

# SUN SENIOR NEWS

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## Nancie and Bill Attwater — Taking Care in Caregiving

BY RUTH MORSE

Nancie and Bill Attwater have lived in their Lincoln Hills home for fifteen years. They moved here in part to be closer to medical services. Bill has idiopathic pulmonary fibrosis and is on oxygen twenty-four hours a day. The couple will be moving to another place soon for additional care and Nancie wanted to tell her story so that others can benefit from what she has learned as a caregiver. It is the first marriage for Nancie and the second marriage for Bill. The wedding was small and took place twenty-nine years ago in the backyard of the couple's Land Park home. Both Bill and Nancie's mothers were able to attend the wedding. Bill has three children from his first marriage who live close by to Lincoln, another reason the couple moved to the area.

Bill grew up in the Oakland area. His father was an executive with the oil industry and one of Bill's favorite memories was running a gas station in Denali, Alaska during the summer when he was twenty-one years



Nancie and Bill Attwater with their dog Grace.

PHOTO BY JEFF ANDERSEN

old. The gas station was his father's idea. Bill and a friend named Ward ran the station together and Ward still talks to Bill once a week on the phone. Bill went on to graduate from the University of Washington in Seattle. He became a lawyer and was best known for

being the Chief Counsel for the State Water Resources Control Board of California. He was appointed by Ronald Reagan, then Governor of California, and performed the job for thirty years. He was appointed when the Board first began.

Nancie and Bill first met when Bill came into Nancie's yarn shop to have a sweater repaired. By this time, Bill was divorced, and Nancie did not realize at first that he kept frequenting her business because he was interested in more than clothing repair. She is glad she finally figured it out.

Nancie has three threads that show up consistently in her life. They are nursing, sewing and writing. She trained to be a nurse and was a nurse for Sutter Memorial Hospital for twenty-five years after she completed her degree at Cal State Chico. The nursing experience has been invaluable in caring for Bill who is now in hospice. Secondly, Nancie

(cont' on page 29)

## BINGO—We'll Be Back in August!

BY DENISE BOWDEN

Bingo in the ballroom is back to normal and we are thrilled to see our regulars return as well as numerous new players. We take a break each year in July, so we won't see everyone until we get back together at the end of August.

July will be a busy month as we get in the swing of summer starting on July 4th celebrating with BBQs, concerts, and gatherings with friends. We also look back and remember that 53 years ago, in July 1969 the first humans landed on and walked on the moon.

On a lighter note, take a few minutes to celebrate a few other days in July such as World Chocolate Day, National Ice-Cream Day and remind your families that July 23rd is National Gorgeous Grandma Day!

The month of July will end with a nod to International Friendship Day. A worldwide celebration of friendship promoted by the United Nations and commemorated on July 30. It is a day to promote friendship and community, and how each is appreciated and observed.

Mark your calendars for our next Bingo game on Thursday, August 25th. Doors open at 12:30 and play starts at 1:00. Twelve cards for \$25, with exact change appreciated. Payouts

(cont' on page 27)

## Players Club

BY KAROL MENDEZ

The Play Reading Committee has not yet finalized their choice for the November show. It will not be a musical. They are working hard to find a play appealing to our audience and yet have a balance between male and female actors. Auditions for the November show will be Wednesday and Thursday, September 14 and 15. The November show is always the weekend before Thanksgiving.

The Players Club is gearing up for its summer FREE performances of Readers Theatre, "A Potpourri of Short Plays" Saturday and Sunday August 6 and 7 at 3 PM in Presentation Hall, Kilaga Springs. Jane Patton, Director, says "Beat the summer heat. Come see our cool show! The cast will perform four short amusing contemporary plays in Readers Theatre style, sure to entertain and amuse you!"

Auditions for Readers Theatre will be held on Friday, July 8 at 1 PM in Presentation Hall, Kilaga Springs. Unlike typical plays, the readers hold a script, and the movement and costumes are minimal. Prior experience is not required, and all SCLH residents are welcome to audition. It's a less stressful way to perform, given that the actors do not memorize the script! We hope aspiring performers will give this a shot. Rehearsals will be held in July.

Our President called to our attention that, although we have 106 current members, only 30+ people come to the meetings. We have several agenda items coming up that are



important for members to attend, including preparing for our November show and bringing on a new Board. The Nominating Committee will soon be canvassing for possible new Board members. If you are interested in serving, please let someone on the current board know. On our August meeting, the new candidates will be presented. On our September meeting, we will vote for our choice, and they will start working at our October meeting.

The Vaudeville show is July 14 and 15. Many of our members are in this show, and as a PAC member, we want to show our support by attending.

Our meetings are held on the second

(cont' on page 4)






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

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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. Young Poets, 18-years-of-age or under, are encouraged to submit poems and will compete in a special "Young Poets" category.

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

<https://s10lowe44.blogspot.com/2022/04/2022-voices-of-lincoln-poetry-contest.html>.

(cont' on page 33)

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## Players Club

(cont' from page 1)

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

Contact David Africa, President 916 708-0009, [djafrica@sbcglobal.net](mailto:djafrica@sbcglobal.net). [www.lhplayers.org](http://www.lhplayers.org).

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## LH Music Group

BY DAN LEHRER

We continue to get together for "Sing & Play". The latest venue was the "Secret Garden" at the OC. Members can watch their emails and visitors can contact Dan at [dlehrer72@gmail.com](mailto:dlehrer72@gmail.com) for future places and times. If you play an instrument, sing or just like to listen, consider joining in the fun. Contact Dan Lehrer for further information. Our regular meetings have an opening and closing Group sing/play along, followed by individual, duos and small group performances. June's opening number was "Eight Days a Week" and the closing number was "Hallelujah." If you play an instrument, sing or just like to listen, consider coming by our regular meetings, we love an audience. Our July meeting will be on the 27th. We resume meetings on the second Wednesday of the month from 2:00 to 4:00 PM in P-Hall (KS) from August through October.

You can find the Lead Sheets for the group songs and more information on our website; the password is musicgroup. Ukulele Ohana meets Wednesdays, 1:00 to 3:00 PM (OC). Open to Lincoln Hills residents. Contact Ron Peck at 925-788-5869 for information. You can also contact Dan Lehrer at [dlehrer72@gmail.com](mailto:dlehrer72@gmail.com).

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## Ballroom Dance Club

BY ERNIE MICHELI

The Ballroom Dance Club held its annual Spring Potluck on June 10 at the Kilaga Springs Multipurpose Room. The event featured a spring theme that included a park-like mural, and flowers on each table. Participants brought delicious main dishes, salads and desserts. Music featured songs that enabled dancing



(cont' on page 5)

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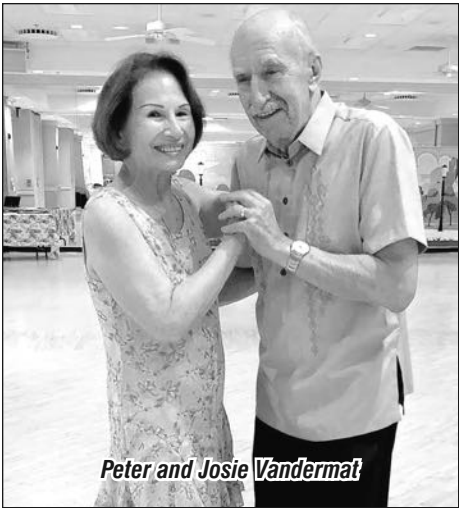
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Ballroom Dance Club

(cont' from page 4)

to all the ballroom genres. Congratulations and well-done to all the contributors and participants.



Peter and Josie Vandermaat

Each month the Ballroom Dance Club provides instruction for a different ballroom dance. Cha Cha will be the dance focus for the month of July. The Cha-Cha dance originated from Cuba and was originally known as the Cha-Cha-Cha. The dance gained popularity around the 1950's and was created from two other dances — “Mambo” and the “Danzon”. Enrique Jorin, a violinist and composer, realized that most of the dance hall crowds related to a much slower “Mambo” dance. He decided to compose music that strongly

focused on the first downbeat. This caused the dancers to develop a triple step, creating the sound “cha-cha-cha” with their shoes, thus the cha-cha-cha was born.

Some, however, maintain that the footwork pattern “one-two-cha-cha-cha” has its roots in the vocal imitation of the sound produced by the shoes. Other's speculated that the name and dance originate from the ritual dances and religious music of the West Indians. At that time plants which had seedpods they called cha-cha created a musical rattle for use in religious singing and dancing.

The dance was introduced in the United States around 1954. By 1959 the Cha-Cha had gained so much popularity among American's that it was reported to be the most popular dance in the country. (dance-america.com)

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

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

• • •

Mixed Media Club

BY JILL SHORT

Lazy days of summer are here. Make sure you reserve enough energy to dive into some fun summer art projects at Mixed Media Club. We meet the 3rd Wednesday of the month in the Fine Arts Room (OC) at 1:00 PM. Members are notified by email what we are doing at the next club meeting and what supplies are needed. At our club meetings we have an exciting drawing for an art supply. Towards the beginning of the meetings there is a time for members to share their art, as well as share our monthly art challenge. Our July challenge was to decorate a wooden house that was passed out at our June meeting. It will be interesting to see what each person who took the challenge did to their small house.

