.

Sons In Retirement Branch 13

The Lincoln branch of Sons In Retirement will hold a three course gourmet luncheon at Catta Verdera on Tuesday, October 19. Arrive by 11:30AM. All attendees 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.

Friends of the Roseville Public Library — Book Sale

BY JOAN GOFF

We are excited to announce our next book sale at the Downtown Library 225 Taylor Street Roseville on Saturday 10/23 from 10 am to 3 pm inside the library! Masks are encouraged. Members of the Friends can enter at 9:30 am and you can join at the door.

Credit, cash and checks are all accepted. Prices: \$2 for hardbacks, \$1 paperbacks, children's books only 50 cents!

Please contact us at 9016-746-1212 or email us at friends@rosevillefol.org with any questions.



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Fine Arts Club

(cont' from page 9)

and in the card room. Remember that any time there is no class or meeting scheduled, members may enjoy open studio time. Come in, sign in, and stretch your artistic muscles while you take advantage of our wonderful space.

A big thank you goes to Scott O'Connor, docent from the Crocker Gallery, who gave a very enlightening presentation at the September meeting.

This month's general membership meeting will feature a presentation by William Lum. William has created quite a stir in recent years with his plein air watercolors of familiar places in Placer County. He says, "As a counter negativity in this world, I hope my paintings will enable people to see what is beautiful around them and to realize there is much joy in many simple things." Be sure to join us on October 14 to see his work and hear what he has to say.

• • •

Cinema Group article

BY BRIAN SUTTON

The movie for this month starring Kirk Douglas and directed by Billy Wilder is definitely worth seeing.

"Ace in the Hole" (1951)

Kirk Douglas, a frustrated, former big-city journalist, is stuck working for an Albuquerque newspaper. To rekindle his career, he exploits



a story about a man trapped in a cave. The situation quickly escalates into an out-of-control circus. It is a tale of journalism and the public's reaction to this dire situation. The movie was an Academy Award nominee for Best Screenplay. It receives a rare, high rating of 8.1 out of 10 on the website IMDB (Internet Movie Data Base).

Friday, October 15, 1:30pm
Spruce Room at Sierra Pines
As always, admission is free!

The Cinema Group is interested in showing those movies that you would like to see. If you wish to suggest a movie, or have a question about the Cinema Group, please contact Brian Sutton, 916-482-6393.

• • •

International Social Group

BY CYNTHIA SINDREY

The details for the recent "International Pot Luck Dinner" will appear in the November Courier. The next planned event will take place at Sierra Pines on November 3, 2021 starting at 6:00pm when we will be honoring the British Isles with a "British Pub Night" Food will be served and feature dishes from the British Isles along with Beer (of Course). Flyers will be sent to our members and will also be available on the rack at the Lodge. We are even planning ahead to January when the annual "Bringing In The New Year" party is to take place at Sierra View Country Club. This has always been a very popular event.

It has been great recently being able to get together and apparently our social theme along with food and entertainment must be popular as we have picked up some new members. The most recent one came to my door with a check for her and her husband. She was so friendly and even asked if she could serve on our committee which was approved at the last committee meeting and to keep growing our International countries of heritage she recently came to Sun City from the Middle East.

Everyone is welcome from any country (including America) as long as you are a card holding resident of Sun City. We do also welcome guests at our events for a limited number of visits annually.

For further information please contact: Cynthia Sindrey, President: 916-773-5151 or Charlotte Sloan, Co-President: 415-279-3012.

• • •

Boomer Generation

BY SUZANNE CROWDER

The Boomer Generation has a new SIG (Special Interest Group) called "We're Just Guessing Trivia Night". Our first game playing is October 14 at 6:00 pm at the Sierra Pines Ponderosa Room.

You know all that useless information you have been collecting for the last 50 or 60 years; well here is your chance to show off all your long-term memory skills, impress your friends and neighbors, and win cash!

If you want to be a part and join in the fun of this new SIG, send an email to either Linda Sanders at suncityboomerssls@gmail.com or Phyllis Perkins suncityboomerspp@gmail.com to be put on our email list for blast concerning sign ups and price.

If you signed up on our interest list at one of the Boomer General Events, watch your emails for instructions for sign up and reserving your team table of six. If you do not have a team, individuals can still sign up and will be assigned a team table the night of the event.

Brain Freeze Trivia - DJ Kristi, straight from the Platinum Wine Lounge in Rocklin, will be our host for the evening. She will have 20 thought provoking questions to test your intelligence and 20 music themed questions with artists. So, start listening to the radio again.

There will be a seven dollar charge at the door. Correct amount and cash only. All monies will be paid out in cash prizes. First, second, and third place teams will be rewarded.

Here is your first trivia question. What years constitute being a part of the boomer generation? We hope to see all of you soon.

• • •

SCR Singles

BY DEBBIE SMOORENBURG

We've been open a few months now and have had fun reconnecting with our friends and social groups. Hip, Hip, Hooray! Let us hope that things will continue and constantly improve. On that note our October social is celebrating Autumn. When? Saturday, October 16th at 6:00 pm. Where? Sierra Pines. What? Delicious pizza from our good friends at Original Pete's. Costs are \$15.00 for members and \$19.00 for non-members. Bring your check to the meeting on Monday, October 4 made out to SCR Singles. Remember — No Cash!!! Can't come to the meeting? Send or bring

your check to Betty Weinert at 7700 Timberrose Way. No later than Friday, October 8. The entertainment for the night will be ventriloquist Marilyn Bennett. Sun City regulations state no hard liquor on site, but you can bring your own wine or soft drinks. Stay safe and we look forward to seeing you at the next meeting and social.

• • •

Jewish Fellowship Circle

BY LOIS ARLEN AND KAREN LEVINE

Our wonderful Fellowship Circle continues to be going strong. The Book Club will be meeting on October 11 at 7:30pm at Ruth Elkins' house. The Book Club meets on the second Monday of every other month.

Our next event will be a potluck dinner on October 17 at 6:00pm at the Sierra Pines. Nominations for the new slate of officers will be announced then.

Application forms for membership in the Jewish Fellowship Circle are now at the Lodge and also online on the Sun City website. Annual membership dues will be collected in January 2022. New members are always welcome. Please contact Nancy Schubach at suncitynancy@comcast.net for information.

There are two holidays that we celebrate in the "Fall" season: Sukkot and Simchat Torah. Sukkot commemorates the years that the Jewish people spent in the desert on their way to the "Promised Land". A "sukkah" is a temporary hut constructed for use during the weeklong Jewish festival. It is topped with branches and decorated with fresh fruit and gourds hung from branches. It is common to eat meals in the sukkah. Families usually build the sukkah together, and children love to make decorations to hang on the walls. Fall foods such as pumpkin and squash are served with cabbage and stuffed vegetables, symbolic of a "full" harvest.

Simchat Torah marks the end of the annual cycle of weekly Torah readings and the beginning of the new cycle. It is a joyous holiday celebrating the love of Torah and study. In Israel Simchat Torah is a public holiday - a day off from school and most businesses. Dancing and singing while holding the Torah are most common. One tradition is eating "kreplach", dough stuffed with meat filling served in a chicken soup.

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(more Club News cont' on page 15)

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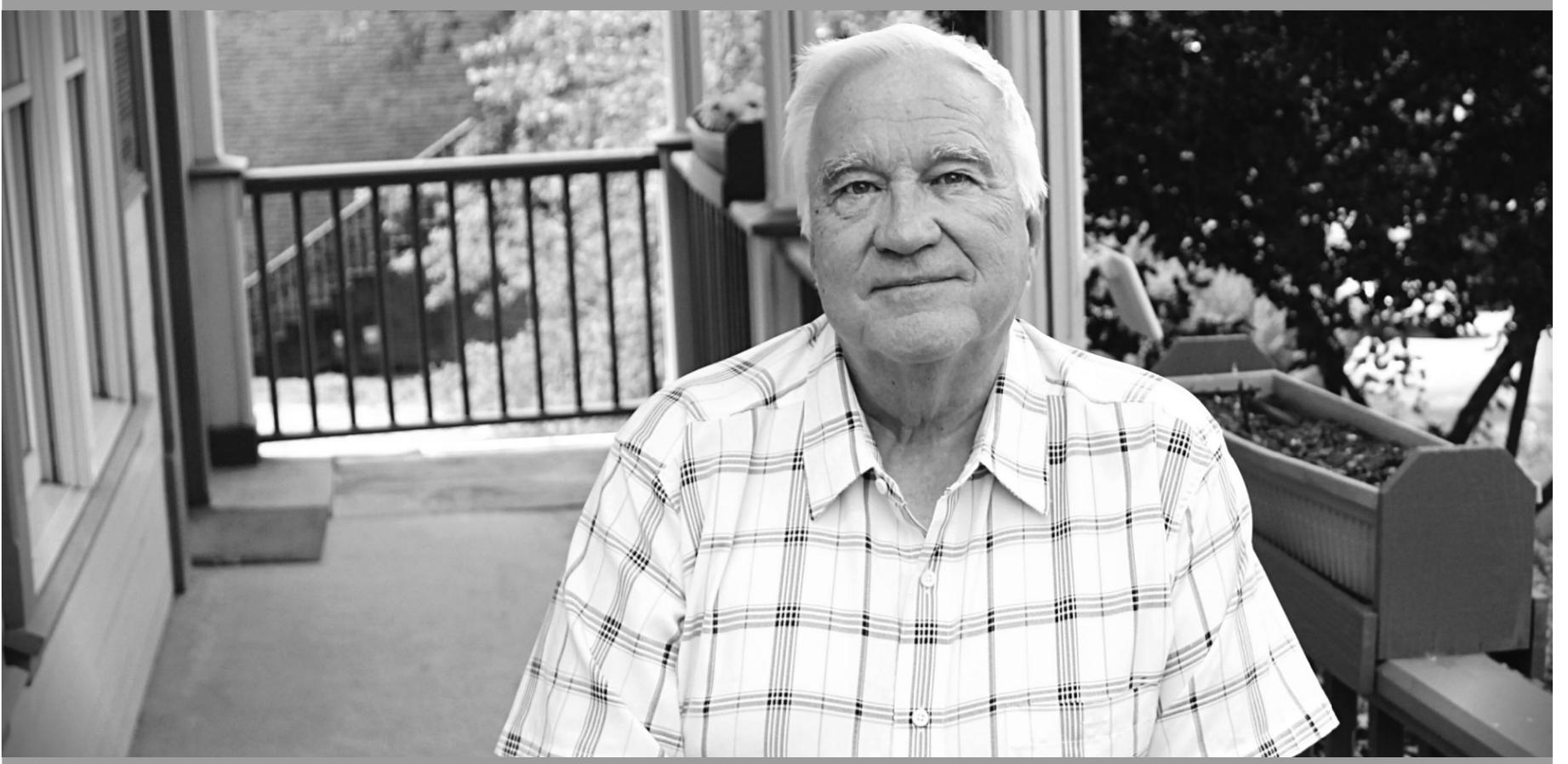
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Andy Hayes is one of many Placer County residents who are finding fulfillment in charitable giving during his lifetime and beyond. Currently, Andy is giving his time as the President of the Board for Auburn Interfaith Food Closet, helping grow the nonprofit and construct a new building for its services. As a Legacy Society donor at Placer Community Foundation, Andy knows he will keep making a positive impact in areas important to him and his family in the years ahead.

