

SUN SENIOR NEWS

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And Much More . . .

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Michael and Pam Hemingway: The Dynamic Duo

BY JENNIFER MARTIN

“A wine snob and a normal person live here.” That’s the doormat announcement as you enter Michael and Pam Hemingway’s home. Instantly, Michael will pose the question: Which one’s normal? Well, it’s easier to guess which one’s the wine snob, more like wine connoisseur, once you learn Michael’s sister is a wine collector (over 1,000 bottles) His brother, another wine enthusiast, lives in Napa, the most famous wine valley in California, and his nephew is a winemaker.

Michael hails from Bethlehem, Pennsylvania (yes, his mother’s name was Mary), the youngest of three children. He was ten years old when his family moved to Walnut Creek, California. After obtaining an Associate of Arts degree from Diablo Valley Community College, Michael got a Bachelor of Arts degree in Communications with an emphasis in Film and Television from California State University, Chico, in 1977.

Pam was born in Milwaukee, Wisconsin,



Pam and Michael Hemingway

PHOTO BY KEN SHAHOIAN

the eldest of four sisters and a brother. She graduated from Marquette University in 1974 with a Psychology major. Her family moved to Santa Barbara while she was attending college, so when she got tired of the cold weather, she naturally gravitated to California where her family lived. And that’s where she and Michael met in 1988.

Pam, a season ticket holder for the Dodgers, attended a sold-out game with a few girlfriends, one of whom had relayed the

message on to Michael, who was in between girlfriends, to come to the game. Michael bought a scalped ticket which was in the cheap seats and had to talk his way down to the area where Pam and her friends were seated. During breaks in the game, fans passed a beach ball around, trying to keep it out of the hands of the ushers who were tasked with retrieving it. When Michael caught the ball, it was a bit flat, so he decided to blow it up. He batted it away just as an usher was about to snatch it from him and unwittingly broke the unwritten rule of surrendering it, almost getting kicked out of the stadium. But he talked his way out of that trouble, too. “He turned a lose-lose into a win-win,” says Pam, “and that caught my interest.” Plus, he threw a great tailgate party afterwards, with lots of food, wine and golf balls available to hit around the parking lot.

Pam and Michael dated for five years, enjoying classical music concerts at the (cont’ on page 21)

SCR Foundation

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

BY NANCY SCHUBACH

SCR Foundation Needs You!



Now that the holidays are over and as we look forward to 2022, we wanted to look back at what’s happened in 2021.

Please meet your new Board of Directors for the Foundation. Chair - Nancy Schubach, Secretary - Lorraine Welk, Treasurer - Karen Shahoian, Asst. Treasurer - Elizabeth Gustafson, Home Maintenance Director - Doug Smoot, Web Designer - Steve Butkovich, Volunteer Coordinator - Edna Zissler and our newest members, David Happe - Investment Director, Dawn Haskin - Special Program Director and Pat Teilh - Correspondence Secretary. We do still have openings for Publicity Director, Event Director, Golf Tournament Director, Sunshine Services Liaison and Director at Large.

Our Home Maintenance Team had suffered a few setbacks, first Covid and then our van was vandalized, so they are still backlogged. But we are pleased to announce we are up and running again. Our Home Maintenance Team currently has 11 teams making services

(cont’ on page 15)

SC Singers

BY JACKIE PROETT

It’s January and the door to the New Year is flung wide open! You will probably sneak a few looks over your shoulder to remind yourself where we were a year ago. But in spite



Some of the gang...

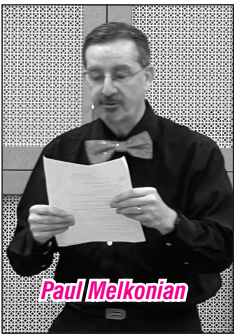


Jan Percy - Accompanist, Betty Fritsch - original member and Mary Brown - newest member.

of some “fear monger” variants, the future has a hopeful glow. The gray days of January are showing a decidedly silver side.

The Singers are still climbing down from Cloud Nine. Our Christmas Concert was a big success, and from the smiling faces looking up at us, yes, we all did need a little Christmas! Comments afterwards were touching, some almost tearful, but mostly, all were joyful.

As you move through the door into the future, don’t forget one of your first stops is at the back of the Ballroom at 2:30 pm on January 10 for our first rehearsal. Maybe some of the concert audience will be knocking on our door. We’d be happy to welcome them. For members, be sure and return your music



Paul Melkonian

in concert order and check to see if we have a new packet to take home. Is it possible that this will be music from our canceled concert? Hmmm, only the Shadow knows!

The excitement of a new year helps erase some of the sad memories of old. The main reality is that music helps us through all times. We encourage those of you who are new to our neighborhood, or people who have thought of joining us for years, knock on our door. Learn how music puts a zing in your life. We not only sing, we also have parties and fun. We are family. Our door is always open, come join us. Happy New Year!

• • •

(more Club News cont’ on page 4)

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Back issues are available to download there as well.

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SUBMISSIONS

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

All information submitted to the Sun Senior News - Roseville must be accompanied by your name, phone number and written consent. All letters received become the property of the publisher (EGnews Inc.). The Sun Senior News - Roseville reserves the right to edit letters for publication and liability purposes and are not guaranteed to be published.

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From the Editors



AARP Tax Aide — Free Tax Returns

AARP Volunteers will prepare and electronically file Federal and California income tax returns for low-to-middle income Sun City Roseville residents at the Timbers Lodge Computer Room on Sundays. There is no charge for these services that are sponsored by the IRS and AARP. Volunteers are tested and certified annually and are trained for most returns. Real estate rentals, K-1s for

limited partnerships and complex small business returns are a few of the exceptions. Appointments are required and can be made by calling 916-741-0506. The appointment line will be open starting on January 17th and appointments will be made for Sundays between February 6th and April 10th. This appointment line makes appointments for several sites in Roseville so if you want your appointment to be at Sun City, you must mention that when you leave your appointment request.



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Music and Laughter
BY JANE BOHN

Hooray, we are starting our year off with a bang. In addition to our regular “Open Mic” on Wednesday evening January 12 at 7pm at our Sierra Pines lodge, we are excited that Music and Laughter is joining up with other groups here providing entertainment in our ballroom on Monday, January 17 from 7pm to 9pm. Activities here is handling all advertising and tickets for us so all you have to do is go our main lodge and get your \$5 ticket from the Monitor at the desk. Come give your spirit a lift and join in on the fun both these nights. We look forward to seeing your smiles.

Sun City Harmonicoots
BY LINDA AUG

“Something” tells us that 2022 will be a great year for the Sun City Harmonicoots. As we look ahead, we also reflect upon “Yesterday”. We wished to gather “Eight Days a Week” but were thankful to “Get Back” and “Come Together” to resume our weekly sessions in June. Enjoying music with “A Little Help from My Friends” keeps the Harmonicoots “Here, There and Everywhere.”

On December 7, the Harmonicoots performed at Pearl Harbor Day at the Pines. It’s been “A Long and Winding Road” since December 7, 1941, but the Harmonicoots were honored to play a medley of military songs dedicated to our country, Veterans, and patriots.

“All You Need Is Love”? You may have felt it on December 9 as you strolled through the Timbers lobby. Under the Christmas tree, the Sun City Harmonicoots shared seasonal favorites such as Silent Night, O Holy Night, Jingle Bells and more. If you happened to “See Us Standing There”, you were surely singing in no time.



Sun City Harmonicoots and Singers spreading holiday cheer.



Don’t be a “Fool on The Hill”! Get your “Tickets to Ride” as the Sun City Harmonicoots bring foot stomping sounds at the Performing Arts Showcase on January 17 in the ballroom. Tickets are \$5.00 and you can get yours at the Activity Desk. We will be performing “All Together Now” with other fabulous singers, dancers, and musicians. “We’re Getting Better All the Time” so come and “Help” us celebrate all the talents in Sun City.

The Harmonicoots are starting 2022 with a “Revolution”! “Got To Get You into Our Life”? So don’t “Let it Be”! Join us at the Pines on Thursdays from 1:00 to 3:00. Learn to play this fabulous little instrument and we will “Help” you along the way. “We Can Work It Out” together.

Here’s to a fabulous year and you can come and visit us “Any Time at All”.

Dance Club
BY LENORA DAVIS

Once upon a time, a long time ago (only last month, but memory is not what it used to

be), there was a wondrous event. Everyone said they had never before seen anything like it (eyesight not as good as in the past). There was tapping, and swirling, and stomping of tiny feet (well, almost tiny). Some thought it was Santa’s reindeer on the roof (a time for new hearing aids), but it was really our very own Sun City Dance Club on our very own wooden ballroom dance floor. There were Tappers, Line Dancers, and Jazzers movin’ and groovin’ and dancin’ to the music. The crowd went wild (Sun City standards) until almost bedtime (9:30 or so). It was a roaring good time, the theme being Roaring Twenties.

That will not be the last of us, though, so
(cont’ on page 9)





2021 is a Wrap!

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

Looking Forward to 2022!!

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Astronomical Events for January

BY BILL WEAVER

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.

Friends of the Roseville Public Library • First sale of the year!
Downtown Library,
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10 am to 3 pm on
Saturday, January 29, 22.
It will be amazing!



Help Shape Roseville’s Future — Proposed City Council District Maps Subject of Six Public Meetings this Month

BY BRIAN JACOBSON, *City of Roseville Public Information Officer*

At its December 20 meeting, the Roseville Independent Redistricting Commission selected the final group of City Council district maps to be considered from the original 23 submitted by the public.

This final group of maps will be the subject of six public meetings to be held in January to receive public feedback. The Commission will make the final map selection at its January 24 public meeting.

The Commission could select a map from the final group as it was submitted or make adjustments to any of the final maps based on public feedback to create and approve a newly designed map.

The Independent Redistricting Commission is comprised of community members and is empowered to adopt the new district boundaries without City Council approval.