One of the mediums we use a lot is gesso so it is always good to review it and give some more tips how to use it. Gesso is used to prime a surface and makes using art mediums such as paints, inks and pencils easier. Gesso can be used just like acrylic white paint. White gesso is great at covering up an Oops. There are lots of videos on how to use gesso online... just Google it. Gesso can be easily found in white, black or clear. Basically, there are two grades of gesso which are student grade and artist grade. The difference between the two is the different ratios of pigment vs. filler. The artist grade has more pigment making it thicker and more opaque. The consistency and texture of gesso will vary from brand to brand. Some are more liquid, others are thicker, some apply



more smoothly and others leave more texture, and may even feel gritty. If you want a lot of texture that compares to texture paste then you can try Heavy Gesso. Heavy Gesso is fun to use with stencils. Did you know that gesso even comes in a spray? A new product now available is gesso in fun colors. The online store, DickBlicks.com, carries Holbein Acryla Colored Gesso. Jane Davenport came out with a line of colored gesso that she calls, Joyful Gess-Oh! She named the colors with some creative names. Check these out on the online store Joggles. If you don't want to spend the money on colored Gesso, you can tint your own with a little acrylic paint. Think of all the colors you can make. When applying gesso there are many ways to apply it. You can use a brush, a kitchen sponge, a make-up sponge, brayer, old credit card, palette knife, baby wipe, or even your fingers. Don't be afraid to experiment and play with gesso.

If you would like more information or have questions about the Mixed Media Club, contact our President, Chris Fetter at 916-276-7895 or email at Christine.fetter@yahoo.com

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(more Club News cont' on page 7)



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## GIVING THAT LEAVES A LEGACY

Annemarie Angelo



Janet Wilson



This summer, PCF is celebrating the memory of two dear Legacy Society members: Annemarie Angelo and Janet Wilson. The legacies of both women were just launched at PCF's annual donor event, while surrounded by our close-knit community of givers. It was beautiful to honor them and their bequests. For many years to come, PCF will fulfill the charitable intent of each of these caring individuals by directing grants from their funds to make a meaningful impact in areas aligned with their passions.

Our community is full of generous and forward-thinking residents. PCF's Legacy Society is a home for finding inspiration and like-minded friends who give to express their values, passion and care. If you would like to explore options for charitable giving, Placer Community Foundation is here as a resource. We would love to work with you and your professional advisors to develop a personalized giving plan today, or through your estate plan.

Contact Jessica Hubbard, Philanthropic Services Manager, for a free, no-obligation, 30-minute consultation at [jhubbard@placercf.org](mailto:jhubbard@placercf.org) or 530-885-4920.





## Needle Arts

BY MARY SWANSON

Summer has arrived and NA general meetings are now on summer hiatus. Our next general meeting will be on September 13th and we wish everyone a relaxing summer. Watch for specific details on that meeting in upcoming articles and emails.

Hopefully everyone has had a chance to visit the newly expanded bright and spacious sewing room. It took several years and lots of patience to see this project come to fruition. Special thanks go to previous boards and in particular Pat Barnhill and Jean Storms who spearheaded these efforts. All breakout groups are now able to meet in this room and the additional space will allow more participants in workshops and classes.

Workshops will continue throughout the summer and are open to NA members. On Wednesday, July 13th Marcia Watkins will hold the knitting workshop "Intarsia, Knitting Two Yarn Colors Together". On Saturday, August 13th Betty Kisby will be instructing on how to work with AccuQuilt. In the morning you'll work on creating a block with AccuQuilt dies and in the afternoon use your block to decorate a grocery/shopping bag you will sew. Bring your sewing machine and fabric, AccuQuilt equipment and dies will be provided. Registration is required for both workshops along with a small fee. Contact Jean Storms (916-768-0989 or jeanstorms272@gmail) as soon as possible to sign up for these workshops.

If you're a NA member and are aware of another NA member who is in need of a little sunshine, please contact Shirli Lent (shirliknitter@gmail.com). Shirli is a ray of sunshine herself and is the NA representative who handles sending out get well, thinking of you and sympathy cards to our members. As someone who has received one of these sunshine cards, I speak from my heart when I say they are greatly appreciated.

NA retreats for 2023 are already scheduled for April 24-28, 2023 & September 25-29, 2023. Don't forget to mark your calendars and plan to join the fun at these events. Specific details will follow in the coming months. Also, watch the Compass for details on a trip to the Pacific International Quilt Festival in Santa Clara this fall.

The NA website, sclhna.com, is full of

club information, breakout group calendars, membership forms and contact names and numbers. Make sure to check it out.

...

## Painters' Club

BY TAMSEN ARMSTRONG

Painting Challenge Winners! We had 22 entries for our "song" painting challenge at our May meeting on the 17th and every one of them brought scads of applause from our members. Thanks to all who organized, voted and helped set up this event. We came together and celebrated the satisfaction of creativity and imagination. And the winners are — Open category: Linda Morley, 1st place, Tracey Bolton, 2nd place and Jane Barry, 3rd place Winners Circle: Rudi Franke, 1st place, Joan Kline, 2nd place and Susie Crawford, 3rd place. Well done all! Look for these amazing works of art in the OC display cases this month. Next challenge theme will be "Farm" at our August 16th meeting.

Local Gallery News —

Art League of Lincoln: Congratulations to club member Susan Berg for winning second place in the Art League of Lincoln's Summer Solstice exhibit. Her watercolor, The Rookery, will be on display through July 30th. Do go and visit the gallery located at 560 6th St. for its wonderful displays and tempting gift shop.

The LH Fine Arts Show featured 39 Sun City artists, and as of this date, we do not know the outcome of the judging. However it turns out, a hearty congratulations to everyone who entered. See you next year!

Buonarroti Ristorante, the traditional Italian dining spot in Lincoln, continues to showcase our paintings through September 16.

Artist Spotlight: Christopher M. Olsen is a local Sun City painter working from his home studio on landscapes, figures and still lifes. He mostly paints in his home studio setting up still life placements or from photography and has worked en plein air. As an avid drawer from a young age, Chris first learned to paint from his mother, and later in school and a bit at university. In the mid-1990s he attended art school and then on to 9 years of private studio



Our Big Boy acrylic painting by Christopher M. Olsen

lessons with Stanley Goldstein, a professional painter in San Francisco.

Chris' art philosophy is grounded in capturing the intensity of a remembered moment. Just like we naturally do with our favorite memories, he paints the emotional element of the subject by enhancing light, color and form. For example, soft muted color can express the passage of time while highly saturated color may invoke the immediacy of a moment. To accomplish this intention, Chris works in genres from pure realism, contemporary realism, impressionism and formal abstraction. He most frequently works in acrylic and oil on canvas or wood panel. Influenced by Matisse, Klimt, Diebenkorn and others, Chris understands that paintings have a decorative notion as well as the rendering of form.

Chris is a recipient of a Career Grant from the Marin Arts Council and was presented in MACs noted artists exhibitions. His portrait of Our Lady of Guadalupe graces the bishop's chapel at the Catholic Diocese of San Jose, CA chancery chapel. His portraits commemorate the Ludwick family progenitors at the Ludwick Community Center in San Luis Obispo, CA. With brush in hand and applying paint to canvas he was featured on the local evening news painting the blooming trees in Golden Gate Park. Chris has presented his work around California in solo and group shows over many years.

Plein Air Meet Up: We painted and sketched the Horton Iris Farm in early May, the perfect time to see the blooms and enjoy the mild spring weather.

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

...

## Paper Arts Club

BY LINDA LUCCHETTI

Thank you to our June guest project leader Judy Perkin of Stampin' Divas. Some forty members participated in making three beautifully designed cards during our meeting.



June project card.

Stop by our window in the Orchard Creek Lodge and check out the themed cards by our members on display monthly. Have you seen our patriotic tribute for July?

We meet on the first and third Thursdays of the month in the Terra Cotta Room at Kilaga Springs Lodge at 9:00 AM for our monthly meeting and Open Lab. Be sure to check the monthly Newsletters (email) for updates about activities and meetings.

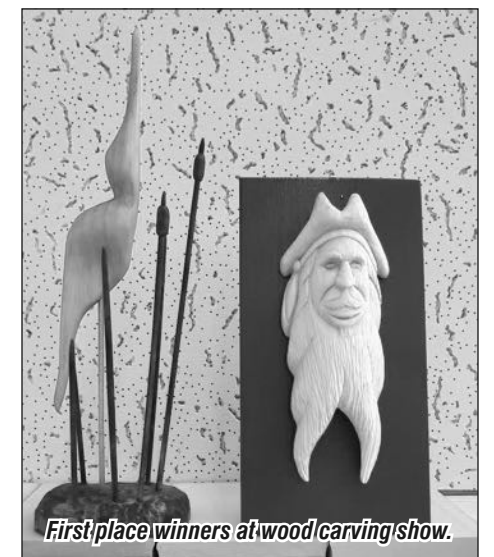
For further information, contact: Teri Hersko, at hawaiiiteri@gmail.com

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## Woodcarvers Club

BY LIONEL RAINMAN

The two day Capital Woodcarvers show, held in Sacramento every year, brings hundreds of wood carvings from many carvers in the Central Valley and surrounding areas. This year was a little different as Covid caused



First place winners at wood carving show.

(cont' on page 8)



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## Woodcarvers Club

(cont' from page 7)

cancellation of the show for the past two years. However, entrants and spectators were enthusiastic about the carving show being a highlight for woodcarvers. Judging ranges from novice to expert in various categories. Three members of the Woodcarvers Club submitted 4 wood carvings to the woodcarving show and as a result there were two First Place Winners, One Second Place Winner, and a Third Place Winner. That was a terrific showing considering the number of carvings submitted.

Woodcarvers Club members have a large library of carving books, magazines and DVS's for plans and ideas. We have carving tools that you can test out.

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

...

## LH Italian Club

BY LINDA LUCCHETTI

We're dusting off our dancing shoes and pressing our Sunday best as we look forward to the club's annual Inaugural Dinner and Dance, Sunday, July 10, from 5:30 to 8:00 PM, in the Orchard Creek Ballroom.

To keep a running photo-record of all the club's events, activities, and fun we have,

a volunteer committee has been formed to share in the picture-taking tasks. Committee members are: Mark Miller, Wendy Soares, chairperson, Ron Ranellone, and Ron Peck. (See photo.) When you meet any of these volunteers at an upcoming event, don't forget to smile for the camera!

