

# SUN SENIOR NEWS

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## Mike and Abby Kelly — Highly Ranked

BY RUTH MORSE

Mike and Abby Kelly live in their comfortable Lincoln Hills home with their Havanese six-month-old puppy, Buster. Buster is a black and white bundle of love and energy and good company. Mike and Abby bring a lot of stability and history into their relationship. They were born only a few months apart and played together as infants. Their parents went to high school together and were friends in Concord, located in the Bay Area. Mike and Abby were friends in elementary school, went steady in seventh grade and became serious in high school. They married when they were twenty and will celebrate their forty-sixth year of marriage this year.

One of Mike's passions that started when he was about six years old is a love of sports. At first (and for a long time), it was the love of baseball and softball. This continued after Abby and Mike moved to Lincoln. However, after the move he became intrigued by a new passion—track and field. The strong sports



PHOTO BY JEFF ANDERSEN

emphasis in the retirement community was one of the major reasons the couple moved to the area nine years ago after a time in

Grass Valley. However, showing it is never too late to start something new and become passionate about it, Mike started participating in the Senior Track and Field Games and has never looked back. He first competed in 2019 and ranked. Abby is his travel coordinator, equipment manager and lunch lady as well as his biggest cheerleader. She is the one that thought an article in the paper was a good idea to broadcast Mike's sizable skills and love of the games. They want others to know about the events that have made such a great impact on their lives.

Mike and Abby spent much of their lives in the Concord area. Mike worked in various jobs, but his primary experience was a twenty-two-year career with PG & E. His first job was with a steel mill in Pittsburg, California (a small town on Highway 4) where his mother worked as an administrator. Along the way, Mike and Abby had two sons, Kevin, age 42,

(cont' on page 29)

## Bingo — Seems Like Old Times

BY DENISE BOWDEN

It's beginning to feel like old times again as the ballroom fills with excited Bingo players. The month of June brings the Summer Solstice, Father's Day, National Pink Day, a personal favorite, as well as National Bingo Day on June 27th, join us at our June Bingo and help us celebrate.

May brought us the yearly Big Day of Giving (BigDog) and we want to thank all the donors who supported us and made your Lincoln Hills Foundation #1 in small non-profit organizations in Placer County. Your donations make a big difference to the seniors of Lincoln. Our Big Dog has retired for the year, but we will see him back in 2023.

Mark your calendars for our next Bingo game on Thursday, June 23rd. Doors open at 12:30 and play starts at 1:00. Twelve cards for \$25, with exact change appreciated. Payouts are \$100 for the first eleven games and \$250 for the final game. Make an afternoon of it and enjoy a special Bingo lunch at Meridians beforehand.

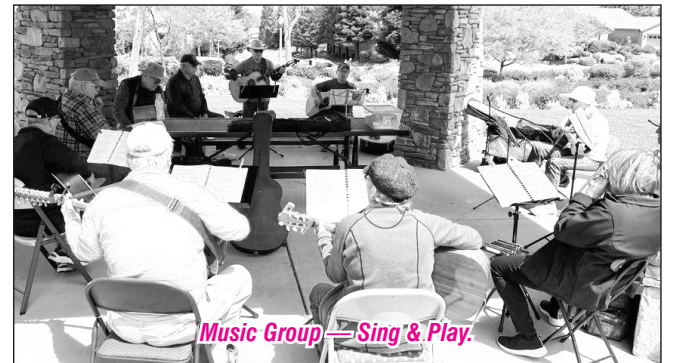
Bringing a group? We are now taking table reservations. Email your request to [lincolnhillsfoundation@gmail.com](mailto:lincolnhillsfoundation@gmail.com).



## LH Music Group

BY DAN LEHRER

Under the wonderful leadership of Laurie, a bunch of us have been getting together to just "Play & Sing" at Stone House Park. All types of acoustic instruments and voices can be heard there. A songbook is available and each participant can choose his/her favorite song for the Group to play and sing along. If you play an instrument, sing or just like to listen, consider joining in the fun. Contact Dan Lehrer for further information. Our regular meetings have an opening and closing Group sing/play along, followed by individual, duos and small group performances. May's opening number was "Goodnight Irene" and the closing number was "Deep in the Heart of Texas." If you play an instrument, sing or just like to listen, consider coming by our regular meetings, we love an audience. Our June and July meetings will be on the fourth Wednesday. We resume meetings on the second Wednesday of the month from 2:00 to 4:00 PM in P-Hall (KS) from August through October. You can find the Lead Sheets for the group songs and more information on our website; the password is musicgroup. Ukulele Ohana meets Wednesdays, 1:00 to 3:00 PM (OC). Open to Lincoln Hills residents. Contact Ron Peck at 925-788-5869 for information. You can also contact Dan Lehrer at [dlehrer72@gmail.com](mailto:dlehrer72@gmail.com).



Music Group — Sing & Play.

## LH Community Chorus

BY GAY MACKINTOSH

Spring Chorus Concert Was Supercalifragilistic! Our own Lincoln Hills Community Chorus was thrilled to be back in May with "Chasing Rainbows," our first spring concert in three years! Thanks to enthusiastic audiences, we turned "Don't Get Around Much Anymore" into "Oh Happy Day."

Director Paul Melkonian inspired our 66 singers with 'if we stick together, we can see it through' ("You've Got a Friend in Me" from "Toy Story"). Accompanist Doug Matson made sure we'd all "Step in Time" (from "Mary Poppins"). Producer Doug Brown ensured 'everything is satisfacth'll' ("Zip-A-Dee-Doo-Dah"), aided by Production Committee members Bonnie Almaguer, John Baarts, Barry Mackintosh, Yolanda Molina, and Rosey Songey.

It takes 'a quiet village' (from "Beauty

(cont' on page 4)

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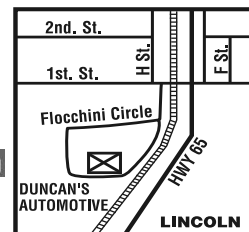
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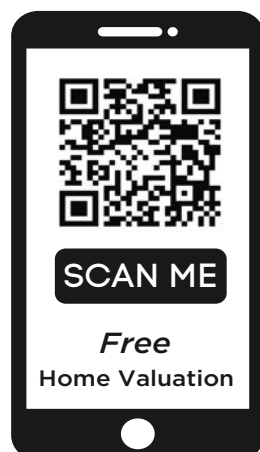
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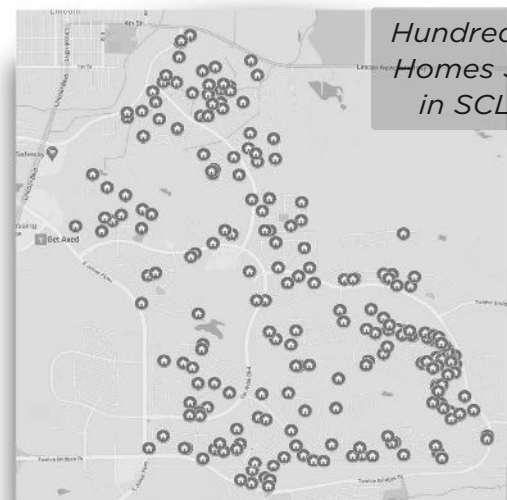
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*Liz and Gregg Goldthorpe*

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## Letters to the Editors...

*Authors are solely responsible for the content of their letters.*

### The choice is yours!

There are three candidates running to replace Robert Weygandt our current County Supervisor. Each Supervisor represents about 1/5 of the population in our County. In our case our current Supervisor is retiring after 28 years representing the people in Lincoln. When he started his time on the Board of Supervisors the City of Lincoln represented a small portion of the district. We now have near 50,000 folks living in our town.

It is very important for our residents that our Supervisor have our interests in Lincoln uppermost as they make the important decisions that impact our lives.

Roseville currently has 2 of the 5 Supervisors living in their town. One of the candidates we can choose from in our district also lives in Roseville. Should one city have 3 of the 5 County Supervisors living in their town? Will that Supervisor represent our interests

here in Lincoln above another city? You draw your own conclusions.

Only one candidate that we can choose from has the history of putting the City of Lincoln first. He lives in the City of Lincoln, he served on the Lincoln Planning Commission and currently is serving his 4th term as our Councilman. He has represented our City and has had to make tough decisions both locally and on many Regional committees that impact you and me and his record is outstanding in protecting the people of the City of Lincoln.

Paul Joiner, our current Vice Mayor, will get my vote. He can be trusted to put the 50,000 people in Lincoln first as he has done for the better part of 20 years. Please join Lois and me in supporting Paul as the best qualified candidate for our County Supervisor. Thanks.

*Peter Gilbert - Former Mayor of Lincoln*

• • •

## 18th Annual Voices of Lincoln Poetry Contest Poets Wanted — Enter Now!

The 18th Annual Voices of Lincoln Poetry Contest officially began in April, as part of the celebration of National Poetry Month. The theme of this year's contest is

"People Are... Everything." The five (5) new contest categories include the following: "People Are Funny" "People Are Amazing" "People Are World Changers" "People Are Unreasonable" "People Are Unpredictable." Poets may submit a maximum of three poems, no more than one in each of three of the five contest categories.

Poems may be in rhyme, free verse, Haiku or other accepted poetry forms and of any length, up to a maximum of 60 lines.

Everyone is encouraged to enter the contest. Poets do not have to live in Lincoln to be eligible. There is no entry fee. Young Poets, 18-years of age or under, are encouraged to submit poems and will compete in a special "Young Poets" category.

The "Rules and Entry Form" can be downloaded from the following blog:

<https://slolowe44.blogspot.com/2022/04/2022-voices-of-lincoln-poetry-contest.html>.

Poems should be written in English. They should be typewritten and not centered. Please use the Arial font 12-point. The title should be listed at the top of the poem and the category should be included at the top right corner of the poem page. The name of the poet should not be included on the poem. Entry Forms must be received no later than Thursday, July 21, 2022. Early submissions are appreciated. If you have questions, please contact Alan Lowe, Contest Coordinator, at [slolowe@icloud.com](mailto:slolowe@icloud.com).

The Voices of Lincoln Poetry Contest is presented by the Poets Club of Lincoln. Winners will receive a commemorative chapbook of the winning poems.

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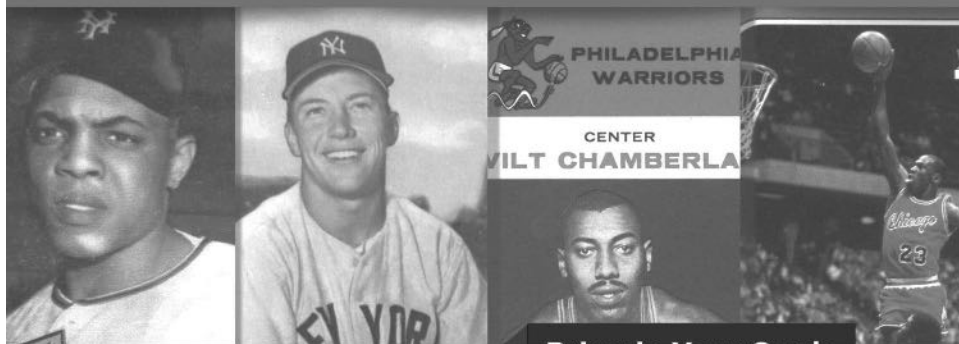
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### LH Community Chorus

(cont' from page 1)

and the Beast") of volunteers and staff behind the scenes to help us bring you 'sweet music' ("There is Sweet Music Here"). Our dedicated Steering Committee and Section Leaders have 'got a lot to do' ("Be Our Guest!" from "Beauty and the Beast") for months before



Costumer Yolanda Molina "Disney-fying"  
95-year-old Tenor Russ McMillan as  
Narrators Sid Frame and  
Suzanne Rosevold look on.

the concerts. Technical Director Jim Moon, with his talented team, Bob Elo, Ron Baugh, Sharon Lefkov, Lew Barnard, Peter Beckett, and Chuck Koehler made us look and sound our best. Graphic Artist Bonnie Almaguer designed our beautiful "Rainbows" program, posters, and banners. John Baarts researched fascinating song lore narrated by Suzanne Rosevold and Sid Frame. Costumer Yolanda Molina planned our rainbow colors and Disney-fied us with mouse ears for our second act of all-Disney songs. And many volunteer ushers helped you find your seats. As always, we are grateful for essential staff support from Lavina Samoy, Allison Sertic, Suzanne Hughes, Esteban Ortega, and Erik Rosales.

A highlight of the concert was a shout-out to our oldest chorus member, Russ McMillan, 95 years young, followed by our rendition of that old Beatles standard "When I'm Ninety-Four."

Stay 'tuned'! We'll take the summer off but hope to 'see ya real soon' ("Mickey Mouse March"). Rehearsals start September 6 for our holiday concerts December 8, 9, 10. Interested in joining us? Check our website <lincolnhillschorus.org> and contact Membership Chair Mari Long, 916-409-9136, mlong24sjca@sbcglobal.net.

...

(more Club News cont' on page 5)

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## Players

BY KAROL MENDEZ

At our May meeting, Craig Stultz reported that Damn Yankees was a financial success even though it was a big budget show. Julie Africa announced that the Play Reading Committee should have a selection for our next November show by early June. It is uncertain at the time of this writing if we will do a play, musical, or theme-based short skits. Auditions for the November show should be in late August or early September, with rehearsals starting in September.

Readers Theatre's next show is August 6 & 7. Jane Patton will conduct auditions on Friday, July 8 from 1 pm to 3 pm at Presentation Hall, Kilaga Springs. There will be short, amusing, contemporary plays in the program. Rehearsals will start immediately after actor selections are made. Jane says this is a wonderful opportunity for newcomers to experience performing. There are fun parts for both women and men, and as the scripts are READ, there is no memorizing needed. Vaudeville will be July 14, 15, and 16, and Jane has assured me that there will be no conflicts of rehearsals between Vaudeville and Readers Theatre.

Our meetings are held on the second Monday of the month at 4:00 PM, at Presentation Hall, Kilaga Springs. We welcome new members. Experience is helpful but not required. We are always looking for new actors, singers, dancers, stagehands, and technical crews. It takes many behind-the-scenes hands to put on a good show.

...

## Ballroom Dance Club

BY ERNIE MICHELI

The Ballroom Dance Club will provide instruction for the Tango during the month of June. The Spring Potluck that was originally scheduled in May is now scheduled for Friday, June 10.

The Tango originated in the lower-class districts of Buenos Aires and Montevideo. The dance has also been influenced from African, South American and European cultures. The word "tango" was initially used to refer to musical gatherings of slaves, with written records of colonial authorities attempting to ban such gatherings as early as 1789.

The Tango became popular throughout society when theaters and street barrel organs spread it from the suburbs to the working-class slums, which were packed with hundreds of thousands of European immigrants. When the Tango began to spread internationally around 1900, cultural norms were generally conservative, and so Tango dancing was widely regarded as extremely sexual and inappropriate for public display.

There are multiple Tango styles. The Ballroom Tango style was simplified and adapted to the preferences of conventional ballroom dancers. The American Ballroom Tango has evolved as a social dance with an emphasis on leading and following skills. This has led to some principal distinctions in basic technique and style. Nevertheless, there are quite a few competitions held in the American style, and of course mutual borrowing of



Beate and Rolf from Dancing Nite Club Two Step.

technique and dance patterns from other Tango styles happens all the time.

Ballroom Tangos use music with more staccato movements and the characteristic head snaps. The head snaps are totally foreign to other tango styles and were introduced in 1934 under the influence of similar movement in the legs and feet. (Wikipedia)

As a member of the Ballroom Dance Club you can learn the West Coast Swing, Waltz, Cha Cha, Rumba, Fox trot, East Coast Swing, Tango and the Nite Club Two Step during

weekly lessons throughout the year.

Annual membership dues are only \$7 a person and is open to all SCLH residents and sponsored guests. Lessons are offered in the Kilaga Springs Lodge Multipurpose rooms each Tuesday from 2:00 to 3:00 PM for beginners and 4:00 to 5:00 PM for more experienced dancers. Open dance is from 3:00 to 4:00 PM during which you can practice the many dance styles including the current month's offering. Contact Ruth Algeri at 916-408-4752 for more information.

...

## Country Couples

BY RICH AND DONNA PICK

Country Couples is busy getting ready for our next dance June 4th at KS from 6pm to 9pm. This dance is an after-dinner dance, so dancers will bring their own snacks and drinks plus a dessert to share. Music will be provided by Jim and Jeannie Keener. Also present will

(cont' on page 7)



Georgi and Dennis Dawson, Dance Review Leaders.

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## Country Couples

(cont' from page 5)

be Dennis and Georgie Dawson to help with dance reviews when needed! There is always a wide variety of music. Dancing is a great way to increase your exercise and maintain your mobility, and it is a fun way to tax your brain by remembering the dance steps.

Another get-together dinner was held on May 31st at Claim Jumpers Restaurant in Roseville. Over 30 people attended, and we enjoyed each other's friendship and extremely delicious cuisine. Although dancing is our focus, we are an active group that enjoys many other activities, too.

Country Western Dance classes are held on Monday evenings from 6:00 to 7:00 for intermediate dancers and from 7:00 to 8:00 for beginner dancers. Registration information is in the Compass. There are Saturday evening practices from 5:00 to 6:00 for those taking classes. For Country Couples club members, a practice is also held on Friday mornings.

For further information about Country Couples, please contact April Cederburg at 916-390-3931.