Public meetings dates and times:

- 6 p.m., Thursday, January 6 at the Maidu Community Center, 1550 Maidu Drive
 - 6 p.m., Tuesday, January 11, in the City Council Chambers, 311 Vernon Street
 - 6 p.m., Thursday, January 13, at the Mike Shellito Indoor Pool, 10210 Fairway Drive
 - 2 p.m., Saturday, January 15, in the City Council Chambers, 311 Vernon Street
 - 6 p.m., Tuesday, January 18, at the Martha Riley Library, 1501 Pleasant Grove Blvd
 - 6 p.m., Thursday, January 20, at St. John’s Episcopal Church, 2351 Pleasant Grove Blvd
- The final group of maps and more information about the City’s redistricting effort can be found at Roseville.ca.us/redistricting.



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Neuropathy Relief Is Possible

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

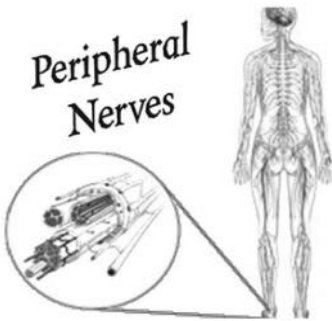


Figure 1: Notice the very small blood vessels surrounding each nerve.

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

As shown in Figure 2, as the blood vessels that surround the nerves become diseased, they shrivel. This prevents the nerves from getting the nutrients necessary to survive. The nerves begin to degenerate and no longer conduct sensation adequately. When these nerves begin to “die” they cause you to have balance problems, pain, burning, pins and needle sensation, and other symptoms.

Three Factors to consider for Effective Neuropathy Treatment:

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

Three goals of treatment at Lincoln Acupuncture:

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

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

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

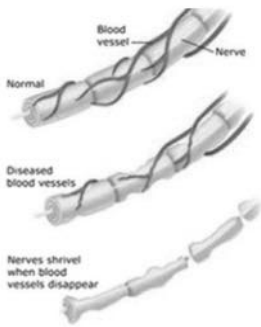


Figure 2: When blood vessels become diseased, they shrivel and are no longer able to provide nourishment to the surrounding nerves.

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

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

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

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

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

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YOU DON'T HAVE TO JUST LIVE WITH IT

Executive Director Comments

2007 New Year Resolutions; A January 2022 Tradition

BY EARL WIKLUND

For those of us trying to make your 2022 year more successful and meaningful than perhaps the last few, here is one of my columns from January 2007 on setting annual that I hope you will enjoy. This has become a January tradition. The things I wrote about then are still pertinent for me today and I hope for you as well. You will need to adapt a little in waiting for our community to fully reawaken from the Covid 19 pandemic, but we see strong evidence that the new year looks very promising:

“How many of us make New Year Resolutions each year? I sit down at the end of each year, look at what I have accomplished in the current year and set resolutions for the New Year. I have been doing this for over 30 years and while I have not achieved each resolution, the majority of those I have attained have helped to shape the course of my life. I have to admit though; I have been losing the same 15 pounds for the past five years. But I also realize that many folks struggle with their resolutions so I have taken the liberty to develop a suggested list of ten resolutions you can use as a start.

I have always started with my physical well being so I have always (1) kept on schedule for annual physicals; sort of a preventative program. Closely aligned with this resolution is to be sure (2) that I am getting my proper exercise which helps to make the doctor visits go more smoothly. Walking the common area and preserves, club activities or visiting our Fitness Center should be of help for you on this resolution. Especially with the new classes at the Fitness Center that have been added. While you're there, check to see if they are planning a seminar on (3) healthy eating and maintaining a proper diet. After all, you are what you eat. Visit the Timbers Restaurant to enjoy a fine meal and get that glass of red wine that they say is so good for the heart.

Trying to (4) learn something new each day is a game I have played for many years. Keeping the mind active can keep us alert for a longer period of time. Another way to do this is to (5) read at least twelve books during the year ... subject matter aren't important but

comic books don't count. Here is your chance to read our governing documents for extra credit. One of the most fulfilling resolutions is to (6) volunteer your time, service and talent for a worthwhile cause. Whether it is a local charity, the Sun City Foundation or one of our Association committees, volunteering is very satisfying and reinvigorating. I have always struggled with (7) attending at least four cultural events each year. You might want to join the Activities Department for their next field trip to the new DeYoung Museum as one of your cultural events. Okay, a trip to the casinos in Reno gets you half credit.

Always a believer of the adage of (8) 'use it or lose it', I have always been very active. Maintaining a certain positive daily routine, pace and involvement within your limits is a mental energy builder. We can all stay active by participating in the daily activities offered through our clubs. Take up golf; that really can be a mind teaser. While you are interacting with other residents and staff, give consideration to (9) doing a good deed for someone else each day. What a great feeling; especially if the good deed is done secretly. And remember, (10) you are as happy as you make your mind up to be on any day. Be happy and enjoy this New Year and all that our community offers.”

Now it is your turn. Sit down and puzzle through your 10 goals for the new year and be sure to include some fun things to do throughout the year. Hope to see you soon and hope we are both wearing our smile.



Sunshine Services

“We’re Here to Help”

BY PAT TEILH

Important Change to Dial-A-Ride: If you are in need of a Dial-a-Ride ticket, simply call Pat at 916-521-9729 or Donna at 916-952-0510 and one of us will bring it to your home. A ticket consists of 10 one way rides and cost \$10. Tickets will no longer be sold at the lodge on the first Thursday of the month.

Mark Your Calendar: The next General meeting for the Sunshine Services Group will be on February 16, 2022 at Sierra Pines. Come join us at 10:00am to hear an inspirational speaker and of course, refreshments will be served.

A huge Thank You: The Sunshine Services Group gives a huge thank you to the Foundation Committee for subsidizing the Medical Equipment Loan Program, the Care Giver Relief and Individual Care programs and the Dial-a-Ride sales. Without the Foundations Committee we would not be able to serve the Sun City Roseville community with these programs.

Healthy Eating: The definition of healthy eating does change a little as you age. For example, as you grow older, your metabolism slows down, so you need fewer calories than before. Your body also needs more of certain nutrients. That means it's more important than ever to choose foods which give you the best nutritional value.

Here are some tips to help you find the best foods for your body and your budget. Know what a healthy plate looks like. The USDA recently unveiled a simple way to help people see what they should eat each day. It is called My Plate. This includes the building blocks for a healthy diet.

Look for important nutrients. Make sure you eat a variety of foods to get all the nutrients you need. Your plate should look like a rainbow—bright, colored foods are always the best choice! A healthy meal should include:

- Lean protein (lean meats, seafood, eggs, beans)
- Fruits and vegetables (think orange, red, green, and purple)
- Whole grains (brown rice, whole wheat pasta)
- Low-fat dairy (milk and its alternatives)

Remember to choose foods that are high

in fiber and low in sodium or salt. Also, look for Vitamin D, an important mineral as we age. Read the Nutrition Facts label. The healthiest foods are whole foods. These are often found on the perimeter of the grocery store in the produce, meat, and dairy sections. When you do eat packaged foods, be a smart shopper! Read the labels to find items that are lower in fat, added sugars, and sodium. Stay hydrated. Water is an important nutrient too! Don't let yourself get dehydrated—drink small amounts of fluids consistently throughout the day. Tea, coffee, and water are your best choices. Keep fluids with sugar and salt at a minimum, unless your doctor has suggested otherwise. Eat healthy and stay healthy. Enjoy the many activities offered in this community. Exercise or take a walk around your neighborhood a couple times a week. And remember “We’re Here to Help”.



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Dance Club

(cont’ from page 4)

buckle up. On January 17 will be the Performing Arts Showcase, which is sure to be spectacular. Be sure to get you tickets because you will NOT want to miss this.

But wait, there’s more! There are two new classes beginning in January. The first will begin on Tuesday, January 4 from 3:45pm to 4:45pm in the ballroom. This will be a new Introduction to Line Dance with instructor Shelly Winters, designed for the very beginner to learn the basic steps and easy dance routines. The other class is Country Couples, starting on Thursday, January 6, from 1:00pm to 2:00pm in the ballroom with instructor Jeanie Keener. Many people are already excited about this class. Partners are not required. As always, the first class for each session is free

Hope to see you all on the dance floor. Have a Happy New Year!
• • •

Fine Arts Club

BY NANCY VAVUL

Happy New Year! We hope 2022 will bring peace, health, and joy to you and your families. To begin the year, we hope you will stop by the card room where you can find a new display of paintings. These are for sale by club artists. We would like to wish Lillian Stahl congratulations for selling one of her paintings from this room last month.

Our holiday luncheon, Snowflake Ball, was well attended



Donna Self with paint-along participants.



Making wreaths for the Snowflake Ball.

Needle Arts Club

BY CJ KIDD

Happy 2022 New Year to All.
Spread love and laughter wherever you go. With each encounter, be the reason someone smiles today.

Needle Arts Club has an exciting 2022 year planned for our members and guests with great programs and events. Be sure to mark your calendars for the May 6, 2022 Fashion Show and Luncheon.

The first general meeting will be on Wednesday, January 6, 2022 at 1:30 in the Ballroom. The program will feature Sandra Mollon sharing the adaption of an image for an Art Quilt. She is an amazing seamstress and artist. Join us for an afternoon of inspiration and fun.

As of right now, we are planning our Holiday Craft Fair in November. It is scheduled for Saturday, November 5, 2022 at the Timber Creek Lodge. We are also scheduling our Holiday Home Tour in December. We can all look forward to a year of Needle Arts Activities and Events. I look forward to seeing all of you at our meetings, activities and events.

If you have not been involved in our Activities, meetings and events, I would highly recommend you do so. Check our Newsletter for future meetings, programs and events. Also, get involved with a friendship group, donation group, knitting group, beading group, an applique group, Home Dec group, quilting group or consider a Council position or be part of the Newsletter Team. This will heighten your enjoyment and add to the camaraderie of the Needle Arts Club.

