

SUN SENIOR NEWS

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Ann Waters: Living Life to its Fullest

BY JENNIFER MARTIN

Visiting Ann Waters house is both an alarming and tempting experience. First, you're greeted with menacing barks from Charlie, her "attack dog," who then proceeds to hop on your lap to be petted and instantly becomes your new best friend. Then, on the way out, Ann invites you to help yourself to a bowl of chocolate bars on a stand near the front door, her customary parting gift to company. No doubt, charming Charlie and chocolate will make you want to come back again soon.

Born in Malvern, Arkansas, Ann moved with her parents and older sister to Roseville in 1951 when she was five years old. After her mother opened two coffee shops in Fair Oaks, Ann began helping with the family restaurants, waiting tables at the early age of nine. She attended local Roseville schools, graduating from La Sierra High School in 1964.

She married after high school and a few years later was hired to work at Whispering Pines Steak House which reigned as the



Ann Waters with her dog Charlie.

restaurant monarch of Granite Bay at the time. When Ann's first marriage ended, she married Jess Clayton, owner of Whispering Pines Steak House, and with that new partnership came

extra responsibilities beyond waitressing. She learned how to bartend, cook a little bit, and even keep the books.

The large restaurant with seating for 400 really kept Ann on her toes. It had a full-service bar, the only one in the area, and featured live music and dancing every weekend. Adjacent to the main dining area was an even larger banquet/conference facility available for private and public functions, like Rotary Club and Chamber of Commerce meetings. The Pines was also very connected to the Granite Bay community, sponsoring local sports organizations such as the Lakeside Little League and Eureka Youth Soccer Club and donating meals to local charities and schools for fund-raising events.

Working at the Pines was to become the highlight of Ann's career in the restaurant business. "I liked the people, the customers, always being busy," she recalls. "I just loved it (cont' on page 21)

SCR Foundation 2022

BY LISA CRYAN



The ongoing mission of the Foundation is to provide services that address the physical, cultural, educational, and social needs of Sun City Roseville residents. This month's article will showcase a couple of those services and provide you with dates for upcoming educational and social activities.

In response to requests by residents, the Foundation created the Alternate Living Considerations guide to assist residents in planning for their future. The guide is a compilation of information and important questions to consider when planning alternative living arrangements. The guide is updated frequently and can be found on the Foundation's website at: www.scrfoundation.org, and clicking the "Alternate Living Considerations" tab. Please note, friends and family can easily access the guide since the Foundation's website is public.

The Foundation's Home Maintenance Program is one of our most widely used services. In the first four months of 2022, the Home Maintenance Team made 444 total house calls and provided 607 different services. Here's how to request service:

- Use the electronic Maintenance Request Form on the Foundation's website
- Visit the Administration Office in the Timbers Lodge to submit a Maintenance (cont' on page 5)

Request Form

- Call our scheduling volunteers at 916-774-9040

This program relies heavily on volunteers, if you would like to join the Home Maintenance Team, please contact Doug Smoot, Director of Home Maintenance, at scrhomeservices@gmail.com.

The Foundation is once again partnering with the SCRCA Activities Department by funding the Speaker Series. The next speaker is scheduled for Monday, July 18, 1:00 pm–3:00 pm. Back by popular demand, "The Best Acting Moments in Movies" will be presented by Marc Lapadula. There is a \$5.00 cover charge. Bingo lovers—save the date! The Foundation's next Bingo event is scheduled for Sunday, August 14 at 1:00 pm, tickets will be available for purchase at the Courier days in August. To learn more about the Foundation's services and volunteer opportunities, please join our board members for a special presentation on Saturday, June 18 at 10:00 am in the Timber Creek Ballroom. Refreshments will be served. Bring your questions and suggestions, we'd love to hear them.

Sun City Singers

BY JACKIE PROETT

It's June, and while most people are preparing for Father's Day, graduations or weddings, the Singers are up to their vocal cords in concert plans. "Come On Along" is the title, Monday, June 6, is the day, 7:00 pm is the

time, Timbers Ballroom is the place, \$15.00 is the ticket price, and Ticket Chairman is Jahna Holmes, 530-559-0599. Sure hope you already have your ticket! Come, we'll make room!

That goes for Singers and guests only when it comes to our final celebration of the season. On Wednesday evening, June 8, at Sierra Pines, a yummy dinner, Installation of Officers and a concert wrap (when we exchange compliments and suggestions about our concert) all take place. We find that these meetings of shared advice and praise are beneficial for future performances.

Imagine, after almost two years of being locked down, doing concerts again. People can complain all they want about the Covid years, but so many lessons have been learned. In our ordinary lives, we have so much to be thankful for. Maybe it takes a locked door to realize the joy of a key!

The Singers are the key. Join us, and we will open the door to music, and music is the key to happiness. It is time now for our summer vacation, but join us in August when we cool the triple digits with Christmas carols.

...

All Tuned Up

BY BARBARA MILLS

The ATU group presented a fantastic variety show called "Back Together Again" on April 28 at Sierra Pines.

After President Letha Dawson welcomed a sell-out crowd of 160, guitarist and singer (cont' on page 5)

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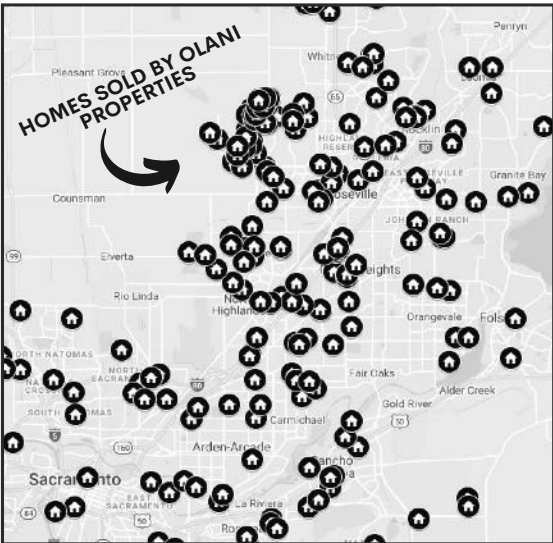
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916-727-6383 • Fax: 916-727-6373 • E-mail: SunSeniorNews@gmail.com
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Email: Ad@SunSeniorNews.com



EDITORS
Gregg & Liz Goldthorpe

PRODUCTION ASSISTANTS
Madison Goldthorpe-Lewis,
Emily Goldthorpe

ADVERTISING
Gregg Goldthorpe

CONTRIBUTORS

Jennifer Martin, Lisa Cryan, Jackie Proett, Barbara Mills, Pam Allen, Jane Bohn, Linda Aug, Lenora Davis, June Evans, Earl Wiklund, Linda Vincent, Nancy Vavul, CJ Kidd, Tim Miles, Brian Sutton, Linda Gordon, Lois Arlen, Karen Levine, Toni Fisher, Barbara Eichten, Sherri Scott, Nancy Green, Charlyn Ross, Scott Titensor, Pat Teilh, Steve Gustafson, Cathy Schimansky, Carole Vaillancourt, Karen Buford, Janet Morelli, Doris Merchant, Suzette Austin, Bob Montalvo, Bob Verzello, Don Woods, Dianne Barnett, Bill Weaver, David Moore, Julie Harris, Debbie George, Terry Dooley, Barbara Mills, Ralph Friend, Bruce Ahnberg, Martin Green, Elna Regan, Brence Davis, Lauri Moorman.

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Park Improvements Honor Military Veterans

BY PAM ALLEN, *City of Roseville Parks, Recreation & Libraries*

Roseville's Veteran's Memorial Park North has a beautiful new look and feel after recent upgrades were completed.

"Our Parks staff noticed that the trees planted to honor our Veterans weren't looking healthy," says Parks, Recreation & Libraries Open Space Superintendent Brian Castelluccio. "They were really struggling with the salinity in the recycled water and being watered by overhead sprinklers designed for the turf.

So, we decided to replace the trees with a species that could better tolerate the recycled water, remove the turf and install an efficient irrigation system for the trees."

Overall, 52 Armstrong Maples were planted, 25 were replacements and 27 were additions to the grove. The turf around the trees was removed and replaced with bark to help hold in the moisture from the new drip irrigation system.

The park stands in tribute to the men and women who have served in the U.S. and Allied Armed Forces. The City of Roseville in partnership with the Roseville Historical Society and several Veterans groups have installed flagpoles, lighting, a rose garden, a Brick Walk of Honor and the Memorial



Tree Grove.

Your donations provide a way for our community to participate in honoring our heroes. As of today, there are 27 Veterans being honored with a tree.

"The goal of the upgrades to the park was to honor our Veterans in the best way possible and also to ensure the sustainability of the trees planted to memorialize them," adds Castelluccio. "Our Parks Maintenance, Irrigation and Urban Forestry teams really stepped up to complete the renovation, and based on how amazing it looks, really took pride in the job."

If you're interested in sponsoring a tree or brick in memory of a Veteran you can find forms at roseville.ca.us/VeteransMemorialParkNorth.

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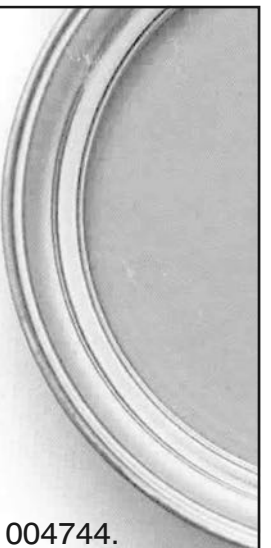
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All Tuned Up

(cont' from page 1)

Bruce Ahnberg started the show off with his rousing version of "Kansas City" he called "Sun City Rose".

ATU has several wonderful female singers: Gerry Capellino sang a beautiful "Here's That Rainy Day" accompanied by guitarist Gary Mills. Judy Hackett performed the sultry "Fever" accompanied by Kenny Giorgio with a finger-snapping backbeat and Kathy Koong sang "The Girl from Ipanema".



The group also has some great male singers: Ken Roberts sang "After the Loving" on guitar. Ted Ball sang his usual hilarious comedy song "I Ain't Got But 50 Cents". Ted is only 94 but still loves to perform and the audience loves his act! Charlie Kidd, guitarist and singer, performed "Sweet Caroline" with back-up singers Cory Blasser, Jean Duffin, and Patti Falkenberg.

