

SUN SENIOR NEWS

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The Kamienskis — Hard Work Paves the Way

BY RUTH MORSE

Francis (Frank) and Patty Kamienski moved to Lincoln Hills in 2016. This year in December they will mark their fifty-fourth wedding anniversary.

Francis Kamienski was born in 1940 in Meadville, Pennsylvania. His parents moved to Oil City, Pennsylvania when Frank was two years old. His parents divorced when he was three and, therefore, he doesn't really have memories of his father. His mother raised him with his grandmother's help. His mother worked in a glass factory making bottles for forty-five years, so mother and son struggled financially, and Frank was basically on his own from an early age. He never had an allowance, but he started working for his own money at the early age of eight and continued working until his retirement at the age of fifty-nine. He has had a myriad of jobs over the years, everything from newspaper delivery to his own trophy business.

Frank distinctly remembers going to the



Frank and Patty Kamienski

PHOTO BY KLARA KLEMAN

bowling alleys when he was eleven years old. He looked forward to the day he could get a job setting pins since there were no automatic pinsetters in those days and the pins were set by hand. At that time, the person had to be twelve years old to obtain a Work Permit to set pins. He started his first steady work in the bowling alley after he turned twelve. In grade

school, he worked from 6 p.m. to 11 p.m. seven days a week. Pay was ten to twelve dollars per week, depending on how many games were set. Frank worked there from the sixth grade to the eighth grade from September to June. The bowling alleys were not open in the summers because of a lack of air conditioning.

In his junior and senior years in high school, Frank worked a milk route from 4 a.m. to 7 a.m. every other day before school. This left him free to not work after school. During the summers, he continued to do the milk route every other day, and, also, worked seven days every week at a gas station from 8 a.m. to 10 p.m. It was essentially eighteen hours every other day! He states, "Work was hard, but the money was good."

While working was a high priority for Frank even at a young age, Frank struggled in school. He says he was not a great student in high school and had mediocre to poor grades.

(cont' on page 33)

Lincoln Hills Foundation Celebrations and Giving Thanks

BY DENISE BOWDEN

November is a month filled with celebrations, some traditional such as Veteran's Day when we honor those who have served their country and Thanksgiving, the day when families and friends get together to eat, drink and enjoy each other's company.

Beyond the traditional days to celebrate many aren't aware that November 4th is National Men Make Dinner Day. (The Foundation has a great cookbook if inspiration is needed). November 15th is Philanthropy Day followed closely by Giving Tuesday on November 30th.

Though I may heartily embrace some of the creative and unique lesser known days, my personal favorite will continue to be November 10th, National Vanilla Cupcake Day.

Remember it is also Olive Oil season. We are selling the heart-healthy and high-quality olive oil we have been offering for the past several years. You can email at oliveoilinlincolnhillsfoundation@gmail.com or go to our website: lincolnhillsfoundation.org to place an order or call 916-409-2016. However you order, one of our Foundation Board members will deliver to your home.

We have had a great response to our new transportation pilot program, Dial-a-Ride. A 20 Ride Packet is available to seniors or

(cont' on page 37)

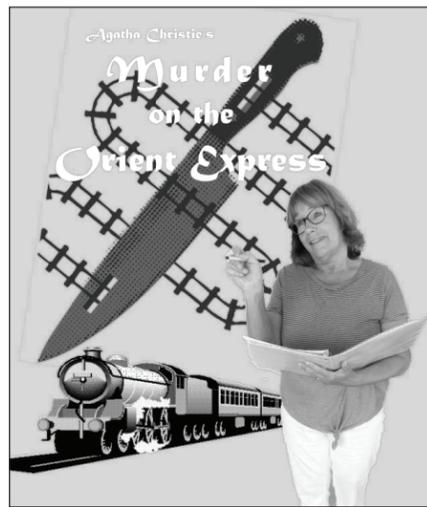
"Murder on the Orient Express" Playing November 18-21

BY DOUG BROWN

Tickets are selling at a brisk pace for "Murder on the Orient Express" in OC Ballroom, and reserved seats are almost sold out! You won't want to miss this classic suspenseful Agatha Christie drama, brought to you by your friends and neighbors in the Lincoln Hills Players Club.

In case you haven't seen the play or one of the several film versions, MURDER ON THE ORIENT EXPRESS centers on the incomparable Belgian detective Hercule Poirot (Ken Reiss) who by pure coincidence

(cont' on page 29)



LH Community Chorus

BY BARRY MACKINTOSH

Need a little Christmas? The Lincoln Hills Community Chorus sure does after Covid canceled last year's holiday concert (and our last two spring concerts), and we bet you do too. Which makes "We Need a Little Christmas" the perfect song to headline our upcoming Ballroom concert on December 12-14.



Paul Melkonian and Accompanist Nina Malone.

Following this Broadway hit from Jerry Herman's "Mame," we'll sing you other popular seasonal favorites including "There's No Place Like Home for the Holidays," "Have Yourself a Merry Little Christmas," "Here Comes Santa Claus," "Rockin' Around the Christmas Tree," "Swingin' Saint Nick!" and "Feliz Navidad."

You'll also hear traditional carols like "The First Noel" and a medley of "Sing We Now of Christmas," "O Come, O Come Emmanuel," "God Rest Ye, Merry Gentlemen," "We Three Kings," and "O Come All Ye Faithful." Plus

(cont' on page 6)



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

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From the Editors



This has been a year of many grateful moments for myself and Gregg... for our health, for our family — the addition of our first grandchild and one more son-in-law!

We are also grateful for our readers, advertisers and contributors that make publishing the Sun Senior News possible. We could not do it without all your support.

May this Thanksgiving season find you and yours healthy, happy and grateful!



Gregg and Liz Goldthorpe with baby Laken.



Letters to the Editors...

Authors are solely responsible for the content of their letters.

Response to two letters...

Response to two letters in the October 2021 issue asking residents to vote NO on all five amendments proposed in the SCLH Special Election.

These two letters were published just before the election deadline, so this response is going to be after the votes are tallied. Both letters cast the amendments as a power grab, ill conceived, deceptive, and, according to emails

I have received from the JustSayNoSCLH group, a slush fund for the HOA Board. Ms. Shuman's letter purports to provide facts, while Ms. McLane's letter speaks to the degradation of individual rights. As we now know, all five amendments were declined, because none of them received a vote tally equal to 51% of the total households. All five amendments received YES vote totals

(cont' on page 38)

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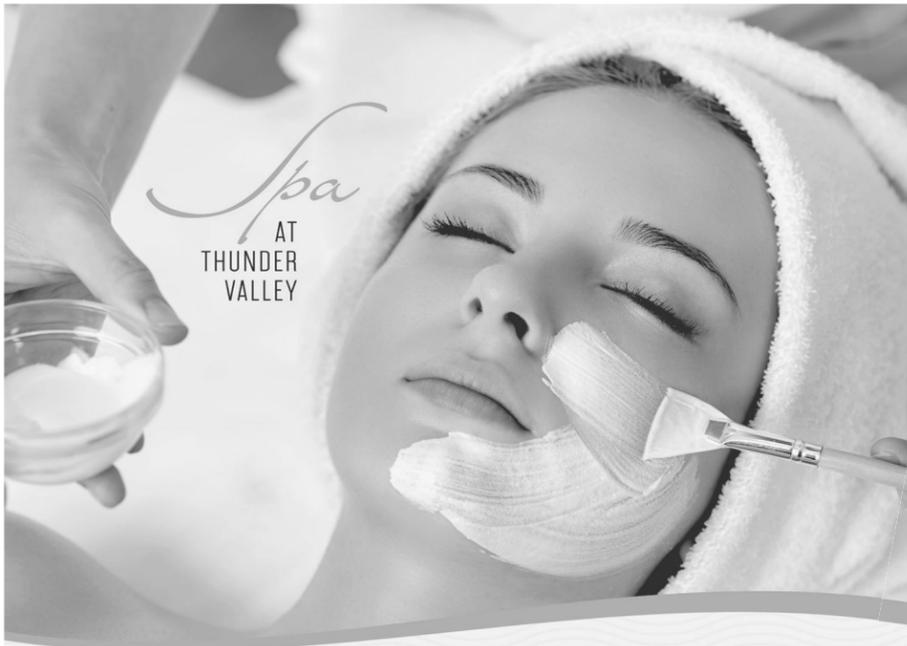
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LH Music Group

BY DAN LEHRER

Our October meeting held in P-Hall (KS) had a “Spooky” theme. The opening song was “Black Magic Woman,” one of Santana’s masterpieces. After wonderful solo performances, we closed with “I Put a Spell on You,” in the style of CCR. We welcomed a new performing member to our Club. Our next meeting will be January 25th, 2022. We are looking forward to another year of singing and playing. We are in the planning stages of moving our meeting venue from the OC to Presentation Hall in 2022. Stand by for future news. You can find the Lead Sheets for the group songs and more information on our website, lincolnhillsmusicgroup.org; the password is musicgroup. You can also contact Dan Lehrer at dlehrer72@gmail.com. Ukele Ohana meets Wednesdays, 1:00 to 3:00 PM, (OC). Open to Lincoln Hills residents. Contact Ron Peck at 925-788-5869 for information.

• • •

Ballroom Dance Club

BY ERNIE MICHELI

The Ballroom Dance Club will be offering instruction for dancing the Rhumba in November.

Originally, “rumba” was used as a synonym for “party” in northern Cuba. The Rumba originated among the Afro-Cuban workers in the poor neighborhoods of Havana in the nineteenth century. It began as a fast and sensual dance with exaggerated hip movements. The spirit and soul of Latin dance is represented by the Rumba.

Ballroom Rhumba differs from Cuban Rumba in both its music, its dance and its spelling. Hence, the Americanized spelling of the word Rhumba is preferred. The Rhumba is a slow and flirtatious dance, danced with plenty of emotion. It’s certainly a dance of romance and is said to be representing the male pursuit of a woman. The music is played with a staccato beat to keep time with expressive movements of the dancers.

In the US, the “Rhumba” began to be used during the 1920’s. By the 1930’s Xavier Cugat and

other Latin artists popularized the Rhumba especially on the East Coast.

Lessons are offered in the Kilaga Springs Lodge Multipurpose rooms each Tuesday from 2:00 to 3:00 p.m. for beginners and 4:00 to 5:00 p.m. for more experienced dancers. Open dance is from 3:00 to 4:00 p.m. during which you can practice the many dance styles including the current month’s offering. Contact Ruth Algeri at 916-408-4752 for more information.

Pictured are Gary and Linda Kawula. They are demonstrating a step called the “cradle”.

Sal and Ruth Algeri, instructors, wish to extend their appreciation to the entire membership. They are thankful for your participation and volunteerism. They feel membership efforts to improve dance skills, and to help with the many non-instructional details make this Ballroom Dance Club a viable organization. It is with that spirit they wish each of you a Happy Thanksgiving.

• • •



Gary and Linda Kawula

Country Couple

BY KATHY LOPEZ

Even though we haven’t been able to have any of our dance events at SCLH for quite a while, we have been able to get together as a group. We’ve had a couple of Pizza Parties in the last few months at a local restaurant which have turned out to be lots of fun. It was so nice to catch up a bit with other members, enjoy good food and beverages, and socialize with each other. We all been vaccinated so we feel pretty comfortable getting together.

Last month a group of us participated in

at KS on Mondays at 6pm. When our Beginner lessons resume (hopefully sometime soon), if you’re interested in learning Country Couples dance, check out the Compass. Beginner lessons are at 7pm on Mondays at Kilaga Springs Lodge. Country Couples Club is separate from the lessons. Membership allows you to take part in our dances and fun activities throughout the year. Please see the contact info below if you are interested or have any questions.

Contact: Kathy Lopez 916/434-5617

Website: www.sclhcc.com

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a tour of a local winery with lunch and wine tasting. It was a beautiful day and the scenery/ views were spectacular not to mention the wine and food! This event turned out to be both interesting and fun. Look for pics in the next edition.

Country Couples’ dance instructors, Jim & Jeanie Keener, had their Halloween dinner/dance once again at Roseville Sun City. This is such a fun event! Costumes were encouraged (but not required). Our members have such wonderful imaginations and have come up with very clever costumes over the years. Wait till you see what they’ve “cooked” up this year! Hope to have pics for a future edition. It was also great to be dancing once again!!

Intermediate Country Couple lessons started up a couple of months ago and continue

Needle Arts

BY MARY SWANSON

For the second month in a row the Needle Arts general meeting was held in Presentation Hall in October. It was great being together and meeting several new members. The program presented by Nancie Wiseman Attwater on knitted lace was fascinating as was the story behind her interest in learning about knitted lace. The November general meeting is scheduled for Tuesday, November 9th at 1:00 PM in KS Presentation Hall and will feature the Community Service group.

Looking ahead, mark your calendars for our December general meeting which will

(cont’ on page 7)

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LH Community Chorus

(cont' from page 1)

two rousing spirituals: "Amen! Tell It on the Mountain!" and "Children, Go Where I Send Thee." Plus a delightful arrangement of "Jingle Bells" to music from Tchaikovsky's "Nutcracker Suite." Really!

You'll enjoy all these and more when "a little Christmas" will never be more needed. See the latest Compass for information about tickets, now on sale in our lodges and online.

Get yours soon, because our December performances always sell out and Ballroom seating may be reduced from pre-Covid levels.

The Chorus comprises Lincoln Hills residents professionally directed and accompanied by Paul Melkonian and Nina Malone. For more about us, visit our website at lincolnhillschorus.org and contact our membership coordinator, Mari Long, at mlong24sjca@sbcglobal.net or 916-409-9136.

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Needle Arts

(cont' from page 5)

be on Friday, December 17th. This meeting will be a luncheon held in the Orchard Creek Ballroom and specific details will follow. It promises to be a special event! While marking your calendars, don't forget to mark off May 2-5, 2022 for the first Mercy Auburn retreat of the year.

The first workshop in sometime was held in early October and was a fun beginning to what is hoped will be many more workshops. Toe up knitted socks were the focus of this first workshop and if you have any suggestions and or ideas for future workshops please let us know.

Breakout groups are meeting once again in the sewing room. Be sure to check the calendar on the NA website (sclhna.com) or on the window outside the sewing room for groups that might be of interest.

It's that time of year when signups for 2022 membership are being accepted and the membership form is available on the NA website. Please print and return it with your check payable to SCLH Needle Arts for the \$20 membership fee (No Cash Please). These forms will be accepted at the November meeting or may be sent to the address shown on the form. The membership fee paid by any new member joining after October 1st is counted towards their 2022 membership.

Contact information and membership forms are always available at the Needle Arts website: sclhna.com.

• • •

LH Painters Club

BY BOB GREEN

From September 15 through January 14, Painters Club Members are exhibiting 20+ unique original works of Art at the Buonarroti Ristorante located at 460 Lincoln Blvd.