Once again, Happy New Year! I hope to see each and everyone of you at one of our meetings or events.
• • •

Cinema Group

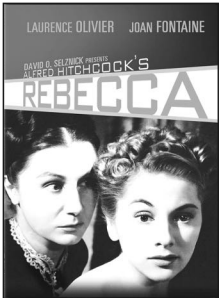
BY BRIAN SUTTON

For the start of a new year, the Cinema Group invites you to watch an old classic. REBECCA, 1940

Based on the novel by Daphne DuMaurier, it is the story of a young woman who marries a fascinating widower only to find out that she must live in the shadow of his former wife, Rebecca, who died mysteriously several years earlier.

Directed by Alfred Hitchcock, it was

his first American project. Starring Laurence Olivier. Joan Fontaine, George Sanders, and Judith Anderson. It won Academy Awards for Best Picture and Best Cinematography, and was nominated in nine other categories.



A New York Times critic wrote, “An altogether brilliant film, haunting, suspenseful, handsome and handsomely played.”

“Internet Movie Data Base (IMDB)” gives it an exceptionally high rating of 8.1 out of 10.

The movie reviewing website “Rotten Tomatoes” shows ratings of 100% from critics and 92% from audiences.

In 2018, the film was selected for preservation in the United States National Film Registry by the Library of Congress as being “culturally, historically, or aesthetically significant.”

Join us for the January movie.
Friday, January 21 at 1:30 pm • Spruce Room, Sierra Pines.

As always, Admission is Free!

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

International Social Group

BY CYNTHIA SINDREY

Happy New Year and the International Social Group is looking forward to a fun year together. We have not only gained some new members but also have three new people on our committee. Ardis Wedermeyer, Secretary, Asdghid Kitay, and Jill Aggersbury, committee members who have volunteered to help us plan events. Even our committee meetings are fun as we chat, snack and make suggestions to discuss.

The first event will be Saturday, January 15, 2022 at Sierra View Country Club in Roseville. We will celebrate “Bringing In New Year” with a no host cocktail hour including hosted appetizers, 3 course dinner followed by music by the Cocuzzi Duet, John and Kristy.
(cont’ on page 11)

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Ruby Princess ~ 3080 Passengers	Feb 10, 2022	\$1,299	\$1,399	\$3,499
	Oct 23, 2022	\$1,499	\$1,599	\$2,799
Sail round trip from San Francisco, California to Kauai, Nawiliwili Hawaii; Honolulu, Hawaii; Maui, Lahaina, Hawaii; Hilo, Hawaii; Ensenada, Mexico, San Francisco, California.		*ROUND TRIP LINCOLN SHUTTLE TO SHIP!		
10 DAY ALASKA From SFO! Princess	May 30, 2022	\$999	\$1,239	\$1,899
Ruby Princess ~ 3080 Passengers	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, California to Juneau, Alaska; Skagway, Alaska; Hubbard Glacier, Alaska; Ketchikan, Alaska; Victoria, BC, Canada; San Francisco, California.		*ROUND TRIP LINCOLN SHUTTLE TO SHIP!		
7 DAY CA Coastal from SFO! Princess	Apr 23, 2022	\$949	\$1,099	\$1,799
Ruby Princess ~ 3080 Passengers	Oct 1, 2022	\$719	\$839	\$1,059
04/23/22 Sail round trip from San Francisco, California to; Astoria, Oregon; Seattle, Washington; Vancouver, Canada; Victoria, Canada; San Francisco. 10/01/22 Sail round trip from San Francisco, California to; Santa Barbara, California; Los Angeles, California; San Diego, California; Ensenada, Mexico; San Francisco, California.		*ROUND TRIP LINCOLN SHUTTLE TO SHIP!		
10 DAY MEXICO From SFO! Princess	Jan 6, 2022	\$579	\$699	\$799
Ruby Princess ~ 3080 Passengers	Jan 31, 2022	\$649	\$799	\$899
Sail round trip from San Francisco, California to Puerto Vallarta, Mexico; Manzanillo, Mexico; Mazatlan, Mexico; Cabo San Lucas, Mexico; San Francisco, California.		*ROUND TRIP LINCOLN SHUTTLE TO SHIP!		
15 DAY Panama Canal! Princess	Feb 25, 2022	\$1,449	\$1,949	\$3,399
Ruby Princess ~ 3080 Passengers	*Mar 12, 2022	\$1,849	\$2,349	\$CALL
INCLUDES SHUTTLE TO SHIP & AIRFARE RETURN TO SACRAMENTO!				
Sail from San Francisco, California to Fort Lauderdale, Florida visiting Cabo San Lucas, Mexico; Puntarenas, Costa Rica; Fuerte Amador, Panama; Transit the NEW LOCKS of the Panama Canal; Cartagena, Colombia; Fort Lauderdale, Florida. *March 12 Reverse Itinerary from Fort Lauderdale to San Francisco. Flight between Sacramento and Fort Lauderdale and shuttle between ship and Lincoln is included for both the February 25 and March 12, 2022 departures.				
36 DAY San Francisco to the Med! Cunard	July 24, 2022	\$5,999	\$6,999	\$8,499
Queen Elizabeth ~ 2081 Passengers	INCLUDES SHUTTLE TO SHIP & RETURN FLIHT TO SACRAMENTO!			
Sail from San Francisco to Barcelona, Spain visiting Los Angeles, California; Cabo San Lucas, Mexico; Puntarenas, Costa Rica; Transit the Panama Canal; Oranjestad, Aruba; Fort Lauderdale, Florida; Hamilton, Bermuda; Madeira, Portugal; Seville (Cadiz) Spain; Villefranche, France; Rome (Civitavecchia), Italy; Mallorca (Palma), Spain; Barcelona, Spain.				

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



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CST # 2033380-40 January 2022 edition

International Social Group
(cont' from page 9)
Bring your voice to sing along and your dancing shoes if you wish to dance. Rides are available if needed.

Plans for March and May will be discussed and decided at the next committee meeting. Flyers for all events are mailed to our members and displayed on the rack at the Lodge. New members are always welcome and dues for next year will stay at \$10 per person. The more the merrier and our group loves to be merry while being social, eating and entertained.

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

Roseville Stamp Club
BY TIM MILES

It was a beautiful holiday season and we are now into the new year, 2022. We'll have our meetings again and also the Club Dinner. It is set for January 18 in the Solarium at Timbers at the Lodge restaurant (7050 Del Webb Blvd). Any interested members can contact Al to see if there are still vacancies as the Solarium has limited seating and so we had to limit the signups.

Our meetings in January are set for Mon Jan 10 and Mon Jan 24. Our February meetings are set for Tues Feb 8 and Tues Feb 22. All meetings start at 6:30 pm. Take note of the different days of the month. This is due to the demand for meeting room space but we do try to keep each month's dates on the same day.

As usual, we are always available through Al Capparelli (916-771-8288) to give anybody an instant appraisal of the current value of any collection, no matter how small. We also help dispose of an "old" collection, too. Anyone is welcome at any of our twice-a-month meetings.

We don't know what the pandemic holds for us but we are keeping our fingers crossed. However, Al Raub has been keeping us all informed thru e-mails so we can all be on the same page.

We still offer anything needed for the hobby. We have everything from album pages as additions to all the paraphernalia needed in the philatelic realm. Contact Al Capparelli and he'll get you set up.

The Club wishes one and all a joyful and prosperous New Year with the hope that 2022 is a lot better than 2021.
• • •

Boomer Generation
BY SUZANNE CROWDER

Happy New Year! We are grateful to put 2021 behind us and ready to receive 2022 with open arms.

Thank you for patiently waiting for the sale of the tickets to the Boomer Party "A Night to Remember" January 29 in the Timbers Ballroom. With life as busy as it is, we felt waiting until closer to the date would be better to sell the tickets so less changes would become necessary.

Hopefully you all are setup on the new system and receive the eblasts about what we have planned for the rest of the year.

We'd like to introduce you to the new SIG – Boomers Memoir Writing Group! So please read on. Perhaps this could be a Christmas gift to give your family. Imagine the things they don't know about your life.

Again Happy 2022!
Boomers Memoir Writing Special Interest Group — Below is an introduction to a story. Keep Your Eye on the Ball.

My childhood would be considered privileged by most. My sisters and I were raised in a beautiful home by loving parents. I took swimming, gymnastics and dancing lessons. Growing up I ice skated and skied and had my own horse.

But there was one aspect of my upbringing that was deprived...

Neither my sisters nor I learned to play anything with a ball. There was not a ball in our house; no tennis ball, no softball, not even jacks and a ball. Certainly, no basketball or football for we three young ladies. My mother thought that golf was on par with alcoholism as a cause of broken homes. Neither my father, nor anyone else, ever took us out to a ball game. The family dog somehow acquired a ball shortly before I left home for college but even she preferred tug of war to fetching a ball. — From a memoir "Ramblings of an Aging Blonde" by Suzette Austin.
• • •



Jewish Fellowship Circle
BY LOIS ARLEN AND KAREN LEVINE
We wish everyone in our Sun City community a healthy, happy and great New Year 2022!

Welcome to our new members Rob and Pat Gullett. We are glad you are here and have joined our Fellowship!

Our last event of 2021 was a fabulous Hanukkah dinner of brisket and latkes attended by a large turnout.

For each of the eight nights of Hanukkah the menorah in the Club House was ceremoniously lit by some of our members.

Karen Levine led the Shabbat service on December 3. Andrew and Julie Brasch hosted the Oneg.

Our next event will be the lox and bagel brunch on February 20, 2022 at Sierra Pines. It is free to paid-up members. Dues are \$12 and due this month.

