SUNSENIOR NEWS

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Stephen and JoAnn Gillis—Coming Home to Lincoln

BY RUTH MORSE

Stephen and JoAnn Gillis, both currently real estate agents, have lived in Lincoln Hills for ten years. Their Santa Barbara plan spacious home looks out over the golf course and is a welcoming, well-appointed space for them to entertain clients. This has been a bonus during the last two years when people sometimes feared meeting in public places or areas with large numbers of people. They love what they do, both in real estate, and also, in their philanthropic work with Kiwanis. They intentionally selected Sun City Lincoln and moved here even though they did not know anyone, hoping it would be a place of community and it has exceeded their expectations.

Steve was born in New York City and raised on Long Island. He and his family lived there until Steve was a senior in high school. At that time, they moved to New Jersey where he graduated from high school. From there, it was on to Rutgers University for a degree in



Political Science.

Steve and his first wife moved to the West Coast in 1978 and settled in the San Francisco Bay Area where they lived for several years. It was an exciting and wonderful time to live in the Bay Area. The couple moved to San Bruno and then San Jose, having one child along the way. Steve had been working for Social Security in the East and transferred out to San Francisco when they moved. Steve worked in San Francisco and San Jose and then was promoted to a job in Phoenix. He was then promoted again to Las Vegas and then accepted a promotion to District Manager in Bakersfield. He left Social Security in 1989 and started an entirely new career in Human Resources in the semiconductor industry in Silicon Valley. He worked in the technology industry for over twenty-four years before his retirement and move to Sun City.

Steve's father was an electrical engineer when he was growing up. He states that knowing about his father's scientific way of thinking was invaluable when he worked with software, hardware and systems engineers, etc., in High Tech, even though he was in Human

(cont' on page 29)

Bingo – Back in the Ballroom

BY DENISE BOWDEN

Happy New Year! The beginning of 2022 brings the good news that the Lincoln Hills Foundation will once again be hosting our monthly Bingo games. Preparations are underway to be back in the ballroom on January 27th.

This month also marks an important milestone for the Foundation, the beginning of our 20th year serving the Lincoln Hills. We are proud of how far we have come, the programs we currently support and the programs we will introduce this year as we continue to expand our commitment to this community.

During the hiatus we were not idle and the work of the Foundation continued. We are very proud of two key partnerships that were implemented in the past year. One with the Lincoln Police Department for tracking and finding lost individuals and one with Diala-Ride to help with transportation needs in and around the Lincoln area for those who can't easily get around. Both programs are described in more detail on our website www. lincolnhillsfoundation.org.

The Foundation continues to look at where we can support the community. As we go through the year we will bring greater awareness of programs that residents can

take advantage of and also announce several 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.

If you didn't get your olive oil or SCLH Community Cookbook there is still time, go to oliveoillincolnhillsfoundation@gmail.com to order or pick them up at Bingo.

Every Year; A Little Brains, A Little Talent; Those Were the Good Old Days; The Game; Two Lost Souls; Shoeless Joe from Hannibal, Mo; and what woman of our generation has not sung "What Ever Lola Wants, (Lola Gets!)' in the shower. This production calls for a large cast of 36 actors, singers and dancers who will be directed by Mary Ellen Vogt and produced by Dave Baker.

The story, set in 1958, is a Faustian tale of Joe, a baseball fan so upset by the loss of the

Players Club

BY KAROL MENDEZ

The cast is set and we are so excited to FINALLY work on the musical "Damn Yankees" that we will be presenting to you this April 7, 8, 9 & 10 in the Orchard Creek Ballroom. Tickets go on sale January 17 and I'm sure it will be a sell-out, so get your tickets early! This very popular musical was first brought to Broadway in 1955 where it had 1019 performances in its original production. It won 7 Tony awards including Best Musical, Best Performance by both a leading actor and actress, Ray Walston and Gwen Verdon. A movie version followed with most of the original cast in 1958. There was a revival in 1994 and 2007. There are many popular songs I'm sure you will remember,

(You Gotta Have) Heart; Six Months Out of



game once again to those "Damn Yankees," that he swears he would do anything if his team, the Washington Senators, could win the pennant. Enter the Devil, in the shape of a Mr. Applegate, who tells Joe he can make him the best ball player that ever lived, who could clinch the pennant for his team. Joe is torn between this enticement and his wife, Meg, but counter offers with a date specific release clause. In a moment of weakness, the

(cont' on page 4)











Murphy Brown Gillis

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With over 35 years combined professional service our goal is to provide you with concierge level of service. We strive to exceed your expectations!!



Visit us at www.teamgillis.realtor



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SUBMISSIONS

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

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Letters to the Editors...

Authors are solely responsible for the content of their letters.

Important BOD Election

The upcoming BOD election is the most important yet. As of this writing, two discrimination lawsuits have been filed against our HOA, and one has been settled. The latter has resulted in a 9-point agreement in which the plaintiffs, two SCLH residents with disabilities, were granted 9 concessions. The second suit is pending.

It cannot be overemphasized that with competent leadership, both lawsuits could have been easily avoided. Plaintiffs have sought only to achieve the accommodations requested, but instead were subjected to denial and retaliation. In addition, as of this writing, only 3 of the 9 concessions have been met, and only two of those have been effective, despite some five months having passed since the agreements were made. This, in light of the fact that several of the concessions are required by law, yet still have not been established.

In both cases, the HOA and BOD were, or are being, defended by the HOA insurance company. This can only lead to increased

premium costs, if not outright cancellation of coverage.

Had the BOD provided competent leadership in both cases cited above, the ensuing lawsuits could have easily both been avoided, and associated costs been eliminated. This fact highlights the need to place competent individuals, who know and uphold the law on the BOD in the upcoming election.

Joanne Mitchell and Donna Szabados

A rash of burglaries...

Sadly, we are having a rash of burglaries in SCLH mostly due to people not parking their cars in their garages. Cars parked on driveways act as magnets for thieves/criminals roaming our villages in the wee hours of the morning looking for easy targets of opportunities, and homes that can be easily burglarized-making us all less safe and secure.

HOA's like my last one in Roseville, where (cont' on page 33)







2021 is a Wrap!

It's been a pleasure and a privilege to Serve you this Year!

Looking Forward to 2022!!

Paula Nelson 916-240-3736



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Lincoln Hills November Sales Snapshot

Address	Street	Sq Ft.	Price	Model
2227	Pebblestone	1155	\$500,000	Sequoia
679	Wagon Wheel	1190	\$490,425	Calaveras
402	Plover	1190	\$500,000	Calaveras
1129	Barnswood	1322	\$473,000	Bridgegate
2040	Glenbrook	1322	\$562,000	Bridgegate
1107	Fairview	1361	\$520,000	Madera
672	Geary	1449	\$519,000	Almanor
810	Stockman	1515	\$575,000	Pine Hill
1850	Beckwith	1515	\$569,000	Pine Hill
308	Phoebe	1531	\$570,000	Alpine
2153	Monument	1539	\$582,000	Alpine
2922	Coopers Hawk	1549	\$600,000	Alpine
875	Boulder	1571	\$651,000	Baldwin
2717	Woodacre	1602	\$560,000	Lassen
202	Mariemont	1674	\$637,000	Trinity
1970	Mary Rose	1687	\$609,535	Baldwin
885	Boulder	1687	\$569,000	Baldwin
207	Albion	1741	\$548,500	Coronado***
2284	Pebblestone	1768	\$650,000	Tahoe
1192	Segolily	1785	\$660,000	Santa Cruz
1286	Cherry Blossom	1795	\$600,000	Tehama
2037	Garganey	1795	\$660,000	Tehama
925	Gardner	1822	\$751,000	Echo Ridge
215	Lariat	2073	\$727,000	Annadel
1839	Emily	2073	\$792,000	Annadel
1016	Magnolia	2163	\$785,000	Fremont**
100	Walden View	2238	\$740,000	Ventura
1314	Longhorn	2264	\$1,100,000	Napa
310	Prunella	2264	\$900,000	Napa
730	Medallion	2612	\$879,000	Springcrest
109	Lasso Lake	2636	\$1,100,000	Sonoma *
1967	Coldwater	2955	\$890,000	Meadowgate**

*View **Casita ***2 Story

Per Sacramento MLS reported sales 11/1/21 - 11/30/21

Players Club

(cont' from page 1)

Devil agrees, but soon plots to keep Joe with him forever. Let the antics and drama begin!

Mark your February calendar: The next READERS THEATER performances—FREE shows open to all—will be Saturday, February 5 and Sunday, February 6, both at 3:00 PM in Kilaga Springs Presentation Hall. The Players are pleased to present "A Potpourri of Ten-Minute Plays," directed by Jane Patton, a series of short plays, offering light-hearted entertainment with a delightful variety of contexts and characters that will interest every taste. One play, for example, is

about a woman in assisted living who decides to "carpe diem" (seize the day) and plans her great escape! Come sit back, relax, and enjoy short, amusing presentations! A feast for the ears (and eyes)!

If you've ever wanted to be on the stage, or help out with a stage production, please join us at our monthly meetings on the second Monday of the month, 4 pm, (next January 10) at Kilaga Springs Lodge, Presentation Hall. It takes a lot of hands to put on a show and we always welcome new members.

Contact: David Africa, President 916 708-0009, djafrica@sbcglobal.net. Website: www.lhplayers.org.

LH Community Chorus

BY BARRY MACKINTOSH

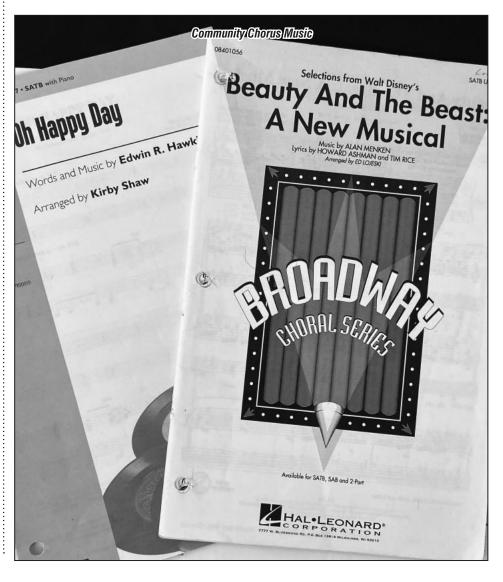
It was great to be back in the Ballroom last month with three sold-out performances of "We Need a Little Christmas," our first concert in two years. You clearly needed this as much as we did after the Covid closures, and we much appreciate your enthusiastic applause and continuing support.

We're already looking forward to our spring concert on May 5-7, featuring an array of popular songs long enjoyed by our audiences. "Don't Get Around Much Anymore" may now apply to more of us than "When I'm 64," but "Everything's Coming up Roses," "I'm Always Chasing Rainbows," "Oh Happy Day," "This Land Is Your Land," and "What a Wonderful World" will give us all another needed boost. We'll also focus on favorites from Disney musicals including Beauty and the Beast, The

Lion King, Pocahontas, The Little Mermaid, and Toy Story.

The Chorus comprises Lincoln Hills residents professionally directed and accompanied by Paul Melkonian and Nina Malone. If you have any choral experience and would like to join us, we'll welcome new members when we begin rehearsing for our spring concert on January 11 in Kilaga Springs Lodge. Registration and music distribution (for a \$20 fee) will start in the Terra Cotta Room at 2:30, and the rehearsal will begin at 3:20 in Presentation Hall. Registrants must show proof of full Covid vaccination. Prospective members are encouraged to visit our website at lincolnhillschorus.org and obtain more information from our membership coordinator, Mari Long, at mlong24sjca@ sbcglobal.net or 916-409-9136.

(more Club News cont' on page 4)



LH Music Group

BY DAN LEHRER

We are looking forward to a new year of music and fun. If you play an instrument, sing or just like to listen, consider coming by on the fourth Wednesday each month from 3:00 to 4:30 PM, we love an audience. Our January 25th meeting opening Group song will be "Let the Good Times Roll" a classic from Shirley & Lee. After solo and small group performances, we will close with "Rock and Roll Is Here To Stay", a hit from Danny and the Juniors released in 1958. We hope to be meeting at P-Hall (KS) in 2022. You can find the Lead Sheets for the group songs and more information on our website; the password is musicgroup. 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. You can find the Lead Sheets for the group songs and more information on our website, lincolnhillsmusicgroup.org; the password is musicgroup. You can also contact Dan Lehrer at dlehrer72@gmail.com. Ukele Ohana meets Wednesdays, 1:00 to 3:00 PM,

(OC). Open to Lincoln Hills residents. Contact Ron Peck at 925-788-5869 for information.

Ballroom Dance Club

BY ERNIE MICHELI

The Ballroom Dance Club concluded its 2021 season with a very festive and beautifully decorated Kilaga Springs Multipurpose Room. In addition, the food selection for this pot luck dance was varied and delicious. Salads, main dishes and desserts filled the kitchen counters, and there were so many excellent choices that it made selection difficult.

The decorating committee led by Barbara Swerdlow transformed the Multipurpose Room with a Christmas mural along the mirrored wall. Poinsettias also lined that wall. Nine large tables for the participants were fitted with a red table cloth. Each table center piece consisted of a small Christmas tree surrounded by colorful garland. There were other beautifully decorated tables within the room that contributed to the Christmas theme. Barbara's committee included Brenda Cathey, Mark Worley, Jim Smyrak, Lia Dresner, Sal







Algeri, Ernie Micheli and Chet and Millie Lelio.

The kitchen committee organized and arranged the many dishes as they arrived. They also provided plates, utensils, coffee and tea. The participants should be commended for the delicious assortment of food and desserts. The kitchen committee consisted of Karen Worley, Sharon Micheli, Lia Dresner, Brenda Cathey, Millie Lelio, Rick Smeaton, Edith Wong and Jim Smyrack.

The music was organized by Ruth Algeri and included an assortment of songs. Her selection of music fit the dances learned during instruction and included the following: Waltz, East Coast Swing, Cha Cha, Fox Trot, West Coast Swing, Rumba, Tango, Night Club Two Step, Samba and Merengue.

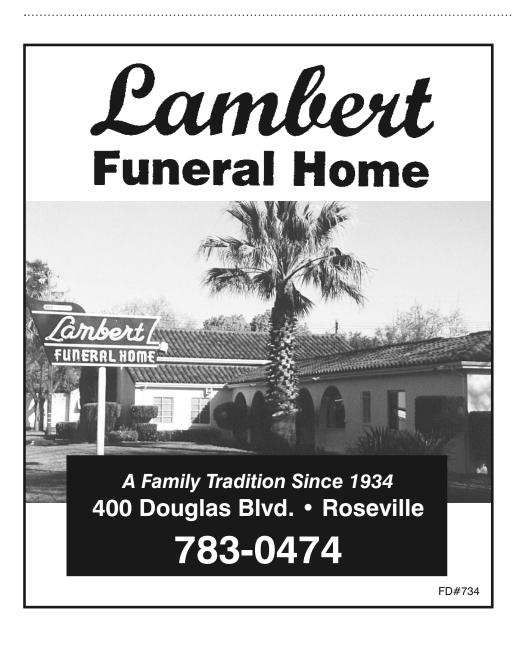
Sal Algeri acted as the Master of Ceremony. He provided programs at each table that listed the order of activity and a dance list. Sal also introduced and recognized the many committee members that helped with the evening's activity. He also introduced the Ballroom Steering Committee which includes Camille Grabowski, John Kirkwood, Ruth Woodmencey, Karen Worley, Ernie Micheli and Ruth Algeri. Ernie Micheli provided a special commendation to Sal Algeri for his dedication and teaching throughout the year. John and Mary Kirkwood oversaw the door prize activity which included the Poinsettias, a surprise bag and a beautifully arranged centerpiece.