Below is a sample of the type of artwork on display. A 12x18 "Fading Sun" watercolor by our member artist Randy Mealhow.

Painters Club members also exhibit their works at the Art League of Lincoln Gallery located at 580 6th Street.

Hopefully you were able to enjoy the Art our members displayed at The Lincoln Hills



12x18 Watercolor by Randy Mealhow

2021 Artisans at the Lodge Event held last month. This is always a popular community event and our members really enjoy being a part of it.

New Club Members are always welcome. Dues are \$15 per year Contact: Linda Shields: linda_c_s@yahoo.com

• • •

Mixed Media Club

BY JILL SHORT

When you think of November what thoughts and memories come to mind? It is usually a good time to think about what we are grateful for. I just love this time of the

year; the scents of pumpkin spice are in the air and I look forward to being with family. The colors of oranges, yellows, browns surround us everywhere. It can be a great time to reflect about all these things and let them flow back into our art. So, let's take the word, "grateful" as a prompt word for our November challenge. As you think about the word take out some of your art supplies and see where the word takes you in your art and then share it at our November meeting.

Mixed Media Club meets the 3rd Wednesday of the month at 1:00 PM in the Ceramics Room (OC). You won't want to miss our November 17 meeting because we are going to make a fun seasonal art project to decorate our homes in December. Chris Fetter will be leading us in the project. Each participant will be given an art kit to make "Deck the Halls Décor". She will lead us through step-by-step directions on what to do. Club members will be receiving an email about the craft and meeting.



This year Mixed Media Club is planning a get together in December. It has been a couple of years since we have done our fun

(cont' on page 9)



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Mixed Media Club

(cont' from page 7)

holiday party because of Covid and we are ready to celebrate together. Mark the date of December 15 and note we will be meeting at 12:30 PM. Frima Stewart will be hosting our fun festivities at her house that will include lunch. More information will be emailed to our members as the date approaches.

Mixed Media Club is a great place to learn how to play with all kinds of art materials. We are a group that encourages each other and have fun together. We welcome people to come and see what we are all about. If you have questions contact our Club President, Chris Fetter at 916-276-7895 or email at Christine.fetter@yahoo.com

• • •

Paper Arts Club

BY LINDA LUCCHETTI

We're back! With the lodges now open, we will start our meetings again on December 2. We will be making holiday cards for our Community Service project, so mark your calendars. Our last meeting was March 2019, and, needless to say, we're really looking forward to getting together again. Hope to see you all there!



A few positions on our Board are still open. Can you share your time and talent? If you are interested in serving, check our monthly newsletter for details, and contact June Paquette or Pam Haines. At our December meeting, we will be presenting a slate of candidates and elect next year's Board.

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

• • •

LH Photography Club

BY DIANE MARGETTS

Our newest exhibit event is underway at Simple Pleasures in downtown Lincoln and continues until January 3, 2022. Stop by to see our exhibit and enjoy an early morning breakfast or midday lunch while checking out some awesome photography.

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

Contact: Diane Margetts; 916-955-1809
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Woodcarvers Club

BY LIONEL RAINMAN

You do not have to be an experienced artist or craftsman to enjoy woodcarving. All that is required is natural curiosity, a desire to learn and a little time. All you need to get started can be a simple as a pocketknife and a piece of wood. One of the joys of working with wood is seeing your ideas taking on a physical form.

The woodcarvers in our club have various carving and creative abilities and are always available to assist or advise other members or new carvers as well. Woodcarvers Club members have a large library of carving books, magazines and DVD's for plans and ideas. If you are curious or have an interest in carving please stop by and see what we are doing. We have carving tools that you can use.

Woodcarvers Club meet every Wednesday from 1:00-4:00 PM in the Sierra Room at (KS).
Contact: Lionel Rainman 916-253-9534
Lrainman1414@yahoo.com

• • •

Book Club

BY CATHIE SZABO

"Survey says..." - Family Feud, TV show
For a month where the Book Club is a bit dormant, a lot is happening. As of this writing (early October), our survey is poised to be sent to members. In this year of anticipating the "new normal", the Book Club too is searching

for its "new normal" definition. After almost two years of Zooming, we're not sure what the "new normal" will look like for the Book Club. Hence, the survey of members with a brief set of questions on how they think the Book Club should operate in the era of new normal. Results were due back in late October and results should be compiled and out to members in early November.

But, don't put down that pen yet. Voting for the books to be read in 2022 is on the way. The ballot plus a brief synopsis for each book nominated will be emailed to members in early November. Details on voting, where to send your ballot, etc will be included. Make your voice heard - vote! Results will go out to members in December and will appear in the Sun Senior News in January.

Keep an eye on your email for results from the survey (sometime in November) and the all-important books selected for 2022 (December).

In the meantime, have you thought about the upcoming holidays and what to cook? Yum, turkey sandwiches, pumpkin pie, Christmas cookies - are you there? For inspiration, turn to cookbooks, both print and on online - I love online recipes with those gorgeous pictures that tempt you to try them. Read something different - a "cookbook" and try something new or a twist on an old favorite. Remember, reading about those luscious desserts has no calories!

Til next month, a very happy and healthy Thanksgiving to you and yours.

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

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Writers Group

BY ANDY DEXTER

We are meeting again!

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

the pandemic. If you're apprehensive about writing or don't know where to begin, our members are here to help.

We reconvened our meeting in October. The club officers request attendees wear mask and provide proof of vaccinations.

The Writers' Group will meet at 5:00-7:00 PM, on the 2nd and 4th Mondays of each month in the Orchard Creek Multi-purpose Room. In November it is the eighth and twenty-second. If you want to read some of your work, please bring 10-12 copies to share. We provide each other with positive feedback about our writings.

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Apple User Group

BY RICH THAYER

Our October seminars included several presentations about newly announced Apple products. We'll continue discussing the new products in November with a presentation by Bill Smith on the new Apple Watch Series 7. He'll provide a framework for deciding which Apple Watch is best for you. Andy Petro will review improvements made to the Photos app in iOS 15. And with holidays around the corner, Vicki White and Andy Petro will offer some gift ideas for Apple users.

Also in November, we'll have a panel discussion with LHAUG seminar leaders covering the highlights of 2021 seminars. Panelists will talk about things they learned, reveal some of their favorite topics, and invite your questions about the club's 2021 presentations.

The group continues to offer support via Open Labs and the Ask the Tech Hour. The Help Line continues to be available; however, due to the holidays and availability of our volunteers, in-home support will be limited.

As always, go to www.lhaug.org for the latest information about upcoming seminars, videos of past seminars, the donation program, the classifieds page, and more.

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

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(more Club News cont' on page 11)

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Lincoln Theatre Company

BY TODD GEAROU

It is with great excitement that Lincoln Theater Company announces its reopening with “All Together Now!” A Global Event Celebrating Local Theater. This worldwide event celebrates the return of live theatre and allows organizations, not just locally, but around the world, to produce and perform an exclusive musical revue featuring songs from beloved Broadway shows.

Television and Hollywood star Tina Cole has joined the cast of Lincoln Theatre Company’s show. Tina is best known for her role as Katie Miller Douglas on My Three Sons and as a lead singer with the King Family Singers. Producer Todd Gearou (The Tonight Show, ESPN SportsCenter) says “it is mesmerizing to watch Tina turn Tomorrow from the Broadway show Annie, usually a kid’s song, into a moving ballad looking forward into a brighter future. There will be two meet-and-greet opportunities to rub shoulders with this truly talented Sacramento area based star, after the shows on Friday evening November 12th and Sunday afternoon November 14th.

Among the songs featured in the show is *Spread the Love Around* from *Sister Act*, which is a musical based on the hit 1992 film of the same name with music by Alan Menken, lyrics by Glenn Slater. The show received multiple Tony Award nominations for the 2011 season, including for Best Musical, Best Actress in a Musical and Best Featured Actress

in a Musical.

Another show favorite, *Consider Yourself* from *Oliver* was rewritten during the COVID-19 pandemic to wish viewers well during the national lockdown. The tagline was “consider yourself part of our family”.

You Can’t Stop The Beat is the finale number in the 2002 musical *Hairspray*, an American musical with music and lyrics by Marc Shaiman and Scott Wittman. In 2003 *Hairspray* won eight Tony Awards, including one for Best Musical, out of 13 nominations. It ran for 2,642 performances.

Seasoned and award winning Director Peggy Schechter is “astounded by the talent in this production.” The performance will be at the Grand Ballroom at Oliver’s Brewhouse and Grill in downtown Lincoln. A cash bar will be available before the show and during intermission. Tickets are \$22.50-\$27.50. Grab your tickets this production as the light once again shines on live musical theater in America. Call 916-409-7030 or go online to www.lincolnthatrecompany.org.

Performance dates are November 12, 13 and 14, 2021. Friday and Saturday at 7:30PM, Saturday and Sunday at 3:00PM. The Grand Ballroom at Oliver’s Brewhouse and Grill. 645 5th Street, Lincoln, California. More information is available at www.lincolnthatrecompany.org or call 916-409-7030. Tickets are now on sale.

Kiwanis Club of Lincoln

BY CAROL DICKEY

Kiwanis Club of Lincoln will be selling See’s Candy again this coming Thanksgiving and during the upcoming Holiday season at the former Pipeline Coffee shop in the shopping center across from the Sun City Lincoln Hills Lodge. Thanks to the generosity of the community last year, most recently some of the proceeds were spent giving each of the elementary and middle schools \$1,250 for their school libraries, a total of \$12,500. The Club also gave \$1,500 to Glen Edwards Middle School in recognition of its achievement as a California Distinguished Middle School which is quite an honor. Glen Edwards Middle School was the only middle school in Placer County to receive this honor.

In addition to the monies for the libraries, \$10,000 in scholarships was awarded to graduating seniors from Lincoln High School and a special donation of \$1,100 was given to Phoenix High School to enhance their physical education department.

In addition to helping the schools, the Club has been a strong supporter of the Salt Mine, the Lighthouse Family Counseling Center, Ride to Walk, Sober Grad Night at

Lincoln High School, GiGi’s Playhouse, and the Kiwanis Family house to name a few. The Kiwanis Family House is dedicated to providing temporary housing for families of seriously ill or injured patients being treated at the UC Davis Medical Center in Sacramento or at Shriners Hospital.

Finding low-cost lodging near the hospital can be important to these families, especially if the patient has a life-threatening injury or illness and if the treatment period lasts for an extended period of time. The Kiwanis Family House, located on UC Davis Medical Center grounds, offers inexpensive and sometimes free family accommodations – with individual bedrooms, fully equipped kitchens, bathrooms, food and clothes closets, laundry and hook-ups for recreational vehicles.

If you would like to become a member of the club and enjoy the camaraderie of great people and enjoyment of working to give back to the community, please contact Kathy Fernandes, kiwanislincolnca@gmail.com



Kiwanis Club of Lincoln presents \$1,250 to Twelve Bridges Middle School.

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Megan Carolan Martin
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Transaction Coordinator
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945 Orchard Creek Lane, Suite 300, Lincoln, CA 95648

SCLH Computer Club

BY NORMAN SEIDENVERG

On October 13, via Zoom, Terry Rooney gave a great presentation “Updating Chromebook”. The advantages, usage, and some limitations were discussed. See your email to download the talk, or check on our website: www.sclhcc.org

Two members, each won a new Chromebook, congratulations.

Scheduled for November 10, at Kilaga Presentation Hall, will be an update “Windows 11”. We recommend waiting until after this discussion to download/use Win 11. Be sure to come to the meeting, as amazing door prizes will be given.

Notice is hereby given “HELP WANTED” to continue the Computer Club beyond 2021. Call any member of the Board for information and to volunteer. See the website for updates and call or email to sclhcc@gmail.com.

Do not pay 2022 dues, unless requested at the presentation or by email. Notice that the facilities will be open to 9:00 PM starting in November. Covid-19 infections continue, almost all the deaths are unvaccinated persons. Best wishes for safe and healthy holidays.

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LH Republican Club

BY SUE DUMAS

Oh Happy Fall! The weather is changing, wish the politics would...

A Lesson Taught By History: “Germany {the U.S.} started by not paying adequately for its war {on COVID and the Great Financial Crisis bailout} out of the sacrifices of its people – taxes – but covered its deficits with war loans {Treasuries} and issues of new paper Reichmarks {dollars}.” COMMENTARY BY - Michael Burry

The fun filled cul-de-sac Oktoberfest raised happy spirits; with music by “The Fire Brigade German Band“ for polka dancing, sing along, and Polish sausages with all the extras to enjoy. The festive event was enjoyed by approximately 100 members and guests.

With so many things going on in our communities it was determined that this be our “last Hurrah!” for 2021. We are looking forward to, and planning an even better than before, 2022 Kick-Off mid-January. There will be Speakers and Representatives and a forecast on activities and events of the new year. This has been a popular event in the past, and we plan on even higher attendance for this one. Details will be forthcoming in Newsletters and on our website.

We have been blessed with several new members this year and look forward to even more new members moving forward. Our Club remains active in support of local, state and national concerns. Our goal is to have well placed, well informed speakers, who will

add value to our meetings and to the pursuit of grounded, conservative views and goals.

Lincoln Hills Resident Republicans interested in joining our club can get information and application from our website: www.RepublicanClubSCLH.org

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Genealogy Club

BY DR. BARBARA BRANCH

Mary Sayles will be our speaker on November 15 at 6:30 PM on Zoom. Although the lodges are open, we are finishing the year on Zoom. Members will receive a Zoom link and handouts in a separate email from Maureen. Mary is addressing “Planning an International Genealogy Trip.” Mary is sure everyone will be ready for travel soon. The Computer Lab has been reinstated at Orchard Creek. Members are welcome to use the subscriptions on the computers any time the lab is available. No passwords are needed. Bring a USB drive to save any data. The Genealogy Board will be meeting in November to plan for live presentations, Boot Camp, Coaching and Walk-ins in 2022. In our recent survey, many members expressed an interest in working on the leadership team. Contact Barbara Branch to discuss the available positions. We will be electing officers in January 2022 and would love to have some new candidates.



Mary Sayles

Check our SCLH Genealogy Club website for handouts and updates: <https://www.suncitylhgc.com/>. For more information contact Dr. Barbara Branch, 916-543-8219.

• • •

LH Italian Club

BY LINDA LUCCHETT

The club’s Annual General Meeting (AGM) was held October 6 at the Kilaga Springs Lodge. A number of new and seasoned members were on hand to meet and greet the board, hear our financial report, and learn about our packed schedule of upcoming activities. Thank you to those who participated!

October 24 marked the 7th Annual Bocce Tournament between two celebrated teams -- the Italian Club’s “Meatballs” and the Shalom Social Group’s “Matzo Balls” at the Sports Pavilion. Read more about this high-spirited rivalry in an article written by Roving Reporter David Wright in October’s Compass.