We had some great "blues" by The Groove band lead by Kenny G. and Glenn Burleson, both on lead electric guitars doing "Born on the Bayou." Bruce held down the bass guitar duty for a majority of the evening.

Dale Melberg sang "Mack the Knife" accompanied by Gary. There was a rousing performance of "Kokomo" with the audience joining in. Carolyn Winter inserted a nice harmonica break in "Kokomo."

Kathy and Henry Koong played a difficult harmonica piece and Ray DeBenedetto joined ukulele players Rebecca Hellman, Gordon Bjonerud and Sandy Blaisdell for a sing-a-long "When You're Smiling".

The percussion section of the band was anchored by Bill Muncy and ably assisted by Frank Vanacore and Lem Lapitan.

We had the pleasure of hearing Jan and Joe Given performing on piano and violin. Joe Lopez tapped his way through "Take Me Out to the Ballgame" getting the audience to join in.

The variety of music was great and the audience could tell we were having fun!

...

Music and Laughter

BY JANE BOHN

Once again at the end of the show our prize winners captured the moment and made me laugh out loud. You would think they won a million dollars. The fortunate recipients included Dennis Hellman, Jackie Coyne, Ken Roberts, Alicia Vila'Chaponot and Nancy Boncier. We hope they return having spread the word about this fun group.

Hooray for our fabulous entertainers who continue to appear with their various instruments and include us in many sing-a-longs. These talented neighbors of ours included Bruce Ahnberg, Judy Hackett, Ken Roberts, Joe Given, Jan Given, Charlie Kidd, Jan Montero, Ed Lick, Dennis Hellman and Ray DeBenedeto. A spontaneous highlight occurred watching precious 94 year old Shirley Moe and Ingrid Carriker dance and sing to Charlie Kidds' rendition of "Old Bones." It was so much fun we hope they will do a repeat performance in the future as we've had wonderful feedback. The show ran fifteen minutes over and we still did not get in all the entertainment we had hoped.

Once again we want to thank our audience, all our entertainers, and our steadfast helpers Maria Hajgato, Nancy Stetz, Jill Aggersbury and Dennis Hellman. Hope to see you at our next gathering Wednesday evening 7pm, June 8th. Doors open at 6:30. For all you new folks, we meet at our other lodge, Sierra Pines, located on the corner of Del Webb Blvd and Whistlestop Way. Bring your \$1 donation, your best smile, and come be entertained and join in the fun. Surely you agree we all need more of this uplifting entertainment. I am ever grateful to all of you who make my job absolutely exhilarating.

...

Sun City Harmonicoots

BY LINDA AUG

The month of June honors the Roman goddess Juno, the goddess of youth and protection. This seems particularly true when one refers to Frank James, brother to Jesse. Legend has it that Billy the Kid aimed a bullet at young Frank's chest, but it was deflected by the protective armor of his harmonica! Frank James had both youth and protection on his side when his life was saved simply by carrying

a harmonica in his pocket! Fact or fiction? One wonders.

While the harmonica may have caused Frank James to dodge a bullet, there is truth to the harmonica being a life saver! It promotes lung expansion, increases memory, reduces stress, and makes one feel younger! Fact or fiction? Fact!

Dick Conzelman, Chair of the Sun City Harmonicoots, agrees with all these benefits! Dick has a long history of involvement in Sun City after moving here with his wife Shirley in 1996. He was elected to the Board of Directors and served from 2000 to 2002 and again 2004 to 2006. Dick also served on the Foundation Board for 6 years, being chair for 2 years. His committee work has included Community Relations, Sports Advisory, Ambassador, Government Affairs and Properties Committees.

In 2019 Dick enrolled in classes offered by the Sun City Harmonicoots. His leadership skills led him to the position of Chair in 2021. "I never intended to perform until I got "caught up" in the Harmonicoots and all the fun they were having."

Dick welcomes new members to the group. "I know they will enjoy learning and playing with all their new friends. We have new members in the Harmonicoots, and they are learning and having fun."

Get "caught up" in the Harmonicoots like Dick! We Will Rock You! Fact or Fiction? Fact! Harps Up!

...

SCR Dance Club

BY LENORA DAVIS

How does an evening of glitz and glamor sound, where you can dance the night away? Can't remember the last time you got gussied up for a night out on the town (Sun City style)? Well, look no more! I've got just the ticket. In fact, tickets are now on sale for the Wednesday, June 29 election dinner dance being held from 6:30 to 9:30 in the ballroom. Since the theme is "It's show time!" you are sure to be entertained by members of the dance club and the wildly popular Charlie Kidd on his guitar.



Each table will be decorated showcasing a different popular Broadway musical. Feel free to dress as if attending a premiere or dress in a costume from a Broadway show. You are in for a special treat. Wear your sparklies and stomp your feet, The music cannot be beat. Buy your tickets now to save your seat. A Tuscan buffet for you to eat. Tickets can be purchased in any dance class or by calling Gerri Junso at 916.865.9793. If you attended our May 16 social event, you know how much fun our dance club is. Everywhere you looked, there were smiling faces and happy feet.

During our May 2 Club Showcase, our passionate volunteers dedicated their time to introduce our club and various classes we have to offer. Sincere thanks to Charlie Baughman, Susan Glover, Kathy Westcott, Lali Hearn, Lenora Davis and a special thanks to Shelly Winters for her creation of the Dance Club Poster. See you on the dance floor!

...

Creative Arts Club

BY JUNE EVANS

If it's an animal or bird, Jule Moorman is likely to catch its likeness in one of her many creative ways. Her fused glass night lights were especially popular at our recent Art Festival, but this medium is just her latest foray in expanding her pottery beginnings. Born and raised in Auburn, California, where her parents



(cont' on page 7)

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Executive Director Comments

Capital Projects – Two Steps Forward, One Step Back and One Step to the Side

BY EARL WIKLUND

One Step Back—The Board of Directors voted in Executive Session on May 11th to accept the recommendation from the Executive Director and Chair of the Strategic Planning Work Group to not move forward with final approval of the construction contract for the SPI-WG Phase A-2, the redo of the Fitness Center locker rooms and the expansion of both the Fine and Creative Arts rooms at this time and delay the start until March 2023.

After careful consideration, the Board made the decision based on a number of factors: lack of interest from various trades to bid on the project due to the smaller size of the project, significantly higher costs due to a very busy construction cycle, not enough bids per trade to meet Association financial policies and as a result of spending more time in an effort to receive additional bids, now risk starting the project later where portions of the buildings could be open to the elements during winter months during construction. The delay until March 2023 will allow more time for the current construction boom to slow down as fewer projects are started. This correlates to the Federal Reserve's intent to increase the discount as much as 2% over the next nine month. Fewer projects should allow greater

availability of appropriate sub-contractors and lower material costs. However, we will complete the approval process of obtaining the building permit from the City of Roseville at this time.

Two Steps Forward—Let's review the two steps that are moving forward, which are both the Master Improvement Plans for Landscape and the Golf Courses which are either underway or moving forward as planned. The MIP – Landscape project of redoing the four entrances of the Community is well underway and should be completed by June 30th. The smaller entrance at Rose Creek and Pleasant Grove is already significantly done with a few touches to be added shortly. The removal of existing plants, the demolition phase has been completed for both entrances for Del Webb Blvd. and the one for Sun City Blvd. The month of May is being used to rebuild the irrigation systems for these remaining entrances with the actual plantings being done during the month of June. All plants for the project have been sourced which required purchases throughout the State. Prior to the start of the MIP Landscape, projects over the previous year have substantially replaced all irrigation for our common area landscape on all the

boulevards with just some areas left on Del Webb Blvd to be done in the 2022-23 budget.

The MIP – Golf project is still on target to begin work for the 2022-23 budget. Work will start in February / March 2023 for the renovation of the Timber Creek Golf Course putting green, driving range and the chipping practice area. Final selection of the contractor is currently underway and the project is anticipated to be completed within our budget

And One Step to the Side—The City of Roseville will begin work for our five-year \$17 million street renovation program later this summer. The project continues to repair both the street pavement cracks and resurfacing our streets. Work in 2022 is the third year of the five-year project which will culminate in the Summer of 2024. Also, this summer, the Association will reseal, restripe and make minor repairs to the parking lots for the Lodge, Sierra Pines and the golf course maintenance yard located off of Timber Rose.

Sometimes it seems we have to do a three-step shuffle to complete our improvement projects ... but the music keeps changing. Regardless, our projects continue to make progress and they will be completed, making us a great place to call home. Enjoy your community.

Creative Arts Club

(cont' from page 5)

and grandparents are well known members of the community, Jule moved to Sun City five years ago after traveling around the United States. She retired 25 years ago which is when she took up pottery, building a studio in her home. She was following in the footsteps of her mother, Phyllis Denny, a skilled potter who had her work shown in the Crocker Art Museum in Sacramento. Surprisingly, Jule had only played around with clay when she was a youngster.

Jule sold her work at art shows, specializing in garden art, as her love of nature led her to creating pottery bird houses and baths, and electric fountains. Jule characterizes herself as a largely self-taught artist, taking one course to learn the basics and then researching extensively and experimenting.

Jule enjoys learning from others, and says that the greatest benefit of belonging to the Creative Arts Club is the help she receives from members, and the exchange of ideas.

Jule is also a golfer with 30-40 years under her belt.

• • •

(more Club News cont' on page 9)



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Neighborhood Watch/Citizen Patrol

BY LINDA VINCENT

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- Get to know your neighbors, especially those that live alone or may be at risk.

Watch for irregular patterns in your neighborhood, such as trash bins being left on the street or newspapers/mail piling up on a doorstep.

Have contact information for your neighbors because a simple call or text message to check-in or give a reminder to close an open garage door keeps everyone connected.

- When going on vacation, tell a neighbor – they can keep an "eye" on your property while you are gone. We also have a form on our website or in the Neighborhood Watch Office to request a Vacation House Check by the Roseville Police Department.

- Report any crime or suspicious activities to law enforcement. If your gut tells you something is wrong – call the non-emergency number 916-774-5000 making the Roseville Police Department aware of the situation. Let a dispatcher help you decide whether you should have called.

Keeping Seniors Safe – Protect yourself and your identity

- Don't carry credit cards you don't need or large amounts of cash
- Use direct deposit for Social Security

and other regular checks.