Website: <http://www.selhcc.com>

• • •

## Line Dance Group

BY JOANN FARIA

After two years of no classes, classes in the parking lot and finally indoor classes wearing masks, the Line Dance Group held their first social. It was held on Sunday, April 24, in the ballroom at Orchard Creek. Dancers want to dance and dance they did, as well as enjoying socializing and candy! Thanks to our wonderful, dedicated teachers, all levels

of dances were done. Thank you to Yvonne, Sandy, Cathy and Jeanie for all your hard work getting the dances picked and taught so that we could enjoy our day. A big thank you to Yvonne for taking over the DJ duties. We couldn't have done it without these wonderful ladies. Mark your calendars with the dates of our next socials. The first will be held on Sunday, August 14, in the ballroom at Orchard Creek. Our holiday social will be on Monday, December 5, in the multipurpose room at Kilaga Springs.

• • •

## Mixed Media Club

BY JILL SHORT

It is Summer! If you aren't traveling this summer come and join us while we play with our art supplies in Mixed Media Club. Our group likes to learn about various art supplies and how to use them. Mixed Media Club meets the 3rd Wednesday of the month in the Fine Arts Room (OC) at 1:00 PM.

What can you do with shaving cream, acrylic ink and a black and white picture? That is exactly what the Club members found out in April. We first mixed a couple drops of gold acrylic ink in a small amount of shaving cream and spread the mixture all over the black and white picture. Then using a spatula, the mixture was carefully scraped off. A golden color was left. After that dried it was time to do the same using different colors. The result was a beautiful effect on the black and white pictures. Some of the pictures resembled how old-time photos of people looked when they were tinted with some color. It was a very interesting process that none of us ever used before.

The club is excited to have guest teacher,



Mixed Media—Tinting pictures with acrylic ink and shaving cream is fun!

Lisa Jones, come to our June 15 meeting. She will be presenting a lesson entitled, "Playful Pockets – Mixed Media Junk Mail". There will be a \$5 supply fee for the class. More information will be emailed to our members before class.

One of the things we do in Mixed Media Club is to have an art challenge each month using a prompt. Challenges are always voluntary and there are no rules except to use the prompt. It is a way for us to see the creativeness of others. The Challenge for June is to take a few minutes for 10 days and use your collage fodder. Some suggestions are that you can make quick small art pieces or just quick backgrounds. This challenge gives us a way to use collage items in your stash. Don't overthink what to do, just play. If you can't do 10 days, then do what you can. Bring your projects to share with us at our June meeting. At the June meeting the challenge for July will be passed out.

For more information contact the club President, Chris Fetter at 916-276-7895 or email at [Christine.fetter@yahoo.com](mailto:Christine.fetter@yahoo.com)

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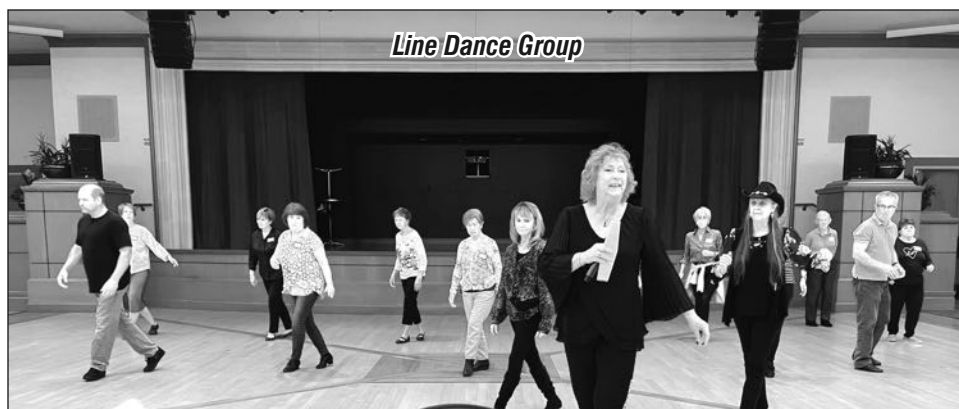
## Needle Arts

BY MARY SWANSON

The next general meeting of NA is Tuesday, June 14th in Presentation Hall-KS at 1:00 PM. Join us as we welcome back Nancie Wiseman Attwater to share her stories and experiences from her time helping women inmates sew and knit featured in her book "Jail Journal, Sewing Behind Bars". She will also have her latest book "A Caregiver's Love Story and Reference Guide" available to discuss.

We are all hoping that by the time this publication reaches you construction on the long awaited expansion of the sewing room at Orchard Creek Lodge is complete. The additional space will allow all groups to meet in this room and will provide the much needed extra space for working on projects. Check the calendar on our website or the one posted outside the sewing room for meeting times and days. Community Service is always looking for more volunteers and in particular long-arm

(cont' on page 8)



Line Dance Group



Needle Arts— Fun at Spring Retreat

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2250	Bluestone	1473	\$537,000	Almanor
874	Meadowhill	1138	\$535,000	Millpond
2619	Eagles Peak	1531	\$590,000	Alpine
2814	Coopers Hawk	1361	\$605,000	Madera
638	Wagon Wheel	1673	\$605,000	Trinity
1458	Periwinkle	1655	\$673,000	Trinity
2653	Goshawk	1549	\$670,000	Alpine
1274	Tarapin	1531	\$695,000	Alpine
120	Timberland	1793	\$689,000	Tehama
1651	Winding	1515	\$726,018	Pine Hill
608	Merlin	1854	\$753,000	Plumas
1584	Sweet Juliet	1910	\$730,000	Fremont
2237	Song Sparrow	2174	\$790,000	Ventura
2633	Winding	2360	\$830,000	Atherton
894	Bridalveil	2151	\$830,000	Sausalito
1879	Grand Pheasant	2372	\$840,000	San Mateo
2276	Ginger Hill	2390	\$849,000	San Mateo
1814	Winding	2073	\$875,000	Annadel
1909	Deep Springs	2504	\$900,000	Marin
863	Cottonwood	2955	\$1,200,000	Meadowgate*/**
1076	Fairway Valley	2280	\$1,050,000	Shasta*/**
2432	Sutter View	2617	\$1,250,000	Sonoma*/**
2528	Blue Heron	2635	\$1,328,000	Sonoma*/**
872	Cottonwood	2801	\$1,400,000	Meadowgate**

**\*Casita \*\*View**

**Total Homes sold in Sun City per MLS 4/1/22 - 4/30/22**

**Needle Arts**

*(cont' from page 7)*

quilters to help with this worthwhile effort. Drop in on Thursday mornings from 9 AM until Noon and see what you can do to help out.

Our Spring retreat was a BIG success. Lots of fun, shopping, laughter, good food and many projects were completed by the attendees. Daily Demos and Fun Freebies were a new addition and will be included in the already scheduled 2023 Spring and Fall retreats. Mark your calendars now for April 24-28, 2023 and September 25-29, 2023 and don't miss out on the fun!

Due to the sewing room being unavailable, the previously scheduled May workshop "Intarsia, Knitting Two Yarn Colors Together" with Marsha Watkins is being rescheduled to sometime in July. Watch for updates on the new schedule for this and other upcoming workshops. Contact Jean Storms (916-768-0989 or jeanstorms272@gmail) directly with any questions you have on a workshop or if you have an idea for a workshop you'd like to present.

Contact information and additional club information is always available at the Needle Arts website: sclhna.com.

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**Painters' Club**

BY TAMSEN ARMSTRONG

"Keep your old work. You did it. There are virtues and there are faults in it for you to study. You can learn more from yourself than you can from anyone else." — The Art Spirit by Robert Henri

Do you find yourself throwing away work that isn't picture perfect? Most artists will say, "of course, I can't stand to look at my failures!" Wisdom says that contemplation of our work, good or bad and having a sense of humor about mistakes can really teach us something. Next time you are tempted to trash a failed effort,

put it away for a while first, then on a good day, bring it out and study it. Have something good to say about it, appreciate the effort you put in, and then say goodbye it if you must. We often learn more from mistakes than successes.

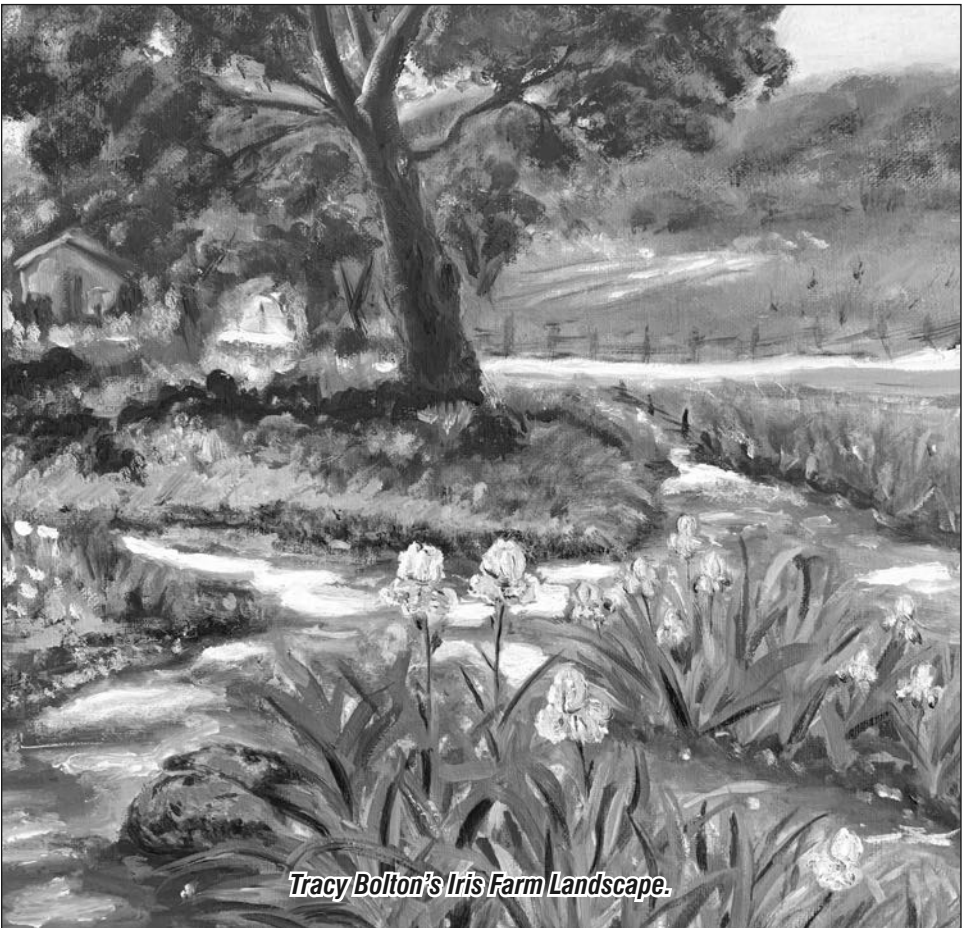
Fine Arts Show: April's meeting was focused on providing information about the Fine Art Show in June, facilitated brilliantly by Joan Musillani and Chris Olsen. Registration took place on May 3rd and the process went smoothly. Joan reports that the show this year will feature 39 artists showing 150 pieces—ceramics, photographs and paintings in various mediums. Judging duties will be performed by Gini Crepps, who is a highly qualified, successful artist. In addition to being an accomplished painter and designer, she has been involved in all levels of the local art scene for many years and brings a sensitive, intuitive eye to her evaluations.

View Our Work: Can't make it to Italy this year but looking for a classy place to eat and see some lovely art? Try downtown Lincoln's Buonarroti Ristorante (460 Lincoln Blvd.) for old style Italian dishes and classic landscapes, florals and still lifes from the Painters' Club members displayed on their rustic brick walls. The show will run May 20-September 16.

Coming Up: June's Meeting (11:30 on the 21st) will be held at the Turkey Creek Golf Club Bar & Grill (1525 State Highway 193) where you can order sandwiches and salads and sit with the group on a shady patio outside. We will also have a show and tell, so be sure and bring a painting to share with us!

Artist Spotlight: Today we hear from new member Tracy Bolton. "How lucky are we all to be able to live in SCLH? Since the community reopened, it has felt like an extra special privilege to be able to participate in classes and clubs and finally socialize. I am in the Wednesday morning painting class which has proved to be a great structure for regular painting, with the instructor Sandi and the

*(cont' on page 9)*



*Tracy Bolton's Iris Farm Landscape.*



## Painters' Club

(cont' from page 8)

other students creating a supportive and fun learning environment. (If you are ever walking by on a Wednesday morning, just stroll on in!) I joined the Painters' Club recently and we went plein air painting last week at the Horton Iris Farm in Loomis, and I had my first experience painting outdoors. It was a gorgeous day.

My husband and I moved here from Southern California about a year and a half ago. Waiting for things to reopen during the pandemic, I had ample time to practice my painting at home, which I really benefited from. Over my lifetime I have enjoyed drawing and many artistic mediums. I started painting in oil and watercolor about ten years ago. I love the creative challenge involved in painting. I also take ceramics class, Pilates, and recently joined the bird watching club. I spend a lot of time outdoors gardening. I am looking forward to participating in the Fine Arts Show in June. The biggest challenge I can see with living here is that there are not enough hours in the week to participate in all the fun activities that are offered!"

**Plein Air Meet Up:** We are looking into painting at the Folsom Powerhouse State Park as a possible site for late June. Watch your email for details!

**Membership:** we have 76 members with new painters joining every month. Our dues are reasonable and we offer interesting programs, fun activities that put you in touch with other supportive painters and plenty of opportunities

to grow as an artist.

We are now on Facebook! Our private group is up and running for you to post your latest masterpiece, ask a question or share some good painting tips. Our general meetings are held on the 3rd Tuesday of every month at 1:30 in the OC Art Room, and dues are \$15 a year. Contact Linda Shields at linda\_c\_s@yahoo.com for more information 916-488-7220.

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## Paper Arts Club

BY LINDA LUCCHETTI

Our annual Overstock Sale and Member Lunch in May was a hit! Thank you to our vendors and all members who attended and shopped. We also had a nice chance to gather



together again and enjoy lunch.

At our June meeting, our guest project leader was Judy Perkin of Stampin Divas. We made three beautifully unique cards with daffodil themed designer paper.

We look forward to our July meeting when Mina Bahan will present the project.

We meet on the first and third Thursdays of the month in the Terra Cotta Room at Kilaga Springs Lodge at 9:00 AM. Be sure to check the monthly Newsletters for updates on activities and meetings. For further information, contact: Teri Hersko, at hawaiiiteri@gmail.com

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## Woodcarvers

BY LIONEL RAINMAN

As in every craft, there are some carvers that can raise it to an art form. The reality is that most all our members are hobbyist wood carvers. That is not to say they can't turn a piece of wood into something artistic and unique. Many carvers find working on a piece of wood with a carving knife quite peaceful and relaxing. They carve when they have free time on their hands and they may give finished carvings to family or friends as gifts. There are times when that truly unique and artistic item is entered in a carving show and an award may be presented to the carver.

Please come by and visit and you might see that next award winning carving in the hands of the carver.

The Woodcarvers Club is here to help get you started. We have tools, books and friendly members to help you along the way.

Woodcarvers meet every Wednesday from 1:00-4:00 PM in the Sierra Room at (KS)

Contact: Lionel Rainman, 916-253-9534

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(more Club News cont' on page 11)



### The Lincoln Hills Foundation wants to thank everyone who donated to The Big Day of Giving

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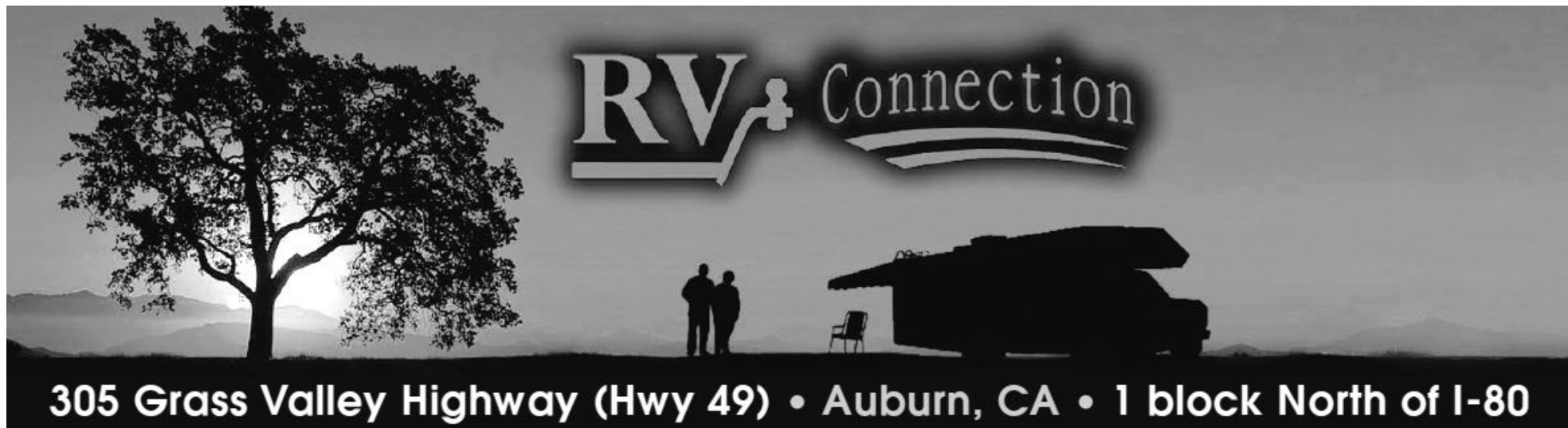
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## OC Book Club

BY NANCIE ATTWATER

June! It's summer reading time at its best. How did it get here so fast? Where has all the time gone? I do hope you spent some of it reading and attending the book club meetings once a month. Our meeting for June is on the 16th in the Multi-Purpose room at Orchard Creek as per usual at 1 p.m.

If you love Kristin Hannah books, you'll adore *The Four Winds*, our book for June. Kristin is the number-one bestselling author of *The Nightingale* and *The Great Alone* and has written a powerful American epic about love and heroism and hope. Set during the Great Depression, a time when the country was in crisis and at war with itself. Millions of people were out of work and even the land seemed to have turned against them.