A little summary on "What is a mezuzah?": The Hebrew word mezuzah actually means "doorpost," but as time has passed, it became known as what is affixed to the doorpost. The Hebrew letter "shin" usually appears on the face of the mezuzah. The purpose of the mezuzah is to act as a constant reminder of God's presence. It signifies the sanctity and blessing of the Jewish home. Written in the Bible are the words: "Write the word of God on the gates and doorpost of your house". Jewish people will often touch the mezuzah as they go through the door. Inside the actual mezuzah is the Shema prayer that is handwritten by a Scribe on a small piece of parchment. The Shema is a very important prayer because it reminds Jewish people that there is only one God. The mezuzah is

always placed on the right-hand side of the doorpost and usually at a slant. The case that the mezuzah is usually made is from clay, porcelain, silver, brass, glass, or plastic and can be very ornate.
• • •

SCR Democrats
BY TONI FISHER

As we anticipate the 2022 mid-term elections, we wish to honor the respected career of Senator Bob Dole. His passing generated comments from those who knew him, served in government with him and those from the other side of the aisle. Many of the Senator's quotes were recalled which defined his strong ethical approach in life. While he held strong Republican beliefs, he was always willing to work with anyone to pass laws which benefitted all Americans. Two quotes represent this commitment: "All the wisdom doesn't reside in one party." And, "When it's all over, it's not who you were ... it's whether you made a difference." We hope others in government will demonstrate this approach, working for all Americans, not just their party.

Our recent meetings brought out the best in our members. In November, our political "guru", Peter Lorenzo, led a lively, thought-provoking discussion as he reviewed the political happenings of the past year. Many audience comments brought the members together to consider what we must do in the coming year.

At that meeting, we announced our club's participation again in the Woodbridge School Giving Tree Program with some pandemic modifications. Our goal to gather donations of a ten-dollar gift card for each child to add to the two gifts other groups would be donating, seemed challenging. Happily, yet not surprising, our members donated a gift card for each of the 178 children being served this Christmas!

December brought another opportunity to help those in need. Members were encouraged to bring new, or barely used, clean clothing, toiletries and pop top cans of high protein foods for the residents of The Gathering Inn. As we enjoyed our Holiday Lunch, we also enjoyed viewing the many donated items, imagining how supported the homeless would feel when the goods arrived.
• • •

(more Club News cont' on page 15)



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Ambassador Committee

BY NANCY GREEN

Happy New Year! As we say “Goodbye” to 2021, we look forward to healthier days in 2022 and new adventures in Sun City!

Our Committee members give tours to new residents and one of the comments we hear is that they are searching for a community where they can feel welcome and meet new friends!

Within the Ambassador’s committee there are hidden features that goes unnoticed!

In the past few months one of members was taken ill and was in need of transportation to medical treatments during the week. A “transportation schedule” was arranged by volunteers within and committee members “stepped up” to the task of bringing her to and from her needed appointments.

Our Community of Sun City is a wonderful place to live and this is one small, important feature that we sometimes overlook in our busy lives! Our neighbors care and this is important to pass on to new residents too!

On February 26, we will have another New Resident Welcome. Evites will be sent out to those who have joined our Community in the past few months. We look forward to greeting these new residents.

Hope January will be a peaceful and restful time as we recuperate from busy Holiday Season with our family and friends.

Website Work Group

BY CHARLYN ROSS

What is special about January?

January is the first of seven months to be 31 days long. The first day of this month is celebrated world-wide as New Year’s Day. Although January is one of the coldest month for us, it is the warmest month for those in the southern hemisphere. Of course, the month is recognized as the time for us to “un-decorate” our houses and to try to figure out how to use some of the gifts we received, which would include the Association’s gift of the new, improved Resident Website www.scrs.org.

The new Resident Website was introduced on December 1st. To permit a smooth transition, our staff has been preparing us for several months. We were encouraged to recognize that our user name would be our email address and that we would need to set a new password.

Let’s look at the New Website — How the Resident Website is displayed will depend on the device you are using. The display will be similar for a computer, a laptop or tablet screen. However, modifications had to be made to accommodate the smaller cell phone screen.

Computer/Laptop/Tablet Screen — Home Page “Black” Menu Bar contains topics which are drop-down menus for links to the many features.

Cell Phone Screen — Home Page “Black” Menu Bar contains only a “hamburger button” (three stacked horizontal lines). This button

(cont’ on page 13)

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Website Work Group

(cont' from page 12)

contains topics which are links to the many features.

Important Features Available on All Devices —

- “Enter Search” Field - appears at the top of most web pages to help you to find information quicker.
- “Site Map” - appears at the bottom of the Home Page. It has links to all the topics contained in the “black” menu bar.
- “Calendar” - provides all event information. At the top of the calendar are links (green text) that will change the display for various groups and facilities. Also, you can change the Calendar display to a Week, Month, or Year.

At the far right, “Switch to List View” to change the display of the information.

The “Today” link has backward and forward arrows to look back or ahead one month at a time.

- “Community” - contains the list of links to several, popular Resident Website features.

“SCR Directory” has resident information such as address, phone number, and often email address. You can usually find a resident by entering any of these elements in the “Search:” field.

“Classified Ad” can now be submitted online.

“SCR Street Maps” lists all SCR streets by name, and each one is a link to the street’s location on a map.

The new and improved Resident Website will let you access all the information you need from any device. However, as with any new gift, you must take time to learn how best to use it.

Need Assistance?

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

Compliance Committee

BY KATHY CASTEN

We are lucky to live in such a beautiful community. It is so nice to drive through our neighborhoods of well-maintained homes and yards. Your Compliance Committee appreciates and wants to thank you, our fellow residents, for everything you do maintain the exterior look of your property.

Our Committee is being highlighted during the month of January so it is the perfect time to tell you about some of our responsibilities. We have an important role in keeping Sun City Roseville beautiful. We are responsible for monitoring the community for properties that do not comply with the Governing Documents.

Each year, in accordance with our Committee Guidelines, we canvass the street view of each and every property. We agree with Community Standards on specifically what we will canvass. For example, last year

we checked for houses and fences that need painting and trash cans not properly stowed. This year, we will be canvassing landscape issues and artifacts.

Our Committee members also monitor week-end Open Houses on a rotation basis to ensure that realtors operate in compliance with the City of Roseville Sign Ordinance and our own Guidelines. You won’t see numerous multicolored signs with balloons and spinners on our streets! Have you noticed that our community entrances are not littered with Open House signs on week-ends like other developments? We check that too as our Association places just one sign at major entrances announcing “Open Houses” are being held.

We can’t thank our Community Standards Department enough for the guidance they provide throughout the year. Their mission statement is “to maintain the architectural integrity of the community through education of the Governing Documents and the promotion of Community, Consideration and Respect.” We work closely with them on the administration of compliance issues.

If you receive a phone call or letter regarding a compliance issue and have a question or need additional information, please call Ryan O’Connell, Assistant Director of Community Standards, on 916-774-3863.

Our Committee meets the second Tuesday of each month at 9:00 AM. If you would like to learn more about our important work, please plan to attend one of our meetings. Residents are always welcome.

Governmental Affairs Committee

BY STEVE GUSTAFSON

A mission of the Governmental Affairs Committee is to serve as an informational conduit for Sun City residents on government activities. State, country, and city activities intended to address homelessness should be of interest to many residents.


At our January meeting we plan to have a speaker who will describe a \$40 million plan that could significantly reduce homelessness in Western Placer County (watch for an email announcement with details).

This plan, called the Campus of Hope, requires buy-in from Placer County. It involves building a complex of about 500 housing units for the homeless (with facilities for counseling on mental health, addiction, employment, etc.) just North of the intersection of Blue Oaks and Industrial.

The homeless in our area currently cost Placer County and the City of Roseville an estimated \$30 million per year (for services that allow temporary shelter, security, etc.). The Campus of Hope could reduce this cost by over 50%.

You are welcome to join us to learn more at our next meeting, which is Tuesday January 12 at 2:00 in the Timbers Lodge Aspen/ Birch rooms.

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SCR Foundation

(cont’ from page 1)

available four hours a day, four days a week. It is important for residents to understand our Home Maintenance Teams are not in lieu of a handy man. They are all resident volunteers and always do their best at working with residents. However, they are not equipped to do everything asked of them. Please keep that in mind when calling.

Serving the social needs of our community, two afternoons of Bingo! will once again be scheduled in March and August. Our Annual Golf Tournament will be back enjoying the better weather of June. And our annual Dinner Dance, for this year only, will be in February. The theme will be A Night at the Oscars. We are in need of volunteers to help with these events.

As we look forward to the coming year, we are committed to having many of the same services and enjoyable, informational or educational programs. New programs may be added. We are always open to suggestions for new services or goods that fulfill our mission and we are always grateful for those who are able to volunteer to assist as a Home Maintenance team member, a telephone volunteer, an event volunteer and perhaps someone who feels that serving on the Board as a Director would be a satisfying way to give back to the community. If you think you fall into one of these categories, we encourage you to call the Foundation phone number, 916-774-9040 or e-mail Nancy Schubach - Chair at suncitynancy@comcast.net to begin the process. We need you.

.....

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.

Singles Club

BY DEBBIE SMOORENBURG

Saturday Night Social: January 15, 2022. Our January social is the Annual White Elephant Gift Exchange. Now is the time to give away that wonderful gift that you can't use. Be sure it's gift wrapped so no one can tell what the treasure is.

When? Saturday, January 15th at 6:00pm.
Where? Sierra Pines

What? Delicious food from El Pollo Loco
The meal includes: citrus-marinated fire-grilled chicken, loco salad, mac & cheese, pinto beans, tortillas, tortilla chips, fresh salsa, churros and dessert.

Cost are \$15 for members and \$19 for non-members.

Bring your check made out to SCR Singles to the General Meeting on Monday, January 3, Remember — No Cash!!!

Can't come to the meeting? Send or bring your check to Jean Emanuel (1-916-791-0701) at 4773 Cottage Lane, no later than Monday, January 10, 2022.