A previously publicized event about coffee had to be put on the back burner. But never fear – there's something else to sip on in its place, "So You Think You're Italian." Don't be in jeopardy! Brush-up on the fascinating facts and folklore of the beloved country and get ready for a fun and festive time on August 27 from 12:30 – 3:30 PM at the Kilaga Springs Lodge. Check your email messages or the website for more information.

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

...

(more Club News cont' on page 9)



LHIC Photo Committee – Picture Perfect!!

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OC Book Club

BY NANCIE ATTWATER

As the heat begins in the valley and the sun is out for longer and longer, I hope you can find time to read the sweet novel chosen for our July Meeting scheduled for July 21st at 1 p.m. in the multi-purpose room at Orchard Creek. Penny Pearl will be presenting the bio and Ardis Sheriden will be the facilitator for *Anne of Green Gables* by L.M.Montgomery.

*Anne of Green Gables* is a heartwarming story that has beckoned generations of readers into the special world of Green Gables, an old-fashioned farm outside a town called Avonlea, located in a corner of Prince Edward Island. Anne Shirley, an eleven-year-old orphan, discovers that the Cuthberts—elderly Matthew and his stern sister, Marilla—want to adopt a boy, not a feisty redheaded girl. But before they can send her back, Anne—who simply must have more scope for her imagination and a real home—wins them over completely. A much-loved classic that explores all the vulnerability, expectations, and dreams of a child growing up, *Anne of Green Gables* is also a wonderful portrait of a time, a place, a family... and, most of all, love – Goodreads.com.

If you have some grandchildren in your midst this could be a wonderful story to share with them as you read it together. Go back to a quieter more peaceful time and enjoy this wonderful book for a delightful afternoon of reading. I never read it as a young girl, if you did - maybe you need to read it again and refresh your memory before the meeting. I

need to read it for the first time and imagine I'm a kid again. Oh, those were the days.

Get a head start on the books for the rest of the year by adding them to your summer reading list.

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

August 18: TBD - Author visit or social

September 15: *The Rose Code* by Kate Quinn

October 20: *The Lost Apothecary* by Sarah Penner

November 17: *The Doctors Blackwell* by Janice Nimura

December 15: TBD - Holiday Social

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

SCLH Genealogy Club

BY NANCY SWITZER

July is here, and that means it is time for our Members Only annual Ice Cream Social! It will be the first one since July 2019! Come and join us on Monday, July 18th from 6:30-7:30PM, in the kitchen at Kilaga. Did you have an ancestor that especially loved ice cream? My grandfather had a dish of ice cream each night after dinner, along with a cookie. My mom's favorite was anything with nuts! These are fun memories to record about our deceased ancestors.

We are an active group and if you are interested in learning how to do your

genealogy, and would like to join us, you can find the membership form on our website listed below, under "HOME/Become a Member".

All help sessions are held at the OC in the Computer Lab

1st Monday of the month, from 1:00-3:00pm (new) by appointment, or evenings, 6:30-8:30pm, no appointment needed.

2nd Monday of the month, we offer members an "appointment" help session from 6:30-8:30 pm. Look for the Club e-mail with instructions on how to reserve appointments.

3rd Monday of the month is our general meeting in Presentation Hall (KS) from 6:30-8:30pm when we have a speaker give a presentation on various genealogy related topics.

The OC computer lab has Club-provided subscription websites for free use to Club members, such as Ancestry.com, Fold3 (military records) and Newspapers.com. Club members may use these resources at any time the Computer Lab is not scheduled by other groups.

Boot Camp, which is held the first Monday of the month from 6:30-8:30pm, with the next session August 1st. The speaker will be Bob Ringo, with the topic "Sources, Searching Like a Pro. Google Search engine." We have allocated six spaces for those that could not commit to the entire program. If interested in attending an individual session, respond to the Club e-mail that will come out shortly before the next scheduled session.

Contact: Carole Moore 916-543-4762  
Website: [www.suncitylhgc.com](http://www.suncitylhgc.com)

Shalom Social Group

BY JUDY GANULIN

Building on past successes, the Shalom Social Group continues its programs. Bocce ball and bowling continue on Sundays and Wednesdays, respectively. Our Women Together luncheon in the Kilaga kitchen, catered by our own Hagai Narkis and his helpers, was a great success. We have renewed focus on our new members; we now introduce one of them with a brief biography in our monthly newsletter. Plans for our 20th Anniversary Gala in September are coming along, and we get more and more excited about it as the pieces come together. To learn more please contact Margie Gulko at [Margie.gulko@gmail.com](mailto:Margie.gulko@gmail.com) or 916-543-5303.

Lavender Friends

BY SANDI DOLBEE

With the ceiling fans spinning and the misters spraying to cool us down in the heat wave, nearly 60 club members gathered at the Sports Pavilion last month for the return of our mixers. That's almost a two-thirds turnout, which president Marilyn Kupcho noted was a number that Placer County Elections would have dearly loved in the recent primary election.

The mixers were launched several years ago to help new and old members get to know each other better. This particular mixer also

(cont' on page 11)



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## Lavender Friends

(cont' from page 9)

came with a catered barbecue dinner and ice cream for dessert. The no-host bar and ice chests filled with water helped keep us refreshed. And we had the best elixir of all: each other.



Membership chair Sara Vega, who was in charge of organizing the event, welcomed 16 of the men and women who have joined since COVID sidelined our mixers and paid homage to the members who were here back when the club was officially organized in 2009.

Sara also gave a shoutout to all the volunteers who made this happen — from decorators to folks who staffed the registration table and the servers who scooped up the potato salad, coleslaw, beans, chicken, pulled pork and veggie burgers.

“People really were ready to reconnect,” Sara said afterward. “To see their old friends — and to make new ones.”

Lavender Friends is a club for LGBTQ residents and their supporters. For more information, check out our website: [www.lavenderfriends.com](http://www.lavenderfriends.com).

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

BY PATTI KINGSTON

Barbara Fickel, a long-time resident of Sun City, has volunteered with the same teacher at Twelve Bridges Elementary School



for 16 years. A retired K and pre K teacher with a BA in Early Education she moved here apprehensive about how she would fit in and might possibly find a place working with young children, her passion. Barbara soon found out about the SCHOOLS volunteer program. She says it was an answer to her prayers. She and Mrs. Evangelisti have become fast friends and co-workers. Before COVID she volunteered 3 days a week in the mornings but had to take the 2020-2021 year off while the school district pondered masks, remote learning and having anyone in the classrooms with the teachers. Since then she and Mrs. Evangelisti have worked out a schedule where she mostly helps with paper work outside the classroom, one day a week. She is so happy to have found the SCHOOLS volunteer program and “her” teacher is very grateful for her friendship and help. Mrs. Evangelisti has asked that more people volunteer in her school. The teachers look forward to the help and then count on it.

Some of our volunteers have continued to work with teachers over the past 2 years, using imaginative way to be of help. We want to hear from you at the annual meeting.

The annual meeting for SCHOOLS, returning volunteers or those who would like to get involved will be on August 31 at Kilaga Springs Presentation Hall at 10 a.m. We would love to see all of you, returning or new volunteers!

Teachers are asking for SCHOOLS volunteers, needed for the 2022-2023 school year for both Lincoln Elementary Schools, K-5, and for Phoenix Continuation High School. To volunteer at Phoenix Continuing High School contact Irma at [jmeidm@aol.com](mailto:jmeidm@aol.com). To find out about volunteering in elementary schools K-5 contact Cyndi at [ccolloton@yahoo.com](mailto:ccolloton@yahoo.com).

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## Lincoln Democratic Club

BY JUDY GANULIN

Lincoln Democratic Club members thoroughly enjoyed our annual picnic, our first in three years because of Covid. We had excellent food and celebrated the success of our candidates in the June primary elections, due in no small part to the efforts of our volunteer campaign workers. We continue our work at the food bank, with our next session coming soon. We have several interesting programs planned for this year, including a topics forum in September by the League of Women

Voters and Placer County Transportation Director Mike Lukens in November. For more information please see our website, <https://democraticclublincolnca.org>.

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## Apple User Group

BY NINA MAZZO

July holds meetings with two knowledgeable speakers this month who will offer us the opportunity to learn at least two new things!! Ken Spencer's presentation is titled Apple Amplifies Accessibility! He will discuss the many features of Apple's assistive technology that can greatly benefit people with motion, sight and hearing impairments. His presentation will be on Zoom, Thursday July 7 at 7:00PM (Ask the Tech 6:45). Ken will show you some of the hidden features of Apple's wonderful accessibility options.

Our general meeting on Tuesday July 12 at 7:00PM ( Ask the Tech 6:30) will also be on Zoom as we host a popular returning speaker Pete Lozzi. The title of his presentation is Dive Deep into MacOS 12 Monterey. Pete is an excellent speaker as well as knowledgeable and you can look forward to learning and discovering how Monterey makes our Mac more productive and perform just a bit better. He will also discuss other improvements including Focus, Notes and Universal Control. Pete Lozzi has served as a consultant to some of Silicon Valley's influential companies.

Our club website provides dates for Ask the Tech and Open Lab and the latest Cider Press Newsletter: [www.lhaug.org](http://www.lhaug.org). New to our community? You will also find a membership form at our website.

Club contact email: [LHAUGinfo@icloud.com](mailto:LHAUGinfo@icloud.com).

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## L H Astronomy Group

BY BILL WEAVER

The LHAG does not hold general membership and Cosmology Group meetings in the month of July. These meetings will resume in August. Updates on future meetings will be available in the August membership bulletin and the Sun Senior News.

LHAG Telescope Interest Group Activities

The next LHAG Telescope Interest Group star party, scheduled for July 29, 2022, at the Sun City Lincoln Hills Sports Pavilion upper

tennis courts will focus on the galaxies and open and globular star clusters. Sunset is at 8:20 PM.

Year after year, century after century, star gazers have celebrated the return of the Summer Triangle. At this time every year, the distinctive three-cornered pattern formed by the bright stars Vega, Altair, and Deneb, is prominent in the southern sky surrounding the Northern Cross. The Solar System planets will not be visible as they do not begin to show best in Lincoln, CA until the Fall and Winter months during the evening and night periods.