Mo Deal will be presenting the biography and Gennifer Kanakanui will be the facilitator for the meeting. We thank them for their time and research about the author and the book.

We look forward to seeing you at the meeting and sharing your thoughts and ideas about the book selection for the month. Everyone is welcome.

There are some wonderful books coming up on the schedule. Be sure to start reading early so you can participate in the meetings.

Here are the books for the rest of the year  
June 16 - *The Four Winds* by Kristen Hannah

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

August 18 - TBD - Author visit or social  
September 15 - *The Rose Code* by Kate Quinn

October 20 - *The Lost Apothecary* by Sarah Penner

November 17 - *The Doctors Blackwell* by Janice Nimura

December 15 - TBD - Holiday Social

For more information contact: Maureen Deal by email: [Modeal2010@gmail.com](mailto:Modeal2010@gmail.com).  
Phone: 916-209-3878 Or go to our website: [hocbookgroup.blogspot.com](http://hocbookgroup.blogspot.com)

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## SCLH Genealogy Club

BY CAROLE MOORE

Our June presentation will be on Monday, June 20 at 6:30 PM in Presentation Hall (KS) with speaker Bill Kress. Bill, our current Club Co-President, has been a genealogy researcher for many years and has documented his family history from both USA and European sources. His topic will be digital files – how to acquire, label, organize, store and archive them. The goal is to provide a long-term, robust framework for genealogy sources that can be used for both local computer-based and cloud-based family trees. Visitors are welcome.

We are an active group and if you are interested in membership, you can find the membership form on our website listed below, under "HOME/Become a Member".

We have added a new afternoon help session for members, by appointment, in the Computer Lab, (OC), to the first Monday of

the month, from 1:00-3:00pm. In addition, we will continue to have the first Monday of the month walk-in, 6:30-8:30pm, no appointment needed. On the second Monday of the month, we offer members an "appointment" help session from 6:30-8:30 pm. Look for the Club e-mail with instructions on how to reserve appointments. The third Monday of the month is our general meeting in Presentation Hall (KS) from 6:30-8:00 pm when we have a speaker give a presentation on various genealogy related topics. The OC computer lab has Club-provided subscription websites for free use to Club members, such as Ancestry.com, Fold3 (military records) and Newspapers.com. Club members may use these resources at any time the Computer Lab is not scheduled by other groups.

Recently, Dr Barbara Branch, a past Club president, passed away. The Club has made a \$100 donation to Memorial Sloan Kettering Cancer Center in her memory.

Boot Camp, which is held the first Monday of the month from 6:30-8:30pm, next session June 6, has allocated six spaces for those that could not commit to the entire program. If interested in attending an individual session, respond to the Club e-mail that will come out shortly before the next scheduled session.

Contact: Carole Moore 916-543-4762

Website: [www.suncitylhgc.com](http://www.suncitylhgc.com)

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## LH Italian Club

BY LINDA LUCCHETTI

Dining, dancing, and mingling with board members, club members and friends are all on the agenda for the club's annual Inaugural Dinner and Dance, set for July 10 from 5:30 to 8:00 PM, in the Orchard Creek Ballroom. See the website for more info.

Take a coffee break! We're not going to spill the beans, but mark your calendars for August 27 from 2:00 – 4:00 PM at the Kilaga Springs Lodge. Check your email or the website for more information.

For more information about the club and upcoming events, check out our website at [www.lhitalianclub.org](http://www.lhitalianclub.org). For membership information contact Sandi Graham at 916-826-5711.

• • •

(more Club News cont' on page 12)



Italian Club — Searching for Lombardy in April.

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## Lavender Friends

BY SANDI DOLBEE

Sheila Rose was worried. "At the time, I didn't think the newer members were really getting to know the existing members — or vice versa," remembers Sheila, who was our club's membership coordinator.

So she had an idea to hold a members-only event that combined food with a meet-and-greet. The upshot? Says Sheila unabashedly: "It was a big hit!"

That was several years ago, and since then the mixers have become an anticipated highlight — whether we gathered in the Solarium at Meridians for appetizers or in a room at Kilaga with meatballs and shrimp in a do-it-themselves affair spearheaded by another membership coordinator, Laura Niles.

COVID sidelined our mixers — but this month will mark their return with a special catered BBQ dinner at the Sports Pavilion.

There's a new membership coordinator, Sara Vega, though the goal remains the same: to help newbies and old-timers get to know each other better. This is particularly important since we have had more than a dozen new members join since our last mixer.

That this return is being held during Pride month is especially fitting. Just as Black History month in February and Women's History month in March honor the accomplishments

of those demographics, Pride month is set aside to pay homage to the LGBTQ communities across America.

In 1999, President Bill Clinton issued the first presidential proclamation for Pride month in June, saying in part: "I encourage all Americans to observe this month with appropriate programs, ceremonies, and activities that celebrate our diversity, and to remember throughout the year the gay and lesbian Americans

whose many and varied contributions have enriched our national life."

So it goes for the proud members of Lavender Friends, a club formed to represent and support LGBTQ residents here in Lincoln Hills.

Like so many other residents, our members have come from all over the country after enriching careers in the military and education, medicine and engineering, and in many other public and private sectors of our workforce. After settling here, we have participated proudly in our new home as mailbox captains and Neighborhood Watch members, as well as volunteers in the local libraries, food bank, animal shelters, community garden, houses of worship and sports teams.

You might say we live out our Pride in as many ways as the colors on the rainbow flags

(cont' on page 13)



Sheila Rose

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Lavender Friends

(cont' from page 12)

flown this time of year.  
But back to the mixers. When the last bit of veggie burger and pulled pork and chicken is served at this month's BBQ, Sara's hopes mirror those of Sheila from years ago: that we all will leave more comfortable in each other's presence. "To get acquainted and reacquainted," is how Sara puts it.  
Want to know more about Lavender Friends? Check out our website at lavenderfriends.com.  
...

Shalom Social Group

BY JUDY GANULIN  
It's a food-centric spring for members of the Shalom Social Group. We are still beaming at the success of our Passover Seder in April. The food, the ceremony and the camaraderie made it a 100% success! Everyone there enjoyed the deli theme of our Women Together luncheon in May. And our own Hagai Narkis, a retired chef, will teach cooking classes for small groups starting in June. Our spring picnic has been rescheduled to October. Our ongoing activities – bocce ball on Sundays, bowling on Wednesdays – continue. To learn more about us please contact Margie Gulko at margie.gulko@gmail.com or 916-543-5303.  
...

Democratic Club

BY JUDY GANULIN  
Lincoln CA Democratic Club members are bristling with enthusiasm as we busy ourselves with election activities in the coming months. Speakers at our upcoming meetings will include volunteers suggesting ways to support our candidates, elected officials, and other experts in politics and campaigning. Campaigns are not all we do, however. We had a great time at the Potters game last month. Our social and community projects are ongoing and we continue our volunteer work at the Placer Food Bank. To join our club or for information about our activities, please visit our website at https://democraticclublincolncalifornia.org.  
...

LH Lions Club

BY NANCY WALKER  
The past month was dedicated to the forming of and voting on our new Slate of Officers for the 2022-2023 year, as follows: President - Lonnie Griffin, Vice President - Peter Gilbert, Secretary - Dave Evans, Treasurer - Nancy Walker, Directors - Judy & Bill Stidham, Hilla Irani & Carol Bailey, Tail Twister - PDG Bob Olin, Lion Tamer - Peshu Irani.  
Watch for news of our new fundraiser coming soon!! Also you might recognize some of the names mentioned above, one could be your neighbor, since most of us live

in Lincoln Hills.  
The Lincoln Hills lions meet the 1st and 3rd Thursday at the VFW Hall located at 515 5th street at 11:30 AM. You're invited to attend our meeting to learn about us, contact Membership Chairman Dave Evans at 916-267-8425 or Nancy Walker at 916-579-2730 for more information.  
...

LH Republican Club

BY SUE DUMAS  
By now, you will have completed your candidate choices and marked your sample ballot for voting in person on June 7th. Or, completed your Ballot, and delivered it to a secure Ballot Box (best inside Raley's, Lincoln). Recommend in-person voting.  
Our last two guest speakers; Anthony Trimino (Governor hopeful), and Eric Early (Attorney General hopeful), gave us excellent information and insights into their concerns. With proposed solutions and approaches to solving some of the most egregious issues facing our once desirable State.  
The Placer County Republican Central Committee trailer was open with info on candidates and Party T-shirts and hats at the Auburn Home Show. Volunteers from PCRCC and SCLHRC manned the trailer to answer questions, etc.  
Coming up, we have an evening at McBean Park, for baseball, replacing June meeting. Wednesday, June 8th Potter's Game, McBean Park; Gates open 5:30 p.m.; Game starts 6:30

p.m. Reserved space for our Club. Enjoy dinner of Hamburgers and Hot Dogs inclusive price of \$21/per person. For Tickets: Contact Aggie 916-409-5699.  
Club and CC participation in July 4th Parade, downtown Lincoln, will include three floats, marchers and decorated golf carts. If you want to be part of it, contact Carol at cnwilson37@gmail.com.  
We have a lot of new people moving into the Lincoln Hills Community. If you are new, Republican, and interested in joining our club, contact Ed Zychowski at zych42@sbcglobal.net  
www.RepublicanClubSCLH.org  
...

Veterans Group

BY BILL LEWIS  
June 14, 2022 is Flag Day, the day that the Veterans Group celebrate this occasion by enjoying an All-Hands Barbeque starting at 5:00 p.m. at the Sports Pavilion. Dinner will be served at 6:00 p.m. but the No-Host bar opens at 5:00 p.m. Bill's Chuckwagon will provide dinner that includes: Beef Ball Tip Roast, Barbecued Chicken, Roasted Red Potatoes, Ranch Beans, Tossed Green Salad, H Ciabatta Bread and Cookies. The price is \$30 per person and the reservation deadline is June 10, 2022.  
This Flag is Your Flag – This Flag is My Flag becomes This Flag is Our Flag. When  
(cont' on page 15)

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## "I Can Enjoy Walks With My Wife Again!"

Local acupuncture clinic is treating the untreatable peripheral neuropathy with incredible results!

Pain comes in many shapes and sizes. One of the most debilitating being the burning and tingling that comes with peripheral neuropathy. Neuropathy, a disease that was once classified as irreparable, is a disease that comes with years of shooting, stabbing pain that gradually ends in severe numbness, balance problems and in extreme cases, amputation.

David R. of Sun City was experiencing such a fate:

**"I stopped golfing. I wasn't taking walks with my wife. I was living on Gabapentin and antidepressants and everywhere I went, my doctor, neurologist, the pain clinic, told me there was no cure. How are you supposed to live your life knowing that everyday brings pain and feeling unstable on my feet?"**

Peripheral neuropathy is a result of damage to the nerves, commonly caused by a lack of blood flow to the nerves in the hands and feet. This causes the nerves to begin to degenerate due to lack of nutrient flow. Most peripheral neuropathy sufferers experience a heightened sensitivity to touch, making it almost impossible for those diagnosed to even wear socks or shoes, much less, enjoy life.

"It was like walking on sharp river rocks. I barely left my recliner," shares David, whose experience is not

uncommon for those diagnosed with peripheral neuropathy.

Quality of life for David seemed uncertain. That is, until he found RaeAnn Salvador, LAc, DiplOM of Lincoln Acupuncture Clinic. Lincoln Acupuncture has pioneered a cutting edge, medical solution to treat neuropathy, eliminate, or greatly reduce the symptoms of neuropathy and give people their lives back. And they're doing it without the use of prescription medication or invasive surgeries.

"Acupuncture is incredible at restoring blood flow and stimulating damaged nerves, preventing them from dying off," tells Dr. Salvador. "We take our treatments a step further by integrating ATP Resonance BioTherapy," which targets specific nerves in the body using microcurrent. ATP BioTherapy is like watering a plant. This treatment will stimulate the blood vessels to grow back around the peripheral nerves and provide them with the proper nutrients to heal and repair.

**Three months later, David is thrilled with his progress, "I can enjoy walking my dog around the neighborhood with my wife and I feel more stable on the golf course."**

Success stories like David's are not atypical at Lincoln Acupuncture, "We have a 90% success rate. But only doctors care about the numbers. How people feel and what improves in their lives is what really matters," shares clinic manager, Ann.

The number of treatments needed to allow the nerves to fully recover will vary from person to person and can only be determined after a detailed neurological and vascular evaluation. Lincoln Acupuncture offers hope for neuropathy where there once was none.

While David's neuropathy was idiopathic, meaning the cause is not quite known, treatments at Lincoln Acupuncture can also help people whose neuropathy is caused by diabetes or chemotherapy.

**"We have seen tremendous success in treating neuropathy of all types through very personalized treatments specifically tailored to treat each individual case."**

Neuropathy discomfort should not be the trade off for enjoying your golden years!

To schedule a consultation and complete evaluation, call the office at **916-884-0398**.

Lincoln Acupuncture & Integrative Health

120 F St. Lincoln, CA 95648

## Veterans Group

(cont' from page 13)

we think of its origin, we think of Elizabeth "Betsy" Ross in May of 1776. Sewing through the night to finish our Flag. Betsy was the right person for the job, because she was a flag maker by trade; she was sewing flags for the Pennsylvania State Navy Board for "Ships Colours."

We might wonder, why did we need a flag? At that time there were thirteen British Colonies that called themselves the "United Colonies of North America" and each had their own Flag and were preparing to declare their independence from Great Britain, whose military power was unequaled at that time. It was said that the sun never set on the British Empire. The United Colonies needed a Banner or Flag that would tie them together. With that in mind, General George Washington, Robert Morris, Colonel George Ross presented Betsy with a sketch of a flag featuring thirteen red and white stripes and thirteen six-pointed stars and asked her if she could create it. Betsy agreed, but suggested five pointed stars in a circle. June 14, 1777, the Continental Congress passed a resolution accepting the design and flag.

Richard Fuller is the Chairman of the Flag Sales Committee and can be reached at 916-409-9209 and email: mrmap@earthlink.net to volunteer for flag sales duty and to purchase flags. The Flag Table will be open on June 15, 2022 in the Orchard Creek Lodge Lobby for the sale of Flags at a price of \$30.00. There is also a box for flags to be retired in the room next to the Main Desk. Please continue to Fly Your Flag Proudly and turn them in for retirement when they show signs of wear.

In Memoriam: John Campbell - U. S. Air Force, John G. Christol - U. S. Army, Robert Thompson - U. S. Army, Franklin Franco - U. S. Navy, James E. Ellison - U.S. Marine Corps.

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

• • •

## LH Amateur Radio Group

BY DAN LEHRER, KN6DRN

The month of June is a particularly exciting month in Amateur Ham Radio. Every year, on the last weekend of the month of

June, Ham Operators across the country and Canada grab their gear and go outdoors to make as many contacts as possible. As in past years, the Group will be setting up near the Sports Pavilion on Saturday, the 25th in the Morning. Consider coming by before playing Pickleball or Tennis and saying hi to us. We are happy to show you our equipment and explain Ham Radio in a modern, digital era. Under our licensed supervision, Grandkids can get on the air as well. Meetings are held at the South Tower every Monday night at 6:30 PM. Our club conducts a weekly radio network at 7:00 PM every Monday on the W6LHR Repeater at 147.030 MHz, 167.9 PL. If you are looking for a way to engage in the community and have an interest in Amateur Radio, please check out the LHARG. For more LHARG information visit our Website, the URL is: lharg.us or email dlehrer72@gmail.com

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## LH Astronomy Group

BY BILL WEAVER

Our scheduled general membership meeting program presentation by NASA Ambassador Richard Sandler for the June 1st was scratched because of illness; however, we immediately began seeking a replacement speaker. We rescheduled Mr. Sandler for our August membership meeting since we do not hold a meeting in July.

LHAG Cosmology Interest Group Activities

The LHAG Cosmology Interest Group (CIG) meetings and lectures are scheduled for the third Monday of each month. The next session is scheduled for June 16th, 2022, in the Orchard Creek Lodge, Fine Arts room at 6:45 PM and is open to all SCLH residents.

The June meeting will cover the planets in our solar system. Professor Charles Hunt will discuss why the Earth and Venus are so different, why are the inner planets and the outer planets so different, and what is the Greenhouse Effect? For interest and registration in attending this and future meetings, please contact the Cosmology Group Coordinator, Ron Yelton, at ryelton660@aol.com.

LHAG Telescope Interest Group Activities

The next LHAG Telescope Interest Group star party scheduled for June 30, 2022 will

focus on some galaxies and open and globular clusters. Sunset is at 8:30 PM.,

The June sky is perfectly placed to show a great variety of deep sky objects. As you stand facing south, the constellation Virgo (The Virgin) with its galaxies is to your right, and the Milky Way with its nebulae and open clusters is rising to your left; the globular clusters which envelope the Milky Way are directly in front of you.

Future star party dates can be found on the LHAG website at www.lhag.org. These events are open to all SCLH residents who are invited to observe celestial objects through member telescopes. Star parties are subject to weather and seeing conditions. For further information on this group please contact the Group Coordinator Bob Collins at bobpcoll@community.net.

Astronomical events for June 2022

June 14 - Strawberry Moon. June's Full Moon is often called the Strawberry Full Moon, after the berries that grow in the Northern Hemisphere around this time of the year. This Moon is also a Supermoon (when a Full Moon takes place when the Moon is near its closest approach to Earth).

June 21 - June Solstice. This solstice is the summer solstice in the Northern Hemisphere, where it is the longest day of the year. In the Southern Hemisphere, it's the winter solstice and the shortest day of the year.

June 29 - New Moon. Make the most of a moonlight-free night to look for some stars and planets in the skies. This month's New Moon is also a Micromoon (when a Full Moon or a New Moon coincides with apogee, the point in the Moon's orbit farthest away from Earth).