- Lock doors and windows even when you are home.

- Don't fall for anything that sounds too good to be true - a free vacation; sweepstakes prizes; cures for cancer and arthritis; a low-risk, high-yield investment scheme.

- Never give your credit card, phone cards, social security, or bank account number to anyone over the phone. It's illegal for telemarketers to ask for these numbers to verify a prize or gift.

- Don't let anyone rush you into anything - an insurance policy, a sales agreement, a contract.

- And last, but not least, don't fall for the phone call asking to send money to a relative in trouble. If you get a call that is supposedly a family member in a crisis, hang up and call that person's number directly. If you are unable to reach them, call another friend or family member who may be able to validate their whereabouts.



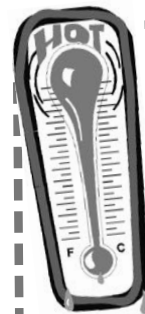
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Fine Arts Club

BY NANCY VAVUL

This month we are saying goodbye to spring and hello to summer. What better way do we have to reflect upon the changing seasons than to enjoy the small works our club members have created that are on display in the showcase across from the art room? In June the weather is still fine for some plein air painting so you could consider creating a small piece to place in the hallway showcase in August when Fine Arts will again be up with summery works

Coming up this month is our installation luncheon at Sierra Pines on June 10 at 11:00. The cost is \$20 (non-members \$25), so if you have not yet handed in your check, made out to SCR FA, be sure to do so by the June 6 deadline. The sunflower theme will brighten our spirits, and the food, wine, prizes and fellowship will keep the good times rolling. At this meeting you will meet the newly elected officers and council members for next year. You will also receive an envelope so you can renew your \$15 membership for the upcoming year. Don't forget to bring a check.

Thanks to June Evans for coordinating the art display in the Galleria. If you haven't seen it yet, you can still check it out until June 19 on the second floor across from Crate and Barrel.

The status of our room is still uncertain so we will continue to assume that activities will continue there until they can't. Artwork by club members will be on display in June

and perhaps longer on the gallery wall and in the window. Be sure to check your email for news, changes of location, and other updates. In the meantime, keep painting, enjoying each other's company, and beautifying our world.

• • •

Needle Arts Club

BY CJ KIDD

Keep your heart filled with happiness and keep finding new ways to grow. Remember, when you smile, the whole world smiles with you.

Today is Show and Tell Day at the Needle Arts General Meeting in the Ballroom. I am so impressed with the amazing talent that so many of our members share with other members.

As we acquire new members, it is important to share our lives and time with them. Invite a new member to your friendship and or social group. Help them get involved in our club. Remember when you joined, you wanted someone to help you become acquainted with others and with the Needle Arts Room and with all the activities that are available to Needle Arts Club Members. So, smile and say Hi to a new Member today. It is very rewarding to make someone else smile and feel good about the choices they have made.

Wednesday, June 1st is also Election Day for the Needle Arts Club. The slate of officers was announced at the April 6 Meeting. The slate of officers is: President - CJ Kidd, Vice President - Dinae Faulkner, Co-secretaries - Paula Hau and Linda Nelson, Treasurer - Nancy

Dunne. All officers look forward to organizing meetings, programs and events for you to enjoy. The Vice President will plan 6 programs for the general meetings. Committees will organize the yearly events for us to enjoy: The Tea and Tables in March or October, Fashion Show and Luncheon in May, Two Show and Tell Programs (where members will share their talent and creativity by showing their hand-made items at our general meeting) and The Craft Fair in November.

We have an exciting 2022-2023 year planned.

• • •

Roseville Stamp Club

BY TIM MILES

Things are starting to pick up again coming off the COVID pandemic. We have a lot of get-togethers taking place in June and July. Al Raub has been great in keeping us informed during all the cancellations caused by the crisis. Pay close attention to his emails, as they have all the dates and times as they evolve.

The long-delayed Club Dinner will be held in the Solarium at Timbers At The Lodge restaurant on June 6th from 6 to 8 pm. Checks have been submitted for months and we look forward to seeing everybody for a great time.

Our meetings in the month of June are set for Tuesday, June 7 and Tuesday, June 28 at the regular time of 6:30 in the meeting rooms at the Sun City Roseville Lodge (7050 Del Webb Blvd). The times are determined by the space available, due to demand for the areas. The

July meeting is for Tuesday, July 12th, also at 6:30. This is the only meeting that month due to demand for space from other groups.

Al Capparelli's "Open Garage" get-togethers are being held from time-to-time on Thursday and Friday, instead of the weekends, due to Al's family needs. Al Raub will keep us posted as to when they take place.

We have several new collections being dispensed and they are available for viewing at the Open Garage get-togethers and the regular meetings.

One of the biggest stamp shows in the country will be held at the Sacramento Convention Center on August 25 thru 28. Many of our members will participate in the show and there will be lots of dealers from all over the country showing and numerous displays of stamps showing many themes. Mark your calendars.

• • •

Cinema Group

BY BRIAN SUTTON

We guarantee you will be tapping your toes and humming a song as you enjoy our June movie... Singing in the Rain (1952)



The movie, a spoof of the turmoil that afflicted the movie industry in the late 1920s when movies went from silent to sound,

(cont' on page 11)

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Cinema Group

(cont' from page 9)

stars Gene Kelly, Debbie Reynolds, Donald O'Connor, Cyd Charisse, and Rita Moreno. It is a classic that allows us to once again enjoy the performances of these great entertainers.

One reviewer wrote, "It is a high-stepping musical with energetic dances and songs that held audiences spellbound. The song and dance routines are as fresh now as they were when the movie was first released. They capture a magical and romantic time ideal for anyone wanting to escape today's fast paced, technologically driven digital world."

The internet movie data base, imdb.com, rated the film an exceptional 8.3 out of 10 and on the movie review website "Rotten Tomatoes" seventy critics gave it 100%.

Join us for this exceptional June movie.

Friday, June 17, at 1:30 pm • Spruce Room, Sierra Pines.

As always, Admission is Free!

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

• • •

Healthcare Professionals

BY LINDA GORDON

The Healthcare Professionals Group is growing. Calling all past and present Healthcare Professional to join us. We are a new but very congenial group with members from various Healthcare professions. We allow for plenty of time to get to know each other, to enjoy a speaker and to have lunch.

At our May 4 meeting we had 23 members in attendance. Member Jack McGurk gave a very informative presentation about "Combating Healthcare Acquired Infections Through Environmental Cleaning." Much of this was from his own personal experience as the Chief of the Environmental Management Branch at the State Department of Health Services.

Our next meeting will be on July 6, 11:00am-1:30pm in the Ponderosa Room in Sierra Pines. Our speaker will be Tami Grigoleit RN, Director of Quality Assurance at Snowline Hospice. Her presentation will be "Knee to

knee with your loved one, family, neighbor... creating a safe space for conversations about goals of care." Lunch will be served. The cost is \$10. We must have your RSVP for the meeting for setup & food. RSVP by July 1 to Linda Gordon, information shown below.

The group also sponsors a Blood Pressure Clinic on the 2nd Wednesday of each month from 9:30-10:30am in the Fitness Center. No appointment is necessary. Next clinic is June 8.

Remember: The club is being resurrected and transformed. Now is a good time to join us, give your input and get involved, all suggestions gratefully received and discussed –continue your healthcare identity!! For more information, to get yourself on the mailing list and RSVP to the meetings contact Linda Gordon at garlind77@gmail.com or 510-813-7815 (call or text).

• • •

Jewish Fellowship Circle

BY LOIS ARLEN AND KAREN LEVINE

Our Passover Seder at the Lodge was wonderful. The food was terrific, and thanks to Sherry Bleiweiss and Pat Gullett for making the "matzah balls" for the soup. It was so nice to be with everyone together after our many months apart from Covid. Hoping that even more people can join us next year.

Our next event was held in May to the wineries in Fair Play. Look for more details in the following issues about our visit.

As we are rounding the corner to Summer, we have some fun events coming up:

The Book Club will meet on Monday, June 6 at 7:30pm at the home of Larry and Sherry Bleiweiss. The book that will be discussed is The Pessimists by Bethany Ball. Even if those who haven't read the book, they are still welcome to come and join the group.

To celebrate the Shavuot holiday, we will have a dessert pot luck on Sunday, June 12 at the Sierra Pines. As is said, "Life is short, eat dessert first."

We are once again going to have our much requested Games and Pizza Night on Sunday, July 17 at the Sierra Pines. Bring your favorite games and prepare for an exciting evening.

We have many activities planned for the future and hope that you can join us. Check the Sun City website for more information or contact our president, Gus Ballis.

• • •

Democrats

BY TONI FISHER

We are happy and very proud that twenty-five of our members have stepped up to staff two precincts for this month's Primary Election. While they know that this work raises funds for our group and that the precincts are conveniently back in the lodge, we know that their commitment to democracy motivates them. As we prepare to work our ninth election, we recall how well the County Board of Elections works to establish locations, assigns our precincts and organizes training and delivery of equipment and materials.

In the highly divisive political climate our nation has experienced in recent years, the nonpartisan approach demonstrated by the County staff can be attributed to the leadership of Ryan Ronco, the Placer County Clerk-Recorder-Registrar of Voters who sets a completely nonpartisan climate within the department, freeing the staff to perform well, producing accurate results that the voters can trust.

• • •

SCR Computer Club

BY BARBARA EICHTEN

We would like to thank PJ Cousineau-Palmer for her enthusiasm and hard work! At the end of June, PJ will be retiring from the Computer Club and the Genealogy SIG. PJ has been very active in many clubs for 15 years. She will be greatly missed in our community. Good luck, PJ!

Volunteering is a large part of Sun City Roseville. Because many of the newer residents are very familiar with computers, we could use your help with community members unfamiliar with computers, either on an individual basis or speaking to a group. We appreciate Kim Hofmann speaking on tips and tricks for the iPhone in April. Matt Oberlin will be speaking on June 27 on "Tips and Tricks for Computer Security and Online Safety" at 10:00 in the Ballroom.

The Council meetings are held at 9:00 am and the General meeting at 10:00 am on the fourth (4th) Monday of each month in the Ballroom. We have no meetings in July and November.

Special Interest Group (SIGs):

Genealogy Future meetings/speakers to be announced.

