

# SUN SENIOR NEWS

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## Karol Mendez — Music Lessons

BY RUTH MORSE

Sometimes a lifelong passion brings a lifetime of benefits. Karol Mendez, who moved to Lincoln Hills in 2016, finds this to be true. Her love of music was instrumental in a trip to Amsterdam for study, the place where she met her first husband. Music also assisted her when she lost her second husband to cancer and even motivated her to recover quickly from two different hip replacement surgeries. The second surgery this year was scheduled to guarantee she would be healed in time to participate in multiple holiday musical events.

Karol was born in Calistoga, California and her family moved to Sunnyvale. She lived in the Bay Area most of her life until she moved to Lincoln. She graduated from Fremont High School in Sunnyvale and after a year at De Anza College, a junior college, she spent a year studying music in Amsterdam at the Muzieklyceum with a full scholarship. Karol spent over twenty years as a Timpanist and Percussionist for several symphony



PHOTO BY JEFF ANDERSEN

orchestras including the California Youth Symphony where she was a soloist in 1968. In 1969, the group went on tour for a month in Australia performing Fantasy on Japanese

Wood Prints by Alan Hovaness for Xylophone and Orchestra. She also performed with the Peninsula Symphony in Menlo Park, with the Amsterdam Muzieklyceum Orchestra, and with the Santa Cruz and Monterey Symphony Orchestras.

During the year of study in Amsterdam, she met her future husband. After the couple married, they moved to her husband's hometown of London and had their first child, a son. Their second child, a daughter, was born in San Jose after the family relocated to California. They eventually relocated to Santa Cruz which was where Karol was living before moving to Lincoln, first at a home near Ferrari Ranch Road and then to her current home in Sun City.

Karol's son lives in Aptos and has two children and her daughter lives nearby in Rocklin with one child. All three granddaughters are in their twenties—one is studying to be a Nurse, (cont' on page 33)

## Lincoln Hills Foundation — Looking Back at 2021

BY DENISE BOWDEN

As we approach the end of a year we typically look back and reflect. We expected to be back in the ballroom for Bingo but despite good intentions we weren't able to make that happen, (however January is looking good).

We all love Bingo but we should take a moment to highlight the activities with direct impact on the members of this community. In 2021 the Lincoln Hills Foundation funded Project Lifesaver in partnership with the Lincoln Police Department. This technology-based system that uses a wristband tracker helps locate individuals who wander allowing for shorter time to get back home safely with the added benefit of using less resources in searching.

In response to needs voiced by residents we funded transportation ticket books in conjunction with Dial-A-Ride. Seniors who need to get around Lincoln may purchase discounted ticket books and increase their ability to get around town. Residents spoke and we listened. Both programs are described in more detail on our website www.lincolnhillsfoundation.org.

On the lighter side, don't forget about the first SCLH Community Cookbook featuring favorite recipes from our residents, (cont' on page 38)

## LH Community Chorus

BY BARRY MACKINTOSH

After Covid canceled our holiday concert last year (and our last two spring concerts), "We Need a Little Christmas" has never been truer. The Chorus will help meet this need when that showpiece from Jerry Herman's "Mame" headlines our three Ballroom performances on December 12-14.

We'll follow it with 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."

We'll mix in 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 two rousing spirituals: "Amen! Tell It on the Mountain!" and "Children, Go Where I Send Thee." Our "Jingle Bells" set to music from Tchaikovsky's "Nutcracker Suite" will spark

smiles for sure!

You'll love all these and more during our long-delayed return to the Ballroom. See the latest Compass for information about tickets and get yours now, because

our December concerts always sell out and seating may be reduced from pre-Covid levels.

The Chorus comprises Lincoln Hills residents professionally directed and accompanied by Paul Melkonian and Nina Malone. We'll welcome new members on January 4 when we begin rehearsing for our next concert on May 5-7, 2022. For more information, visit our website at lincolnhillschorus.org

and contact our membership coordinator, Mari Long, at mlong24sjca@sbcglobal.net or 916-409-9136.

• • •

## Players

BY DAVID AFRICA

After a two-year hiatus the Lincoln Hills Players were back on the main stage in the Orchard Creek ballroom with a hugely (cont' on page 5)

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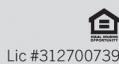
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**From the Editors**



*Merry Christmas and Happy Holidays!*

*Wishing you the very best of the Season*

*and throughout the New Year —*



Liz & Gregg Goldthorpe



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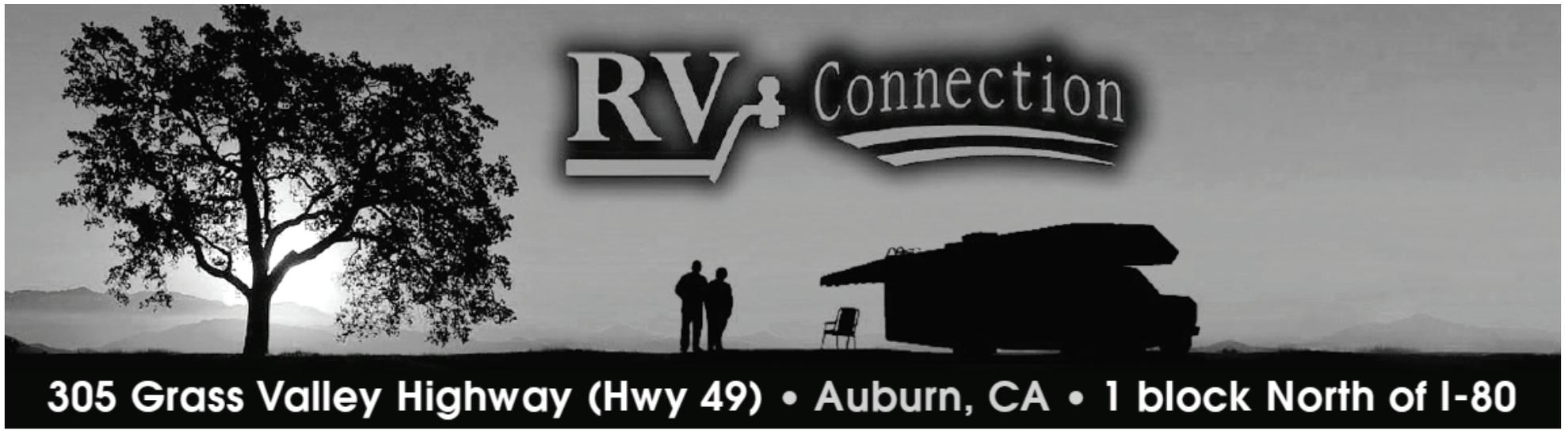
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## Players

(cont' from page 1)

successful presentation of Murder on the Orient Express. Director Julie Africa and producer Craig Stults gave the audience a very entertaining play full of intrigue and suspense in the classic Agatha Christie murder mystery.

Led by seasoned actor Ken Reiss, the cast and crew gave the sold-out audiences performances to remember. More than 1300 tickets were sold to the enthusiastic crowd.

In April the Lincoln Hills Players will present the colorful and exciting musical Damn Yankees. Director MaryEllen Vogt will bring this production to the main stage in the Orchard Creek ballroom. Auditions will be held December 6 and 8 in Presentation Hall in the Kilaga Springs lodge. There will be parts for thirteen men and thirteen women. Singers, dancers, and actors will take the stage for your entertainment. Watch future publications for show times.

The Players meet the second Monday of each month in the Kilaga Lodge, no meeting in December.

Contact David Africa, 916-708-0009, [djafrika@sbcglobal.net](mailto:djafrika@sbcglobal.net)

• • •

## LH Music Group

BY DAN LEHRER

Although we did not meet and jam in November, we are practicing in small groups on our own. Practicing with others always improves our skills and is so much fun. One sub group — the “Dan Jam”, Dan, Laurie, Mike and Steve, will be playing for the Shalom Group Party in December. Our next meeting will be January 25th, 2022. We are looking forward to another year of singing and playing. We will be meeting at Presentation Hall in Kilaga Springs in 2022. You can find the Lead Sheets for the group songs and more information on our website, [lincolnhillsmusicgroup.org](http://lincolnhillsmusicgroup.org); the password is musicgroup. You can also contact Dan Lehrer at [dlehrer72@gmail.com](mailto: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.

• • •



Holiday Dance 2019.

## Country Couples

BY KATHY LOPEZ

Happy Holidays to all! We are truly grateful that we were able to have our Holiday dinner/dance this year. Thank you to our Association for allowing this event to happen. The OC Ballroom was decorated beautifully with reds and greens, tablecloths, and festive centerpieces. The catered meal was yummy and we had so much fun dancing and socializing, it was wonderful to see so many smiling faces and people having a good time!

While we haven't been able to put on any “dance events” this year, our members have been able to participate in Country Couples' weekly dance review sessions for both Beginner and Intermediate levels. These reviews started up again (after the Covid hiatus) a few months ago. To participate in the weekly sessions, you must be a Country Couples member and have had a lesson or two in the dance being reviewed. Also, lessons for both levels are now being taught on Monday evenings at Kilaga by Jim & Jeanie Keener.

I think I speak for a lot of people when I say that I'm sure looking forward to 2022 and hopefully getting back to our normal, active lifestyle!

If you're interested in learning Country Couples dancing, please 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](http://www.sclhcc.com)

• • •

## Ballroom Dance Club

BY ERNIE MICHELI

The Ballroom Dance Club celebrated its first party of the year in October. The party had a Halloween theme, and many participants arrived in costume. Prizes were awarded to best male and female costumes. Bob Tatum was selected for wearing the best male costume and is pictured with his wife Dtim. Sunny DeSantis was selected for wearing the best female costume and is pictured with her husband Don.

The party was held in the Orchard Creek Ballroom and catered by Meridians. The buffet consisted of salad, spaghetti and meat balls, chicken parmigiana, tortellini Alfredo and



Bob and Dtim Tatum

cookies. Music was selected and coordinated by Ruth Algeri to fit the many ballroom dance styles taught during the year. Sal Algeri served as the Master of Ceremony.

Dance lessons will be suspended during the month of December so that members and instructors can enjoy the Christmas Holidays. Lessons will resume in January. Listed below is the monthly schedule for 2022: January, Cha Cha Cha; February, Waltz; March, West Coast Swing; April, East Coast Swing; May, Night Club Two Step; June, Tango; July, Cha Cha Cha; August, Fox Trot; September, East Coast Swing; October, Waltz; November, Rumba.

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.

Merry Christmas and Happy Holidays!

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(more Club News cont' on page 6)



Sunny and Don DeSantis



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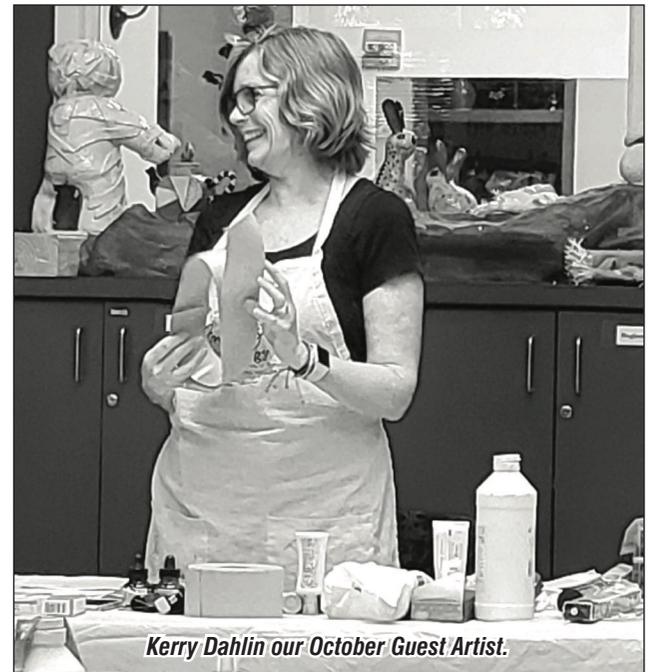
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### Mixed Media

BY JILL SHORT

The sights, sounds, and smells of the season are perfect to get those creative juices flowing. It is also a great time to be thinking of a gift list of art supplies for yourself. Talk to mixed media artists and each one will probably come up with a different list. Here are a few of my favorite go to supplies: Gesso (white) is a must along with acrylic paints. Water soluble crayons are a fun product to use for all art projects. I have Tim Holtz distress crayons, Marabu art crayons, Scribble Sticks by Dina Wakely, and Neocolor II. A small sharp scissors should be on everybody's list. I used to use glue sticks, but now I mostly use Liquitex Matte Medium and Liquitex Matte Gel. For me personally, I felt the glue sticks did not hold things as well. A must in my stash is black and white Posca pens and Sharpies. I have all kinds of brushes that aren't expensive and Princeton Catalyst Tools. The catalyst tool is like a silicone spatula. I use it when I glue down papers to spread the glue and smooth the papers. Of course, included in my stash of favorite supplies includes Distress ink pads and stencils. If you are not sure where to find art supplies I have a go to list. As far as local stores, Hobby Lobby carries lot of



*Kerry Dahlin our October Guest Artist.*

supplies as well as Michaels and Joanns. Never go into these local stores with out a coupon. Amazon is great and fast if you have prime, but their prices are not always cheap. Other online places that are great Blick Art Supply, Jerrys Artarama and Joggles.