For more information about the Lincoln Hill Astronomy Group, please visit our website at www.lhag.org or contact LHAG President Bill Weaver at hamweaver@wavecable.com.

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

BY PATTI KINGSTON

SCHOOLS volunteers are needed for the 2022-2023 school year for both Lincoln Elementary Schools, K-5, and for Phoenix Continuation High School. Crystal Elledge has been volunteering at Phoenix High and feels she has been able to make a difference in the lives of those teenagers. She mainly provides help with history, but has assisted kids with

other subjects as needed. It can be an English essay or studying for a military enlistment test. This means she never knows what the day will be like and she always enjoys the challenge. The students come from diverse, and sometimes, challenging backgrounds. Close to 90% have lived through a trauma—domestic violence or homelessness. Each has their own story and differing needs for tutoring. Phoenix High has become a safe place for them. Where they had been truant before, now they choose to be in school. There is a real sense of community and the principal and teachers support this feeling. Volunteers tutor one on one in English, Math or History. The goal is a High School diploma. The students don't have many supportive adults in their lives so their connection with our tutors is important. Crystal will be happy to answer questions about the tutoring program. Contact her at ceelledge@sbcglobal.net.

To volunteer in elementary schools K-5 contact ccolloton@yahoo.com. The annual meeting for SCHOOLS volunteers or those who would like to get involved will be on August 31 at Kilaga Springs Presentation Hall at 10 a.m.

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## LH Travel Group

BY SHERON WATKINS AND LINDA BEVINS

It is time to step outside your home and explore the world. Check your bucket list and travel with friends and neighbors. The Lincoln Hills Travel Group is going places! The May travel show presented some new, exciting ideas and highlighted details of upcoming trips.

Looking for a spectacular way to celebrate New Year's Eve after the long hot summer of the Valley? Did you know that Madeira Island off the coast of Portugal has the largest fireworks display in the world? This 11 day tour includes many sights in Lisbon, the Silver Coast resort of Nazare, the Portuguese Riviera and 4 nights on Madeira Island. Consider the

(cont' on page 16)



Crystal Elledge tutoring at Phoenix Continuation High School.



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## LH Travel Group

(cont' from page 15)

SUNNY PORTUGAL tour if you are looking for an exciting new tour.

(Link - [www.gateway.gocollette.com/link/1111429](http://www.gateway.gocollette.com/link/1111429))

Another option is an 8 day tour departing on December 26 to LONDON AND PARIS, celebrating New Year's Eve in Paris at the legendary Paradis Latin theatre. Just unpack once in each city and delight travel by the Eurostar train between the two cities. Enjoy French cuisine and breathtaking views as an exclusive dinner is included at the Eiffel Tower, ending the day with a delightful Seine River cruise. (Link - [www.gateway.gocollette.com/link/1111431](http://www.gateway.gocollette.com/link/1111431))

Perhaps exploring a tropical adventure in February would be appealing after the hectic holidays? TROPICAL COSTA RICA is the perfect place to relax and soak up the colorful sights. From the sunny beaches to the Monteverde Cloud Forest, this country is full of natural wonders, butterflies, exotic birds, monkeys and turtles among various wildlife. Enjoy a cruise on Lake Arenal with views of the majestic Arenal volcano. And the price is such a bargain you won't believe it!

(Link - [www.gateway.gocollette.com/link/1111409](http://www.gateway.gocollette.com/link/1111409))

Interested exploring the COLORS OF MOROCCO in March? This small group tour arrives in Casablanca, rides a camel out to camp in a desert resort to learn about the stars, tours the colorful cities decorated with handmade

tiles on the buildings, smell the spices in the air as the fragrant meals are cooked, see the tannery with leather being turned in to all types of goods. Tour the fascinating architecture see in many movie backgrounds. This tour is nearing deadline so consider signing up now if you are interested. (Link - [www.gateway.gocollette.com/link/1044871](http://www.gateway.gocollette.com/link/1044871))

Come celebrate St. Patrick's Day in Ireland. SHADES OF IRELAND departs on March 13 for 10 days. An overnight in a regal castle is included. Take a car ride thru Killarney National Park and take a boat ride thru the lakes. Tour all the well know attractions in Dublin. See the Cliffs of Moher. Take a city tour of Limerick. And of course, kiss the Blarney Stone if you choose. So pack your green and be off to Ireland in March. (Link - [www.gateway.gocollette.com/link/1111415](http://www.gateway.gocollette.com/link/1111415))

In April, take a trip back into the historical roots of our country on the HERITAGE OF AMERICA TOUR. Begin in Philadelphia, the City of Brotherly Love and Birthplace of a new nation. See the Liberty Bell and Independence Hall. Stop in Gettysburg, a turning point in the Civil War. New and updated attractions there tell the fascinating story of our country's beginning. Travel scenic, breathtaking Skyline Drive through the Shenandoah National Park to Charlottesville. Visit Monticello, home of the third president and the author of the Declaration of Independence. Visit historic Colonial Williamsburg where costumed re-enactors populate the historic buildings. Next stop is Arlington National Cemetery to view the Tomb of the Unknowns and the Kennedy

gravesites in Washington DC. Your choice in the afternoon is your favorite Air and Space Museum. An in-depth tour includes the World War II Memorial, Vietnam Memorial, and Korean Memorial. Spend the afternoon at Mount Vernon, home of George Washington. This incredible tour has been one of the most popular tours for years, but this will be the last year it will be offered with this itinerary.

(Link - [gateway.gocollette.com/link/1083541](http://gateway.gocollette.com/link/1083541))

And for May, the Lincoln Hills travel Group is offering for the first time a trip by rail. Everyone loved the "Sound of Music" so now let's travel thru Switzerland but travel by the incredible EuroTrain instead of by motorcoach. This small group tour is SWITZERLAND: HIDDEN TRAILS & MAJESTIC PEAKS. Travel from the Alps to the historic villages of the Swiss Riviera. See Castles, taste wines, sample chocolate, stay This unusual tour includes Bern, Zermatt, Lake Geneva, Vevey and Lucerne.

(Link - [gateway.gocollette.com/link/1083545](http://gateway.gocollette.com/link/1083545))

You can always check our website [lincolnhillstravelgroup.com](http://lincolnhillstravelgroup.com)

Special note: There will never be an increase in airfare if you sign up and pay in full. And if you decide to include the Collette cancellation insurance, you can always cancel for any reason, even at the last minute.

Our next travel show meeting will be in September but new Zoom will be available in July.

Lincoln Hills Travel Group Committee

Member Contacts: Sheron Watkins 916-849-9504, [sheron55@att.net](mailto:sheron55@att.net); Louise Kuret Auerbach 916-408-0554, [louisekuret@att.net](mailto:louisekuret@att.net); Lyle Auerbach 916-847-6544, [lea925@att.net](mailto:lea925@att.net); Linda Bevins 916-666-7627, [djbevins17@gmail.com](mailto:djbevins17@gmail.com)

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## Apple User Group

BY NINA MAZZO

Recently, I took some photos on my iPhone and was less than thrilled with the end result. Then I remembered our club website had an article in the May Cider Press about tips on using the 'edit' button on my iPhone and wow it was great fun editing my photo. This is one example of the wealth of information available at our website. Members also have access to private tutoring. This service helps you learn Apple hardware and software on a one to one basis. You will find tutor names and contact information along with their area of specialization under the support tab. Perhaps you are looking to purchase Apple products - check our classifieds before you head to the store.

Here is a brief synopsis of what is happening this month.

General meeting on Tuesday, June 14 will be in the Presentation Hall (KS) and Ken Silverman will demonstrate how to create a slideshow on your Mac using the Photo app on your Mac.

(cont' on page 17)

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## Apple User Group

(cont' from page 16)

If you have photos on your Mac that might make a great slideshow, Ken will show you how to add titles, transitions, set a theme, include music and other effects.

Ask the Tech begins at 6:30 followed by Ken's presentation at 7PM.

Educational Seminar on Monday June 27 will be in the Presentation Hall (KS) at 10:30AM.

Andy Petro will demonstrate how you can organize your photos on your iPhone. This includes photo editing, creating videos and slideshows on your iPhone. Andy promises you will learn two new things during his seminar!

Club website: [www.lhaug.org](http://www.lhaug.org). Club contact email: [LHAUGinfo@icloud.com](mailto:LHAUGinfo@icloud.com).

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## Roadrunners Motorcycle Club

BY SEAN MCLAUGHLIN

The Roadrunners Motorcycle Club does a club ride once a month to locations around Lincoln. Most of the runs are approximately 100 miles, but some go a little further or less.

In the month of May, we went to the town of Volcano. It is a quaint 49er town, with several historical plaques and buildings. Nearby is the Black Chasm Cavern, a cave that

offers spectacular views of a variety of rock formations. Interesting features of Volcano are a jail that was built by 2 inmates, who were then incarcerated after they were done, and a plaque commemorating a son of Volcano who was one of the soldiers who raised the flag at Iwo Jima during World War 2.

All of us had a good time, enjoying the old-time attractions and a nice lunch at the oldest continually run store and deli in California (since 1856!). The twisties were fun to maneuver and we brought our appetites with us. After lunch, some of the members walked around, exploring the town. The ride took about 1 hour and 45 minutes each way. The weather was warm but enjoyable.

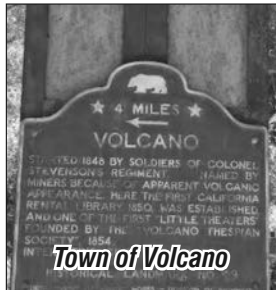
As a motorcycle club, we enjoy riding together, as a group, which further ensures safety and we do not leave anyone behind. Following established safety rules and obeying road signs, we enjoy safe trips to different locations every month. Our next ride will be on the second Saturday of June. The location

has not been announced as of this writing.

If you would like to join us or learn more about us, you are welcome to attend our monthly meetings at the Multipurpose Room (OC) every 4th Thursday of the month, at 5:30pm to learn more.

For more information, contact: Manny Perez 916-253-9121, [manwil412@wavecable.com](mailto:manwil412@wavecable.com)

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Town of Volcano

## Sports Cars

BY RICHARD PEARL

Steeve and Ann Beede led 28 club members on second ride to Auburn's Ridge Country Club for lunch on May 9th. The routing meandered through the backroads, hills, and rolling scenery on the way to a delicious Luncheon at the Ridge Golf. The weather was beautiful. Following the lunch, the Group plus other club members enjoyed a fascinating educational session at the Van Howd Sculpture Gallery. It was certainly a memorable day and a Ride that I'm sure our members will want to experience again.

The Capay Valley trip is back on schedule for June 24th. Check the Club bulletin for details. Also in the future is participating in Lincoln's 4th of July parade and the Concours Reduno in September... details to follow.

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## Rods & Relics

BY ELNA RAGAN

The Best Car Show Ever Is Back! The Downtown Lincoln Car Show is just three days away... on Saturday, June 4! Over 400 vintage vehicles will line the shady tree-lined streets of Lincoln! The day will start with a Pancake Breakfast from 7:00 a.m. to 10:00 a.m. in the Veterans Hall. A BBQ lunch will be hosted by the Chamber of Commerce from 11:30 - 2:00 p.m. There will be Vendor Booths with food items and products. A large Raffle Booth will have 100+ Gift Baskets and great items. DJ Dr. Rockola will play music throughout the day. Thirty plus trophies and plaques will be awarded at 2:00 p.m.

The Rods & Relics Car Club has participated in and sponsored local Car Shows since 2006. From then until now, it has contributed \$208,000.00 to numerous

(cont' on page 19)



Sports Car Group members getting ready for the May ride to Auburn, photo Susan Satterwhite.



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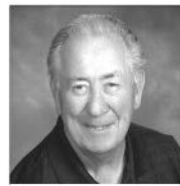
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## Rods & Relics

(cont' from page 17)

local charities from its Car Show proceeds. The following three charities will receive the proceeds this year: RRUFF (Healing Heroes Program provides therapy dogs and training for Veterans with PTSD), Acres of Hope (provides a safe family environment for women and children in need), and Lincoln High School Rodeo (promotes rodeo sports to High School students by providing training and established venues for their performances).

The Downtown Lincoln Car Show offers fun for the whole family! Come and enjoy seeing the beautiful vehicles from days gone by. Support your local community and have a great time on Saturday, June 4!

The 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 information, check our Web Site below.

Contact: Tom Indrieri, President 916-645-2035; Mike Carvidi, Membership Director 707-849-2834. Web Site: [www.rodsnrelics.net](http://www.rodsnrelics.net)

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## SCLH Alzheimer's/Dementia Caregivers Support Group

BY VALERIE JORDAN

The SCLH Alzheimer's/Dementia Caregivers Support Group steering committee includes Mary Jo Fratessa (916-759-8760), Barbara Greenfield (916-202-6963), Valerie Jordan (909-625-7443) and Gail Marculescu (916-408-3972). These programs are supported by the Lincoln Hills Foundation.

The general meeting is held monthly on the fourth Wednesday at 1PM; all are welcome to attend, especially caregivers with recently diagnosed family members. The July, September and November meetings are facilitated by a licensed counselor from Del Oro Caregiver Resource Center and provide a safe place for caregivers to share their ongoing challenges and experiences.

The June, August and October 2022 meetings are facilitated by guest speakers who are knowledgeable about dementia and caregiving issues frequently experienced by families. Our Wednesday, June 22, 1PM general meeting in the OC Multipurpose Room

welcomes a panel discussion about home care and facility care options.

The Women's caregiver group meets the first Wednesday of every month; the next meeting is June 1, 1PM in the OC Multi-Media room. Contact Mary Jo Fratessa (916-759-8760) for more information.

The Men's caregiver group is resuming its meetings on the third Thursday of every month in the OC Multi-Media room; the next meeting is June 16, 10AM-noon. Contact Ernie Drake (916-543-3482) for more information.

We are following the most recent SCLH Covid guidelines regarding in person meetings since resuming our meetings at Orchard Creek Lodge.

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## Bosom Buddies

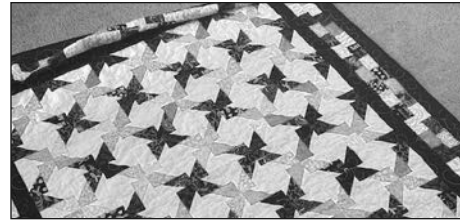
BY VAL SINGER

What a lovely Surprise!

The quilt shown in the picture was donated to Bosom Buddies by Kaye Parks. Kaye lives in Sun City and has been quilting for about 16 years. She belongs to the Needle Arts Group and the Roseville Quilt Guild. Kaye enjoys making quilts for different groups, one being the "Quilts of Valor" for military veterans. The idea for one for Bosom Buddies came to her after looking at different fabrics and seeing one with the ribbons for breast cancer. It is a beautiful quilt and we thank you so much for your generosity.

A lunch was held at Kathy's house on May 5th for the new members. Attending new members were Isabel Carr, Sally Bogolur, and Cathy Smith. Sandwiches and all the trimmings were served along with all sorts of dessert. Thanks to all of the volunteers who made this a success.

On May 12th, at our regular meeting, the speaker was Pat Togstad from Neighbors in Deed. (pic). A part of Lincoln Hills since its inception, Neighbors in Deed is a group of volunteers with the sole purpose of helping the residents of Sun City. They do all sorts of jobs that we seniors should not be doing at our age. Such as changing lightbulbs and smoke alarms. But, that isn't all by any means. They will also lube garage doors, change furnace filters and turn your mattress. Another important service they offer is to loan wheelchairs, crutches and other medical equipment for 30 days. Just give them a call (916-223-2763) and find out what



they can do for you. You will need to leave a message and they will return calls from 9-5, Monday – Friday.

As part of the American Cancer Relay for Life, there will be a Survivors' Tea on Saturday, July 16th, in the Women's Club in Lincoln from 1:30 to 3:30. There will be prizes for "Best Hat", "Best Outfit" and, who knows?? The ladies that put on this tea work very hard to make it as close to a formal tea as possible. So, dress up as if you are going to an "English High Tea" with hat, maybe gloves and whatever else you like, and come to the "Tea". We are especially honored as Bosom Buddies are all survivors!

The Relay itself will be held this year at the Auburn Fair Grounds on August 27/28th. Peggy will do her best to secure a shaded spot for our booth. She will also try to register all of us, so that we can go on the site and make donations if we so desire. Even if you don't plan on coming to the Relay, you can still be registered and it will count towards prizes and a spot for our booth.

This year our booth will consist of participants throwing balls at cans to win prizes. All proceeds will be donated to the American Cancer Society. Please save your 15 oz. empty cans (washed and label off). They will then be painted white with cancer ribbons added to each of them. Peggy is also looking for thin swim noodles to decorate the booth. Give Peggy a call (916-965-8848) if you have any suggestions as to where she may find these noodles.

If you know of someone who needs cheering up, has had a loss, or is ill, call Mary

(916-409-9923) and she will send a card from Bosom Buddies.

This year (2022) is the 20th anniversary of Bosom Buddies.

The Bosom Buddies pink shirts have arrived! The supplier was able to keep the cost down so they will still be only \$20. Please call me, (916-645-8553) and I will get one to you. I have all sizes. When we all get together at events, having us all in our pink shirts makes quite a statement.

A big thank you to the Foundation for their continuing support.

If you have any questions regarding Bosom Buddies, please contact Val Singer 916-645-8553 or Judy Stewart 916-408-3597.

We end each meeting by holding hands and saying: "Together we are strong; together we will make a difference; together we will survive!" And, we will, hopefully with a little fun...

• • •

## Glaucoma Support Group

BY BONNIE DALE

We are pleased to welcome Dr. Xiongfei Liu as our speaker for the June 8 meeting scheduled at 4:00 PM in the Multipurpose Room (OC). Dr. Liu is the newest Glaucoma Specialist affiliated with Sacramento Eye Consultants. He will discuss "The State of Glaucoma." There is always new information about Glaucoma, and we are looking forward to learning what's new and what's coming soon.