Photo SIG - PhotoSIG will be meeting on Friday, June 17 at 10:00 am in the Computer Room. Submission of a maximum of 3 photos sent to photoSIG916@gmail.com are due by Monday, June 13, 2022. June's theme is "Water" (any form) and the photos must be taken between January, 2019 and the photo submittal date. Contact Dennis Studer or Jenni Ramirez for additional information.

Digital Imaging and Editing- Friday, June 3 at 10:00 am in the Computer Room. Learn to edit, process images, and improve taking your photos.

All 'Bout Apple – Charlyn Ross (916-772-1447) will be available in the Computer Room on (the second Tuesday of the month) from 2:00 – 3:30 pm.

• • •

Conservative Action Group

BY SHERRI SCOTT

As a group we have been extremely busy: 1. Several places in Sun City were opened for gathering petition signatures.

2. We continued placing campaign signs in yards for those that were interested.

3. A get-out-the-vote door hanger for Kevin Kiley, Joe Patterson and Roger Niello was left at most registered Republican homes along with a post card for Anthony Trimino.



At our May 2 meeting, we viewed a video of Anthony Trimino who is running for Governor of California.

Join us at our next meeting, at Sierra Pines on Monday June 6, 6:30 pm.

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(more Club News cont' on page 14)

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Ambassador Committee

BY NANCY GREEN

The scheduled Mix n' Mingle held on April 27 was a great success! It was held at Timber's and the theme for the event was "The Olympics". The event was to promote "volunteerism" within Sun City Roseville. Each committee was assigned a "sport" for their booth and explained to residents about the work that they do for Sun City. Our Ambassador booth was "cycling" and many thanks to Mary Onodera, who outdid herself, with decorating the cycling theme! Small candy favors in the shape of bicycles were given out to all who stopped by our booth!

Applications for all committees will be accepted until June 17. Interviews will be from

June 20 – July 1. We are excited to meet the new applicants and welcome them into the Ambassador committee.

June 14 is Flag Day and will be celebrated in Timber Creek Ballroom at 7:00 PM. Celebrate our flag and enjoy all the patriotic events of the evening with fellow neighbors! See the Courier for the latest details!

The Ambassador's will be hosting another "New Resident Welcome" on Saturday, June 25, 2022. The time is 4:00 pm to 6:00 pm and it will be held at Sierra Pines. Residents who have registered into Sun City during the months of February, March, April and May will be receiving evites, so be sure and check your emails! We look forward to meeting our new neighbors and will be happy to answer any questions!



Website Work Group

BY CHARLYN ROSS

The Special Days of June — June is the month of weddings, the most daylight hours, Father's Day and this year, two special events on June 14th. That evening we will have a "strawberry moon", a full moon that might look a little pinkish in color, but actually gets its name from June being when most strawberry crops ripen.

June 14th is also Flag Day. Our community will be celebrating with a special patriotic program at 7:00 pm in our Ballroom and also, by encouraging residents to proudly display the American flag on their property. Our Resident Website, www.scrs.org will provide all the details for this celebration.

Our "Gorgeous" Public Website — As Sun City Roseville homeowners, we enjoy all the features, amenities, programs, etc. that are made available to us. However, we need to protect our investment by being attractive to new residents. This requires maintaining our property and supporting the maintenance and improvement of our facilities. It also requires promoting our community to potential buyers.

In today's world of technology, the main avenue for advertising Sun City Roseville is via the internet. Our IT staff has recently revised our Public Website, www.suncityroseville.org, to show off our community and its surrounding area. The website has been formatted for viewing on a computer screen and on the smaller tablet and smart phone screens. Take a moment to check it out.

The home page has an attractive revolving photo banner. As you scroll down the page, past an informative description, you will find a five-minute video followed by some links to our golf programs, restaurant and lounge, ballroom, home floor plans, activities, and guest information. The "hamburger" button, at the top right side of the page contains links to additional information.

Now, when you travel and are asked about your home area, or you just want to brag about where you live, you can direct people to our "gorgeous" Public Website, www.suncityroseville.org.

Website Hint — The online SCR Directory can be found in the "Community" menu. To locate a resident by name, address, or phone number, use the "Search:" field. However, if you only have part of a name, address, or phone number, you might try using the "Advanced search..." link, where each item, "First Name", "Last Name", etc. has a drop-down menu offering multiple ways of locating a resident with only partial information.

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

Future Website Workshops — Our Resident Website, www.scrs.org, is an important communication feature it should be the "Go-To" place for information about the activities, meetings, events, etc. that are scheduled in SCR..

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Compliance Committee

BY SCOTT TITENSOR

Electric Vehicle Charging in Sun City Roseville — For Those Sun City Roseville residents considering the purchase of an electric vehicle and/or adding an EV charger to your home, the ARC (Architectural Review Committee) has proposed a new Design Guideline amendment titled “ Residential Electric Vehicle Service Equipment” . The amendment wording states: Plug-in electric vehicle infrastructure (charging station) shall only be placed in the interior of any dwelling. Charging stations must meet City of Roseville requirements for residential electric vehicle service equipment. Owners are advised that the City of Roseville requires certain permits for electric vehicle charging stations (reference Design Guidelines sections 2.06(a) and 3.02(t).

If you wish to install a charging system, we recommend starting with the City of Roseville residential EV web site for incentives, permit and purchase information.

https://www.roseville.ca.us/government/departments/electric_utility/residential/electric_vehicles/residential_e_v_program

California incentive information.

<https://cleanvehiclerebate.org/en>

Federal incentive information.

<https://www.fueleconomy.gov/feg/taxevb.shtml>

Gas or electric, the Compliance Committee wants to thank the residents of our community for following our parking guidelines and for keeping SCR beautiful!

Those wishing additional information or to see a charging system in a SCR garage, please contact Ryan O’Connell, Assistant Director of Community Standards at ryano@scra.org or call 1-916-774-3863.

Elections Committees

BY PAT TEILH, *Inspector of Elections*

Notice Regarding Election for the Board of Directors — If you are not aware, there are two open positions on the Board of Directors this year and two applications were received. In accordance with Bylaws Article VI. 6.04(a) (ii) and Association Rules 1.05, the Board of Directors has canceled the election and has declared the two candidates who filed an application elected by acclamation. The Candidates were declared elected at the May 27, 2022 Board Meeting.

The two Directors-elect are: Steve Gustafson and Ralph Faust

Their ballot statement and their photos are on the website.

A Meet and Greet event is planned for June 7, 2022 and all are invited to attend. This event will take place at the lodge in the partial Ballroom at 6 pm. Refreshments will be provided. Please join us.

Governmental Affairs Committee

BY STEVE GUSTAFSON

The Governmental Affairs Committee (GAC) provides information for Sun City residents on government plans or actions that may impact them. For example, at our last meeting, a City of Roseville official from Waste Services made a presentation on how Roseville handles recycling, and in particular on how Roseville plans to comply with SB 1383, a new State of California requirement that food and non-food waste be separated for recycling.

The GAC does not support or oppose any government plans or actions. An exception is that by majority vote of its members, the GAC may recommend to the Board of Directors that the Sun City Roseville Community Association support or oppose a government plan or action that directly impacts Association operations or finances. A recent example is that the GAC recommended support for State legislation to allow homeowner associations to avoid the expense of conducting an election if the number of candidates equals the number of positions. This legislation went into effect, and as a consequence our Association has saved thousands of dollars.

Volunteer Support Group

Committee Applications Now Being Accepted! — Would you like to help build community unity, make a difference, get to know fellow residents and make new friends, influence positive change, and have some fun? Join an Association Committee—Applications are now being accepted!!

Our dedicated volunteers continue to make Sun City Roseville the “Premier Active Adult Community in Northern California” through their service within our community and outreach to Roseville and the surrounding area. Volunteering protects property values, helps maintain the great quality of life we all enjoy, and it’s a great way to give back. Did you know that our 325 dedicated volunteers provide nearly one million dollars in service to our Association each year?

If you need more information about Committee responsibilities, you can find detailed information on each of them on the website. A brief description is also shown on the back of the application. Check out the Committee descriptions and responsibilities to find one that’s a perfect fit for you.

Applications are available on the SCR website (see SCR Volunteer Tab on the Announcement page) and on the wall in front of the Administration Office. Turn in your Application at the Association Office by June 17 at Noon. “Step Up and Make a Difference”

VSG Members: Sharon Mowry, Chair; Marsha Rhodes, Board Liaison, Kathy Casten, Shirley Conzelmann, and Dee Franz .

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New Contest

I would like to thank all the readers that have been following my stories. You might have realized that I do make mistakes in my grammar, punctuation marks and spelling. I have been called out on this in the past and made aware of my mistakes. because of that, I have decided to make a contest out of it and reward those that read my stories and catch my errors.

Contest Rules

The first two readers to contact me with the right correction will win a prize. You can only win one time per calendar year. I can be contacted through email, phone call or text message. In order to collect the prize, you will allow me to list your name in my ad as the previous month's contest winner.

Contest Prize

Since my ad runs in Sun Senior News serving Sun City Roseville, the two winners will each receive a \$10 gift certificate redeemable at the Timbers Lodge.

Good luck to all and I hope you enjoy reading my monthly stories.

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Solo Friends Group

BY CATHY SCHIMANSKY

Butterflies and Flowers — It's a known fact that butterflies depend on flowers for food and that flowers in turn depend on butterflies to produce more flowers. Butterflies enable flowers to multiply by spreading pollen from one flower to another while feeding. The Solo Friends May Social was named Butterflies and Flowers for two reasons: First, May is a beautiful time of year to view all varieties of flowers and the accompanying butterflies. The Solo Friends May event volunteer hosts decorated the event tables with mini-lighted glass jars and paper butterflies cutouts, and then added an abundance of flowers to complete the spring theme. Second, and the more important reason, was to "imitate" the symbiotic relationship between butterflies and flowers. Good friends realize that to maintain current friendships as well as develop new relationships, we cannot go through life by "going solo" all the time and not reaching out to others. When we share times together we have an opportunity to spread kindness to "multiply" our number of friends. The Solo Friends social events are those times when we are "both butterflies and flowers" as we "feed" stronger relationships while growing the number of friends by welcoming new friendships. As Joseph Parry born in 1841 stated in his poem so well, "Cherish friendship in your breast, new is good, but old is best; make new friends, but keep the old; those are silver, these are gold."