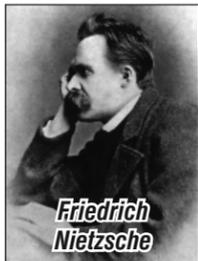
Talk with your attorney and tax planning professional about naming PCF in your estate plan to address all the charitable causes important to you and your family. You can learn about the many ways PCF works with caring individuals by visiting PlacerGives.org or by calling **(530) 885-4920**.



Socrates Cafe

BY STEVEN GUSTAFSON

Socrates Cafe, Sun City's philosophy discussion group, will meet Monday, October 4th at 10:00 in the Timbers Card room. We'll discuss "societal responsibility versus individual freedom". For example, is vaccination against COVID-19 a civic duty or a personal choice? Spoiler alert: ancient philosophers such as Plato and Aristotle strongly favored civic duty, whereas more modern philosophers such as Kant and Nietzsche favored individual freedom. You are welcome to join us!



• • •

Roseville Stamp Club

BY TIM MILES

We had our first meeting in 17 months on September 7 at the Sun City Lodge and had a record turnout. It was wonderful to see all our club members and a good time was had by all. The two meetings for October are set for Tues., Oct. 5 and Tues., Oct. 19, both at 6:30 pm at the Lodge (7050 Del Webb Blvd). The usual attendance and door prizes will be awarded. Also, Al Capparelli has a new enhanced mystery box that will be offered at each meeting and promises to hold a lot of good stamps to be gathered.

We updated our stamp interests so that Al could look for anything we collect in any acquisitions and collections offered for disposal.

Ed Dimmick mentioned that the Sacto Stamp Club will have their show at the Scottish Rite Masonic Center on Sat/Sun Nov 6-7 at 10 am. That is a show that traditionally has a lot of dealers attend and there is access to all parts of the hobby for attendees.

PENPEX is set for Redwood City on Dec 4 and 5. A carpool is possible. Talk it up with fellow club members.

Any reader who wants a quick appraisal of his collection can feel free to call Al Capparelli at 916-771-8288. Setup an appointment and get a free appraisal. We do collection disposal and will be happy to take care of you.

As for anything for the philatelic hobby, the club has all the supplies required and can accommodate any needs.

Given the September meetings, we look forward to the October meetings and the enjoyment they bring.

• • •

SCR Computer Club

BY BARBARA EICHTEN

General Meeting -

We will have our meeting on September 27 at 10:00 am in the Ballroom. Our speaker will be Jim Simmons from Cost Cutters Pro. He will teach you how to "Slash Your Cable Costs."

On October 25, Laura Volz, a AAA representative, will update us on the products they offer, ie. travel, insurance, DMV amenities.

Council Meeting- The meeting is held at 9:00 am the day of the General Meeting.

Special Interest Groups (SIGs): Appointments can be made for individual help with your device.

Genealogy - We will meet Wednesday, October 13, from 1:00- 3:00 pm at Sierra Pines Ponderosa Room. We are excited to welcome Jim Baker, "Updating Your Genealogy Toolbox."

He will discuss the best free and subscription websites and show to look in the right places. Remember to search your trees on family search.org. It's free.

Photo Sig - PhotoSIG will be meeting on Friday, September 17, at 10:00 AM in the Spruce Room of Sierra Pines. Come to the meeting and see how the Photo SIG (camera club) does things. All Computer Club member may join the Photo SIG. Only Photo SIG members may submit photos for the monthly contest. Submission of photos to PhotoSIG916@gmail.com are due by Monday, September 13, 2021. The photos are juried at the regular meeting. September's theme is "Wine related." Contact Dennis Studer or Jennii Ramirez for further information. All are welcome to submit entries. Contact Dennis Studer or Jennii Ramirez for further information.

Digital Imaging and Editing- First Friday of each month at 10:00 am in the Computer Room. Learn to edit, process images, and improve your photos on your computer. Call Charlyn Ross at 916-772-1447 to confirm.

All "Bout Apple - All user levels of MAC computer, iPad and iPhone. Meetings to be announced when the Computer Club Room is available. Information: Charlyn Ross at 916-772-1447.

Pick up your membership application at the Kiosk in the Lobby or online at scres.org

• • •

SCR Democrats

BY TONI FISHER

As you read this, you will know the results of the September 14 Gubernatorial Recall Election, but as we write this, the election is still days away. We can hope the results will continue the governance of Gavin Newsom so his work addressing the many issues we are facing will move forward. We hope the wildfires will soon be put down and the work to resolve climate change will include the support of the federal government which is responsible for much of California's open land. Beyond that, and partly a result of the fires, we need the state to continue to focus on assisting the homeless, both those who lost their homes in the fires and those without the security of affordable housing even before the fires.

We also hope that COVID-19 cases subside in the coming months, but this will be the responsibility of all citizens to get vaccinated and not deny the positive effect they have for us. Governor Newsom had made good progress in reducing cases when the first variant afflicted many, but if it turns out that he was recalled, we'll need to work even harder to return to our active lives.

On a brighter note, we congratulate our members who staffed two precincts for the election. Working as a service club allowed us to assign precinct clerks to five hour shifts while the Precinct Inspectors and Judges worked from 6:00 am to 9:00 pm to oversee the work. We are grateful to those who volunteered, earning funds for our treasury for future activities and candidate support.

We continue to be impressed with the professional, supportive, efficient, and non-partisan work of the County Board of Elections staff who were always available to answer our questions and offer great training sessions. We thank them for that!

• • •

SCR Travel Club

BY DARLEEN HEGERLE

Fall greetings from your Travel Club! At this writing, the temperature outside my window is 104°F. With luck, when you read this, the customary cooler October weather is either here or on the way.

We recently posted an article written by

our Travel Club President, Andrea Norcia, regarding trip insurance. You can find the article on the first page of our website (www.scres.org, Travel Club). This information is very helpful regarding buying trip insurance which can be a life-saver if a traveler ever needs it. While we all don't like to read the "fine print", this is one time when all of our travelers should.

There are trip insurance websites listed in the article along with information you can access related to entering and departing countries featuring COVID restrictions and regulations. As most of you know, proof of a negative COVID test, proof of recovery from COVID, or proof of having a COVID vaccination will be required. Also, if you must be quarantined while away, ask yourself if your insurance carrier will cover hotel, food and rerouting costs which could span two weeks or more. Happy trails!

• • •

Rods & Relics

BY ELNA RAGAN

The Downtown Lincoln Car Show exceeded our expectations! Looking back, we were most fortunate to have been able to hold the Show. We had three "No Go" situations due to COVID19 restrictions: June 6, 2020, October 10, 2020, and June 5, 2021! Each of these cancellations caused us to communicate with over four hundred participants, 40 Vendors, and all our Sponsors! This made the "behind the scenes" efforts challenging. Club members and friends stepped up with an amazing show of support. Thanks again to all who donated their expertise and time to make our annual Car Show such a success!

The weather was awesome with a light breeze. The streets were filled with thousands of spectators happy to be out and about! The beautiful array of vintage vehicles filled the downtown Lincoln streets. The Award Presentation started at 2:00 p.m. with 29 trophies being awarded. The last trophy presented was for the Best of Show. The winner was a 1953 Chevy Pick-Up owned by Chris and Norma Norris which featured numerous body fabrications and a beautiful paint job.

On Wednesday, September 22, Club members enjoyed traveling to Swabbies on the Sacramento River for lunch. It was wonderful to caravan together and enjoy the river-side

(more Club News cont' on page 17)

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Rods & Relics

(cont' from page 15)

setting. More trips are being planned before the weather changes and opportunities to travel in a group diminish.

For more Rods & Relics Car Club information check out our website listed below.

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

Web Site: www.rodsnrelics.net

• • •

Veterans and Patriots Club

BY VIC VICTORINO

Put a note in your calendar for our November 3rd General Meeting: it's the Harmonicoots Show. Their annual appearance at our November meeting has become a tradition and it's always an entertaining morning. As usual, donuts and coffee at 9:30 followed by the meeting at 10 in the Lodge Ballroom.