Remember, Sun City regulations state no hard liquor allowed on site, but you can bring your own wine, beer or soft drinks.

• • •

SCR Conservative Action Group

BY SUE SEQUEIRA

We are a group of Political Conservatives that have come together in Sun City Roseville from all over this great Country and are bound together because of our fundamental conservative core values. We seek to uphold and protect the United States Constitution, the Constitution of the great State of California and to support the conservative interests of citizens nationwide as well as locally in Placer County and the City of Roseville. Our motto is "Inform, Involve, and Initiate."

Our members will be kept up to date on various important political issues through the education of ourselves and the citizenry of our community. We encourage attendance of meetings, workshops, and various gatherings with relevant speakers to increase our understanding of pertinent political concerns.

The purpose of this group is also to involve members by joining together here in Sun City as well as with other like-minded organizations in Roseville and Placer County who share similar goals. We strive to actively support conservative

candidates, who understand and represent our core values, ensuring their election for local, state, and national offices.

With these actions we can initiate paths for all to understand and assist in furthering our conservative goals. Together we will continue to foster our newfound camaraderie and sense of belonging among our like-minded Conservatives while we work together towards a more united America.

Meetings will be held the first Monday of each month, SCR Sierra Pines • Ponderosa Room, at 6:30 pm. Group Contact: Gwen Myers, 916-773-7074.

• • •

Socrates Cafe

BY STEVEN GUSTAFSON

The Flying Spaghetti Monster is the God of Pastafarianism, which claims to be "a legitimate religion, as much as any other".

Socrates Cafe is Sun City's philosophy discussion group. We plan to focus on the philosophy of religion in a session early next year. Questions for discussion could include "What can human reason determine about God?" "Can God's existence be proved?" "Could the Flying Spaghetti Monster be a legitimate Deity?"

We meet the first Monday of most months at 10:00 in the Timbers Birch room. Our next meeting is January 3rd. You are welcome to join us!

• • •

Republican Club

BY GWEN MYERS

We hope you had a wonderful holiday season! There will not be a January 2022 meeting. The next meeting will be Thursday February 3. There will be more information in the February Courier.

• • •

Nurses Group

BY LINDA GORDON

The Nurses Group started in the early days of Sun City Roseville for retired and working Registered Nurses. We met for lunch once a month to socialize and listen to interesting speakers. We also took blood pressures for residents one morning a month in the Fitness Center. The group has not met since before the Pandemic.

We are now interested in restarting

this group in January and hope to open it to anyone with a working background in a medical profession. We will be meeting in Sierra Pines Ponderosa room on January 5, 2022 at 11:00am for lunch and discussion of where we would like to see the direction of the group in the future. Lunch will be supplied for a cost of \$10.

We will be starting Blood Pressure Checks on January 12, 2022 from 9:30am to 10:30am in the Fitness Center. These will occur monthly on the second Wednesday of the month.

If you are interested in participating in this group, even if you cannot attend in January, please contact Linda Gordon at garlind77@gmail.com or 510-813-7815.

We do need an RSVP to Linda for January 5.

• • •

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 American-made or American-powered vehicle, plan to join us. For more info: www.rodsnrelics.net

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

(more Club News cont' on page 16)



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Travel Club News

BY DARLEEN HEGERLE

Our Christmas brunch, hosted by President Andrea Norcia, turned out to be a terrific time with everyone getting into the festivities. There was a real Santa Claus, great music by Charlie Kidd, and prizes for just about everyone. Laughter was the name of the game and all too soon our time with fellow clubmates came to an end. Big thanks to Norma Jones and Diane Scalise for their outstanding planning, the many hours of attending to details, and their creativity.

Beginning January, we will resume our Council and General Meetings. Hopefully we will be able to report on the last excursion of the year, which is the Nashville trip. There were eighteen club members traveling and hopefully they all had a good time.

Jay Fehan is scheduled to speak in January, and we all love to hear what he has to say, so bring your notebooks.

From your Club Officers, we all hope your holiday was wonderful and your new year promising. We're looking forward to all things travel in 2022.

• • •

Birders

BY JANET MORELLI

Sun City Roseville is located in the Great Valley of California, 450 miles long and 40-60 miles wide that offers habitat and nesting grounds to more than 240 bird species. Winter in the Valley is the season to see the many

migrants from the Arctic, Canada, and those that nest in California's mountains. Sun City Birders Group usually schedules two bird watching field trips each month in the winter months to take advantage of seeing these birds in regional refuges, preserves, and reserves. Two field trips scheduled for November and December, Gray Lodge Wildlife Area and Yolo Bypass provided the participants the opportunity see hundreds of Snow Geese, White Fronted Geese, Ross' Geese, and Red Shouldered Blackbirds.

Birders are scheduled to go to the Nimbus Fish Hatchery in Gold River on Thursday, January 6. It will be a walking trip of approximately 2-3 miles on the path beside the American River. This field trip has been scheduled every other year for the last 10 years but rain or fog on the planned dates has caused the cancellation of all but one of the trips.

On January 20, Birders will be headed to Linda Creek Trail in Roseville where 33 species were sighted last year on a field trip. The first scheduled trip for February will be to Mahany Park in Roseville on February 3.

Residents with email addresses on the Birders web site will receive a message via email about a week before each trip providing information regarding the start time and place for meeting on the respective dates and the duration, length of walk, and special instructions for car pool fees, site fees, and lunches. Adding your name and email address to the web site can be accomplished by logging on and following the directions provided.

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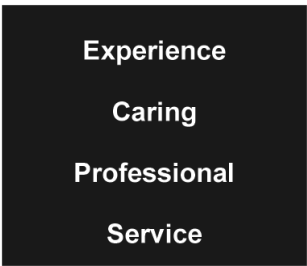
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Garden Club

BY KAREN BURFORD

Garden Club January 2022
Happy New Year Sun City gardeners!
Over 50 members ended 2021 with a delicious breakfast and very fun gift exchange. It was the kind of exchange that you could “steal” from others if you really liked their gift. Hot items were Green Acres gift cards, glass bulbs that light up and were perfect for the holidays, and a cozy blanket. (Baby it’s cold outside!) We want to thank Linda Gordon for her amazing job in organizing the event and Chris Watt for the beautiful table decorations!

We begin the new year with our meeting on January 4, 2022. You won’t want to miss this very interesting topic: “Gardening and Microclimates in Placer County”. Our speaker is Mike Horrell, the new vice-president of the club. Mike has a wealth of experience as a landscape contractor, a horticulturist and from working his quarter acre lot here in Sun City. Topics will include planting in the micro-climates of our yards, plant problems in different soil types, soil fertility and fertilizer types (chemical vs organic compounds), and effects of climate change on plants. There will be plenty of time for questions and answers.

As this article was being written, our February speaker emailed and had to cancel. We are in the process of designing a fun and informative night for the February 1 meeting. Watch for information at the bulletin board in the Lodge, on the resident’s website, and eblasts for membership.

The Garden Club meets on the first Tuesday of the month at Sierra Pines. Doors open at 6:00pm and the meetings starts at 6:30 pm. Dues are \$10 a year. We are lively group of new and experienced gardeners. Guests are always welcome. For more information contact Linda at 510-813-7815, or email at garlind77@gmail.com
• • •

SCR Hiking Group

BY DORIS MERCHANT

First of all, a big thank you to Dori Zuchold for chairing our Christmas Party. I’m writing this before the party, so I’m going to assume it was outstanding and everyone had a great time!

Our next regular Hiking Group meeting/potluck will be on Monday, January 10th, 6 pm at the Pines. Assignments for food are: A - G bring an appetizer, H - J bring a dessert,



L - R + Z bring a salad, and S - T bring a main dish.

January 6 - Sweetwater Creek, rated 4 (easy, with an option to moderate), 5.5 miles, \$6.00 carpool ride.

January 13 - Cronan Ranch, rated 5 (moderate), 6.5 miles, \$6.00 carpool ride.

January 20 - Foresthill Divide, rated 4.5 - 5 (moderate), 5.7 or 6.7 miles, \$6.00 carpool ride.

January 27 - Skunk Hollow Loop, rated 5 (moderate), 6.2 miles, \$6.00 carpool ride.

Please check our website for more in-depth descriptions.
• • •

Cycling Group

BY SUZETTE AUSTIN

Our Winter Wonderland themed Holiday Party with a personal appearance by Santa Claus was the highlight of December for the Cycling Group. The evening started with cocktails accompanied by beautiful piano music played by cycling group member George Porter. It was followed by a scrumptious dinner and much merriment.

If being active is part of your New Years Resolution come ride with us. We depart Monday, Wednesday and Friday from the tennis courts at 9am. Weather

permitting, the Rovers also ride from Sierra Pines on Wednesdays at 9am. The Sun City Cyclists are always Merry and Bright.

Our next regularly scheduled meeting will be at Sierra Pines on January 17 at 8am and Koffee Klatches will resume in the Spring.
• • •

Cornhole Group

BY STEVEN GUSTAFSON

How hard is it to play cornhole? Each cornhole bag (two are shown) weighs the same as a can of Campbell’s soup (15 ounces). You throw them 21 feet (probably about the distance across your living room) to the cornhole board. So, if you can throw a can of soup across your living room, you can probably play cornhole!



Currently, we play on Tuesday afternoons at 3: 30 on the Sierra Pines horseshoe lanes. You are welcome to join us!
• • •

(more Club News cont’ on page 18)



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SCR Table Tennis

BY DON WOODS

Benefits Of Table Tennis as Exercise

Many people make a New Year’s resolution to exercise more and get in better physical shape.

It’s a real psychological battle to make your resolution and stick to it. It takes time to get into shape and stay focused on your goal.

It’s fine to go to the gym, work on weights, go running and have a workout class, but it can be a little boring if you work out on your own. These activities can be helpful, but table tennis can also help you build your overall fitness and mental strength while giving you enjoyment. Table tennis is fun because you build a skill and do it with others. You can get the overall workout that you need, enjoy it as a relational game and stay on course with your New Year’s resolution.