Our annual Christmas Dinner and Dance is set for Sunday, December 5 at Catta Verdera. It’s time to put on your fancy attire (Hang up those sweat pants!), step into your dancing shoes, (Ditch the sneakers.), and join us for an evening of fun and frolic, as we get together again to welcome in the holidays! Check your emails for more information and sign up soon.

Let your fingers do the shopping! Go to the Lincoln Hills Italian Club Apparel Store online, where you’ll find colorful men’s and women’s shirts, hats, and sweatshirts, all with the club’s logo, and ready to wear at an upcoming event. See the website for more information.

For more information about the club, check out our website at www.lhitalianclub.org.

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(more Club News cont’ on page 13)



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Stroke, Trigeminal Neuralgia, and Bell's Palsy are all sources of facial pain, immobility, or even paralysis. While these are unique conditions caused by different etiologies, they each affect the facial nerve and can have similar types of effects on the face and head. Most commonly: stiffness, tingling, headache, dizziness, light sensitivity, dry or watery eye, difficulty opening or closing the eye and, in severe cases, ringing of the ears.

Understandably, the experience of a stroke or the panic of waking up and not being able to move one's face can be terrifying to navigate. But after seeing a doctor and being sent home with medications, maybe a steroid shot, eye drops and an eye patch, one is left wondering what other options exist in the long term for putting their best face forward, as well as, preventing future recurrence.

Living with uncertainty and being told there's no definitive treatment or timeline to restoring facial function does not have to be your reality.

The best case scenario to treat facial palsy is acupuncture as soon as possible after initial onset of symptoms. Chronic or longer term symptoms can also benefit from intensive treatment with the goal of pain reduction and improved mobility.



I was diagnosed with Trigeminal Neuralgia, but as a pilot, the prescribed medications were not an option if I wanted to keep my job. I researched and learned acupuncture was a treatment option. I started with Lincoln Acupuncture, and am happy with the results. The pain and stiffness have subsided and I've been able to continue to do the work I enjoy.

- Robert C.

During your consultation, an assessment will be conducted to determine severity of pain and immobility. With this information, an individualized treatment plan will be developed, incorporating acupuncture, O3 Regenerative Therapy, and ATP Resonance BioTherapy as appropriate.

Acupuncture helps to stimulate the blood vessels and the facial nerve such that they are able to receive proper nutrients. ATP Resonance BioTherapy was originally developed by NASA to assist in increasing blood flow and expedite recovery and healing.

Living with facial pain or immobility does not have to be your current way of life. Call **Lincoln Acupuncture Clinic** at **916-884-0398** today to schedule a consultation and get smiling again!

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BY PATTI KINGSTON

The Western Placer School District is continuing to work with COVID testing companies in hopes of securing testing at several locations throughout the District for staff, students and volunteers. In the meantime all are encouraged to continue to pursue testing through health providers and other means. School cannot accept results from at Home COVID tests. As of this writing cases in the schools and transmissions are less than previous weeks, and is great news and in line with the trend seen in Placer County and the state in general. Governor Newsom has declared a vaccination mandate for children who wish to attend class in person. This will be enforced pending full FDA approval of shots for their age groups. Weekly COVID case counts are updated on the district website each Monday at www.wpusd.org.

Glen Edwards Middle School Learning Center is looking for volunteers to work with middle school students (6-8 grade) one on one in various subjects. The Learning Center is a place where students drop in to have lessons retaught, get help with assignments or lessons they missed due to absence, receive intervention for struggling students and more. For further information please contact ccoloton@yahoo.com.

SCHOOLS volunteers continue to work with their Elementary School teachers and help them any way they can.

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

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Shalom Social Group

BY JUDY GANULIN

Our annual picnic on October 17 was a huge success. We had catered food, games, music and a great time! We introduced our new members. October 24 was our annual bocce ball tournament. We, the Matzo Balls, played the Italian Club's Meat Balls. It's always a fun day! Our regular bocce practice continues after the tournament. We also have a hiking program. Our Men's Club and Women Together are active, with programs every other month. We'll celebrate Hanukkah from 4 to 7 PM on Thursday, December 2, in the Kilaga Kitchen. For more information please contact Joanne Levy 508-333-8590.

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Lavender Friends

BY PAULA KREGEL

Our club recently held its second Topgolf event, and a group of members came out to enjoy taking some swings and hitting their targets (a lot of the time, anyway). The weather was perfect, and of course, the food was a highlight. Ability level didn't get in the way of having a great time, and everyone made some spot-on golf shots.

We have continued with our Saturday get-togethers via Zoom until the Kilaga Café



Meredith Nelson swings at her target at Topgolf.

opens again on weekends. On October 15 we celebrated members whose birthdays were in October and November with free beverages for the birthday peeps and free donuts for all members at Kilaga Café.

A Chili Cookoff and Game Night will be held on November 5, our first potluck since the recent shutdown. The Chili Cookoff will be new for our club, while Pictionary and Mexican

Train will return as game favorites.

Also, members are looking forward to the annual Holiday Dinner and Dance in December at Turkey Creek, barring any further shutdowns.

Lavender Friends is a club for LGBTQ residents and their allies. More information is at lavenderfriends.com.

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Sandi Wanzer at First Street School pre-COVID.

LH Astronomy Group

BY BILL WEAVER

Now that the Sun City Lincoln Hills Administration has announced a return in November to pre Covid-19 operation hours for its facilities, the LHAG Steering Committee is recruiting speakers for its full in-person membership meetings to begin in January of 2022 in the Kilaga Springs Presentation Hall. November of 2021 will be the last meeting of the full membership using the Zoom video conferencing platform. The LHAG does not meet in the month of December. Watch for the announcement of program speakers in the

December addition of the Sun Senior News

The October Zoom meeting included the final presentation of a three-part video series on the new James Webb Space Telescope (JWST) presented by the Christa Corrigan McAuliffe Center of the Framingham State University of Massachusetts. According to NASA officials, a cargo ship carrying the \$10 billion JWST arrived in French Guiana on Tuesday, October 12, after a 16-day ocean voyage that covered 5,800 miles where it will be prepped for a planned December 18 launch atop an Arianespace Ariane 5 rocket. The JWST will

(cont' on page 14)

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1768	Andover	1298	500000	Millpond
1370	Strolling Hills	1298	675000	Bridgeway
1745	Alpenglow	1322	571000	Bridgeway
1310	Secret Lake	1322	525000	Bridgeway
1862	Beckwith	1322	548000	Bridgeway
835	Azalea	1515	518000	Pine Hill
372	Stags Leap	1673	655000	Trinity
2774	Kingfisher	1673	655000	Trinity
884	Wildomar	1681	640000	Echo Ridge
1958	Gatehouse	1725	675000	Echo Ridge
644	Gold Strike	1791	650000	Tahoe
1828	Maple Grove	1791	615000	Tahoe
201	Ruddy Duck	1836	668000	Plumas
2327	Walden View	1903	795000	Plumas **
1291	Perdita	1910	705000	Fremont
1579	Barn Valley	1910	844400	Fremont
1123	Tiger Lily	1949	717000	El Dorado
1360	Sweet Juliet	2025	709000	Annadel
2700	Winding	2073	1030000	Annadel**
201	Surreytop	2079	699000	El Dorado *
1535	Delta Wind	2092	700000	Tahoe*
1995	Mary Rose	2187	659000	Fremont*
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LH Astronomy Group

(cont' from page 13)

study every phase of cosmic history: from the first luminous glows after the Big Bang; to the formation of galaxies, stars, and planets; to the evolution of our own solar system.”

The Cosmology Interest Group (CIG) will finally return to presenting the first in a series of lectures entitled “Introduction to Astrophysics” on Monday, November 15, 2021. For details, log on to <http://lhag.org/CIG.html>. These lectures, scheduled for the third Monday of each month will begin by defining the difference between astrophysics and astronomy. The LHAG is very fortunate to have retired professor Dr. Charles Hunt, who taught Physics and Astronomy at American River College for 30 years, co-host the series of lectures. The lectures are open to all SCLH residents. For more information, contact CIG coordinator Morey Lewis at mlewis_cc@sbcglobal.net.

The LHAG Telescope Interest Group (TIG) had to again cancel its October star party at the last moment when Mother Nature decided to paint 80% of the sky with clouds. The next star party is scheduled for Thursday, November 4th at the upper tennis courts of the SCLH Sports Pavilion. All residents of SCLH are invited to attend the star parties and observe the amazing objects of the Cosmos through the LHAG member telescopes. The Fall telescope observations are special in that observers can witness exceptional views of the planets Jupiter (with its familiar strips and

swirls) and Saturn (with its fascinating rings) and their moons. Dates for future LHAG star parties can be found on the LHAG website at <http://lhag.org/TIG.html>.

Astronomical events for the month of November

Nov 4: Super New Moon:

This New Moon takes place very close to its perigee—the point on its orbit closest to the Earth. The Super New Moons, like any other New Moon, won't be visible from Earth, but the dark night skies will provide great opportunities for some great night sky watching.

November 18th/19th, Leonid Meteor Shower:

Another reliable meteor shower, under ideal conditions the Leonids can be expected to produce about 20 meteors an hour. Unfortunately, as with several other showers this year, the light of the nearly full Moon will brighten the sky, causing the fainter meteors to fade from view. It is, however, one of the brighter showers, and you should at least be able to see a shooting star or two.

November 18th/19th, Full Moon and Partial Lunar Eclipse

November brings us the second of two lunar eclipses for the year. While May's eclipse was total and not visible for its entirety from North America, November's is partial and visible from more locations within the continent. In fact, with 97% of the Moon's surface in the Earth's shadow, it's almost a total eclipse. Known as the Frost Moon, if you

(cont' on page 15)



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LH Astronomy Group

(cont' from page 14)

live in an area with snowfall, it should make for a stunning sight.

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

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

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Low Vision Support Group

BY JOAN BRANT-LOVE

Meeting – Tuesday, 11/2/21, 2:00-4:00 PM, Fine Arts Room, Orchard Creek Lodge. Society for the Blind will present “Services for Those with Low vision.”

Toni Boom is an occupational therapist specializing in low vision rehabilitation since 2008. She will explain the services offered by Society for the Blind’s low vision clinic and how vision rehabilitation can help people use their remaining vision more effectively.

Kathleen Shevlin has worked at Society for the Blind for over 15 years. She has been a manager with the Senior Impact Project since 2013. She will talk about senior services and activities designed to help older adults (55 and older) with vision loss continue leading

enriched and fulfilling lives.

Jackie Young has been an active client with the senior program since 2013. She will share about her training and experience as a guide dog handler.

Happy Thanksgiving to All.

The Low Vision Support Group is subsidized by Neighbors InDeed and the Lincoln Hills Foundation

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

• • •

Hearing Support Group

BY JOANNE MITCHELL

The Hearing Support Group will not have any meetings in November and December, 2021. We will resume meetings in January, 2022. In October our speaker was Victoria Harling of the California Telephone Access Program. Victoria filled us in on new captioning technology and the various phones that are available to hard-of-hearing or deaf individuals.

• • •

Multiple Sclerosis Group

BY JERI DI FIORE

Greetings! Is this year going by quickly? Our November MS meeting will include Holiday Luncheon plans for Thursday, December 2.

The Tuesday, November 16, 1 PM, MS meeting, Kilaga Springs Sierra Room, will be in-person, and bring your Checkbook!

Chairperson, Laura Ludwig, will collect money for the Thursday, December 2 luncheon. The menu and price will be sent to you as soon as received. There will be no meeting on December 21 as the December luncheon will be our meeting!

See you Tuesday, November 16 with your checkbook, where we’ll share news of the day, Holiday ideas and catch up with each other, while enjoying a treat, courtesy of Mike and Paula Marchand.

• • •

Alzheimer’s/Dementia Caregivers Support Group

BY VALERIE JORDAN

The SCLH Alzheimer’s/Dementia Caregivers Support Group has reorganized with an updated steering committee that includes Jean Ebenholtz (jme-sme@att.net), Mary Jo Fratessa (916-759-8760) and Valerie Jordan (909-625-7443). The caregivers group and programs are supported by the Lincoln Hills Foundation.

The general meeting is held monthly on the fourth Wednesday (except December) at 1PM. All are welcome to join, especially caregivers with recently diagnosed family members. The January, March, May, July, September and November meetings are facilitated by a licensed counselor from Del Oro Caregiver Resource Center, and provide a safe place for members to share their ongoing challenges and experiences. The February, April, June, August and October meetings

are facilitated by guest speakers who are knowledgeable about dementia and caregiving issues frequently experienced by families. A Women’s only caregiver group meets monthly on the first Wednesday of each month at 1PM.

Because of the COVID-19 epidemic, all 2021 meetings were conducted via Zoom, as will the Wednesday, November 17, 1PM meeting hosted by the Del Oro Caregiver Resource Center. Please contact a steering committee member for the Zoom link for the November 2021 meeting. We hope to resume in person meetings at the OC Lodge in 2022.

• • •

Glaucoma Support Group

BY BONNIE DALE

Note: Date, time and location of our November meeting.

The Glaucoma Support Group will meet on Saturday, November 20 from 1:00 to 3:00 PM in the Multipurpose Room (OC).

For our final meeting of the year, we are pleased to welcome Dr. James Brandt, the Director of Glaucoma Services at UC Davis Health as our speaker. The title of his presentation is “What’s New/What’s Coming in Glaucoma – a 2021 Update.” The length of the meeting will allow time for all questions. Reservations are encouraged.

Please contact Bonnie Dale at 916-543-2133, bjdale@aol.com

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(more Club News cont’ on page 17)



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	Feb 10, 2022	\$1,399	\$1,614	\$3,499
	Mar 27, 2022	\$1,599	\$1,699	\$4,199
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10 DAY ALASKA From SFO! Princess Ruby Princess ~ 3080 Passengers	May 30, 2022	\$1,249	\$1,399	\$2,099
	Jun 9, 2022	\$1,249	\$1,599	\$2,099
	Jul 9, 2022	\$1,249	\$1,849	\$2,199
	Jul 29, 2022	\$1,299	\$1,899	\$2,049
	Aug 8, 2022	\$1,299	\$1,899	\$2,399
	Sept 7, 2022	\$1,219	\$1,799	\$2,099
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 Ruby Princess ~ 3080 Passengers	Apr 16, 2022	\$599	\$699	\$1,099
	Oct 1, 2022	\$718	\$899	\$1,099
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 Ruby Princess ~ 3080 Passengers	Nov 27, 2021	\$809	\$999	\$1,299
	Jan 6, 2022	\$829	\$999	\$1,299
	Jan 31, 2022	\$799	\$899	\$1,199
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 Ruby Princess ~ 3080 Passengers	Feb 25, 2022	\$1,899	\$2,199	\$3,799
	*Mar 12, 2022	\$1,999	\$2,299	\$3,899
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! Queen Elizabeth ~ 2081 Passengers	July 24, 2022	\$5,999	\$6,999	\$7,499
		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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CST # 2033380-40 November 2021 edition

Bosom Buddies

BY VAL SINGER

Sad to say, one of our “sisters” has passed away. Susan Wright died October 2nd of Covid while visiting her daughter in Oregon. Susan was a member of Bosom Buddies since approximately 2004 and left Lincoln Hills after her husband, Peter, passed and she moved to Folsom to be closer to one of her daughters. Susan was always friendly, with a big smile, and she will be missed greatly.