Dance activity will continue in January, 2022 and will feature the Cha Cha. 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.

Happy New Year!

(cont' on page 7)









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Country Couples

BY APRIL CEDERBURG

Happy New Year!

The Country Couples Club is looking forward to a brighter and adventurous 2022.

We are so happy that the dancing is coming back into our lives. We are being covid-conscious

and keeping our distance, but we love the music and love to dance.

We had a wonderful Holiday Party on December 6, 2021 in the OC ballroom after a long hiatus.

Music was provided by DJ Gordon Hunt and food was catered by Meridians. There were lots of decorations, music, laughter and food, and we had so much fun getting together with old and new friends.

Our club welcomes all country dancers, both couples and line dancers. Practice sessions are held on Friday mornings. Membership in Country Couples is \$6 a year per person, and membership allows participation in the dances and outside activities that we have planned for the new year. Every other month we try to all get together for dinner and socializing, and we are already planning to get together at an Italian restaurant on January 12th.

If you are interested in learning country dancing, please check out the Compass Magazine. Anyone can sign up to take formal lessons through the classes listed in the Compass, although the classes are separate from the club.

Please join us for dancing and friendship. For more information, contact April Cederburg 916-390-3931.

Tap Company

BY ALISON WOLF

Hoping everyone had a wonderful holiday season and Happy New Year. On December 4th the Tap Company celebrated the season with a Holiday Luncheon at Orchard Creek. Alyson, our teacher, brought 8 of her dancers of the Leighton Dance Project to entertain us after lunch. It was a wonderful performance watching these young dancers, from grade school to high school age, perform. Mary Adamson, our president, spoke briefly to welcome all. She introduced the newly elected officers and announced that in February a third tap class would be scheduled on Tuesdays at 10:00 AM. Just in time to help burn off all those holiday calories! Tap, tap, tap.

Mixed Media

BY JILL SHORT

Happy New Year and welcome to 2022. This would be a great time to try out our Mixed Media Club if you have never visited us. Our club members love to spend time together while having fun creating art projects using all kinds of art mediums. We believe that everyone can be good at creating and that is why the Mixed Media Club has the best encouragers in the world!

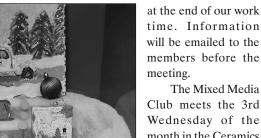
New year, new month and it is time for a new art challenge. Choose a word for yourself that expresses what you want your life to be this year. Maybe your word is healthy, or brave, or positive, or balanced. Whatever it is, let your word lead you into a mixed media art piece. Make sure your word appears somewhere in your art. Bring your finished project to our



January meeting to share.

Atour January 19th meeting we are asking all our participants to bring a bag with a minimum of 10 art goodies that will be used by another person to make a creative work of art. The bag can contain all kinds of fun things such as a napkin, bling, stickers, various kinds of papers and ephemera. Of course, you can bring whatever other art items you want to help you

with your creation such as markers, paint, brushes, magazines or ephemera. The supplies everyone should bring are scissors, glue and a substrate which can be your art journal, canvas, or mixed media paper. The club will have extra mixed media paper if you forget your substrate. The bags of art goodies will be exchanged at the same time with passing your bag to the right. Once everyone has a bag of surprise art goodies the creativity will begin. It will be exciting to see the finished masterpieces



The Mixed Media Club meets the 3rd Wednesday of the month in the Ceramics Room (OC) at 1:00 PM. Our dues are \$20 for the year. We have our room until 5PM, but often we finish by 3PM. The Mixed Media

Club has a 5-member

board, Chris Fetter,

(our President), Jan

Stevens (in charge of room reservations and our window display), Jill Short (article writer), Frima Stewart, and Nan Griffin. Our club board meets the first Monday of the month to plan for our meetings and club business. For more information about the Mixed Media Club, contact Chris Fetter at 916-276-7895 or email at Christine.fetter@yahoo.com

(more Club News cont' on page 9)





- NEW INSTALL
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December's magical window had Mixed

Media club playing in the snow.

Amazing Grace Seventh Day Adventist Church

(English)

Saturday Mornings Bible Study 11:15 am

Worship Service 9:30 am

Pastor: Gresford Thomas

Join us at 600 McBean Park Drive (916) 408-4408

Happy New Year from Neighbors InDeed!

BY JANET ROBERTS PHOTO BY BRUCE QUICK

It's time to wish all of our friends and neighbors here in Lincoln Hills all the best for 2022 from Neighbors InDeed! Where did 2021 go? We're not quite back to normal yet, but we're trying. So, make your resolutions for this year, whether it's spending more time with family and friends or going on that trip of a lifetime, and maybe think about volunteering with Neighbors InDeed.

While you think about that, let me introduce you to some of your neighbors, and our volunteers, who have given their time for 15 years. In October 2021,

we celebrated all our volunteers at our Annual Volunteer Picnic, with music, games, a raffle with fun prizes, and a BBQ lunch. As part of the festivities, we honored 13 volunteers who have been with Neighbors InDeed for 15 years. Nine of them are shown in the picture here: Joan Brant-Love, Terry Hanlon, Herman Tijsseling, Robert Vincent, Larry Schurr, Barry Macintosh, Tom Kingsbury, and in front, Al and Carol Witten. The remaining honorees not pictured are: Ken Leo, Paul Radcliffe, Manuel Gutierrez, and Gary Haight. If you meet any of these folks, in your home or elsewhere, please



thank them for their volunteer service with Neighbors InDeed. They will tell you that it's very rewarding to be helpful and they enjoy meeting the residents.

So, now that you've met a few of us, how about a resolution to volunteer with us in 2022? As a volunteer with Neighbors InDeed, you'll have the opportunity to meet residents who need your help – whether you talk with them on the phone as an I&R volunteer, or in their homes changing a light bult or lubing the garage door as a Handy Helper, or delivering a wheelchair or walker as a Medical Equipment

volunteer. Dispatchers who assign jobs to the HH and ME volunteers have the task of

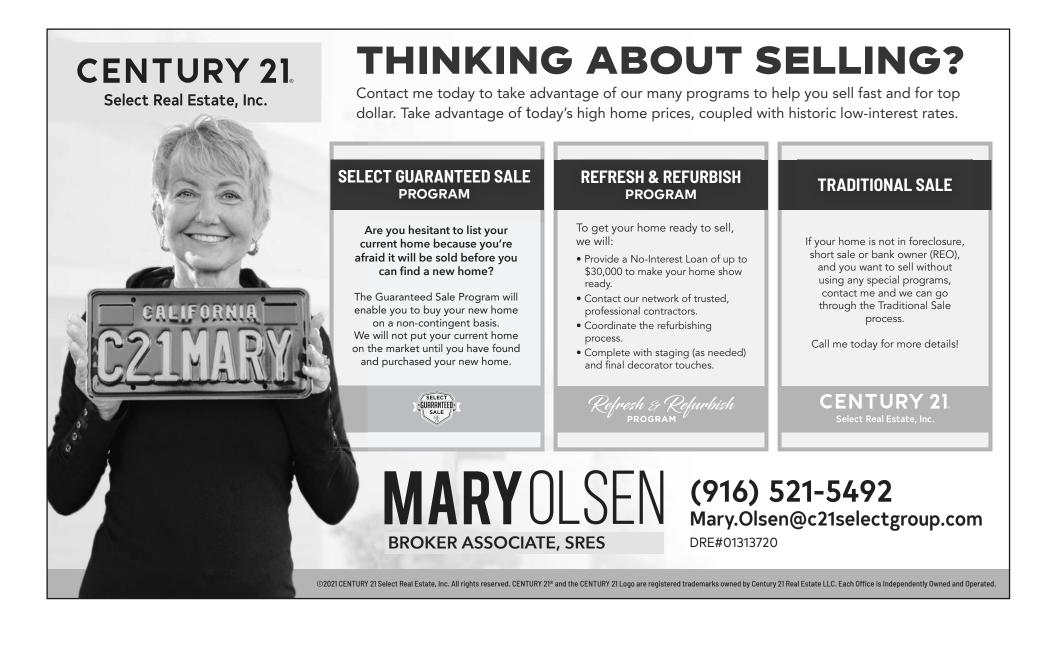
calling available volunteers for the jobs being requested. Whichever volunteer job you choose, you pick the days that fit your schedule.

If you think you can volunteer one or two days each month, please leave us a message at 916-223-2763. We'll call you back and take your contact information for our Volunteer Coordinator who will sendyou an application packet. You will then be invited to attend the next orientation meeting to learn more about us and ask questions. If you're still interested, the Program Coordinators will provide training and mentoring as you begin your volunteer work. There is always a volunteer to help you out and answer your questions.

How about that for a meaningful 2022 resolution? Volunteering with Neighbors InDeed gives you the opportunity to give back and it's very rewarding. Sounds like a win-win situation, and it's a New Year's challenge from us to you, along with our best wishes for a very happy and healthy year.

For more information, check out our website at www.neighborsindeed.org.

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



SSN WRITER....

New Vocabulary...

BY VAL SINGER

Reflecting on 2021, all I can say is that it has been a wild ride! There are so many changes in words and methods of doing things. A whole new vocabulary has come upon the scene in the last two years. Vaxd, Zoom, Boosted, Quaranteen and the best Nomophobia. What is Nomophobia, you say? Well, it's the fear of not having a phone, so Goggle says. Really??? I wonder if you can walk into the phone store with a prescription? Will your insurance pay for that? It's a condition!!

Quaranteen is the breakthrough of infection even if you are fully vaxd. We know quaranteen first hand. There's a vaccine passport – a document showing proof of vaccination; climate emergency – reduce or halt climate change.

With us all walking around with masks these days, how are we supposed to know the difference between the good guys and the bad guys?? It's so confusing, my head hurts....

Where else can you get this technical information? You're welcome!

We welcome your submissions such as humorous observations and poetry.

Please see page 3 for submissions information.

Needle Arts

BY MARY SWANSON

Happy New Year! It was a treat to return to in-person monthly meetings last year and we look forward to continuing that in 2022.

The holiday luncheon was a wonderful afternoonwith good food, beautiful decorations and fantastic entertainment. Thanks to Linda Moran for spearheading this event and to her committee members for a job well done. The 2022 NA Board was introduced during the luncheon. They are President - Jeanne Helland; 1st Vice President - Programs-Shirley Rainman; 2nd Vice President - Travel - Pat Barnhill; Secretary-Sue Beresh and Treasurer - Linda Garrett.

Our January meeting, on Tuesday, January 11th at 1:00 PM in Presentation Hall (KS) will feature Rami Kim and her program titled "Folded Fabric Elegance". She is a DNA scientist turned fabric artist/quilter/instructor known both nationally and internationally. She is a 19-time Best of Showwinner distinguished for her innovative art-to-wear. This lecture focuses on Rami's first book "Folded Fabric Elegance" which covers the use of various 3-dimensional textures. Rami will bring many of the samples from her book including quilts, wearables and home decor items. She shares the stories behind the creative process and her road to publishing. Be sure to plan and attend what promises to be a great start to this year's programs.

If you haven't already purchased one of the Needle Arts logo totes, do so soon before they sell out. They are only \$5 and will be available at the January meeting or contact Pat Barnhill to purchase one.

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

Painter's Club

BY TAMSEN ARMSTRONG

We celebrated the festive season at Oliver's Brewhouse in downtown Lincoln for our

annual Holiday Luncheon, with many of our members joining in the lively conversation and camaraderie. We all love to share our painting tips and inspire each other to get out there (or into your studio) and paint!

Bob Green and Joan Kline shared first place in our latest challenge to paint something that evokes the feeling of "Remote" (see photo below). Bob's majestic landscape, painted in rich greens and blues, was inspired by his recent travels. Linda's striking watercolor of a father embracing his daughter tugged at our heartstrings. First place in our Winner's Circle went to Rudi Franke for his gorgeous watercolor portrait. Congratulations to all winners! Our next challenge (deadline May 17) is to "paint something inspired by a song" in any medium, size or interpretation. You will not be required to sing!

It's still not too late to view the club's paintings on display at Buonarroti Ristorante

(cont' on page 11)









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Painter's Club

(cont' from page 9)

on Lincoln Blvd. These beautiful works of art will be up through January 14.

Starting in mid January, the walls of that popular bistro, Simple Pleasures, will be decorated with new paintings from our artists. Stop in for a delicious breakfast or lunch and see what we've been creating!

The most anticipated event where we show off our creativity is the Fine Arts Show in the Orchard Creek Ballroom, where our resident painters, sculptors and photographers display and sell their work. It is a must-see event, scheduled for February 25-27th.

Please join us! New members are always welcome. Dues are only \$15 per year. Contact Linda Shields at linda_c_s@yahoo.com

Paper Arts Club

BY LINDA LUCCHETTI

Happy New Year! Our club ended 2021 with our first gathering in over a year, and you couldn't have seen more happy faces! It's great to be back together with our friends and doing what we love.

We also thanked our outgoing officers, and voted for a slate of new officers. Thank you to the following new board of directors and committee leaders who are either stepping up again or for the first time, offering their valuable assistance and leadership to the club.

Board of Directors: President - June Paquette; Vice President - Donna Tewart; Treasurer/Membership - Sue Dambrosio; Secretary-Susan Goodrich; Membership Data Base - Carol Dickey; and, Project Coordinator - Rosy Thielke.

Committees: Club Newsletter & Club

916 **434-6410**

Calendar - June Paquette; Club Window at OC - Cheryl Ramm and Committee - Susan Goodrich; Community Service Projects - Donna Tewart and Committee - Mary Emmett, Nancy Younis, Carolyn Sanfilippo, and Mary Prindiville; Activities/social events - Pam Haines and Committee, Sue Dambrosio; Sunshine - Mary Prindiville; Hospitality, Teri Hersko; Photographer and Publicity (Compass & News Reporter) - Linda Lucchetti; and, Open Lab - Dottie Macken.

Our meeting launch for the new year on January 6 is a members only activity – a "free for all" where we'll collect our materials from home that we no longer need or want and bring them in to giveaway.

Come to the Open Lab on January 20 at 9:00 AM in the Terra Cotta Room, Kilaga Springs Lodge, the same location as our monthly meetings. Open Lab offers a place for members to work on projects and meet informally with others to share ideas.

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: Teri Hersko, at hawaiiteri@gmail.com

Book Club

BY CATHIE SZABO

It's a brand New Year and one, we all hope, will see us back to normal or near normal. With fingers (toes and eyes too) crossed, we're resuming our in person meetings as of 20th. So circle that date and be prepared to greet old friends and new at 1:00 pm in the OC Multi-Purpose Room. At the moment, mask wearing indoors is not mandatory for those vaccinated—but, should you feel better wearing a mask, please feel free to do so. Can't wait

to see everyone.