We welcome Paul Moyer as our appointed treasurer for the remainder of the year. We appreciate his time and help. We still urgently need candidates for all four officer positions for 2022: President, Vice President, Treasurer, and Secretary. As this article is written we have no candidates. If we still have no nominations by our General Meeting on 4 October we must face the dissolution of the Club. Per Association By-Laws, the Club's existence depends upon filling these positions.

We still plan to go ahead with the October 10th Pasta & Wine Dinner at The Pines. Catered by "the old spaghetti factory", dinner includes pasta meatballs, salad, and dessert. Red and white wine is also included in the \$15 per person reservation. October 3rd is the last chance to sign-up before we commit to the caterer so if you are reading this on Courier Days, it's getting late!! Veterans and Patriots members may purchase one guest reservation when purchasing their own. Volunteers are needed to assist in set-up, decorations, and other supporting tasks. Call Barbara Victorino (916-956-8747) to offer your support.

A note to all SCR residents: Veterans & Patriots meetings are open to all residents. And, if space allows, to our social events. See you soon!

• • •

Sun City Republicans

BY GWEN MYERS

We had a great turnout to meet and hear District 1 Supervisor Bonnie Gore, our September speaker. She discussed her experiences in politics, that 40% of covid-related state funding was given to small



businesses in the county to assist in their recovery, many letters to Governor Newsom sent the Board regarding important issues, with no response. She will be a candidate for this office in 2022. A robust question and answer period followed.

On Thursday, October 7 at 7:00 pm our speaker will be retired Judge Steven Bailey of El Dorado County, Candidate for CA Attorney General. Although retired he is using his legal skills to adjudicate laws passed by the government. He is a strong advocate for and has assisted the Election Integrity Project - CA.

We meet at Sierra Pines, the first Thursday of each month (except August) at 7:00 pm. We welcome Sun City Republicans to join us. For more information, contact President Carole Vaillencourt, 916-781-2468.

Garden Club

BY KAREN BURFORD

Fall is almost here and hopefully rain will be coming! In the meantime, the Garden Club continues to provide great drought information for our residents. On September 7, we enjoyed an awesome talk by Lani Houck, from the Roseville Urban Forest Foundation. Lani did an excellent presentation about adding California native plants (water wise) to our landscapes. Lani showed us pictures

of a variety of native shrubs and perennials to enhance our gardens with color and textures and how to save water.

Our next meeting will be on Tuesday, October 5 at Sierra Pines. Doors open at 6:00 pm and the meeting will begin at 6:30 pm. We promise there will be another fabulous speaker, yet we have not been able to confirm yet. Please watch the Garden Club website and the bulletin board in the lodge for upcoming information.

The Garden Club is growing! Last month we had over 53 members sign up or renew membership! We are now able to use both rooms at Sierra Pines for our meetings. We will have more space and be able to spread out. With a growing club more help is needed. We especially need a Vice President! We are a Chartered Clubs and thus required to have a full slate of officers. We also need more council members. The officers and council are an awesome and fun group who work together to provide interesting speakers, coordinate field trips, and plan special events like our Root-Beer Float and our Christmas Breakfast. Please contact Karen at 530-575-8384 or karinab@aol.com for more information on how to get involved with your garden club.

The Garden Club meets the first Tuesday of the month at Sierra Pines. Dues are \$10 a year. We are a lively group of new and experienced gardeners. Guests are welcome. For more information contact Linda at 510-813-7815 or email her at garlind77@gmail.com

• • •

Birders

BY JANET MORELLI

The Birders group of SCR prepared a new schedule of birding field trips for the months of September 2021 through May 2022 which can be found on the Birders' website. In general, two trips are planned for each month, usually on the first and third Thursday mornings and occasionally on the fifth Thursday of the month.

Two field trips were scheduled for the month of September, one on September 16 and the other on the fifth Thursday, September 30. Whether or not the group was able to take these trips would have depended upon the air quality (good, moderate, unhealthy for sensitive individuals, etc) and the pandemic constraints on the days scheduled. SCR residents on the Birders' email list will be kept up to date on the status of the trips by an email message a

week before the trip followed up by another message the day before the trip if conditions change. To be added to the email list, call Janet Morelli at 916-782-6393.

This month Birders are scheduled to visit Ferrari Ponds in Sun City Lincoln on October 7 and Woodbridge Ecological Reserve near Lodi on October 21. The second trip will include a visit to a small cafe in Lodi before returning to Roseville.

The Northern Mockingbird (*Mimus Polyglottos* - Greek for "many tongued mime") is aptly named. Known to sing over 400 different song types, this bird can imitate other birds, barking dogs and musical instruments.



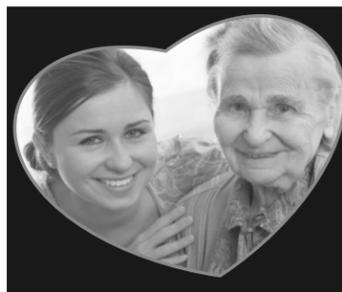
A very common bird in this area, it likes to live near people and conspicuously perches on fences and trees to serenade tirelessly throughout the day, and even the night. It is a Robin-sized gray bird with a long tail, black eye-line, two white wing bars, and white outer tail feathers. In flight, they show off a white wing patch on each wing.

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(more Club News cont' on page 18)


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SCR Hiking Group

BY DORIS MERCHANT

Last month, fires closed down the national forests, so our hiking schedule was adjusted to hike/walk on more local trails. This month, the elevations are coming down, and hopefully, we will have clear skies. Our Trail Master, Don, will email the group if any changes need to be made to the below scheduled hikes due to smoke or weather conditions.

This is the last month of the year when we leave the parking lot at 8:00 am. Next month we switch to 9:00 am! If you are considering joining us for the first time, please bring a snack, lunch, water and a change of shoes. Check out our



On our way to Johnny Cash Trail.

website for hike details, and while there, also take a look at our photo gallery for pictures of past hikes. We have fun!



Andesite Peak Hike.

October 7 - Malakoff Diggins, rated 5 (moderate), 7 miles, \$10 carpool ride, (plus State park pass or entrance fee).

October 14 - Bullards Bar, rated 4 (easy to moderate), 6 miles, \$8 carpool ride.

October 21 - Yuba River to Humbug Creek, rated 5.5 (moderate to difficult), 9 miles, \$8.00 carpool ride.

October 28 - Bobelaine, rated 2.5 (easy), 4.5 miles, \$6 carpool ride. W/2 pics

Cycling Group

BY LAURIE MORKERT

Hello fellow bikers! Hoping you are all well and enjoying some beautiful days to bike. It's hard to believe that it's already October. It's my pleasure to begin this article by welcoming all the members who have joined our group since the beginning of Covid: Steve Aphugh, Sean Callahan, Blane Eisenbeis, Michael Horrell, Mark and Jean Lacher, James Junso, Jim Lombard and Jackie Spencer. Welcome

everyone.

Our club has had a busy couple of months. There was the Wine and Cheese party in August, the Koffee Klatch in August and September and the Pacific Cafe Ride on August 18. Upcoming events include an Oktoberfest on October 9, and our annual trip to Monterey at the end of October.

Remember that weekly rides are scheduled for Mondays and Fridays at 8 am; the group meets at the tennis courts. These rides are generally 15-20 miles. If you are a more leisurely rider, please join Dori Zuchold and the SC Rovers at 8 am on Wednesdays at the Sierra Pines parking lot.

Thanks to all of our members who do such a terrific job at making our rides and fun activities possible.

(more Club News cont' on page 19)



The Sun City/Roseville Rovers.

SUN CITY ROSEVILLE REAL ESTATE MARKET - August 2021

PRICE RANGE	SQFT	MODEL
\$452,000	1102	MEADOW
\$480,000	1198	TIMBERROSE
\$492,500	1334	ROSETREE
\$536,00-\$618,000	1476	COUNTRYROSE
\$575,000	1618	CALAVARAS
\$615,000	1656	PARKLAND
\$670,000	1741	YOSEMITE (2 BED)
\$651,000	1774	IRONWOOD
\$612,000	1781	GROVE
\$770,000	1869	YOSEMITE (3 BED)
\$779,000	2287	DELTA BREEZE
\$699,900	2083	SIERRA
\$5730,000-\$801,000	2362	HEARTHWOOD

Median Sales Price \$589,000 Average price per sqft \$366.12
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Bocce Group

BY PAM CABEZAS

Bocce got off to a great start. The summer mini leagues were very popular. At the final BYOP event, prizes were handed



out to all players, then the top teams from each league had a play-off for bragging rights. Congratulations to the Thursday morning team, (Stan, Aud, Bev, David) for winning. A close 2nd was the Sunday night team (Frank, Bobbi, Marjorie, Jerry). We are almost finished with the fall league season now and will soon have more winners!

Stay tuned for more information about the “Fall Hoedown” which will be held on October 23rd. The Holiday Brunch will be held on January 16, 2022. Details upcoming. The next general meeting will be 11/22 at Sierra Pines. We will have a demo and presentation of the AED’s. Happy rolling!

Pickleball Club

BY BOB VERZELLO

Welcome to new member Rich Stecz. The Club’s rapid growth is obvious by how many are showing up each day and filling the courts. By the way, please remember to sign in when you come to the courts. We want to document how much our pickleball courts are being used.

In early August, ten of our members hosted six members of the pickleball club from the Heritage Park 55+ senior community in Natomas. Afterwards, everyone retreated to the Timbers to celebrate. This continues a tradition of playing three to four times a year, alternating home and away matches.