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

Astronomical Events for the Month of July

Jul 4: Earth's Aphelion - The Earth will reach its aphelion—the point on its orbit farthest (95 million miles) from the Sun; the opposite of perihelion when the Earth is closest to the Sun (92 million miles).


July 13: Full Moon - July's Full Moon is known as the Buck Moon, Thunder Moon, Hay Moon, and Wort Moon. named after the new antlers that emerge from buck's foreheads around this time of the year. The Buck Moon for 2022 is also a Supermoon.

Jul 28: New Moon - July's New Moon is called the “New Sturgeon Moon”. The New Moon phase is the best time to explore the night sky, and find planets, stars, and constellations because of the lack of reflected light from the Moon's surface.

For more information about the Lincoln Hill Astronomy Group, please visit our website at [www.lhaug.org](http://www.lhaug.org) or contact LHAG President Bill Weaver at [hamweaver@wavecable.com](mailto:hamweaver@wavecable.com)

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(more Club News cont' on page 12)






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## LH Republican Club

BY SUE DUMAS

Happy 4th of July — Let Freedom Ring!

We are pleased to report multiple WINS for Republicans on June 7th. Special Congratulations to Kevin Kiley, Roger Niello, Joe Paterson, and Mark Meuser who will be running against Democrats in November. Also, to our Placer County Clerk/Recorder, incumbent Ryan Ronco, new Supervisor, Shanti Landon, and Sheriff/Coroner, Wayne Woo.

Our Club supports conservative Republicans in establishing the type of community we want to share and leave to our children and grandchildren. We do this by doing what we can to support those running for office, beginning at the local level. If you want to help through volunteering, please contact Carol at [cnwilson37@gmail.com](mailto:cnwilson37@gmail.com).

Volunteers from Placer County Republican Central Committee and Sun City LH Republican Club will continue to man the Republican Trailer to answer questions, etc. throughout the summer and fall. If you would like to help out text Sue at 650-888-7704.

We had a fun evening of baseball at McBean Park in lieu of a June meeting. The weather was hot, but so were the Potter's! They scored double on 3 home runs in a single inning! Thank you Aggie, for organizing the event!

Republican Club and Central Committee participation in the City of Lincoln's July 4th Parade, will include three floats, marchers and decorated golf carts. We want you to be part of

it! Contact Carol at [cnwilson37@gmail.com](mailto:cnwilson37@gmail.com).

See monthly Newsletter coming July 1, for August. The new "Leatherby's" is looking interesting for a Club Outing in the near future! Save the date; September 29th for our fun filled Club Oktoberfest.

We have a lot of new people moving into our Lincoln Hills Community. If you know someone, or are new, Republican, and interested in joining our club, \$15/per year — per person; contact Ed Zychowski at [zych42@sbcglobal.net](mailto:zych42@sbcglobal.net)

[www.RepublicanClubSCLH.org](http://www.RepublicanClubSCLH.org)

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## Veterans and Patriots

BY LOU LOPEZ

To all of our Veterans and Patriots members, who came to our Mexican Fiesta on June 5th. We had a great time chatting with friends and fellow members. We were told the food, beer and soft drinks were very good. The music was also a big part of the Fiesta and might I add, well received by all the dancers on the dance floor and the folks who were singing along with the very nostalgic old hits. Thank you to the folks that came and assisted in the set-up and tear-down of the tables and decorations. You did a magnificent job!

Well, as they say "you ain't seen nothing yet," we are planning an even bigger "blowout" in October at our Oktoberfest Celebration. We are putting together our menu and beer selections. So, standby as we get things in place. As we will again have the Baughman's back as the entertainment. We might even have to

do the "chicken dance", which is a German tradition!

All of you who are patriots or ex-military reading this article, come join us and become part of the fun. Our general meetings are the first Wednesday of the month and they start at 10am and generally last until 11:15am. By becoming a Lifetime Member for only \$30 you can join us for the meetings and the great events we put on during the year. When you attend a General monthly meeting, we have free donuts and coffee, a drawing for carwashes and meals from our sponsors.

Our speaker for July will be Ray Ille. So, who is Ray Ille? He is probably one of the five (5) longest Veterans and Patriots members who has served in so many important roles and now it's his turn to tell his story about "Old Shaky"!

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## LH RV Group

BY VICTORIA WHITE

Our Ft. Bragg rally in May was a well organized and exciting trip, firstly with a visit to the Botanical Gardens led by a 90 year old spritely and spirited docent. She was very informative and what a sense of humor. It's a must see for those that want to see what a smaller version of Buchart Gardens looks like. Very awe inspiring and gorgeous. The town is a bustling artsy community with loads of wonderful restaurants, shops and beautiful inlet areas with the perfect view of the rocks with their pretty tide pools filled with urchins,

(cont' on page 13)

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LH RV Group

(cont' from page 12)

star fish and anemones. The walking areas along the coast seem to go on for miles and give you the full affect of the sea air and breezes, well... more likely gale winds. But our rallies are more than just visiting or revisiting an area. We have a group of people that all enjoy each others company and have a great time at our potlucks and excursions. Thank you to Paul and Barbara Versaitis and Judy and Phil Hayden for their first time as Wagonmasters. You did a great job and we all had a wonderful time at Pome RV Park. What a beautiful camp ground.

Our meetings are on the second Thursday of each month at KC, 4:30 pm in the Placer Room. Contact Sharon Skar, Membership Director at 916-434-7799 or marlowensharon@gmail.com for information. Drop-ins are welcome.

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Rods & Relics

BY ELNA RAGAN

A very successful 16th Annual Downtown Lincoln Car Show was held on Saturday, June 4. Close to 400 vehicles from America's Golden Age of Automobiles, all American-built before 1975, were displayed!

Boy Scout Troop #160 served a delicious Pancake Breakfast from 7:00 a.m. to 10:00 a.m. At 10:00 a.m. the National Anthem was played, followed by a "Special Event," a fly-over by the West Coast Ravens... five planes trailing

smoke! What an added treat! Thousands of spectators walked the shady downtown streets, viewing the wide range of vehicles and enjoying the food and merchandise from the local merchants and vendors. The Lincoln Chamber of Commerce held a BBQ lunch selling Pork and Brisket sandwiches.

The Chamber also had a Raffle Booth loaded with over 100 specialty gifts including many gift cards.

The Car Club and many volunteers were excited to present another great event for the community. The following three local charities will be the recipients of this year's Car Show proceeds: RRUFF Healing Heroes, Acres of Hope, and the Lincoln High School Rodeo. More information will be included in next month's article.

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.

Contacts: Tom Indrieri, President 916-645-2035 or Mike Carvidi, Membership Director 707-849-2834.

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

...

Sports Cars

BY RICHARD PEARL

40 Club members made the short drive to Pescatore Winery for a great dinner in May. Winery owners Dave and Pattie Wegner hosted and cooked for the group in a beautiful setting only a few minute's drive from Lincoln. June's Capay Valley and Willo Steakhouse day trips will be reported on next month. July 28th will see a day trip to the Folsom Zoo, followed by a lunch. Under discussion are a dinner cruise on the American River, a murder mystery dinner, and a road trip to Nevada City. The Club will



also participate in Lincoln's 4th of July parade. Contact: Richard Pearl; 916-715-9666; Pennyrich99@gmail.com; Website: [lhsportscars.org](http://lhsportscars.org).

...

LH Amateur Radio Group

BY DAN LEHRER, KN6DRN

At the time of this writing, final preparations were underway for Field Day, held on June 25-26. We will report our results next month. Our weekly meetings and net are well attended and discussions are lively, especially the Challenge Question posed each week. We find that our hobby is a constant learning experience as well as fun. The Group helps each other work through technical problems, both in our Shacks and the Repeater. Meetings are held at the South

Tower every Monday night at 6:30 PM. Our club conducts a weekly radio network at 7:00 PM every Monday on the W6LHR Repeater at 147.030 MHz, 167.9 PL. If you are looking for a way to engage in the community and have an interest in Amateur Radio, please check out the LHARG. For more LHARG information visit our Website, the URL is: [lharg.us](http://lharg.us) or email [dlehrer72@gmail.com](mailto:dlehrer72@gmail.com)

...

(more Club News cont' on page 15)

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LH Travel Group

BY SHERON WATKINS AND LINDA BEVINS

Summer has arrived in Northern California! As heat rises to 100 + degrees, it is time to dream of cool December vacations with sparkling Christmas decorations, jingle bells and winter coats. Gather some friends with a cup of hot cocoa and consider these winter getaways.

Spotlight on New York (Dec. 5 - 9, 2022) is a one-hotel stay. It offers your choice of a Broadway show and a Christmas spectacular featuring the high kicking Rockettes at Radio City Music Hall. Delight in a ferry ride to take an up-close and personal look at Lady Liberty, visit the Ellis Island with a look at the museum. Take a locally guided tour of the “Big Apple” that includes decorated landmarks such as Greenwich Village, Wall Street, Chinatown, Empire State Building and Central Park. Be sure to take a picture in front of the colossal Christmas treat picturesque Rockefeller Center. The link for this tour is gateway.gocollette.com/link/1076302.

Book by July 4 and save \$100.

Perhaps continue with the holiday spirit by adding a tour to LONDON (Dec. 8 - 14, 2022). This is also a one-hotel stay tour. Join a local guide for a fascinating city tour that includes Trafalgar Square, St. Paul’s Cathedral, the Tower of London and Buckingham Palace. Stop at the world famous Harrod’s Store to sample gourmet delights and view its enchanting holiday displays. Perhaps decide to add an excursion to Windsor Castle. See the birthplace of Sir Winston Churchill, a UNESCO world site. Visit Blenheim Castle and see magnificent homes all lit up for the season. Enjoy a traditional English tea and an evening performance in one of London’s finest theaters. Ride the “Tube” to Westminster abbey, home to royal coronations and weddings. The link for this tour is gateway.gocollette.com/link/1076617.