Our October meeting had a huge turnout. Our guest speaker, Kerry Dahlin led us in making small accordion mixed media books. Each participants book was so different from each other. It is always fun to see how each person interprets the lesson. What a fun

*(cont' on page 7)*

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### Mixed Media

(cont' from page 6)

afternoon!

This December check out the bottom window on the left side of the Media Room (OC) door to see samples of mixed media art from a few of our members. The window will also include the "Deck the Halls" project from our November meeting.

The club is going to end the year with a holiday luncheon on December 15 at 12:30. Frima Stewart will be hosting the event at her home. We will be having our exciting gift exchange game. Members will be getting an email with more details about our Holiday event.

Next year our club will continue to meet the 3rd Wednesday at 1:00 PM in the Ceramics Room (OC). For more information contact our Mixed Media President, Chris Fetter at 916-276-7895 or email at Christine.fetter@yahoo.com

• • •

### LH Painters Club

BY BOB GREEN

Painters Club Members are exhibiting 20+ unique original works of Art at the Buonarroti Ristorante on Lincoln Blvd. through January 14, 2022.

Below is a sample of the type of artwork. A Mixed Media piece 10 x 13.5 by our member artist Rudi Franke.

Club members also exhibit their works at the Art League of Lincoln Gallery located



at 580 6th Street.

Our members will again be displaying their paintings at Simple Pleasures Restaurant on Fifth Street in Lincoln starting in mid-January. The next major Art Exhibit for our members will be the Fine Arts Show held in the Lincoln Hills OC ballroom scheduled for February 25,26, 27, 2022.

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

• • •

### Needle Arts

BY MARY SWANSON

Our November meeting featured the Community Service group. It was interesting to learn of the history of the group, view the wide range of projects made and donated to various charities in the local area and to see beautiful examples of their artistry. One charitable organization in particular, Hearts Apart, is a nationwide program that supports deploying military members. While Community Service donates quilts for the children at Beale Air Force Base to cuddle with while a parent is deployed, another organization participates by taking family photos prior to the parent leaving and then provides a photo that is sewn into the inside of the uniform of the military member so that they may always have their family near their heart. Since 2012 over 2,075 quilts, not counting various knitted items have been donated. Most recently a quilt donated for the Sutter Hospital Breast Cancer Fundraiser had a high bid of \$180. If you haven't already checked out the Community Service group, please stop by the sewing room on Thursday mornings and join us in this worthwhile effort.

The December meeting will be just a short portion of the luncheon scheduled for December 17th in the Orchard Creek Ballroom. Reservation forms are available on our website. There are three menu items to choose from and the cost is \$25. Return your reservation form along with your check, payable to SCLH Needle Arts soon, the deadline of December 10th is fast approaching.

Along with the luncheon, entertainment by the Lincoln High School Elite Choir will be featured. They are a talented group of young people and lift my spirits each time I've heard them perform. Don't miss out!

Shopping totes with the SCLH Needle Arts logo are now available for purchase. These bright red bags are great for carrying your needle arts supplies, groceries or a host of other items. They are only \$5 and all funds go to supporting Needle Arts activities. These totes will be available for purchase at the December luncheon.

The bucket hat workshop originally scheduled in early November has been delayed until springtime. Watch your email for updates. The first Mercy Auburn retreat for 2022 is scheduled for May 2 through 5 and the cost remains at the 2021 rate of \$465. Mark your calendars for this fun week.

2022 membership fees are now due. The membership form is available on the NA website. Please return it along with your check for \$20 payable to SCLH Needle Arts (no cash please). All members signing up by December 31, 2021 will be entered into a drawing for a free 2022 membership. The winner will have their fee refunded.

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

• • •

(more Club News cont' on page 9)

# HERE FROM THE BEGINNING. HERE FOR YOU TODAY.



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## Paper Arts Club

BY LINDA LUCCHETTI

Happy Holidays! During our first meeting of the New Year 2022 on January 6, we're having a free for all! Bring your extra materials and items you no longer want or use, and we'll have a free shopping experience for all who attend.



Need a change of scenery or a getaway from your craft room? Open Lab offers a place for members to work on their projects and meet informally with others to share ideas. After a long time, Open Lab is finally opening up on January 20, starting at 9:00 a.m. in the Terra Cotta Room (same location as our monthly meetings) at Kilaga Springs Lodge. Stop by to see what people are working on.

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 scewlong@sbcglobal.net.

## Woodcarvers Club

BY LIONEL RAINMAN

Getting started in woodcarving is more than picking up a knife and making chips. First you need to understand something about different styles of woodcarving. This understanding will help you decide which style appeals to you and where you should begin.

Whittling, is perhaps the most common of all woodcarving styles as well as the oldest. It is done using a knife and each stroke or cut of the knife can be seen in the finished piece.

Relief Carvings, have a flat back and the carving protrudes from the back in a 3-dimension manner. Relief carvings can be of any subject but most common is landscape or architecture.

Carving in the round, refers to a topic carved in its entirety like a statue. The carving may be of an animal, a person or bird. Any subject really. It can be big or small, life-size or miniature. The qualifying characteristic is that the carving is done and complete all the way around.

Once you have made a decision as to what style you would like to try we can offer suggestions that will make your learning process enjoyable and rewarding.

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

## 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 meetings in October. The club officers request all attendees wear masks. We will not meet during the holidays.

The Writers' Group meets at 5:00 - 7:00 PM, on the 2nd and 4th Mondays of each

month in the Orchard Creek Multi-purpose Room. In December we will only meet on December 13th. 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.

## Book Club

BY CATHIE SZABO

"It's the Most Wonderful Time of the Year . . ." - Song

Ready for Round 2 of Holiday Eating? After gobbling down turkey and stuffing yourself with pies (all puns intended), it's time for stretch pants. By the time you read this, homes are being decorated inside and out, presents wrapped (maybe), and baking is going full blast til the oven (and our waistlines) shout "No More!" Perfect time for a break - relax on the couch with tea or hot cocoa and a good book - giving all bookworms a chance to tackle that towering TBR (to be read) stack and whittle it down a bit.

With the New Year just over the horizon, all our members are eager to hear of our plans for 2022. As this article is written and submitted for publication, voting for books to be read next year is hot and heavy. Members, Keep an eye on your email. Results of that voting will go out in a separate email. For not-yet members, the list of books will appear in the January issue of the Sun Senior News.

As for format of our meeting, here's what our 2022 meetings will look like, per our recent survey. January's meeting will be in-person! We are leaving the questions of masks up to each individual - masks are not mandated, but if a person feels more comfortable with a mask at this point in time, he or she is certainly welcome to wear one at the meeting. So, get out that bright red marker and circle January 20, 2022 - at 1:00 pm, we'll be meeting in the Multi-Purpose Room at OC to meet and greet one another and have a great book discussion. Don't know the book yet, so watch your email for that good news.

Also resulting from our survey is the welcome result of several folks willing to step up in various capacities to help the book club as we go forward. By the time you read this, all those folks have been contacted regarding their willingness to volunteer. Thank you all for participating.

Slow down, take a break and savor

December - embrace the "new normal" holidays whatever form that takes for you and yours, keep your fingers crossed for a rainy winter (another excuse to relax with hot cocoa and a book) and pat yourself on the back for getting through the past two years.

Happy Holidays to all - keep safe and healthy.

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

## Genealogy Club

BY DR. BARBARA BRANCH

There is no speaker in December. Notifications for renewal of membership will be sent to members in December. Please consider joining or renewing so that we can maintain our services for you. In the new year, we will offer live presentations, and hopefully resume coaching and walk-ins in the computer lab at Orchard Creek Lodge.

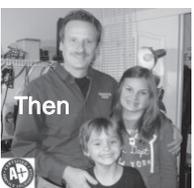
Our first live presentation will be on January 17 at 6:30 in Kilaga Springs Presentation Hall with member Bob Ringo talking about Searching Like a Pro. We will also hold officer elections in January. Consider joining us as an officer. We need people to contact speakers each month, organize the social after each presentation, or send emails reminding members about upcoming events.

Check our SCLH Genealogy Club website for handouts and updates:

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



(more Club News cont' on page 10)



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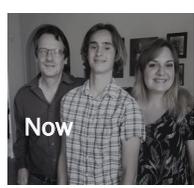
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## LH Astronomy Group

BY BILL WEAVER

Following the decision of the Sun City Lincoln Hills Administration to return to pre Covid-19 operating hours for its facilities, the Lincoln Hills Astronomy Group (LHAG) will hold its first in-person monthly membership meeting on January 5, 2021, at 6:45 PM in the Kilaga Springs Presentation Hall. This will be its first in-person meeting since December of 2019. The LHAG Steering Committee is currently scheduling in-person speakers for its upcoming 2022 meetings. The LHAG does not hold a membership meeting in December.

The LHAG Steering Committee is not establishing any additional conditions for its in-person meeting attendance because of the Covid-19 virus beyond current State and Local government requirements and guidelines.

The LHAG Cosmology Interest Group (CIG) meetings and lectures, scheduled for the third Monday of each month, returned on November 15th in the Orchard Creek Lodge. The meeting began the series of lectures on an "Introduction to Astrophysics" focusing on the laws of physics investigating everything beyond Earth and plunges you into this exciting quest by taking you step by step through the calculations that show how planets, stars, and galaxies work.

We are excited to have retired Professor Charles Hunt of the American River College physics and Astronomy Program co-lecture this series with LHAG's past president and long-time member, Morey Lewis. Please

contact Morey at [mlewis\\_cc@sbcglobal.net](mailto:mlewis_cc@sbcglobal.net) if you would like to attend these lectures and discussions.

The next LHAG Telescope Interest Group star party is scheduled for Thursday, January 3rd, 2021, at the SCLH Sports Pavilion new tennis courts. Future star party dates can be found on the LHAG website ([www.lhag.org](http://www.lhag.org)). Star parties are subject to weather and seeing conditions. Any cancellation will be sent to LHAG members via email up to the event date.

LHAG members are invited to bring their telescopes, where assistance in setting up will be enthusiastically provided if needed. This is a great opportunity to share and learn techniques for setting up telescopes and viewing the Cosmos. LHAG residents are also invited to attend the session. Setting up telescopes typically begin about an hour before sunset.

Astronomical events for December 2021

Dec 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 Moon, 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, especially around December 4 when the Geminids meteor shower is active. There is also a total solar eclipse on December 4, 2021 that unfortunately is only visible from Antarctica.

Dec 13/14: Geminid Meteors

One of the best meteor showers of the

(cont' on page 11)

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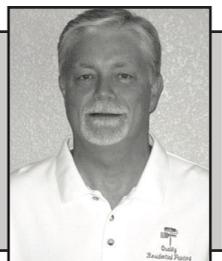
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## LH Astronomy Group

(cont' from page 10)

year, the Geminids peak on the night of December 13 and early morning hours of December 14, 2021 but will be visible from December 4-20. The Geminids are one of the most spectacular meteor showers of the year, with the possibility of sighting around 120 meteors per hour at its peak, which is on December 13 or 14. Unlike most other meteor showers, the Geminids are not associated with a comet but with an asteroid: the 3200 Phaethon. The asteroid takes about 1.4 years to orbit the Sun.

Dec 21: Winter Solstice (Shortest day of the Year)

December is the month when winter truly begins in most of the Northern Hemisphere. Most of the ancient Full Moon names are related to the low temperatures and darkness of December. The most common name is the Cold Moon, while another is Long Night Moon.

Dec 22/23: Ursid Meteors:

The Ursids meteor shower is active annually between December 17 and December 24. The shower usually peaks around December 23. At its peak, observers may be able to view as many as 10 meteors in an hour. The shower is named the Ursids because the meteors seem to radiate from the direction of the constellation Ursa Minor ("Little Dipper") in the sky. The Ursids are associated with the 8P/Tuttle comet.

• • •

## Shalom Social Group

BY JUDY GANULIN

Shalom Social Group concluded 2021 with a bang! First was our hike to Miners Creek, then Game Night. On November 22 we had our regular meeting presenting the Great American Songbook, an outstanding musical program featuring songs by Irving Berlin, Oscar Hammerstein and many others. Great music and great fun! Our last event was our annual Hanukkah party (which we couldn't have last year, so we were especially excited to have it this year). We had wonderful food (potato latkes were everyone's favorite!), live music and a raffle for super prizes. For more information please contact Joanne Levy, 508-333-8590.

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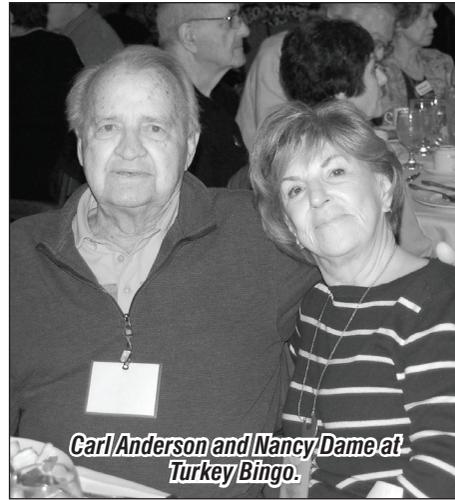
## LH Italian Club

BY LINDA LUCCHETTI

Buon Natale and Felice Anno Nuovo!