January, aptly named after the two-faced god, Janus, is always a time of looking back and looking forward. Let's take a look forward first. Drum roll, please followed by trumpets! Our books for 2022 —

January 20: Death Comes for the Archbishop by Willa Cather

February 17: *The Book of Longings* by Sue Monk Kidd

March 17: *The Girls in the Stilt House* by Kelly Mustia

April 21: TBD – Author Visit?? Social?? May 19: *The Code Breaker* by Walter Isaacson

June 16: The Four Winds by Kristen Hannah

July 21: *Anne of Green Gables* by L.M. Montgomery

August 18: TBD - Social?? Author Visit?? September 15: *The Rose Code* by Kate Quinn

October 20: *The Lost Apothecary* by Sarah Penner

November 17: *The Doctors Blackwell* by Janice Nimura

December 15: TBD – Social??

Now here's where you come in – folks willing to give a brief biography of the author or facilitate the discussion for the book are needed. Without your participation, our book club will not be! Look over the list of books – if one intrigues you, sign up to give the biography of the author or facilitate the discussion. Help is available via hints or teaming with an experienced members, so don't be shy. Email Cathie at catsickle@gmail.com or be ready to sign up at the January meeting.

Not quite there yet? How about setting yourself a reading goal, just for fun? Set a number of books you want to read. Or how about books with titles for every letter of the alphabet? One set in each continent? Or each state? Find a series of books and plunge in – took me about 2 or 3 years to read all of Donna Leon's Commissario Brunetti books in among all the others I read. No matter what you do – read!

Now time to look back – we all have been trodding the earth for many years. But what memories are tied to books and reading? Here's a few of my recollections.

Being "so old", I finally got my adult card at the library and could go into that mysterious world of the adult book room.

So scared, I huddled in my bed, reading

to finish "The Exorcist" before turning out the light!

Intrigued by Ngaio Marsh's "When in Rome", had to visit the real church it was based upon. (For curious ones, read up or visit San Clemente in Rome – it'll blow your mind.)

Devouring books about a travel destination to be sure you see and do all as well as eating all the local specialites!

Quietly sitting on the couch reading a good book (in my case, a mystery!)

A bit of a belated New Year to you and yours – raise a glass for a better 2022!

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

Writers Group

BY ANDY DEXTER

Hopefully, 2022 will be a happier year.

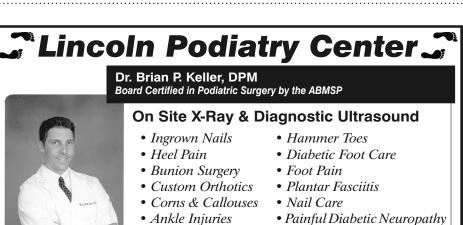
The SCLH Writer's Group is comprised of people with all writing abilities, from beginners to those who are published. Some write poems, novels, biographies, short stories, children's stories and memoirs. Now is a good time to get started on that writing project you've been putting off! Your children 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 and COVID continues to be of concern, so the club officers request all attendees wear masks.

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 January 2022 we will meet on tenth and twenty-fourth. If you want to read some of your work, please bring 10-12 copys to share. We provide each other with positive feedback about our writings.

(more Club News cont' on page 13)





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Ruby Princess ~ 3080 Passeng	ers Feb 10, 2022	\$1,299 \$1,399 \$3,499
	Oct 23, 2022	\$1,499 \$1,599 \$2,799
Sail round trip from San Francisco, Califo	rnia to Kauai, Nawiliwili Hawaii; Honolulu,	, Hawaii; Maui, Lahaina, Hawaii; Hilo, Hawaii;
Ensenada, Mexico, San Francisco, Califor	nia.	*ROUND TRIP LINCOLN SHUTTLE TO SHIP!
10 DAY ALASKA From SFO!	Princess May 30, 2022	\$999 \$1,239 \$1,899
Ruby Princess ~ 3080 Passeng	ers Jun 9, 2022	\$1,049 \$1,299 \$1,899
	Jul 9, 2022	\$1,199 \$1,459 \$2,099
	Jul 29, 2022	\$1,149 \$1,399 \$1,949
	Aug 8, 2022	\$1,199 \$1,499 \$2,199
	Sep 7, 2022	\$1,119 \$1,399 \$1,899
Sail round trip from San Francisco, Califo	rnia to Juneau, Alaska; Skagway, Alaska; H	lubbard Glacier, Alaska; Ketchikan, Alaska; Victoria,
BC, Canada; San Francisco, California.		*ROUND TRIP LINCOLN SHUTTLE TO SHIP!
7 DAY CA Coastal from SFO	Princess Apr 23, 2022	\$949 \$1,099 \$1,799
Ruby Princess ~ 3080 Passeng	ers Oct 1, 2022	\$719 \$839 \$1,059
04/23/22 Sail round trip from San Franci	sco, California to; Astoria, Oregon; Seattle,	, Washington; Vancouver, Canada; Victoria, Canada;
San Francisco. 10/01/22 Sail round trip f	rom San Francisco, California to; Santa Bar	bara, California; Los Angeles, California; San Diego,
California; Ensenada, Mexico; San Franci	sco, California.	*ROUND TRIP LINCOLN SHUTTLE TO SHIP!
10 DAY MEXICO From SFO!	Princess Jan 6, 2022	\$579 \$699 \$799
Ruby Princess ~ 3080 Passeng	ers Jan 31, 2022	\$649 \$799 \$899
		o, Mexico; Mazatlan, Mexico; Cabo San Lucas, Mexico;
San Francisco, California.		*ROUND TRIP LINCOLN SHUTTLE TO SHIP!
15 DAY Panama Canal! Pr	incess Feb 25, 2022	\$1,449 \$1,949 \$3,399

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Sail from San Francisco, California to Fort Lauderdale, Florida visiting Cabo San Lucas, Mexico; Puntarenas, Costa Rica; Fuerte Amador, Panama; Transit the NEW LOCKS of the Panama Canal; Cartagena, Colombia; Fort Lauderdale, Florida. *March 12 Reverse Itinerary from Fort Lauderdale to San Francisco. Flight between Sacramento and Fort Lauderdale and shuttle between ship and Lincoln is included for both the February 25 and March 12, 2022 departures.

*Mar 12, 2022

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Prices are per person based on double occupancy and subject to availability at the time of booking. Taxes, Fees, & Port Expenses as well as Travel Insurance are additional. Round Trip Lincoln Shuttle is \$200 per person. Please call for current availability and pricing.



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Apple User Group

BY RICH THAYER

Happy New Year from the Apple User Group volunteers! We have some exciting seminars planned for 2022. Ken Spencer will kick off the year with a seminar on amazing developments in Apple technology, general technology like brain-implanted chips, and augmented reality apps for the iPhone. Andy Petro will give a seminar on iOS 15 iPhone essentials, and Bill Smith will present ten ways to defend yourself against fraud.

In addition to seminars, the user group offers support for Apple users through a Help Line, Open Labs, and the virtual Ask the Tech Hour. Whether you are a continuing member or new to the group, now is the time to submit your membership form for 2022. To renew or newly join LHAUG and for general information, see www.lhaug.org.

Pictured here are incoming and outgoing LHAUG officers. From left, incoming vicepresident Rich Thayer, incoming president Vicki White, continuing treasurer Gerry Esker, continuing secretary Sharon Worman, outgoing vice-president Ken Silverman, and outgoing president Helen Rains.

Genealogy Club

BY DR. BARBARA BRANCH

Our first live presentation in almost two vears 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 or volunteer. The following slate will be presented Carole Moore and Bill Kress-co-presidents; Barbara Branch -secretary; Lodge Carlton - treasurer; and Marlene Carlton - membership chair. All other positions are appointed by the president and board. We still need someone to set up the after-presentation snacks. Please consider volunteering to help with the set up. Memberships are due for 2022 and a separate notice to members has been sent to renew. New members are welcome. Go to our website for applications.

Check our SCLH Genealogy Club website for handouts and updates:

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



Lavender Friends

BY PAULA KREGEL

December was a festive month for our club, with two holiday celebrations enjoyed by members. Our largest event of the year, the annual Holiday Dinner/Dance, was held at Turkey Creek with 93 members and guests attending. The dance floor was full all evening as our favorite DJ, Jammin' Jo, provided the tunes that kept everyone moving. Jammin' Jo has brought her talents to 11 of the 13 holiday dances held by Lavender Friends. Generous attendees also donated \$1732 for the Placer PFLAG scholarship.

Safety was a top priority, with proof of vaccination required. "Everyone had a great time and welcomed getting back to normal for a change," said Sharon Kurth, co-chair of the event. "The club's decision to check COVID vaccination status made everyone feel at ease being together."

Another season festivity was a Holiday Brunch at Meridians. Club members enjoyed good food and company, sharing holiday plans, New Years' activities, and more.

The Lavender Friends Club wishes everyone good health and happiness in the new year!

Lavender Friends is a club for LGBTQ residents and their allies. For more information go to lavenderfriends.com.

Shalom Social Group

BY JUDY GANULIN

Shalom Social Group members had a wonderful time at our Hanukkah party. We $honored four \, of \, our \, members \, who \, have \, worked$ hard on this event for several years by planting a tree in Israel in each of their names. Hagai and Braha Narkis always take care of the food, and they do a great job. Anita Lehrer runs the party side of the event (decorations, raffle) with flair and efficiency. Her husband Dan and his band, Dan Jam, always provide Hanukkah music; for this season they call themselves the Maccabee Wannabees. For more information please contact Joanne Levy, 508-333-8590.

LH Italian Club

BY LINDA LUCCHETTI

The kick-off event of the year, the annual Crab Feed, is set for Friday, January 14 at the McBean Pavilion. There are more events waiting in the wings. In March, we'll have a Western Night Dinner and Dance at the Blue Goose Event Center in Loomis, and in April, we'll explore the Italian region of Lombardia. Check out the club website for more.

Go to the Lincoln Hills Italian Club Apparel Store online to shop for men's and women's shirts, hats, and sweatshirts, with the club's logo.

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

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

Democratic Club

BY JUDY GANULIN

Lincoln Democratic Club members enjoyed our annual picnic, rescheduled to December. It featured great food, an interesting program and the chance to meet in person for the first time in a long time! We look forward to the new year with our new officers and some excellent programs. Andy Fecko and Tony Firenzi of Placer County Water Agency will speak in January, Terry McAteer will discuss the midterm elections in February, and our own Richard Pearl, Lincoln City Treasurer, will speak in March. We look forward to another exciting and productive year! For more information please see our website, https://democraticclublincolnca.org/

LH Veterans Group

BY BILL LEWIS

Happy New Year to all. The newly elected 2022 LHVG Board of Directors are: Bill Lewis - President: Jon Hodson - Vice president: Jeff Davis - Treasurer; Richard Fuller - Secretary; Shirley Schultz, Dave Taylor, Director and Bob Ringo - Director. We thank the 2021 Board of Directors and the Committee members for their outstanding service during the past year.

As always, we are looking for volunteers for the operation of the Group. Presently needed are Chair Persons and Committee members for the Flag Table Committee, Program Chairperson, Social Events Chairperson and committee members. The members of the LHVG are very skilled and talented in many fields and we encourage all Veterans and Associate Members to volunteer for these chair positions and committee memberships. Please contact Bill Lewis, 916-303-0349, email; bllewis1977@gmail.com or Jon Hodson, 916-300-5394; email jonhhodson@gmail.com to volunteer. Thank You.

The next general meeting will be held on January 20, 2022 at 1:00 p.m. in the Kilaga Springs Presentation Hall. The guest speaker will be Lincoln Hills resident Colonel Kent Hann, U.S. Army Ret. talking about, "Myths That We Love to Believe."

Welcome Aboard, New Member, Remy Giannini, U.S. Army. The Flag Table will be open on January 15, 2022 in the Orchard Creek Lodge Lobby for the sale of Flags at a price of \$25. Fly Your Flag Proudly New Year's Day, January 1,2022 and Martin Luther King's birthday, January 17, 2022.

> In Memoriam — Rich Kalsbeek - U.S. Air Force,

> > (cont' on page 14)



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LH Veterans Group

(cont' from page 13)

James Pinnell - U.S. C.G. Harold Alexander - U.S. Army Larry Whitaker - U.S. Air Force Steve Kardys - U.S. Navy, LHVG Life

The Veterans Group extends its deepest Condolences to the families and friends of these Veterans.

LH Republican Club

BY SUE DUMAS

Happy New Year! Our first get together in the New Year will be "KICK-OFF-2022", January 22, 1:00 to 4:00 p.m., Kilaga Springs. In addition to Members, we are extending an invitation to all resident Republicans, Independents, and NPP to attend this Kick-

The format will be that of an "Open House" so you will be able to drop in, visit various discussion tables, and enjoy light refreshments. There will be speakers representing School Choice, Prop 13, 2nd Amendment, etc. Come meet with our guests and other members. Listen, learn, and share, while enjoying the company of like-minded individuals.

There will be sign-up sheets to volunteer for various activities, and a Club calendar with social activities and scheduled meetings, for the year.

Guest Speaker on February 24th at Kilaga

Presentation Hall doors open at 6:00 p.m.; meeting starts at 6:30 p.m.

Republican Residents of Lincoln Hills are invited to join our club. \$15/per year, per person, due in January.

www.RepublicanClubSCLH.org

Travel Group

BY SHERON WATKINS & LINDA BEVINS

The Lincoln Hills Travel Group wishes you an exciting New Year! Please come to our next travel show for many other options to consider for your own travel choices for 2022 and/or 2023.

The Lincoln Hills Travel Group is happy to present these next Travel Shows —

January 18: Via Roma, 2270 Nicholaus,

January 19: Old Town Pizza, 599 Lincoln Blvd, Lincoln

January 20: Via Roma, 2270 Nicholaus,

Special Note: On the previous invitation the 19th was listed for Via Roma and now it will be Old Town Pizza.

All travel shows start at 3:30 pm.

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

Another special note: So sorry the email $address for \, Linda \, was \, misprinted \, in \, the \, last \, Sun$ City News but there is still room for everyone at the shows so use the correct email address and come say Hello!

Cost is free. Our favorite Collette person

- Jay Fehan, will be there to present exciting new travel shows for 2022 and 2023.

Reminder: January is the month that the membership fee is due, \$10 per person for the year. You can go onto our website: lincolnhillstravelgroup.com to get a sign up form or pick up a form at the Travel show in

See you in January as the Lincoln Hill Travel Group begins its new travel adventures for 2022- 2023.

Mackinac Island: June 24 July 2, 2022

Canadian Maritimes Coastal Wonders: July 10 -20, 2022

Scotland - small group tour with Military Tattoo: August 6 -17, 2022

Spotlight on Boston: August 25 - 30, 2022 Albuquerque Balloon FIesta: October

New York Holiday: December 5 - 9, 2022 Christmas in London: December 8 -14,

Colors of Morocco - small group: March

Heritage of America: April 16 - 24, 2023 Switzerland - small group tour by train: May 12 -23, 2023

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 lea 925@att. net; Linda Bevins 916-666-7627 djbevins17@ gmail.com

LH RV Group

BY VICTORIA WHITE

As we are all winding down from a busy holiday season, all RV'ers should remember that winter is a good time to have your rig serviced. The shops are usually fairly slow so it's easier to get an appointment. Get your coaches ready for the winter and spring trips that the RV Group have planned.