Here’s a playing tip about preventing muscle strains and aches that bears repeating every so often, especially with so many new members. Muscles respond better, and you are less likely to injure yourself, if you warm up gradually for at least 10-20 minutes before playing a game. Focus on the muscles you use when playing by doing light “dynamic” stretches. Dynamic stretching consists of slow, controlled movements through the full range of motion (e.g. leg and arm swings.)

After playing, cool down gradually, then

carefully do “static” stretching while muscles are still warm. Static stretching involves gradually easing into the stretch position and holding the position for at least 20-30 seconds. Do this for each muscle group. Only stretch to the point of mild discomfort. Avoid bouncing or jerking. One rule of thumb is to cool down and stretch for about ten minutes for every hour you’ve been playing. For more details and a routine that is best for you, consult a trainer or physician.

Croquet Club

BY JANE MCNALLY

We human beings are social beings. We come into the world as the result of others’ actions. We survive here in dependence on others. Whether we like it or not, there is hardly a moment of our lives when we do not benefit from others’ activities. — Quote by Dalai Lama XIV

How true. Members of the croquet club were happy to be able to socialize after so many months. Masks were worn for the meeting, but were removed for the refreshments. As I looked around, I saw happy folks with smiling faces sharing experiences they hadn’t discussed for over a year.

Louisa Maglione, our membership chair, introduced nine new members of our Club, which brings our membership to 46 members. Our members are always ready to help new members to increase their croquet playing skills.

Our golf croquet tournament in July

was a success. Debbie Phillips presented an award to the winners: Bente Freyendahl and Jane McNally. We hope to have a six-wicket tournament this fall before the weather cools down. Start practicing.

Our social committee led by Debbie Phillips and Sally Wander set up picnic style refreshments, including sandwiches, fruit, and cookies. The centerpiece bags contained canned goods which will be donated to the Placer Food Bank.



Patrick lead a discussion on our filing for Resident Group status as opposed to our current Club status. An advantage would be that we would only need to fill 3 officer/contact positions rather than the 7 required in the Club Bylaws. In a letter to be sent to the Charter Club Committee, we will specifically request that we be allowed to continue to use Croquet Club only in our logo.

Patrick ended the afternoon by engaging the people at each table in working together answering trivia questions about California History.

(more Club News cont’ on page 22)

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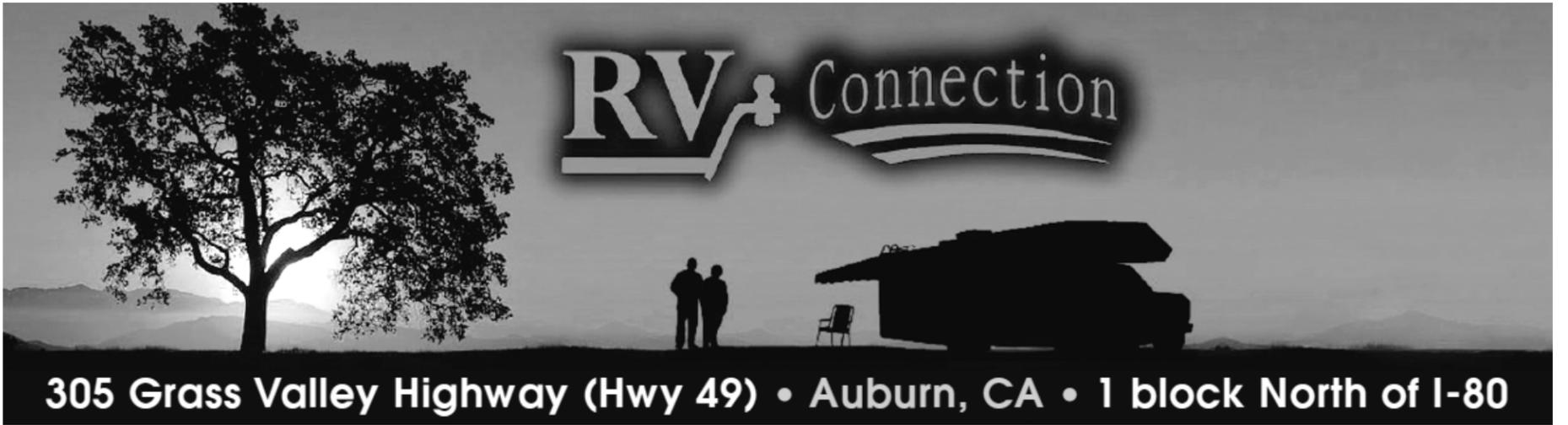


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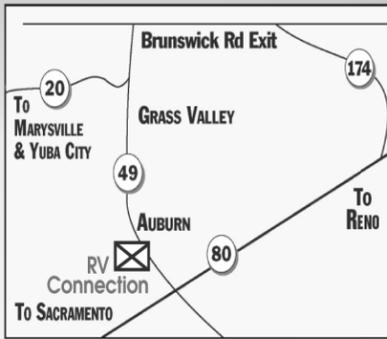
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Russ and Jan Reese

(cont' from page 1)

though, he went to the Aggie bookstore where two Navy recruiters were showing a photo of a panther jet and a girl wearing a bikini. That was the end of the boring dairy profession for him. "I had no idea I was going to be a naval aviator," he says with a grin. "If I had, I would have majored in aeronautical engineering."

His life as a pilot and flight instructor took him everywhere: Pensacola, Florida; Kingsville, Texas; Brunswick, Georgia; and San Diego, California. One project he worked on in San Diego was particularly successful for him. It was to evaluate the Sea Sparrow project which was adapting the Navy's radar guided, fighter aircraft carried, air to air missile to a shipboard



Russ and Jan Reese with their dogs.

PHOTO BY KEN SHAHOIAN

important to Jan. Since her registered nursing degree didn't give her a bachelor's degree, she decided to pursue that. Because Russ kept getting deployment orders to move elsewhere, she ended up going to nine different schools in nine years to complete her Bachelor's.

Then she went on to get a Master's in Health Sciences, a school nursing credential, and a teaching credential. Best of all, she got to graduate with her daughter, Linda, at San Diego State University, Linda receiving her Bachelor's degree and Jan her Master's. "That was a fantastic day!" remembers Jan.

Although they were both busy in their respective careers (28 years for Jan in nursing and 12 as an educator; nearly 24 years for Russ in the Navy), they still managed to squeeze in lots of outdoor activities. Jan loved hiking and backpacking, while Russ was happy dirt biking and kayaking. They even went on a 3,600-mile motorcycle road trip with their 15-year-old son, riding from Roswell, New Mexico, to the Grand Tetons. Total time

participation in various activities, she manages to meet lots of neighbors as she walks her dogs three times a day.

Russ loves mountain biking and has been on three Century rides. He's kayaked down the American River and looks forward to kayaking with his son when he visits from Mammoth. He's also played bocci ball and been to the driving range to improve his swing. "I love it here," he says. "There's so much to do."

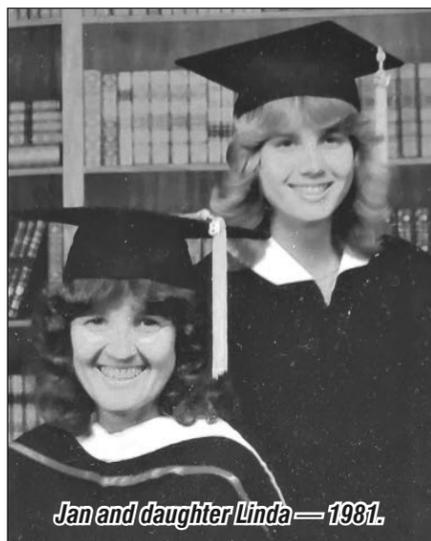
As much as they've been happy with their achievements in life, Russ and Jan are elated by their family's accomplishments. Daughter Linda Umberg followed her father's lead and joined the Naval Reserves, retiring as a Commander. She and her husband, Greg, developed and produced The Storyboard, stories for children that are told with felt figures on a flannel board. Linda earned a Master's degree in Social Work and is currently employed by a hospice agency in the Sacramento area. Their grandson, David, is a civil engineer working in Australia and their granddaughter, Jennifer, is a third-year law student at UC Davis.

Their son, Russell David Reese, lives in Mono City, California with his wife, Kristin. Russell joined them in the Eastern Sierra after graduating from the University of Washington and is still there 29 years later. "As so often happens to people who come to the Eastern Sierra to ski," says Jan, "they fall in love with the mountains in the summer and never leave. We went there to ski for a season and didn't leave for 31 years." Russell is a professional musician, playing the bass guitar, acoustic guitar, singing plus writing lyrics and music. He has been the manager of Bodie 601, a band with a unique blend of bluegrass music.

No doubt Russ and Jan are looking forward to visits from their children and grandchildren now that they've settled into our SCR community. Their only challenge will be to make room in their hallway to display the photos of their new adventures in retirement.



Russ Reese with his A-6 in 1968.



Jan and daughter Linda — 1981.



Jan, son Russell and daughter-in-law Kristin hiking Eastern Sierras — 2001.

environment. These exercises against drones proved the missile to be effective and the Sea Sparrow missile system was installed on most Navy combatant vessels.

The highlight of Russ' flying career was piloting the A-6A Intruder on night bombing missions into Vietnam from the deck of the USS Enterprise. Hunting truck convoys along the Ho Chi Minh Trail was usually marked by heavy AAA fire, with monster columns off tracer fire slashing past the cockpit from quad 23 mm automatic weapons. Eighty-six Intruders were lost during the Vietnam War, so these were not "milk runs."