Don't be a crab! Come to our Annual Crab Feed instead! It's set for Friday, January 14 at the McBean Pavilion. Don't get into hot water. Sign up soon. This is a very popular event guaranteed to sell out faster than a speeding crawfish! Check your emails and our website for additional details.

We've got more fun events and activities coming up so why not dress for the occasion. 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 a club gathering.



Carl Anderson and Nancy Dame at Turkey Bingo.

For more information about the club, check out our website at [www.lhitalianclub.org](http://www.lhitalianclub.org).

For membership, contact Sandi Graham at 916-826-5711.

• • •

## Lavender Friends

BY SANDI DOLBEE

Here in Lincoln Hills, the top prize for our club's chili cook-off last month went to a recipe that looked nothing like those "bowls of red" sold by the "chili queens" of San Antonio, Texas, back in the 1800s.

Instead, winner Lorena Cabote's winning "creamy chicken chili" recipe featured the irresistible combination of cream cheese and heavy cream. Besides getting the most votes out of four contestants, Lorena went home with the prize of a bright red dutch oven, whose origins actually may predate the first known

chili dishes by at least a century.

The cook-off drew more than 30 club members for an event at Kilaga Springs, which coordinator Denise Webfield has been planning — and patiently nurturing — since before the COVID clampdown.

Besides the chili offerings — which also included a vegetarian option, a beefy soup version and a spicy chicken entry — other members brought a smorgasbord of salads,

(cont' on page 13)



Lorena Cabote and her award-winning "creamy chicken chili!"



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The first two weeks (January 12<sup>th</sup> and 19<sup>th</sup>) are free.

Roseville Veterans' Hall at Royer Park 110 Park Dr.

**Roseville.**

Couples and singles are welcome. No need to sign up in advance, though recommended. Contact: Bonnie Brewster at 916-991-7990 or 916-390-4060 or Holly at 530-218-3891 or 530-755-0149.



[merry christmas]

Happy Holidays from...

## The Lenora Harrison Team



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## Lavender Friends

(cont' from page 11)

condiments and desserts. The food was followed by a rousing session of Pictionary.

And now comes even more fun as we plan for a holiday brunch at Meridians, a dinner-dance at Turkey Creek and, in January, many of us will be joining a beginners square dance class here (no partner required).

Lavender Friends, a club for LGBTQ residents and their allies, wishes you all happy holidays and a pandemic-free new year.

• • •

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

BY PATTI KINGSTON

Diane Savoia is an active and enthusiastic volunteer in the SCHOOLS program. She has happily returned to Mrs. Wagner's kindergarten classroom this school year since she has been with her since Mrs. Wagner started at First Street Elementary School. She sadly had to take a year off when the schools were shut down for COVID. Ms. Savoia spends 2-3 hours each Friday in the classroom. The teacher is very grateful for the time and is enthusiastic about this vital help in her classroom.

When Mrs. Wagner sees a student who needs extra attention in a skill, she calls on Ms. Savoia to help individual students with whatever help that the teacher suggests. She is usually part of the class rotation as the students break into clusters of six to seven children. It could be a math activity, sorting skills, or possibly a game that reinforces sharing and interacting with each other.

Ms. Savoia says Mrs. Wagner has been an inspiration. She changes things up every year

depending on the needs of the individuals because she cares about each and every child. She looks forward to her time in the classroom because it's an uplifting experience for her and she thoroughly enjoys the time she gets to spend with those little people.

• • •

## LH 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.

The December Holiday Luncheon is in lieu of our monthly meeting. This event is always enjoyable and a time to catch up with friends.

Welcome New Member - Jim Jacobson - U.S. Navy

Life Member - Einar Anderson - U.S. Army

Community Veterans Day Program — The Veterans Group conducted its annual community Veterans Day ceremony in the Orchard Creek Ballroom on Thursday, November 11. The event was well attended and successful. A memorial wreath was placed next to the veterans' monument outside the main entrance to the Lodge. The was the usual excellent music from the Roseville Community Concert Band.

Next Meeting - 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. The menu includes either Turkey, Salmon or Pasta entree. For questions, contact Shirley Schultz at 916-645- 7539 or Teena Fowler at 916-543-3349.

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.

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## LH Travel Group

BY SHERON WATKINS & LINDA BEVINS

Happy Holidays! As you read this Sun Senior News, many members of the Lincoln Hills Travel Group are celebrating the nostalgic holidays on a tour that begins in Nashville, going on to Gatlinburg and ending in Asheville. The Gaylord hotel and Dollywood are filled with shows and colorful, sparkling lights. But alas, there was a waiting list of travelers who wanted to join the fun but they waited too long and the tour was filled. So start thinking ahead to 2022 & 2023. (Special Note: Our tours have seats that are reserved until only 6 months before the departure date. After the date, seats are only available on a first come basis. Please watch the dates and sign up to guarantee your seat.)

The Travel Group is offering a special program of FIVE days or TWELVE Days of Christmas. Choose one or both. Five days of Christmas in New York City offers a show at Radio City of the Rockettes plus a Broadway Show plus an incredible guided tour of many highlights of the "Big Apple". And add on Christmas in London for seven more days of Holiday fun. See all the highlights of London dressed in its finery. Among the special sights and sounds of London, the tour includes a theatre performance, a traditional English tea, Christmas Market, and a panoramic City tour. Sign up early so you don't miss this Twelve Days of Christmas. For more information and to get the flyers, e-mail Linda (djbevins17@gmail.com) for New York. For the London flyer, e-mail Sheron (sheron55@att.net)

The Lincoln Hills Travel Group is happy

to present the next Travel Shows -

January 18, 19, 20.

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Just choose your date that you would like to attend, list the number of people coming and e-mail Linda (djbevins17@gmail.com)

Cost is free but seats are limited. Our favorite Collette person - Jay Fehan, will be there to present exciting new shows for 2022 and 2023.

People are traveling, tours are filling up and airline seats are being booked up, so it is not too early to pick your dream tours and book them.

An special thought for you - Are you trying to find a really unique Christmas or Graduation gift for that older grandchild or niece or nephew? Why not consider taking them with you on a memorable trip? Perhaps a trip to Boston-the "Cradle of the Revolution", plus Lexington, Concord and Salem. Or to Mackinac Island - ferry to Grand Hotel, a National Historic Landmark, for a two night stay, stop at the largest Christmas store in the world, visit to the Henry Ford Museum and Greenfield Village, visit to "Little Bavaria" with its Germanic architecture or perhaps choose the Heritage of America tour - an incredible trail of American History from Philadelphia to Gettysburg to the Shenandoah Vally to Monticello to Colonial Williamsburg.

Perhaps take a look at Canadian Maritimes Wonders - a cool trip for hot July.

Or see some great new shows - like our small group Scotland which includes the incredible Military Tattoo experience or Switzerland BY TRAIN.

If you have not been receiving the monthly Lincoln Hills Travel Group newsletter, which includes Zoom links, and would like to receive it, please send your name and e-mail address to Sheron Watkins - travelgroup1h@gmail.com And it is free until January!

Lincoln Hills Travel Group Committee Member Contacts: Sheron Watkins 916-849-9504 sheron55@att.net; Louise Kuret Auerbach 916-408-0554 louisekuret@att.net; Lyle Auerbach 916-847-6544 lea925@att.net; Linda Bevins 916-666-7627 djbevins17@gmail.com

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(more Club News cont' on page 14)



Diane Savoia in Mrs. Wagner's Kindergarten class.



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### LH Republican Club

BY SUE DUMAS

Lincoln Hills Republican Club wishes a Happy Holidays, Merry Christmas and Happy New Year to our Neighbors, Friends and Family. Wishing you abundance in all good things.

We remain as always, ever vigilant to do what we can to promote and sustain conservative ideals and to promote and support a healthy, prosperous, Constitutional Government in the United States! Americans we stand!

Republican(s) living in Lincoln Hills interested in joining in our club? Cost is \$15/per person/per year. See website for application.

Merry Christmas and Happy New Year!  
[www.RepublicanClubSCLH.org](http://www.RepublicanClubSCLH.org)

• • •

### Apple User Group

BY RICH THAYER

At our November general meeting, LHAUG elected officers for 2022. New officers are Vicki White - president, and Rich Thayer - vice-president. Sharon Worman continues as secretary, and Gerry Esker continues as treasurer. We appreciate the outstanding leadership of our outgoing president, Helen Rains, and outgoing vice-president, Ken Silverman. They have guided LHAUG through a challenging period. Of course, we appreciate all of the volunteers that make LHAUG possible; they are: Doug Thom, Bonnie Esker, Bill Smith, Harlan Felt, Arnie Schwartz, Sue

Schwartz, Henry Sandigo, Jack Harris, Jeff Hanner, Ken Spencer, Steve Kirkland, Andy Petro, Lew Barnard, Jim Collier, and Nina Mazzo. If you'd like to get more involved in the user group, we're always open to new volunteers.

No seminars are planned for December, but check the calendar for Open Lab dates and the Ask the Tech Hour. LHAUG is now accepting membership renewals for 2022. To renew your membership or to newly join LHAUG, go to the About Us tab on [lhaug.org](http://lhaug.org).

We wish you a happy holiday season!

Club Contact: Helen Rains by email at [helen.lhaug@icloud.com](mailto:helen.lhaug@icloud.com).

### SCLH Computer Club

BY NORMAN SEIDENVERG

On November 10, at Presentation Hall, Rita Wronkiewicz, gave a great summary of the new "Windows 11", including the good (security, format, communication), the bad (learning anything new), and the ugly (requires a 3-4 year old motherboard, or newer computer). See "update" on your computer to see if you are able to download it. There is no rush, as Windows 10 will be fully supported for a few more years. See our website: [sclhcc.org](http://sclhcc.org) for prior presentations, or You Tube link that was sent to the membership by Terry Rooney.

Bob Ringo, Terry Rooney, and Rita Wronkiewicz are retiring from the board of directors this year. Requests have been sent to the membership for experts to replace

(cont' on page 15)

# Your Old Photos Restored!

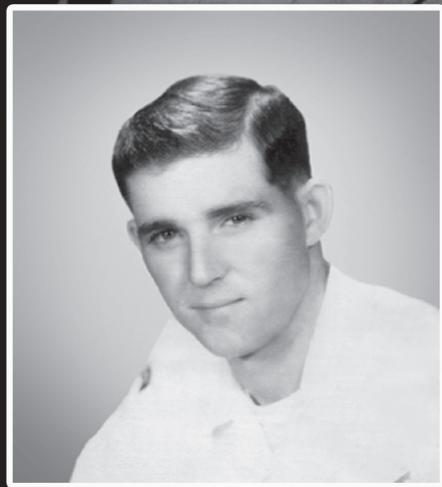
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### SCLH Computer Club

(cont' from page 14)

them, but no success. Therefore, the board of directors and the membership voted to end the club December 31, 2021. Many thanks to the leaders who have given years of service: Ben Richardson, Joe DiRuscio, Klara Kleman, Bob, Terry, Rita, Jim Wronkiewicz, Dolores Cherubino, Morrow Moore, Joy Paris, David Whorf (deceased), and Karl Schoenstein. Our best wishes to you and your families for a very healthy and happy holiday season and many years thereafter.

• • •

### Lincoln Democratic Club

BY JUDY GANULIN

The Lincoln Democratic Club heard a very informative update on the current status of Covid in Placer County from Dr. Rob Oldham, Interim Health Officer and Director of our Placer County Department of Health and Human Services. After his remarks Dr. Oldham answered questions from the audience. We also heard from Dr. Kermit Jones, a candidate for Congress in the Fourth Congressional District. He is a veteran and a doctor and would be a very effective Representative for our district. We elected officers for the coming year. For more information about our activities, please visit our website, <https://democraticclublincolnca.org/>

• • •

### Bosom Buddies

BY VAL SINGER

On October 29th Bosom Buddies lost a very special buddy. Patti Barnes passed away from ovarian cancer. Patti was funny, giving, and a real joy to be around. One of her many talents included putting two fingers in her mouth and giving this shrill whistle to get everyone's attention. She was great for crowd control!



Patti Barnes

Patti joined Bosom Buddies in 2007 and was very active for several years. A meeting without Patti was "just no fun". Patti loved to play Pedro and participated with her sister, Carole, in the "Fun Run" for cancer each year.

The joy of Patti's life was her son, Bryan, and grandson, Ryder. She beat a path between California and Texas to visit them as often as she could. Patti also leaves her sister Carole, and brother Jim as well as numerous friends that feel so lucky to have known her. (pic)

Bosom Buddies' Christmas party is Thursday, December 9th at 11:00 in the Kilaga Kitchen. Lunch will be served including a yummy dessert and prizes. No need to come early as there will be plenty of room.

We will have a special treat at

our Christmas party this year. Corinne (pic) has arranged for her group (Potpourri Troupe) to entertain us. They will be singing holiday tunes and with any luck, I bet we might get to sing along to some of the old chestnuts.