Socrates Café

BY STEVEN GUSTAFSON

Socrates Café is Sun City's philosophy discussion group. But, don't let the word "philosophy" intimidate you---we often have lively discussions on practical concerns, such as "To what extent are my children obligated to care for me as I get older?"

We also have intriguing discussions on theoretical concerns, such as "Can we be sure that one plus one equals two?". Surprisingly, almost all academics who specialize in the philosophy of mathematics say the answer is no!

In fact, two famous philosophers wrote a book in which, after over 100 pages of dense reasoning, they claimed to have proved using only logic that $1 + 1 = 2$. But, this proof is now known to be invalid. If you can't be sure that one plus one equals two, what can you be sure of?

Typically, about a dozen of us meet for Socrates Café discussions at 10:00 on the first Monday of the month in the Timbers lodge. A facilitator provides the questions to be discussed. You are welcome to join us!

SC Republican Group

BY CAROLE VAILLANCOURT

Members that attended our May meeting experienced a very insightful look at five Republican candidates that will be competing in the June primary. Presenting this type of education on an ongoing basis is the primary mission of our group. Our next meeting, on Thursday June 2 at 7pm, will continue

to present educational opportunities to meet Republican candidates, some that will assuredly move on to the general election. As of now Roger Niello, candidate for State Senate District 6, others invited Under Sheriff Wayne Woo, Joe Patterson, candidate for Assembly District 5, and others not yet confirmed. All Sun City residents are welcome to attend.

Occasionally, due to unforeseen circumstances beyond our control, the scheduled speaker has to be substituted.

Save the date Sunday 24 July, 3 pm at Sierra Pines for a Hot Dog BBQ. Prepaid reservations are required; cost is \$10 members, \$12 for guests. More info. at the June meeting.

For Republicans that recently relocated to our community please check us out! We are chartered as an official volunteer group by the Placer County Republican Party. Our group welcomes all Republicans, whether you are conservative, moderate or in between, the bottom line is that we all have Republican basic core values. Contact Carole 916-781-2468 or caroleva@surewest.net for more information

Garden Club

BY KAREN BURFORD

The Garden Tour, on April 30th, was a huge success! Six Sun City homes delighted over 250 visitors! As a thank-you to the homeowners, the Garden Tour committee hosted a lovely reception on the Friday night before the tour. The homeowners were presented with a commemorative garden rock with the date of the tour (pictured below).



At the Garden Club meeting, on May 4th, the club members presented a gift to Linda Gordon for her amazing job of coordinating and organizing all components that goes into the Garden Tour. A big thank you to Linda Gordon and her amazing team for all their hard work!

Also at our May 4th meeting, Mike Horrell spoke about "Micro-Climates in Placer County." Mike's home was on the tour and his knowledge and expertise was evident in his beautiful yard! Mike presented over 65 members with a wealth of information on how to keep our gardens flourishing all year round. He also provided handouts with the names of plants and trees that will survive in our Sun City's clay soil as well as survive the effects of climate change.

Our next meeting is on June 7 and we are hosting our traditional "Root Beer Float!" The meeting will be held at Sierra Pines. The doors open at 6:00 pm and the meeting will begin at 6:30 pm. This meeting will be mostly social with some brief club business. We are also delighted to welcome back Karin Anderson and Maureen Brice. These two amazing women did the gorgeous "Holiday Tablescape" presentation last November. For our June meeting, they are planning a surprise that will be both fun and interactive. You will not want to miss this enjoyable evening as we end the club year!

(cont' on page 15)

Birders

BY JANET MORELLI

SCR Birders’ 2021-2022 scheduled bird watching field trips were concluded on May 19 with a visit to Miners Ravine in Roseville. The Birders visited 18 sites between September 16 and May 19, ranging in driving distances from SCR of 3 miles (Pleasant Grove Creek Trail) to 75 miles (Colusa Wildlife Refuge), and observed and enjoyed thousands of birds in their habitats or at migratory stopover places.

A new schedule for the next SCR bird watching season, September 15 to May 18 will be available on the Birders Group web site in late August. When the schedule is released, it is considered the best plan for the upcoming birding season, but subsequent conditions (most frequently weather-caused, but sometimes closures of all or a part of parks, refuges, and trails) will require a schedule change. These changes will be communicated to SCR residents on the Birders email roster the week before the day of the affected trip. Contact Janet Morelli, jmorelli@surewest.net, to be added to the roster. Birding trips are planned for the first and third Thursday mornings, except for one that is scheduled for a Monday morning.

The most commonly seen owl in Northern California is the Great Horned Owl which is grayish brown except its underside is reddish and barred. It is most often identified by its large yellow eyes and large “ear” tufts. As this owl can see in the dark, it is a fierce nocturnal hunter and preys on rabbits, rodents, birds, and an occasional skunk. Females are larger than males and can fly 40 mph. When it comes to nest building, Great Horned Owls often settle in an unused stick nest of a heron, hawk, or crow instead of building a new one. In the daytime, they roost near a tree trunk or another secluded spot.



Great Horned Owl

SCR Hiking Group

BY DORIS MERCHANT

As you will notice on our schedule, we will be traveling east on Highway 80 for all our June hikes to escape the Valley heat. Our trailhead elevations are increasing, so please check the Hiking Group website for specifics. Bring plenty of water, a hat and sunscreen! We will see you in the parking lot by the tennis courts at 7:45 for 8:00 departure.

June 2: Burton Creek, rated 5 (moderate), 6.5 miles, \$12 carpool ride.

June 9: Euer Valley, rated 4.5 (easy to moderate), 6.5 miles, \$12 carpool ride.

June 16: Carpenter Valley, rated 3.5 (easy), 5.5 miles, \$12 carpool ride.

June 23: Fordyce Creek, rated 5.5 (moderate), 7.5 miles, \$10 carpool ride.

June 30: Little Bald Mountain, rated 4.5 (moderate), 5.5 miles, \$10 carpool ride.



Spenceville Trail

Cycling Group

BY SUZETTE AUSTIN

We would like you to join us just as we start the best part of the year for bicycling. We have lots of fun rides and social events planned. A wonderful ride to Sutter Buttes and a Picnic is scheduled for May 13. It will be in the rear view mirror by the time you read this but we’re offering a selection of several different rides or the option of just joining the group for a picnic lunch.



Cycling Group made a fun presentation at the SCR Club and Group Showcase.

Our April Lincoln Ride was postponed due to inclement weather and a new date has not yet been determined.

The first Koffee Klatch of the Year will be May 25 at 9:30am at 7180 Secret Garden Loop. It will be hosted by Elizabeth Laverty and Kevin Williamson and Elizabeth and Steve Gustafson. Another Koffee Klatch is scheduled June 6 at 9:00am at 501 Pineneedle Court. It will be hosted by Ann White and Bill Swayne and Gerri and Jim Junso

The next General Meeting of the Cycling Group is May 16 at 8:00am at Sierra Pines.

Unfortunately we had to cancel our Cinco de Mayo Party because too few people signed up. We encourage our members to participate in our social activities, and encourage new members as well.

Our Cycling Group made a fun presentation at the SCR Club and Group Showcase (see the picture) and we hope to make some organizational changes to generate more interest in the group and increase both our membership and participation of our current members.

SCR Senior Softball

BY BOB MONTALVO

It’s happening almost every Monday and Wednesday morning at Mahany Park’s north and south fields. The sounds of bats hitting balls, the cheering from the stands for an impressive hit or defensive play and the enthusiastic chatter among the softball players. What’s surprising about these softball games is the age of the participants. This is Sun City Roseville’s Senior Softball Club, with members ranging in age from 60 to 80 years young. If you haven’t taken in these games, make a point of coming down to Mahany Park, bring a comfortable folding chair (it beats sitting in the bleachers) and watch some of your neighbors play the game. The running, hitting and playmaking take us back to our younger years and we truly feel younger as a result. Unfortunately, we aren’t as flexible or fit as we once were, thus minor injuries are common, and conversations among players are often about their physical health. The game is intoxicating, however, and we keep playing because it’s fun. We’d love to have more Sun City residents sign up to play; both men and women are encouraged to join us, so if you’ve

thought about it, go for it. As of June 1, our spring/summer league will be in the ninth week of our 12-week season, with the playoffs beginning on Monday, June 27 and ending on Wednesday, July 13.

Our league is sponsored by generous businesses in Roseville. Team’s jerseys carry their sponsor’s name, and banners with their sponsor’s name are hoisted prominently on the dugout fences. These valued sponsors include Coldwell Banker, Smart Move Property Management, Excel Realty, Eskaton Village and A.C. Girl. We also have All-Star sponsors: Sew Cal Embroidery, Auto Service of Roseville, Fresh Green Cleaners, Philip Searle Roofing Contractor, and a Score Keeper sponsor: Oakmont of Westpark.

Pickleball

BY BOB VERZELLO

Welcome to new members: Denise Randall, Valerie Rice, Elizabeth Laverty, Kevin Williamson, Junko Olson, Kate Brinker, Judy Caldani, Maureen Guinon, Theresa Lane, and Gerald Crosby.

Fifty members enjoyed our first Aloha Cornhole Social held on April 27. Thanks to Eva Freeman and Debra Davies for organizing this unique event.

Our club initiated Ladder play in late April, starting with seventeen participants. Foursomes are arranged so that each player has a chance to play every other player. Participants play three games to fifteen points, changing partners each game. A player’s total score determines placement on the Ladder. Any member can join the Ladder. For more information, contact Gary Pyle at 916-474-4842.

A “Tournament of Champions” will be held on June 5 for the top eight players of both the men’s and women’s tournaments. Contact Pam Wingo at 916-521-3010 to volunteer to help with the tournament.

“Kids on the Court” takes place July 29, 8:30am to 1:00pm. Contact Linda Sanders at 916-208-8794 to help show youngsters (and grandparents) how to play pickleball.

More playing tips from our members: Richard Stecz: Move up to the kitchen line as soon as possible. Be prepared to dink the ball, not just slam a return. Bend your knees and loosen your grip on the paddle

(cont’ on page 16)

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Pickleball

(cont' from page 15)

slightly to make the dink shot. But keep your wrist stiff and swing from the shoulder on the follow-through.