Susan Wright

As October was Breast Cancer Awareness Month, Cheryl Hansen and our president, Kathy Woodward, decorated the window next to our meeting room. The Association gives



Bosom Buddies the window to decorate for Breast Cancer Awareness Month. Great job, huh? Thanks, ladies.

Bosom Buddies had the second meeting since Covid shut us down. Mae had arranged a speaker but unfortunately at the last minute the speaker cancelled. The ladies, however, took this opportunity to get to know each other and to welcome three new members.

November’s meeting will be on November 11th, 1:00 pm, in the General Purpose Room at OC. The speaker will be from “Girls Love Mail”. This organization has volunteers hand write letters of encouragement to women who have been newly diagnosed with breast

cancer. Names of ladies in treatment are provided by “Girls Love Mail” and they are always looking for volunteers to write letters for this worthy cause.

Bosom Buddies shirts are still available in most sizes. Please call me 916-645-8553 if you would like one. They are \$20.

Here’s hoping your turkey is fat and juicy and enjoyed by healthy friends and family — Happy Thanksgiving!

If you have any questions regarding Bosom Buddies, please contact Marianne Smith (916-408-1818) or Kathy Woodward (916-253-9348).

We end each meeting by holding hands and saying: “Together we are strong; together we will make a difference; together we will survive!”

And, we will, hopefully with a little fun...

• • •

Veterans Group

BY RICHARD CLARK

The purpose of the Veterans Group is to bring together resident veterans who have served honorably in any uniformed service of the United States or its allies during war or peace. We welcome all to attend our meetings. General membership meetings are held the third Thursday of the month at 1 p.m., in the Kilaga Springs Presentation Hall, except for March, June, October and December, when social events are held.

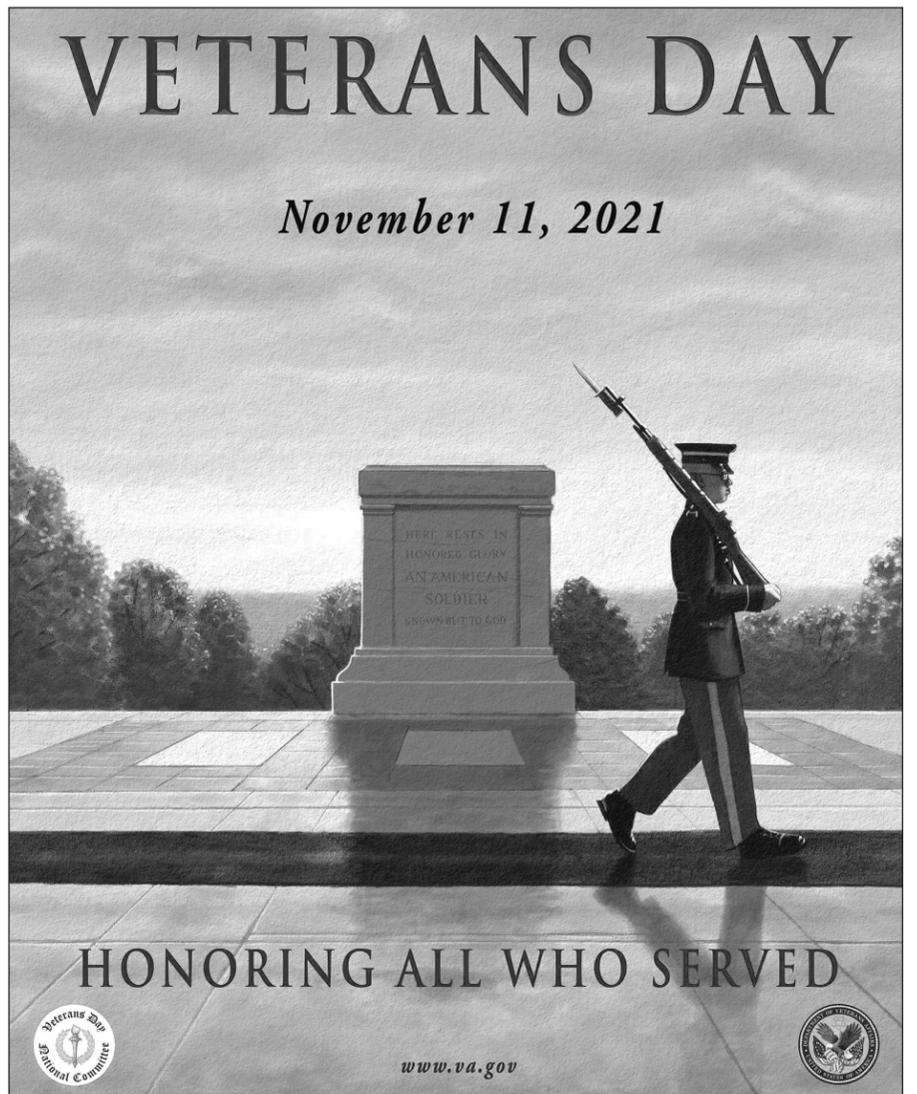
As noted below, these coming months bring much activity to our group.

In Memoriam — Stephen Garavito, U.S. Marine Corps

Community Veterans Day Program
Thursday, November 11 • 9am
Everyone is Welcome!

The Veterans Group will conduct its annual community Veterans Day ceremony in the Orchard Creek Ballroom on Thursday, November 11. Preceding the ceremony at 9:00 a.m., a wreath will be placed next to the veterans’ monument outside the main entrance to the Lodge.

Music by the popular Roseville Community Concert Band will begin in the Ballroom at 9:30. The formal ceremony will start at 10:00. The program will feature the posting of the colors by the Lincoln High School Army Cadets, the singing of the national anthem by the Doug Brown Quartet, a salute to all veterans and patriotic musical selections by the Roseville Band.



Next Meeting - November 18th
Tiara Whitfield of the Placer County Veterans’ Service Office (VSO) will be the featured speaker at the November 18th general membership meeting at 1:00 p.m. in the Kilaga Springs Presentation Hall. She will review the VSO’s function and explain the services offered to veterans and their families.
Ms. Whitfield has been working with the Placer County VSO since September 2019. She earned an associate’s degree in social and behavioral science from Sierra College and a bachelor’s degree in social work from CSU-Sacramento. She has filed over 2,000 claims on behalf of veterans, their surviving spouses and dependents.
This meeting is open to all interested individuals and could be of great value to

attendees to learn about the benefits available.
Holiday Luncheon December 16th
The Veterans Group’s popular holiday celebration is coming up on Thursday, December 16 in the Orchard Creek Ballroom. Lunch will be served at 12 noon. Priced at \$35 per person, the occasion will include a festive luncheon and drawings for door prizes. A cash bar will open at 11:30.
If you need a new flag, the Veterans Group will sell you a bright new flag on the 15th of every month in the Orchard Creek lobby. The Group sells high-quality, all-weather American flags for \$25.
• • •
(more Club News cont’ on page 18)

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LH Amateur Radio Group

BY DAN LEHRER, KN6DRN

The first weekend in October is the annual California QSO Party. Hams from all over the country and international stations reach out to California stations to make as many contacts as they can. California stations also compete to make contacts. The bands were very active and it was fun to hear all the requests for contacts.

The Club completed 50 QSO's, which included 17 states and 2 Canadian Provinces over 4 different Bands. Dan, KN6DRN earned his "Arizona Agave" POTA award—100 QSO's.



We will now have our meetings at our Headquarters, the South Tower. Meetings are every Monday night at 6:30 PM. If you are looking for a way to engage in the community and have an interest in Amateur Radio, please check out the LHARG.

Our club conducts a weekly radio network at 7:00 PM every Monday on the W6LHR Repeater at 147.030 MHz, 167.9 PL. For

more LHARG information visit our Website, the URL is: lharg.us or email dlehrer72@gmail.com

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SCLH Sports Car Club

BY PAM BERRY

What a great ride we had to the Monte Vista Inn Restaurant! The weather was nice. The roads were curvy. The food was great. And, the group was fun! We had 15 cars drive up and 31 people eating!

Thank you, Linda Snyder and Kathy Fernandes for wanting to do this Tour again!

As the ride started out, we checked to be sure everyone had their vaccination and was able to show proof.

Although the weather was a little warm, the sky was blue and there was no smoke to smell. The air quality was "Good" to slightly "Moderate" for the entire Ride and Dinner. Linda and Kathy carefully picked back roads that were interesting and fun to drive. The ride up to Monte Vista Inn took about 2 ½ hours which included a quick stop in Auburn just off Hwy 49. There were many other interesting sites with lots of trees, small lakes/ponds and even at one point, several turkeys crossing the road in front of us.

Upon arriving at the Monte Vista Inn Restaurant, we noticed that the parking in the back was actually quite roomy and everyone found adequate parking. After some small talk in the parking lot, we proceeded to enter the Restaurant and were immediately surprised!

You could see the bar where the stagecoach



drivers and their passengers must have enjoyed their stop for food and refreshments. And, as we walked in, even some of the present customers announced that we were in a very special place and to expect to be treated well and be amazed with great food!

Our private room was surrounded by what looked like walls made of old logs and interesting lighting hanging from the ceiling. The tables were spread out where all 31 of us enjoyed sitting with friends and new members.

Soon our food arrived, it was hot and delicious. Afterwards, we even had a big slice of chocolate cake with a scoop of cream added to increase the already generous helping of frosting.

Upon leaving, some went back home the way we came while others just got on I-80 and headed back home for the quick 45-minute return ride following the Interstate. Top up or Top down... the evening air was perfect returning back home again.

Thank you, Ron and Elly Goleno, for their report of the trip!

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(more Club News cont' on page 19)

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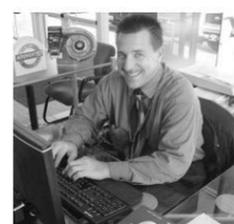
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Rods & Relics

BY ELNA RAGAN

On October 13, Club members caravanned to the Sierra Regency in Roseville for a “Feel Good Event.” The residents there enjoyed the opportunity to see a wide variety of classic vehicles and to talk about them with the owners. A nice lunch was provided for the participants and a fun time was had by all.

The Board of Directors had met and identified the following three local charities to be the recipients of the successful Downtown Lincoln Car Show proceeds: Lincoln VFW 3010, CALDOR Fire Fund, and the Lincoln High School Rodeo.

Each charity received a check for \$6,500.00 at the October 21 General Business Meeting, held at Buonarroti Ristorante. When these amounts are added to the donations awarded to charities over the last fifteen years, the total becomes \$208,000.

Our Club members are proud and honored to be an active part of our community in helping the many organizations that make a difference in people’s lives!

Planning has already begun for the 16th Annual Downtown Lincoln Car Show to be held on Saturday, June 4, 2022.

Our Car Club is always looking for new members. If you own a 1975 or older American-made or American-powered vehicle plan to join us. For more Rod & Relics Car Club information check our web site shown below.

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

Web Site: www.rodsnrelics.net

Garden Group

BY LORRAINE IMMEL

Enjoy the plethora of fall flowers, leaves, weather, and the pumpkin family! This is also a great time to put in your winter garden. You might want to buy the seedlings all ready to go into the ground. Garden centers have quite a variety in stock now!

There is no General Meeting in November due to Thanksgiving on that date, nor any for the rest of this year. They will resume in January 2022. But, there is a “Holiday in the Hills” Luncheon with a festive social to cover a Merry Christmas, Happy Hanukkah, and Joyful Holiday for all! A delectable menu, entertainment, and prize drawings will be included. Details of the social (Dec 2, in the Orchard Creek Ballroom) have been sent to the members in an email. Be sure to register early to ensure a spot!

We have received very positive responses from donations to two of our latest civic projects:

- Twelve Bridges High School-4 steel benches placed in front of the school for student use-complimenting the theme of the other outdoor landscaping.
- Phoenix Continuation High School-supplies for their Gardening Beds projects.

A big thank you all for supporting the

funding for the garden civic projects over the years through your participation with the Brown Bag Sale, Plants Sales, and other donations.

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LH Fishing Group

BY MEL ODDER

Cantara Spill — With permission of Mel Odder

Thirty years ago, on the night of July 14, 1991, a 97-car train climbing out of the Sacramento River Canyon derailed, spilling several cars, one a chemical tanker, into the Upper Sacramento River at the Cantara Loop. The tanker ruptured, spilling more than 19,000 gallons of metam sodium, a soil fumigant intended for agricultural use that kills nematodes, fungi and weeds. As the metam sodium came into contact with oxygen in the water, the toxins began killing all aquatic life. Every living creature in the river downstream from the spill died. Some of the toxins volatilized into the air, creating a toxic cloud above the river as the chemical plume moved downstream. Traveling at just under one mile per hour, the plume entered Shasta Lake on the morning of July 17, 1991.

Wildlife dependent on the river’s ecosystem either starved, or were forced to

move because their food sources were no longer available. Over a million fish, tens of thousands of amphibians and crayfish, and millions of aquatic invertebrates and aquatic plants were destroyed. This destruction also involved alders and cottonwoods. The chemical plume left a 41-mile wake of destruction from

the spill site to the entry point of the river into Shasta Lake. Occurring approximately 2.3 miles below Box Canyon Dam.

The Department of Fish and Game, initiated a Natural Resource Damage Assessment (NRDA) process under federal law to identify the injured resource, and estimate the type and extent of injuries. In 1994, an out-of-court settlement was reached. Plaintiffs received \$38 million in damages, \$14 million was deposited in an interest-bearing account to be used for various programs intended to restore the

system and mitigate for the injuries.

A 12 year restoration program managed by the Cantara Trustee Council (CTC) was initiated to direct the restoration program. The Numerous projects were begun, including restoration activities, land acquisition and protection, research, and public use

(cont’ on page 21)



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LH Fishing Group

(cont' from page 19)

restoration. The decision was to let the river mostly heal itself, waiting four years until resuming trout introduction. The system had to grow from the bottom up before the trout could again take hold. To do otherwise would release trout into an ecosystem that would not support them.

As catastrophic as this spill was, some good has come from it. Since 1938 until the spill, about 25 miles of the upper Sacramento River were regularly stocked with hatchery fish. Although hatchery programs are very popular and provide more fish for the angling public, wild native trout are becoming more valued by a segment of the fishing public, especially by fly fishers, and there is concern that the genetic qualities of trout are being compromised through hatchery inbreeding. A genetic study of Sacramento River trout, funded by the Trustee Council, established that Upper Sacramento River wild trout were genetically different from Mount Shasta Hatchery trout. Results of the study were instrumental in the development of angling regulations that insured that wild trout were re-established before fish harvesting was permitted. These regulations remain today, and have resulted in a premier wild trout fishery.