For support group information email Bonnie Dale at [bjdale@aol.com](mailto:bjdale@aol.com) or call 916-543-2133.

• • •

## Hearing Support Group

BY JOANNE MITCHELL

The Hearing Support Group met on the last Thursday of April. We had a lively discussion of a variety of topics. The group was advised of the availability of free hearing tests at Sac State, and we now have business cards to make contact with them easy. We also reviewed the Hearing Support documents on the SCLH website. At our meeting in May, Joe Cortez filled us in on his cochlear implant procedure.

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(more Club News cont' on page 20)

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### Low Vision Support Group

BY JOAN BRANT-LOVE

Meeting – Tuesday, June 7, 2022, 2:00 to 4:00 PM, Fine Arts Room, Orchard Creek Lodge

Our topic from Society for the Blind will be, “Services for Those with Low Vision.” Kathleen Shevlin, Manager with the Senior Impact Project since 2013, will talk about senior services and activities designed to help older adults (55 and older) with vision loss continue leading enriched and fulfilling lives.

Meeting – Tuesday, July 5, 2022, 2:00 to 4:00 PM, Fine Arts Room, Orchard Creek Lodge

“Experiencing Vision Loss” will be our topic. After the diagnosis: Where do I go? Who can help me? How do I adjust my life? A 4-person panel of our members will talk about their experiences including coping strategies they developed. Three members will discuss their personal journeys losing vision and one will relate the experience as a partner of someone losing vision.

Low vision Support Group meetings are open to all SCLH residents.

The following is the second of three “Modifications” articles by Toni Boom.

“Home Modifications and Adaptations for Those with Low Vision”

By Toni Boom, Director of Clinical Services, Society for the Blind

Living Room — • Use a contrasting table runner or coffee table book so you don’t bump into living room tables. • Position TV

so it is not facing windows or lamps that can cause glare on the screen. • Sit close to the TV screen (5 feet or closer is OK). • Large button remote (Flipper) or Xfinity/Dish voice remote. • Descriptive Video Service

Bedroom — • Closet lighting (flashlight, floor lamp, window). • Use safety pins to Mark clothing for color ID. • Hang items that go only with each other side-by-side. • Use clothes pins to clip pairs of shoes together. • Use contrasting faceplates for light switches. • Wireless light switches can add a light switch near a door or entrance.

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

or cathymcgriff1010@gmail.com

• • •

### Multiple Sclerosis Group

BY JERI DI FIORE

New to Sun City? Do you, a friend, or a family member have Multiple Sclerosis?

You, Members, and Guests are invited to enjoy our casual group at the next Lincoln MS Group Meeting on: Tuesday, May 17, 1 PM, SCLH Kilaga Springs Lodge, Sierra Room.

Life experiences, helpful hints, etc., cumulating with how we handle our MS are shared. Also, the focus will be on celebrating the success of the May 1 MS Walk with Captain Joni Deutsch. Join us! We would love to meet you! Help us prepare for our Summer party!

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(more Club News cont’ on page 21)

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## Bird Group

BY DON BAYLIS

First, some good news about breeding birds here in Lincoln Hills. Among the families of ducklings found bobbing in our ponds are both Hooded Mergansers and Wood Ducks. The mergansers have been seen for several years, but the wood ducks are returning after a gap. Additionally, the Western Bluebirds, Tree Swallows, and Bewick's Wrens are filling our birdhouses, and soon we will be seeing California Quail scurrying across lawns and streets. Additionally, there are several separate sightings of breeding Coopers Hawks.

On April 29, seven carloads of birders headed out north of Lincoln to the Camp Far West reservoir and Spenceville Wildlife Area. Prior to COVID, the bird group had made yearly springtime trips to Spenceville, and often found species such as Lewis's Woodpecker, Lazuli Bunting, and Yellow-breasted Chat, and Lawrence's Goldfinch. This year was less successful, but we did see two active Osprey nests near Camp Far West Reservoir, and several Black-headed Grosbeak. All-in-all, we did see 39 species, within the range of species counts in previous years.

Spenceville has a long and mostly forgotten part in California history. Spenceville Road may have been part of the Emigrant



*Black-headed Grosbeak  
by Larry White.*

Trail, as it passed from Rough and Ready to the Johnson's Ranch in Wheatland, as early as 1851. Then, in 1863, copper was discovered near the main parking area. The initial mining was short-lived, but in 1872 new investment enlarged the mine. Later a paint company took over the mine to use the copper for red pigments. At least one of the bridges we walk across today dates to 1912. World War 2 brought the next burst of activity to the area. Camp Beale was opened in 1942, and

encompassed both today's Beale Air Force Base and Spenceville area, and was the training area for three army divisions, the 81st Infantry, 96th Infantry, and 13th Armored. Later in the war, Camp Beale was headquarters for 6 Prisoner of War camps supporting northern California agriculture, with about 6000 prisoners in total. After the war, the 86,000 acre Camp Beale was split up, forming Beale AFB and 11,213 acre Spenceville Wildlife Area. More information is available from the Friends of Spenceville at [spenceville.org](http://spenceville.org).

The May 13 day trip to Bobelaine Audubon Sanctuary was our second of the month. About 15-20 of the group went to this sanctuary on the Feather River about 25 miles west of Lincoln. It was donated to the Audubon by Bob and Elaine Crandall in 1975, being named from their first names. It is located in the flood plain between the levees, but is mostly

dry except in the wettest years. While over 190 species have been identified here, we spot in between 30 and 50. This year, we found five species we had never listed before, American Goldfinch, Ash-throated Flycatcher, Spotted Sandpiper, Cooper's Hawk, and Forster's Tern. We spotted several of the terns in the Feather River, and were able to watch them feed a fledgling on a snag.

The presentation in the April meeting was by Sal Acosta and Suzanne Hutchinson on their recent wintertime visit to Yellowstone National Park. They were on a guided birding and wildlife trip in southern Montana and Yellowstone, especially seeking the Bohemian Waxwing, Great Grey Owl, and Gyrfalcon. They did find the Gyrfalcon, but also got great views of Bison and wolves.

The June 13 speaker will be J.D. Bergeron, CEO of International Bird Rescue. IBR has crisis response centers in Vacaville, Los Angeles, and Anchorage and is one of the primary first responders to water oil spills, rescuing waterbirds trapped by the spills. A few years ago, J.D. spoke to us about his time among the albatross on Midway Island, and we visited the Bay Area center on one of our field trips. The July 11 meeting will be a slide show of bird and wildlife photos by our members.

Future day trips —

Our programs are held in KS Presentation Hall at 1:30 PM on the second Monday of the month. Most day trips leave from the Orchard Creek parking lot west of the pool at 8:00 AM unless otherwise specified. Please check Events on our [sclhbirders.org](http://sclhbirders.org) and your email

for updates and weather cancellations. Bird lists for each trip are posted on the website under Lists.

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

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## Garden Group

BY LORRAINE IMMEL

Joe Janisch - Painter, Gardener, Naturalist is the guest speaker for the June 23 General Meeting, 2:00 PM, OC. He is a California native, born in San Francisco and educated as a fisheries biologist at Humboldt State University. He has traveled and worked as



*Joe Janisch*

a biologist in Indiana and Arizona and has returned to his home state after thirty years of managing fisheries resources and gardening

(cont' on page 23)



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<b>Ruby Princess ~ 3080 Passengers</b>	Nov 27, 2022	\$1,099	\$2,259	\$2,259
<b>Royal Princess ~ 3560 Passengers</b>	Jan 16, 2023	\$1,399	\$2,699	\$2,699
Sail round trip from San Francisco, California to Kauai, Nawiliwili Hawaii; Honolulu, Hawaii; Maui, Lahaina, Hawaii; Hilo, Hawaii; Ensenada, Mexico, San Francisco, California.		<b>*ROUND TRIP LINCOLN SHUTTLE TO SHIP!</b>		
<b>10 DAY ALASKA From SFO! Princess</b>	Jun 9, 2022	\$699	\$783	N/A
<b>Ruby Princess ~ 3080 Passengers</b>	Jul 9, 2022	\$749	\$839	\$1,149
	Jul 29, 2022	\$799	\$895	\$1,399
	Aug 8, 2022	\$799	\$895	\$1,599
	Sep 7, 2022	\$948	\$1,062	\$1,732
	*Jun 6, 2023	\$1,298	\$1,498	\$2,048
	*July 6, 2023	\$1,498	\$1,698	\$2,448
	*Aug 15, 2023			
Sail round trip from San Francisco, California to Juneau, Alaska; Skagway, Alaska; Hubbard Glacier, Alaska; Ketchikan, Alaska; Victoria, BC, Canada; San Francisco, California. *2023 Alaska Voyages visit Glacier Bay		<b>*ROUND TRIP LINCOLN SHUTTLE TO SHIP!</b>		
<b>7 DAY CA Coastal from SFO! Princess</b>	Oct 1, 2022	\$499	\$555	\$779
<b>Ruby Princess ~ 3080 Passengers</b>				
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.		<b>*ROUND TRIP LINCOLN SHUTTLE TO SHIP!</b>		
<b>10 DAY MEXICO From SFO! Princess</b>	Dec 12, 2022	\$799	\$1,298	\$1,298
<b>Royal Princess ~ 3560 Passengers</b>	Jan 6, 2023	\$748	\$1,378	\$1,378
Sail round trip from San Francisco, California to Puerto Vallarta, Mexico; Manzanillo, Mexico; Mazatlan, Mexico; Cabo San Lucas, Mexico; San Francisco, California.		<b>*ROUND TRIP LINCOLN SHUTTLE TO SHIP!</b>		
<b>16 DAY Galveston to San Francisco Princess</b>	Apr 14, 2023	\$1,799	\$2,199	\$2,699
<b>Ruby Princess ~ 3080 Passengers</b>		<b>INCLUDES FLIGHT TO TX &amp; SHUTTLE FROM SHIP TO LINCOLN!</b>		
Sail from Galveston, Texas to San Francisco visiting Cartagena, Columbia; Transit the Panama Canal; Fuerte Amador, Panama; Puntarenas, Costa Rica; San Juan del Sur, Nicaragua; Cabo San Lucas, Mexico; San Francisco, California.				
<b>29 DAY Australia, NZ &amp; South Pacific Princess</b>	Mar 31, 2023	\$4,248	\$4,948	\$6,948
<b>Grand Princess ~ 2600 Passengers</b>		<b>INCLUDES FLIGHT TO SYDNEY &amp; SHUTTLE FROM SHIP TO LINCOLN!</b>		
Sail from Sydney, Australia to San Francisco visiting Picton, New Zealand; Wellington, New Zealand; Napier, New Zealand; Tauranga, New Zealand; Auckland, New Zealand; Bay of Islands, New Zealand, Cross the International Date Line; Pago Pago, American Samoa; Tahiti (Papeete), French Polynesia; Honolulu, Hawaii; Maui (Lahaina), Hawaii; San Francisco, California				

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 June 2022 edition



## Garden Group

(cont' from page 21)

from the Mississippi to the Colorado River.

After many years of artistic training and gardening in three different states during his travels, he has continued to produce a variety of art and backyard gardens. In 2003 he retired to Fort Bragg and then in 2017 moved to Lincoln, California where gardening and painting occupy his days.

After spending the last 40 years away from California, he is back and enjoying the weather and natural resources that California has to offer. Because Lincoln Hills presents unique gardening challenges, he has found that container gardening for veggies is the best way to go. After five years of growing a wide variety of veggies, he has found that they can be grown year round through continuous rotation.

Brown Bags Sales, Master Gardeners Q & A's, and Door Prizes will be included in this meeting.

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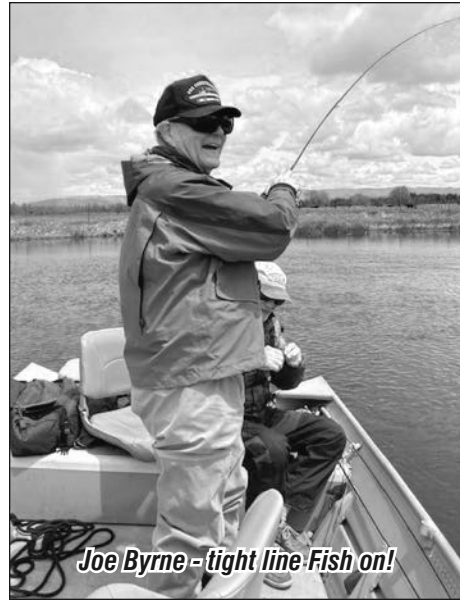
## LH Fishing Club

BY HENRY SANDIGO

Fall River Report — It was the day the trip started and the fellas were headed to Fall River up by Shasta. The snow was falling. There was also sleet, rain and just plan ole miserable weather. Fall River is a spring-fed stream that winds for 16 miles (26 km) mostly through private agricultural land with access points open to the public. The river has rainbow trout fishing holes. Fall River is piped through Saddle Mountain and ends at the Pit 1 Power House. There is white water rafting and fly fishing on the creeks in the area too.

The guys were all prepared for inclement weather. On this adventure were: Dick Angus, Joe Byrne, Dale Howell, Jerry Kerstulovich, Jerry Tausend, and Bob Fields. Rain gear or waders were the rule each day along with long underwear or layering, as its known in fishing circles. Nice warm jackets, and head gear too, maybe mittens for a few. The sky was filled with beautiful bright clouds and the occasional ominous dark cloud. Each day was threatening with some sort of deluge upon their mortal bodies. And it did pour on them, but they kept at it... here fishy fishy!

Oh, there were fish in the water no doubt. But, they weren't exactly taking the proffered



Joe Byrne - tight line Fish on!

flies like: Norman's Wiggle Tail, Sheep Creek or Jay Fair's Short Shuck. The anglers persevered, changing out their flies for the one that would finally cause that Rainbow to strike. Strike they did but only on their terms. The temperature hovered around the 30's, so fish aren't exactly inclined to move very far to feed. I guess their thinking was let the food come to them. It was mentioned that various fly lines were used from a sink tip to full sink "camo", those might work, also to a bright green floating line with a long leader and tippet, just let it float down stream then strip! Maybe count to 20, heck who knows.

I was told they all had a great trip meeting each other and sharing the fine food prepared by the designated chef.

• • •

## SC Hiking Group

BY STEPHANIE HUNTINGDALE

Are you using this month of June to pull weeds and get your yard in shape? The weather in May had a lot of wind and crazy temperatures. Lot's to do! As I write this I am preparing for summer hikes, the weather should be perfect!

Sometimes it's just hard to get on the hike trail. We should all be looking at hiking as a pleasure, a joy to be shared with our hiking friends. Isn't it time for you to take a hike?

It's time for hike leaders to pony up and plan some summer hikes. Not too strenuous, let's keep them shorter and fun. It's time to

catch up with nature and our friends. Come on hikers, let's do it!

Take a look at the hike schedule and match it with your calendar. Don't miss anything, enjoy this, don't let a moment go by un-enjoyed, or un-memorized, or un-appreciated; because that's the way to do a summer anyway. We should all do it that way every summer.

Stay safe, stay connected.

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

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

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

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

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## LH Cyclists

BY TOM FRADY

Lanes, Paths and Trails — You sharp-eyed bike riders may have noticed there is more traffic out there now than just a couple of years ago. Placer County gained .4% in population last year (one of the few counties to do so), but it certainly seems like much more, judging by the amount of new housing in our area.

The good news is this growth has meant some new pavement on old roads and new bike lanes and paths for us to travel. Whether or not this is a good trade off may depend on the type of riding you do.

So what exactly is the difference between a bike lane and a bike path, or a bike path and a bike trail?

Class I Bikeways are typically called bike paths. These bikeways provide travel on a right-of-way completely separated from any street or highway and are paved surfaces designed specifically for bicycles and/or pedestrians. No vehicles allowed. In our area, they are often designated at "Multi-Use Paths (MUPs). Think Jedidiah Smith Memorial Bike Trail (American River Bike Trail) or the Antelope Creek Bike Trail. Or the path on Ferrari Ranch Road. Road bikes, mountain bikes, kids on balance bikes, mothers with strollers, walkers, runners and the un-housed often share the same space.

Bike paths that follow independent rights-of-way (again, like the American River Bike Trail) are often used to promote recreational cycling. These networks may use routes dedicated exclusively to cycle traffic or minor rural roads whose use is otherwise restricted to local motor traffic. You will note many of these trails have numerous "feeders" coming in from nearby neighborhoods.

Most bike paths are two-way facilities, with at least a line down the middle. The bike speed limit is 15 mph. As an aside, riders are not required to use a bike path that is separated from the vehicle pathway (like on Ferrari Ranch), but it is often the safer alternative.

The term "path" and "trail" seem to be used interchangeably. The definition is often "Bike Path" but the official or common name is "Bike Trail".

Class II bikeways are bike lanes established along streets and are demarcated by pavement striping and signage adjacent to motor traffic travelling in the same direction. A half century ago, Davis CA made cycling history by engineering the first formal bike lanes. Bike lanes are one-way. For roadways with no curb and gutter, the minimum width of a bike lane should be 4 feet.

Riders are required to ride in bike lanes, except for a few exceptions, such as avoiding obstacles (garbage cans on trash day!), making a left turn or passing another cyclist. If there is no faster-moving traffic present, you may leave the bike lane, but why would you want to?

Let me note here that a shoulder is not a bike lane. Cyclists are never required to ride on the shoulder, but it is often the safest alternative. Of course, some shoulders (the area to the right of the white "fog line") are about 6 inches wide or unpaved. Remember: riders are required to ride as close to the right of a roadway as SAFE and the shoulder is not part of the roadway.