What Benefits Does Table Tennis Have on My Overall Fitness Levels?

In short, lots! Here are the benefits: Increased heart rate, Improved reaction times, Leg muscle tone, Arm muscle tone, Back muscle tone, Weight loss, Overall mental strength, Playing improvements, Focus and concentration improvements.

Notice, these benefits lead to body fat reduction, improved reaction times, mental focus and mental strength. Mental strength is key to winning at table tennis by not giving up. You need mental strength, mental focus, good thought process to make a good shot at the right time to win each point. This reinforces

positive outcomes.

It is important to learn to have mental strength and focus in one area of your life, because it will lead to life improvement in other areas. I love the benefits that tables tennis has given me.

Consider joining us at the Sierra Pines on Tuesday/Thursday from 2:00 – 5:00 PM and Saturdays from 9:00 -12 Noon. Have a Blessed New Year.

• • •

Tennis Club

BY DIANE BARNETT

January is a good time for resolutions for tennis players of all levels.

Learn a new technique - Pick something that you presently can’t do, or don’t do particularly well, and commit to mastering it over the next twelve months. Learning a new shot or technique will not only make you a better player but it will also inject some excitement into your tennis.

Serve at least one bucket of balls each week - If you can develop an effective serve, your game will immediately jump a level.

Invite a weaker player to hit with you – Tennis snobs will refuse to be seen on the court with a player they deem to be below them on the club’s totem poll. Resolve not to be one of these people. When you’re on the court with a weaker play, practice hitting the ball right to them so that they can hit it back or hit to their stronger side so they can hit a strong shot back. Do you remember how it made you feel the first time a stronger player

asked you to hit with them? Contrary to the opinion of the Tennis snobs, you can benefit each and every time you step onto the court regardless of who’s on the other side of the net.

Smile when you come off the court, win or lose. Yes, everyone wants to win but in the overall scheme of things, it really doesn’t matter whether you win or lose a tennis match. John McEnroe is not waiting in the locker room to interview you. Enjoy the exercise, the camaraderie, as well as the competition. If you can learn to appreciate these things, you’ll be a winner every time you walk off the court.

Have a great year, and play some tennis.

• • •

Sierra Pines Ladies Golf

BY DEBBIE GEORGE

Happy New Year! Here we go 2022! The gavel was officially passed to our new Captain Wendy Suter at the Holiday luncheon in December. She and her crew will hold the first Council meeting January 12, 2022. First general meeting to be held January 19. Please plan to attend. You don’t want to miss hearing what will be on the new year’s calendar.

Thank you to the committee who worked so hard in organizing and planning our Holiday luncheon. Lots of nice prizes were given out. And lots of awards were handed out as well. There were too many to list here.

Most improved for the month of November 2021. 1st flight – Gail Franklin; 2nd flight – Eva Freeman; 3rd flight – Annette Eastman; and 4th flight – Wendy Leimbach. Congratulations ladies.

Birdies and Chip-ins for November are the following. November 17, Janet Morelli birdied hole #5; and November 24, Elizabeth Gustafson birdied hole #7. Chip-ins were recorded on November 10 by Geralyn Bennet on hole #1 (her first); and Gloria Nelson chipped in on both holes #1 and #7. November 17, Janet Morelli chipped in on hole #5, Gail Franklin hole #3 (first time) and hole #9, and Gayle Moser hole #8 (her first time). November 24 Hideko Gongaware chipped in on hole #5. Nice golf ladies.

For the next few months tee times will continue to start around 9 a.m. If you haven’t already registered for the new Sun City Roseville resident website, do it now. You don’t want to miss out on receiving messages from our club. Have a wonderful month of golf!

• • •

Timber Creek Men’s Golf

BY TERRY DOOLEY

We’re officially in Winter with great golfing weather, cool (sometimes cold) mornings and warm afternoons. We hope you’re enjoying a round of golf in this wonderful time of year!

And lots of activities occurred also. The Turkey Shoot Tournament on Nov. 9 was a success with over 90 entrants. 60 guys won a gift card from either Raley’s or Safeway markets for their Thanksgiving dinners!

The TCMGC competed in the annual Rose Cup Tournament against three other Roseville golf clubs, Sierra View, Diamond Oaks and Woodcreek. The team played two

(cont’ on page 19)

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Timber Creek Men’s Golf
(cont’ from page 18)

days, first here at our course and second day at Woodcreek. Led by our intrepid Pro, Derek Zachman, our team won this tournament for the second year in row. And not only did our team win, but our golf course also showed off its great condition to the other clubs as well. Congratulations to the team for bringing home the trophy for the second year in a row!

The Annual Holiday Breakfast had 106 participants where camaraderie, good food, and lots of prizes were enjoyed. Year 2022 TCMGC officers were installed during this meeting. First place winners in the Skills challenges (Flighted) were as follows: Putting - Michael Langley (Santa), Bill Whitney (Rudolph), Bill Dunk (Grinch), and Kaz Seo (Elf); Chipping - Mark Gregson (Santa), Ed Lick (Rudolph), Kaz Seo (Elf), and Joe Rodriguez (Grinch); Shot Accuracy - Doug Davie, David Happe, Steve Miller, and Terry Reigelsperger. Congratulations to all the winners!

As of this writing, we’ve had two holes in one. On November 18, Jerry Stults on Hole Four and on Dec. 5, Ray Ortega on Hole 14. Congratulations to both!

Thank you Tony King for a wonderful year as TC Men’s Golf Club President. He ushered us through a busy year with great leadership.

TC Men’s Golf Club will meet again together in February. Look for the announcement. Hope to see all of you there. Happy New Year!

(more Club News cont’ on page 22)

Neighborhood Watch/Citizen Patrol

BY LINDA VINCENT

Happy New Year, Sun City Residents!

Here are some reminders for helpful safety tips to start off 2022:

Emergency Numbers: Always keep a list of emergency numbers by each phone in your house. Write or type this information in large print so you can read it easily if you are in a hurry or frightened. Be sure to list:

- 911
- Poison Control: 1-800-222-1222
- Family member or friend to call in case of emergency
- Healthcare provider’s name and office number

Prevent Fall:

- Don’t rush to answer the phone. Many people fall trying to answer the phone. Either carry a cordless or cell phone or let an answering machine pick up the call. It is not worth falling over!
- When walking on smooth floors, wear non-slip footwear (rubber/non-slip bottoms or flat, thin-soled shoes that fit well.)
- If you have a cane or a walker, use it at all times instead of holding onto walls and furniture.
- Ask your provider for a simple exercise program at home to help strengthen you from falls.

Safety Proof Your Home:

- Clear your walking paths in your home to avoid trip hazards.

- Tape all area rugs to the floor, so they do not move or slip when you step on them.

Protect against fire & related dangers in and around your home:

- If you have a fire in your home or outside your home, call 911 – don’t try to put it out yourself.
- When cooking, don’t wear loose clothes or long sleeves.
- Don’t put too many electric cords into one socket or extension cord.
- Install a smoke detector and replace the batteries twice a year.
- Never leave candles burning when leaving your home.
- Make sure standing heaters are at least 3 feet away from anything such as curtains, bedding or furniture and turn them off when you leave the room.

Avoid Bathroom Hazards:

- Set your thermostat on the water heater at 120 degrees to avoid scalding water.
- Install grab bars in the shower.
- Place rubber mats in the bathtub to prevent slipping.

Medications:

- Keep all medications in their original containers, so you don’t mix up medications.
- Ask your pharmacist to print labels in large print and use pop-off lids.
- Ask for a Vial of Life from your Neighborhood Watch Office to be used

by Paramedics when they respond to your emergency.

Protect against abuse & more:

- Keep your windows and doors locked at all times.
- Never open the door or let a stranger into your home when you are alone.
- Avoid salespeople on the phone – always check with a friend or family member for possible scams.
- Do not share your personal information, i.e., social security numbers, credit card, bank information or account passwords, with people you do not know who contact you.
- Do not ever be pressured to make purchases, sign contracts or make donations. Check out Charities prior to making donations or giving to random phone calls to “Support Your Local . . .”

Wishing you a safe and healthy 2022!



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

Michael and Pam Hemingway

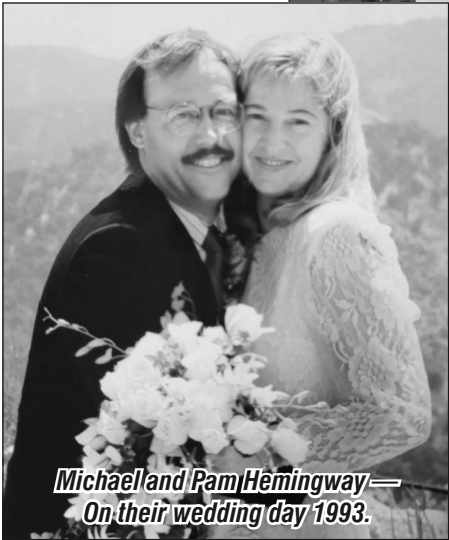
(cont' from page 1)

Hollywood Bowl, attending Dodger games, dining out, and golfing. Michael, whose parents met on a golf course, has an aunt who was a seven times club champion, and an uncle who was club champion in Saucon Valley Country Club in Bethlehem. So, it's no wonder that he started

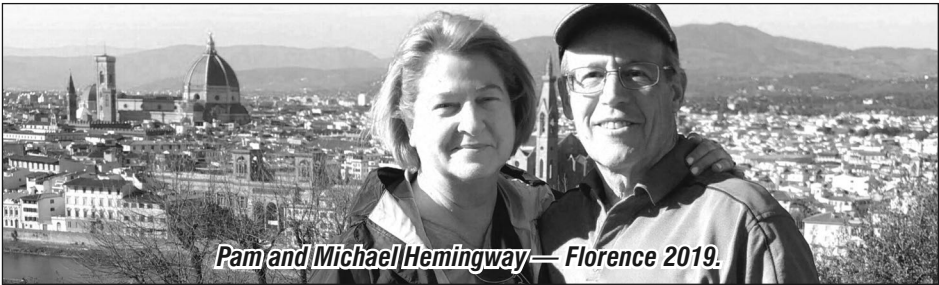


Michael and Pam Hemingway with their golf quilt.