(Special note: These two tours can be booked separately or together.)

How about celebrating the New Year’s in a very special place? This holiday option is an 8 day tour departing on Dec. 26 - Jan. 2, 2023.

London and Paris is a tour that celebrate’s New Year’s Eve in Paris at the legendary Paradis Latin theatre. Just unpack once in each city and delight travel by the Eurostar

train between the two cities. Enjoy French cuisine and breathtaking views as an exclusive dinner is included at the Eiffel Tower, ending the day with a delightful Seine River cruise. Beginning in cosmopolitan London with a tour of awe-inspiring St. Paul’s Cathedral dressed in holiday finery. See Westminster, the House of Parliament and Big Ben, an iconic landmark. View Buckingham Palace, the Queen’s official residence and Covent Garden. Explore Windsor Castle, home to kings and royals for nine centuries on an optional tour.

Then off to Paris on the Eurostar High Speed Train. A local guide will point out the most iconic sites including the Arc de Triumph, Champs-Elysee, Place de la Concorde and the magnificent Place Vendome. Perhaps the option to for an inside look at the magnificent Louis XIV’s Palace and Gardens of Versailles will be your choice. Celebrate the arrival of the New Year with a special dinner with wine, champagne and a captivating show at the legendary Paradis Latin, the city’s oldest cabaret theatre. Visit Montmartre with its cobblestone streets to see the iconic Basiliaca of Sacre-Coeur. A wonderful end to your holiday adventure will be dinner at the Eiffel Tower and a Seine River Cruise.

The link for this tour is gateway.gocollette.com/link/1111431.

Looking for another spectacular way to celebrate New Year’s Eve? Did you know that Portugal has the largest fireworks display in the world? This 11 day tour includes many sights in Lisbon, the Silver Coast resort of Nazare, exploring the Portuguese Riviera and delicious Portuguese cuisine. Drive along wineries and banana plantations on your way to the world’s highest cliff, Cabo Girado. Visit Camara de Lobos, a 15th century town that is a both a humble fishing village and sunny nature retreat. Portugal is home to many UNESCO sites such as Jeronimas Monastery, the Tower of Belem, the Fado (a World Cultural Heritage presentation) and the town of Sintra, the summer residence of Portuguese kings and the National Palace.

Consider the Sunny Portugal tour if you are looking for an exciting new Holiday tour (Dec. 27, 2022 - Jan. 6, 2023).

The link for this tour is gateway.gocollette.com/link/1111429.

Upcoming trips include – Tropical Costa Rica- Feb – 9 days-on sale! gateway.gocollette.com/link/1111409

Ireland over St. Patrick’s Day - gateway.gocollette.com/link/1111415

Small Group Morocco- gateway.gocollette.com/link/1087139

Heritage of America- gateway.gocollette.com/link/1083541

Small Group Swiss Rail - gateway.gocollette.com/link/1083545

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

Our next meeting will be in September but new Zoom will be available in July. Lincoln Hills Travel Group Committee Member Contacts: Sheron Watkins 916-849-9504 sheron55@att.net, Louise Kuret Auerbach 916-408-0554 louisekuret@att.net, Lyle Auerbach 916-847-6544 lea925@att.net, Linda Bevins 916-666-7627 djbevins17@gmail.com

SCLH Alzheimer’s/Dementia Caregivers Support Group

BY VALERIE JORDAN

The SCLH Alzheimer’s/Dementia Caregivers Support Group steering committee includes Mary-Jo Fratessa (916-759-8760), Valerie Jordan (909-625-7443) and Gail Marculescu (916-835-7117). These programs are supported by the Lincoln Hills Foundation.

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

The August and October 2022 meetings are facilitated by guest speakers who are knowledgeable about dementia and caregiving issues frequently experienced by families. The Wednesday, July 27, 1PM general meeting in the OC Multipurpose Room welcomes Stefani Wilson from Del Oro Caregiver Resource Center.

The Women’s caregiver group meets the first Wednesday of every month; the next meeting is July 6, 1PM in the OC Multi-Media room. Contact Mary- Jo Fratessa (916-759-8760) for details.

The Men’s caregiver group meets the third Thursday of every month in the OC Multi-Media room; the next meeting is July 21, 10AM-noon. Contact Ernie Drake (916-543-3482) for details.

Glaucoma Support Group

BY BONNIE DALE

Our next meeting will be on July 13 at 4:00 PM in the Multimedia Room (OC). We will be discussing traveling with Glaucoma. Having a somewhat active lifestyle can benefit from learning how to travel with Glaucoma. In anticipation of some fun and exciting travel plans, let’s come and share our ideas that make it less complicated to travel.

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

Hearing Support Group

BY JOANNE MITCHELL

In June, our guest speaker was Terri English, who discussed hearing aids. Following that, further discussion was held regarding accommodations in SCLH and various technologies involved with same.

Low Vision Support Group

BY JOAN BRANT-LOVE


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

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

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


Toni Boom, Director of Clinical Services & Occupational Therapist at the Low Vision Clinic of the Society for the Blind will detail how the clinic enables people with low vision to use their remaining vision to its fullest potential.

Low vision Support Group meetings are (cont’ on page 16)



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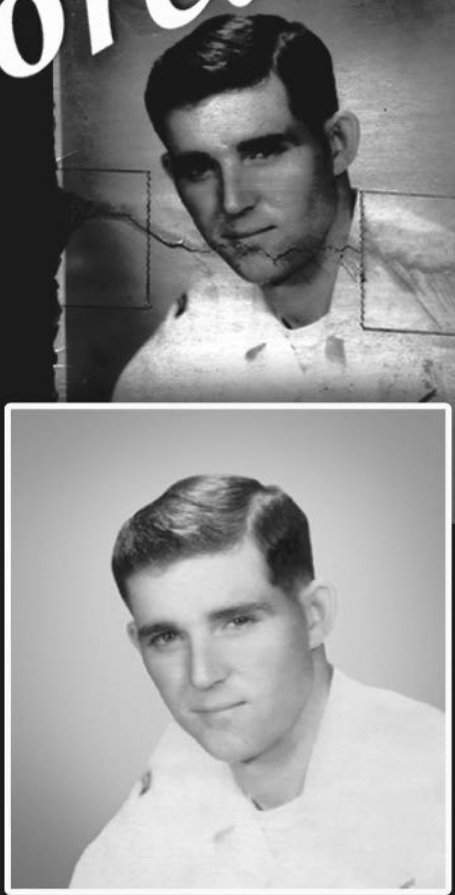
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## Low Vision Support Group

(cont' from page 15)

open to all SCLH residents.

“Home Modifications and Adaptations for Those with Low Vision” (Last in a series of three installments) By Toni Boom, Director of Clinical Services, Society for the Blind

Bathroom —

- Lighting – side is better than overhead
- Organization – have your own drawer or counter space and place frequently used items in front

- Use rubber bands on bottles to tell the difference between shampoo/conditioner

- Toothpaste – use your own tube and squirt directly in mouth or onto finger first

- Rug or towel over bathtub lip in a contrasting color

- Contrasting toilet seat cover

- Hang a contrasting towel behind head when doing hair

- Magnifying mirror that you can bring close to you

- Use an electric shaver instead of razor

Medication —

- ScripTalk, ScripView – RiteAid Roseville (Envision America 800-890-1180)

- Mark pill bottles with bold pen

- Use a rimmed baking sheet under pill bottles to stop them from falling on floor

- Large print medication organizer

Helpful books from the talking book library:

- *Macular Degeneration: the Complete*

*Guide to Saving and Maximizing Your Sight*

Mogk, Lylas G.

- *Macular Disease: Practical Strategies for Living with Vision Loss* Wolfe, Peggy R.

Low Vision Support Group Contact: Cathy McGriff 916-408-0169 or cathy.mcgriff1010@gmail.com

...

## Multiple Sclerosis Group

BY JERI DI FIORE

New to Sun City? Do you have a friend or family member with MS?

Call Jeri Di Fiore, 530 401 2135, to guide you with how to access MS information during our Summer Break. The next Meeting is planned for September 20, 2022, 1 PM, Kilaga Sierra Room.

Our casual group enjoys a good time! On June 21 Members, Paula and Mike Marchand, hosted a Root Beer Float & Bingo Summer Social in their lovely home. Bingo prizes, included Tupperware, supplied by Rep. Barbara Araujo, who also “pounded the Pavement” for gift certificates from local businesses, including a Safeway \$50 gift certificate!

Also celebrated was the success of the MS Walk, where Joni Deutsch did it her way, leading walking groups on our Sun City trails. To date approximately \$8,000 has been donated to help fund the MS Navigator Referral Program, 1 800 344 4867, and Research, Education, Equipment, etc.

Have a wonderful summer of freedom and see you in September!

...

(more Club News cont' on page 17)

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## Bosom Buddies

BY VAL SINGER

Bosom Buddies does NOT have a meeting in July!

On June 9th, the Bosom Buddies meeting consisted of getting to know each other. Everyone spoke about their journey through breast cancer. (See pic). Each experience was different but ultimately the same. When diagnosed with breast cancer, it's a feeling of disbelief. Not much of what the doctor says really penetrates the brain after hearing "cancer". Some were told by their doctor over the phone in a somewhat casual way. It seems it was almost, "Oh, by the way, you have breast cancer, I'll get back to you about your treatment". How hollow you feel.

However, after the shock has somewhat abated and the treatments start, you put your big girl panties on and go on. The ladies in Bosom Buddies have all lived through these phases. And they are living proof that once you've put on those panties you are still alive!!!

Once again, on July 16th there is going to be a Survivors Tea with little sandwiches, scones, and tea in a real tea pot. The team that puts this on work very hard to make it special. Wear your big hat decorated to the nines, and dress like you were going to "afternoon tea". There will be prizes for the best hat, costume,



etc. Don't miss it!! Invitations will be sent to all members of Bosom Buddies. However, if you don't receive one call Peggy 916-765-8848 and she will get one to you.