Please bring an unwrapped new toy for our "Toys for Tots" barrel. The barrel was overflowing two years ago so let's see if we can do it again.

Bosom Buddies dues are only \$12 a year. And for that low amount you get monthly meetings with speakers, a birthday lunch, and a fab Christmas party. Please mail your dues to Kay Brady, 365 Snapdragon Lane. Also, rsvp to Kay if you wish to come to the Christmas party. We need to know who is coming in order to purchase the food. Your dues need to be current to participate.

Phone tree is happening again! Your captains will be calling you to make sure you know about upcoming meetings and events and to check if you are ok or if you need anything. The phone tree has been a great success in the past so if you do not receive a call, let Barbara know 916-408-3554.

The holidays are upon us again which means a new year. I think this past year for a lot of us has been very trying. But for me, I am so grateful to still have a husband to cuddle. My husband had Covid on top of being very health compromised but all is well now. He was fully vaccinated but still got it. I want to thank everyone for their cards, gifts, and well wishes during this



Corinne

time. My sisters never fail to come through when most needed.

Merry Christmas to all and to all a much better 2022!

If you have any questions regarding Bosom Buddies, please contact Val Singer (916-645-8553) 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...

• • •

### 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), Barbara Greenfield (916-202-6963) 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

(cont' on page 17)

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## Alzheimer's/Dementia

(cont' from page 15)

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 the first Wednesday of every month at 1PM beginning in January 2022.

Because of the COVID-19 epidemic, all 2021 meetings were conducted via Zoom. We are still deciding whether to continue to meet via Zoom in early 2022 or meet in person with proof of vaccine status and masks. Please contact our steering committee for meeting updates starting January 2022, and have a safe holiday season.

• • •

## Glaucoma Support Group

BY BONNIE DALE

The Glaucoma Support Group will gather on December 8 in the Kitchen/Placer Room at Kilaga Springs Lodge for our Annual Holiday Luncheon.

Our tradition is to have a potluck feast, and this year is no different. Come and share a great food and social time together. Lunch begins at Noon and the gathering will end at 1:30 PM.

Members are welcome to bring a guest. Please send your RSVP with the number coming with you and if you will bring a Salad, Main Dish or Dessert to Bonnie Dale at bjdale@aol.com or call 916-543-2133.

Happy Holidays to All.

• • •

## Low Vision Support Group

BY JOAN BRANT-LOVE

No Meeting in December—However, we will be celebrating the season with a Holiday Luncheon in the Solarium at Orchard Creek Lodge on Friday, December 17. Luncheon invitations have been sent out with our latest newsletter and RSVPs are due no later than December 10th. For any questions regarding the luncheon, contact Cathy McGriff at 916-408-0169.

Next Meeting—Tuesday, January 4, 2022, 2:00 to 4:00 PM, Fine Arts Room, Orchard Creek Lodge

Our Guest Speaker will be Pat Togstad, President of Neighbors InDeed. Pat will describe the various programs and free services that Neighbors InDeed provides to residents of Sun City Lincoln Hills. Those programs include Handy Helpers, Information & Referral and Medical Equipment Loans.

Our wish for all is a warm and wonderful Holiday Season.

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 cathygriff1010@gmail.com

• • •

## Multiple Sclerosis Group

BY JERI DI FIORE

In celebration that we can gather, Mike and Paula Marchand are hosting the MS Holiday party on Tuesday, December 21, at 1PM, in their handicap-accessible home. Members and a guest are invited to join for fun, food, and hugs. However, space is limited to 25, and reservations are almost there!!

Vaccinated only, please!

Questions, please email Paula, paulajm@aol.com, to reserve and how to submit the \$10 payment.

At this time, we would also like to thank the Lincoln Hills Foundation for their help, especially during the pandemic, with covering our Zoom Business Account and miscellaneous expenses!

We are grateful. Happy Holidays!

• • •

## LH Amateur Radio Group

BY DAN LEHRER, KN6DRN

We are pleased to announce that our Club is now an ARRL Affiliated Club. Applying for Affiliation included establishing a Constitution and By-Laws. Other requirements included that at least 51% of our membership must be members of the ARRL. There are many benefits to being affiliated. Among them are mailing list access, Club Commission Program, Club Liability Insurance, Ham Radio Equipment Insurance Plan etc. On October 30th, the LHARG helped provide communications

and tactical support for the Tour de Lincoln bicycle event. Some members drive the various routes, watching out for riders who may need help. Others man the rest stop areas and communicate any needs the riders may have to a central Net Control Operator. 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

• • •

## LH RV Group

BY VICTORIA WHITE

As our years comes to an end, I reflect back on all the many places our group has gone together or by ourselves. We are blessed to have all that California has to offer with various terrains, forests, lakes, rivers, ocean and we have certainly taken advantage of them all this year. The surrounding States have also given us much joy too! We have great rallies planned for 2022 beginning with Desert Hot Springs in February to Pismo Beach and Paso Robles in April, Fort Bragg in May, Truckee in June, Graeagle in July or August, Jackson in October and our long trip in September to Olympic National Park via the Oregon and Washington coast.

We welcomed in our new Officers for 2022 at our meeting on November 11th. Congratulations to our new President, Mary Romo, Vice Presidents Vicki White and Cara Roberts, Treasurer Maureen Williams, Membership Chair Sharon Skar, Sunshine

Chair Jeri Samsil, Historian Ron Darville and Communications/Webmaster Ricki Montoya. Congratulations and Thank You all for volunteering your service. And we would like to off offer a tribute to outgoing President, Steve Beede. He has added so much of his great character, organization and dedication to our group. Thank you so much Steve!

It's a wonderful experience to travel in an RV but a lot more fun when you have a group of friends to share and explore with. We welcome new members and guests looking into joining. Call or email our Membership Chair Sharon Skar at 916-434-7799 or marlowensharon@gmail.com for information. Our meetings will resume on January 13th, 2022 - 4:30 pm at KS in the Placer Room.

Victoria White

Vice President, Lincoln Hills RV Group  
web: www.lhrgv.com

• • •

## Rods & Relics

BY ELNA RAGAN

Members of our Club helped with the set-up and taking down of the successful Lincoln Library Book Sale held on November 6. Numerous mobile carts were put into place in the Willow Room and returned to the staging area. We received "Thank You" notes from Sharon Gorley of the Library staff and from the Friends of the Lincoln Library.

On November 12 Rich Ragan, outgoing Co-Chair of the annual Downtown Lincoln Car Show, met with the 2022 Co-Chairs, George Funk and Alan Taylor. They bring new ideas and energy to ensure a successful event scheduled for Saturday, June 4, 2022. Save the date!

A group of Club members, led by Tom Indrieri, traveled to the Hard Rock Casino in Wheatland and participated in a Media Event on the morning of November 18.

The Lincoln Fire Fighters held their 8th Annual Turkey Drive on Thursday, November 18 in the afternoon. The Rods & Relics Car Club and the Sports Car Club of Sun City Lincoln Hills caravanned over to Fire Station #34 and made a large contribution of frozen turkeys. Last year 1,248 turkeys were donated during the Turkey Drive!

The Car Club's annual Christmas celebration will be held on Sunday, December 5, in the Meridian's Ballroom. A special menu

(cont' on page 18)





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## Rods & Relics

(cont' from page 17)

offering three main dishes will be available. Members will be bringing toys to donate to the Toys for Tots program. There will be a Trivia Game and music for dancing. It has been two years since our last celebration. We are looking forward to the festive, fun, relaxing evening!

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 Rods & Relics information check our website shown below.

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

Web Site: [www.rodsnrelics.net](http://www.rodsnrelics.net)

• • •

## SCLH Sports Car Club

BY PAM BERRY

Another year is coming to a close with an exciting Christmas Party at Catta Verdera. The management along with our Social Director Linda Snyder has planned a delicious meal along with appetizers and music by Steve Evans & Company. A perfect celebration of things to be thankful for and things to look forward to in the coming year.

A ride to Sutter Buttes & Capay Valley was scheduled but then it rained (yea) and was then postponed for later in the month. Because of the rain the ride was extra beautiful with everything all green and growing. Thanks to leaders Tom & Michelle Breckon with Ernie



*Halloween Jean Cervantes with Social Team  
Linda Snyder & Kathy Fernandes.*

Drake for their second effort.

Halloween was not forgotten this year. Linda again organized a fun time at Turkey Creek. Management not only prepared a delicious meal but went the extra step by helping with the decorations and set up. There were monsters and glamorous witches and even M&M's in the crowd. Good fun for all.

Chuck Schmidt coordinated with the Rods & Relics to participate in the 8th Annual Turkey Drive by the Lincoln Fire Departments. Our club has enjoyed this event for several years and we were glad to offer our support again this year.

We wish you all the very best and hope your New Year will be good.

• • •



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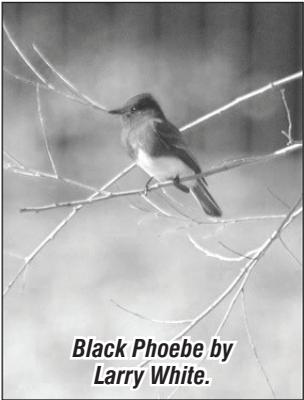
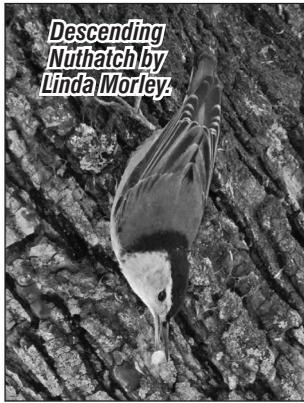
## Bird Group

BY DON BAYLIS

It's December, peak birding for our winter migrants returning and Bird Group activities continuing. Plus, it is once again time for Christmas Bird Count.

First, a short report from Paul MacGarvey on our duck nesting boxes. Several years ago the Bird Group provided duck boxes, which were installed by the Association Facilities and Maintenance near ponds around Lincoln Hills, hoping to attract Wood Ducks and mergansers.

Paul wrote: Steve Olcott and I cleaned out the Wood Duck boxes today. Last year, if you will recall, all the boxes had unhatched eggs with very little evidence of hatching. We assume, since we haven't seen any Wood Ducks on campus, that the eggs were Hooded Merganser. This year things looked much better. Five boxes had a combination of unhatched and hatched eggs. There were substantial egg shell fragments in all five. The number of unhatched eggs was much lower this year. The Golf Course/Ferrari Pond box had an ant and wasp infestation with no evidence of bird activity. We can only hope we had surviving ducklings from the other five boxes.



Hooded Merganser have returned to our ponds. I have seen them in three locations. I'm thinking that means they still like the place. There were two males and two females on Mallard pond the other day and they were engaged in "flirtatious" behavior.

The November meeting featured two members. Linda Morley, coordinator for our Christmas Bird count (CBC), gave a review of the history of the CBC, and announced that our count will be on December 28. She had a sign up for the count during the meeting, but contact the bird group at [suncitybirders@schbirders.org](mailto:suncitybirders@schbirders.org) to join up if you weren't there. John Garfein then showed the bird photos he took on his recent cruises to the Eastern Atlantic islands and Western Mediterranean. Since

he engages professional bird guides in each port, he had a lot of species to show.

The program for our regular meeting on December 13 is a presentation by Lee Hazeltine of Integrazers. Integrazers provide the goats and sheep that graze down our wildland grasses to reduce the fuel available for wildfires. Lee will be discussing the "Impact of Sheep and Goats on Birds/Environment in Lincoln Hills". This should be near and dear

to our hearts. The January 10 meeting will present Ed Pandolfino discussing his latest book collaboration, which traces changes in wild bird breeding in the Sacramento area over the decades. Ed provided a great deal of encouragement to the bird group in its early days, and is the author of several books on birds of the valley and sierra regions.

Our second field trip was at Mahany Park in Roseville on October 22. This location is a walk along Kaseberg Creek, and was discovered for the group last year by several members seeking nearby birding locations. We had 30 species identified, which was about equal to the number of birders attending. Uncommon birds seen included both red-shafted and yellow-shafted Northern Flickers, Say's and Black Phoebe, and White-breasted Nuthatch.

Our November trip to Gray Lodge Wildlife Refuge will be reported on in next month's article. The December trip is scheduled for the 17th with a walk near the west end of Ferrari Ranch Road in Lincoln Crossing. Details will be released nearer to December 17.

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

Contact: [suncitybirders@schbirders.org](mailto:suncitybirders@schbirders.org)  
Web Site: [schbirders.org](http://schbirders.org)

• • •

## Fishing Group

BY HENRY SANDIGO

What I Have Learned About Fly Fishing While Floating the Sacramento River —

Practice, practice, practice. Don't take for granted that you remember the cast that sets your line down gently on the water. Listen to your guide when he or she says "slow down!"