In 1963, the couple moved to San Diego where Russ worked on testing and evaluation for the airborne tactical data system. Jan tried to get a job as a hospital nurse, but was only offered the night shift, which was impossible for her to do with two children, Russell David and Linda, to take care of. So, she chose them. "You get to really know the importance of family," she says.

Continuing her education was also

on their bikes? One month!

Russ pursued his passion for fishing, catching a 5-pound rainbow trout in June Lake one year. When she was young, Jan's first catch was a stingray, but it's not her favorite thing to do. She'd rather pursue other interests like genealogy.

They moved to SCR after daughter Linda and her husband, Greg, moved here last year. Jan loves the fact that they're only eight-tenths of a mile away. She also loves living here with her spectacular view of the golf course. "I love our home, the openness," she says. Although the shutdown has limited her access to group

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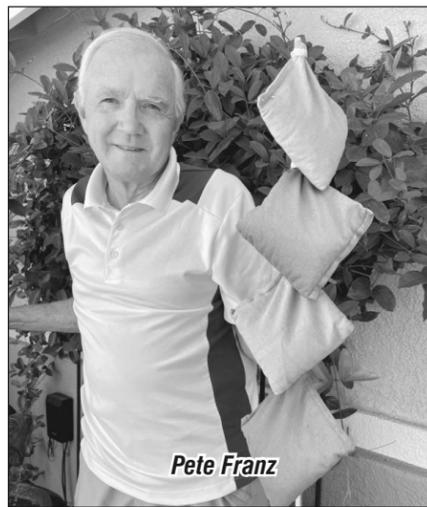
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Cornhole Group

BY STEVEN GUSTAFSON

Sun City's Cornhole Group congratulates Pete Franz— our first cornhole tournament champion! Pete is holding the champions trophy. You'll get it (with an \$8 cash prize) if you win our monthly tournament.



Our group now has 109 members. If you'd like to join (there are no dues or meetings) you can sign up at our Open Play, which is currently every Tuesday at 9:00 on the Sierra Pines horseshoe lanes.

SCR Tennis Club

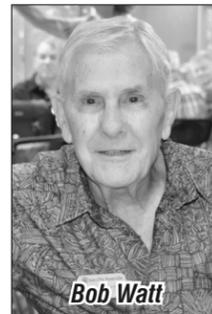
BY DIANE BARNETT

This month, I turn the spotlight on two long-time tennis members, Nancy Watkins and Bob Watt.



While Nancy looks like she is deep in thought cleaning up her garage, that is not the case! If you look carefully at the garage floor in the picture, you will see that Nancy is choosing the decorations that the Tennis Club's Social Committee will be putting up at Bronco Bob's Cowboy BBQ on October 6 that will turn the Sierra Pines meeting room into an ole western diner.

Also pictured is Bob Watt, AKA Bronco Bob, who is about to throw some juicy Tri-Tip



on the BBQ, to serve alongside chicken, baked beans, salads, and dessert. This is just one of many delicious dinners that you are missing if you have not yet joined our Tennis gang. What are you waiting for? Lil Nancy, Bronco Bob, and the rest of us invite you to come by and check us out. We are a peaceful gang and you don't have to play tennis to join the club but it is great fun, good exercise, and people are playing tennis well into their 80's here. Tennis Club members even have use of a special metal contraption that spits out yellow fuzzy balls to practice their forehand and backhand shots. So ride on over and introduce yourself, but be forewarned that the next time you see John Desmond with a camera hanging around his neck, run or be prepared to smile because you, too, may find your mug shot highlighted in one of my articles.

...

Table Tennis

BY DON WOODS

Highlighting Members Henry and Kathy Koong — When Henry and Kathy Koong retired in 2000, they moved to Sun City Roseville. They quickly joined the Roseville Sun City Table Tennis Club. They enjoyed meeting new people, the camaraderie, pleasant social events, and having fun playing table tennis.

Kathy was inexperienced at the game, so Henry taught her to hold the paddle with the "pen hold" style. As Kathy played more, she became more comfortable playing with the "shake hand" grip. During the years of developing her game Kathy appreciated the patience of the Sun City players who were willing to play and to practice with her.

The Koongs met a resident from Sun City Lincoln Hills who told them about the Olympic Games for Seniors which included competitive table tennis tournaments. That interested Henry and Kathy. Henry had experience as a table tennis player, but Kathy needed to develop her playing skills in order to play competitively. They both started working diligently on improving their game playing skills to play competitively.

In 2004 and four years later, Kathy had

(cont' on page 23)



Table Tennis

(cont' from page 22)

progressed enough in her skill level that she along with Henry entered the California State Senior Table Tennis Tournament in Pasadena. Their efforts resulted in Kathy winning the gold medal for women's singles and Henry winning the gold medal for men's singles.

Because of the success in their first tournament in Pasadena in 2004, the Koongs decided to play in future Senior Table Tennis tournaments. Afterwards for 14 years, they entered local, state and national tournaments winning many medals for their outstanding play.

Both Henry and Kathy bring their knowledge, experience, and playing skills to our Table Tennis Club. The Club appreciates all of the contributions that Henry and Kathy have made over the years since joining the Club.

Volleyball

BY MARISA BERNETTI

Calling all court volleyball players! We need you! Currently, court volleyball start date is TBD because we don't have enough players. No Fees to join, just your desire to have fun and get some exercise. When we have enough player, play will resume on Fridays, 8:30-9:30 am, at the pickleball court #1, closest to Del Webb



Blvd). Come try it out! Call Marisa at 916-745-9571 for more information.

Water Volleyball: Indoor pool - Mondays, Wednesdays and Fridays from 11:30-1:00 pm. On an occasional Monday, play may start at 12:00 pm (due to other pool activities). Play is in lanes one to three; so, no deep-water play. One can join play at any time; you'll just rotate in at side out.

In order to maximize play time, everyone helps to set-up the court. Then, to allow the pool for others' use at 1:00 pm, the group tears down and stores the equipment accordingly.

Group Socials: The Group has quarterly meetings (very short) followed by dinner, BYOB and games, such as cornhole and others. Our last social was Friday, September 10th at Sierra Pines. It was well attended and good time was had by all.

Please join us, young, old, experienced or not! For more information, call Marisa Bernetti at 916-222-4110 or 916-745-9571 (cell) or email her at mjbretiree@gmail.com.

Sierra Pines Ladies Golf

BY DEBBIE GEORGE

Oh my, October already. We've had our share of hot and smokey days. Bring on some cooler weather. Usually in October, we return to one shotgun start. Watch for that to be announced.

Most improved players for the month of August are the following: 1st flight - Kathy Fowler; 2nd flight - Eva Freeman; 3rd flight-



Zoanne Skala; and 4th flight - Linda Ryan. That's some nice golf ladies.

A few Birdies were recorded on our Wednesday play. August 4, Valerie Wilson birdied #7; and Pam Cabezas birdied #5. Theresa Howard birdied #7 on August 18.

Chip-ins, also for August, were made by Gail Raglen #6 August 4. Kyle Vodden #8 August 11. Valerie Wilson #6 and Pat Horning #5 both on August 18.

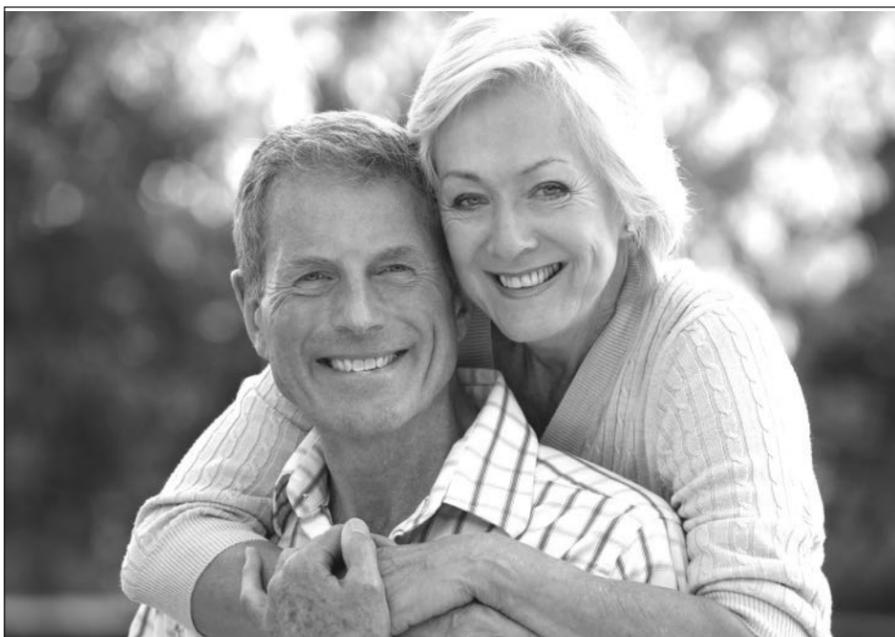
This brings us to the Club Championship Tournament scheduled for October 4, 6, and 8. Players are only competing against those in

their flight. You must play on at least two of the three dates. The Luncheon for the tournament is being held in the Rose Garden following play on the 8th. If you aren't playing, please consider signing up for one of the many ways to volunteer for this tournament. Seems we never have enough hands.

Other upcoming events to look forward to is the Fall Fest on October 27. Holiday Luncheon is scheduled for December 7. More details will follow.

As the end of 2021 nears, terms for your Council members and committees will be ending. A nominating committee is being formed to start the process for the 2022 - 2024 term. Once we have candidates, we will be holding an election sometime in October. Please be thinking about the different ways that you might like to be involved with our Club. Happy golfing!