Our Holiday Party was delightful at Catta Verdera and now we're planning our first rally of the year to Catalina Spa RV Resort in Desert Hot Springs come February 7-11. Cara and Eric Roberts and Mark and Gail Hamilton will be wagon masters.

If you have any questions please check for their phone numbers in the members roster. We have many rallies planned for the year so check our website, www.lhrvg.com for all information or call either Vicki White or Cara Roberts as too when you need to sign up, remember, early bird gets the worm.

If you are interested in joining or have any questions about our group please contact Sharon Skar, Membership Coordinator at 916-434-7799 or marlowensharon@gmail. com. Meetings are every second Tuesday at KS in the Placer Room at 4:30 PM. Everyone is welcome.

Victoria White 530-320-0498

Vice President, Lincoln Hills RV Group: www.lhrvg.com

(more Club News cont' on page 15)

Michelle's Featured Listings











2339 Walden View Lane – Expanded Plumas

This expanded Plumas floorplan on a stunning golf course/lake view lot is





SUN RIDGE



2444 Sutter View Lane - Napa Model

This ever-popular, rarely available Napa floor plan is ready for its new homeowner. Located in the higher elevation of Sun City Lincoln Hills in a village that only hosts Estate Series models (larger floor plans), has many features including: engineered wood floors, gas fireplace, many windows, center prep island in kitchen, cherry cabinetry throughout, Corian counter tops, double ovens, gas cook-top, cozy breakfast nook, bay window in the master bedroom, dual sinks and large soaking tub in the master bathroom, second en-suite is on the opposite of the home which makes for private guest accommodations. The oversized backyard has a beautiful water feature that creates a soothing experience when relaxing after a long day of tennis, pickleball, softball or hiking the many trails the community has to offer. As an added bonus, this model comes with a full sized 3 car garage perfect for storage and a golf cart.

a 10++. The upgrades are never ending which include: Private gated courtyard, glass entry front door, engineered wood floor laid on the diagonal throughout the home (except baths), plantation shutters, crown molding, cherry cabinets, Silestone counter tops, gas fireplace, built-ins in the great room and office/den, recessed lighting, all closets have organizers including the pantry, ceiling fans, and an expanded 2.5 car garage. The current homeowner enlarged the home by adding a guest retreat with full bath & walk-in closet. The covered back patio has floor-to-ceiling screens as well as a pergola expanded cover for filtered sunlight. The backyard landscape is low maintenance with artificial turf, several seating areas and a soothing water feature and as a bonus, views, views and more views.

Priced at \$879,000

Priced at \$919,000



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Michelle Cowles, Realtor

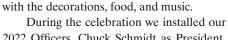
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SCLH Sports Car Club

BY PAM BERRY

What a whirl wind of activities to finish up the year. A trip to Capay valley was squeezed in-between the rain, we joined the Rods and Relics to deliver turkeys to the Lincoln Firefighters, and collected Toys for Tots with a ride and lunch at Awful Annie's in Auburn. Thank you to everyone that donated and coordinated these events.

The year was topped off with a big Christmas celebration at Catta Verdera. It was so good to gather together. Members supported the safety measures to ensure we could have a good time without worry. Linda Snyder our



Social Event coordinator did her usual magic

2022 Officers. Chuck Schmidt as President, Pam Berry as Vice President, Carol Asnault returned as Treasurer, and Mary Olsen as Secretary. Other members have volunteered to fill the appointed chairs; Richard Pearl as Tour Events, Linda Snyder as Social Events, Karen Allington as Liaison/Historian, and Ron Goleno as Webmaster. A big thank you everyone who by volunteering assures the continued fun for the rest of the members.

The club thanked the outgoing board members led by Tom Breckon for all their work to keep the club and members healthy and

> safe during the last two years of Covid. As you know this was difficult to do for our families let alone for a club of over 100 households. Not only did the club stay active as possible but it gained significantly in membership!

But here we are looking forward to a new year with trips and socials filled with friends and fun.



BY SEAN MCLAUGHLIN

The SCLH Roadrunners motorcycle club is proud to have been a participant in the 2021 Gold Country Food and Toy Run, hosted by the city of Auburn and C&E Auburn Indian and V-Twin. Over 500 motorcyclists converged on the Auburn Recreation Park, assisted by the Auburn police department who kindly directed the traffic and kept both bikers and automobile drivers safe. As you can see in the picture, there were hundreds of toys delivered for children of all ages. Toy and food runs have been a popular peaceful setting for all bikers to contribute to the well-being and joy of children from disadvantaged families for many years.

After meeting at the Auburn Recreation Park, the bikers participated in a ten mile run through Auburn, ending up at another park in Auburn, where the toys were delivered to

volunteers. Hot dogs and chips were provided by the grateful volunteers.

Other sponsors of the toy run were: Long Wolf Cycle Shop, Gold Country Harley Riders, Gold Country Indian Motorcycle Riders Group and the Auburn Recreational Parks District.

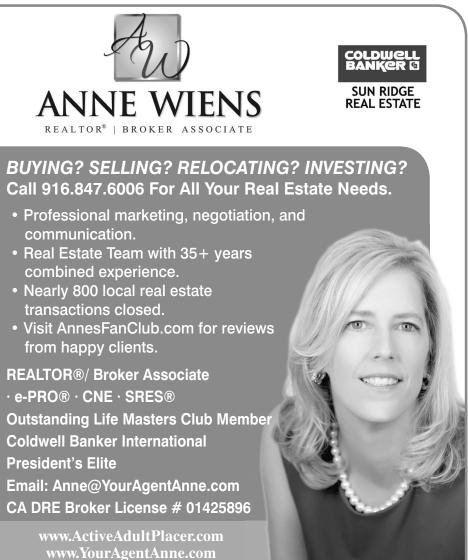
What is a Motorcycle Club? This question seems to be one that is easily answered: a group of people who enjoy riding motorcycles together. But there is actually more to it. A motorcycle club is also a social group with similar interests. Some of those groups are specific, such as the Harley Owners' Group, which allow only Harley-Davidson riders in the club. Others, like the Roadrunners Motorcycle Club of SCLH, enjoy social events such as lunches, dinners and meetings designed to cover not only club activities but other topics

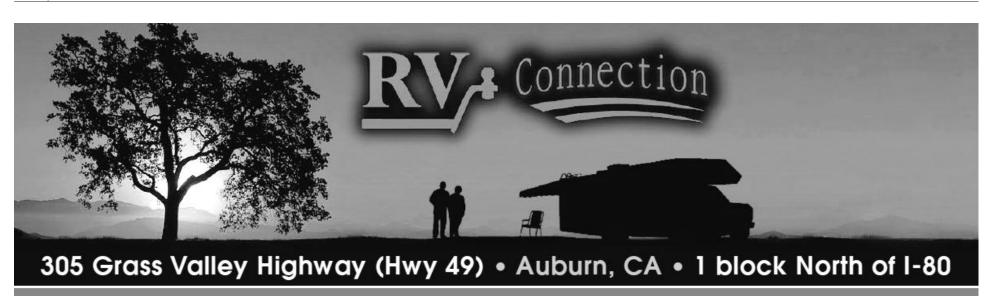
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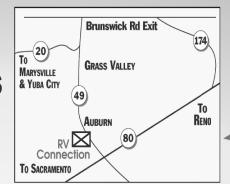






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Roadrunners Motorcycle Club

(cont' from page 15)

such as safety, raffles for prizes and impromptu rides put together by anyone in the club. This group is also tailored toward senior activities, as all the members are over 55.

Club officials are the President, Vice-President, Vice-President in Charge of New Members, Treasurer, Safety Officer, Head Road Captain and various Road Captains. Safety is always emphasized and the club has a very good record in this area. Any kind of roadworthy motorcycle is welcome, and new members are always welcome! Our meetings are held on the second Thursday of every month at 5:30PM and the next meeting is planned for April of 2022 at the Orchard Creek building in Sun City Lincoln Hills.

Contact: Manny Perez 916-253-9121, manwil412@wavecable.com

Rods & Relics

BY ELNA RAGAN

Our Car Club contributed turkeys to the Lincoln Fire Fighters' 8th Annual Turkey Drive held on Thursday, November 18. A total of 963 turkeys were collected with 800 birds going to our local Salt Mine and 163 going to the Placer Food Bank.

On Sunday, November 28, Club members traveled to the Nimbus Dam Car Show and participated in the annual Toy Run.

On Saturday, December 4, eight Club members and their vehicles, participated in the Downtown Lincoln Christmas Parade! There were over 60 entrants in the Parade seen by 10,000+ visitors. The parade ended by Beermann's Plaza where the City's annual Christmas Tree Lighting Ceremony took place.

Club members enjoyed our annual Christmas Party on Sunday, December 5. It was a time of celebration and fellowship. Games were played and music was provided by the Steve Evans duo for an evening of dancing.

2022 is rapidly approaching as we prepare for the many challenges facing us. We can be thankful for who we are, where we live, our families, and friends. Wishing everyone good health, peace, and happiness in the New Year!

Our Car Club is always looking for new members. If you own a 1975 or older Americanmade or American-powered vehicle, plan to join us. For more Rods & Relics information check our Web Site shown below.

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

Web Site: www.rodsnrelics.net

LH Amateur Radio Group

BY DAN LEHRER, KN6DRN

We are pleased that the Board approved our request for a new Repeater. The support from the Properties & Finance Committees is greatly appreciated. Better coverage and a more reliable and modern Repeater will better serve the Community. As always, thanks to John, NQ6Q and LC, N7VQC for all their research and expertise. The equipment, owned by the Association, will be maintained by the Club. The month of January brings with it the North America QSO Party. Hams will be trying to make as many contacts as possible, on January 22nd from 10:00 AM (1800 UTC) until 10:00PM (0600 UTC). The following weekend of January 29th thru the 30th is the Annual Winter Field Day event. Starting Saturday at 11:00 AM (1900 UTC) ending Sunday, at 11:00AM (1900 UTC). Points are awarded for number of contacts as well as bonus points for portable power and setting up away from home base stations. The Group has a goal of making more contacts than last year. 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 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, 2022, 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 full membership meetings.

Current Covid-19 virus requirements from the California Department of Public Health mandate that masks to be worn in all

indoor public settings irrespective of vaccine status through Jan. 15, 2022.

The guest speaker at the January meeting will be American River College Professor Charles Hunt, retired, who will give a showand-tell presentation on the Michelson Interferometer; an instrument that uses the interference patterns formed by waves (usually light, radio, or sound waves) to measure certain characteristics of the waves themselves or of materials that reflect, refract, or transmit the

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. The next meeting of the CIG is January 17, 2022, in the Orchard Creel Lodge, Fine Arts room at 6:45 PM and is open to all SCLH residents.

We are excited to have retired Professor Charles Hunt co-lecture this series with LHAG's past president and long-time member Morey Lewis. The CIG meetings are open to all SCLH residents. For interest and registration in attending this meeting, please contact Ron Yelton at ryelton660@aol.com.

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 at www.lhag.org . These events are open to all SCLH residents. Star parties are subject to weather and seeing conditions. Any cancellation will be sent to LHAG members via email up to the event date. For further information on this group please contact Bob Collins at bobpcoll@ community.net.

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. Setting up telescopes typically begin about an hour before sunset.

Astronomical events for January 2022 January 2 - New Moon. The Moon will be located on the same side of the Earth as the Sun and will not be visible in the night sky.

This phase occurs at 18:35 UTC. This is the best time of the month to observe faint objects such as galaxies and star clusters because there is no moonlight to interfere.

January 3, 4 - Quadrantids Meteor Shower. The Quadrantids is an above average shower, with up to 40 meteors per hour at its peak. It is thought to be produced by dust grains left behind by an extinct comet known as 2003 EH1, which was discovered in 2003. The thin, crescent moon will set early in the evening leaving dark skies for what should be an excellent show. Best viewing will be from a dark location after midnight. Meteors will radiate from the constellation Boots in the Northern sky but can appear anywhere in the sky.

January 7 - Mercury at Greatest Eastern Elongation. The planet Mercury reaches greatest eastern elongation of 19.2 degrees from the Sun. This is the best time to view Mercury since it will be at its highest point above the horizon in the evening sky. Look for the planet low in the western sky just after sunset.

January 17 - Full Moon. The Moon will be located on the opposite side of the Earth as the Sun and its face will be fully illuminated. This phase occurs at 23:51 UTC. This full moon was known by early Native American tribes as the Wolf Moon because this was the time of year when hungry wolf packs howled outside their camps. This moon has also been known as the Old Moon and the Moon After Yule.

Alzheimer's/Dementia **Caregivers Support Group**

BY VALERIE JORDAN

The SCLH Alzheimer's/Dementia Caregivers Support Group current steering committee includes Jean Ebenholtz (jmesme@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 at 1PM; all are welcome to join, especially caregivers with recently diagnosed family members. Starting in 2022, the January, March, May, July, September and November meetings are facilitated by a licensed counselor from Del Oro Caregiver

(cont' on page 18)





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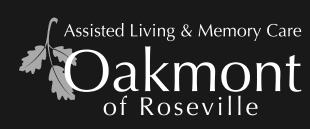
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Alzheimer's/Dementia

(cont' from page 17)

Resource Center, and provide a safe place for members to share their ongoing challenges and experiences. The Wednesday, January 26, 1PM meeting will be held on Zoom, so contact a steering committee member for the link. Members of the LHAlzCaregivers@googlegroups.com will receive the link via email

The 2022 February, April, June, August and October meetings are facilitated by guest speakers who are knowledgeable about dementia and caregiving issues frequently experienced by families.

The Women's caregiver group meets the first Wednesday of every month at 1PM beginning January 5, 2022 in the OC Multi-Media room. Contact Mary Jo Fratessa (916-759-8760) for information about this group. Proof of vaccination and masks are required.

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 2022 or meet in person with proof of vaccine status and masks. Please contact our steering committee for 2022 meeting updates

Glaucoma Support Group

BY BONNIE DALE

Happy New Year! We will be meeting for the first time in the New Year on the second Wednesday of the month, January 12, in the Multimedia Room (OC) at 4:00 PM. This past year we have had the opportunity to learn more about research being done nearby to find better ways to diagnose and treat Glaucoma. There are also many research teams in California and other States that are working together in their efforts to find the potential of a cure. As we begin this year, we will continue learning and sharing Glaucoma information that will help improve our lives.

For more information, please contact Bonnie at bjdale@aol.com or 916-543-2133.

SCLH Hearing Support Group

BY DONNA SZABADOS

Hope everyone enjoyed the Holidays. Our next meeting will be January 27th at 2:30 PM at Orchard Lodge. As of today, the mandatory mask rule has again been implemented in CA. If plans change, I will inform everyone by email.

We will be having Marina Zangeneh-Lester of California Phones demonstrating smartphones, namely iPhone and Android. You will be shown how to send or receive text messages, how to make your smartphone louder and easier to hear, how to connect Bluetooth devices and how to operate the basic functions of your smartphone and much more.

If you are interested in participating in this training, or have any questions, please contact me as soon as possible! Let me know if you have an iPhone or Android. There is no charge for this session.