Referred to as a "bike route," a Class III bikeway provides a designated on-street bike route, shared with motorists, through areas not served by Class I or II facilities, or connects discontinuous segments of a bikeway. A bike route is a longer, planned cycling route that may be comprised of several different bike paths or vehicle roadways that exists to either funnel bicycle traffic down a specific corridor or to provide cyclists with a scenic route through a city or region.

(cont' on page 24)

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## LH Cyclists

(cont' from page 23)

In the Lincoln area, the obvious designated bike routes are the roads and streets we ride daily – Virginiatown, Fruitvale, Nicolaus, Twelve Bridges, etc. I have not noticed any signage, but the Placer County Transportation Agency may be working on that. There are some “Sharrows” designating lanes shared by both cars and bikes.

A Class IV bikeway, also known as a cycletrack or separated/protected bikeway, is an on-street bicycle lane that is physically separated from motor vehicle traffic by a vertical element or barrier, such as a curb, bollards, or parking aisle. More than just painted lines and signage. I am not aware of any in our area. I have seen them in San Francisco. They are often two-way.

To my mind, the Lincoln/Roseville/Rocklin area is ideal for increased designated bicycle routes to not only promote recreational cycling, but bicycle commuting to work and school as well. For the most part, the area is flat and I am sure many workers don't live in the same town as their job. With the increase in school locations (especially high schools and colleges), easy commutes will help ease vehicular traffic, help save the environment and support local donut shops.

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## Water Volleyball

BY DIANE FERRARI

June is busting out all over, sun, fun and Water Volleyball! Want to just try it out? Join us on Free Play Saturdays and dip your toe in the volleyball pool of fun. Don't know how to play? We provide Training and Mentorship. We welcome all levels of interested players. Find us at LHWaterVolleyball.com. Or Call Carol Critch 925-451-1686.

Water Volleyball has some future events like monthly Ladies Night Play, and two outdoor pool volleyball games on June 12th and July 10th. Not sure you have the skills? Attend a Skills and Drills class. The Skills and Drills class are held the first and third Tuesday night of the month. Improve your skills and learn how to be a better player. Water Volleyball is in the pool with different levels of play Monday through Thursday and Saturdays. There is always room for more players.

If you missed the party, you missed great fun at the Cinco de Mayo potluck at the Pavilion. Dancing, eating and meeting your fellow players outside of the pool was enjoyed by all.

Save the date, October 7th for the Fall Festival. If you want more information about the club, water volleyball or to check out the live action pictures, visit us on our website LHWaterVolleyball.com

• • •

## LH Swimmers and Water

### Walkers Club

BY ROSEMARY TANFANI

Nadine Miller's dedication to water exercise started when she had knee problems twenty five years ago. “I decided to take deep water exercise classes with a local health club, and found the water easy on my joints”

When she moved to Lincoln Hills in 2001, she plunged right into the pool with aqua classes, but also took tap, hula, belly dancing, jazz, zumba, and line dancing. The dancing classes were great, according to Miller, but took a toll on her knees.

Miller eventually had knee replacement



*Nadine Miller, her daily 'joy' in the pool.*

surgery and then was told she would probably need surgery on the other knee. She immediately started water walking in the pool. Now, she is solely addicted to the water classes and water walks 3-4 times a week in the Orchard Creek Lodge pool. The biggest plus for her, is that she never had that second knee surgery, and credits her water exercise regiment for keeping her knees healthy. She also found the water helped with her rheumatoid arthritis. “No pain for me in the water,” says Miller.

Besides exercise in the pool, Miller, with her infectious laughter, finds joy in meeting new people in the indoor and outdoor facilities. She has been married 61 years (yes, her husband swims laps in the pool), and is active with the LH Sports Car Club and started the LH Italian Club in 2003.

Miller also serves on the club Hot August Splash planning committee. Details on this event, planned for August 28, will be given at the next club meeting, June 20, 3 PM, in the Fine Arts Room at OC. See you there!

• • •

(more Club News cont' on page 25)

## Michelle's Current Listings



### 1216 Fairway Valley Court – Santa Clara Model

Welcome to the Street of Dreams! - This "Santa Clara" home was the former model home when the community was first built. It offers 3-bedrooms (one is a guest en-suite), 3.5 bathrooms and an office/den. Located on the 1st and 18th fairways it is a stone's throw from the Orchard Creek Lodge, fitness center and Meridians Restaurant (see photos). With extensive list of builder & Seller upgrades and designer touches this home features, engineered wood flooring, crown molding throughout, large gourmet kitchen with dark cherry cabinetry with glass fronts, granite counter tops, stainless steel appliances & large center island. Built-in bookcases & display areas in family room, den/office and hallway. Surround sound, custom stacked stone gas fireplace, plantation shutters & full sized 3-car garage with ample cabinets. The park-like backyard has expansive views, extended pergola patio cover with remote shade, soothing water feature with koi fish & endless amounts of Japanese Maple trees.

Offered at \$1,399,000



### 707 Medallion Court – Sausalito Model

Welcome to this lovingly cared for, original owner, Estate Series "Sausalito" home. Positioned on a quiet cul-de-sac corner lot, this home is private to adjacent neighbors. The expansive curb appeal with stone accent invites your guests through the front courtyard. The many upgrades are too long to list so here's a few: Oversized 3.5 car garage (only Del Webb model that offered this option), enclosed sunroom (approx. 350 sq. ft.) with heat & air, remodeled kitchen with stainless steel appliances, gas cook top and granite countertops. Other upgrades include: plantation shutters, crown molding, fireplace w/built-in surround, HVAC and water heater replaced. The private backyard features a relaxing, self cleaning Aquatique saltwater pool with waterfall, retractable awning, grass area for grandchildren to play & large area for entertaining & BBQ. The oversized garage offers two work areas, epoxy floors, cabinets & utility sink. The Kitec plumbing has been replaced.

Offered at \$849,000



### 1616 Stone House Lane – Annadel Model

This charming Annadel model on open space view lot has 3 bedrooms, 2 bathrooms, great room concept with adjacent semi formal dining area, oversized kitchen with center prep island and a cozy breakfast nook that faces the front of the home. Recently painted inside, this floor plan offers split bedrooms for optimum privacy when visiting guests and/or family come to stay. Other features include, custom window treatments in great room and breakfast nook, gas log fireplace, wood flooring, dual sinks and an oversized soaking tub in the master bathroom as well as ceiling fans in most rooms. Love to watch and listen to birds? The wildlife is eventful and always a crowd pleaser. A great way to watch nature right from your own backyard!

Offered at \$805,000



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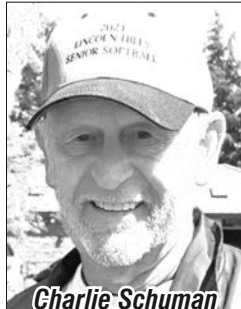
## Softball

BY HEIDI MAZZOLA

If you are looking for a fun way to celebrate Independence Day, come down to Del Webb Field on July 4, and join in the LHSSL festivities. Special events for the day include All Star Games, a Women's Division exhibition, and our Hall of Fame Induction Ceremony. We will also be selling our almost famous hotdog meal deal. This year Dale Stephens and Charlie Schuman are being honored as our newest HoF members. Both have contributed greatly to the continued success of the league by playing, volunteering their time as umpires, running the scoreboard, and helping whenever



Dale Stephens



Charlie Schuman

and wherever needed. To top it off, they are two of the nicest guys you'll ever meet. A schedule of the day's events will be posted on our website.

The Co-ed Division continues regular season league play Mondays and Wednesdays with a couple Friday games included due to holidays. The games begin at 8:00 a.m. and run until about 2:00 p.m. The Women's Division continues playing on Sunday mornings. They accept applications throughout the year, so if you are interested come to the field and check them out. They're a great group of ladies, and they know how to have fun.

A couple of notable events occurred in May—Rod Violette's

teammates, family, and spectators helped him celebrate his 90th birthday at the field with balloons, song, and treats. Not only is Rod still playing softball, he's playing well. Also, our "Super Fans" Ed and Judy were honored with smart looking tee shirts. We thank them for always being there to cheer us on.

Remember to check our website for the latest news and updates including team standings, schedules, and our player application.

Contact: heidimaz72@gmail.com or lhsoftballweb@gmail.com

Website: LHSSL.net

• • •

## 75's Coyote Softball

BY GAGE JOHNSON

The Coyote 75's won the recent Mother's Day Classic at Big League Dreams park in Manteca, finishing with a perfect 5-0 record. Manager Nick Fox described it as a total team effort. Consistent hitting up and down the lineup was reflected in a team on base percentage well above .700. The Coyotes played outstanding infield defense, along with a number of timely catches by the outfield. In the final and determining game, the team won in extra innings, after trailing late in the game. The Coyotes averaged over 17 runs per game, holding their opponents to just 9 runs per game. Next up is the Rock 'N Reno Challenge Cup May 31 - June 2.

• • •

## LH Table Tennis

BY CARL LYNCH

Orchard Creek Lodge was completed in March 2000 and Table Tennis activity started shortly thereafter. Del Webb provided four tables at OC Lodge. The Table Tennis Club (TTC) was formed in December 2003. Allan Kiisk was formally elected to be the first General Manager and President. He wrote the Club Bylaws and Operating Procedures.

When the design of the Kilaga Springs lodge started, Allan designed the play area, negotiated with the SCLH BOD, and received approval for a table tennis play area in KS. The Multipurpose Room (KS) has air-conditioning, table tennis flooring, extra lighting, ceiling fans, and a storage area for the tables.

When the Kilaga Springs lodge opened in November 2004 the Table Tennis Club offered a playing area with seven tables in a properly side-by-side layout with lighting.

The TTC membership grew rapidly to more than 150 members in 2006. The latest 2022 membership roster currently has 192 members.

Waiting lines were established for (1) advanced players, (2) intermediate level players, and (3) beginners. Under crowded conditions, all tables, except one table for singles, were designated for doubles play.

Many people have contributed, and still do, to the success of the Table Tennis here at Sun City Lincoln Hills. The social interactions,

(cont' on page 27)





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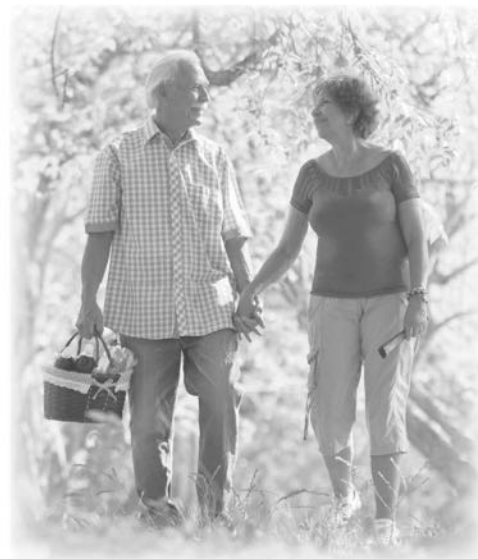


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## Mark Forry — A Good Neighbor in Our Midst

Mark is a real asset to our community since he is always ready to help! Mark and his wife Nanette are very involved.

Mark helps care for his 103-year-old mother for quite some time now. He stays with her for 4 to 6 hours, three times a week, and his sister comes the other days. His mother just celebrated another birthday on May 15th.

This July 4th, just like in past years, Mark will start growing out his hair and beard so he can get ready to be Santa Clause for Christmas. At Christmas time he and his wife dress up as Mr. and Mrs. Santa Clause and ride with the Lincoln Fire Department around the community in the fire truck, wishing families a Merry Christmas!

Mark loves to garden and volunteers his time freely. He is the Garden Group's home garden tour co-chairperson and while coordinating this year's home tour, he played a big part in helping a new home owner on the garden tour, Patty Motta.

Patty Motta has done a fantastic job of on her landscaping. She is a very active person and



Mark Forry

has planted most things by herself. Recently, she had a wheelbarrow filled with dirt fall over on her, and good thing Mark was there, he took action by calling 911. Unfortunately,



Patty Motta

Patty broke her right arm. She is now healing and is glad it wasn't worse.

Mark also plants seeds in his bathtub (for an ideal 70-degree temp for growing) He grows a variety of

vegetables and sells them to raise money for 3 student scholarships, so far donating \$4,000.

Thank you Mark for being such a good guy and Patty for being a new healing, happy neighbor!

You can reach Mark at 916- 846 -0406 if you would like to donate anything to his cause.

Submission and photos by Maggie Rose McGurk Photo Art • [www.facebook.com/mcgurkfoto](http://www.facebook.com/mcgurkfoto)



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## LH Table Tennis

(cont' from page 25)

in addition to the healthy exercise, have made table tennis a very popular activity for many SCLH residents.

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

Play times are Sunday 9:00 AM to 5:00 PM (except the first Sunday of the month when play starts at 12:30 PM), Tuesdays, 6:00 to 9:00 PM, and Fridays 8:00 AM to 12:00 PM in the Multipurpose Room (KS).

For further questions, or to join the LHTTC email list, email: pingpongsclh2@gmail.com.

• • •

## LH Tennis Group

BY PAM FLAHERTY

"I play much better when I'm happy and having fun. That's common sense."

- Jim Courier

Pictured are two mixed doubles teams that played a highly competitive match at our Cinco de Mayo Tournament. Hard to tell who won this hair splitting match because afterward, they were happy posing and having a good time. That's the joy of mixing serious competition with having fun.

You too can begin your tennis experience with new physical and mental challenges and plenty of laughter. Contact Steve at stevebringman@yahoo.com for introductory



LH tennis players Trish Ross, Steve Bringman, Cathy Vaillancourt and Bob Sanguinet.

and/or refresher classes and if you are looking for groups to play with contact Val at vlaugtug@gmail.com.

LHTG offers drop-in tennis from 8am till 9:30 on Saturdays and Wednesdays and Ball Machine practice on Saturdays from 8:00am until 9:20am. Watch for news of our second "Live Ball" session returning in June. Players had a preview of "Live Ball" last April and are hungry for more. We will accommodate the warmer weather with earlier start times.

The Association has been hard at work, resurfacing several tennis courts and adding more parking spaces to our busy sports pavilion parking lot. We welcome you to our club and thank the many volunteers who make all of our tennis activities possible. See you on the courts!

• • •

## Ladies Golf—18 Holers

BY CANDICE KOROPP

After two successive weeks with rainouts, we closed the month of April with an Eenie Meenie on the Hills, wherein the Tournament Chair, Pat McNiff declared the front nine counted for the game. Fifty gals teed it up on a mostly breezy day. Koropp topped the first flight, winning a tiebreaker with Tipton. Cameron captured first in flight two, two better than Thom, and Tamanti and Hur reported the low nets of the day, 34, to win flight three and four respectively. Jenkins was second in flight three and Mann was second in flight four, taking the tiebreaker with Unger. The fifth flight was won by D. McDonald, one under Robinson. Of note, Dong was her own highlight reel, with chip-in birdies. On seven, using a putter from off the back of the green,

she drained the shot of about 45 feet downhill to the cup. On 12, she missed the green by about two feet, but used a putter to roll the ball into the hole to finish the round. It was amazing. Dunipace claimed the CTP on seven, about four and a half feet from the cup, and nailed a walk-off birdie.

May began with NetChix and the scorecard read "Orchard Curse". Indeed, it is a curse for many of our players, as it is the tougher of the two courses, with par at 73. Higher scores confirmed it, complicated by the usual strong, southerly breeze and a return to "summer" rules. Nonetheless, this day was a good omen for Patti Tilton, our reigning Club Champion. She won the prize of NetChix for May, adding a birdie on three, ending the round with even par. The closest competitor was Pat Robinson, from flight five, netting 75. Others with net scores in the 70's included Koropp and Meske in flight one; Feldman, Knoll and McNiff in flight two; Jenkins, Senn, Emge, Ashe, Lapera, Grant and Tamanti in flight three; James in flight four and Lilienthal and Hing from flight five. There were only seven players scoring under 100, out of a field of 52. Feldman clinched the CTP on 16 and poured in nearly a nine-foot putt for birdie.

The next special event is "Golf with Friends", our Invitational, in mid-June. There is still time to sign up. And, our next general meeting of the membership will be following golf on June 2nd.

• • •

(more Club News cont' on page 30)

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

# Mike and Abby Kelly

(cont' from page 1)

and Scott, age 39. Kevin, Noelle and Grace live in Antioch, and Scott and Jadalive in Walnut Creek. Mike and Abby have one granddaughter, Grace, who is thirteen months old and baby number two is due in November! The couple is thrilled to be grandparents and loves the fact the family is not too far away.

Even though Mike and Abby stayed in the Bay Area for many years, they tended to move about every nine years or so. After Mike retired from PG & E, Abby decided to take a job with the Nevada County Recorder's/Election's Office. They moved to Grass Valley and had acreage out of town. Mike also worked for the County. They really enjoyed their time in the area but started looking at moving to Lincoln Hills before they were old enough to qualify to move in. Their family was surprised at the decision since they carried the common misperception that senior communities are like the "Seinfeld" depiction of Del Boca Vista in Florida. The family understands better now that the community is a great fit for very active and involved seniors like the Kellys.

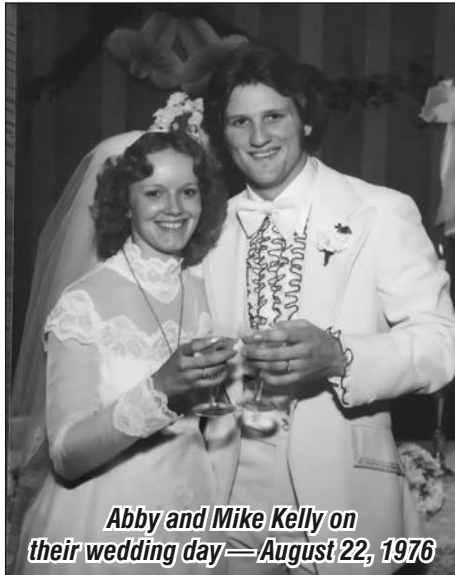
Laced throughout the family history is an active love of the outdoors. Before their most recent two smaller dogs, they had hunting dogs like Labradors and Springer Spaniels. Mike likes to hunt pheasant and quail. They also have a boat that they love to use at such places as Lake Almanor to go fishing.