(more Club News cont' on page 27)



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A Vision/Dream — New Restaurants in West Roseville

BY BRIAN PARRY

Juli Hilton has never been hesitant to try new ventures. This fall Juli will be opening MoJoe's and Kitchen 747, two new restaurants at the Village Westpark development on Pleasant Grove Boulevard, in the heart of West Roseville. And as you will read, she is a multi-talented woman with a vision and a drive to succeed.

Juli grew up in the San Francisco Bay area and loved sports. She played tennis and basketball in high school. Juli started college at the University of Southern California in Los Angeles. A shoulder injury hampered her tennis career so she decided to try golf. Her father was an avid golfer.

After two years she transferred to the University of San Francisco where she continued honing her golf skills. Upon graduation she spent two years as an amateur golfer. Juli turned pro in 1995 and played professional golf for 15 years.

Juli, her husband and their two children moved to West Roseville 15 years ago. While working at the Morgan Creek Golf and Country Club she and her husband got into real estate.

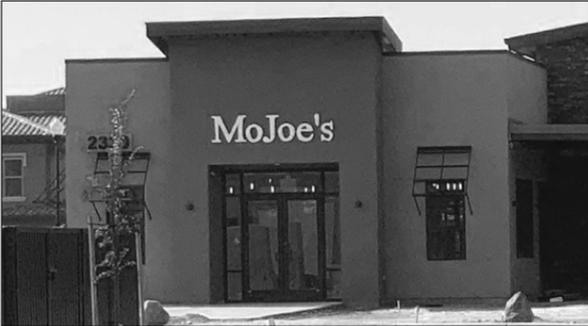
It was while living and working in West



Juli Hilton

Roseville that she decided the area needed more restaurants. Juli said, "I love do it yourself projects." And with this attitude she was off and on a new venture. At first, she was looking to buy an existing restaurant but as we all know they are few and far between.

Juli had a vision and a



dream. She would build her own. Her motto in her words was, "If you build it, they will come." She liked the property at 2300 Pleasant Grove Boulevard and made an offer to purchase. The offer was accepted and she discussed her vision for the property with a construction design company. Juli did not want the property to look like the typical strip mall. She was now a restaurant owner and real estate developer. To

say the least Juli is not "risk adverse."

MoJoe's will be a coffee shop serving breakfast, lunch and small plates in the evening. They will have grab and go meals as well. MoJoe's will serve wine and beer and plenty of ice cream. Juli plans on having "happy hours" for her customers. MoJoe's is scheduled to open in September.

Kitchen 747 gets its name from the West Roseville zip code—95747. The Kitchen will have a full menu of American fare including burgers, chicken, pizza, shrimp, salmon and steak. They will also have vegetarian dishes. The restaurant will have a full bar. Juli expects the Kitchen to open in early October.

The restaurants are in a great location next to Nela Luken park which is frequented by residents of all ages from kids to seniors. "People can come over for ice cream, coffee and most everything else," according to Juli.

Juli said she wants the restaurants, to be places where friends and families feel at home. Julie plans on getting involved with school fund raisers and group parties. She wants her customers to feel like extended family.

Julie told me she built these restaurants for the community and is willing to adapt to what the majority of her customers want.

Some of the other initial tenants in Village Westpark will be a fitness studio, nail salon, real estate office and an orthodontist's office.

Sight Word Buster Volunteers Needed

BY DEBBIE VANLIEW

Do you have an hour a week to make a difference in the academic life of a child? Sight Word Busters is a local nonprofit located in Auburn, but we work in classrooms all over Placer County. We train volunteers to work one on one with students in the children's own classrooms to help them master their high frequency words (sight words). Sight Word Busters provides all the training and materials you need. And, because of COVID, we developed an online version of our service.

You can train online and provide the service from the comfort of your home. All we ask is a commitment of a minimum of one hour, one morning a week. You can work in the school of your choice. If this sounds like something you want more information about, please contact Bonnie Curtis at bonniecurtis@sightwordbusters.org. You can also go to www.sightwordbusters.org for more information. Click on the volunteer tab at the top. You can sign up for training right there if you are interested.

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Neighborhood Watch/Citizen Patrol

BY LINDA VINCENT

Our Neighborhood Watch Office is consistently updating information to keep everyone informed of information that is helpful to you. If you are not receiving emails from a team link that is being forwarded from your Neighborhood Watch office, please send us an email at neighborhoodwatch@scrca.org so we can hook you up with information. We don't know that you are not receiving information unless you tell our office.

We are also updating our database...

Alarms — If you have an alarm in your home, it's a good idea to give your key and code to a trusted neighbor so they may turn it off if you're on vacation. Remember, your alarm does no good if you don't use it! Please

notify me if you have an Alarm

Vial of Life—The Vial of Life is important to convey information to the EMTs if you can't speak for yourself. This is personal information between you and the man who is trying to save your life. Medication he wants to give you may depend on what medication you take. Vials and update sheets can be obtained in the Citizens Patrol/Neighborhood Watch office. Please notify me if you have the Vial (if you have not already done so) neighborhoodwatch@scrca.org.

Pets — Your pet is part of your family. In case of an emergency you would want people to know you have a pet. Mark what kind of pet you have and stick a 3 x 5 card in your window next to front door.

SCR Foundation

(cont' from page 1)

- (1) changing difficult light bulbs
- (2) servicing smoke detector batteries
- (3) replacing A/C filters.

Maintenance volunteers will advise you if they have the time or skill to accomplish more difficult requests. You can find the form to request service in the Administrative Office or on the Sun City Website. As more volunteers step up to join the Home Maintenance crew,

the Foundation will expand the hours and the services provided. Our thanks go to Doug Smoot, who is in charge of the program.

The annual SCR Foundation Golf Tournament, under the direction of Kent Hilburn and Dave Happe was held September 24. Thank you to residents who participated, and Derek Zachman and his staff for their help.

Save the date, February 12, 2022, for the return of a Foundation major Event for all! Hopefully, we can crowd the Ballroom with entertainment for all.

Sunshine Services "We're Here to Help"

BY PAT TEILH

Please note these two important changes:

1. As stated in last month's article, Dial-a-Ride tickets WILL NOT be sold on the first day of the month. As always, purchase a Dial-a-Ride ticket on the first Thursday of the every month from 8:30-10:30am at the Dial-a-Ride table in the lobby of the lodge.

2. Sunshine Services will hold its general meeting on October 13 at 10:00am at Sierra Pines instead of what was stated last month. Come hear the renowned speaker, Cheewa James and enjoy refreshments. Hope to see you there. All are welcome!

Examples to Live By Cheewa James

Experiencing over a year of Covid captivity, dealing with devastating weather, and seeing our beloved country in civil unrest—it's a lot to handle. A dose of courage, reaching out to others for support, and then helping those around us is a good recipe for success.

History is filled with instances of individuals creating unique, caring, and inventive ways of bringing peace and help to themselves and other people. "Examples to Live By" will step into the lives of these individuals and see what they did and why. It could be a guide for you to see ways to reach out in your own life.

If you would like to become a member of the Sunshine Group or if you have any suggestions on how to expand our services

come visit the next council meeting on Thursday, October 21 at 9:30am in the Cedar Room at the lodge. Visitors are always welcome!

On December 2, the Sunshine Services Group is having their annual Holiday Brunch starting at Sierra Pines. Call Rebecca Hellman 916-834-3241 or Pat Teilh 916-521-9729 to purchase a ticket. There are an array of door prizes, delicious food and drink and entertainment waiting for you. Come join us!

Roseville City Phasing Out Newspaper Recycling Bins

Starting November 1, the City is phasing out newspaper bins at all drop-off recycling locations in Roseville. Newspaper placed in your regular trash bin will still be sorted and recycled at the landfill. Bins to recycle cardboard will still be offered for pieces that don't fit into your trash and recycling bin at home.

The newspaper bins are being removed because:

- Lack of participation because of changes in how people receive news.
- These bins are often contaminated with illegal dumping, so we must process each bin as trash (versus recyclable material) at a higher cost.

For more information about recycling services, visit roseville.ca.us/recycling.



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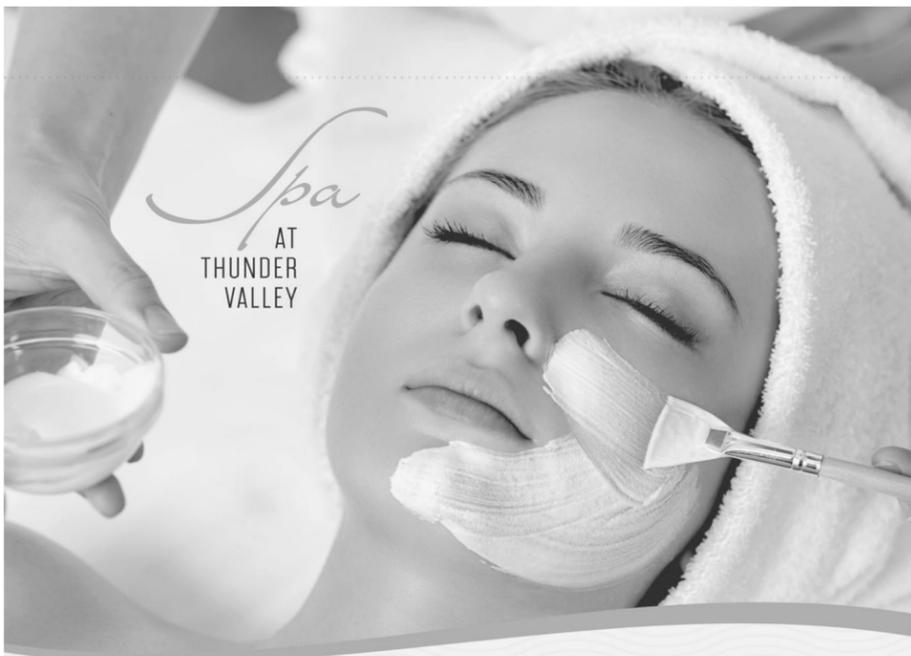
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Timber Creek Women's Golf Club
BY BARBARA MILLS

Our Invitational Tournament, "Looney Tunes Goes Golfing", was a huge success with 132 ladies participating. There were Looney Tunes-themed golf shirts and carts were decorated with balloons, ribbons, and even Bugs Bunny riding along. Mark Toscano and Derek Zachman were our heroes on Hole #12 for hitting some unbelievable tee shots for us and we took our second shot from there!