Recently, while fishing on the lower Sac I experienced the rush of my line and leader, flies and weight smacking me on the back of my head, good thing I was wearing a hat. Of course, when I looked at my line it was a tangled mess. The guide knew it, but didn't say anything to me. I sat in my seat and began to unravel the mess. After a while he said, "you need any help Henry", I said "no, I almost have it, and I did but it was frustrating." Just imagine how much fishing time I lost untangling the leader and tippet. I could have handed it over immediately and in 5 minutes the rig would have been renewed and I would have been on the water. Ego, pride or just plain stubbornness. I was lacking confidence in my casting skills, I know and I should have stopped and asked the guide a question about what was I doing wrong (rushing the cast). Your rig is 30' or so of line then 10-12' of Leader and Tippet, with 2-3 flies and a small bit of weight just below the indicator. All in all its kind of heavy because your combination of line is very very light while two flies (hooks), indicator and weight add to the rig and you need to know the dynamics of

(cont' on page 21)



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## Fishing Group

(cont' from page 19)

casting without losing control.

I slowed down, my line unfurled out 25-30' just like the guide said and gently laid down on the water and begun to float with the river, while I gently mended my line (mending means to keep your line in control while on the water and not to slip below your fly as it floats). Watching the indicator slowly float and bob until it quickly sank, I lifted my rod up hard and to the right and sure enough there was a huge tug, fish on! Now do you strip or use the reel? It depends, always a depends.



Vincent with his awesome catch.

The depends means if the fish takes off, let it have line, let it take the line off the reel and soon as it hesitates start reeling until it resists then slowly strip the line until it resists, keeping your rod up and the line tight, slowly work the fish toward you then get its head up out of the water and gently bring it to the net. Fish in the net counts. Wet your hands in the river, remove the hook, admire your catch and gently move your catch in the water so it it doesn't go belly up and release watching it shoot away from you.

It's exhausting in a way - you're all stoked while working that gorgeous rainbow, adrenalin flowing, then it's gone and you need to breathe to get your wits back to start again.

• • •

## Hiking-Walking Group

BY STEPHANIE HUNTINGDALE

It's been a long year, we still haven't been able to resume our normal hikes. We have had some hikes this fall. Take a look on the website in the Photo Gallery and enjoy the photos from these hikes. Take a look, familiar faces and beautiful scenery.

It's December and Christmas is on the way. We may be able to have a more traditional Christmas this year. We still need to be careful. However, we have so much to be thankful for. Our lives have been rich with memories of family, adventures, travel. Family is so important and hopefully they are healthy and so are you. Gratitude comes in many forms and right now we should look back on our lives and be grateful for what we remember, what we have achieved, what we love. Merry Christmas everyone!

My wish for 2022 is that we have hope. Hope is an optimistic state of mind that is based on an expectation of positive outcomes with respect to events and circumstances in one's life or the world at large. Hope for 2022. Happy New Year!

Looks like our hike and luncheon at La Provence is planned for January 2022. This is always an event to look forward to. We enjoy the hike and social interaction with our hike friends. Plan to join this hike.

Till next month, stay safe, stay connected.

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

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

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

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

• • •

## LH Cyclists

BY TOM FRADY

The 19th Tour de Lincoln has been completed, after taking a year off due to the pandemic. The event was also moved from the usual May date to late October.

By all accounts, the 2021 Tour was a huge success. As a participant, I can tell you everything was perfect on the road. OK, maybe a couple of the climbs were less than perfect, but that's just me.

As a member of the Planning Committee, I can tell you many people put in hours of time to make it happen. The committee is populated with several Lincoln Hills Cyclists, most of whom have been helping with the Tour for several years. Their experience is crucial to the success of the event. When the chair asks about the status of some aspect of the planning, the answer is usually, "It's done" or "I'll take care of it".

The committee has been ably chaired by our own Jerry Johnson for the past few years, since Lincoln Rotary took over the Tour from the Lincoln Volunteer Center. Jerry passed the baton to fellow Rotarian Bryan Ludwig last year. Bryan is also an experienced cyclist and that experience certainly served him well.

While the committee does the planning, a small army of volunteers do the work in the real world (this includes the committee members). There were over 100 volunteers, including service club members, high schoolers and college students.

Space does not allow me to list everything that must be done, but there are permits to secure, hot dogs to be BBQed and routes to be marked, just to give you an idea of the variety of tasks.

By moving the Tour to October, riders had to wait a few minutes past the advertised 7:00am start time for it to get light enough to be safe, but once on the road, the weather was just what any bike rider would want: clear, cool and minimal wind.

There were over 400 riders, including over 40 walk-ins the morning of the ride. Many attended the pre-ride carb loading spaghetti dinner at Turkey Creek Friday night, where riders could pick up registration packets and t shirt, too.

There are three different routes on the Tour, something for everybody. The 25K (roughly 16 miles) route is virtually flat with

a rest stop at 9 miles at Mt. Pleasant Hall.

Moving up to the 50K (30 mile) route, the riders experienced a few small hills and the same Mt. Pleasant Hall rest stop, at about Mile 14.

Finally, the 100 K route (62 miles), ridden by over half the participants, includes four major climbs (Ridge Rd, Crater/Bald Hill, Baxter Grade and Forbes), plus several pesky smaller bumps (Big Ben and Karchner, for example). Rest Stops at 14 miles, 37 miles (Mt. Pleasant Hall again) and 52 miles make it a bit easier, but 4100 feet of climbing will always be a challenge.

Of course, the "charity" part of a Charity Bike Ride is most important. Proceeds from the Tour de Lincoln go to the Lincoln Rotary Club, whose list of community projects is far too long to enumerate here. Rotary provides major support for everything from the Lincoln schools, help during disasters (including COVID) and eradicating Polio worldwide.

Every year, special Tour de Lincoln T-shirts are available for purchase. 2022 will be the 20th running of the Tour and there will be a commemorative jersey (along with a T-shirt) for purchase, too.

If you have read this far, you're a good candidate to not only ride next year, but volunteer to help out. Many people do both.

Save the date. October 15, 2021.

• • •

## LH Swimmers & Water Walkers

BY ROSEMARY TANFANI

The Swimmers and Water Walkers Club started meeting at Lincoln Hills in 2019. We are now 144 members strong, and swim and walk in the indoor Orchid Creek and Kilaga Springs pools. In the warmer months we also use the OC outdoor lap pool.

Our goals are to ensure an optimum water temperature in the pools, ensure cleanliness, ensure optimum access to the pools by our members, and ensure people with disabilities are accommodated.

Both indoor OC and KS pools are open from 5:30 AM – 8:00 PM for Lincoln Hills residents only. Reservations are needed to use three lanes in each pool, but OC has a wide open area that is available to any resident,

(cont' on page 22)

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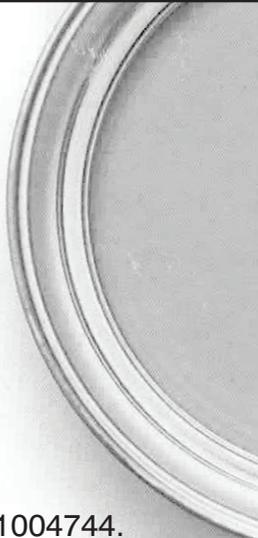

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## LH Swimmers

(cont' from page 21)

without reservations, as long as there is no class or volleyball in the area. At the KS pool, the first two lanes are open to any resident, without reservations, but only four people can participate per lane. Contact the Sun City Lincoln Hills web site, activities-reservations to reserve a lane.

We want to encourage everybody to swim and walk in our beautiful pools. Water exercise is easy on the joints. The pool water envelops your limbs with protective pressure and it's distributed evenly on your body.

Water exercise is good for your heart. Without gravity weighing you down, your heart can work more efficiently.

Water exercise lifts your spirits. Everybody is graceful when moving in the water.

See you in the pool – soon!

Club Contact: Bob LeRoy, bobandchey@icloud.com

## LH Water Volleyball

BY SCOTT 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.

Our November Tournament was a big success, led by Ross Underwood and congrats to #1 Team coached by Russ Palchak.

We had a beautiful fall day for our Beer and Tacos at the Goat House.

November 18th Meet with William Jessup Volley Ball was great fun! Thank you to William Jessup and Coach Tiger Helton and our own Mel Switzer for organizing this.

Elections for Steering Committee members are here - stay tuned for results. Thank you to outgoing members Mike and Colleen Mosca and Gary Pfaff.

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

Water Volleyball Club - fun, exercise and friendship — come join us!

• • •

## LH Senior Softball League

BY KARL WENZLER

We started our 2021 summer league recreation division later than usual, however we were able to get more than 28 games in per team with only a few games cancelled because of heat or smoke. Our Women's Division

had games on Sunday with great interest and enthusiasm.

The play-offs were very competitive. The winner of the recreation division was Michelle Cowles winning over Siino's in the championship game.

Right now we are doing fun-ball Mondays and Wednesday.

(cont' on page 23)

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CA DRE # 01937273

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

## LH Senior Softball League

(cont' from page 22)

Fun-ball was instituted last year by Sam Megason with great success,

Then passing the baton this year to Heidi Mazzola.

At this time, you may sign up for doubleheaders. We anticipate playing as long as weather and participation level permit. We are also having open practice on Saturdays from 9:00 to 11:00 with Karl Gibson/Carl Brinkman and the Women's Division on Sundays from 10:00 to 12:00 come join us.

We just had our election for 3 open lhssl board member positions.

The added board members are Heidi Mazzola, Bruce Briggs and John Moran.

• • •

## LH Table Tennis

BY CARL LYNCH

The game of Table Tennis is enjoyed by many Sun City Residents!

We are a friendly, recreational, active sports group.

Seven tables are set up three times a week in the Multipurpose Room (KS).

We play on a drop-in basis. Reservations are not required. Please wear non-marking tennis shoes. Loaner paddles are available.

Doubles is played at peak times, singles at non-peak.

Play times are Sunday 9:00 AM to 5:00 PM (except the first Sunday of the month when play starts at 12:30 PM),

Tuesdays, 6:00 to 9:00 PM, and Fridays 8:00 to 11:00 AM.

We follow the COVID guidelines of Sun City.

The Multipurpose Room (KS) ceiling fans are all operating during the indoor play for ventilation.

For more information email: pingpongsclh2@gmail.com

• • •

## LH Tennis Group

BY HELEN BEROTT

Oktoberfest was rained out, but we still had a fun get together. Jerry Solberg provided us with music, Cathy & Dennis Vaillancourt kept giving out prizes and we had a delicious lunch planned by Patti Kingston and Sarah Solberg. It was a fun day in spite of the rain!

We have results from the election of 2022 officers — President: Steve Bringman; Co-Directors of Communications: Helen Berott & Pam Flaherty; Tournament Director: Dennis Vaillancourt; Co-Social Directors: Patti Kingston & Sarah Solberg; Director Joel Baynes—Ball Machine; Finance Director: Eric Butler; Member at Large—Court Maintenance: Mary Beth Quallick; Member at Large: Jim Bowden.

Our annual membership meeting will be Friday, December 3 at Presentation Hall at Kilaga Springs Lodge. The ladies holiday luncheon will be Friday December 10 at Meridians Restaurant and the men's luncheon will be at Old Town Pizza on December 8.

Our plans for tournaments in 2022 are in

the works. We're also planning to offer training to players that are new to the game and want to get started.

• • •

## Mad Hatters Bocce Group

BY NORM CHERUBINO AND PAUL MAC GARVEY

The Mad Hatters have had a very good turnout lately. When we switched to 10:00 AM last month we had 42 people show up, many of them newer residents. We also frequently get calls and e-mails from new (and old) residents asking about Bocce activity in Sun City. We, of course, explain what the Mad Hatters are about and when we play but people frequently can't make it to our sessions on Thursday mornings and ask about other alternatives. Our group is an open group and welcomes any resident. The Italians have a Bocce group and Shalom and the Singles Group both play Bocce but if you don't fit into those categories there are not a lot of options. The SIRS group was playing and the RANN women are playing on a restricted basis due to Covid. Which brings us to the "Monday Morning Group". The Monday Morning Group has been around for quite a long time. They started out as a neighborhood group and then picked up players through friends and acquaintances. Some of their players also play with us. As with other groups Covid-19 had a rather deleterious effect on their group. They are still playing Bocce every Monday morning but attendance has been rather low lately. We would like to suggest that if you can't make it to our sessions you

might consider joining the Monday Morning Group. They are an open group like ours, there is no team or league commitment, and they would gladly welcome you. They are playing every Monday morning at 9:00 AM. You can Contact Ron Clawson at cearon1@yahoo.com for more information.

For those of you not familiar with the Mad Hatters Bocce Group, we meet on Thursday mornings. At the present time we are meeting at 10:00 AM. Sometime next Spring we will set an earlier date. All members of Sun City Lincoln Hills may participate. New, inexperienced and handicapped players are welcome. Free lessons are available.

Our email account: LH Bocce@gmail.com

Contact: Mad Hatters Bocce; Bob Vincent 916-543-2607.