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Bosom Buddies

BY VAL SINGER

Bosom Buddies had their Christmas party at the Kilaga kitchen. Thanks to our president, Kathy Woodward, Peggy, and Patty, and numerous other little elves it was a huge success. Lasagne, garlic bread and bundt cake filled our tummies and we had delightful entertainment to fill our souls. The Potpourri Troup which includes our very own, Corrine, delighted us with dancing and singing Christmas songs. It was so nice to see everyone all dressed in their Christmas best

and healthy (pic). We all went home with a home-made snowman made by Kay Brady and Kathy Woodward. Every year we receive a hand made Christmas gifts. I have so many treasures from past Christmas parties.

Welcome to all the new members! I have Bosom Buddies shirts. Just call me and I'll make arrangements to get one to you. Most sizes are available; \$20.

Regular meetings will resume in January, hopefully with lunch before the meeting. With Covid and all its variants, we are working on a month-to-month basis. Notices will be sent out as to what is going on.

Once again, we had a lovely Christmas Party thanks to the Foundation.

Happy New Year!

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

Low Vision Support Group

BY JOAN BRANT-LOVE

Wishing Everyone a Safe and Happy 2022! 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 and will concentrate on those items which particularly relate to low vision. Those programs include Handy Helpers, Information & Referral and Medical Equipment Loans.

Meeting - Tuesday, February 1, 2022, 2:00 to 4:00 PM, Fine Arts Room, Orchard Creek Lodge

Laura Kellen, Outreach Librarian, from the Braille and Talking Books Library will be our speaker. Laura makes presentations to low vision support groups, nursing homes, disability groups, etc. She also conducts staff workshops for public libraries, library school students, teacher credentialing programs, social worker organizations, and non-profits that assist people with disabilities or who are

Laura will tell us about this free library service for Northern California residents who are print disabled, blind, visually impaired, have a learning disability, or who are unable to comfortably interact with a traditional book due to a physical disability. The library loans audio books, braille books, and magazines via postage-free U.S. mail. Books can also be accessed using a smartphone or tablet. All materials are free of charge.

The Low Vision Support Group is subsidized by

Neighbors InDeed and the Lincoln Hills Foundation

Low Vision Support Group Contact: Cathy McGriff 916-408-0169

or cathymcgriff1010@gmail.com

(more Club News cont' on page 21)





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Multiple Sclerosis Group

BY JERI DIFIORE

Time to have fun with that "White Elephant" Holiday gift you can't use, \$10 or more.

At the Tuesday, January 18, MS meeting, 1 PM, Kilaga Springs Sierra Room we'll be exchanging your wrapped unwanted Holiday gift. No food please!

Also, we'll catch up with how you managed the Holidays and anything additional you wish to share

 $The\,MS\,Society\,requests\,you\,wear\,a\,mask.$

Bird Group

BY RUTH BAYLIS

You are not imagining things if you think there is an increase in Great Horned Owls hooting. Most Great Horned Owls mate for life, but in the fall the pair begin a courtship display, loudly calling to each other. They do not build their own nests, but usually adopt a nest that was built by another species. They also use cavities in live trees, dead snags, deserted buildings, cliff ledges, and human-made platforms. Those of us who visit Staten Island each year always look for a Great Horned Owl in the dilapidated water tower where there likely has been a nest. If you feel like you are being buzzed by Anna's Hummingbirds, that is because they also are involved in courtship display. Male Anna's are very aggressive in courting females by buzzing back and forth in front of them to attract their attention. In other behavior, the male hovers in midair, giving buzzy song, then flies much higher. From there he dives steeply toward the female, making a loud explosive popping sound at the bottom of the dive. Our wintering waterfowl will all have arrived by now, but you will see different species move in and out of our Lincoln Hills' ponds throughout the season. Buffleheads, Mallards, Hooded Mergansers, American Wigeons, Gadwalls and Shovelers are most frequently seen.

November 19, was our trip to Gray Lodge Wildlife Area. Gray Lodge is always a good location for Snow Geese, though this year there seemed fewer. Not to be disappointed, however, as surprise sightings were a large number of Sandhill Cranes in a field near the refuge, and a flock of Phainopepla in trees in the refuge. We rarely see the latter. Same

could be said for the one Loggerhead Shrike that was spotted. There were many Tundra Swans in fields along the way. Total species seen was 60, a great count.

Ourveryinteresting and informative guest speakers for the December Bird Group meeting were Lee Hazeltine and Laura Erlandson. Lee and





Sacramento, A Tale of Two Atlases and Three Decades of Change". A Breeding Bird Atlas (BBA) is a collection of data about all of the birds that breed in a particular state or region. They're an incredibly valuable tool for conservation that's used to compare species population trends in the same

area over many decades.

• Jan 24, Fri, Time TBD for afternoon departure: Staten Island and Isenberg Crane Reserve. Staten Island is a prime location for viewing wintering Sandhill Cranes and Aleutian Cackling Geese. This is strictly a driving location. From there we will continue to the Isenberg Crane Reserve where at sunset the Sandhill Cranes who have been out feeding all day return to this location. If the weather is clear, the backdrop to this fly-in is a beautiful sunset over Mt Diablo.

• Feb 14, Mon, 1:30PM: Monthly meeting, Kilaga Presentation Hall. Speaker will be Susan Goodrich, presenting "Galapagos Adventure".

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

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

Garden Group

BY LORRAINE IMMEL

Happy New Year!

Membership Chair Marjie Anderson announced that new and renewal residents may register for the 2022 Garden Group membership January through February (\$20 per household of 2). The Membership Application form can be found on our website: lhgardengroup.org. You can sign-up at the general meetings, mail it in, or drop off your form(s) to Marjie:1560 Millpond Lane, Lincoln (916-408-7685). New members must also sign and send in the "Waiver of Liability" form.

The first General Meeting of the year (January 27, 2:00 PM, KS) will feature Gillian Gray of Rose and Heather Tours. Her presentation will be "An Armchair Tour of the English Countryside." Glimpse the glorious gardens and intriguing historical places only found deep in the English countryside. Explore 2000 years of gardens and history from the archaeological remains of a Roman palace and garden, through the Medieval and Tudor eras to Edwardian and contemporary sites.

While working for the Parks and Recreation Department of the Royal Borough of Kensington and Chelsea, Gillian encountered the Chelsea Flower Show. She was hooked! After moving to California in 1998, she joined her local Garden Club, qualified as a University of California Master Gardener, and became a Docent at the UC Botanical Garden in Berkeley.

Gardens and nature have always inspired Gillian—ever since her childhood exploring the layered woods, fields and streams of Sussex, gathering bluebells and getting muddy. Her grandfather worked as nurseryman for the Duke of Northumberland. Both her parents were keen gardeners. Not surprisingly, she followed in their footsteps right down to earning her degree in Environmental Science. She is passionate about nature and history, taking every opportunity to expand her knowledge.

The Co-Chairs of the Home Garden Tour (Carol Thompson and Carole Beimer) hope to be able to have the tour the 2022 year in late April. Contact them If you are interested in volunteering to show your Garden.

Carol: 916-295-1912, Carole: 916-543-3276.

(more Club News cont' on page 22)

Laura own Integrazers, a company that manages the goat and sheep herds that keep the grasses and brush under control throughout Lincoln Hills and other locations in the area. Their intent is not just to keep grasses and brush under control, but to restore the open space environment to a more natural and sustainable state. Specifically, their mission statement is "Holistic Integration of animals into systems using scientific, innovative management practices to develop financially sustainable and regenerative solutions."

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

• Jan 10, Mon, 1:30PM: Monthly meeting, Kilaga Presentation Hall. Speaker will be Ed Pandolfino, who will discuss his involvement in the recently accumulated "Breeding Birds of

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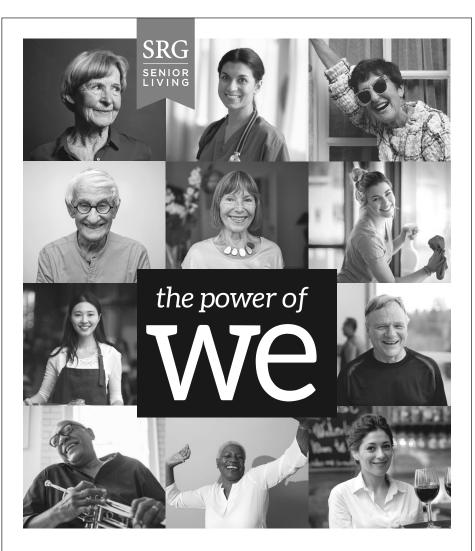
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Fishing Group

BY ROBERT GEORGE

Pyramid Lake Fishing — My fishing buddy Richard Dragseth and I completed a Pyramid Lake fishing trip, November 15 through the 18th. Pyramid Lake is the biggest remnant of ancient Lake Lahontan, the colossal inland sea that once covered most of Nevada. Today it is approximately 15 miles long and 11 miles wide, covering 112,000 acres entirely enclosed within the Pyramid Lake Paiute Tribe Reservation. The lake gets its water from the Truckee River. Fishing can be calm and then

turn real rough due to the unpredictable winds in that area.

On or first day, Monday, the lake started out a little rough due to the wind, but ended up calm. So Rich and I headed from the launch ramp at Pelican Point crossed the lake to Red Bay and caught 8 cutthroat each. The largest at 11 Lb, we kept, and the remainder mostly in the slot size (over 20" to 23") we released. (Check the Pyramid Lake regulations, there you will find the daily and other possession limits. The daily limit consists of two fish between 17-20 inches, called the "slot" limit. One can also possess one in the slot and one over 23 inches for a total of two - The total possession limit over several days is 4 fish within the slot limit, but no more than 1 over 23 inches).

The next day, Tuesday, the lake was fairly



rough due to winds, so we stayed on the west side of the lake and caught a total of 4 which

On Wednesday the wind howled all night up to 32 mph, and then during the day around 10-20+ mph. We got 2 1/2 hours of fishing that day and didn't catch a fish.

Thursday, we were on the lake about 8am, though choppy headed again across the lake to Red Bay. We finished about noon, having caught one, a little over 10 Lb, three just under 20" which we kept and three in the slot size so we released them.

On Friday the wind picked up again, looked un-fishable, so we packed up and headed home. Pyramid can be a challenge.

Hiking & Walking

BY STEPHANIE HUNTINGDALE

Happy New Year!

Outdoor adventure, before you head out on the next hike. Complaining Is Useless. Think about this. It's snowing - at least it's not raining. It's raining - at least it's not windy and cold. It's windy and cold - at least it's not raining too. It's snowing, raining, windy and cold - at least you are retired and not at work! Enjoy whatever nature brings to you.

What's ahead for 2022? Here we are at the beginning of a new year and we hope to have lots of hikes planned to get you out and moving. It's great to be part of an active group. As I write this article, we are in a rain storm, which we badly need. Many hikes planned for winter months take us on trails that are paved and accessible. So look to better weather days ahead.

On January 6, mark your calendars. Thanks to Jim and Denny Fisher for arranging another fabulous hike of the Pleasant Grove trail and lunch at La Provence. It's been a holiday tradition for several years and this year is no exception, except it is being planned for January 2022.

Our walking group is a great way to get you moving with easy walks around our beautiful Sun City trails. Most walks are about 3 miles. Debbie Schryver, our Walking Group leader, said, "We meet each week on Wednesday, 8:00 a.m. in the winter. Our walks start at specified meeting places and when the month has a 5th Wednesday, we usually meet at a different location for a different walk. The group decides where we go." Go to http://www. lincolnhillshikers.org, click on the Walking Group for the schedule. A great way to make new friends, have a great social experience and you'll always be welcomed.

Finally, it is the beginning of a new year. I have been writing this column for 8 years and it would be nice to have some help. Just maybe, once in a while, a guest writer? Think about it; give me a call at 916-408-1747 if you'd like to help out.

Take a look at the calendar and join a hike this month.

Stay safe, stay connected.

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

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

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

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

(more Club News cont' on page 23)

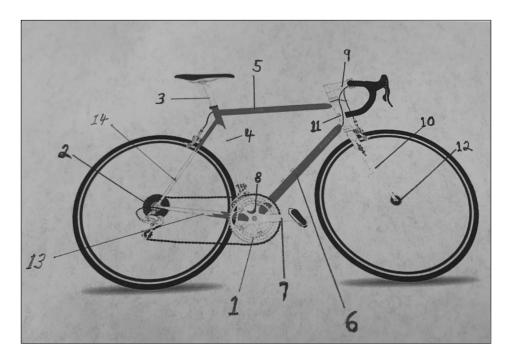
Cycling Club

BY DENNIS THOMPSON

Parts is Parts? Our lives depend upon our bikes working correctly. A blow-out, or a jammed chain that keeps pedals from turning, could be deadly, if happening while flying downhill or when a truck is passing. It's dangerous out there sometimes. Given all that, you would think that we would take great care of our bikes and learn all about them. You know, as if our lives depend upon them. But, we often don't. Perhaps it's because bikes were so simple when we were growing up? We abused them like crazy and they still performed year after year. However, bikes are a lot more complicated now, and the fact that they are much lighter makes them more fragile too. Plus, they are a lot more expensive to get repaired or tuned up than they used to be.

Perhaps like me, you have been to a bike shop where they talk about parts that we should know where, and what they are, but don't. Not good. So, below is some basic information about some of the most basic parts of our bikes. Hopefully, it will help us be better informed when talking to our favorite bike-repair person, or just each other. Maybe it will even save us some money because we'll know enough to make better decisions about our bikes. Please refer to the picture to see numbered parts.

- 1. Chainrings-Those are the big gears up front, i.e., the ones that we turn when we pedal.
- 2. Cassette or cogset These are the smaller gears on the back wheel that the



chain turns.

- 3. Seat post This is the pipe-like piece that the seat is on top of. It can be slid up & down.
- 4. Seat tube This is the tube of the bike frame that the seat post goes into. The seat tube goes down to the bottom of the frame.
- 5. Top tube This is the part of the frame that goes parallel with the ground, from just below the seat towards the front / handlebars of the bike.
- 6. Down tube This tube goes down from the front of the bike to the bottom of the frame. It seems to be the hardest of the 3 major

frame tubes to remember correctly, because 2 tubes of the frame go down. It might help if one remembers the Seat tube first as the one under the seat, and then the other tube that goes down is the Down Tube.

- 7. Crank arm This is the "arm" that pedals are screwed into.
- 8. Bottom bracket (BB) There's a hole in the bottom of the frame where the seat tube, down tube & chain stays connect. Inside the hole are ball bearings. Something equivalent to a pipe (spindle) goes through that hole and connects the crank arm on one side to the crank arm on the other side. The

ball bearings in the Bottom Bracket enable the crank arms to turn easily.

- 9. Stem It's the short piece that handlebars go through. It connects the handlebars to the frame of the bike.
- 10. Fork Piece that the front wheel connects to. It consists of 2 blades. Where the top of the blades meet is called the crown, and the pipe-like part of the fork (not visible) that goes from the crown into the head tube is the steerer tube of the Fork.
- 11. Head Tube Short, almost vertical part of the front of the frame that connects the Top Tube to the Down Tube. The steerer tube of the fork goes through it.
- 12. Hub It's at the center of each wheel and the quality of the ball bearings (small steel balls) inside of it determines how easily the wheel turns.
- 13. Chain Stay Part of the frame that goes from the hub of the back wheel to the Bottom Bracket. It is fairly parallel with the chain.
- 14. Seat Stay Part of the frame that goes from the hub of the back wheel to upper section of the Seat Tube.