Pam Wingo: Bend your knees to get down for those low bouncing shots from your opponent. You will have more control and power to hit the ball without getting your shot too high.

Pam also suggests players pay attention to paddle angle when making overhead slams. Check out "Overhead Tips" on the USAPA website to get additional advice on slams, including body position, grip on the paddle, shot placement and more.

• • •

SCR Table Tennis

BY DON WOODS

Table Tennis in United States – Tim Boggan has written books on the "History of U.S. Table Tennis." He writes that in 1993, the official governing body of the United States Table Tennis Association was created. The sport was not named ping pong since that name was already taken from by Parker Brothers. The non-profit corporation version of the United States Table Tennis Association shortened their name to "USA Table Tennis".

The rules and regulations of United States Table Tennis vary depending on whether it is a tournament or exhibition match. The rules in a tournament game are strict in terms of what

the player can do. For example, when serving, the player must toss the ball at least six inches straight up in the air with no additional spin on the ball. The ball must be stationary on the palm behind the end line and visible at all times. Fouls result when the ball dips below the table before the serve or starts in front of the end line. Fouls vary with lost points. If a ball is served too short for a player to reach, a foul occurs with the opponent receiving a point.

Table tennis matches are either singles or doubles. The rules are different for singles and doubles matches. In doubles matches the server must serve to the opposite square. In singles matches the server can serve the ball anywhere.

In the USA, Table Tennis clubs exist and continue to be formed to assist persons in learning the sport within a good physical and social environment. The Sun City Table Tennis Group is here to do the same for the citizens of Sun City.

Please come!

Meeting Place — Sierra Pines: Tuesdays and Thursdays from 2:00 pm to 5:00 pm. Saturdays: 9:00 am to Noon.

• • •

SCR Tennis Club

BY DIANE BARNETT

June is the month to celebrate Father's Day. Today the tennis spotlight shines brightly on a man named Toni Nadal, the uncle of one of the greatest tennis players of all times,

(cont' on page 19)

"My family is very thankful for the care and kindness given to our Dad."

Amy, Daughter of a CountryHouse resident

When reflecting on her father's time at CountryHouse, Amy said knowing he was always in good hands brought the family immense comfort. The little moments of joy each day—like a cooking project or bus ride—are what their dad loved most.

"CountryHouse employees always treated our dad with such love and respect. We will be forever grateful."

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Astronomical Events for June
BY BILL WEAVER

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).

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Sunshine Services
"We're Here to Help"

BY PAT TEILH

The Resident Services From Sunshine Services Include:

Medical Equipment Loan: Any requests related to borrowing medical equipment, returning medical equipment or donating medical equipment can be left at the MEL phone number, 916-367-1695. Make sure to leave a message and a monitor will return your call.

Dial-a-Ride Tickets: If you need a Dial-a-Ride ticket phone Pat Teilh 916-521-9729 or Donna Leitz 916-952-0510. These two ladies will gladly deliver tickets to your doorstep. Tickets are \$10 for a 10 ride ticket.

Caregiver Relief/Individual Relief: The Caregiver Relief Program provides relief for Sun City residents who are full-time caregivers for a loved one. There is a co-pay of \$5.00 per hour.

The Individual Care program provides short-term, non-medical care for residents who have had a recent serious illness or injury or have recently returned home from a hospital until they can regain the ability to care for themselves or make arrangements for more permanent care. Care is for up to 40 hours. There is a co-pay of \$5.00 per hour.

Sunshine Fundraiser: The Parking Lot Sale is coming on Saturday, June 11 beginning at 7:30am. The Sunshine Services will be selling delicious donuts, hot coffee and water

at their booth. Stop by before you hit all of the wonderful sales. Just remember to shop, shop, shop!

Yellow Fliers: Pick up an updated yellow flier just outside of the Administration office in the Sunshine Services slot. You will find a list of the Sunshine programs and services offered to our community. On the backside are list of agencies supporting our Sunshine Services Group.

Sunshine Services Meetings: The council meetings are open to all visitors. Many times we have a guest speaker for the first 15-20 minutes of the meeting and all are welcome. The next Council meeting is on Thursday, June 16 at 10:00am in the Cedar Room. Come join us.

We Are Part of the Foundation: Thanks to the Foundation, all programs of the Sunshine Services are subsidized by their generosity. Please attend the next General Foundation meeting on June 18 at 10:00am in the Ballroom.

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In Memory

Roseville resident Donald Gardetto passed away on April 22, 2022 after battling Alzheimer's. Beloved husband to wife Sandra for 57 years. 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. He also enjoyed bouncing his basketball around the neighborhood in Sun City Roseville.

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.

What You Need to Know About Sun City Real Estate for 2022

Sun City home sales are competitive, sell quickly, and if priced right, generate multiple offers. In Q1, most homes sold in a matter of days. Be prepared for negotiations. There are over 27 terms to negotiate on the contract.* Although you might be told it is 'standard' for a buyer or seller to pay for something, it doesn't mean you can't negotiate! NOTE: Sun City has a one time 'special use fee' for buyers that allows access to resident facilities. In Roseville it is \$3500 and increasing by \$250. It is typically paid for in escrow. I recommend securing a certification to ensure the HOA does not require any improvements, such as exterior painting or landscape changes. Ask your realtor to take care of this - or call me!

SUN CITY REAL ESTATE MARKET Q1		
	Roseville	Lincoln Hills
Number of Homes Active	4	27
Number of Homes Sold	56	108
Number of Homes Pending	12	19
Median Sales Price	\$602,590	\$591,340
Average price per sqft	\$402.90	\$400.76
Average Days on Market	8	9

Data Reflects MLS on May 1, 2022

*For a list of 27 terms to negotiate during the life of a contract, email the word 'terms' to sherri.walker@gmail.com



SHERRI WALKER
Real Estate Team



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Days & Destination	Cruise Line ~ Sailing Date	Starting Price/ Inside Ocean View Balcony		
15 DAY HAWAII from SFO! Princess	Oct 23, 2022	\$1,148	\$1,248	\$2,409
Ruby Princess ~ 3080 Passengers	Nov 27, 2022	\$1,099	\$2,259	\$2,259
Royal Princess ~ 3560 Passengers	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.		*ROUND TRIP LINCOLN SHUTTLE TO SHIP!		
10 DAY ALASKA From SFO! Princess	Jun 9, 2022	\$699	\$783	N/A
Ruby Princess ~ 3080 Passengers	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		*ROUND TRIP LINCOLN SHUTTLE TO SHIP!		
7 DAY CA Coastal from SFO! Princess	Oct 1, 2022	\$499	\$555	\$779
Ruby Princess ~ 3080 Passengers				
04/23/22 Sail round trip from San Francisco, California to; Astoria, Oregon; Seattle, Washington; Vancouver, Canada; Victoria, Canada; San Francisco. 10/01/22 Sail round trip from San Francisco, California to; Santa Barbara, California; Los Angeles, California; San Diego, California; Ensenada, Mexico; San Francisco, California.		*ROUND TRIP LINCOLN SHUTTLE TO SHIP!		
10 DAY MEXICO From SFO! Princess	Dec 12, 2022	\$799	\$1,298	\$1,298
Royal Princess ~ 3560 Passengers	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.		*ROUND TRIP LINCOLN SHUTTLE TO SHIP!		
16 DAY Galveston to San Francisco Princess	Apr 14, 2023	\$1,799	\$2,199	\$2,699
Ruby Princess ~ 3080 Passengers		INCLUDES FLIGHT TO TX & SHUTTLE FROM SHIP TO LINCOLN!		
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.				
29 DAY Australia, NZ & South Pacific Princess	Mar 31, 2023	\$4,248	\$4,948	\$6,948
Grand Princess ~ 2600 Passengers		INCLUDES FLIGHT TO SYDNEY & SHUTTLE FROM SHIP TO LINCOLN!		
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

SCR Tennis Club

(cont' from page 16)

Rafael Nadal, also known as Rafa by his fans all over the world. While Toni Nadal is not Rafael Nadal's biological father, he could well lay claim to that title. "Uncle Toni", as he is popularly known, has coached his nephew Rafa since the age of 4. When Rafa had to make the decision to choose between tennis and football at the age of 12, it was Uncle Toni who advised him that he would achieve greater success in tennis, and from then on, has always been by his nephew's side, taking on the many roles of his coach, mentor, support system, strategist and emotional anchor.

Toni instilled important qualities in Rafa from an early age, training him on both bad and good courts, with both good and bad tennis balls, in order to teach him that winning and losing did not depend on anything other than his own attitude, perseverance and belief. These qualities have stuck with Rafa and even today, he comes across as an extremely down-to-earth and level-headed person.

Rafael Nadal is unquestionably one of the game's greats. He has won 21 Grand Slam titles, become the youngest man in history to achieve a Career Golden Slam (aged 24) and has an Olympic gold to boot. Time and again, Rafa goes back to his first and only coach, Toni Nadal, when asked who his inspiration in life is, and rightly so. Toni Nadal has been there for Rafa for more than twenty years now and fully deserves every accolade he gets. Happy Father's Day from the Tennis Club to all you dad's out there!

• • •

Bocce

BY DAVID MOORE

As this report is being written the Sun City bocce courts are packed with players seven nights a week plus additional games on Tuesday and Thursday during the day.

Mini League director Dwight Rose says when he started with our club leagues 10 years ago there were 48 participants while the current Spring schedule boasts 465 Sun City residents playing.

The Battle of the Sexes Tournament on April 23 saw some fierce competition. Three teams had a perfect score so the tie breaker of fewest points scored against was used with

the mens team of Gary Zeledon, Gordon Badovick and Kenny Smith finishing in first place while the women's team of Judith Shively, Debbie Landrum, June Woodland and Colleen Howard came in second.

The women's tournament was held on May 7 and after some skillful play Bobbi Dunk and Susan Moore won first place while Elaine Turnbull and Sidnee McKinney came in second with Sandi Nordquist and Pat Ramos finished third.



Bobbi Dunk and Susan Moore came in first in the Womens Tournament.



Elaine Turnbull and Sidnee McKinney took second.

Once again tournament director Ron Onodera and club president Kenny Smith put on well organized and fun tournaments.