• • •



(more Club News cont' on page 25)

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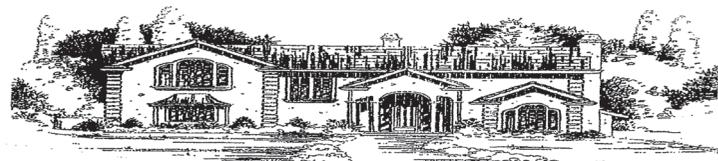
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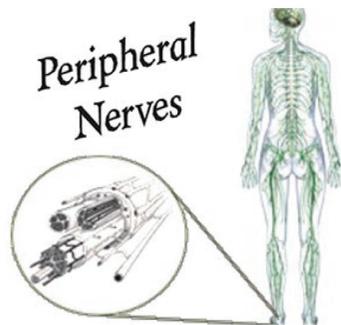
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# Neuropathy Relief Is Possible

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



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

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

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

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

### Three Factors to consider for Effective Neuropathy Treatment:

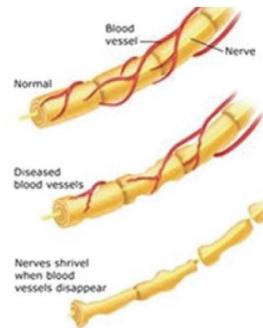
1. Underlying cause?
2. Amount of nerve damage sustained?
3. How much treatment is required?

### Three goals of treatment at Lincoln Acupuncture:

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

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

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



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

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

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

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

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

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

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

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**YOU DON'T HAVE TO JUST LIVE WITH IT**

## LH Pickleball Club

BY JUDIE PANNETON

Swelling to over 725 members and growing, the Lincoln Hills Pickleball Club is proof that pickleball is among the fastest growing sports in America. Women outnumber men on the courts. About 20 Tennis Club members have joined the Pickleball Club. People don't have to be members to play, but there are many benefits like free Academy classes for all levels of play.

Intro to Pickleball classes are held on Wednesdays at 4:00 PM. Register at [welcometopickleball@gmail.com](mailto:welcometopickleball@gmail.com). Each Thursday, courts 4, 5, and 6 are reserved from 11:00 AM-1:00 PM for new players that have attended the Intro class. Drill classes are underway on Thursdays at 3:30 and 4:30 PM.

Members kicked up their heels at the December 8th Starry Nights party, which featured a DJ and gourmet buffet. About 250 people attended the starry-themed event.

At its recent membership meeting, the

Club elected members for the 2022 Board, which will include: Mike Hilton - President, Rein Lemberg - Vice President, Gary Filizetti - Treasurer,

Steve Schaumieffel - Director of Court Management, Mike McElroy - Director of Player Development, Molly Morris - Director of Publicity, Carol Judd - Secretary, Rita Weighall, Karen Goeman - Tournament Directors, Alison Campbell, Kat Kepus - Social Directors.

Not only is the Pickleball Club a fun group, it also is a generous one. Thanks to Valerie McElroy and other volunteers, the first annual Swap Meet raised \$1216.00 for donation to the Placer County Breast Cancer Society.

For more information about the club, see [lhpclub.com](http://lhpclub.com) or email Molly Morris at [mollymorris@gmail.com](mailto:mollymorris@gmail.com).

• • •



For each tutu that was worn by pickleball players to the first annual Swap Meet, an anonymous donor made a \$25 donation to the Placer County Breast Cancer Society.

## LH Cribbage

BY MEL SWITZER

"Feeling lucky, punk" Well, experts say that Cribbage is 15% skill and 85% luck. That's good odds for a beginner or somebody who hasn't played in a while.

We invite any Lincoln Hills resident to join (or rejoin) our group and test out those odds. No DUES!

No charge for the laughs either!

So if Grandpa, Uncle Charley, or Aunt Mildred taught you to play Cribbage many, many years ago, come play a round to brush off the cobwebs. "A splendid time is guaranteed for all".

We meet each Tuesday, at the OC card room, starting at 9:00 AM and play until about 11:15.

Our club is full of friendly people and hardly anyone wins it all twice in one month. Check out the evidence:

Our most recent winners are: Lana Venturi, Nancy Murdick, Lisa Ferrero and Jon Kline.

In addition, come this Tuesday and find out the answer to this month's Trivia Question!!!

Ready??? What are the odds of being dealt a Perfect Cribbage hand?

- a) 1 in 10,000      b) 1 in 216,580
- c) 1 in 55,000      d) 1 in 45,080

Come find out the answer ASAP on a Tuesday at the OC card room at 9:00 AM and if you have been dealt a perfect many years ago, come Tuesday and give us the details.

And last of all, Happy Holidays!

• • •

## Men's Golf Club

BY MIKE MCGUIRE-BACK

Per the recent announcements at the Annual General Meeting and in the LinksLetter, the MGCLH is now accepting 2022 Membership Renewal payments online. To renew your membership online today, simply click here: <https://MGCLH.memberplanet.com/app/#/register>

The 2022 membership renewal rate is \$95, if paid before 1/1/22. After 1/1/22 renewal is \$105.

To complete the 2022 Renewal Process, you must:

- 1) pay your 2022 dues, and
- 2) print, sign, and return the MGCLH - EVENT RELEASE FORM

If you want to pay by check, please complete the 2022 Renewal Form (available at the Club House. Remember to include the signed Event Release Form with your payment (also available at Club House or via webpage)

Watch for the new "Course Care Initiative" concerning the fairway grass, bunkers and tee-boxes coming soon. Let's try to help out the courses by filling your divots and another one by filling it with sand. Fix your and more divots on the green. Rake the bunkers after use.

The next tournament is the "Holiday Challenge" on December 14. It's a 2 man Pinehurst event, so get your names in early.

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(more Club News cont' on page 27)

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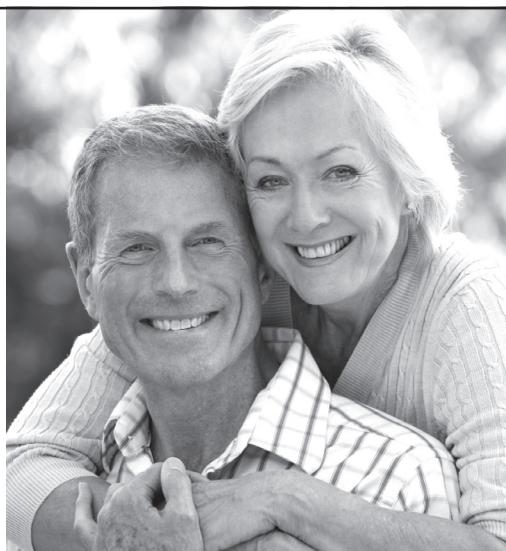
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343	Stags Leap	1190	499000	Calaveras
1227	Cherry Blossom	1190	504000	Calaveras
2939	Coopers Hawk	1195	530000	Calaveras
1650	Crocker Lane	1298	515000	Bridgeway
780	Tioga Lane	1515	551900	Pine Hill
1417	Rose Bouquet Ln	1515	700000	Pine Hill
2799	Coopers Hawk	1531	626000	Alpine
2064	Stonecrest Lane	1539	635000	Pine Hill
1860	Starview Court	1539	600000	Pine Hill
234	Calistoga Lane	1549	600000	Alpine
1975	Laurelhurst Ln	1626	610000	Lassen
147	Coach Light Lane	1673	685000	Trinity
812	Magnolia Lane	1791	620000	Tahoe
1718	Cottage Rose Ln	1791	711000	Tahoe
1035	Dogwood Lane	1791	735000	Tahoe
1281	Lasso Lake Lane	1854	825000	Plumas
1766	Monument Lane	1910	741000	Fremont
632	Rustic Ranch Ln	1949	680000	El Dorado
1720	Andover Lane	2068	717000	Tahoe*
1478	Perdita Lane	2073	705000	Annadel
1841	Creekcrest Lane	2073	845000	Annadel
820	Carrousel Lane	2187	850000	Fremont*
925	Anton Lane	2187	780000	Tahoe*
210	Mariemont Lane	2192	880000	El Dorado**/**
570	Chianti Lane	2193	880000	Annadel**
1936	Fallen Leaf Lane	2360	798417	Atherton

\*Casita \*\*Pool

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## Lincsters 9-Hole Golf Club

BY JOYCE KIRK

Lincsters return to the fairway January 5 with a pause in play during December. The busy November ended with a successful Breast Concert Tournament. This year's \$21,183.00 contribution to the Placer Breast Cancer Foundation was recording breaking. Lincsters Club members joined with the Ladies XVIII Club to organize the event with Lincsters' Ingela Butters serving as consultant and financial advisor. Local companies like Reverse Mortgage Funding were encouraged to become annual donors (see photo).

The Holiday and Awards luncheon at Catta Verdera, November 30, was the grand



finale of the year. Showcased at the event were dozens of gold and red bedecked packages, each containing wish list items of 56 Lincoln Meadows Care Center full-time residents. Lincsters volunteered to personally purchase and prepare the packages for the gift giving. Santa will deliver the gifts in person to each resident.

Even with the golf recess, there is still a lot of "golf stuff" to do: Give yourself a holiday gift – order your new club shirt with the Lincsters logo... and why not add a hat and vest too. You deserve it.

Or, on one of these windy winter days, sharpen your game with tips and ideas from the NCGA Golf Magazine. The magazine is available to all members in digital format at NCGA.org.

YouTube.com is a valuable resource for golf lessons and golf videos – you can find a way to improve almost anything and everything in your golf game. Don't miss the YouTube productions about our very own tricky Orchard Course Holes: #6 #13, and #14. You will recognize the familiar faces of Lincsters Marie Bossert and Alyce Stanwood - both should be awarded a statue from the actors and writers guild for the clever clips.

Plan to adventure out in 2022 – join the WNHGA (Woman's Nine Hole Golf Association) and travel to fairways near and far. Membership is \$25. Call Alyce Stanwood.

Make it one of your New Year's resolutions to reach out and include a new member in a FYOF 2022 play day. How many of this year's 18 new members have you met?

Maybe invite one to join an after-golf gathering in the Meridians sports club.

For membership in the Lincsters, contact Nancy Hastings 916-337-9391, nhast38@yahoo.com.

...

## Ladies Golf—18-Holers

BY CANDICE KOROPP

The Witches Brew tournament ended the October playdays and the winning teams played a wicked game of golf. Many of the participants came costumed in the theme and took to the Hills full of fall color. In Flight One, the team of Bedford, Brinkerhoff, Lillenthal and Perrin won by two strokes over Ashe, Feldman, Mann and N. McDonald. The third place team of Dong, Emge, Hanson and Loyd could not overcome the hex leveled by team two. In Flight Two, the team of Hing, Lee, Lim and Owens put a spell on the second place team of Boore, Grant, Marshall and Seagraves, as they trailed by eight strokes, but it was enough to win a tiebreaker over the team of Davidson, McGraw, Orlove and Phillips. Koropp won the CTP on 12 and rolled a magical putt about six feet for a birdie. Looks like some had the right concoction needed for a good game while others will have to work on the recipe.

Sixteen ladies qualified as monthly winners for the NetChix playoff in November. However, only nine competed for the annual title. It is official. Eileen Boore, playing to a 21 handicap, executed a well-managed game, to

(cont' on page 29)



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### Ladies Golf—18-Holers

(cont' from page 27)

score seven under and to take the title, NetChix for 2021. Enroute to her victory, she birdied Hole 12 with a 15-foot putt, to her surprise, and played consistently long shots to hold off Koropp, who kept the pressure on Boore up to the last putt. Pretty nice for her first year with our club. Peggy Carr finished third and Judy Emge edged Liz Phillips in a tiebreaker for fourth. In a Follow-the-Field tourney, three ladies placed first in their flights: Robyn Kain, Maureen Senn and Marcela Christoff. Carr also earned the CTP on seven, just 61 inches from the hard-to-reach, back pin placement.

Looking forward, our membership drive is in full swing. Renewals are made online through our website, by clicking JOIN NOW. Dues must be paid by the end of the year without penalty. New members are welcome year-round. With the addition of a new head greenskeeper this year, our courses are shaping up with more attention to detail. Most of our members play all year long and many invest in memberships with the ProShop that afford more reasonable pricing, especially if playing a couple of times a week. Come enjoy the camaraderie and exercise the mind and body at the same time.

• • •

### LH Billiards Group

BY STEVE FOWLER

The CO-ED tournament is held each Wednesday from 4:15 PM to-6:30 PM. Teams play straight 8 ball. Must have a player number by 4 PM. Each team plays at least six 16 Minute games. The play begins at 4:15 PM.

The 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 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](mailto:atfelice3@gmail.com)

• • •

### Tuesday Sun Senior Bowlers

BY ROSALIE MEYER

Things start to get busy at Strikes Unlimited in November as the first quarter of the season concluded with the top three teams in close proximity.

We also held a Split-a-Rama on October 26. Dennis Cirrone and Pat Fisk picked up the final splits during the three games and were awarded \$25 gift cards to See's Candy. It adds some Healthy competition and lots of fun to begin the Holidays!

• • •

### Thurs. AM Sr. Winter Pin Blasters Bowling League

BY KAROL RICH

We had our 1st Qtr Position round on Oct. 21st. Congratulations to Team. Happy Spares for the win. Susan Moore, Darlene Flora, Jean Grupp, and Blaine Eisenbeis.

If you are still interested in bowling on Thursday mornings, we still have plenty of room. A couple of vacancy's and room for more teams. This is a USBC league open to anyone 55 or older. We start

at 9:30 AM at Strikes Unlimited.