The American Cancer Relay for Life is at the Auburn Fairgrounds on August 27/28. Bosom Buddies ladies usually stay the first day and walk, not run, the designated track. Peggy Ryan works very hard to get us a shady spot for our popup. It is a very fun day for all. Put the date on your calendar and plan to be there

Go on the American Cancer Relay for Life website and register for the Bosom Buddies team. With a \$100 donation, you will receive a commemorative t-shirt. (see pic)

The next Core Meeting is August 4th and the next general meeting is August 11th. Everyone is welcome.

We have a dire need for new officers. President, Vice President, and Secretary will be vacant. Also, need someone to take lunch reservations before the general meeting. Unfortunately, the members who have been doing these jobs have gotten older (how rude!) and tired. The way to really get the group you want is to volunteer to be at its heart. Please see if you can fit one of these officer jobs in your calendar.

Bosom Buddies has lost a very good friend in the passing of Jean Ebenholz and wish to offer her family our sincere condolences. Jean

introduced Bosom Buddies to the Foundation grants. She made all the difference in the group's life allowing us to offer many services to the members and remained our liaison to the Foundation. Jean will be sooooo missed. Thank you to the Foundation for their continuing support and especially to Jean.

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

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

...

## Garden Group

BY LORRAINE IMMEL

Anita Clevenger will be the guest speaker for the Thursday, July 28 General Meeting (2:00 PM, KS). Her Presentation is titled: For the Love of Old Roses - Pivoting to Preserve. The presentation will describe heritage roses, where and how they have been found in historic sites in California, and how rose lovers are working to preserve them for the future.

Anita volunteered for 17 years in the Sacramento Historic City Cemetery's Historic Rose Garden, most recently as the curator of this internationally acclaimed site. No longer a volunteer at the cemetery, she continues to

(cont' on page 18)



Anita Clevenger

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### Lincoln Hills May Sales Snapshot

Address	SqFt	Selling Price	Floorplan
1284 Hillhaven	1045	\$560,000	Mariposa
2177 Winding	1184	\$524,000	Sequoia
332 Snapdragon	1195	\$535,000	Calaveras
1646 Grand Pheasant	1349	\$580,000	Madera
2465 Winding	1515	\$676,000	Pine Hill
1112 Newhaven Ct	1515	\$697,500	Pine Hill
401 Plover	1531	\$675,000	Alpine
1410 Mockingbird	1531	\$665,000	Alpine
2238 Kingfisher	1673	\$635,000	Trinity
674 Orchid Lane	1785	\$630,000	Tehama
1750 Crocker	1791	\$744,000	Tahoe
1211 Picket Fence	1791	\$749,000	Tahoe
2071 Stonecrest	1845	\$675,000	Orchard Crest
2234 Longspur	1854	\$718,500	Plumas
1160 Sun Valley	1855	\$800,000	Plumas
2260 Lamplight	1873	\$738,000	Orchard Crest
210 Calistoga	1967	\$860,000	El Dorado
1278 Longhorn Lane	1967	\$900,000	El Dorado
672 Yerington	2049	\$910,000	Annadel*
2188 Monument	2073	\$850,000	Annadel*
2168 Ginger Hill	2120	\$880,000	San Mateo
1851 Homewood	2151	\$759,000	Sausalito
2041 Sutter View	2636	\$1,075,000	Sonoma*
417 Calistoga	2636	\$1,126,000	Sonoma*
1136 Magnolia	2801	\$900,000	Meadowgate*

\*3 Car Garage

Total Homes sold in Sun City per MLS 5/1/22 - 5/31/22

### Garden Group

(cont' from page 17)

work to preserve rare and historic heritage roses by propagating them, passing them along to collectors, and mentoring gardens where heritage roses are grown. She is the Vice President for Publications of the Heritage Rose Foundation, and is the chief editor of its newsletter.

She is a Lifetime Sacramento County UC Master Gardener, and has written many articles about roses and general gardening for publications around the world.

Anita grew up on an Ohio farm where not a single rose was grown. She came to California to work as a civilian at McClellan Air Force Base and met a neighbor who collected old roses as he traveled in the Mother Lode. They started visiting the Sacramento Historic Rose Garden together shortly after it was founded in 1992, and she fell in love with its roses and their history and wanted to learn everything that she could about them. Shortly after McClellan closed in 2001, she started volunteering in the cemetery.

She has traveled the world to visit rose gardens and rosarians, attend heritage rose conferences, and learn as much as possible. There is still much to learn, 30 years later.

Contact: Anita Clevenger-Vice President, Heritage Rose Foundation US postal address - 877 53rd St- Sacramento, CA 95819

Email Address: anitac5159@gmail.com

Telephone: 916 715-7294

This General Meeting will also feature

Brown Bag Sales (before and after the meeting) and a Master Gardener to answer Q's & A's 20 min before the meeting.

### Bird Group

BY RUTH BAYLIS

Some of us are still monitoring the many raptor nests here in Lincoln Hills. All have chicks in them by now and some are getting ready to fledge. A Great Horned Owl nest has finally been sighted adjacent the 10th green on the Hills Course of the Lincoln Hills Golf Course. This is in the vicinity of Mallard Pond and is not readily visible. The Cooper's Hawk nest along Stoneridge Parkway that is easily visible from the sidewalk was active again this year, but the chicks have likely fledged already.

As noted before, there is lots of hummingbird activity this year, mostly Anna's, though I don't know that it is more than other years. I do not maintain feeders for them as I don't think I could be diligent about maintaining them. However, we do have a hummingbird friendly yard and this year I found more so than I knew. We have several New Zealand Flax (Phormium) plants in our yard and I did not know until last year that they had spikes and bloomed. This year 3 of them have spikes and the hummingbirds absolutely love them. I read that they are indeed a favorite nectar producing plant for hummingbirds.

I don't like tree swallows, and they are not welcome in my yard. Twice, in previous years, I have had them abandon their nests

(cont' on page 19)

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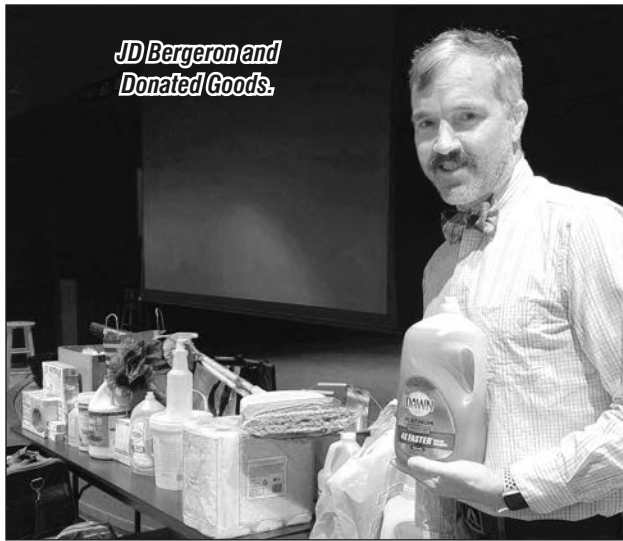


## Bird Group

(cont' from page 18)

and leave their chicks to die. They do this if the weather turns cool and the flying insects are only enough to feed themselves. Well, this year they took over my Bewick's Wren nest, not letting the Bewick's feed their tiny chicks and the chicks died. I think a Tree Swallow is now laying eggs in the nest. That is a long story short. I hope that the weather does not turn cold.

We had a very enthusiastic and entertaining speaker at our June meeting, making his second appearance before our group. JD Bergeron, CEO of International Bird Rescue (IBR), took us through the history of IBR from its origin in 1971, when two Standard Oil tankers collided near San Francisco's Golden Gate Bridge causing a massive oil spill. He highlighted many of the rescue operations to which they have responded, and the heroic efforts of the people involved. IBR specializes in cleaning up oil spills and rescuing oiled birds, but responds to other marine bird emergencies, such as the current baffling die off of Brown Pelicans. Members of our group collected items on IBR's wish list of supplies for donating to him at the meeting. This group receives very little funding from the state in proportion to the work that they do. Please consider donating money or supplies to them by visiting their



JD Bergeron and Donated Goods.

website: [www.birdrescue.org](http://www.birdrescue.org).

Our only event to finish out the year is the following. There are no walks or trips planned at this time.

• Jul 11, Mon, 1:30PM: Monthly meeting, Kilaga Presentation Hall. The program will be a "Photo Extravaganza" by our local bird photographers. This will be our end of season wrap-up before our August break.

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

You can communicate with the Lincoln Hills Bird Group at email address: [SunCityBirders@sclhbirders.org](mailto:SunCityBirders@sclhbirders.org)

• • •

## Fishing Club

BY HENRY SANDIGO

Rapala with permission — Modern day Rapala's. It all began with a hungry Finnish guy and a carving knife.

It was the 1930s when a simple fisherman made an observation

of simple genius: Big fish eat little fish, especially little fish that are wounded. So begins the greatest fishing story ever told. As Lauri Rapala fished the waters of Finland's Lake Paijanne, he quietly rowed and

watched. And what he saw was how hungry predator fish would dart into a school of minnows and attack the one that swam with a slightly off-center wobble. Over and over again.

Lauri realized that if he could craft a lure that mimicked the movements of a wounded minnow, he could catch more fish, earn more money, and not spend time constantly baiting lines. So Lauri set to work. He whittled. Carved. And shaved. Eventually a lure began to take shape. Using a shoemaker's knife and some sandpaper, he created his first successful lure from cork in 1936. Tinfoil from chocolate bars formed the lure's outer surface. Melted photographic negatives the protective coating. But most importantly, it perfectly imitated the action of a wounded minnow. Legend



has it that Lauri sometimes caught 600 pounds of fish a day with that new lure. And as word of his abundant catches spread, the lure's reputation grew. The rest, as they say, is history. That first lure was the forefather to the lure that has helped more fishermen experience the thrill of more big fish than any

other: the legendary Original Floating™ Rapala.