Train derailments are not rare events. A new threat is 100-plus car oil train carrying highly volatile and flammable Bakken oil from the fracked shale fields of North Dakota and Montana, heavy crude from the tar sands of Alberta, Canada. Metam sodium is water soluble and non-explosive, spilled crude is persistent and flammable, and much more difficult to remove and remediate. The oil train routes will take them along the banks of the Upper Sacramento, Feather River, and Truckee River. We can only hope that the necessary steps will be taken by government and the railroads to minimize the probability.

If you are interested in joining the Lincoln Hills Fishing Group, contact Ralph at ralphonthonseth@comcast.net

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Bird Group

BY RUTH BAYLIS

Looks like out winter bird visitors are continuing to arrive. I have not yet heard of any Golden-crowned Sparrows, though I expect that they likely arrived along with their allies, White-crowned Sparrows. As of mid October, I am still looking for Dark-eyed Juncos, and have not yet seen any Cedar Waxwings, though we have plenty of berries ripening for them on our Washington Hawthorn tree. Every time I drive by a golf course pond I look for Buffleheads, which should soon be arriving. The Barn Owl seen along the Ferrari Pond Trail seems to have moved on, and the Golden Eagle pair has been replaced by occasional sightings of an immature Golden Eagle. Speculation is that there is an eagle nest somewhere nearby, perhaps in Hidden Falls Regional Park. A nest there was known 10 years ago and could still be viable. Hidden Hills is roughly 10 miles away, short distance for an Eagle.

Our Canyon Oaks and Elderberry Trails walk in late September was a huge success with around 30 people participating. This is the best, maybe only, trail in Lincoln Hills were Oak Titmouses and White-breasted Nuthatches can be seen, and they did not disappoint. It is also a great trail for Woodpeckers, especially Acorn which are numerous, and Nuttall's which can be more often heard, than seen. In addition to the expected White-crowned Sparrows, a group of Lark Sparrows, with their highly patterned faces, were seen. The highlight was a flyover of the immature Golden Eagle, which many folks missed because the group was just breaking up. Some usual species like Turkey Vulture, American Robin, and California Towhee were not sighted, although a Spotted Towhee was. The species count was low at 25 species, the range has been between 23 and 37 total species. This is the first time we have walked this trail in the fall, before has been spring or late winter.

At our October meeting Suzanne and Sal entertained all with their "Birds and Mammals of Yellowstone Park". Their descriptions and photos of wildlife and scenery were amazing, and educational. This trip was not confined to Yellowstone National Park but was more a tour of the Greater Yellowstone Ecosystem that includes areas of northwestern Wyoming,



Lark Sparrow by Suzanne Hutchinson.



Woodpecker by Suzanne Hutchinson.

southwestern Montana, and eastern Idaho. This area is extremely diverse and Sal and Suzanne traveled from altitudes of 3000 to 11,000 ft, covering grassland prairies, mountain crags, river valleys and meadows, and near arid desert. Among the many birds they saw were Harlequin Ducks, Longspurs, and Black Rosy Finches. This was a tour offered by Rockjumper, Worldwide Birding Adventures, a tour company that they highly recommend.

Cathy Hedges has volunteered to organize our local birding walks and got us off to a great start with the Canyon Oaks walk in September. John Redmond has stepped up to organize and coordinate our away outings but is only in the beginning stages of doing so. Some folks

are already volunteering to lead specific outings, but until John, and Cathy, are able to come up with a schedule they will likely be pop-up events, so please continue to check your emails and our Website in case there trip or walk announcements before our next news article is published.

The following are our upcoming events. Unless otherwise noted, our away birding trips meet for carpooling at the far western end of the Orchard Creek parking lot, near the fitness center indoor pool. Note that anyone attending our meetings or going on trips must be fully vaccinated from Covid-19. This is especially important for carpooling considerations. You are on your honor system.

- Nov 8, Mon, 1:30PM: Monthly meeting, Kilaga Presentation Hall. Speaker will be John Garfein. He will do a combination of Greece, Crete, Azores, Canary Islands, Morocco & Wisconsin birds. Yes, John is quite a traveler and loves capturing photos of the birds and scenery of the world.

- Nov 19, Fri, 8:00AM: Gray Lodge Wildlife Area. Gray Lodge is a state managed preserve located north of Yuba City. It is adjacent to the Sutter Buttes, which can make for magnificent scenery, especially as a background to seeing thousands of Snow Geese take flight. In addition to Snow Geese, there is an abundance of other waterfowl, raptors, and even songbirds. We walk to a nearby viewing platform, but even without doing this walk there is plenty to be seen from a car on the Auto Tour.

- Dec 13, Mon, 1:30PM: Monthly meeting, Kilaga Presentation Hall. Speaker will be Lee Hazeltine. Lee manages the goat and sheep herds that keep the grasses and brush under control throughout Lincoln Hills.

For a full listing of future events, birding tips, a photo gallery, bird lists from trips and more, visit our website: <http://www.sclhbirders.org>

You can communicate with the Lincoln Hills Bird Group at email address: SunCityBirders@sclhbirders.org.

• • •

(more Club News cont' on page 23)

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SSNLH WRITER...

Ramblings – Best PB & J?

BY NEIL COCHRAN

A recent trending topic on the Internet harks back to our childhood – How to make the best Peanut Butter and Jelly Sandwich. This evokes memories of grade school, either lunch or after class since the PB & J is a classic snack as well as a lunchtime favorite. Hard positions about the proper assembly are adopted by many aficionados of the genre.

Most purists adopt the good old method – just smear one side of a piece of bread with peanut butter, slather another slab with jelly, then slap the two halves together. Other fans claim that’s just too simplistic. You need to consider the proper bread, brand and type of peanut butter, and what kind of jelly. Every detail is important. For instance, White or Wheat bread? Smooth or Crunchy Peanut Butter? How about the actual jelly -- Strawberry or Grape? And the biggest argument of all – How many slices of bread? And if you do use more than two pieces of bread, what condiment goes where in the stack of goodness? Jelly on the outside slices, or will that make it soggy?

The last consideration that some folks mention is whether to toast the bread. So many things to consider. Even substituting sliced bananas for jelly has been suggested. (Considered sacrilege by true believers.)

Actually, there’s no single perfect recipe.

It’s all good as far as I’m concerned. But the mention of PB & J sandwiches for lunch draws me back to my own school days. My Mom was, by necessity, very thrifty. During the summer before I entered first grade, she jarred up a batch of grape jelly. She evidently bought some packets of pectin, a powder that’s intended to make jelly set up with a proper “wobble” when the mixture cools. She spent many sizzling hours boiling the purple juice in a huge kettle, steaming the jars, and set the results away in the cellar. There it awaited service as a main condiment in the lunches I would soon carry to school.

I set out for the first day with the usual trepidations any kid has. What’s it like? Is it scary? How will I get home? I doubt I spent much time concentrating on the sack lunch she’d pressed into my sweaty palms. I recall filing into the lunchroom and unwrapping my lunch. We didn’t have sandwich bags back then, but made do with waxed paper salvaged from bread wrappers. I was supposed to fold it up and bring it back home for use the next day.

When I bit into my first official grade school Peanut Butter & Jelly sandwich, the taste was OK. The jelly was not very sweet, and not very grapey, but as I chewed the mixture, a definite problem arose. The jelly was SCRITCHY! Small thin transparent flakes of what I now know was undissolved pectin assailed my teeth. Each bite grated my molars and stabbed my tongue with tiny microscopic edges. I pulled some of the offensive stuff out and examined it, but could see nothing. I found that if you chewed it long enough, the

flakes seemed to melt and go away. I somehow choked it all down.

I don’t know if too much of the pectin powder got into the mixture, or she didn’t cook it long enough, or what caused the problem. But I know I hated those sandwiches until the supply of faulty jelly ran out.

It took a long time for me to like PB & J sandwiches again. But, today they’re still one of my favorite snacks. Or good on toasted wheat bread for breakfast. And I still prefer the classic recipe – two pieces of bread, with PB on one slice and J on the other.

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



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SCLH Cycling Club

BY DENNIS THOMPSON

Dooring, Blocked Bike Lanes, & The League — Dooring is when a driver opens a car door directly into the path of a cyclist. Bicyclists routinely face that danger when riding down streets where cars are parked. It's estimated that in many locations 20% of cycling accidents are due to dooring. Hitting a steel door is serious stuff and some automobile manufacturers have begun to include systems to prevent dooring. Audi, Mercedes-Benz and Lexus are amongst those that developed systems that have sensors to detect cyclists approaching the rear of vehicles. If a cyclist approaches, a warning signal alerts the driver about the approaching bike. Some auto manufacturers also prevent doors from unlatching when the sensor is activated. Hyundai, Kia and Genesis vehicles will have such systems. The systems can easily be overridden temporarily or permanently. Systems are also being developed that would stop vehicles when bicyclists approach from behind. Stay tuned for further developments. Isn't it great that people in major auto companies are thinking about how to prevent accidents with bicyclists?

This is in contrast to construction, tree removal and road repair companies that place large "Share the Road" signs in bicycle lanes, causing cyclists to go out of bike lanes and into lanes used by cars and trucks. Go figure? Seems like it should be illegal to block bike lanes with "Share the Road" signs, and

other signs too. Sure doesn't make common sense. Apparently the safety of cyclists isn't a high priority for those companies. How about getting City of Lincoln officials to routinely provide information about the dangers of blocking bike lanes to companies that apply for construction and other permits? Perhaps consideration should be made to make it illegal to place signs in bike lanes without specific approval? The companies that do block bike lanes with signs don't want people to get hurt. They just don't seem to be aware of the hazards that signs in bike lanes create for cyclists. Not placing signs in bike lanes would cost nothing, take no time, and might save lives. It should be easy for everyone. Until that happens, stay alert and try to remember to keep a safe distance from car doors. They open quickly. Speaking of bike lanes, The League of American Bicyclists estimates that 80% of funding for bike lanes comes from the Federal government. Have you ever heard of The League of American Bicyclists? It is a non-profit organization that lobbies governments and the auto and insurance industries to make bicycling "safer, more fun, and accessible to all". It helped raise the awareness of automobile manufacturers about dooring. According to the League's literature, 487 communities, 1425 businesses and 212 universities work with it to improve communities and cycling. It also presents many classes to improve bike safety. I attended one class and expected to be bored. I wasn't. It was full of good information. If you would like to find out more information about this organization, go to bikeleague.org.

LH Pickleball Club

BY MOLLY MORRIS

Reserve your spot for the new "Introduction to Pickleball" Class on Wednesdays Starting October 20th, 4:00-5:30PM (weather permitting).

Our current instructor, Cal Meissen is retiring after ten years of teaching and the Club owes him a huge debt of gratitude. We also thank Lynn Fraser and the support help, for years of helping novice players learn the game. A new curriculum (developed by professional pickleball instructors) should be instructive for all new participants.

Join the fun; learn how to play the game of pickleball, score, available club programs, and basic pickleball skills. Wear court shoes, be ready to play and bring water. Paddles and balls provided (Group size 8). To reserve your spot email Mike at LHPickleball@yahoo.com.

On Thursdays 11:00 -1:00 PM (weather permitting) new players are invited to join other new players to begin to enjoy and develop pickleball skills during game play. Players meet at upper courts.

At the end October, the Club celebrated Oktoberfest in the golf course pavilion with over 200 participants. We enjoyed a bratwurst dinner with all the German fixings while oompah music played over the speakers. The Craft Beer Club made the evening more jovial supplying 4 notable craft beers for sale. Was there a chicken dance? German beer songs? Join us next year to find out!

If you want more information on Club

activities, visit the website at LHPBClub.com or contact Molly Morris at 408-386-9054.

Table Tennis

BY DENNIS ZARO

Thanks to the efforts of our Steering Committee, our preCOVID playschedule has returned for the remainder of the year. Play times are Tuesdays from 6:00 to 9:00 PM, and Friday mornings from 8:00 to 11:00. Sunday times are the first Sunday of each month from 12:30 to 5:00 PM, and the 2nd, 3rd, 4th, and 5th Sundays of each month from 9:00AM to 5:00 PM. In our KS multipurpose room, seven tables are set up to serve a full range of skill levels.

Players will likely want to bring their own paddles, but we do have some paddles available for those who may not bring their own paddle. For additional information on our table tennis play, please contact Alan Smith at 916-316-0796 or aledsmith0411@gmail.com or Gary Haight at 916-508-3117 or gary@sapros.com.

(more Club News cont' on page 25)

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LH Tennis Group

BY HELEN BEROTT

Our September 23 “Welcome Back” Tournament was a big success! We had 69 players and additional 15 guests for lunch. It was a joy to get back to the comradery and the competition! The round robin play was divided into three groups. Here are the winners of each division:

Yellow Women: 1st place Sue Kuuka, 2nd place Sue Favela
 Yellow Men: 1st place William Puddy, 2nd place Jim DeDeo
 Blue Women: 1st place Helen Berott, 2nd place Katie Didion
 Blue Men: 1st place Dave Mateer, 2nd place Roger Clapp
 Green Women: 1st place Christine Forter, 2nd place Lisa Snapp
 Green Men: 1st place Jerry Dong, 2nd place Carl Lynch

Kudos to our Tournament Directors Cathy and Dennis Vaillancourt who did a great job of organizing this tournament. Also kudos to our Social Director Patti Kingston and a big group of volunteers that gave us a fabulous lunch, as well as snacks throughout the day. Many volunteers worked hard to give us a great day.

Our annual membership meeting to elect 2022 officers is scheduled for Friday, December 3.

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LH Men’s Golf Club

BY MIKE MCGUIRE-BACK

The MGCLH is excited to announce that we have partnered with MemberPlanet.com to provide us with some awesome membership tools! The biggest and most significant feature of this partnership is online membership renewals, online credit card payment of annual dues, and New Member online Registration capabilities. NCGA has just opened the door for 2022 Membership Renewals and all you have to do is go to MGCLH.club to access the online capabilities. Of course, if you still want to pay with a check, Renewal Forms are available on the web-site or at the Golf Shop. To complete your membership requirements for 2022, you must also sign the Event Release Form. This form is also available on our web-site and at the Golf Shop. If you have any questions, please contact our Membership Chair, Bob Schoenherr.

The Fall Favorite, a 4-man scramble format event is will be held November 16. This will be on the Hills and Orchard courses starting

at 8:30. This will draw a big crowd because of the format so get your sign-up in quick.

Have a Great Thanksgiving and be safe.