There are many other parts, but these are the most visible & commonly mentioned, except the obvious parts that everyone knows about, like spokes and handlebars.

(more Club News cont' on page 25)





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LH Swimmers and Water Walkers Club

BY ROSEMARY TANFANI

The Lincoln Hills Swimmers and Water Walkers Club encourages residents to enjoy our pools at Orchard Creek and Kilaga Springs. Exercising in the water is easy on the joints, and can be done at a leisurely or challenging pace. But we wouldn't do it, if we weren't having fun!

Lincoln Hills resident, Carmen Harris,

has her pool fun in the early AM. She and her friends have been water walking, exercising and swimming in the open area of OC pool for 18 years now. Harris says the group started informally, but emerged into an unofficial 'Dawn Patrol' of 12 – 18 people. "Everyone was so friendly, that we all came together" says Harris.

According to Harris, "We start the day at 5:30AM and then we are ready for the world", The three hours in the pool combines exercise,

walking, swimming, equipment use, and of course, conversation -- the "news of the day".

Experts have concluded that though exercise is important to ones' bodies and health, social interaction is just as important. The Dawn Patrol believes their group is a form of therapy. Their daily workouts and conversations.

reinforce social bonds and friendships. Popular conversations topics are restaurants. family, resident news and activities, health tips, and some funny chitchat. Pre-COVID, the group met monthly for a restaurant meal or potluck, and threw a holiday party. They hope to restart these activities in 2022.

The Dawn Patrol agrees it's a wonderful way to combine exercise and fun, and hopes people will join them in the pool. All Lincoln Hills residents are welcome; no reservations needed!

And members and interested parties are welcomed to the next club meeting on Monday, February 21, 3-4 PM in the OC Fine Arts Room.

Club Contact; Bob LeRoy, bobandchey@ icloud.com

LH Water Volleyball

BY DIANE FERRARI

Water Volleyball is looking forward to a New Year. 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 mentoring is provided and there are additional Skills and Drills classes offered to help make you a more proficient player. The club provides the Skills and Drills class first and third Tuesdays. Want to just try out playing? You can attend a free club play day on Saturdays. Come watch a game and cheer your friends on or get in the pool and give it a try! With your New Year's resolution for good health and meeting new people, come join us and make the New Year fun and enjoyable playing water volleyball. We have several levels of play and two types of volleyballs for the different levels of play. In addition to the pool play, the club has various social events throughout the year from Oktoberfest, Pizza parties and field trips around the area. Come join us for fun, friendship and a little competition in the pool! Find us on the web at lhwatervolleyball.com or call Carol Critch our Membership Coordinator 925-451-1686.

The Water volleyball members said

goodbye to a longtime member Gene LaFaunce who passed away at age 97. Gene was a long time member who continued playing until age of 95. He was an inspiration to us all and a dedicated water volleyball player. Thank you Gene.

Pickleball Club

BY MOLLY MORRIS

Several Lincoln Hills Pickleball Club members participated in and won matches at the Margaritaville USA Pickleball National Championships. Games were played in the beautiful Indian Wells Tennis Garden on December 6 - 14, 2021. There were over 2200 competitors from around the world competing. LeRoy Weighall won bronze in Men's 4.060+ Singles. Carol Nakao won silver in 3.5 75+ Mixed Doubles and Sharon Klotz won gold in Women's 3.5 75+ Singles! Many of our Club members were on hand to cheer for our competitors and watch the Pros amaze and inspire us with their techniques, patience and amazing play. The brother/sister team of Riley and Lindsey Newman won the Pro Mixed- Doubles title with Lindsey pregnant! That is a dedicated competitor! 14-year-old Anna Leigh Waters stole the show winning the Women's Pro Doubles title with her mother Leigh Waters and Women's Pro Singles.

Back home, the rain has us playing indoors at the Lincoln Community Center. The Director agreed to rent the Center by the day and we put in three temporary courts. We are having so much fun!

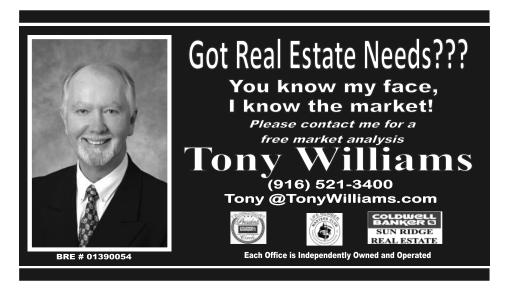
Our membership continues to grow along with the demand for our Intro to Pickleball classes (held every Wednesday 4:00 - 5:30 PM) and the Drill Classes held most Thursday afternoons with reservations. Our volunteer coaches have gone above and beyond with their time and efforts to help our club members learn and improve as pickleball players.

For more information about the Club or programs see our website lhpbclub.com.

(more Club News cont' on paage 26)









Mad Hatters Bocce Group

BY NORM CHERUBINO

At the time of this writing, we are looking forward to our Christmas PotLuck celebration to be held on Thursday, December 16, from 12 PM to 2 PM, after bocce if the weather permits. That is if the weather permits playing bocce; the celebration will go on regardless of the weather. It will be held at Kilaga Springs. Besides food, there will be a Christmas Ugly Sweater Contest. This writer will be a contestant. If looks contribute to the judgment, I have a good chance of winning.

We wish to remind those who cannot participate on Thursdays, or who wish to play more bocce, that there is a Monday Morning group that starts at 9 AM. Like Thursdays, all residents of Sun City Lincoln Hills may participate.

Thursdays begin at 10 AM. New, inexperienced and handicapped players are welcome. Lessons are available.

Our email account: LHBocce@gmail.

Contact: Mad Hatters Bocce Group, Bob Vincent 916-543- 0543.

LH Table Tennis

BY CARL LYNCH

For all of you pickleball, tennis, softball, or golf "outdoor" sports enthusiasts, it's been cold and miserable out there! We welcome you-all to come in out of the cold and join us for some lively table tennis at our indoor, well-ventilated, and comfortable Multipurpose Room (KS). The Lincoln Hills Table Tennis Club (LHTTC) provides SCLH Residents the opportunity to socialize, participate in competitive and fun play, and social activities. We play women's men's and mixed table tennis in the Multipurpose Room (KS) with 7 tables, maintained by the Sun City facilities staff to keep everything in excellent shape. Sponsored events and activities include tournaments, luncheons, potlucks, ice cream socials, yearend luncheon, and other social activities.

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. Many ceiling fans provide ventilation. For more information email: pingpongsclh2@gmail.com.

LH Tennis Group

BY PAM FLAHERTY

Lincoln Hills Tennis Group (LHTG) celebrates 2022 with a robust calendar of activities for all players, at all levels. Join in the fun! Explore tennis for the first time or sharpen your skills with group and team play.

Drop-in tennis continues on Saturdays from 9-11am for all levels and in January our LHTG president, Steve Bringman will begin offering training classes for new and returning tennis players on Court 11. If you are a new resident take advantage of our Orientation and Assessment help from Val Laugtug (email request for orientation to Val Laugtug at vlautug@gmail.com.)

We have two USTA 65+ teams starting in January with a Women's 7.0 team captained by Denise Higgins and a Men's 8.0 team captained by Jerry Dong. Be sure to watch for announcements of home play for some great live tennis .

Our website (sclhtg.com) now has PayPal for easy membership dues payment and a multitude of club news, pictures and tennis links Be sure to check it out and see you on the courts!

Ladies Golf — 18 Holers

BY CANDICE KOROPP

The end of another golf year was celebrated at our annual holiday awards luncheon beginning with a "jingle and mingle" cash bar in the ballroom anteroom. It was a festive sight with lots of Christmas red amongst the party-goers. Deb Dunipace, our 2021 Captain, took the mic to welcome everyone and to call tables to the holiday buffet of ham and turkey and the works; a lead-in to the presentation of awards to the best golfers in their flights. First on the agenda, Donna Sanderson announced the winners for Birdies and Chip-ins. Rosie Warren led this category with 26, including the only hole-in-one for our club, and an eagle, in a year where she only tallied 16 playdays. Patti Tilton was runner up with 21 and Sanderson accumulated 18. In the Second flight, Lissi Bedford logged nine, Lynn Lapera, eight, and Edda Ashe, Linda Fitzmaurice, and Maureen Senn had seven apiece. The Third flight winners included Sandy Tamanti and Ida Cicci with six each, and Cathy McWilliams had five birdies and chip-ins. In the Eclectic category, Sanderson and Kelley Royball tied for first with a net 49 on the Orchard in Flight one. In Flight two, Karen McGraw and Lissi Bedford were even with 47 apiece, and in Flight three, Ofra Unger led with 46. The lowest gross score on the Orchard was 66 recorded by Hare, Sanderson and Warren, On the Hills

(cont' on page 27)



Ladies Golf — 18 Holers

(cont' from page 26)



Course, Royball topped Flight one with a net 48, as did Bedford in Flight two. Flight three yielded a tie between Tamanti and Nancy McDonald with 43. The best gross score on the Hills was 64, carded by Warren. Thanks went to Tilton for managing this category for the year. Then, Ashe announced the NetChix for 2021, Eileen Boore, for a prize \$50. Next on the agenda, Judy Emge, chair of Handicaps, began with a drumroll to announce that Mitsuko Cameron was the winner, for the second year in a row. Persistent practice paid dividends, as her handicap fell nine strokes, again for 2021. The afternoon ended ceremoniously, with Dunipace receiving a gift and an appreciative hand for a successful year and with Donna Sanderson officially taking the reins as Captain for 2022.

Lincsters

BY CAROLE EUBANKS

The Lincsters Holiday and Awards Luncheon 2021 was held in the beautiful ballroom of Catta Verdera this year. We were serenaded by the Strummin Sistas, a lively group of Lincsters who sang Christmas carols accompanied by their ukuleles. The group included Meredith Nelson, Ninette Murray, Vida Morrison, Jan Eberle, Margo Flanagan, Marge Phillips, Freddie Dempster, and Risa

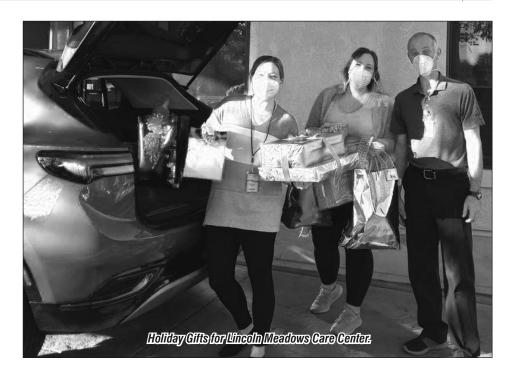
Program included a message from outgoing Co-captains Judy Josse and Kim Schultz and a report on the annual presentation of gifts to Lincoln Meadows by Edna Linville, Rusty Blankenfeld, and Sherry Villalpando. Ryan Peterson presented an update on ongoing maintenance changes to the golf courses and Steve Treadway presented the Most Improved Award to Shari Kilev.

The newly elected 2022 Lincsters Executive Board was installed: Co-Captains Susan Mox and Sue Pharis, Secretary Jane Hall, and Treasurer Brenda Cook. Stay tuned for news on the reviving of the MAMAs group, led by Lena Ingraham, and the upcoming Grandmothers tournament planned for January 19.

Players who achieved the most pars, chipins, and birdies in each of the club's four flights were acknowledged.

Pars — Flight A: 1. Linda Salmon 2. Jane Hall 3. Brenda Cook/Ranny Eckstrom

Flight B: 1. Kim Schutz 2. Sara Cannon



3. Marie Bossert/Jeanine Wuschnig

Flight C: 1. Carmen Farrington 2. Charlotte Raifaisen/Beth Rader 3. Joyce Kirk/ Pat McMurray/Nancy Dodgion

Flight D: 1. Ann Diddy/Kathy Winslow 2. Sharon Winslow 3. Patty Alderete

Birdies —1. Mary D'agostini 2. Barbara Mikacich/Marie Bossert/Pat McMurray/Fran Rivera/Linda Salmon

Chip-ins — 1. Gay Gladden 2. Barbara Mikacich 3. Jane Hall

Golden Putter Award — Linda Salmon For information on membership in the Lincsters 9-Hole Club, contact Nancy Hasting at 916.645.5590 or nhast38@yahoo.com

(more Club News cont' on page 30)

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SUN SENIOR PROFILES Getting to know you...

Stephen and JoAnn Gillis

(cont' from page 1)

Resources. He had various positions in different companies including Human Resources, Recruiting and Corporate Services working at companies in the semiconductor industry, at a Video on Demand company (a precursor to today's streaming services) and at a telecommunications, System on Chip (SoC) and encryption company. The final company he worked for was sold to Boeing. He then moved to Sun City where JoAnn had been living for a year.

JoAnn also started her life on the East Coast. She was born in Adams, Massachusetts, the oldest of four children. Her father worked for General Electric and her mother was a homemaker who enjoyed decorating and moving into different residences. In her youth, she lived in over fifteen homes by the time she was eighteen. Because of her father's job, the family lived in Massachusetts, Alabama, New York and they moved to Fremont, California the day after her graduation from high school.

After she moved to California, she dabbled in college

classes but ended up taking a job with General Electric which is where she met her first husband. After they were married, he took a job in Rota, Spain which was a three-year civil service assignment. Because they were civilians, they could not live on the Naval Base but could have Navel Base and medical services. They lived in a modest home in town, $and \, her \, two \, years \, of \, high \, school \, Spanish \, kicked$ in and quickly improved. They had no phone or television and only one car. Because of the cost of calling long distance at the time, she could only call back to the states for a few minutes twice a month. Their daughter was born in Rota and JoAnn had a wonderful time going to market daily with her and walking everywhere. Even though the couple was able to travel to several countries while they were there, they missed and appreciated the United States. Returning to the States, they went to New



PHOTO BY JEFF ANDERSEN

Jersey briefly where their son was born. After they moved to Monterey, the couple divorced.

JoAnn's career with Social Security was initially taking claims for Retirement, Disability, Survivors and SSI. She worked in Northern and Southern California as well as Arizona. Her final position was in management as an Assistant District Manager of the Palm Springs, California office.

She left the field and began to do leasing for Federal Government space. Her territory was California, Nevada, Arizona and Hawaii. She states, "It was a tough job, but someone had to do it!" The largest move she was ever involved in was when, at the end of her twenty-five-year career, she was responsible for moving five hundred people from the Regional Headquarters in San Francisco to Richmond. She supervised every phase from floorplans to telecommunications to actual movers. This

occurred all while keeping the service to the customers.