A few years ago, and after several years of living in Lincoln, Mike decided he was up for a new challenge. He discovered the Senior Games, and, specifically, the Senior Track and Field competitions. When he first competed in 2019 in Petaluma, California, he ranked 275 in the world in the high jump. Later, competing at the games in Palm Desert, he ranked 100 in the world in high jump and 16 in the

United States. The rankings are based on age groupings started at age 50 and are in five-year increments. Ages 60-64 is the category Mike started in and now he is in the 65-69 age grouping. In six events, Mike is

now in the top twenty in the United States and top 100 in the world. There are events to compete in every weekend and the Kellys have participated in competitions in Oregon, Idaho and California. They love the travel and excitement. The six events that Mike is highly ranked in are shotput, discus, hammer throw, javelin, weight throw and throws' pentathlon. In the throws' pentathlon, he is ranked 18 in the world in his age category. The World Masters Rankings can be found online, and Mike Kelly's name can be seen on the lists.

Practice is an important part of the experience for Mike. He participates with a group of athletes called Sierra Gold Foothills Track and Field in Grass Valley. He also works out at the Sun City gym and indoor track and has answered numerous questions from others in the gym about what he is training for. He is happy to explain, hoping to encourage others to join him. The closures over the last few years required him to be creative so he used the empty field near Del Oro High School to do some of his throwing and worked out with



*Abby and Mike Kelly on their wedding day—August 22, 1976*



*Mike Kelly with some of his awards.*



*Abby Kelly with their dog Buster.*



*Mike Kelly.*

his equipment at home. If anyone is interested in getting involved, they can contact him at trackman123@aol.com.

Mike has medaled in several events over the last few years. Last summer, he received four medals in Oregon on August 14 and seven days later he medaled in five events in Idaho. The four events included two gold medals and two bronze. The events seven days later were two gold, two silver and one bronze medals.

When Abby is not busy helping Mike with his track and field passions, she assists a neighbor several days a week who lives near them in Sun City. She also likes to do water aerobics and enjoys taking the stained-glass classes at Kilaga. She and Mike like to play bocce ball with friends. She is Mike's biggest

fan and the couple exude affection and love for each other. They were great in our visit and the dog, Buster, was a bonus treat.

The couple told me that their current house is probably the smallest they have ever had. Although not the smallest size in Lincoln Hills, it is a cozy three bedroom. They have turned one of the bedrooms into a sports room, man cave and display area for Mike's medals, fishing pictures, and even a murphy bed for overnight guests if

needed. They told me that Sun City is like a cruise ship—it is a great place to be, and the residents can select to participate in as little or as much as they wish. There are options for everyone and yet one can choose to be solitary if desired. Mike and Abby Kelly are outstanding examples of what makes Lincoln Hills such an interesting, caring and diverse community. They pass on their caring to the community around them.

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## Linksters

BY CAROLE EUBANKS

We finished up the month of May... after two rounds of rain and hail! It was very exciting, and the rain was most welcome. Also in May, the Linksters held a Parking Lot Sale on the 14th to raise money for our donation for the Breast Cancer Foundation. All types of items were welcome (except clothing). And the Bring a Friend Tournament was held on the 25th.

May new members were Teresa Jacobsen and Margaret Guiliani. Please bid them welcome! And we announced that the 8:00 AM shotgun start will continue all year long.

Congratulations are in order for the following players:

CTTP: Alyce Stanwood, Kate Gold, Carmen Farrington, and Brenda Cook.

Chip-Ins: Kate Gold, Lynn Hamman, Barbara Korenthal, Carol Sexton, Darlyne Giorgi, Judy Josse, Janet Adler, Marie Bossert, Ann Diddy, and Gail Osborne.

Birdies: Patty Alderete

May Birthdays: Jean Abelle, Marcia Bush, Brenda Cook, Shirley Knight, Barbara Korenthal, Merri Levin, May Lyau, and Carol Sexton.

Club News and Important Course Information: The date for the Linksters General Meeting and the Breast Cancer Fundraiser kickoff is June 15th at OC (11:30 PM).

Two Orchard Creek holes deserve extra attention:

- Play Orchard Creek #15 from white tees

(as a Par 5). Do not play red tees regardless of where they are located!

- Orchard Creek #14 includes a bog right after the creek. To play this hole:

- o Assign a spotter to help track the location of your ball.

- o Attempt to land your tee shot 20-30 yards from the creek (150 yards to the pin). Lay up as close to the creek as possible if your tee shot is short. Swing away to the pin.

- o Use your spotter if necessary to locate your ball. If it is in the creek, move to drop zone (1 stroke penalty). If it goes into the bog, move to drop zone (no penalty). Or, skip tee shot altogether and go directly to drop zone (2 stroke penalty).

Remember, if you are not sure about the directions to the club house after your round, go to <http://linksters.com> before you play and copy the directions listed there.

• • •

(more Club News cont' on page 30)



### \* RULES AND ENTRY FORM \*

- POETS WANTED!** 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place winners will be selected in each contest category.
- The five (5) contest categories include the following: **People Are Funny** **People Are Amazing** **People Are World Changers** **People Are Unreasonable** **People Are Unpredictable**
- Poets may submit a maximum of three (3) poems. Select three (3) of the contest categories and submit one poem from each. Everyone is encouraged to enter. Poets do not have to live in Lincoln, CA. There is no entry fee.
- Poems may be in rhyme, free verse, Haiku, or other accepted poetry forms and of any length, up to a maximum of 60 lines.
- Poems should be written in English. They should be typewritten and not centered (read left to right). Please use the Arial font 12-point. The title should be listed at the top of the poem and the category should be included at the top right corner of the poem page. The name of the poet should not be indicated on the poem.
- Young Poets**, 18-years of age or under, are encouraged to submit poems and will compete in a special "Young Poets" category. Young poets should follow the same rules as noted above. However, they should include their age, grade, and school on the Entry Form.
- All poems must be submitted on hard copy to the address listed on the Entry Form below and must be received **no later than Thursday, July 21, 2022**.
- Early submissions are appreciated. A separate Entry Form should be attached to the hard copy of each poem submitted. Duplication of the form is permitted. Questions—contact Alan Lowe at
- The top three winners in each category will be contacted. They will be asked to submit their poems electronically, by email attachment. All winning poems will be printed in a commemorative chapbook, which winners will receive as a gift.

### 2022 VOICES OF LINCOLN POETRY CONTEST

#### ENTRY FORM (One Per Poem – PLEASE PRINT)

Name: \_\_\_\_\_ Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Young Poets Only—Age: \_\_\_\_\_ Grade: \_\_\_\_\_ School: \_\_\_\_\_

Contest Categories (Check appropriate category of poem submitted): ☐ People Are Funny ☐ People Are Amazing ☐ People Are World Changers ☐ People Are Unreasonable ☐ People Are Unpredictable

Title of Poem Submitted: \_\_\_\_\_

Please insure that poems comply with all contest rules. No names should appear on the poems submitted. Include the title at the top of the poem. Place the category at the top right corner of the poem page. Use a paper clip to attach a copy of this Entry Form (cut along dotted line) to each poem submitted. Mail poems to Voices of Lincoln Poetry Contest, c/o Alan Lowe, 1235 Picket Fence Lane, Lincoln, CA 95648. Poems must be received **no later than Thursday, July 21, 2022**. Early submissions are appreciated.

## LH Men's Golf

BY MIKE MCBACK

The Spring Scramble just finished so the next tournament is the Red, White, and Blue tournament. This is an exciting format where you change tees during the round. So, hold the date of July 12 and sign up fast.

This years Memorial Tournament has change dates and format. The date now is October 25, so watch for further information coming out over the next few months.

The board is still looking for a Tournament Director. This is an exciting, challenging and rewarding function responsible for putting on the monthly tournaments. If you are interested, please contact Jack Dillon.

• • •

## Mad Hatters Bocce Group

BY NORM CHERUBINO

On Thursday, May 5, we successfully transitioned into Summer hours. At 8:00 AM, there were almost enough players to fill 8 courts. Also, at 8:00 AM, there were still some donuts left. More players came after; but they were not thinking we would start at 10:00 AM. They just didn't have their 8:00 AM schedule worked out yet.

On Sunday, April 24, We hosted the Bocce Special Olympics Northern California (SONC). As the photo will show, the courts were loaded with players, officials, parents, grandparents, friends, fans, tents and chairs. The officials included mothers and daughters from the



National Charity League doing timing and scoring and 12 volunteers from the Mad Hatters calling the ins and outs, measuring, enforcing rules, and keeping things going on the courts. Also, many SONC volunteers keeping things organized and providing lunch.

We play each Thursday starting at 8:00 AM. All residents of Sun City Lincoln Hills are eligible to play by just showing up. New, inexperienced and handicapped players are welcome. Lessons are available.

Contact: Bob Vincent, 916-543-0543  
E-mail: lhboce@gmail.com

• • •

## Pickleball Club

BY MOLLY MORRIS

The tournament season for pickleball is still going strong with many of our residents traveling near and far to play competitively. Congratulations to all of our participants and medal winners! Johnson Ranch recently opened their new pickleball facility and boasts of having the most pickleball courts in Northern California. Feel free to check out their beautiful facility!

If you are a member of our club, our drill classes on Thursday afternoons will continue through June and July. The competitive ladders ended at the end of May and will resume the first week in October.

We want to thank all of our coaches who aid in the drill classes, mentoring, Intro classes and the Skills Rating program. They work diligently and go above and beyond for our club in an effort to share their love of the sport and enhance our club. Thank you for donating so much time and energy.

Want to know more about the fastest growing sport in America? Make a reservation for the Intro to Pickleball class by emailing [welcometopickleball@gmail.com](mailto:welcometopickleball@gmail.com). The class is open to all residents and equipment is provided. Please wear tennis shoes and bring water. The class meets every Wednesday afternoon from 4:00-5:30PM.

The Pickleball Club website has information about how to join the club, access training videos, find players of the same level to enjoy the sport, and so much more. Our website is [www.lhpbclub.com](http://www.lhpbclub.com).

• • •

(more Club News cont' on page 35)



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# Neighborhood Watch

BY TERESA TANIN

We celebrate many events throughout our lives. The one celebration that connects us more than others, however, is the Celebration of Life. Neighborhood Watch celebrates the life of Dr. Barbara Branch, a dedicated volunteer who never turned down a project or a person in need. She was always there with a helping and most capable hand. Whether as a former Executive Director, National Night Out Coordinator, Training Coordinator, videographer, or Co-Website Master, Barbara's tenacious, yet uplifting talents drew others around her to perform at their best.

Dr. Barbara Branch joined Neighborhood Watch shortly after moving to Lincoln Hills 16 years ago to be more involved in the community. Barbara brought with her over thirty-five years of experience as a teacher, a principal, and as an administrator with the Sacramento City Unified School District. She also continued to teach Gifted Education courses after retiring in 2016 as the Executive Director of the California Association for the Gifted. Graduating from UC Davis with her Bachelor's and then Master's degrees, she obtained her Doctorate from USC. As a lifelong teacher she carried that same push for excellence into her many volunteer roles.

Barbara loved to research family history and was the President of the Lincoln Hills Genealogy Club where she guided others to find their own lineage. Barbara was also an avid communicator. Not only was she the Communications Director for AAUW, she wrote their monthly newsletter "Branch Lines." Her involvement was instrumental in the development of AAUW's Plan for Success.

Success was Barbara's mantra, whether in education, communication or organization. As a member of the SCLH Elections Committee her volunteer work was of great benefit to the evolving Association. If you missed a meeting or event, Barbara provided videos for residents through eNews so no one missed out. When not assisting with Association business or filming videos, Barbara wrote monthly articles for AAUW, Sun Senior News, Compass Clubs, and the Elections Committee. Barbara did not stop there however, there were food drives to organize. She volunteered for the Rise Against Hunger, with 1,000 meals collected to feed the hungry. She also helped plan the AAUW annual food drive, benefiting St. Vincent De Paul and managed Salt Mine food donations through Neighborhood Watch collections.

Barbara's younger days were filled with ballet lessons, horseback riding, and clarinet practice to name a few. She continued to be active in Lincoln Hills, swimming daily, playing softball, traveling, and attending outdoor concerts, always inviting friends to join her. Barbara was not one to sit at home, but if she did, it would be while working on her computer or hanging out with her loving dog Zozo.

Barbara volunteered a great deal of her time, but she made sure when it came time to unwind, her friends were right there with her. Her recent birthday celebration was enjoyed



**Dr. Barbara Branch**

with a few of her close friends. As we all gathered around the fiery Teppanankai table (her favorite/ everything Japanese) we all raised our glasses to toast her day as the chef began his culinary performance. It was Barbara's fiery personality however, that flared up in laughter as we toasted her special day.

Barbara never missed a chance to enjoy life. Friends and colleagues alike, were blessed by her presence, her knowledge, and her zeal for getting things done.

Dr. Barbara Branch, we celebrate your life, we celebrate you. Thank you Barbara, for making our lives richer for knowing you. Barbara Lee Branch, September 6, 1948 – April 7, 2022.

Neighborhood Watch Mission Statement:

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

Strengthening Neighborhood Ties:

Residents are able to assist Neighborhood Watch in making this community a safer place to live. Please consider volunteering a little of your time to replace retiring Directors, Village Coordinators, and Mailbox Captains. Visit NW website [schwatch.org](http://schwatch.org) "Want to Volunteer?" or email [nwdirectorvr@schwatch.org](mailto:nwdirectorvr@schwatch.org) for more information.

Thank you to our recent volunteers! Jean DeSimone, Joyce Spisak, and Kim Maness for volunteering as new Mailbox Captains, our NW "boots on the ground."

NW offers training sessions for new volunteers. Our next session(s) are June 10 and then September 9, 2:00 to 3:30 PM, Fine Arts Room, Orchard Creek Lodge. Meeting neighbors in person as new volunteers is optimal for training, however, the NW website [schwatch.org](http://schwatch.org) offers on-line "Training." For questions, please email our Training Coordinator at [trainingcoordinator@schwatch.org](mailto:trainingcoordinator@schwatch.org).

Increase Personal Safety and Security Awareness:

Visit NW website [schwatch.org](http://schwatch.org) "Alerts" to view past and current Alerts, as well as safety tips to help avoid similar scams and incidents occurring in our community—be aware and keep safe!

Do not take calls or open your door to strangers. Call a family member or a friend if a situation seems unusual. Remember, if it feels wrong, it probably is. Call a friend or neighbor about questionable safety or security situations. Do not hesitate calling the non-emergency police number 916-645-4040 if a situation makes you feel uncomfortable.

Be the "eyes & ears" of the Police & Fire Departments:

"Report an Incident" at [schwatch.org](http://schwatch.org) of

unusual persons or incidents. Should you notice an issue on Community Association common areas, contact the Association Curator Security at 916-771-7185. If you are not sure, call the Lincoln Police non-emergency number 916-645-4040. We are their eyes and ears! Be ready to report details such as descriptions of persons and vehicle license plates, if possible.

Encourage Emergency Preparedness & Be Aware!

Alerts & Tips: Prepare for situations. Learn from others who have been scammed! For more information visit the NW website [schwatch.org](http://schwatch.org) under "Alerts."

Security Tip: Every three months, change passwords on important accounts (credit cards, banks, frequently used retailers, email, etc.). Make them "passphrases" or random combinations of words, plus numbers and symbols, to make them more impossible to guess.

Scammers will try to contact you via email, text, phone, and sometimes letters. Various ploys are utilized in an effort to steal your money. See examples of actual scams below:

Text "About your Apple Store purchase." This text, allegedly from the Apple Store, stated that the resident had made a \$560 purchase and to call an 800 number if there was any question about this purchase. This resident was very smart and did not call the number. Had the resident called the number, the scammer would have attempted to obtain enough personal information to allow him/her access to the resident's bank or credit account(s). Any questions regarding a purchase should be handled directly through your bank or credit card company. Never return a call from a text. Call your bank directly or call the number on the back of your credit card for purchase questions or to report possible fraud.

Email "Confirming your order." Using a "gmail." address (scammer) states in great detail that the resident has been debited \$499 for McAfee antivirus software. "A full refund can be requested within seven days of your order. If you have any issues regarding your purchase, get help by calling 1-805-6195-657." Again, the scammer would be seeking your personal information. Never call from an emailed phone number. There are other

versions of this scam with different products, usually \$300 or more.

Additional scammer email "Help! I need Amazon Gift Cards." In this case the resident received an email that appeared to be from her local pastor asking for a favor. First sign of a scam, "I need a favor." The resident was then told in the email to purchase \$300 in Amazon cards and to keep it discreet. Second sign of a scam, "keep it discreet (secret)." The email went on to say that this is urgent. Third sign of a scam "this is urgent." The resident was to reply and send only the card numbers back to the person who had sent the email. This resident believed all this and drove to Safeway. When trying to purchase several gift cards, the clerk advised the resident that it might be a scam. Retailers have been trained to spot such and try to advise accordingly. However, the resident did not listen to the clerk's warning and purchased the gift cards. After sending the numbers in a return email this resident contacted the pastor and learned that this was a scam. She was not able to recover her \$300. This pastor was not named and is not involved, however he is from a nearby church and serves many seniors from SCLH.