The wiggle fish can't resist. As fishermen around the world began to catch more and bigger fish with Rapala's lure, it became clear that

what triggered them was the lure's tantalizing wiggle and wobble. Because even though fish throughout the world are different, predators and baitfish always acted true to form. Big fish hammer wounded little fish. That's why Lauri tested each lure to make sure it swam true to the unique "wounded-minnow action." It wasn't the fastest way to make a fishing lure. But it was the only way to make a Rapala. (To this day, Rapala lures are hand-tuned and tank-tested to swim perfectly right out of the box.) It's an action as distinct to a Rapala as a fingerprint is to a person. An action no other company has been able to duplicate.

• • •

(more Club News cont' on page 21)

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Card Questions: (916) 626-0642 | [SportsCardsRoadShow.com](http://SportsCardsRoadShow.com)

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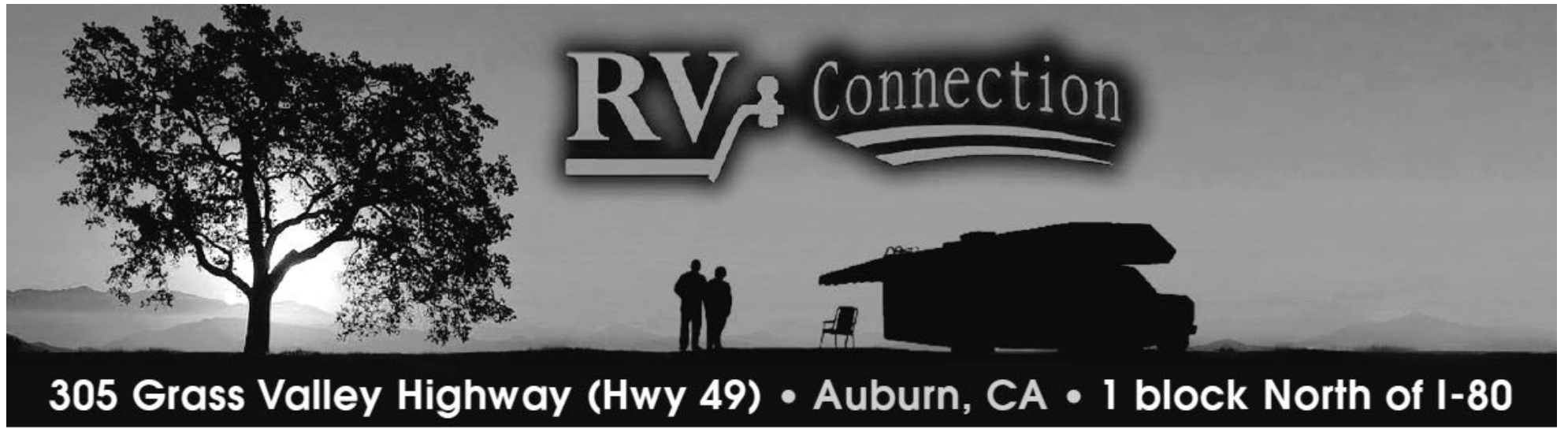
**THE SPORTS CARDS FROM YOUR CHILDHOOD MAY BE WORTH A FORTUNE!**

Sports Cards Roadshow is looking for raw & graded cards, packs, hobby boxes, partial and complete sets, and binders of sports & non-sports cards. We also buy vintage sports memorabilia and graded comic books.

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LH Swimmers and Water Walkers Club

BY ROSEMARY TANFANI

In March of 2022, the Swimmers and Water Walkers club started a mentoring program for club members at Kilaga Springs pool.

The mentoring sessions are held monthly, during the first full week of the month. Members sign up for 30 minute sessions by e-mail for either water walking or swimming, on a first come, first serve basis. There are eight mentors, all club members, who advise on basic techniques. They do not offer advice on underlying health issues or muscle or joint pain. Members should already be acquainted with the basics of water walking and swimming before they request a session.

Fred Barnhart, is one of the mentors, specializing in free style swimming technique. When Barnhart and his wife first visited Lincoln Hills in 2014, the amenities that most appealed to them were the four swimming pools, and in particular the lap pool at Kilaga Springs. Barnhart was a high school and college swimmer (UCSB) and taught swimming lessons for many years.

Barnhart says, "Being able to mentor swimmers here at Lincoln Hills is great fun. Each mentoring session is unique, Everyone is at their own current level, and different people have different goals"

If you are a club member, and want a mentoring session, contact swimmers.waterwalkers@gmail.com for more information.

The Hot August Splash Event is soon approaching on August 28. Please fill out your reservation form and mail it in with appropriate payment by August 20. New club T-shirts are also available to buy, and the deadline to order, with payment, is July 18,

Club Contact: Jim Kline, swimmers.walkers@gmail.com.

...



Swimmers and Water Walkers Club — Mentor Fred Barnhart, at Kilaga Springs pool!

Water Volleyball

BY DIANE FERRARI

It's July and you still have time to enjoy the summertime in the pool playing water volleyball! Want to just try it out? Free Play Saturdays. Dip your toe in the volleyball pool of fun. Don't know how to play? We provide Training and Mentorship. All levels of interested players are welcome. Find us at LHWaterVolleyball.com or call Carol Critch 925-451-1686.

Water Volleyball has some future events like monthly Ladies Night Play, Bring a Friend Tuesdays and the October 7th Fall Festival. The Fall Festival will include food, dancing and lots of fun, so mark your calendars. Not sure you have the skills to play Water Volleyball? Attend a Skills and Drills class. Skills and Drills classes are held the first and third Tuesday night of the month. Improve your skills, learn how to be a better player. Hope to see you at the outdoor game on July 10 at Orchard Creek. Come on out, the water is great!

...

LH Tennis Group

BY PAM FLAHERTY

"I play for the love of the game. I think about having fun and what a pleasure playing tennis is." Evonne Goolagong

The LH Tennis Group invites you to have fun and enjoy the pleasure of tennis through many activities for all levels. Beginners and those needing a refresher course can contact Steve at stevebringman@yahoo.com.

If you are new to our tennis group and want to find other players, sign up for an orientation with Val at vlaugtug@gmail.com. Drop-in for all players is Saturday and Wednesday mornings from 8AM-9:30AM on Courts 1 and 2. In addition, Saturday morning drop-in ball machine practice from 8AM-9AM for all levels is a great way to practice your shots and meet new players.

The tennis group has bulletin boards with calendars and activities posted up at the tennis



Tennis Player Kim Schlumberger

pavilion. As long as you are there, check out ongoing matches and watch for league matches to enjoy the game up close!

Summer heat makes the prime time squeeze for courts during the mornings tight. You may have to drive over to nearby courts (Jiminez Park, Whitney High School) or try to play after the sun drops around 7:00pm. Hydrate often and we will see you on the courts!

...

LH Table Tennis

BY CARL LYNCH

Before sharing some tips on how to win at SCLH ping-pong, a little history is in order. Contrary to popular belief, ping-pong or table tennis was not invented in China. Yes, the Chinese play the game very, very well, but the sport originated in England. Tennis enthusiasts popularized the game by taking their favorite sport indoors to beat the heat or inclement outdoor weather during the Victorian period. They used everyday objects to play. A line of books served as the net, a cigar lid as the paddle, and rolled-up string for the ball. Entrepreneurial types made the equipment better, and equipment improvements continue to be part of the game.

Here are those tips to work on that should help you to win here in Sun City: 1.) Track your opponent's racquet. If your opponent's paddle moves down, the ball backspins and you're more likely to hit the ball down unless you adjust. If your opponent's racquet moves

to your right when he's putting on a sidespin, you're more likely to hit the ball to your right unless you adjust. The key is to zero in on the direction that your opponent's racquet is moving in and adjust accordingly. 2.) Mix up your serves by using different lengths, different speeds, and different spins. Be consistent and don't miss serves but be inconsistent in the type of serve. Don't just put the ball in play. 3.) Work on the drop serve which makes it difficult for your opponent to return the serve with power and decreases the angles available to your opponent. 4.) Go on the offensive. An attacking style is more likely to win the point. For most players, the forehand allows them to attack the best. Use your footwork to put yourself in a position to hit attacking forehand shots. 5.) Play out every point. Don't anticipate that you've hit a winner. The ball might just come back. 6.) Master a third ball attack. After your opponent returns your service, look to finish with a powerful shot.

(cont' on page 22)

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LH Table Tennis

(cont' from page 21)

For example, a short serve to an opponent's forehand will sometimes cause the return to pop up. Be ready to finish the point. 7.) Identify and exploit your opponent's weakness. When warming up, hit several balls right in the middle and determine if your opponent is more comfortable hitting forehands or backhands. If they're more comfortable hitting forehands, hit to their backhand at critical stages in points. Or continue to hit several shots in a row to your opponent's weaker side. Master these tips, and you should be on your way to beat most players here in SCLH. Good Luck!

The SCLH Table Tennis Club plays on a drop-in basis. Reservations are not required. Please wear non-marking tennis shoes. Loaner paddles are available.

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

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Ladies Golf—18 Holers

BY CANDICE KOROPP

In mid-May, Peggy Carr directed an Odd/Even tourney on the Orchard amid strong winds, but good fortune if the wind was at one's back. Shooting into the wind on Hole Seven, Warren was able to hit her ball at the pin, less than two feet from the cup and record a birdie for the CTP. There were only two other birdies: Judy Emge on three and Royball on six. The big winners were Feldman, Royball, Phillips and Parker in flight one, and Boore, Hur, Lopez and Bedford in flight two. Both teams were 15 under par. Second place went to Meske, Sanderson, McGraw and McWilliams from flight one and Warren, Emge, Richie-Lynch and Tilley in flight two.