• • •

Lincsters 9 Hole Golf Club

BY JOYCE KIRK

The 2021 Lincsters golf year is ending in a whirl of tournaments and fundraising. The finale Club Holiday Luncheon at Catta Verdera, November 30, features member achievements and club community spirit. Recognition will be given to outstanding golfers, club leadership and charitable contributions of the year. The luncheon decor will include dozens of gold and red ribboned holiday packages - all filled with items for over 50 long-term residents of the Lincoln Meadows Care Center. This rewarding event, chaired by Edna Linville, has become an annual tradition. For 14 years, Lincsters have volunteered to purchase the residents wished for gifts of clothes, games, books, etc. Check Lincsters.com to sign up to be a “Santa.”

On October 20, the Annual Breast Cancer Tournament and

Fundraiser looks to be a tremendous success. Weeks prior to the playday events, tournament committee representative, Ingela Butters announced that \$15,000 in donations had already been collected. A portion of the funds were earned when Lincsters donated

their slightly used golf gear and clothes for a well-attended resale event.

Linda Salmon, overall gross winner (102) and Carmen Farrington (overall low net winner (74) took home the top trophies at this year’s cleverly themed “18 Shades of Green” Club Championship Tournament, September 15 and 22. The Secret Garden, dripping in greenery, was a perfect luncheon location to announce the competition results. (Winners of the competition picture from left to right: Cheryl Brindley Charlotte Raifaisen, Jeannine Wuschign, Chris Jacobson, Georgia Shipley, Carmen Farrington, Linda Salmon, Marie Bossert, Joyce Kozuki and Kathy Lindner.)

Do not forget: the renewal of club membership applications is due by November 30. Being a Lincsters member is more than playing the sport of golf – it provides camaraderie and the opportunity for an enriching community experience. Eighteen new members joined in 2021. The year ends with 143 on the rooster. For new membership in the Lincsters 9-Hole Golf Club, contact Nancy Hastings 925-645-5590

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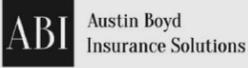
(more Club News cont’ on page 26)



Carmen Farrington, low net winner.
 Linda Salmon, overall gross winner.



Winning players in Lincsters 9-Hole Golf Club 2021 Championship Tournament.



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Ladies Golf—18 Holers

BY CANDICE KOROPP

The Club Championship played out over two successive Thursdays in mid-September. While the first round played out on the Orchard, the top-seeds played worse than usual as nerves were apparent and stomachs churned. In the end, after calculating the scores from the Hills, one-stroke decided the championship. Gay Wold came from behind to outscore the field on the second day, but it was not enough to overcome her six-stroke deficit from the first round. Patti Tilton, the second seed, birdied two holes, including the last hole on the Hills to earn the trophy in a nerve-racking final round. She recorded a 90-88 for 178, high scores for her. Sanderson, who led by one, after the first round, ended up third. McCoy who was the top-seed, had a couple of blow-up holes in round one, and fell to fourth overall. Most of the players and other supportive members celebrated with our new champion at the Awards party in the Sports Pavilion. The Low Gross winners, by flight, included Sanderson for flight one, Lim in flight two, Ashe in flight three and Robinson in flight four. The Low Net over-the-field went to a stunned, Mitsuko Cameron, with a net 139. A special thank you goes to Gay Wold, the chair of the event and to Mikie Briggs who built the tournament. A listing of all of the winners is on our website.

The last day of September was a ChaChaCha on the Orchard Course, produced by Diana Lilienthal. About 30 gals took the tee

on this cool, fall morning. The team of Knoll, Robinson, Seagraves and Senn topped the field with 118. Second place was captured by Korenthal, Koropp, N. McDonald and Unger with 121 and only a stroke better than the third place team of Biswell, Boore, Emge and Parker. Highlights included birdies by Boore, Wold and Senn on 11, Sanderson on seven, and a chip-in by Koropp on one. Lilienthal was rewarded with the CTP, for rolling her ball inside 16 feet, on seven.

The October NetChix is Donna Brinkerhoff, the last monthly winner before the playoff in November. She had a net 66, just one better than Lapera, and two strokes under Cameron and Unger. Cameron, Lapera, Ashe and Unger earned first place in their flights. Sandra Perrin won the CTP on 12.

In mid-October, Peggy Carr directed the ONES game on the Orchard. A breezy day, newly punched greens and a last-minute change of courses led to a perplexing day of golf. McCoy and Tilton were back on top, scoring the lowest gross of 42, with a net 36. But, it was Ida Cicci who recorded the lowest net of the day, 32, for first place in her flight. Karen Gabriel was only a stroke away with 33 and Lissi Bedford tallied 34 to win their flights. Perseverance paid off, especially for 16 of the 46 players in the winners circle, on this Thursday.

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Water Volleyball

BY TODD HUMPHREY

Water Volleyball is on the move! Come join one of the fastest growing clubs here at SCLH! Welcome to our New Members!

We provide fun, exercise and friendship and welcome all levels of volleyball play for both men and women. Training and mentorship provided. Find us on the web at LHWaterVolleyball.com. Or Call Carol Critch our Membership Coordinator at 925-451-1686.

All who attended the Fall Festival on October 7 had a good time. There was dancing games and lots of delicious food from Cassa Ramos.

We now have drill classes every week to improve skills.

Come play Saturday AM for free to try out the sport. Spectators are welcome. Come watch the fun and cheer us on.

Our club blue ball tournament will be November 1st to the 4th.

William Jessup Women's College Volleyball is on our schedule October 29 and November 5, 5-9PM. We will meet outside the Jessup gym. Go to jessupathletics.com/sports for all their dates. In addition, we will have a tournament in the water with the William Jessup girl's volleyball team here at the OC on November 18 at 6:45pm.

Water Volleyball Club - fun, exercise and friendship! Come Join Us!

• • •

Mad Hatters Bocce Group

BY NORM CHERUBINO

Many of you will be happy to hear that the starting time for Thursday morning Mad Hatters Bocce Group will be extended to 10:00 AM, starting on Thursday, November 4. Some will likely not be happy. Some will likely show up at 8:00 AM. Perhaps someone will put up a sign noting that the starting time has been moved to 10:00 AM.

The weather was very windy when this article was written. The Monday morning Bocce League was cancelled. It might be a good idea to keep track of Mad Hatters emails.

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

All members of Sun City Lincoln Hills may participate on Thursday mornings. New, inexperienced and handicapped players are welcome. Lessons are available.

Our email account: LHBocce@gmail.com

Contact: LHBocceGroup@gmail.com; Bob Vincent, 916 543 2607.

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(more Club News cont' on page 27)

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LH Billiards Group

BY STEVE FOWLER

Congratulations to our winners of the Breakers Tournament Saturday Oct 9nd with first place going to Randy Fann (on the left), and tied for second place Bob Soriano (Center) and Gary Nielsen (Right). The Breakers Tournament (8 Ball) is held each Saturday at Kilaga. 10:00 AM to 10:15 AM check-in. Play from 10:15 AM to 12:30 PM.



Winners of the Breakers Tournament.

Good news is that new members annual dues of \$10 for this year are waived. Just fill out the form minus the \$10 membership dues and mail to the address on the bottom of the form. Members in 2020 had their dues waived for 2021 so both new and renewing members will pay membership dues of \$10.00 during the January 1-31 time frame in 2022. Membership Forms are available on the Billiards Room Bulletin Boards at Kilaga and Orchard Creek Lodges and on our website <http://lhbilliards.com> that you can download and print.

See our website at <http://lhbilliards.com> for information about our club policies, membership forms, American Pool Players Association (APA) and individual tournament rules. An individual may play in one tournament then they must join our club to be eligible to play in future tournaments. Contact Tony Felice at 916-955-0501 atfelice3@gmail.com for information on the below listed tournaments.

Billiards Group Schedule - Recommended Playing Levels

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

Level: Beginners

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

Mentoring Training – Tuesday- Sign in starts at 9 AM. First session is from 9:30 AM-10:30 AM and second session is from 10:45 AM to 11:45 AM. Learn how to play pool, or refresh skills of former players. Basic, Intermediate and Advance Training available.

Level: Novice - Intermediate Players

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

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

Co-Ed -Wednesday-8 Ball. 4:15-6:30 PM. Beginner to Intermediate. The games are limited to 16 minutes of play.

Upstarts – Thursday-11:30 sign in. Play starts at 11:45 AM -2 PM. 8 Ball (intermediate).

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

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

Level: Advance Players

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

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

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

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Duplicate Bridge Club

BY PAT LEWIS

Some thought players would not return after the pandemic, but you can't keep bridge people away from the game. Last week there were 18 tables of players having a good time. In November the two Lodges return to the pre-COVID schedule, so our games will be Wednesdays and Saturdays at 12:30 PM. ACBL Master points are awarded at these sanctioned games. As more players return to play a 199er game will be offered.

If you want to learn more about playing bridge, join our free lessons before the Wednesday game at 11:15 AM. Education Chair, Tina Amerio has three lessons planned before Thanksgiving. Doug Murphy and Jack Uppal have offered great lessons on Play of the Hand and Doubles. Come to the game early and see what's next.

Top score last month we're earned by the following partnerships scoring 60% or better Terri and Mitch Miladinovitch (3 games over 65%), Jean Cole and Dan Rogers (2 games over 60%), Carole and Ted Neely, Jim Collart and Ron Parker, Sarah Towne and Alice Brown, David Russell and Denise Morgan, Carol Mayer and Betty Kisbey. Congrats, on your top play!

submitted by Pat Lewis, President 916 -671-4362

You have my permission to edit, and print as you wish.

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(more Club News cont' on page 38)

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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.

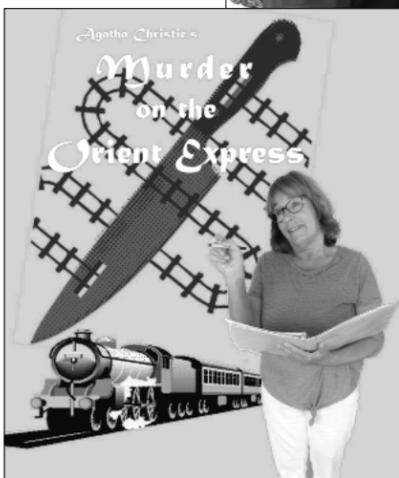
With your support we can have every child mastering their grade level criteria for sight words! Kids need our help more than ever right now!

"Murder on the Orient Express"

(cont' from page 1)

has booked passage departing from Istanbul on the Orient Express. Along with Monsieur Bouc (Paul Carroll), and conductor Michel (Doug Brown), Poirot joins an unlikely but cosmopolitan group of travelers in the opulent first-class cabin. All is well until a gruesome murder occurs on the Express, and hélas! the train hits a snowbank somewhere in the middle of Yugoslavia, stranding all on board!

With every passenger a possible suspect (see photo), the indomitable Russian Princess Dragomiroff (Jeri Ferris), lovely Hungarian Countess Andrenyi (Mary Brown), and the impetuous American divorcée Mrs. Hubbard (Melaney Baker) lead the way in a collective display of innocence. But Poirot's persistent skepticism mounts as a soupçon of anomalies appear in and around the murder site. How could Swedish nurse Greta Ohlsson (Jane Patton), missionary to little babies in Africa, possibly be suspect? Likewise, surely the kindly governess Mary Debenham (Ingela Orlove) and her secret flame, the upstanding decorated Colonel Arbuthnot



(Jack Orlove), could not have undertaken such a dastardly deed! And how might the assertive American businessman Samuel Ratchett (David Africa) and his mild-mannered secretary Hector MacQueen (Rudy Schneider) possibly fit into this macabre scene? Such a respectable mélange of travelers is unquestionably beyond reproach, n'est-ce pas?

Ah, non! Hercule Poirot, détectif extraordinaire, has only begun his work, and the audience will witness the Belgian sleuth's unraveling, piece by piece, of a case

très compliqué! Under the creative guidance of Director Julie Africa and Producer Craig Stults's masterful multitasking oversight, the cast has been joyfully (yes, with some hilarious "outtakes") rehearsing the play. Ken Ludwig's script is quick-paced, laced with humor, and in nuanced dialogue each character fleshes out an intriguing backstory, all of which is brought to full revelation just before the curtain closes.

So, "all aboard" for the witty outbursts and lively, animated exchanges in this stormy train ride! The OC Ballroom will be transformed into the legendary Orient Express (first class carriage, mind you!) on Thursday & Friday, Nov. 18 & 19 at 7:00; Saturday & Sunday, Nov. 20 & 21 at 2:00. Tickets for the four shows may now be purchased in the Lodges and online at \$17 for general admission and \$21 for all-reserved seats. Hurry!

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Local RC Club Raises \$19,000 for Wounded Warrior Project

BY RICH FABBRE

The Associated Modelers of Sacramento (AMOS) radio control model aircraft club recently raised over \$19,000 to benefit the Wounded Warrior Project. WWP ensures the mental health care wounded veterans rely on, remains available to them free of charge as well as physical health care, employment assistance and education services.

AMOS sponsored the 3-day “Thunder in the Valley” jet rally at the club field located at 4015 East Catlett Rd in Lincoln, one mile west of the Thunder Valley Casino. The rally attracted over 50 RC jet pilots from as far away as Ohio. They brought over 100 turbine powered radio controlled model planes. Many of the planes are very large, 8 to 10 feet long, and often are scale models of real military jet fighters. The event was free to the public and over 400 spectators attended.

AMOS is a very family-friendly club that offers free training flights every Wednesday afternoon. Instructors use dual control aircraft so there is no way the student can crash an



PHOTO BY SUZETTE ALLEN PHOTOGRAPHY

airplane. Visitors to the field on other days that are interested in training flights are very likely to find one of the instructor pilots there. They will be happy to get you some flying time. So, if you’ve ever seen an RC plane in flight and thought “that looks like fun”, you are right. Visit the club field and give it a try.

The AMOS field has a 575 x 60 foot runway, over 4,400 sq ft of shaded area and plenty of seating so pilots and visitors are comfortable even on the hottest days. The field is by far the very best in northern California.

For additional information, visit AMOSRC.com. There are hundreds of photos of member’s aircraft, aerial videos of the field as well as information on how to join the club.

Who Is Steve Evans? A Singer or Realtor?



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

SSNLH WRITER...

Death of a Salesman, Averted — A True Story

BY PHIL ROBERTSON

It was early evening. A well-groomed, young man drove up to the ENCO station where I was working on 29th Street in Sacramento, California. I attended Sacramento State University during the day and worked in the service station in the evenings.

I approached his car asking how I could be of help. He explained he didn't need gas but he thought he could help me. "How?" I asked. By "selling you life insurance" he said.

I patiently explained I was a student and had little need, or interest, in life insurance. He thanked me for my time and left.

But a few weeks later he came back to try to sell me again. I told him, "Why should I buy life insurance from you, you don't believe

in life insurance." Aghast, he said "What do you mean?" I said, you don't even have seat belts in your car—the most basic form of life insurance. He then asked me if I could install seat belts in his car. I said, "Yes, I can but I am still not going to buy life insurance." He said, "OK", go ahead and put them in anyhow. I then installed seat belts in his car.