The League does not end until May 5th. Contact Carol Torno if you are interested 650-218-9656 [pinblasters@gmail.com](mailto:pinblasters@gmail.com)

• • •

### Duplicate Bridge Club

BY PAT LEWIS

December always means a year-end recap of events and accomplishments. If you

check out our website ([www.bridgewebs.com/lincolnhills](http://www.bridgewebs.com/lincolnhills)), you will find our Pairs competition. Partners playing ten or more times since we reopened play in June are included in this competition. Leader's average scores as of November 12 are Mitch and Terri Miladinovitch 60.44%, Doug Murphey and Laurie Vath 57.30%, and Ted and Carol Neely 57.25%. Jim Collart and Ron Parker 57.23%. See the list of 26 regular partnerships. Recognition will be given them at the holiday bridge luncheon on December 15th in the Orchard Creek Ballroom.

We welcome new members. Join now and your dues will carry through 2022. All bridge players are welcome to attend free lessons on Wednesdays before the game when scheduled.

Email Tina Amerio, Education Chair, for information. ([tamerio@comcast.net](mailto:tamerio@comcast.net))

• • •



*Billiards—Congratulations to our winners of the CO-ED Tournament Wednesday, November 10th. First place went to Doug and Carol Porter on the left; 2nd place went to Norma and Ron Keeley.*



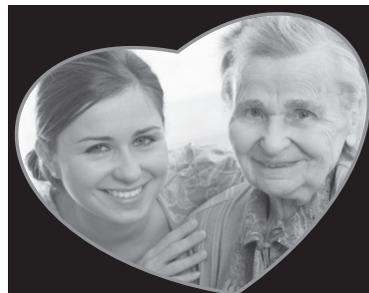
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# Pumpkin Roll — 10 Year Anniversary Tradition

BY MAGGIE ROSE MCGURK

On October 31, there was the anniversary of the Pumpkin Roll. Now it has become a tradition on Emily Lane in Lincoln Hills.

Stephanie and Phil Huntingdale started this tradition of a pumpkin roll on Halloween 10 years ago. Neighbors have always looked forward to this event. Your pumpkin must be 21" or larger and both men and woman can win. Costumes are optional and they even have a contest for that. Pizza, pumpkin pie and drinks were enjoyed by all.

For the 10th Anniversary the band Cover Charge was hired to play from the garage and there was dancing in the street after the pumpkin roll.



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<b>Ruby Princess ~ 3080 Passengers</b>	Jun 9, 2022	\$1,049	\$1,299	\$1,899
	Jul 9, 2022	\$1,199	\$1,399	\$2,099
	Jul 29, 2022	\$1,299	\$1,899	\$2,049
	Aug 8, 2022	\$1,199	\$1,499	\$2,199
	Sept 7, 2022	\$1,219	\$1,499	\$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.				
<b>*ROUND TRIP LINCOLN SHUTTLE TO SHIP!</b>				
<b>7 DAY CA Coastal from SFO! Princess</b>	Oct 1, 2022	\$718	\$899	\$1,099
<b>Ruby Princess ~ 3080 Passengers</b>				
Sail round trip from San Francisco, California to; Santa Barbara, California; Los Angeles, California; San Diego, California; Ensenada, Mexico; San Francisco, California.				
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	Jan 31, 2022	\$699	\$899	\$1,399
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<b>15 DAY Panama Canal! Princess</b>	Feb 25, 2022	\$1,849	\$2,349	\$3,899
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CST # 2033380-40 December 2021 edition

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

### Karol Mendez — Music Lessons

(cont' from page 1)

one is working on being an aesthetician and one is in school majoring in marine biology.

While Karol was raising children and living in the Bay Area, she moved away from her passion for music for a while. She worked as a graphic artist and production manager for a parenting magazine. When her children left home, she pursued school to become an orthopedic nurse and started her nursing career at the age of forty. She was inspired by her son who became a paramedic. The nursing skills would come in handy as her second husband became ill with cancer.

After her first marriage ended, she met and married her second husband. They were married for fourteen years before he died from liver cancer, a result of an undiagnosed hepatitis C infection caught from a medical procedure years before. Karol and her husband were already retired and living in Lincoln when he was diagnosed. Tired of the traffic, crowds and overcast weather in Santa Cruz, Karol's daughter encouraged the couple to move to Lincoln where they found their housing dollar reached much farther than it had in the Bay Area. They bought a large home in a new development in Lincoln, but after the liver cancer diagnosis, they decided to relocate to Sun City. Karol's husband wanted her to have a smaller home to take care of and the social activities really appealed to Karol. Karol



*Karol Mendez and Joe Veredas*

PHOTO BY JEFF ANDERSEN

remarks that the move was a blessing since the last years of their married life together they spent time fixing the home so that it became the perfect residence for Karol.

When visiting the home, the attention to color and detail is obvious. Karol paints with acrylics and has many of her paintings on the walls which have been painted with pleasing colors. The kitchen nook that has great windows and light is the perfect place for Karol to enjoy her artistic endeavors. She participates in the painting group in Lincoln. She is also part of the Players group.

Music is the other passion that Karol pursues in her current location. She is a member of both the Placer Pops Chorale and the Lincoln Hills Community Chorus. Tuesdays can be very busy for her because that is the

day that both groups rehearse. Karol wants everyone to feel invited to the upcoming concerts in December from both groups for the holidays. The Placer Pops Chorale, led by Director Lorin Miller, rehearses at Sierra College and their Holiday Pops concerts this year will be at Harris Center on December 3 and 4, Auburn State Theater on December 10 and 11, and William Jessup University on December 18. The Lincoln Hills Community Chorus is presenting their Christmas program called "We Need a Little Christmas" on December 12, 13 and 14. This performance at the Ballroom will include popular seasonal favorites including "There's No Place Like Home for the Holidays," "Here Comes Santa Claus," and "Rockin' Around the Christmas Tree." They will also have traditional carols such as "The First Noel" and "O Come, O Come Emmanuel." The group is directed and accompanied by Paul Melkonian and Nina Malone. The December performances in Lincoln Hills always sell out.

Since Karol's retired life centers around her love of music and singing, it is no surprise that when she discovered she needed a second hip replacement after her other one several years ago, she managed to squeeze it in so that she would not miss the upcoming December concerts. Her surgery went well, and when I visited she was only two weeks out from the procedure, and she had already graduated to a cane from a walker. One of the positives in her life is her partner of one and a half years, Joe Veredas, who also lives in Lincoln. Joe, as Karol will tell you, "is a great guy," and has been invaluable in assisting Karol with her recuperation for surgery as well as being a great

companion during the Covid shutdown over the last months. The two met through a dating service for men and women over the age of fifty called SilverSingles. Joe lost his wife in 2019 in a car accident. He has lived in Lincoln for many years and retired from Gladding McBean after a long career. Gladding McBean is the leading producer of Terra Cotta, Clay Roof Tile, Pottery and other clay products. Joe and Karol have been able to take several camping trips over the last couple of years, including using Joe's boat. They have visited Tamales Bay and Clear Lake, among other places.

Karol's decision to move to Lincoln Hills has been a perfect match for her. The activities keep her busy, the music fills her soul, the companionship is unparalleled, and her home is inviting, bright and a joy. She loves the sun in the Lincoln instead of the beach area which could become foggy for days and even months at a time. She likes living close to her children and their families and loves visiting all the places with nature and water in the Northern California area. Her love of music which started when she was young has served her well over the years and she enjoys sharing her gifts with others, both in Sun City and the surrounding communities. She is certainly one that has made the best of her difficult times.

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### Paul Melkonian, Chorus Director

BY DOUG BROWN

From the first few years of his infancy, Paul Melkonian was immersed in music, as his mom and dad were serving as missionaries in Beirut Lebanon, where Paul was born. Now years later, Chorus members are the beneficiaries of his innately endowed musicianship as director of our 100+ members of the Lincoln Hills Community Chorus (LHCC).

A resident of Sacramento with his wife Yvonne and two grown children, Paul caught the eyes and ears of Lincoln Hills choral aficionados in 2012 when, in a twist of happenstance, a few LHCC members spotted Paul at the piano as the accompanist in a choral concert performed by the Sun City Singers of Roseville. The Lincoln Hills counterpart was looking for an accompanist at that time... and the rest is history! Paul served as the LHCC accompanist from 2012-2017, endearing himself to all with his artistic pianist's touch.

That instrumental talent was not just a product of Paul's early childhood expertise in piano. With a BA degree in Music and a Master's in Piano Pedagogy, his lifetime accomplishments include: teaching piano in this area for over 30 years; over 25 years as accompanist for the Capital Christian High School Choir; church pianist and Music Director at the First Church of God in Sacramento; and now, with River City Christian Church, playing piano and keyboard and singing in the choir, and filling in as director when needed.

In 2017, Paul stepped into LHCC's director position, and members have since been the appreciative recipients of Paul's leadership. Through weekly rehearsals for nine months of the year and two seasonal series of three concerts, Paul's tutelage has generated a marked increase in our collective choral performance prowess. We sometimes look at each other in surprise when—after the tiniest of a mistimed or offkey moment from one of us—Paul says, "I heard that!"

And now, with the Christmas concerts just days away (December 12-13-14), the Chorus will once again be fully primed to treat audiences to a festive celebration in seasonal song. Thanks, Paul!

### Nina Malone, Chorus Accompanist

BY DOUG BROWN



*Paul Melkonian and Nina Malone confer on a Chorus song.*

It is said that every closed door in one's life creates a dynamic vacuum that opens further doors. Sure enough, when Paul Melkonian became the accompanist for the Lincoln Hills Community Chorus (LHCC) in 2012, not only were the Sun City Singers in Roseville suddenly in need of an accompanist, but with their director position open as well, Paul was simultaneously appointed as their director. His first order of business was to find an accompanist, and with his broadly-based musical connections in the community, an obvious choice was...drum roll...Nina Malone!

Five years later when the LHCC appointed Paul to fill our vacant director position, he had the pleasant mission of finding an accompanist to take his place. Yes, you guessed it! Since 2017, we have been blessed with Nina's amazing talents at the piano, and we frequently marvel at the teamwork of Director Paul and Accompanist Nina.

Nina brings to us a truly remarkable 40+ year career in music, piano, teaching, and ministry. Perhaps "ministry" captures the essence of Nina, who has served in a number of churches as minister of music, director of adult, youth, and children's choirs, and more. Currently serving in Lincoln's St. Joseph's Catholic Church as Minister of Music, Nina is surely the embodiment of a "pillar of the church." Her days are filled—and overflowing—with a multiplicity of the church's varied ministries. An astounding dynamo of energy all

channeled toward making this world a kinder, gentler, and more compassionate place!

And there's more. Nina's life experiences include owning/managing a private music studio, experience in management in a credit union, and (ready for this?) certification in optometry and opticianry! A "renaissance woman," without a doubt!

We appreciate both Nina and Paul not just for their remarkable professional expertise and teamwork. But, perhaps more aptly, they are the best of mentors helping us "to be all that we can be" in vocal and emotional harmony. Thank you, Nina & Paul!

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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](mailto:bonniecurtis@sightwordbusters.org). You can also go to [www.sightwordbusters.org](http://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!

## 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 holiday luncheon at Catta Verdera on Tuesday, December 21. Music by the Lincoln High School chorus. 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 or \$25 depending on the entree selected. 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](mailto: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  
Retired Law Enforcement Officers Group  
916-543-9569

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# More Observations on Aging and LLA'S and TGH'S

BY MARTIN GREEN

In last month's "Observations" I referred to a book called "Rules for Aging" by Roger Rosenblatt, and noted that the first two rules were "It doesn't matter" and "Nobody is thinking about you." Rule 3 is "Let bad enough alone." Rosenblatt says, "This rule requires some amplification as it involves the optimism that embraces the belief that persistent clarification after one has committed a so-called social blunder will make everything all right." He gives several examples of people who've tried to explain something away only to get into worse trouble, and he cites ex-President Clinton as someone who did the right thing by "saying as little as possible, especially to reporters." I don't recall any big social blunders I've made, although others might disagree with me, but I agree that, at times, saying as little as possible is a good idea so will end this topic here.

The book goes on to give many other rules, but I'll let readers see for themselves if they want to read it. After reading it myself, I became curious as to what other notables might say about aging, so did a quick Google search and came up with some interesting quotes. The Chinese sage Confucius says, "Old age, believe me, is a good and pleasant thing. It is true that you are gently shoved off the stage, but then you are given such a comfortable front stall as a spectator." I believe it is true that when you are really old you're not that

concerned over what's going on in the world; you are much more concerned with your own aches and pains and in getting through the day. Considering what's going on in the world today, that's not a bad thing.

Several other notables didn't think that being old was that bad. Somerset Maugham said, "Old age has its pleasures, which, though different, are not less than pleasures of youth." What are these pleasures? Malcolm Muggeridge wrote one is, "giving things up." Another possible pleasure, according to Louis Kronenberger, "is that old age is an excellent time for outrage. My goal is to say or do some outrageous thing every week." However, General Charles deGaulle (remember him?) begs to differ. "Old age," he says, "is a shipwreck." There are times I agree with this.