Kathy Casten and friends.



Barbara Mills and friends with Mark Toscano.

After the tournament, we gathered in the Ballroom for a wonderful lunch buffet and announcement of winners with money payouts. To top off the day, we had a putting contest arranged by Derek Zachman with a \$5 buy-in. A guest from Sun City Lincoln Hills made a hole-in-one putt to take the "pot". Robin Shaffer was our roving photographer so be sure to look at the website for some fun photos. Again, Mary Jorgensen, Judy Bickell, and the committee deserve a big "thank you" for an outstanding job of organizing this annual event!

The Most Improved Players for August are: Maggie Altnow (1st Flight); Bobbi Dunk (2nd Flight); and Carol Norris (3rd Flight). Congratulations!

Our Club Championship was held on September 22, 27, and 29, a more serious tournament but played with great sportsmanship. The winner will be announced in the November Courier.

October is Breast Cancer Month and our Club will be supporting Play for P.I.N.K. each Wednesday. Ladies are encouraged to wear pink, play with a pink golf ball, and for a donation will receive a gift bag. Barbara Mills will again Chair this worthy fundraiser assisted by Paula Hau, Nancy Gould, and Lois Habein.

October is the last month to post Birdies/Chip-Ins and EC in the posting room. Also, membership renewal starts this month with a November 1 deadline to be included in the 2022 Member Directory.

Timber Creek Men's Golf Club

BY TONY KING

This was a busy month for our club. We had our match play tournament that went on all month. Our 2021 club champion from the tips is Jay Dameron.

In the other division from the blue tees



Jay Dameron our 2021 Club Champion.

was Terry Reigelsperger. From the gold tees is Richard Allison. And, from the reds was Bob Dunn.

Congratulations to the winners.

In the NCGA two-man best ball tournament Jerry Dubesa and James Harmon qualified to move on to Poppy Ridge and play

for the championship.

Along with all the golf, it was time to update our by-laws. Thanks go out to Gary Beckman for taking on this task and pushing it along.

Last month, we had a great general meeting with our golf pro-Derek Zachman speaking at length about his experience at the Barracuda tournament.

Lots of smiles and laughs at his commentary of the tournament.

Coming up we have our member-guest tournament and our Pro-President tournament.

Golden Niners

BY RALPH FRIEND

In last month's article I shared that I would be highlighting our Golden Niners officers for this year. Last month I featured our president, Bud Haddix. This month you will meet our vice-president, Tim Moore.

Tim has been in the role of vice-president for four years. He has been a Golden Niner for seven years and has lived in Sun City for nine years. I asked him how he came into the role of vice-president and he said that he was basically recruited for the position. His primary responsibilities are to support the president and the council. In addition to his role as our vice-president, he also serves on the pairings committee.

Tim is married and has three children. Prior to his Sun City life, Tim worked in the electrical department in Roseville. Tim retired at the age of 57 years old.

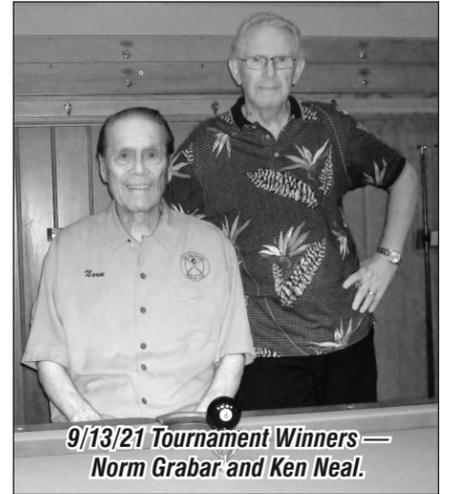
Tim shared with me that he enjoyed the Golden Niners, but most of all he enjoys the camaraderie and the friendships he has made through the club.

Thank you Tim for volunteering to be our vice-president. We appreciate all that you do!

Billiards Club

BY BRUCE AHNBERG

Most of our information about early billiards comes from accounts of playing by royalty and other nobles. It has been known as the "Noble Game of Billiards" since the early 1800's, but there is evidence that people from all walks of life have played the game since its inception. In 1600, the game was familiar enough to the public that Shakespeare



9/13/21 Tournament Winners — Norm Grabar and Ken Neal.



Action at the tables.

mentioned it in Antony and Cleopatra. Seventy-five years later, the first book of billiard rules remarked of England that there were "few Towns of note therein which hath not a publick Billiard-Table."

Sun City Roseville has four excellent, well maintained tables in our Timbers Lodge Billiards Room. The Billiards Club, with over 120 members, conducts a full schedule of tournaments throughout the month, with member and open play at other times. 8-Ball and 9-Ball are the games of choice and you can always find an opponent from novice to skilled. You'll need a Sun City Activity Card and \$15 to become a member. Application forms are in the Room.

Weekly Tuesday Tournaments the first four Tuesdays of the month are held at 1:00 PM. Recent winners include:

August 17: Ken Neal & Ken Evans tie HF Hunter & David Zan

August 24: Jerry Crosby, Norm Grabar,

(cont' on page 28)

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- **Moving**
- Major illness or injury
- Job loss

Nobody knows about moving more than Theresa. She has moved herself 6 times in a 5 year span. That included moving to 3 different states, buying and selling 3 homes, living in 3 different Del Web communities, all to end up right back where she started from.

Recently, she has relocated clients to different states and cities to be close to family and for a higher level of care. Many of her services are listed below.

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- Companionship

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Billiards Club

(cont' from page 27)

Roy Stearns

September 7: Don Warden & Ken Evans
September 13: Norm Grabar & Ken Neal
Congratulations, everyone.

The mission of the Billiards Club is to promote good will, skill and interest in the game of Billiards and camaraderie with one another. Come on in and enjoy this great game with fellow Sun City residents.

• • •

Tuesday Sun Senior Bowling League

BY ROSALIE MEYER

Our Tuesday Morning Sun Senior League began the new season on September 7 at Strikes Unlimited in Rocklin. We have 18 teams of four that are always looking for new members. If you've never bowled before, it's a wonderful way to meet new people while getting some exercise and having fun! Don't hesitate to contact our Secretary, Linda Zierman, with questions at 916-408-2397. You may even know some of our players since it's a mixed gender league from all areas of Placer County. Our President is Russ Asbell, Vice President is Rosalie Meyer, and our Treasurer is Pat Fisk.

• • •

Bridge Club

BY BRENCE DAVIS

John Long, an avid bridge player, has a varied and interesting background. Although born in Arkansas, he is essentially a northern California guy, growing up and schooled close by in Yuba City. Then he attended the University of California at Chico where he majored in education. That kicked off his "main" career as an elementary school teacher in the Rio Vista School District. After years of classroom teaching, he became a principal in the district, rotating schools every five years. Later, he was tapped to come to the district office to run the special education program. There he supervised physical therapists, psychologists, and other special education personnel.

John lived in Auburn Valley before coming to Sun City. During that time, he trained "Odie," a wire fox terrier who won best in show in Grass Valley—quite an accomplishment! In 2014, he moved here but didn't just relax in his retirement. He taught himself bridge, joined the social bridge group, and now plays in both fun and friendly and the sanctioned duplicate games. When he's not at the table, you'll probably find him on the golf course at least three days a week.

Quit there? No way! John is a well-known water color artist who has produced and sold dozens of beautiful paintings. Even with that "hobby," you can find him and his wife Shelia happily dancing to the Sun City bands on Friday nights—a man of many interests and talents. Need help with something? John is always there to give a helping hand... just ask! While all that would tire most of us out, he's ready for more: he's about to take up tai chi! Keep on keeping on, John!

• • •



John Long

Mah Jongg Club

BY LAURI MOORMAN

Everyone really enjoyed our August 27 luncheon at the Lodge in the Aspen Room. Lunch was delicious and there were nine tables of ladies playing Mah Jongg after we ate. Our president, Cindy Flaukner, made an announcement about members signing up to host upcoming luncheons and provided a sign-up sheet. Please be sure you "Save the Date" of Friday, Oct 22, for a luncheon at 11:30 am at Sierra Pines Clubhouse. A flyer will be in the Card Room and an eblast will be sent out when the details are finalized. Remember it takes officers to have a club, and please seriously consider volunteering to serve, as new officers will be elected in April. There will not be any Mah Jongg play the week of Thanksgiving, November 22 and 26, because the Card Room is not available.

We play on Mondays from 12:30 pm to 3:30 pm and on Fridays from 9:00 am to 12:00 pm, with

lunch in the Timbers Restaurant at 11:30 pm on Mondays and at 12:00 pm on Fridays, for whoever wants to join us. You are welcome to play either day or both. All Mah Jongg play is fragrance free and we'd appreciate you wearing your nametag.