Several months later he once again drove into the station. I thought; "My gosh, this guy never gives up." When he approached, he said: "I just came to thank you. I had a terrible accident and totaled my car and would have been killed if I had not had those seat belts in my car!"

As my grandmother might have said: "The Lord works in mysterious ways!"

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



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Lincoln Police Department — Volunteer Program

The Lincoln Police Department is recruiting for its LPD Volunteer Program. The program is open to Lincoln Residents who are 21 years old or older.

This ongoing recruiting effort is for those individuals who would like to volunteer either as Front Office Staff (informational, meet and greet) or Patrol (vehicle patrol, "eyes and ears" in the community). Qualified individuals will receive training on all aspects of Police Volunteer work.

For more information contact Roy Osborne at 916-645-4081.

Sons In Retirement Branch 13

The Lincoln branch of Sons In Retirement will hold a three course gourmet luncheon at Catta Verdera on Tuesday, November 16. 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.

Volunteers Needed

AARP Foundation Tax-Aide is looking for volunteers as counselors, greeters, and schedulers to help taxpayers complete their 2021 income tax returns in Lincoln during the 2022 tax-filing season. Some knowledge of computers is required to assist in providing our free e-file service. Volunteers need to commit four hours in one day per week during February 7th through April 15th, 2022. To volunteer or for more information about becoming an AARP Tax-Aide volunteer in Lincoln for the 2021 tax season, please email yorke1946@gmail.com with your name, address, phone number, and position(s) you are interested in. Gary Steer, 916-587-2822.

Attention Retired and Currently Employed Law Enforcement Officers

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

For more information please contact: Chuck Schmidt, Coordinator
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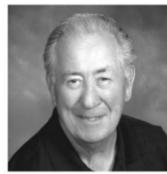
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The Kamienskis

(cont' from page 1)

He desired to be a Forest Ranger and was informed that a college degree was required. Late in his senior year he applied to four universities and all four rejected him because of his grades. Then he applied to Colorado State, University of Colorado and Utah State. He was accepted at all three and chose Utah State because it was three times cheaper than the Colorado schools. He had to take an entrance exam to determine his courses and was required to take "Bonehead English" and Algebra as a freshman. During his freshman year, he was put on academic probation and offered a "Roads Scholarship" (not to be confused with a Rhodes Scholarship!) where he was told to shape up or hit the road. He selected the former choice and survived his first year of college. Changing his major from Forestry to Entomology, he graduated with a BA in Entomology and a minor in Organic Chemistry. His exceptional grades in his junior and senior years provided him with scholarships to the University of Wisconsin, University of Kansas and Oregon State for graduate school. He chose Oregon State because of the opportunities in organic chemistry/biochemistry and, also because he had spent time at the USDA Lab Affecting Insects and Mammals in Corvallis. He received a Master of Arts in Biochemistry. He was then awarded a fellowship from UC Berkeley and procured a PhD in Toxicology from the school in 1968.

After his PhD work, Frank was accepted to a Post-Doctoral Fellowship in Pharmacology program at the Harvard School of Public Health from 1968-1970. After this schooling, he was hired as a Senior Research Toxicologist by the Stauffer Chemical Company. At the time, there were probably fewer than ten toxicologists in the United States. Three years later, he accepted a position at Chevron Chemical Company as a Toxicologist/Regulatory Specialist with both the Agricultural Chemical and the Ortho Garden and Home Divisions. He stayed with Chevron until he retired in 1999 at the age of fifty-nine. One of his noteworthy accomplishments during his tenure at Chevron was developing a successful bait to kill snails that did not have toxicity for dogs.



The Kamienskis



From 1983 to 1988, Frank had a trophy business in his garage while working full-time at Chevron. He worked in the garage from four a.m. to seven a.m. and eight p.m. to midnight on the business and went to Chevron during the day. Concurrently, he coached youth baseball for fifteen years from 1975-1990 with games and practice five days a week. Essentially, he worked at three different responsibilities for six years.

way to Pennsylvania for Christmas break from Berkeley. He decided to visit a college friend who was working in Colorado Springs. Frank's friend and Patty both lived in the same apartment complex. Eventually, Patty moved to Berkeley while Frank finished his studies and the couple married shortly thereafter. Patty kept teaching until the couple had the first of their three boys. She started teaching again when the youngest son began high school.

Frank and Patty have three boys. They have all graduated from college. The oldest lives in San Mateo and is a mortgage broker. He has two teenage boys. The middle son lives in Woodland and has two girls and a boy. He is a Certified Pest Control Advisor working for an agricultural chemical company. In this family, both parents work so Patty and Frank have been recruited to babysit. They drop off and pick up one of the children to and from school during the week and have the joy of sometimes having the children for overnight stays in Sun City. Their youngest son is a Field Research Specialist with a Masters' Degree who also works for an agricultural chemical/seed company. He lives in Illinois. He has a teenage son and daughter. One of Frank's annual trips is a Thanksgiving whitetail hunt with his son. This year, his grandson will be joining them.

Frank and Patty moved to Sun City in 2016 from Pinole. Frank has been consumed with sturgeon fishing, largemouth bass fishing, duck, deer and turkey hunting. His main indoor interest is playing bridge and there are ample opportunities in SCLH. Patty also enjoys playing in several bridge groups in Lincoln, including partner bridge with Frank. She teaches CCD (Catechism classes) one day a week and plays mahjong. She also likes to line dance and will be glad when the in-person classes start up again soon.

The Kamienskis, especially Frank, demonstrate the value of early work, extensive education and family values that lead to an early, satisfying retirement and long marriage. His early experiences working and making his own money paved the way on the road to a successful, busy life. Frank's challenges that he faced while growing up taught him how to overcome those obstacles for his own family, even when that meant working multiple jobs at once. The couple values their time in Lincoln Hills and are thankful for their faith, the family that is close by, and the friends they have made in their various activities over the last five years.

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Observations on Aging and LLA's and TGH's

BY MARTIN GREEN

On Aging: Readers know that since I became an old (very old) coot myself I've become interested in reading anything other people have written about aging. Most recently, I came across a book called "Rules for Aging" by Roger Rosenblatt. Rule 1 is "It Doesn't Matter." Rosenblatt says, "Follow this rule and it will add decades to your life... it does not matter if you are late, or early; if you are here, or if you are there; if you said it, or did not say it; if you were clever, or if you were stupid... if you didn't get that promotion, or prize, or house, or if you did. It doesn't matter."

As you get older, and then really old, as you are trying to navigate through each day, doing your best to get out of your chair, avoid falling, remember where you put things, ignore the latest ache or pain, it does seem that such things in the past lose their significance and you can ask, "Did that really matter?" and say "Not really."

There is one thing that, despite everything, I still regret. Way back when I was working I got into a bowling league. In my first two seasons I won a Most Improved Bowler trophy, a small one, mainly because during the first few weeks my scores were so low I couldn't help but improve. I eventually became a fair-to-middling bowler, with about a 160 average, then one night, I don't know why, I started off a game with six strikes in a row. I became aware that people in the bowling

alley were watching me. Needless to say, my streak couldn't continue and in the seventh frame one pin wouldn't go down. It was the five pin, the easiest one to hit for a spare, and, again, needless to say, I missed it. Yes, I was nervous. I finished with a 222 score and, with my handicap, thought I was sure to win the trophy for high individual score, a big one. Unfortunately, for me, someone else bowled a really good game and I lost out by three or four pins. Now, if I'd made that spare... I still at times think about it and regret it. But, hey, I'll follow Rosenblatt's advice and tell myself, "It doesn't matter."

On to Rule 2, which is "Nobody is thinking about you." Rosenblatt elaborates: "you are certain that your friends are becoming your enemies; that your grocer, garbage man, clergyman, sister-in-law, and dog are all of the opinion that you have put on weight, that you have lost your touch, that you have lost your mind... that everyone spends two-thirds of every day commenting on your disintegration, denigrating your work, plotting your assassination. I promise you: nobody is thinking about you. They are thinking about themselves---just like you."

All too true. Life will be much simpler if you don't stop to worry about what others think about you and maybe this will add some years to your life. And, as with Rule 1, this becomes easier as you get older. You don't

have to worry about how to dress any more because you don't have a job or anything else much to go to. I kept a blazer and a necktie to wear at Captain's dinner on cruises. Now that we're no longer cruising, I recently donated the blazer, which had gotten too tight on me anyway. You don't have to remember names or faces because you're supposed to forget things. There are a lot of other things you don't have to do, like going on to Rule 3, because I want to go on to something else.

LLA's (Life's Little Annoyances) and TGH's (Things Guaranteed to Happen, Usually Bad): yes, I'm aware that I haven't written about these all year, perhaps because with the shadow of Covid hanging over us they didn't seem that important. However, they are still an integral part of our lives, especially the lives of us oldsters. Many LLA's and TGH's have accumulated this year but I'll just go into one because it happened so recently.

I'm partly to blame for this as I initiated it, but I hold our phone (and TV and internet) provider mainly responsible. As we all know, robocalls have become a daily LLA and I called our provider to see if we could block this one robocall, which came every day. The tech person I talked to said to dial *72 and give that robocall's number, which I did and the robocall was forwarded to a "do not call list." The trouble was that all of our calls were so forwarded. I learned this when a friend

who'd been trying to call e-mailed me. An LLA come to light.

I immediately called the provider and asked that the *72 thing be removed. This was done but a minor problem remained. When this same friend called the phone rang and I saw his User ID and he could hear me but I couldn't hear him. I called the provider and another techie said he'd look into it. He then asked if I still would like that robocall number to be blocked and that he could do it. I foolishly said, "Sure." Yes, a TGH, whatever was done the same thing happened; this time callers were told our phone was inoperable.

I'd talked to this techie on a Saturday and, unfortunately, Sunday was Beverly's birthday and a lot of people, including our sons, were trying to call her. Much more than a LLA. I found out because this time Beverly's brother e-mailed her. I, of course immediately called the provider again and said to remove whatever had been done immediately. This was done but by then it was too late, Beverly had missed all of those birthday calls.

I made one last call to the provider on Monday and let the customer service lady know how upset we were. Interestingly, she said yesterday was her birthday, too, and nobody had called her. I don't know if this was true or if she was just saying that but in the end she gave us a \$25 credit. I'm still upset when I think about it.

Next month, December, the last "Observations" of this year, I'll try to cover some other LLA's and TGH's and possibly some more of the rules on aging.

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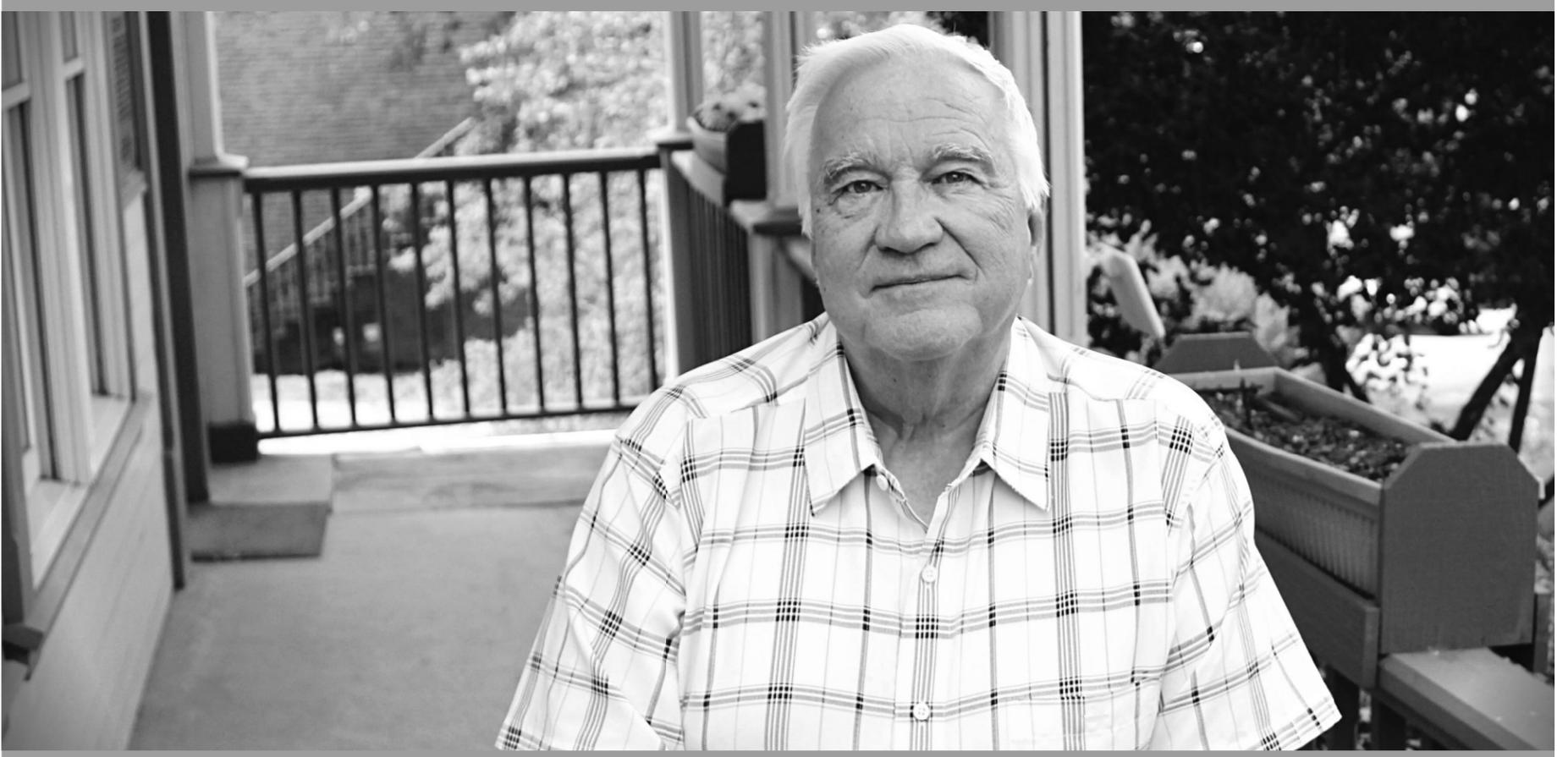
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"What do I want my legacy to be? First, that I was a good dad. Second, that I made a difference in the community. PCF was a natural fit and a great resource for paying forward a portion of my blessings."

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**.



Neighborhood Watch

BY DR. BARBARA BRANCH

Neighborhood Watch Mission Statement is to —

- Strengthen neighborhood ties
- Increase personal safety and security awareness
- Be the “eyes and ears” of the Lincoln Police and Fire Departments
- Encourage emergency preparedness

Strengthening Neighborhood Ties National Night Out — Many neighborhoods and villages held National Night Out events on October 5. Adjustments were made to make residents feel comfortable in this time of the continuing pandemic concerns. Check out the November Compass for photos from events. Hopefully, we can get back to full swing next October for a full National Night Out. Thanks to all the hosts who made these modified NNO events possible.