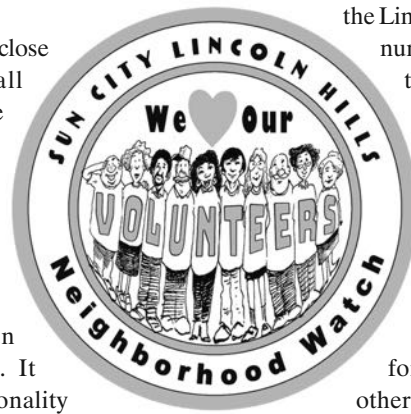
Red Flag Warnings! Scammers are very clever. Always be cautious of any message, phone call, text or letter from a person or company you do not recognize. When in doubt contact a relative, friend, or neighbor for advice before responding to these unsolicited contacts. Also, be wary any time you are contacted by any person or organization that asks to be pay with gift cards. Do not fall for these scams. Any mention of gift cards is a red flag. Again, after receiving a scam email change your password.


The April 2022 AARP Bulletin has an extensive article about scams, how they are perpetrated, and a checklist for prevention. Visit their website [aarp.org/money/scams-fraud/info-2022/top-scams.html](http://aarp.org/money/scams-fraud/info-2022/top-scams.html).

Visit NW website [schwatch.org](http://schwatch.org) to view the most recent May 7 General Board Meeting minutes,

plus more safety, security and "Alerts" information.

Neighborhood Watch welcomes your "Neighborhood Watch Helping Neighbors" stories. Email your up-lifting stories to [teresa4nw@yahoo.com](mailto:teresa4nw@yahoo.com). For each story chosen and highlighted, the submitting resident will receive a \$25 SCLH gift card, as thanks for their great story!





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## Observations On Where Does the Time Go

BY MARTIN GREEN

What, almost half of the year is gone already. Where did the time go? The question is especially pertinent when you consider that with my advanced age and Covid my activities have been reduced to almost zero. So, I decided to keep track of a typical day and here is what I found about where the time went.

First, there's the matter of getting out of bed in the morning. Upon awakening, I lay there for ten or fifteen minutes to make sure I'm still here after another night. So, there's that time gone. Then, before having breakfast, there's the morning regimen of pill-taking. I'm sure there was a time when I didn't take any pills but that time was long ago and now they're an essential and time-consuming part of my life.

After breakfast, I take my coffee and the morning paper out to our enclosed patio and do the crossword puzzle, another essential part of my life, supposedly a way to keep my aging mind sharp, although some may say it's too late for that. Then comes the act of getting dressed, something I (and all oldsters, I'm sure) used to do without taking any thought. Now, it's a chore to get into those clothes, especially to find those buttons and get them into the proper buttonholes. Another time-consuming task which didn't used to be.

After completing this chore it's to my aging (like me) computer to see what e-mails I've gotten overnight. Usually, they're all spam with sometimes a scam e-mail warning me of

something terrible that's going to happen to my Amazon or my Yahoo account if I don't do something at once. I'm happy to delete all of the spam and especially the scam e-mails, which, like everything on my aging computer, does take some time.

I then finish reading the morning newspapers, the Bee, which we get because Beverly doesn't want to cancel it and it does have the crossword puzzle, and the Wall Street Journal, which I get because it's still a real newspaper. By this time it's about time for lunch.

After lunch, I go out to collect the day's mail. On a typical day, there are seven or eight pieces. Six or seven are letters asking for a donation to some charitable organization and the remaining one is a bill. So much for the mail. At or around three I put on the one TV news program I allow myself to watch for the day. With the state of the world being what it is that's all I can stand. Otherwise, I spend the rest of the afternoon reading a book or sometimes listening to music on my iPad.

I used to think that reading a book on an iPad, as opposed to reading a real book, was bad but I've since changed my mind. I've found I can get books that I like for two or three dollars from something called Earlybooks and I don't have to look to see where I've put the book or worry about losing my place. As for music, I used to listen to records on a phonograph

(remember those?), then to a CD player but now I've found I can Google Youtube and whatever song, or singer or composer I want and there it is. I hate to say it, but there is some value in those technogadgets. Of course, that's when they're working and haven't taken it in their minds to inexplicably go down.

After all of this activity, I start to fade and so it's time for my afternoon liedown and probably a nap. Such luminaries as Napoleon, Thomas Edison and Winston Churchill took naps so I figure this is okay. In any case, I can't do much about it. I close my eyes and I'm off to slumberland.

I almost forgot. As Beverly and I spend most of our time sitting, I found some exercises for oldsters on Youtube. The ones we like best are those by a Coach Kozak and his sidekick Claudia and these two and their exercises have become part of our daily routine.

After supper, Beverly and I spend the rest of the day reviewing world events and discussing things like the meaning of life. Just kidding, after our usually arduous day we watch television.

Finally, there's the monthly "Observations" I have to write and, contrary to what you may think, it does take longer than five or ten minutes to do. So there you are. With all of these things on our plate and our aging selves it's no wonder time speeds by.

*Martin didn't mention that he also writes short stories and other pieces and so that his time doing this doesn't go to waste readers are urged to go to [amazon.com](http://amazon.com) and buy at least some of his laboriously composed works.*



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## LH Billiards Group

BY STEVE FOWLER

Congratulations to our winners of the April 6th CueMasters 8 ball singles tournament. 1st place Bob Moze (on the left) with 7 wins and no losses and 2nd Place Scott Artigo (on the right) with 6 wins and one loss. Our winners for the April 13th 9 Ball Tournament are David Rasmussen (on



7158 tedevkom@sbcglobal.net 12:45 PM sign in. Start play at 1 PM to 3:30 PM. Entry fee is \$2 and 100% of the fee returned to players as a prize. All levels of play. Meets 1st Wednesday for Singles 8 Ball (1/15) at 1PM. Meets 2nd Wednesday for Singles 9 Ball at 1PM. Meets 3rd Wednesday for Doubles 8 Ball (1/15) at 1PM.

Club dues are \$10 a year. Membership year is Jan 1 through

December 31 of each year. Dues for current members are collected January 1 to January 31. Members not paid by Feb 1 are delinquent and not eligible to play in tournaments. Membership Forms are available on the Billiards Room Bulletin Boards at both Lodges and on our website below. Provide the completed membership form with cash or check to your tournament leader, or mail to

the address on the bottom lefthand side of the membership form. All equipment needed is furnished to players. All you need to bring is your interest in Billiards. See what we have to offer and make new friends. See our website

at <http://lhbiliards.com> for information about our club policies, individual tournament rules, tournament winners, American Pool Players Association Information, and printable membership forms. Contact Tony Felice at 916-955-0501 [atfelice3@gmail.com](mailto:atfelice3@gmail.com) for information on the below listed tournaments.

Billiards Group Tournament Schedule by day of Week (03/16/2022)

Monday:

- Rookie Tournament -10:00 AM to 12:30 PM. For Inexperienced Players. Games are 17 minutes each. Play straight 8 Ball(singles). On the second Monday of each month 1/15 (singles). Bob Soriano 707-372-1240 [bobsfloor27@gmail.com](mailto:bobsfloor27@gmail.com)

- Rack-N-Roll-2 PM to 5:30 PM. Teams play straight 8 Ball, eight ball with 1/15, or 9 ball. Entry fee is \$2.00. 100% of the fee returned to players as a prize. The type of game to be played will be announced by the tournament leader (TL) before the tournament starts. Remy Giannini 916-543-8790 [aloharemy@hotmail.com](mailto:aloharemy@hotmail.com)

Tuesday:

- Mentoring - 9 AM-9:15 AM sign in for first session 9:15 AM 10:15 AM. Second session sign in 10:15 AM to 10:30 AM with play from 10:30 AM to 11:30 AM. Dave Polvi 925-918-5720 [Dpolvi55@gmail.com](mailto:Dpolvi55@gmail.com) All levels of play from Inexperienced to Advanced players.

- Ladies Group- Check-in 12:45 PM to 1 PM. Play starts at 1 PM. Six games at 17 minutes each game. Beginners to Intermediate. First Tuesday of month straight eight will be played. Then 8 Ball (1/5) played remainder of

month. Joan Wendell 916-434-5383 [gwjoanie@starstream.net](mailto:gwjoanie@starstream.net) or Interim Director Judy Radman 916-524-7013 [judy@greatexhibits.com](mailto:judy@greatexhibits.com)

Wednesday:

- CueMasters - Ted Komaki- 916-543-7158 tedevkom@sbcglobal.net 12:45 PM sign in. Start 1 PM to 3:30 PM. Entry fee is \$2.00. 100 % of the fee returned to players as a prize. All levels. Meets 1st Wednesday for Singles 8 Ball (1/15) at 1PM. Meets 2nd Wednesday for Singles 9 Ball at 1PM. Meets 3rd Wednesday for Doubles 8 Ball (1/15) at 1PM

- Co-Ed-4:15 PM to 6:30 PM. Must have a player number by 4:10 PM. Play from 4:15 PM-6:30 PM for Straight 8 Ball. 16 Minute games. Beginner to intermediate +. Each team plays at least six, 16-minute games. Advance sign up weekly. Rich Lujan 408-781-5815 [rlujan1234@aol.com](mailto:rlujan1234@aol.com)

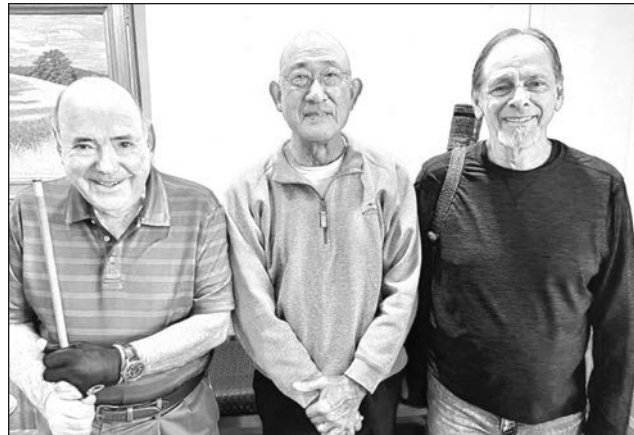
Thursday:

- Upstarts- Sign in 11:30 AM to 11:45 AM. Play from 11:45 AM to 2 PM. Intermediate for 8 Ball Random Doubles. Advance signup last Thursday for following month. Play six 17-minute games or until 2 PM. Rita Rush 503-780-0962 [ritaqueenofe@gmail.com](mailto:ritaqueenofe@gmail.com)

- Players-2:00 PM-5:30 PM for Midlevel Players for 8 Ball. Check in at 2 PM. Play from 2:30 PM to 5:30: PM. Advance signup last Thursday for following month. Sue Polvi 248-767-5833 [spolvi1@aol.com](mailto:spolvi1@aol.com)

Friday: Challengers: Friday 9:30 AM-12:00 PM for 8 Ball (1/15) high Intermediate

(cont' on page 37)





the left) 1st place with 9 wins, and one loss, Tournament leader Ted Komaki (center) and 2nd place Randall Sanders (on the right) with 8 wins and two losses. CueMasters - Tournament Leader Ted Komaki- 916-543-

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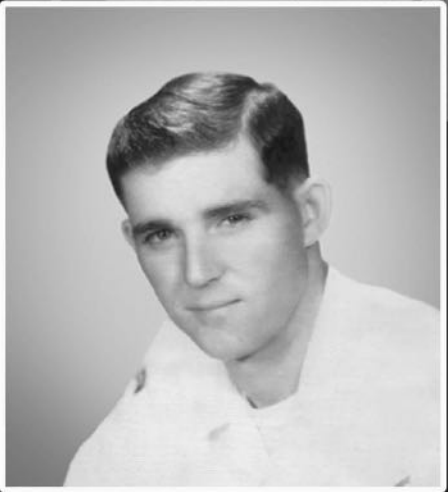
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## In Memory

Donald Gardetto passed away on April 22, 2022 after battling Alzheimer's. Beloved husband to wife Sandra for 57 years (Sandra is a LH Line Dance teacher). Don was preceded in death by his loving parents James Gardetto and Annuziata (Barsotti), sister Ernestine Lippi and brother Edward Gardetto. He is survived by his loving wife Sandra, son Michael (Suzanna) Gardetto and daughter Kelli (Max) Tapia. He was the proudest grandfather to five grandchildren: Sawyer, Peyton and Marie (Michael), Jack and Makena (Kelli). Watching them perform in athletic fields/pools was the highlight of his day.

Don was born and lived his entire life in Roseville Ca. He was a 1954 graduate of Roseville High School and followed his alma mater passionately throughout his lifetime. After attending Sierra College and later graduating from Sacramento State University, Don began his employment at Aerojet that lasted 38 years. He also took pride in joining the National Guard.

As a St. Rose parishioner, Don was an active member of the Knights of Columbus and raised his family to follow the Catholic faith. He liked a clean garage, a clean car and lived a clean life. He enjoyed being outside keeping up his yard and playing golf. He was a member of Sierra View Country Club in his younger days, but his home course was always considered to be the nearby Diamond Oaks Golf Course. Don followed his favorite college football team, the University of Notre Dame.

A Celebration of Life is planned on Friday, June 24, 2022, 11am at St. Rose Church, 615 Vine Avenue, Roseville. In lieu of flowers please consider donating to the Don Gardetto Memorial Scholarship Fund at Roseville High School. Mail checks to: RJUHSD Business Dept. ATTN: Scholarships to 1760 Cirby Way, Roseville, Ca 95661. Please reference the name of the scholarship on the memo line.

## Lincoln branch of the Sons In Retirement

The Lincoln branch of the Sons In Retirement will hold a three course gourmet luncheon at Catta Verdera Country Club on Tuesday, June 21st at 11:30AM. This cost of this luncheon is \$20 per person. There will be entertainment following the lunch. All attendees must have a vaccination card that shows the last vaccine occurring at least two weeks prior to the lunch or proof of a negative Covid test within 72 hours of the luncheon. All attending must sign a liability waiver upon entry. If you are interested in coming as a guest or in joining the branch please call, David Cesio 925-899-2193.



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## LH Billiards Group

(cont' from page 35)

to Advanced players. Play seven 16-minute games. Play begins at 10 AM and concludes at 12 PM. Advance signup last Friday for following month. The Advance signup sheets are in the binder on the Kilaga fireplace mantle. Dan Oden 916-408-2687 doden49@gmail.com

Saturday: Breakers -9:45 AM to 12:30 PM. Check in 9:45 AM to 10:15 AM. Play begins at 10:15 AM. Beginners to Intermediate for Straight 8. Play Six 16 Minute games Randy Fann 916-517-7430. randyfann@gmail.com

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## Cribbage

BY MEL SWITZER

In June, as we all know, the weather starts to get hot. But here are the people who got hot early. Our April winners were: Jodi on 4/12, Mel Switzer on 4/19, Bob King on 4/26 and Jodi again on 5/3. We play every Tuesday starting at 8:30 in the OC card room for warm-ups and our tournament play starts at 9:00. If you win, you could be a little richer, maybe enough to buy a small breakfast. If you're the "biggest loser" you can go out and buy a donut. We have room for you at the table, and maybe you'll win the Egg McMuffin.

Questions: Call Mel Switzer at 510-589-7658.

See you on Tuesdays at 8:30 AM.

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## Duplicate Bridge

BY SUSAN BRENDEN

Looking for a fun way to spend an afternoon? Try Duplicate Bridge! We offer all levels of play at a cost of \$3 per player. During the month of May some new players joined our club and were welcomed with a great round of applause. We are currently offering lessons before the Wednesday game for all levels of players.

If you live in Sun City Lincoln Hills, our club is currently holding Duplicate Bridge games on Wednesdays and Saturdays in the Kilaga Lodge at 12:30 PM. Because Bridge necessitates playing near each other proof of vaccination is required. If you are interested in playing in Lincoln, please contact Elise Homer at elisehomer@gmail.com to make a reservation with a partner in advance.

If you are new to the area and considering a new hobby, give us a try! Have fun, stay young, play Bridge!

For more information about Bridge contact Susan Brenden at momrnsf@hotmail.com.

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## Lincoln Police Department — Volunteer Program

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

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

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

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## Lincoln Parkinson's Support Group

Meets the 3rd Tuesday of each month from 10-11:30 am

Location: Lincoln Community Church  
950 E. Joiner Parkway, Lincoln CA

Please wear a mask if not vaccinated.

Questions? Call facilitators Gary High, 916-434-5905 or Susan Feldman, 916-919-0063

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WELLS FARGO RETIREE CLUB is reaching out to all Well Fargo Retirees. If you retired from Wells Fargo & are interested in joining us, please contact Katie Hiskens 916-212-1147 or Bonnie Luster 916-838-7173.

HAVE YOU BEEN DIAGNOSED with Polymyalgia Rheumatica or GCA? A new support group is now forming in SCLH. Please contact Adrian at 916-408-4332.

DEPARTMENT OF DEFENSE Dependents Schools educators (DODDS/DODEA). Call if you want to meet 916-409-5094.

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

\*\*FREE ADS — INCLUDE

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

BUSINESS ADS

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

Classified Ad Submissions —

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

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

1. Contact name and phone number.
2. Which category to place your classified ad in: (Service, For Sale, Wanted, Announcement)

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

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

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

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

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

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

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



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<b>1332 Sweet Juliet Lane</b>	<b>Sausalito</b>	<b>\$856,000</b>
<b>872 Cottonwood Court</b>	<b>Meadowgate</b>	<b>\$885,000</b>
<b>363 Shepherds Court</b>	<b>Annadel</b>	<b>\$896,000</b>
<b>240 Shadow Lake Place</b>	<b>Meadowgate</b>	<b>\$905,000</b>
<b>320 Geary Place</b>	<b>Monterey</b>	<b>\$965,000</b>
<b>2339 Walden View Lane</b>	<b>Plumas</b>	<b>\$1,003,000</b>
<b>863 Cottonwood Court</b>	<b>Meadowgate</b>	<b>\$1,200,000</b>
<b>2432 Sutter View Lane</b>	<b>Sonoma</b>	<b>\$1,250,000</b>
<b>872 Cottonwood Court</b>	<b>Meadowgate</b>	<b>\$ 1,400,000</b>

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