• • •

Cornhole Group

BY STEVEN GUSTAFSON

What do baby diapers have to do with cornhole? The answer is that many members of Sun City's Cornhole Group (we have over 150 on our email list) use the "dirty diaper" cornhole bag toss. It's appropriately named, because in this toss the cornhole bag is held dangling from one corner as if it were a dirty diaper.

The dirty diaper toss works well for many amateurs, but not for the pros on ESPN who make \$200,000 per year playing cornhole. They all use a toss in which the cornhole bag is held

flat in the palm. So, if you use the dirty diaper toss, you might consider switching to the toss that the pros use!

The Cornhole Group currently meets Tuesdays at 3:00 on the Sierra Pines horseshoe lanes. But, when it gets to be hot in the afternoons, we'll switch to a morning time. You'll get notice of the switch if you're on our email list. If you'd like to be on the list, email gustafson.steven@gmail.com. There's no obligation---our group has no dues.

• • •

He & She Golf Club

BY JULIE HARRIS

Hats off to our two He & She Golf Club Captains who plan, coordinate and organize the bi-weekly tournaments! From sending out the sign-up emails, to planning a fun game, collecting sweeps money and determining the winners, these two individuals spend lots of time ensuring that things run smoothly and we all have a great time. Because we play twice a month, this means that there is a ton of work to be done. Rich Aug takes care of the 18-hole group at Timber Creek and Kathy Fowler is in charge of the 9-hole group at the Pines. We appreciate ALL that they do and hope that they feel our admiration for all the enjoyment they bring to the participants. Thank you Rich and Kathy!

There are numerous winners in the overall tournaments – way too many to list but congratulations to all of you! Included in each of the tournaments is a closest to the hole for both a "he" and a "she" on a designated hole. Recent winners include: 9-hole Women: Theresa Howard, first place; Heidi Gongaware, second place. 9-hole Men: Jack Moskewich, first place; Dirk Fowler, second place. 18-hole Women: Marsha Suter. 18-hole Men: Steve Harris.

Our 8:00 am shotgun starts began the first of April and we're seeing increased participation as the weather warms up. So, come on all you fair-weather golfers – join the He & She Golf Group if you haven't already and if you are a member be sure to use the website to sign up for our twice monthly tournaments. We're having a blast!

• • •

Sierra Pines Ladies Golf

BY DEBBIE GEORGE

We had a nice group of our members attend the away tournament in Rancho Murieta recently. After many days of sunshine, this day was forecast to rain. But, these brave ladies played anyway in the couple of downpours, and laughed about it. Love that spirit.

On May 2nd an event was held at the Lodge for Clubs and Groups. SPLG's table was manned by Linda Vincent, Joy Winston and Kyle Vodden. New applications were handed out to a few interested people. Thanks for representing our club!

Our most improved players for April are the following: 1st flight – Kathy Fowler; 2nd flight – Shelley Weisman; 3rd flight – BJ Dumm; and 4th flight – Linda Slaven. Great golf ladies.

Chip-ins and Birdies recorded in April are listed next. Birdies made 4/6 by Hideko Gongaware on hole 7, and Elizabeth Gustafson on hole 5; 4/13 Pat Horning on hole 5; 4/27, on the Oaks course, Kathy Hagiwara on hole 14, Kathy Fowler on hole 16, and Ellen Thomas hole 16.

Chip-ins on 4/6 by Hideko Gongaware on hole 7, Cathy Hurst hole 6, and Christina Leaman hole 6. 4/13 Pat Horning hole 5; 4/27, Oaks course, Hideko Gongaware hole 17.

We had two of our players break "50" for the first time. Gail Franklin recorded a 49, and Pat Horning a 47. Congratulations ladies.

The last Wednesday of June will be a "Choose your own foursome" play. Karen Shahoian will be sending out instructions later on how to do this.

Events coming up in July are the 9 & 18 Hole Mixer, and the Ice Cream Social. These are listed in our Member Handbook/Directory. Also, our Club Championship is scheduled for September.

My, this year is racing by. Get out and play some golf!!

• • •

(more Club News cont' on page 22)



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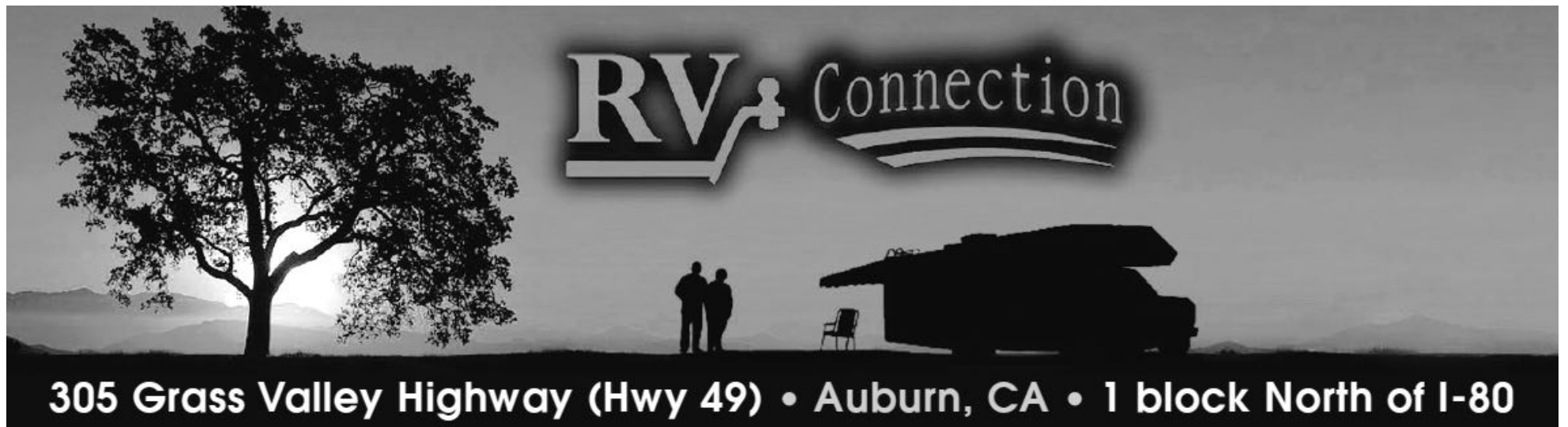
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SUN SENIOR PROFILES *Getting to know you...*

Ann Waters

(cont' from page 1)

and all the people who worked for me.”

Eventually, Ann and Jess moved to a 200-acre ranch in Loomis and Jess became a winning racehorse owner. One of their horses, Callmartine, won at the Pleasanton Fairgrounds Racetrack at the Alameda County Fairgrounds, a one-mile race track for thoroughbred, Quarter horse and Arabian racing. This spectacular win was captured in a framed photograph proudly displayed in Ann's spacious home.

“When you're watching the race,” Ann notes, “and they make the last turn, headed for the finish line, your adrenaline goes sky high. Very exciting and fun!”

Sadly, Jess passed away in 1981, but Ann staunchly kept the Pines going strong with the help of her new husband, Al Waters, an employee with the Federal Aviation Administration in Sacramento. Al soon became active in the restaurant, helping Ann with her computer work and odd maintenance jobs. “Al was wonderful, a great help,” says Ann. “He was also into stained glass and made the window at the entrance of the Pines.”

Ann sold the Pines in 2000 and went to work at Placer County Superior Court in the accounting department until her retirement in 2005. She and Al were planning to travel



Ann Waters at age 40.



Ann Waters at age 2.



Ann Waters with her sons Tom and Zac — Circa 1979.

in their motor home across the country, but, unfortunately, he died in 2006 before they could fulfill their plans. It was then that Ann decided to contribute her time as a volunteer at Sutter Roseville Hospital, managing their gift shop for ten years.

Because she had friends who lived in SCR, she decided to make it her home in 2018 and delved into activities right away. She joined the Sierra Pines Ladies Golf and now plays every

Wednesday. “I've played forever, and I'm still learning,” she says, with a laugh. She's also an active member of Boomers and is running for its Treasurer position. Does she love it here? You bet. “You meet so many nice people, just walking your dog or whatever. It's a beautiful place for retirement.”

In her earlier years, Ann was part of a group comprised of nine couples who traveled in their motor homes and rode quads, four-wheeler motorcycle bikes. They frequented Sand Mountain in Nevada, entertaining themselves riding around the hills there and on the beaches in San Felipe, Mexico. “It was great fun!” Ann remembers. Her motor home also took her and friends to Lake Havasu for leisurely stays on the lake. She misses riding on quads and hopes to find SCR residents who might want to start a riding group. Although to be precise, she's looking for a driver, preferring to ride in the back of the bike herself.

Over the years, Ann's had many other travel adventures which included trips to Hawaii, Italy and Brazil, just to name a few. She's been on cruises to the Caribbean and Mexico, as well. One cruise stands out in her memory because they had a skeet shooting contest and she won a trophy for her skill with a shotgun.

When Ann moved to SCR, she took advantage of the trips planned by the Travel Club to broaden her traveling experiences even more. She's been to Monterey with the group and looks forward to going to their Albuquerque Balloon Festival trip later this fall. She's also planning on going to Ireland if

and when the trip materializes. Why Ireland? Her ancestors come from there and she's heard it's beautiful.

Family has always been important to Ann who has three children and five grandchildren. Daughter Veronica lives in Las Vegas and has two children, Chance and Josh. Son Zac lives in Granite Bay, runs a construction business and visits Ann frequently. He has two children, Brayden and Bowen. Ann's son Tom, who in his younger years had been a mason by day and helped his mother with restaurant management at night, died in a car accident when he was 43. He has one son, Ty. Ann's sister, Nancy, lives nearby in Loomis and gets together with her as often as possible.

When asked to give a statement on her philosophy of life in retirement, Ann replied, “Enjoy life to the fullest while you can. You never know what tomorrow brings.” With her active life as a restaurant owner, horse racing enthusiast, traveler in her motor home and on her quad, and parent of Charlie, the cutest “attack dog” in SCR, Ann certainly has lived life to its fullest. She'd agree with Bob Marley who said it best: Love the life you live. Live the life you love. A great motto to live by, not just for Ann Waters, but for all of us in this wonderful retirement community of ours.

Want to share your story or know a neighbor who should be recognized?

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18th Annual Voices of Lincoln Poetry Contest

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. 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.