Classes to learn Mah Jongg will be held on Friday, January 7, 14, and 21, 2022. Each class is dependent on the previous one, so all classes are required. A reservation is necessary. If you have questions or to make a reservation for the classes, please contact Cindy Faulkner, at cfaulkner@surewest.net, or call her at 916-759-7068.

• • •

Bunco

BY PAT OBERLANDER

We hope you will be joining us at Bunco on the 2nd and 4th Monday of each month. Sign in starts at 8:30 am and we start playing at 9:00 am. Good way to meet neighbors and lots of fun. We'd love to see you. We're in the card room at Timber's Lodge. You don't have to commit to every time, but once you start, you'll be hooked. We had a good turn out in August and there were lots of winners. Join us and you, too, can be a winner.

Winners for August 9, were Linda Solomon, Geri Panyko, Susan Lynch, Debbie Phillips, Susan Simmons, and Pat Oberlander.

Winners for August 23, were Jill Carmena, Diane Vargas, and Dottie Thornton.

• • •



Bunco Winners!



Observations on TV Practices

BY MARTIN GREEN

Surfing the Internet, which I've been doing more often in this Covid time, I recently came across an article about all of those TV (and Film) practices that have no relation to real life and that often irritate us viewers. I don't remember all of them (there were a lot) but two stuck in my mind. One is that in a TV show there's always a convenient parking space for drivers. Whether it's a courthouse, a jail, a hotel, a restaurant or an apartment building the TV character can just drive up and park right in front of the door. The other one is when the TV girl and the TV guy make a date, the guy says I'll pick you up at eight. There's never any mention of where they're going or what they'll be doing. Should the girl eat beforehand or not? How should she dress? How late will they be staying up? And so on.

The article was of interest to me because the same questions arise when Beverly and I watch TV. One of the things that bother us is that meals are featured quite often in TV shows but are rarely eaten. The guy and the girl are having a nice dinner at an expensive restaurant and something happens---they have an argument, one of them gets a phone call and has to leave, and that's the end of that meal.

Another meal that's destined never to be eaten is the breakfast prepared by Dad, usually pancakes. He works for hours in the kitchen and then the kids come running down the stairs, tell Dad they're in a hurry and they're out of

the door. All in all, the amount of uneaten food left on TV shows is enough to feed a third-world country for a year.

Speaking of inopportune phone calls, when TV guy and girl are in bed and preparing to do something, not sleeping, the phone rings, the guy or girl says to ignore it but the other one picks up the phone, listens for a minute and says I've got to go. This usually happens on a crime show when there's a murder and the cop or detective has to get to the site immediately.

Also on crime shows, there's almost always a scene where the cops, usually accompanied by a Swat team, break into the perp's house and they go through each room shouting "Clear." Sometimes the perp is actually there, but of course, escapes through an open window or the back door. There ensues a scene that's a crime show staple, the Chase, in which the perp leaps over fences, knocks aside people in the way, dodges traffic until he's almost always nabbed by someone tackling him. If the perp is a hulking 200-pounder and the tackler a 100-pound policewoman she easily subdues him. Sometimes the perp is knocked down by a passing car and that takes care of him.

The first suspect in a crime show to be caught and taken to the station, no matter how guilty he looks, is in the end not the culprit. After all, the show has another 45 or so minutes to go. In many cases, the character most helpful to the police is often the perp, so

keep your eye on him or her.

Also on crime shows, there comes a time when the bad guy has a gun on the hero (or heroine) and is about to shoot him (or her) when suddenly a shot rings out and the bad guy falls, dead. Another good guy has gotten there, comes up behind the bad guy, and shoots him just in time.

Crime shows are ubiquitous on TV, so are hospital shows. When a patient comes into a hospital with some minor ailment, maybe a sprained ankle or a broken fingernail, you can be sure he or she will be found to have something really bad that's been undetected before and that soon it'll be a matter of life or death. If that patient is rushed into surgery you can also be sure that, even if it's supposedly a simple procedure, some complication will come up (doctor, we have a bleeder) and the doctors will have to perform a miracle to save him.

Another mandatory scene in a hospital show is when a patient's heart stops beating and the doctor puts those electrodes (or something) on him to jolt it back to life and gets to yell "Clear!" In most cases, unless the patient is just a very minor character, the patient is immediately revived and as good as new.

In every type of show, there's almost always a scene where one character is driving a car, and another character is a passenger, and the driving character turns to the passenger while talking to him (or her) and you want to yell, "Keep your eyes on the road." Usually nothing happens although car accidents are a favorite way in soap opera and kindred shows

to dispose of a character. This has happened on Downton Abbey and in more shows that I can count.

At the starts of soap opera and romance shows, the hero and heroine almost always get off to a rocky start and seem to hate each other. If that happens these two will always get together in the end. This goes back to *Pride and Prejudice*. In the meantime, the hero and heroine will have scenes in which they come close together and seem on the verge of kissing and you want to shout, "So do it already", but then nothing happens.

I'm sure readers will be able to think of their own pet irksome TV (and film) practices. As I write this, a new TV season is about to start and we'll see if any meals actually get eaten and how long it takes for the TV guy and girl to have that first kiss.





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Voices of Lincoln Poetry Contest Attracts 126 Poets from 36 Cities in 11 States and 3 Countries

BY ALAN LOWE

The 17th Annual Voices of Lincoln Poetry Contest was very successful again this year. The theme of the contest was "If Life Were A Game Show, What Would Poets Say?" We had five new and exciting categories to challenge a poet's imagination and creativity. These included the following: "Let's Make A Deal" "To Tell The Truth" "The Price Is Right" "Family Feud" and "Who Wants To Be A Millionaire."

The July 20th entry deadline attracted 126 poets. Poets submitted 193 poems in the five categories. Poets came from 24 California cities and from Phoenix, AZ; Steamboat Springs, CO; Atlanta, GA; Henderson, NV; Bloomfield, NJ; Dayton, OH; Philadelphia, PA; Gallatin, TN; Mansfield, TX; and Shelburne, VT. International poetry submissions were received from London, England and Coimbatore, Tamilnadu, India.

Judges selected 45 winning poems, submitted by 33 poets, including 15 "Young Poets," ages 10 through 17. Eight residents from Lincoln, three from Roseville, and one from Auburn did very well in the competition. These twelve received four 1st places, six 2nd places, and three 3rd places, as noted below.

In the "Let's Make A Deal" category (Adult Poets), Paige Curl, Lincoln, CA, tied for 1st place with her poem, The Farmer; Karen DeFoe, Roseville, CA, placed 2nd with her

poem, No Congress For Old Men; and Sharon Mahany, Roseville, CA, placed 3rd with her poem, the lamp. (Young Poets) Yasmeen Sihli, Glen Edwards Middle School, Lincoln, CA, tied for 2nd place with her poem, My Brother For Your Dog!

In the "To Tell The Truth" category (Adult Poets), Jody Brady, Auburn, CA, tied for 2nd place with her poem, It's Time.

In the "The Price Is Right" category (Adult Poets), Richard Will, Roseville, CA, tied for 2nd place with his poem, The Christmas Gift. (Young Poets) Nicholaus Fischer, Glen Edwards Middle School, Lincoln, CA, placed 1st with his poem, Is The Price Actually Right?

In the "Family Feud" category (Adult Poets), Karen DeFoe, Roseville, CA, placed 2nd with her poem, Blue-Eyed Quicksand. (Young Poets) Zieya Wicks, Glen Edwards Middle School, Lincoln, CA, placed 1st with her poem, Ocean; Jeremy Roughton, Glen Edwards Middle School, Lincoln, CA, placed 2nd with his poem, The Fight Of The Month; and Addalynn Henson, Glen Edwards Middle School, Lincoln, CA, placed 3rd with her poem, Life Is Like Family Feud!

In the "Who Wants To Be A Millionaire" category (Adult Poets), Kathryn Barger, Lincoln, CA, placed 1st with her poem, The Mother Lode Of Lightness. (Young Poets) Isabella Carruth, Glen Edwards Middle School, Lincoln, CA, placed 3rd with her poem,

Who Wants To Be A Millionaire?

The Voices of Lincoln Poetry Contest special event, scheduled for Sunday, October 10, 2021, at which winning poets read their poems, has been canceled because of COVID 19. We want to thank all the marvelous poets for their wonderful poetry and encourage them to continue writing and sharing their poems. For their poetic efforts, poets will receive a commemorative chapbook of the winning poems.

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

SSN WRITER...

Autumn In New England

BY JEANIE ROBERTSON

Much has been written of New England's Fall Of the beauty of grand maple trees Such glorious colors of leaves that we saw Swaying gently in the Autumn breeze.

We'd come round a bend on a country road And we'd cry out in such pure delight At the brilliance of color revealed to us there In the filter of golden sunlight.

The trees overlooking a placid lake Were reflected in orange, red and gold And breath-taking is the word to describe God's beauty for us to behold.

I thought the colors in postcards and books Must have some additional dyes But now that I've witnessed New England in Fall I've seen proof with my very own eyes!

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

Rocklin Fine Arts Show

The Rocklin Fine Arts Show and Sale is almost here! Being your shopping list to this fun event that will feature an art show and sale, and a marketplace. Saturday, October 16 and Sunday, October 17, Noon to 5 pm. FREE! Rocklin Events Center, 2650 Sunset Blvd., Rocklin.

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CALIFORNIA PIONEER HISTORY DAY — FREE FAMILY EVENT: November 6th, 9am-3pm, Marshall Gold Discovery State Park, Coloma, Ca. Historical Presentations, Pioneer crafts, Games, Kids Activities, and More! Food available for purchase OR Bring your own. State Parking Fee \$8 per vehicle.

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



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