PHOTO BY KEN SHAHOIAN



Michael and Pam Hemingway — On their wedding day 1993.



Pam and Michael Hemingway — Florence 2019.

playing golf when he was six years old. He has more eagles than he can count and four hole-in-ones. Pam remembers having to learn to play golf in self-defense or she'd never see Michael on the weekends.

Michael and Pam got married in Ojai, California, in her sister's backyard in August of 1993. The day before the wedding, they threw a golf tournament at Camarillo Springs Golf Course. The next day, Pam, the women's winner, received her trophy posing in her wedding dress. Every year for the next 18 years, the couple organized golf tournaments to celebrate their wedding anniversary, inviting friends and family members to play and party with them. Pam is proud of the quilt her sister made which commemorates the yearly events in individual squares.

When they honeymooned in New Zealand, they were scheduled to play golf near the Tasman Sea. But, when they arrived early at the course, they were told that it was a Saturday and women weren't allowed to play until after 12 o'clock. Michael wisely told the starter that they were on their honeymoon and so would wait until the afternoon. On the way back to their car, the starter ran back to them, saying that a man and his teenage son wouldn't mind playing with a woman, so they obliged him. They played golf several days of the sixteen days of their honeymoon.

While Pam worked for the Department of Social Services in the Disability Evaluation Program, Michael was busy in the Post Production industry in Hollywood. His "favorite gig" was working as Executive

Producer of Visual Effects at Pacific Ocean Post. There he developed and supervised a team of up to 20 visual effects artists, producers and support staff. He managed the day-to-day operations, project bidding and client relations of this successful graphics and visual effects department. In 1997, his department won a prestigious Clio award, recognizing their innovation and excellence in advertising.

With the introduction of small computers, the postproduction industry changed, so Michael became a freelance consultant. One particularly memorable time was working with acclaimed installation artist,

Bill Viola, on "Going Forth by Day", a project which involved creating a scene which blended five video screens simultaneously. This video art installation was displayed at the Guggenheim Museum. Michael and Pam also traveled to Paris and Venice for other Bill Viola projects.

The couple came to Sun City Roseville in 2010 although neither one was really retired. Pam still worked for the state and Michael continued working on The Golfer's Buddy, a company he had started with a friend in 1995. The Golf Buddy is a light golf bag which hangs on your regular golf bag for easy access to short game clubs when using a power cart. As Michael says, "It's a must for every golfer!"

Both Pam and Michael have dived enthusiastically into a myriad of SCR activities.

Pam spent four years on the Governmental Affairs Committee, is Secretary of the Travel Club, and is the Handicap Chairperson for the 9-Hole Ladies Golf group. Michael was an Ambassador for four years and participated in the first "Sun City's Got Talent" Show. Both are into Bocce, Hand and Foot, and He/She Golf. Michael is a founding board member of the Boomers and, with Pam's help, runs the Boomer Wine Club which hosts wine tasting events several times a year. For the past four years, they've also organized Minden Golf Tournaments to raise money for First Tee, last year raising more than \$11,000.

Michael gets up most mornings at 5:30 to attend hot yoga classes which keeps him in good health to pursue his many interests, one of which is home cooking, a talent much appreciated by Pam who marvels at his ability to duplicate food they've sampled dining out. Cooking comes naturally to Michael whose mother was a Home Economics teacher. It also compliments his love of wine which led to his becoming the "Wine Educator" at the Roseville Grocery Outlet where he had purchased wine for the Boomer's events. More than six years later, Michael has a newsletter which goes out to 1400 people, informing them of various wines and their history.

The Hemingways have definitely made Sun City a better place to live because of their creativity, generosity, enthusiasm for life, and willingness to provide fun activities that make retirement here worthwhile and more satisfying for everyone. They are truly a dynamic duo and wonderful people we're lucky to have as friends.

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Timber Creek
Women’s Golf Club

BY BARBARA MILLS

Happy New Year, 2022!
We are happy to announce our new Council: Captain, Mary Jorgensen; Co-Captain, Barbara Simon; Treasurer, Barbara Treleaven; and Secretary, Vernita Hillwig.

The Most-Improved Players for November are: Lynn Pearsall (1st Flight), Minell Fredricks (2nd Flight), and Sandy Morea (3rd Flight).

We ended 2021 with our annual Holly Jolly tournament on December 1, an unusually warm day. Santa hats, holiday sweaters, and jackets were soon replaced with visors and sunglasses.

Our Holiday Luncheon was held on December 8 in the Ballroom to celebrate the many accomplishments made this year. Awards were presented for Birdie/Chip-In winners, Eclectic awards, and the most-improved golfer in three flights based on the player’s handicap index at the beginning of the year versus their ending handicap index: 1st Flight, Linda Stenvick; 2nd Flight, Barbara Treleaven; 3rd Flight, Johnice Swallender. The most coveted award was presented to the Most-

Improved Golfer of the Year, Carol Norris. Congratulations to all!

A big “thank you” to Jahna Holmes, our 2021 outgoing Captain! And a special “thank you” to our Committee Chairs for their dedication and support in 2021: Joan Meyers, Tournaments; Maggie Altnow, Handicapper; Barb Wells, Membership; Jackie Shook, Rules; Paula Hau, Hospitality; Minell Fredricks, Directory; Kathy Casten, Web Site; Sherill Pahl, E-mail; Barbara Mills, Media; Nancy Gould, Parliamentarian; and Vernita Hillwig, Holiday Luncheon.

As the New Year begins, we are reminded of the wonderful community we live in and all the advantages we enjoy here. We welcome any new lady golfers to play a few rounds as a guest and meet some of our great ladies. We have Big Sisters eager to mentor you.

• • •

Golden Niners

BY RALPH FRIEND

Last year, the majority of my articles were about our members who are 89 years+. The “theme” of this month’s article is FRIENDSHIP, which we all know is important in living and enjoying life here in SCR. In speaking with other Golden Niner members, it is central to our club. We do play golf, but more importantly it is the friends who come together once a week that makes it special! The #1 response to the question, “What do you like best about being a Golden Niner?” was the friendship that exists among our members. That is interesting since we change who we golf with each week... yet the friendship still thrives! We make new friends regularly.

The #2 response to the same question was “We love the measures taken by the club to ensure that our play is equal!” These measures include hitting from a tee that is closer to the green as we reach age milestones. Different games are also played each week so that members can have fun being a part of a team or foursome. Winners are not always based on the lowest score!

November top winners are: Frank Howard/ Rick Myhre - \$28, Paul Garcia - \$25, Stan DiOrio - \$23, Hal Crane/Lloyd Leitz - \$20, Don Meyers - \$19, Rob Schroeder/ Joe Lopez - \$18, Steve Rodriguez- \$17, Joe Albert/Dennis Thompson- \$16, Jim Chung/ Ed Steele- \$15, Bob Daly/Cary Diskin/Frank Lahde/Jerry McColley/Leon Osgood- \$14, Randy Meyers- \$13.

We have fun... Come join our group and find some “new friends”!

• • •

SCR Volleyball Group

BY MARISA BERNETTI

Greetings Volleyballers & SCR Residents!
Well, 2021 is finally behind us. First and foremost, we want to wish all a happy, healthy and prosperous New Year!

The group enjoyed its bountiful and festive annual Holiday breakfast at the Pacific Street Café, in old town Roseville. Everyone loved the holiday raffle and the Christmas carols sing-along.

Volleyball is enjoyed regularly by many of our members. No Fees or annual dues are required to join, just your desire to have fun and get some exercise, in and out of water.

Our regular events are as follows:

• Court Volleyball: Currently, the start date is on hold because we don’t have enough players. A meeting of interest players is scheduled for Wednesday, January 5 at 3pm at the pickleball court #1, (closest to Del Webb Blvd). Call Marisa at 916-745-9571 for more information.

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

(cont’ on page 23)

SCR Volleyball Group

(cont' from page 22)

fun and easy. It's like water aerobics, while volleying and rallying a not-too-hard ball back 'n forth. Come out to watch or join us.

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

• Group Socials: The Group has quarterly meetings (very short) followed by dinner, BYOB and games, such as cornhole and others. Our next social is FRIDAY, MARCH 11th at 5:30pm at Sierra Pines. Our socials are always well attended and spouses/partners are also welcomed to participate. At our last outing, one of the spouses won BIG!

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

• • •

SR Bocce Club

BY DAVID MOORE

A throng of Bocce Club members braved the drizzle on December 6 and turned out to eat pizza and celebrate the winners of the last competitive tournament of 2021.

The top team was the Rat Pack followed by the Buzzards, Wannabocce and Ready to Rock n Roll. This competition included two all-female teams, the Bocce Babes and Mission Imbocce ball. Although they didn't win the tournament they did lead in the fun



department. The winter league was ably managed by Bob Horning.

January will start off with a Bocce bang with a festive holiday brunch on the 16th to toast 2022 and our awesome club president and first lady, Kenny and Debbie Smith.

Next is the general meeting on January 24 at 7 pm at Sierra Pines which will be an opportunity to pay 2022 dues.

Wednesday afternoon practice and play sessions will restart in January followed by Spring "Introduction to Bocce" classes prior to signups for the Spring league on April 20.

• • •

Croquet Club

BY JANE MCNALLY

Wishing you a happy New Year! May it be filled with new adventures and good fortunes. New beginnings are in order, and you are bound to feel some level of excitement as new chances come your way. Let's make the most out of 2022. Have you been thinking

about trying croquet? Our Club President has offered help in playing the game on Tuesdays and Thursdays at 11:30. Members wear white until noon. If you are a resident trying out, you aren't required to wear white for your first three times on the court.