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

Timber Creek Men's Golf Club

BY TERRY DOOLEY

The aerification was completed in early April for all courses. Due to cooler weather, the greens have been slower to recover than expected. However, they are healthy overall and very close to full recovery as of May 1. So come out and enjoy a round of golf at Timber Creek or Sierra Pines Golf Courses.

There was one Hole-in-one in April. Chris Jacobson got a hole in one on hole 14 on April 19, 2022. Congratulations Chris!

We've had several tournaments since the last publication.

The March Tournament was held on March 28. It was delayed due to weather. This tournament was the Irish Scramble (Shamble) which is a 'Texas Scramble'. Winners are as follows: A) Leprechaun Flight – J. Stults, B. Thyken, J. Thyken, J. Pal (123); B) Shamrock Flight – M. Gregson, R. Aug, P. Niebank, J. Dachauer (123); C) Emerald Flight – J. Sherrard, B. Baumann, J. Hoban, K. Seo (123). Closest to the Pin on Hole 4 was Tony Garcia (16'4"), on Hole 6 was Colin Harting (4'1"), on Hole 14 was Ron Onadera (2'9"), and on Hole 16 was Bob Niznik (2'9"). Congratulations to the winners!

The TCMGC Putting Tournament was held on April 20th. There were several tight matches and good putting prowess. In the end Sol Labrada won the 2022 Putting Championship. John Quintel was second. Good matches to all. Congratulations to Sol!

The Pro/President Tournament was played on April 26. It was a close match. Derek's Team (Pro) won by one point (53-52) over yours truly's team (President). Congratulations to the winning team!

We look forward to the Medal Play Tournament in May where every tee designation has an eventual Champion! Results will be posted later.

The TCMGC will try to hold one Tuesday regular play golf day with a "mixer". Look for a sign up for an upcoming events where we conduct one of these "mixers". We'll get to meet others we don't know as well, enjoy our favorite sport, and get to make new friends!

Stay healthy and "Go Golfing!"

• • •

(more Club News cont' on page 23)

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Timber Creek Women's Golf Club

BY BARBARA MILLS

Congratulations to Susan Green and Becky Green who were the overall winners of the Better Ball Tournament held last month. In addition to a nice monetary reward, they will have their names engraved on the 36-Hole Better Ball Plaque.



Better Ball Tournament Winners:
Susan Green and Becky Green

Flight winners from the Red tees were: Maggie Altnow and Julie Harris (1st Flight); Jackie Burton and Bev Simpson (2nd Flight); Mary MacLean and Maureen Nutter (3rd Flight). The overall winners from the White tees were Gail Quintel and Sandee Morea. Each winner also received a monetary reward. Congratulations everyone!

It is great to welcome our 6th new member this year, Christina Leaman! She and her husband,



New Member:
Christina Leaman.

Ralph, have lived in Sun City Roseville for about ten years. Christina also belongs to the Sierra Pines 9-Hole Club and will split play days between the two clubs. Her Big Sister is Barbara Mills.

The Most Improved Players for April were: Maggie Altnow (1st Flight); Bev Simpson (2nd Flight); and Peggy Mucci (3rd Flight).

Several members are making Hole-in-One shots and even though not on our regular Wednesday play day, it is always nice to recognize this major accomplishment. Minell Fredricks had her first one on February 13 on Hole #4. Barbara Simon made two within two and a half weeks; March 21 at Sierra Pines on Hole #8 and on April 8 at Timber Creek on Hole #14!

Our Memorial Day tournament, chaired by Gail Quintel and Bobbi Dunk, was held on May 25, a day to remember our friends who passed away in 2021; Thelma Rapson and Janet Smith.

The Handicap Tournament will be held on June 15, 22, and 29. It is a fun tournament to play in so sign up and bring your best game to the competition.

There will be a General Meeting on June 15.

...

Golden Niners

BY RALPH FRIEND

Spring is always a beautiful time of year, but difficult at times to judge the weather. Short pants and a short sleeve shirt may be

followed up the next week with triple layers that might include ear muffs! But it really doesn't matter. We go out to play golf regardless of the weather and appreciate the changes, the cool weather, the wind blowing in your face and then hoping that the next time it will be at your back and give your drives 20 more yards on your distance! The point of all this is, our wanting to have a good time. Weather aside, we are out to have fun!

Each month we publish the club members who are the "big winners" in our mini-tournaments each week.

This month's winners are: Richard Bradshaw - \$40, Howard Sandler - \$36, Gene Martineau - \$33, Cary Diskin - \$32, Gordon Rushaw - \$31, Don LaPoint and Bill Kimura - \$30, Jim Chung - \$28, Ralph Friend - \$23, Paul Stooksberry, Jerry McColley and Don Meyers - \$22.

In all there were 94 Golden Niners who won something... good job, Niners!

...

Billiards Club

BY BRUCE AHNBERG

The Billiards Club held its quarterly general meeting on May 18. Topics discussed included club monies, the upcoming annual dinner, and election of new officers, among other important club business. The billiards room continues to be well utilized by club members and the general Sun city population with an Activities Card. If you use the room, please sign in on the sign-in sheet on the cabinet

near the front door.

Our weekly Women-Only Session is held Monday mornings from 9:00 to 11:00 AM. This session provides both friendly and competitive games for our women members. The Tuesday Tournaments provide competitive games for both men-only and men/women members on our four tables. Tournaments are held the first four Tuesdays of the month at 1:00 PM. There are both 9-Ball and 8-Ball tournaments, so check the schedule. The signup sheet is on

(more Club News cont' on page 26)



5/03/22 Men Only 9-Ball Winners—
Terry Satchell & Ken Lane.



5/10/22 Men/Women 8-Ball Winners—
Terry Satchell & Ken Neal.

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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**.

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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 lie down 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 and buy at least some of his laboriously composed works.

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 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

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(more Club News cont' on page 25)

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Billiards Club

(cont' from page 23)

the clipboard in the billiards room. Come and polish your skills against our most competitive players.

Recent winners include:

4/19/22 Men Only 8-Ball Winners: Jerry Crosby & Ken Neal

4/26/22 Men Only 8-Ball Winners: David Zan & Jerry Crosby

5/03/22 Men Only 9-Ball Winners: Terry Satchell & Ken Lane

5/10/22 Men/Women 8-Ball Winners: Terry Satchell & Ken Neal

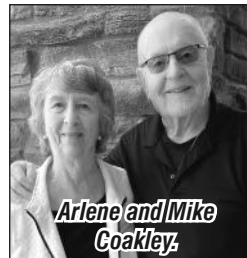
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SCR Bridge Club

BY BRENCE DAVIS

Arlene and Mike Coakley have held the Monday Duplicate group together for years. Both from Richmond, California, they met at Harry Ells High School. Each married someone else, so five children, nine grandchildren, and two great grandchildren came along from those marriages.

Arlene worked at State Farm, Mutual Groceries, and Standard Oil. Mike worked as a pipe fitter, managed the garden shop



Arlene and Mike
Coakley

at Montgomery Ward and the Grand Auto Store in El Cerrito, was a software engineer at Charles Schwab, and worked as a payroll specialist at Blue Cross and Central Bank. Certainly a jack of all trades!

Each had a house in Pinole when they met again. They married in 1990 and will celebrate their 32nd anniversary later this year. They lived in one house for a time and rented out the other but sold both when they moved to Sun City. They immediately joined the Bridge Club. Arlene had learned bridge at work, but they took lessons here and played often. They won first place at a sectional in Orangevale and immediately joined ACBL to record their master points.

As the luncheon chair for three years, Arlene typed the fliers and arranged seating for all three sections. Then she served as membership chair, when members numbered many more than now. She was president of the club for five years, once taking the place of someone who died. Now she is our Communications Chair. Need a partner? She's the one to call!

Mike wrote an Excel program for club membership, created the website for the club, and has served for years as our chief trouble shooter. Arlene is actually the Club Manager, but Mike pretty much handles the ACBL contact for her. Together they solve the bridge club's problems. We're lucky to have them!

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(more Club News cont' on page 27)

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Mah Jongg Club

BY LAURI MOORMAN

On Friday, April 22, from 11:30 am to 3:00 pm, Norah Bork, Angie Gamble, Judy Geise, Sylvia Marks, and Annette Pettersen hosted a Luncheon/Play Day at Sierra Pines Clubhouse. This was a “Brown Bag” event, with each of us bringing our own lunch or getting together with others and making a potluck meal. There were 8 tables with beautifully decorated spring pastel homemade cake pop centerpieces. Each lady got 3 cake pops (lemon, spice, and red velvet) for their dessert, and the first person to win a Mah Jongg at each table brought home the coffee cup that held the cake pops. It was a great afternoon of food, socialization, and play!

The next luncheon held in June at Sierra Pines still needs volunteers to host, so if you’d like to do so, please contact Cindy Faulkner asap.

One of the best things about living in Sun City Roseville is the ability to join so many different clubs and meet people that will become wonderful friends, especially if you move here knowing no one. It seems like a large neighborhood, but very quickly you realize that each of the clubs brings us together as a part of an overall community, so if you get involved in one or several, you will not be disappointed! Mah Jongg is such a welcoming group and no one cares if you’re just learning to play, since all of us had to learn.

Some of us get together for lunch in the Timbers Restaurant at 11:30 am on Mondays, before we play, and at 12:00 pm on Fridays, after we play. You can play either day or both. Mah Jongg is fragrance-free and name tags are encouraged.



SUN SENIOR NEWS CLASSIFIEDS

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ANNOUNCEMENTS

NEW DRAMA CLUB FORMING! Tuesdays 5:45-6:45pm beginning June 21st - in the Ballroom. Contact Susan Glover 530-388-6367.

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

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<p>**FREE ADS — INCLUDE</p> <ul style="list-style-type: none">◆ First 15 words are FREE (for SCR residents only), additional words \$1 each◆ ONE AD PER HOUSEHOLD, PER MONTH◆ <i>Any Real Estate or Business Ads</i> are not free. Please see "Business Ads"◆ Lost and found items/pets.	<p>BUSINESS ADS</p> <ul style="list-style-type: none">◆ Anything of a commercial nature, including pet sitting, real estate, rentals, timeshare/condos, etc.◆ 15 words for \$25. Additional words \$1 each.◆ \$65 for three months, same ad! (15 words only) additional words \$1 each
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