Whatever the pleasures of being old might be, I also think Maugham was right when he wrote, "For the complete life the perfect pattern includes old age as well as youth and maturity." I'm glad that, regardless of its drawbacks, such as being a shipwreck at times, I'm glad that I managed to achieve old age. For one thing, I'm still here to watch my grandchildren grow up from birth to young adults and that's a good thing. Then of course there's what Maurice Chevalier is quoted as saying, and what we often hear in Sun City, "Old age isn't so bad when you consider the alternative."

Changing subjects before the year ends, one more LLA and TGH (Life's Little Annoyances and Things Guaranteed to Happen) examples. After a busy retirement day, in which we usually do nothing much, especially since Covid, Beverly and I watch television at night. We have three TV sets. Our main and biggest one, a so-called smart TV, is in the living room; the other two smaller sets are in our two bedrooms.

On a recent Friday night while watching TV in the living room, the set suddenly lost signal, the first LLA. We called our TV provider and the technician we got told us to disconnect and then reconnect the TV box. We did this a few times and he may have also done something and the set came back to life. However, it had lost all the programs set to record. The tech said these couldn't be retrieved; they were gone forever, another LLA. The next day, Saturday, we discovered that the other two sets would no longer list or play recorded programs. We called again and a tech was to come out the next Thursday.

The next Tuesday night, we settled in to watch one of our recorded programs on TV, fast forwarded as usual to get past what was left over from the previous one but then couldn't get back to normal speed. We then found out we couldn't do anything with the TV, not even turn it off. Another LLA, maybe more than little. We, of course, called again and this time

had a long wait to get a technician.

While we waited, Beverly suggested that the problem might be with the remote. I didn't think so but went to look for some new batteries and just then the tech came on. We went through the reconnecting of the box again. Nothing happened, maybe a TGH. I asked the tech to hang on while I got the new batteries in the remote, just in case, and what do you know, the TV suddenly started working. Beverly was right; it was the remote. Then I checked the other two sets and even more startling, both had the list of recorded programs back. So putting the new batteries in the remote had also fixed the two bedroom sets. No, even I knew this wasn't it, but evidently, whatever had been done with the main TV box had affected the other two sets, I guess a TGH.

So as of now, all three of our TVs are working as they should and all is well until the next time we lose signal or something else bad happens, which is definitely a TGH. Oh, yes, the tech came Thursday and made some adjustments to our remotes and assured us all was well.

Next month a look back at the year 2021. Maybe it was actually better than 2020.





# Happy Holidays!

THANK YOU FOR ALL YOUR BUSINESS IN 2021!

May the New Year bring you health and happiness.

Cheers, *Jackie*

Jackie Smith,  
Realtor/SRES/Notary



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# 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  
Welcome to New Volunteers

Welcome to these new Mailbox Captains: Thank you for joining our Neighborhood Watch team. Bernie Eichensehr, V4 MS 10; Karen Reid V30 MS 10. A special thanks to volunteers who have served well but chose to step down. We appreciate your service.

Welcome to new Director, Dee Fuggiasco

Dee grew up in Milwaukee, WI. She and her husband, Mark, moved to California in 1982 after living in Arizona for two years.

Moving to SCLH in May 2021, Dee was ready to join a neighborhood group. Dee would bring with her years of Air Force experience, her degree in Telecasting, and degrees in several Nursing disciplines. A good part of the last 20 years, her concentration was in Utilization Review and Quality Management.

Now retired, her desire is to do what she has done most of her life – volunteer.

Dee’s last stint was with the Volunteer Health Corp. of California (Long Beach) administering the Covid Vaccine. Her prior thirteen years, she volunteered with the American Red Cross, where she assisted in disaster education, responded to sheltering/disaster needs, interviewed for Veterans History Project, presented at Military Yellow Ribbon events, being a committee and was a member for Hometown Heroes annual event, and worked on other Health Care Services where needed.

Even though Dee is retired, she volunteered as a Neighborhood Watch Mailbox Captain. She has been elected to be a Director for the Neighborhood Team. Welcome, Dee.

Volunteer —

Neighborhood Watch is still in need of Mailbox Captains, Coordinators, and Directors. Neighbors can join as co-captains or co-coordinators to lighten the load. Being a Mailbox Captain or Village Coordinator does not take much time each month. You can work from home, for the most part, and you get to meet your neighbors, especially the new ones. Please contact Suzanne Rosevold, Nominations Coordinator, at [sznrvld202@gmail.com](mailto:sznrvld202@gmail.com) for more information.

Annual Meeting —

The Annual Meeting and Breakfast Potluck was held on Saturday, November 6. Thirteen Village Coordinators, thirty-six Mailbox Captains, eight Directors and

one Support Group person attended.

A full agenda of information and decision making kept us busy. The minutes from the May 7 General Meeting were approved and are posted on the website, [schwatch.org](http://schwatch.org). Elections for Directors were held. The following Directors were elected: New Director Dee Fuggiasco and returning Director Linda Minor. Directors, Denise Hexom, Bonnie Smedberg, and Teresa Tanin were re-elected for a second term.

At a special board meeting on Monday, November 8, the following Board Officers were elected: Linda Minor, Executive Director; Barbara Branch, Assistant Executive Director; Reneé Plummer, Executive Assistant; Denise Hexom, Treasurer; and Pat Hammer, Director of Volunteer Records.

Neighborhood List —

While Mailbox Captains’ Resident email lists may not be used to communicate among neighbors, residents are welcome to create their own list of neighbors for communications not related to Neighborhood Watch. We have posted a form, Know Your Neighbors, created previously by the Lincoln Police Department on our website, [schwatch.org](http://schwatch.org), under documents, to use to create a neighbors list.

Emergency Preparedness and Neighborhood Watch Alerts

Vial of Life —

It’s time to review your Vial of Life form and make sure you are up to date. There is a new form on our website, [schwatch.org](http://schwatch.org), under Documents/Forms. Remember that all medications including supplements and vitamins should be listed for emergency medical respondents’ information. The Vial of Life form can be placed in a sandwich baggie and placed on the top shelf of the refrigerator door. We have replaced the Via of Life medicine bottles, previously used, with the baggies. All emergency respondents know to look in the refrigerator for your information in case you are not able to provide the information.

Security Camera and lockbox registration —

If you have recently installed a security camera or doorbell camera, be sure to register it with the City of Lincoln at their website, [www.lincolncalifornia.gov](http://www.lincolncalifornia.gov).

Current Alerts (All detailed on [schwatch.org](http://schwatch.org))

1.(Theft) On Wednesday, 9/22/21 at 11AM there was a report of a Catalytic Converter being stolen from a vehicle parked in the Raley’s parking lot. No further

information is currently available. For more information read the following alert published by Hartford insurance Protecting Your Car’s Catalytic Converter.

2. (Theft) On Wednesday, 9/29/21 a resident on the 1400 block of Dapple Dawn Ln reports that some person(s) unknown attempted to steal the catalytic converter from their vehicle parked in their driveway. They now park the car in the garage at night. (V30C backs to golf course & Del Webb Blvd, entrance is Rose Bouquet off Del Webb.)

3. (Scam) A resident received a call from an unknown person (scammer) who told the resident that funds had accidentally been deposited into the resident’s account and that the money needed to be returned immediately. It is not clear exactly how the resident was convinced to send \$48,000 to the scammer via wire transfer from the resident’s Wells Fargo Bank account.

4. (Scam) Another scam was reported in which the resident received a call from an unknown person (scammer) who claimed to be from Amazon. The caller stated that a “suspicious order for \$795.00” from Dayton, Ohio had been placed on the resident’s account. The resident was requested to hit #1 to speak to a service representative. Caller ID showed the call coming from PG&E, so the resident hung up and called Amazon direct. Amazon security confirmed that this was a scam. This resident was Aware and Alert and did not fall for this Scam.

5. (Scam) This resident received a very official looking email, allegedly from Bank of America. The email had the correct last four digits of the resident’s Trust account. The resident was asked to verify the full account number, resident’s date of birth and social security number. The resident was very suspicious and did not respond to the email. He will contact the Bank of America manager directly.

6. (Scam) A resident was contacted by individuals claiming to be from Bitcoin and lost a large sum of money. No further details are available.

7. (Scam) Various email schemes claim to be sending a survey questionnaire with a monetary reward. One of the tips is that the message is cc’d to “your first name@aol.com.” Delete the email. Always be wary of any unsolicited requests for personal information or any situation where you are asked to respond immediately to some allegedly urgent money matters. When you receive any suspicious/unsolicited phone call, just don’t answer. If the call is legitimate, the caller will leave a message. Don’t respond to unsolicited emails that arouse your suspicions. If you are in doubt, contact a relative, friend or neighbor for advice. \*

8. Vehicle (Burglary) Around 5:00 AM the morning of 10/26/21 some person(s) unknown entered an unlocked van parked in the driveway on the 1100 block

of Barnswood Loop. The thieves stole miscellaneous items including the garage door opener. The resident’s Ring doorbell/camera showed one subject described as a White male, 30-40 years old wearing a hat. No further description was given. The police were called, and the dispatcher told the resident that “there was nothing they could do.” Later that day a person came to the resident’s house and said he was with ADT alarm company. This person said he was there to check the alarm system. The resident never opened the door. She told the person to leave, and he did. She then called ADT and found out that they did not send anyone to her residence. The resident did not report this to the police department. (V28 backs to East Joiner Pkwy, Del Webb Blvd & golf course, entrance is Farmgate Ln)

9. (Plant Theft) A resident in the 1600 Block of Winding Way reported to her Mailbox Captain that sometime in the early morning hours of 10/26/21 some person(s) unknown stole a large Jade plant. The plant was located near the front door area of the residence. There are no known suspects currently. (V19A backs to Del Webb Blvd, Sun City Blvd & open space, entrances are Andover off Sun City, Mossy Ridge, Wildomar, & Slawson off Monument Dr).

10. (Scam Attempt) One of our residents attempted to access their Wells Fargo account online and was blocked. The resident then received a message that there had been suspicious activity on the account and was given a number to call. The resident called that number and spoke with a heavily accented person who was “difficult to understand.” The resident was suspicious and hung up. The resident then called Wells Fargo customer service but “they were not interested in trying to address the security concerns.” The resident was later able to access the account and has changed the account password.

11. Tip: Remember to check for a padlock in the address bar and/or https at the beginning of the address.

12. (Scam Attempt) This scam started with a phone call to the resident. The scammer identified himself as a PG&E employee. He told the resident that a PG&E employee had been sent to the resident’s house to shut off the electricity and the only way to stop this was to call a certain number. The resident hung up, called PG&E, and was told that they did not send anyone.

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 [schwatch.org](http://schwatch.org) & click ADD ME TO ALERTS. A blank email will open. Just click send.

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

3. To receive Placer Alerts, go to [www.placer-alert.org](http://www.placer-alert.org) & click on SIGN UP.

Neighbors Helping Neighbors — Send any Neighbors Helping Neighbors good stories to [drbabsie@gmail.com](mailto:drbabsie@gmail.com). We welcome new stories.





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## Lincoln Hills Foundation

(cont' from page 1)

and of course, olive oil back by popular demand for the 5th year with new flavors and new gift packs ready for holiday giving, oliveoilincolnhillsfoundation@gmail.com

The Foundation continues to look at where we can support the community. 2022 will bring several more new as well as expanded programs to benefit the seniors of

SCLH. If you are interested in getting updates join our mailing list by emailing [president@lincolnhillsfoundation.org](mailto:president@lincolnhillsfoundation.org).

As we end the year we want to express our appreciation to our donors who make this all possible and our Board members who give so generously of their time in support of these activities.

From all of us to the residents of Sun City Lincoln Hills – Happy Holidays!



*A healthier fast food alternative is opening this month in the area! Amy's Drive Thru — a Petaluma, CA based restaurant with three other locations in California: Rohnert Park, SF Airport and Corte Madera. Amy's Drive Thru is all about organic and vegetarian entrees and is located where the former 76 gas station was at 1119 Galleria Blvd. next to the Galleria Mall.*

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**HUMMEL FIGURINES** \$85, Hummel plates w/frames \$100, Sleigh bed frame \$200. 916-408-1499.

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**HORSE BOARDING FACILITY** needs part-time help to care for horses. 916-645-2025. 1398 Fowler Road.

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## ANNOUNCEMENTS

**LOVE OLD CARS?** Join the 2022 Docent training class at the California Auto Museum, Sacramento. Call 916-442-6802.

**GARAGE SALE** Dec. 10 & 11, 9:00-2:00. High End Xmas/Home decor + designer ladies apparel + more. 1909 Deep Springs Lane.

**CAREGIVER SUPPORT GROUP** (those caring for someone with Parkinson's). We will not meet in December. 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:** We will not be meeting in December. 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.

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



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- ◆ First 15 words are FREE (for SCLH residents only), additional words \$1 each
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- ◆ Lost and found items/pets.

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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

# Seasons Greetings



George Brown

From all of us at

Thompson + Brown Real Estate



*WISHING  
YOU AND YOURS  
A SAFE AND  
JOYOUS  
HOLIDAY SEASON!*



Moving forward, accurate, up to date market knowledge will be the key to selling your home in a timely fashion at the highest price as it appears we are entering a transition market. It is more important now, then ever, to make sure whomever you are interviewing to sell your home can provide you with specifics regarding the number of buyers to expect within a given price point. The days of selling to the highest bidder are behind us.