The Salt Mine Food Drive was very successful. The truck had three full pallets and we collected another careful of donations after the truck left Orchard Creek parking lot. Thanks to everyone who donated, to everyone who coordinated neighborhood collections, and to those who delivered to the food truck. A special thanks to Director Suzanne Rosevold for coordinating the food drive.

Welcome to New Volunteers —
Welcome to these new Mailbox Captains: Melissa Ogata V19B MS 10; Laurel Whorf V 40B MS 2 & 3; Jeanine D’Anne-Belli V22A MS 7. Thank you for joining our Neighborhood Watch team.

Volunteer —
Neighborhood Watch is still in need of Mailbox Captains, Coordinators, and Directors. Please contact Suzanne Rosevold, Assistant Executive Director and Nominations Coordinator, at sznrvld202@gmail.com for more information.

Use of Mailbox Captains Resident Contact Forms - Correction

Neighborhood Watch wants to remind residents that the private information they share with the Mailbox Captain is maintained only by that Mailbox Captain, their co-captain (if they have one) and their

Village Coordinator. No information is shared with any other Neighborhood Watch volunteers including other Mailbox Captains, Village Coordinators, or Directors. Neighborhood Watch does not maintain a general database of resident information. Neighborhood Watch volunteers are not allowed to use their Contact Email lists to send any information to residents that is not directly related to NW business, sent directly to them from NW for distribution.

Emergency Preparedness and Neighborhood Watch Alerts —
Safety Symposium

Neighborhood Watch hosted a Safety Symposium on October 26 from 1:30 – 3:30 in the Orchard Creek Ballroom. The speakers included Chief Matt Alves from Lincoln Police and Pat Togstad from Neighbors InDeed. Information from Neighbors InDeed, The Lincoln Hills Foundation, the City of Lincoln Camera registration program, and Placer Protects were shared. At this writing the Symposium was not yet held but we expected 200 resident attendees.

Current Alerts —

1. ALARM SCAM ---On Tuesday, 09/14/21, at 1:00 PM, the below listed subject came to the door of a resident in the 2100 block of Winding Way and told the resident that he was there on behalf of the “My 360 Alarm Company” and that he was there to change the battery and service the alarm system. This Alert Resident refused to let him into the house and he left. At this time, the real purpose of this attempt to gain entry into the residence is unknown. The resident indicates that the same type of incident occurred to a relative in another area of Lincoln Hills with a different alarm company. A report was not made about that incident.

Beware that the imposter could pretend to represent any company.

Subject: “Southern European” Male, late

20’s—early 30’s, 5’10—11, Dark Hair, & Eyes, Slim Build, royal blue T-shirt, Jeans. He was carrying a clipboard and was wearing a badge on a lanyard but the blank side was facing out.

The resident did not see a car.

The resident contacted her alarm company who verified they did not send anyone. The resident notified Lincoln Police and her Mailbox Captain called Curator Security (916 771-7185.)

2. Saturday, September 18, 2021, residents in the 2300 block of Fountain Hill Loop reported to the police that they interrupted a burglary while they were home. As noted above, the suspect was quickly found and arrested. (V23 backs to open space and Stoneridge Blvd, entrances are Fountain Hill Loop off Stoneridge Blvd).

Officers arrived in the area and located the suspect, a short vehicle pursuit ensued, the driver stopped the vehicle and fled on foot. The suspect was subsequently taken into custody without further incident. The suspect was identified as 26-year-old, Kevin Graves, of Lincoln. Graves was arrested for the following charges: Burglary, Evading, Committing a felony while out on Bail/OR, Possession of Controlled Substance, Possession of Paraphernalia, Driving while Suspended for DUI, along with five outstanding misdemeanor arrest warrants. Graves was booked into the Placer County Jail.

During days of hot weather, it is tempting to leave windows and/or a sliding door open to cool our homes at night. Neighborhood Watch and NeighborsInDeed have strongly recommended that windows or doors left open MUST have a PVC pipe or a strong dowel in their track that prevents the door or window from opening more than 4 inches. NeighborsInDeed.org has a helpful flyer, Home Security Suggestions.

We do live in a relatively safe community but from time to time there are opportunists who go through our villages looking for easy targets. These individuals may be on foot, bicycle or in a vehicle. They may be male or female. Always be alert and aware. Immediately report any suspicious person(s) or vehicles to the police. Emergency 911, Non-Emergency 916-645-4040.

Report an incident or suspicious

person(s) to Lincoln Police first, then notify Neighborhood Watch. The victim must make the police report.

A Mailbox Captain or neighbor may assist the victim in making the Neighborhood Watch report. The important thing is to get the victim’s contact information for first-hand information. Visit sclhWatch.org to report an incident to Neighborhood Watch.

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

1. To receive NW Alerts, using your personal computer or ipad, go to sclhWatch.org & click ADD ME TO ALERTS. A blank email will open. Just click send.

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

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

Neighbors Helping Neighbors —

Recently a resident with cognitive challenges wandered away from home. Her husband contacted the police but also contacted Neighborhood Watch. We were quickly able to mobilize the whole village to search for the missing resident. This is an example of Neighbors helping Neighbors. Fortunately, the resident was found safe. We don’t know who found her but the neighbors out searching certainly helped. Kudos to Village 41A.

Send any Neighbors Helping Neighbors good stories to executivedirector@sclhwatch.org.



Lincoln Hills Foundation

(cont’ from page 1)

people with disabilities and is usually priced at \$21.25, but the Lincoln Hills Foundation is underwriting part of the cost and selling the packet for \$10. If you would like to learn about it or use the service call 916-434-6852.

The Lincoln Hills Foundation wants to offer our thanks to all of our supporters for their donations and purchases and we wish everyone a Happy Thanksgiving.



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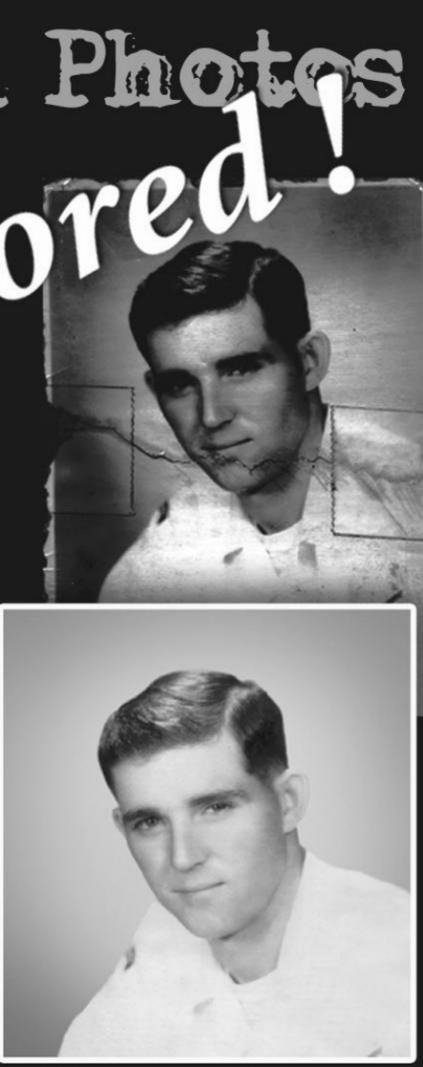
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Letters to the Editors...

(cont' from page 3)

which represented more than a majority of the votes cast, majorities between 63% and 75%. I attended an information meeting in my neighborhood prior to the election. The HOA Board representatives presented the exact language of each amendment and described in detail what YES and NO votes meant. There was no promotion of any of the amendments by the Board members. They presented the details and background, answered questions, and did not ask for either a YES or NO vote. A person representing the NO on everything group was there passing out fliers. Regarding the facts of the amendments, I'll start with Amendment 2. Currently, if the HOA Board wants to bring in an outside management company, four members can vote to do that. This would be amended to require a vote of the residents to make that change. That doesn't sound like a power grab to me. Amendment 5 clarifies some language in our bylaws and CC&Rs for consistency - pretty benign since it doesn't change the authority of the HOA Board. Amendment 4 would extend the terms of the Directors an additional year. This would give a Director time to learn the duties and be more effective. Since the Directors are elected by the residents, you get who your chosen Director for an additional year. Amendment 3 would eliminate cumulative voting. Where do you ever see cumulative voting? It's not needed, nor does it make much sense in an established, fully populated community. Amendment 1 would reinstate the Fixed Mandatory Assessment, something that has been in place for years. The total amount that can be collected in any year is stipulated in Davis-Sterling. As was

mentioned by a resident at my information meeting in response to a statement that the FMA is a slush fund, nothing happens in a vacuum in this community. We have an HOA Board of 7 elected residents, a Finance Committee, a Properties Committee, and open meetings which are preserved on video for those who can't make the meetings. I would ask those 1,000+ residents who voted NO on everything to be sure they inform themselves for any future election, rather than listening to a minority of residents whose only response to anything is NO.

Karl Hess

...

Tuesday Sun Senior Bowlers

BY ROSALIE MEYER

Tuesday Sun Senior Bowlers are going strong at Strikes Unlimited in Rocklin. Practice starts at 9:45 AM with League Play at 10 AM. With 18 mixed gender teams the competition increases as our skills are enhanced. Most improved men are Mike Becze (15.07), Dave Fisk (9.67), and Ron Rysselburghe (9.33) and most improved women are Carly Cassandra (9.60), Renee Gann (9.53), and Ann Holbak (7.27). It's been a great season with highest averages going to Ron Rysselburghe (191.33), Michelle Elkins (179.78), Dave Fisk (185.67), Ellen Asbury (165.13), Roy Hackman (185.00), and Kayo Beckham (164.27). If you've considered bowling, stop by and introduce yourself or give our secretary Linda Zierman a call at 916-408-2397.

...

Michelle's Current Listing



Trinity Model

If you've been looking for a mid-sized, turn-key home, look no further. This lovely Trinity has it all. Upgrades include: welcoming glass front door w/security screen entry, plantation shutters, decorator paint colors, den/office with designer track lighting perfect for all you crafters and lots of windows for natural daylight through-out the day. The kitchen offers a center prep island with pendant lighting, built-in stainless steel refrigerator, cooktop and oven, maple cabinets, Silestone counter tops with tile backsplash, under cabinet lighting, glass door to pantry and window overlooking the garden. The home offers an inside laundry room with sink, built-in work station or folding bar and storage area. The covered patio and lush garden are welcoming after a long day of tennis or pickle ball.

Priced at \$639,000



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NOTARY PUBLIC SINCE 1975. Sun City resident Pat Shook. \$15 first signature \$10 other signatures same person. 916-783-3617 landline.

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

MATT'S MAINTENANCE 916-747-7444. Handyman Services/Home Maintenance tasks in SCLH. Second generation SCLH resident! CSLB# 1039543.

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

DOG GROOMING FOR SMALL DOGS. TEXT DIANE AT 408-887-5517.

GENEALOGY/DNA Help - Create or update your family tree or use DNA to resolve family myths. Julie@asfaund.com, 925-588-1566.

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

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

DRIVER AT YOUR SERVICE SCLH Resident Airport Doctor Appointments Shopping Errands Call Cindy 916-747-1882.

COUNSELING FOR SENIORS: Supporting Seniors dealing with grief, anxiety, depression, aging, loneliness, family issues. Telehealth sessions - Medicare Certified. Bob Tatum, Clinical Social Worker. Phone: 530-228-7465.

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GOLF CART & HANDI-CAP SCOOTER: 2002 Ez Go golf cart 48 amps, 2 seats street legal \$2,400. 2018 Go-Go handi cap scooter excellent condition, comes apart for easy lifting/storage \$700. 916 759-4154.

BIKE CAR ROOF RACK. Hardly used. \$175 OBO. Craig 916-409-0521/craigzelie@att.net

RYOBI BATTERY LAWN MOWER. 40 V with charger and catcher. Excellent Condition \$100. 916-408-8656.

2600 PSI PRESSURE WASHER Honda \$100. Grant Hunter 916-791-0359.

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

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

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

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

ANNOUNCEMENTS

HOLIDAY CRAFT SALE: November 6th, Saturday 9am-3pm, 1598 Rose Bouquet, Lincoln.

GARAGESALE: Nov 5 & 6 9:00-2:00. Christmas decor+ lots of good stuff. Come & grab it. 1909 Deep Springs Lane.

CRAFT SHOW: St. Matthews Lutheran Church, 3785 Placer Corporate Dr, Rocklin, CA, Nov. 5, Friday, 5pm-8pm, Nov. 6, Saturday, 10am-5pm. Benefit Acres of Hope in Auburn.

GARAGESALE- Nov 5 & 6, 9:00-2:00, Christmas decor+ lots of good stuff. Come & grab it 1909 Deep Springs Lane.

CAREGIVER SUPPORT GROUP: (those caring for someone with Parkinson's). Meets the 2nd Tuesday of each month from 10:00 AM to 11:00 AM. Location: Lincoln Hills Community Church, 950 E. Joiner Parkway, Lincoln. Facilitator: Charlotte James, 916-316-1351 or cjames4528@sbcglobal.net

LINCOLN PARKINSON'S SUPPORT GROUP: Meets the 3rd Tuesday of each month from 10-11:30 am. Location: Lincoln Hills Community Church, 950 E. Joiner Parkway, Lincoln. Masks: Optional if vaccinated, required if non-vaccinated. As expected, please do not attend if you don't feel well. Questions? Call facilitators Gary High, 916-434-5905 or Susan Feldman, 916-919-0063.

SACRAMENT SPEAKERS SERIES ticket holders: If we can get 30 – 40 ticket holders together, the Community Theater will send a bus free to Roseville, as part of their community outreach. Contact Cindy Faulkner at 916 759 7068, call or text, or email at clfaulkner@surewest.net.

DO YOU LIKE RODEOS or how about a great breakfast or lunch? If so, Lincoln has one of the best High School rodeos in the area. Best of all it is free. So, if you want to spend a great day watching these high schoolers ride and rope, come to one of these events listed below. The grounds are right on Lincoln Blvd. on the way into town off Hyw 65. Event schedule: Nov. 13-14.

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

**FREE ADS — INCLUDE

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

BUSINESS ADS

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

Classified Ad Submissions —

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

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

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

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

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

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

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

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

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

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



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1291 Perdita Lane	Fremont	\$705,000
868 Granite Falls Lane	Annadel	\$750,000
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2327 Walden View Lane	Plumas	\$795,000
2340 Hidden Hills Lane	Fremont	\$811,000
2204 Ginger Hill Loop	Marin	\$819,000
853 Northfield Lane	Springcrest	\$870,000
266 Lariat Loop	Meadowgate	\$905,000
1994 Grand Pheasant Lane	Napa	\$935,000
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