Steve and JoAnn met in Arizona when they were both working for Social Security. They dated for twelve years before marriage. It was a long-distance romance; each of them lived in many different states and parts of California. Eventually, they settled down together with Steve's daughter also living with them. Steve and JoAnn were married in 1996 by eloping to Love's Chapel in Tahoe. The couple lived in the Livermore/Pleasanton area until they moved to Lincoln Hills in 2012. Between them, they have

three children and seven grandchildren. Theirs is a very blended family where the children all consider themselves siblings. The youngest daughter, Stacy, now lives with her twin boys and husband in Anchorage, Alaska. The older daughter, Michele, lives in Tracy with her three children and her husband, and the son, Jeff, lives in Kingsburg with his wife and two children. The grandchildren range in age from fourteen to twenty-four. Steve and JoAnn became grandparents for the first time at the young age of forty-six.

Steve and JoAnn consider themselves "Spouses Who Sell Houses." They are both real estate agents and have different approaches and personalities, but they are skilled at assisting people who are interested in Sun City as they look for their possible "dream home." JoAnn loved to move and has lived in about fifty houses in her lifetime. She sometimes feels the desire to move now but fights it as

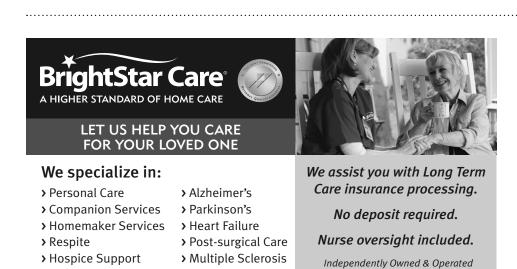
she remembers how much the couple love living in Lincoln. JoAnn has done real estate for over thirty years and was featured in the Wall Street Journal for her production in the Bay Area. Steve became a real estate agent in retirement, and he brings skills to the table, from his great interpersonal knowledge to years in human resources.

In addition to their real estate business, the couple loves to volunteer and give back to the community. When I first contacted Steve for this story, he was in the middle of a shift selling See's Candies, one of the primary fundraisers for the Kiwanis Club of Lincoln, a global service/volunteer group that strives to improve one child and community at a time. Steve is currently co-President of the club. The club sponsors Books4Kids and Bringing Up Grades (BUGS) in Lincoln elementary schools and the Key Club for the high schools as well as scholarships for graduation seniors. Steve also loves Kiwanis partnering with the Lincoln Hills Foundation; the Foundation is an outstanding organization providing services and programs to the seniors in the Lincoln community.

In addition, Steve also enjoys being mail captain for his neighborhood/Mail Station.

 $Just\,as\,Steve\,and\,JoAnn's\,house\,stands\,as$ an example of excellence, so do their lives as the couple's activities demonstrate a love for their community in Lincoln. They are exceptional and are focused on helping people with their real estate needs and are committed to helping the kids of Lincoln get a great education. Hopefully, that will continue for years to come.

Want to share your story or know a neighbor who should be recognized? Just let us know! Call us at 916-727-6383 or e-mail us at: egnews@egnews.com



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Men Golf Club

BY MIKE MCGUIRE-BACK,

It's 2022 and the new year has begun. First up for tournaments is the Winter Sloshfest, a two man scramble. It will be held on January 18 starting at 8:30. Please refer to the mgclh. club to see all of 2022 tournament schedule.

The new board was voted in and the members are:

Jack Dillon - President; Tom Horan - Vice President; Bruce Lyau - Treasurer;

Jim McGeough - Secretary; Mike Munro
- Tournament Director; Bob Schoenherr Membership Director; Mike McGuire-Back
- Communications Director; Dan Guth - Social
Director; Brian Fox - Rules Director; Rob
Davies - Handicap Director; Rich Henrikson
- Sponsors Director; Jesse Reuter & John
DeWildt - CVS Representatives; Jeff Warner
- WEB Master;

LH Billiards Group

BY STEVE FOWLER

Club dues are \$10 a year. Membership year is Jan 1 through December 31 of each year. Dues for current members are collected January 1 to January 31. Members not paid by Feb 1 are delinquent and not eligible to play in tournaments. Membership Forms are available on the Billiards Room Bulletin Boards at Kilaga and Orchard Creek Lodges and on our website. See our website at http://lhbilliards.com for information about our club policies, APA, printable membership forms

and Holiday Party Photos. An individual may play in one tournament then they must join our club to be eligible to play in future tournaments. Contact Tony Felice at 916-955-0501 atfelice3@gmail.com for information on the below listed tournaments and social functions

Billiards Group Schedule - Recommended Playing Levels

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

Level: Beginners

Rookies Tournament – Monday check in 10 AM-10:15.10:15 AM to 12:30 PM. Straight 8 ball (singles)/8 Ball 1/15 (singles) . Strictly for new players.

Mentoring Training – Tuesday check in 9 AM-9:15 AM. First session 9:15 AM-10:15 AM. Second session 10:30 to 11:30 AM. Learn how to play pool, or refresh the skills of former players. Basic, Intermediate and Advance Training available.

Level: Novice - Intermediate Players

Breakers—Saturday-8 Ball. Check in from 9:45 AM to 10:15 AM. Play from 10:15 AM to 12:30 PM. Beginner/Intermediate. Play six-16 minute games.

Ladies- Tuesday- The first Tuesday of the month straight 8 is played. Otherwise 8 Ball (1/15). 12:45 PM- 3:00 PM. 12:45 PM to 1 PM check-in. Play starts promptly at 1 PM. Play six-17 minute games. Intermediate to advanced.

Co-Ed -Wednesday-8 Ball. Check in at 3:45 PM. Play 4:15-6:30 PM. Beginner

(cont' on page 31)



LH Billiards Group

(cont' from page 30)

to Intermediate. Each Team plays at least 6-Sixteen minute games.

Upstarts – Thursday- check in 11:15 AM. Play 11:45 AM -2 PM. Six 17-minute games. Straight 8 ball random doubles. Intermediate level

Players—Thursday-Straight 8 Ball. Check in at 2 PM. Play 2:30 -5:30 PM. Mid-level players.

Challengers-Friday 8 Ball (1/15). Check in 9:30 Play 10 AM-12 Noon. High Intermediate to advanced players. Teams play seven-17 minute games.

Level: Advance Players

Rack-N-Roll Group—Monday-check at 2 PM. Play 2:30 to 5:30 PM. Teams play Straight 8 Ball or 8 Ball with 1 and 15, 8 ball rotation, 8 ball rotation with tower or 9 ball. Entry fee is \$2.00. 100% of the fee is returned to players as a prize. The type of game to be played will be announced by the tournament leader before the tournament starts.

Cue-Masters: Wednesday-12:45 PM Sign in with a start time of 1 PM. Entry fee is \$2.00. 100% of the fee is returned to players as a prize. Play 1 PM-3:30 PM. Meets 1st Wednesday for 8 Ball Singles (1/15), meets 2nd Wednesday for 9 Ball Singles, Meets 3rd Wednesday for Doubles 8 Ball (1/15) alternate shots.

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

LH Cribbage Club

BY MEL SWITZER

Tired of football yet? Turn off the TV and come play Cribbage!!!

The Cribbage Club of Sun City Lincoln Hills is now starting at 8:30 AM on Tuesdays in the card room at the Orchard Creek clubhouse. We play a few games for practice and then at 9:00 AM we "ring the cowbell" and our tournament begins.

We play four handed (partners) cribbage and everyone who plays for the first time catches on very quickly. We are overall a very helpful group and if points are missed during the match, we help out our opponents, no charge! We have had a few new members come lately and they are now avid fans of our club. Our cribbage club is open to all Sun City Lincoln Hills residents. So if you think your cribbage game is a bit rusty, we have the "WD40" you need to compete well in our club.

So, play well and with some luck, you could be the winner for the day and get your name in the Compass and in this very newspaper, as well, like the following SCLH people:

11/16 - Lynn Bell, 11/23 - Grant Lee, 11/30 - Rae Cook and 12/7 - Hayward Monroe.

Congratulations to Grant Lee who tied the highest score in the history of our club on November 23rd with a score of 766 points. He had four "skunk" game victories and two regular 121 point victories. Also, Hayward Monroe won the tournament held on December 7th on just his second time coming to play with us. Good going, Hayward!!!

So show up and bring your lucky rabbit's foot and have a lot of fun with some really nice people.

See you on Tuesdays at 8:30 AM.

But remember, we do not provide the rabbit's foot.

Duplicate Bridge

BY PAT LEWIS

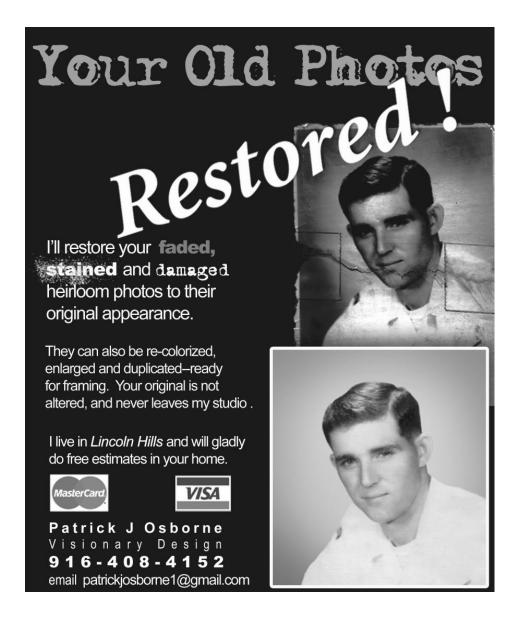
The Board met in early December and welcomed three new members, Jean Cole, Bob Koedel, and Elise Homer. Officers for 2022 were elected. Pat Lewis will again serve as President. Susan Brenden will be Vice President. Elise Homer will be Secretary and Jean Cole will be Treasurer. January will bring

the return of our C game on Wednesdays for those with 0- 200 Master points. So if you qualify, this is an opportunity to play with similar pairs.

Because bridge necessitates playing close at tables proof of vaccinations is required. Duplicate Bridge is held in Kilaga Lodge on Wednesdays and Saturdays at 12:30 PM. Please contact Elise at elisehomer@gmail. com to make a reservation with a partner in advance. Membership for the year is \$10 and dues are collected in January, Have fun, stay young, play bridge!

Top winners in our year-long pairs competition were three partnerships that each claimed one stellar game over 70%. They were Teri and Mitch Miladinovitch, Laurie Vath and Doug Murphey, and Carole and Ted Neely. They were recognized at the December Luncheon. For more information contact Pat Lewis, phlewis 399@sbcglobal.net.







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A rash of burglaries...

(cont' from page 3)

cars were required to be parked in the garage at night, for aesthetic and security reasons have much less crime and vandalism. Lately, a new trend is occurring in SCLH where many people have had their catalytic converters stolen, because their cars are parked on their driveways instead of their garage. Catalytic converter theft is a very large problem nationwide, because it is repeatable, and so profitable. Once an organized gang finds a community where lots cars are parked on driveways, crime skyrockets, and many people will have their catalytic converters stolen multiple times.

Garages are meant for cars, not storage. We all have neighbors who have 2 or 3 car garages and still park cars in the driveways, many hanging over the sidewalk because their garages are crammed full of "precious" stuff" they will never use. Hoarding comes to mind. Those people should be encouraged to make room and park their vehicles in their garages - even over their rants of "Constitutional Rights", etc - which in the end will make us all safer and more secure and make our neighborhoods look much better.

Franklin Caine

2022 Tax Season is Here!

BY GARY STEER

Lincoln AARP Foundation Tax-Aide volunteers are ready to assist you with your 2021 tax returns! This 40-year-old program provides free income tax return preparation and counseling for low to middle-income taxpayers with special attention to those 60 years and older. This joint IRS and AARP Foundation administered program is staffed by volunteers from Lincoln who are trained and IRS certified each year to ensure they know about and understand the latest changes and additions to the U.S. tax code. These returns will be filed electronically (e-file) with the IRS and California Franchise Tax Board, which allow clients to have their tax refunds deposited directly into their bank accounts within two weeks. Nationwide, volunteers are using computers to complete and e-file

approximately three million tax returns to meet the April 15th, 2022 filing deadline for 2021 income.

This service will be available by appointment only this year at Granite Springs Church, 1170 E. Joiner Parkway. People can make income tax preparation appointments by calling 916-587-2822 after January 15th. The Intake/Interview Sheet is required of all clients and may be downloaded or completed online (location will be provided when your appointment is scheduled. This form is also available in the Orchard Creek Lodge lobby, Kilaga Springs library, Lincoln City Hall Lobby, and Granite Springs Church.

Interested people can also call 1-800-AARPNOW to obtain the location and hours of other Tax-Aide location near them.

Amazing Grace Seventh Day Adventist Church

(English)

Saturday Mornings
Bible Study 11:15 am

Worship Service 9:30 am

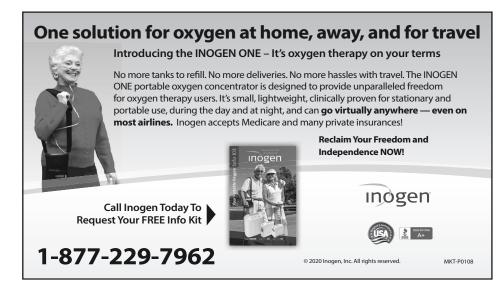
Pastor: Gresford Thomas

Join us at 600 McBean Park Drive (916) 408-4408

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.







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- 5. Shrubs fertilized twice a year!



- 6. Drip system checked!
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Sons In Retirement Branch 13

The Lincoln branch of Sons In Retirement will hold a three course gourmet luncheon at Catta Verdera on Tuesday, January 18 Arrive by 11:30AM.. All attendees must have a vaccination card that shows the last vaccine at least two weeks prior to the luncheon or proof of a negative Covid test within 72 hours of the luncheon, and all attendees must sign a liability waiver upon entry. Cost is \$20. If you are interested in coming as a guest or in joining the Lincoln branch of SIR, call Chet Winton 916-408-8708.

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

Sight Word Buster Volunteers Needed

BY DEBBIE VANLIEW

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

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

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



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Observations — Not the Best of Times, Not the Worts

BY MARTIN GREEN

The headline for my last year's "Observations" was, "Observations on the Worst and Best of Times." I wrote that when the pandemic was again surging and that California was in lockdown. That was the worst. However, I also wrote that one vaccine had already been approved and shipments are on the way with a second vaccine not far behind. That was the best.

The vaccines did come this last year (2021) and then the boosters. California ended its lockdown. People can now go to restaurants, bars, sporting events and most other places. On the other hand, another variant is coming, the Omicron, and at this time it's too early to tell what this will mean in the coming year. So again, this might be the best of times but it might also become the worst.

All in all, looking back at last year from a personal viewpoint, it was in most ways a better year than 2020, the year when the pandemic struck and upended all of our lives.

It was also a much better year for us sports fans as sporting events came back, even with people in the stands. Once again, we can root for the Sacramento Kings and the San Francisco 49ers. Up to this point, both teams have been baffling, looking good sometimes and pretty bad at others. We'll find out if the 49ers will be in the playoffs fairly soon and find out if the Kings can end their long playoff drought about June or whenever the

NBA season comes to an end. Meanwhile, we can hope.

Every year, a lot of notable people die. We're aware of most of them, Bob Dole at 98 being the latest as I write, but also there are some we, or at least I, hadn't known and they come as a surprise. I've written elsewhere that no matter how old you are there seem to be a lot of deaths at that age. Here are some 2021 deaths of 90 years and older that I was surprised to see.