Although our six-wicket tournament was cancelled last year, we are looking forward to holding this fun event in the Spring. Start the year by learning game strategies and skills. You will never win if you never begin. A six wicket croquet game is timed for seventy-five minutes. Don't watch the clock, use the timer.

Believe in yourself, take on the challenges, dig deep within yourself to conquer fears.

As long as you keep going, you'll keep getting better. The more experienced players in our Club know this is true.

We ended 2021 with an all member meeting and social on November 21st. Thirty-one members and guests enjoyed Pete's yummy pastas. Patrick led us through some fun activities after dinner. The gift exchange and steal elicited lots of laughter. We discovered licorice was a popular item.



Our wonderful officers agreed to take on their duties for an additional year. The continuing officers are: President, Bert Donlon; Vice President, Barbara Stearns; Treasurer, Patrick Maglione; and Secretary, Janice Shreve.

• • •

Pickleball

BY BOB VERZELLO

Welcome to new members Donna Mayo, Karen Denny, Cat Cocard, Cherie Heddleston, Dick Finch, John Desmond, Ralph Leaman and Christina Leaman. That brings membership to 97 and most are regular players.

At the December membership meeting, the following were elected to serve on the Club's Board for two years: Phyllis Perkins - President, Roberta Campbell - Vice President, Beth Montgomery - Secretary, and Tom May - Treasurer.

Dues were increased to \$15 per year, due in January. Watch for a "pickleball" email from VP Roberta Campbell instructing members on how to make payment.

Changes to operating procedures included requiring appropriate athletic shoes on the courts (with closed toes and heels) and rotating up to four players at the end of games to accommodate the most members waiting to play. See minutes of the meeting for additional information on these and other matters that were discussed.

December also saw over 60 members

(cont' on page 24)

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GOLF LESSON WITH DEREK

Sun City neighbors, Let's start the year with some fun! In 2021 my team was honored to help over 50 people buy or sell homes. As a thank you for trusting us with your real estate needs, we are raffling three prizes on Sunday, Jan 30th at 12:00p.m at the lodge by the fireplace (You do not need to be present to win). Simply email sherri.walker@gmail.com with 'raffle' in the subject line and your name and phone number below. We will film the raffle drawing and send you a link to watch to see if you won. Bonus: Refer a buyer or seller and get five extra entries!!! Happy New Years to all!

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Three Generations Strong

Pickleball

(cont' from page 23)

gather to celebrate Christmas dinner together at the Sierra Pines lodge. Thanks to Eva Freeman, Debra Davies and all the others who gave us a great party.

Earlier, on the day after Thanksgiving, the Club held its first round-robin, mixed doubles games. The event was organized by Phyllis Perkins. There were eight teams. Frank Patch and Eva Freeman took first place, Mark



McGushin and Roberta Campbell came in second, and in third place was David Nordin and Linda Sanders.

Playing tip: Here is a tip from top-rated player Jeff Shank (from USAPA website). It is a winning strategy in tournaments to aim most of your shots at the weaker opponent. But, to improve your game in open play, it

is wiser to aim about half your shots at the better opponent, so you get used to playing at a higher level.

• • •

Billiards Club

BY BRUCE AHNBERG

Welcome 2022! May you bring us normal rainfall and the downfall of the virus. The billiards club has tentatively scheduled an officers-only meeting January 13 from 10:00 to 11:00 AM, and a general meeting for all members February 16, 10:00 to 11:00 AM. Watch our eBlasts for confirmation. Meanwhile, our weekly Tuesday Tournaments continue unabated. They are held the first four



Tuesdays of the month at 1:00 PM. Signup sheet is in the billiards room.

Recent winners include —

November 16: Brad Davies & Jerry Crosby
November 23: Roy, Terry, Jerry, Ken N, Ken L, Ken E, David, Don (Tie)

December 7: Chuck, Richard, Willy, Terry, Roy (Tie)

December 14: Gregg Slavik & Ken Lane
Congratulations on your fine play and good sportsmanship. See you at the tables.

• • •

SCR Bridge Club

BY BRENCE DAVIS

Judith Shively, the SCR Bridge Club president, not only works tirelessly as its head officer, but also has an impressive background. After growing up on a farm in Southern Kentucky, Judith left for Peabody College, the education school of Vanderbilt University in Tennessee. There she achieved not only a bachelor's degree, but also a master's degree in Education. She taught reading and language arts in kindergarten through 12th grade.

Soon she met her husband Tom, to whom she was married for more than 60 years before his death earlier this year. Together they had four children and moved to Connecticut for Tom's job. While there, she earned a second master's degree in English.



She used her wealth of education as a language arts and reading consultant. She taught workshops for teachers, helping them get the mandatory teachers training that Connecticut required. She also helped teachers share their ideas through various grade levels, an unusual approach at that time. In the 90s, she won Reading Consultant of the Year and Connecticut's Celebration of Excellence in Education. She started a writing project for the state and (this author's favorite) started a much enjoyed and celebrated storyteller's club.

When it finally came time for the Shivelys to retire, they scouted many retirement communities, even in other states, before settling in Sun City Roseville — fortunate for us, because they were very active. Together they chaired He/She Golf, and Judith served as chair of the Golf Committee, chair of the Ambassador Committee, and captain of women's golf.

Even now, with lots of additional work required these days as the Bridge Club's president, she also teaches beginning bridge and somehow finds time to play croquet and bocce. We're lucky to have her!

• • •

Mah Jongg Club

BY LAURI MOORMAN

Happy New Year, here's hoping for a healthy 2022! The club's legal name is changing to the SCR Mah Jongg Club, and we now have our own tax ID number. We will no longer be using the fiscal year, instead we will use

(cont' on page 25)

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Mah Jongg Club

(cont' from page 25)

the calendar year, beginning this month. We will not be collecting any dues this year, but will collect dues of \$12, beginning in 2023. Our luncheon schedule at Sierra Pines will continue in the months of February, April, June, and October, and we will still have our membership luncheon in August. Our board members will continue in their positions until the end of 2022.

A folder to order new cards is in the card room with directions. The last day to order is January 7, 2022. Standard cards are nine dollars, large print cards are ten dollars. If you prefer, you may mail or deliver your order and check to: Annette Pettersen, 332 Station Court, Roseville, CA 95747. Checks will be cashed this month, and cards will be mailed to you in the spring.

Free classes to learn Mah Jongg will be held on Friday, January 7, 14, and 21, 2022, from 9:00 am to 11:00 am. Each class is dependent on the previous one, so all classes are required. A reservation is necessary. You can email Cindy Faulkner at: clfaulkner@surewest.net, or call her at 916-759-7068, if you are interested.

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

lunch in the Timbers Restaurant at 11:30 pm on Mondays and at 12:00 pm on Fridays, for whomever wants to join us. You are welcome to play either day or both.

(more Club News cont' on page 27)

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 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. Our Lodge is open, as is the Timbers restaurant and the Fitness Center. 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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History: America’s Worst Presidents
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Winter Sky Party
Riding the Rails to Reno and Virginia City
Fairy Falls Hike
Grass Valley Museum
Early Sacramento History

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- OLLI at Sierra College** 316 Vernon Street, Roseville, CA
Classes also held in Grass Valley and Lincoln

Bunco

BY PAT OBERLANDER

Happy New Year! Start the year off with a new resolution...



Join us at Bunco on the 2nd and 4th Monday of each month. Sign in starts at 8:30 am and we start playing at 9:00 am. We're in the card room at Timber's Lodge. You don't have to commit to every time, but once you start, you'll be hooked. We are always looking for fun loving players. And if you win, you'll get your 15 minutes of fame! Spread the word to your neighbors and friends

...

SUN SENIOR NEWS CLASSIFIEDS

SERVICES

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

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LAMP REPAIR by experienced Sun City Electrician \$25hr. plus parts. John Shook 916-783-3617 (landline).

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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.

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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.

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RETIRED NURSE PROVIDING CARE IN YOUR HOME. I have taken care of many individuals in their home providing any care that is needed. 916-316-1737.

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CARE W/KINDNESS & RESPECT: In-home care, Transportation, Errands. 10 yrs experience w/all conditions. Jan: 916-781-9651.

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

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CONTRACTOR, HANDYMAN. No job too small: Painting, Electrical, Plumbing, Sheetrock, and Dry Rot repair. Call Martin: 916-747-7888. LIC# 1042598.

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

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LOW WATER PRESSURE? May be time to replace your pressure regulator. Free evaluation. I am a Sun City resident with over 40 years experience. Honest, AND quality work! 510-708-7276.

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

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

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

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FENCE REPAIR, PAINTING & Power Washing: Reasonable, many Sun City references. Please call Josh at 916-307-8430.

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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.

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TIMESHARE CANCELLATION EXPERTS. Wesley Financial Group, LLC Over \$50,000,000 in timeshare debt and fees cancelled in 2019. Get free informational package and learn how to get rid of your timeshare! Free consultations. Over 450 positive reviews. Call 855-946-0763.

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FOR SALE

FREE Kenmore washer 90 series. Works except, spin cycle works off and on. 530-864-6923.

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FREE TAN SOFA & CHAIR. CALL M: 916-899-5044.

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WANTED / ANNOUNCEMENTS

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

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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.

...

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.

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

**FREE ADS — INCLUDE

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

BUSINESS ADS

- ◆ Anything of a commercial nature, including pet sitting, real estate, rentals, timeshare/condos, etc.
- ◆ 15 words for \$25. Additional words \$1 each.
- ◆ \$65 for three months, same ad! (15 words only) additional words \$1 each

Classified Ad Submissions —

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

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

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

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

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

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

Business Ads are 15 words for \$25 for one-month. Additional words \$1 each. (\$65 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.