Cloris Leachman, 94, who was Phyllis on the great Mary Tyler Moore show. Tony Trabert, a top US tennis player, 90. Christopher Plummer, 90, who was in "Sound of Music" and won an Academy Award at age 82, the oldest in history. Bobby Brown, 96, the old Yankees third baseman who was also a doctor and who became president of the American League. Norman Lloyd, a name I didn't recognize, but who played Dr. Aushlander on one of the earliest and best hospital shows, Saint Elsewhere, which I do remember. He reached age 106. Jane Powell, the actress and singer who I remember as a youngster in many Hollywood musicals. She was 92 and I can't imagine her at that age.

In the last two "Observations" I wrote about a couple of LLA's (Life's Little Annoyances) and TGH's (Things Guaranteed to Happen, usually bad) that I'd experienced last year. Covid or no Covid, these continue

to pop up. One, of course, is the onslaught of robocalls, which seem to have become worse in the past year. I thought that I had managed to block one particularly annoying robocall, which comes daily, but what my phone company did also blocked all of our calls so that had to be discontinued. Meanwhile, as I become older, the LLA's and TGH's seem to increase. Objects such as telephones, remotes and iPads disappear more often. Things keep falling to the floor or ground no matter what I do. Anything that has to be opened gets harder to open.

Last year I wrote that I hoped things would get better, and that maybe the year 2021 would be the best times yet. I don't think I'd call 2021 the best of times but, as noted above, I think it was better. I doubt if the year 2022 will be the best of times but here's hoping that it will be better.

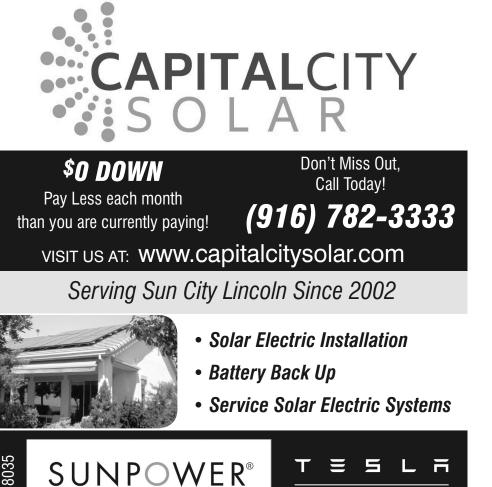
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Neuropathy Relief Is Possible

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.

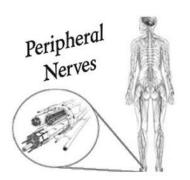


Figure 1: Notice the very small blood vessels surrounding each nerve.

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.

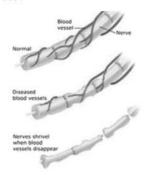


Figure 2: When blood vessels become diseased, they shrivel and are no longer able to provide nourishment to the surrounding nerves.

The treatment to increase blood flow utilizes
Acupuncture, ATP Resonance
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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

Neighborhood Watch

BY DR. BARBARA BRANCH

Neighborhood Watch Mission Statement is to —

- Strengthen neighborhood ties
- Increase personal safety and security wareness
- 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: Bernie Eiche V4 MS 10 and Karen Reid V30C MS 10. Thank you for joining our Neighborhood Watch team. A special thanks to volunteers who have served well but chose to step down. We appreciate your service.

Volunteer —

Neighborhood Watch is still in need of Mailbox Captains, Coordinators, and Directors. Neighbors can join as cocaptains 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. Go to schwatch.org and select "Want to Volunteer." Complete the form and submit. An email will be sent to our Director of Volunteers.

The following Village Coordinators are needed: 2, 3B, 5AB, 10A, 10B, 19B, 24C, 26C, 29, 30B, 30C, 31C, 37, 38B, 38C, 39, 40A, and 40B. The following Mailbox Captains are needed: V10A MS 3, 6 & 7; V20 MS 2, 3, 7, 8, & 12; V24C MS 2 & 4; V29 MS 5; V30B MS 1 & 8; V 30C MS 1, 3, 5, 6, 7, & 8; V31C MS 8; V34A MS 3, 5, 6, & 7; V38A MS 1 & 6; V38B MS 1, 3, 8, & 10; V38C MS 2, 3, 4, 5, 7, 8 & 9; 38D MS 12 & 14; V39 MS 1, 4, 5, 6, 9, 10; V40B MS 4, 5, 7, & 8; V41BC MS 10

Directors' Villages

With the election of new Directors in November, some Villages have been assigned to new directors. The following Villages are assigned to each Director.

Barbara Branch - 10A, 10B, 11, 12,



21, 40A, 40B, 41A

Dee Fuggiasco – 24A, 24B, 24 C, 24 D, 24E, 25A, 25B, 26A, 26B, 26C, 26D Pat Hammer – 19A, 19B, 22A, 22B, 23 Denise Hexom – 15, 16A, 16B, 16C, 18, 20

Linda Minor – 1A, 1B, 3A, 3B, 42A, 42B, 43A, 43B, 43C, 44

Reneé Plummer – 31A, 31B, 31C, 32A, 32B, 33, 34A, 34B, 37

32B, 33, 34A, 34B, 37 Bonnie Smedberg – 2, 4, 5A, 5B, 6,

7A, 7B, 8A, 8B, 9, 13, 14, 17 Suzanne Rosevold – 27, 28, 29. 30A, 30B, 30C, 39, 41BC

Teresa Tanin – 35A, 35B, 36, 37, 38A, 38B, 38C, 38D

A list of the village assignments and map of village assignments are both available on the schwatch.org website.

Resident Contact 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, sclhwatch. org, under documents, to use to create a neighbors list.

Contact Information Update —

In 2021, the Neighborhood Watch board decided to collect resident contact information only once a year in February. Watch for a message from your Mailbox Captain asking you to update any contact information in January and February. Updated information keeps us prepared for emergencies. Please also note that the contact information is only shared between the Mailbox Captain and the Coordinator of a resident's neighborhood. Neighborhood Watch does not maintain a database of information about all residents.

Emergency Preparedness and Neighborhood Watch Alerts —

Neighborhood Watch New Year's resolutions:

- Don't leave valuables in your car even in your driveway
- Keep your car locked when it is not in the garage
- Keep your house locked even when you are home
 - Close the garage door
 - Update your Vial of Life information
 - Be mindful of scams

Current Alerts (All detailed on schwatch.org)

Coyote Sighting - Coexisting with Wildlife at SCLH

This is a repeat of what Sun City Lincoln Hills sent out previously. Neighborhood Watch added a link to our website apps. wildlife.ca.gov/wir/incident/create which is a form to facilitate reporting to the Department of Fish and Wildlife. We are moving into that season where there are more sightings of wildlife. With the recent rainwater shortage, coyotes and other wild animals will be driven closer to residential areas. Coyotes have a flexible diet, including small animals, but they will also take advantage of easily accessible food, including garbage and pet food left outside. Please be watchful and take care not to leave food out and do not feed the Coyotes.

What we have done:

As calls of concern have come in, we have reached out to State Officials and the Wildlife Heritage Foundation to support any inappropriate or aggressive behavior toward humans. It is important to note that inappropriate or aggressive behavior could include Coyotes making multiple incursions into front or back yards or on our streets. However, seeing them along their natural movement corridors is natural, even during daytime hours.

Mailbox break-in —

There was a mailbox pried open on Stepping Stone Ln sometime in the early morning hours of Friday 11/05/21. The resident reporting this incident stated that this has happened several times in the past. At this time there are no known suspects. The loss is to be determined. (V38D backs to golf course, open space & 12 Bridges Dr, entrances are Pebblestone & Stepping Stone, off Parkside, Carriage Ln off Del Webb)

Attempted Scams —

One of our residents received a text message on his phone. The message read "BofA: EDD Alert, back to work payment of \$1,500 from EDD has been posted to your account. Click on (bogus link) to accept the money." The bogus link doesn't mention BofA or EDD. The resident noted that the link is an overseas domain name. He wisely did not fall for this scam.

A resident in the 2000 block of Stonecrest Ln apparently gave her bank account number and possibly her social security number to an individual who came to her door. This individual said he could upgrade her ADT alarm system for x-amount of dollars. The individual did not have any ID or business card. He is described as a white male, approximately 30 yrs, with brown hair and he was possibly driving a white Mercedes sedan. The resident did contact the bank and put a hold on the account. (V38B backs to golf course, Spring Valley Pkwy, Parkside Dr & open space, entrance is Laurelhurst Ln off Parkside Ln)

Stay Connected and Informed:

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

- 1. To receive NW Alerts, using your personal computer or iPad, go to sclhWatch. org & click ADD ME TO ALERTS. A blank email will open. Just click send.
- 2. To receive Association eNews, go to www.sclhresidents.com (log in) & click SIGN UP FOR ENEWS.
- 3. To receive Placer Alerts, go to www. placer-alert.org & click on SIGN UP.

Neighbors Helping Neighbors

Sendany Neighbors Helping Neighbors good stories to drbabsie@gmail.com. We welcome new stories.







We Cancel Timeshares for You

Many people believe their timeshares cannot be canceled, but they often can be. Our founder and CEO, Chuck McDowell, has successfully fought in federal court for the right to help timeshare owners — like you — out of their "binding" agreements. Whether you were misled or pressured, you may have an easy exit.

How Does the Cancellation Process Work?

- Start with a FREE consultation to discuss your needs.
- If we see that the circumstances of your agreement qualify you to exit the timeshare, you'll be assigned a specialist to walk you through gathering documentation.
- Our Resolution Department then works quickly to have your timeshare and related fees permanently terminated.

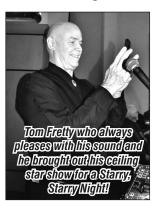
We are able to help most timeshare owners that contact us. You could be one phone call away from complete peace of mind.



Get your free information kit and see if you qualify:

855-946-0763

Starry, Starry Nights... Another fun, glittering event from the Pickleball Club. Stars twinkling everywhere and everyone with their dancing shoes on and sparkling outfits. A night to remember!







Maggie Rose McGurk Photo Art www.maggiemcgurk.photoreflect.com





Specializing in Real Estate and Property Management in Sun City Lincoln Hills

www.CarolanProperties.com
CA DRE # 01468489

916.253.1833

Our Family Means Business ... homes are selling quickly and inventory is at a record low!

COVID worries are moving behind us now ... you've had a year to think about making a change. Home values are very strong now and we are experiencing a shortage of homes for sale. We have very strong Buyer demand. This is the perfect time to come to market. Put our 22+ years of listing and selling experience in Lincoln Hills to work for you. We would love to show you our marketing plan that can effectively sell your home for top dollar.



Penny Carolan 916.871.3860 Top Selling Broker 2012, 2013 & 2015 Broker Associate CA DRE # 01053722



Courtney Carolan Arnold 916.258.2188 Property Manager Broker Associate CA DRE # 01471287



Megan Carolan Martin 916.420.4576 Transaction Coordinator CA DRE # 01937273

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

SUN SENIOR NEWS CLASSIFIEDS

SERVICES

WHEELER CLOCK WORKS. Certified Journeyman Machinist. Repair, Restoration of clocks: Grand father, Antique, Cuckoo. Jim Wheeler 916-303-3459.

GUTTER CLEANING, WINDOW CLEANING, Solar Panel Cleaning, & Christmas Lights... Student Services Call/Text 916-500-4314.

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DIAMOND HOUSE CLEANING by Lisa, Experienced, Professional, Detailed. Errands, Transportation, Shopping, Laundry, Pet Sitting, Window Washing, Lisc/Bnd/Ins. Neighborhood Referrals. I practice COVID safety 916-390-1162.

DIANNE DELEON still serving humanity 12 years for SCLH. Driving, Airport, Appointments. Call or text 916-759-8410 Lic#106453.

ESTHETICIAN SERVICES in Roseville, Relaxing professional atmosphere with facials fully customized to your needs. Please visit "thenaturalnurseesthetics.com" 916-676-3426.

\$10 Off GO GRANNY GO Senior Ride Service. Make an Appt for your first ride TODAY! 916/305-0771. Licensed, Insured, CPR/AED Certified, Locally Owned Lic# 016288 www.gogrannygo.BIZ

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

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\$\$SAVE MONEY WHEN SELLING HOME. LH Resident/RE Broker will list your home for only 1.5%! Full service, less cost! DRE#01195871. SELL n SAVE w/ Cindy. Action Realty: 916-595-2635 . www. sellnsavewithcindy.com

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

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

LAMINATE & LUXURY VINYL - \$2 - \$3 Installation Labor only - Repair, Material & Handyman quotes also avail. Over 20 yrs. exp. - Randy 916-847-4357. Lic#852123.

SUNSET LANDSCAPE. All Landscape necessities including •Basic Maintenance •Fence repair •Tree Services •Guttercleaning. Free estimates. Salvador 530-315-0055.

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REGISTERED NURSE AVAILABLE, specializing in respite, hospice, geriatric, alzeheimer's, and dementia care. References upon request. Please call or text 510-213-0397.

SUNSET LANDSCAPE. All Landscape necessities including •Basic Maintenance •Fence repair •Tree Services •Guttercleaning. Free estimates. Salvador 530-315-0055.

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

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

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

ELIMINATE GUTTER CLEANING FOREVER! LeafFilter, the most advanced debris-blocking gutter protection. Schedule a FREE LeafFilter estimate today. 15% off Entire Purchase. 10% Senior & Military Discounts. Call 1-916-953-5518.

FOR SALE

NEIGHBORHOOD ELECTRIC VEHICLE -Fully enclosed 2008 Zenn, Great condition, 6k miles, Green 3-dr hatchback, Power windows, Windshield wipers, Heater, AM/FM/CD stereo, two bucket seats, disc brakes, Six 12-volt AGM batteries, \$3,750. 916-543-8989.

KING SIZE BED lightly used \$500. Call 650-714-5808.

MUST SELL. Beautiful California King 4 poster bed. Brand Pulaski. Make offer. 916-408-7401.

CLUB CAR, golf cart has larges motor. \$1500. Color white. Good condition. 916-812-8595.

QUEEN SLEIGH BED, big dresser and mirror, from Macys. No Mattress. \$450. 916-543-3239.

DISHES 8 settings, 11 side dishes/platters, 20 wine/water matching, like new. \$130. 916-547-7809.

LASKO OSCILLATING CERAMIC HEATER tabletop or floor, adjustable thermostat, 1500 watts. \$25. 916-547-7809.

RENT / WANTED

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

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

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

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

Wanted 12+12 beige tiles used in SCLH floors. Nancy 916-409-9985.

Seeking cactus/succulents to obtain cuttings to be used in arrangements for charity. Call Mike 916-409-5804. Please leave a message.

ANNOUNCEMENTS

GRIEF SHARE GROUP, GRANITE SPRINGS Church, 1170 E.Joiner Pwy. Lincoln. Starts February 1st at 9:30 am. Call Cherie 916-250-8526 or email cdweygandt@gmail.com or Granite Springs 916-645-9620 for more info.

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

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

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

**FREE ADS—INCLUDE

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

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, prement)
- 3. Classified ad text including the phone number you want readers to call. SCLH residents get FREE non-business Classifed Ads; limited to 15 words; one per household per month.

BUSINESS ADS

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

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 $\,$

From all of us at

Thompson + Brown Real Estate





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.