The last week of May, tournament chair, Judy Dong chose a team event on the Hills. The Lone Ranger designated one player's ball to count with one other from the team, in a two BB. The Delta breeze helped keep it rather mild, but it also had an impact on putting. The top team in Flight Two was Cameron, Lilienthal, Lopez and Unger with a one stroke advantage over Chapplelear, James, McDonald (D), and Royball. Blanchard, Guth, Hutchinson and Mann won the tiebreak for third. In Flight One, the team of Fitzmaurice, Koropp, McWilliams and St. Peter took the honors, four strokes better than Graybill, Hur,



Sartor and Thom. Ashe, Grant, Loyd and Wohl took the tiebreaker for third.

The June NetChix was ushered in by a breezy morning, as the players headed to the Orchard Course. It only took net par for Julie Storer to capture the NetChix title, safely two strokes ahead of the field. Despite a tough time on 13, she was able to come through when given her pops. In the first flight, four strokes over par was the best score by four players, and Feldman won the tiebreaker to get first place, followed by Sartor, Dunipace and Tilton. Feldman also claimed the CTP on seven. However, the highlight of the day came on Hole 11—a hole-in-one by Sartor, and it was enough to secure second place. It was her 4th ace, since she began the game. Tilton, a fellow player who snapped a pic for the memory, said she was more excited than Sartor as her ball approached the hole. In the second flight, McNiff netted 74 for first, followed by Fitzmaurice with 75 and St. Peter for third after a tiebreaker with Bedford. In the third flight, Ashe led the flight with 76, and Thom was the winner of the tiebreak at 79, for second. Emge took third. Lilienthal was the winner of flight four, one stroke better than Grant. Hur was third. In flight five, McWilliams carded a net 74 for first, five strokes better than Parker. Third went to Hing.

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(more Club News cont' on page 23)

# “They truly gave my mother moments of joy”

Kathy, Daughter of a CountryHouse resident

Moving her mom into assisted living was incredibly difficult for Kathy. So when she realized her mom needed even more advanced dementia care, she looked to CountryHouse for support. Not only did the team answer Kathy's questions and help arrange a speedy move, but they took the time to really get to know her mom's stories and interests.

“Kindness and respect are two words that come to my mind when I think of the caregivers at CountryHouse.”

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# ACTION REALTY





# Neighborhood Watch

BY TERESA TANIN

Join your Lincoln Hills' neighbors for the Neighborhood Watch "Kickoff" potluck August 6, Multipurpose Rm. (KS). This annual "Kickoff" is a great time to learn more about how to successfully plan a National Night Out event for the first Tuesday in October. When planning National Night Out events, they can be breakfast get-togethers, backyard BBQ's, or evening appetizer parties. Residents (owners and renters) are encouraged to have gatherings to meet their neighbors. Fly the American Flag to honor our first responders. Turn on your front porch lights as a sign of community solidarity against crime. Come join the potluck "Kickoff" on August 6, to plan a more successful National Night Out. Call Suzanne Rosevold at 775-790-0835 or email [NNCoordinator@schwatch.org](mailto:NNCoordinator@schwatch.org) for more information. Space is limited. Reserve your spot early!

Neighborhood Watch SCLHWATCH.ORG Mission Statement:

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

Strengthening Neighborhood Ties:  
It's neighbor time! Time to celebrate our community involvement and support for our first responders. If we fall, they are there. If we need medical or police assistance, they are there. First responders are there when we need them. Neighbors are important too, in strengthening neighborhood ties. Be neighborly, alert, and responsive to those in need. Next time it may be you in need.

Neighborhood Watch strives to build ties within neighborhoods. A neighbor communicating with neighbors is the best way to stay safe and informed. All neighbors/residents, including renters, are able to assist Neighborhood Watch in making this community a safer place to live. Please consider volunteering a little of your time to replace retiring Directors, Village Coordinators, and Mailbox Captains. We are the "eyes and ears"

for the Lincoln Police. Visit the NW website [schwatch.org](http://schwatch.org) "Want to Volunteer?" or email [nwdirectorvr@schwatch.org](mailto:nwdirectorvr@schwatch.org) for more information. We need you!

Thank you to our most recent volunteers! Barbara Vanderwark V40AMS5, Rick and Kathie Sinor V30B MS 7 & 8. Thank you new Mailbox Captains, our vital "boots on the ground!"

Our last training session held June 10 was very successful. There were 28 volunteers who rsvp'd but over 50 volunteers attended. More chairs and handouts were needed. If you plan to attend a training session, please rsvp at [trainingcoordinator@schwatch.org](mailto:trainingcoordinator@schwatch.org) so we are able to comfortably accommodate all attendees. Our next session is September 9, 2:00 to 3:30 PM, Fine Arts Room, Orchard Creek Lodge. Meet your neighbors, volunteers, and Directors. NW also provides on line training. Visit website [schwatch.org](http://schwatch.org) "Training." For questions, or to rsvp, please email our Training Coordinator at [trainingcoordinator@schwatch.org](mailto:trainingcoordinator@schwatch.org).

Increase Personal Safety and Security Awareness:

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

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

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

In an emergency always call 9 1 1. NOW YOU CAN TEXT TO 9 1 1. Your first



message should be your location. See NW website [schwatch.org](http://schwatch.org) for more detailed instructions. Should you notice a non-emergency issue on Community Association common areas, contact the Association Curator Security at 916-771-7185.

If you are not sure, call the Lincoln Police non-emergency number 916-645-4040. We are their "eyes and ears!" To "Report an Incident" go to the Neighborhood Watch website [schwatch.org](http://schwatch.org) to report unusual persons or incidents. Be ready to report details such as descriptions of persons and vehicle license plates, if possible.

Encourage Emergency Preparedness — FYI's, Quick Tips, and Alerts:

Prepare for situations. Make pre-arrangements for transportation you may need in an emergency situation or evacuation. Call 2 1 1 for referral information.

The Lincoln Police Department has joined the National PROJECT LIFESAVER program – Bringing Loved Ones Home. For those with cognitive disorders like Alzheimer's, dementia and autism, a bracelet about the size of the average watch could be the difference between life and death. The bracelets are part of the Lincoln Police Department's Project Lifesaver Program. The bracelets emit a radio frequency that helps police officers locate someone who has wandered away from home and may not be able to find their way back. Learn more about this service by visiting NW website [schwatch.org](http://schwatch.org) "Project Lifesaver."

Mobile Vial of Life: Your mobile phone could be your lifeline, your mobile Vial of Life! Even when locked, first responders can access your medical information and emergency contacts in an emergency. Learn more by visiting [schwatch.org](http://schwatch.org) "Mobile Vial of Life."

Home Oxygen Safety: Be a safe oxygen user. See "Alerts" for more information by visiting [schwatch.org](http://schwatch.org). Oxygen is safe when you

create the proper environment and conditions. By using some of the basic safety rules provided, you can create a safe environment in which to use your oxygen systems.

Two tips of the month: 1. You can call and request your bank, or set alerts on line, to notify you (text or email) when transactions occur over a certain set amount. We recommend the smallest amount allowable. Fraudsters will first try a small amount, to see what happens. 2. Move and hover your cursor over the email sender's name to see the address. Often the sender's name looks legitimate but after hovering will reveal the actual address, often having an additional letter or number that does not match the real business email address.

Every day we hear of some type of variation on old scams. Most of our residents were able to avoid being scammed. If you believe you have experienced a scam, visit the NW website [schwatch.org](http://schwatch.org) and "Report An Incident" to the Alerts Coordinator. Learn from the experiences of others below:

Microsoft Scam: One of our residents was on her computer when suddenly her computer froze with a "Warning" appearing on her screen allegedly from Microsoft with a phone number to call. The resident called the number and spoke to the alleged "Microsoft Specialist" who said he could fix the problem. The resident followed the "Specialist's" directions, gave him control of her computer and gave him personal information which allowed him to access her bank account. Wells Fargo Bank contacted this resident when large money transfers occurred from her account. Fortunately, the resident was able to work with the Wells Fargo Bank and stop the money transfers. Her accounts were then closed, and new accounts opened. The resident fortunately did not lose any money.

PayPal Scams: A resident received a very official looking email, including letterhead, allegedly from "PayPal" advising that this resident's order costing \$742.00 had been deducted from the resident's account. There was a phone number to call if there are any questions. This very sharp resident did not call this scammer. Had the resident called, the scammer would have tried to obtain personal information allegedly to verify the bill

was in error. It is always best to contact companies directly, not through emails or texts. Do not fall for this scam. In another case the

(cont' on page 27)

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# THE UGLIER SIDE OF SHINGLES

Local clinic treating shingles and post shingles complications with amazing results.

Mother's have described it as a "pain worse than labor," others compare it to passing a kidney stone.

Post Herpetic Neuralgia (PHN) is a complication following a bout of shingles and is often ranked in the top 5 most painful experience a person can endure in their lifetime. Affecting more than 18% of shingles patients, PHN causes you to experience the pain of active shingles for longer than 3 months, and in some cases, years after the rash has dissipated.

**Audrey of Lincoln Hills shares her story. "I had been diagnosed with shingles, and I thought it was going to be like the flu or any other virus. I'd have it and then get over it. Two months later, the blisters were gone but the pain was so intense I was begging them to put me in the hospital and sedate me."**

During active shingles, the virus injures nerves in and around the skin where the rash and blisters occur. Your immune system eventually suppresses the virus and the rash and blisters disappear. Unfortunately, nerve damage often disrupts the function of your nervous system and the damaged nerves send random, uncontrolled pain signals to the brain causing lasting, debilitating pain.

**"I couldn't sleep," said Audrey, almost in tears. "I was always in pain. I couldn't leave the house. I thought this was the end of my life."**

PHN pain has been described as burning, stabbing, and even gnawing. Even worse, it has a tendency to escalate to unbearable levels, episodes that Audrey referred to as "seizures." "You can actually feel them coming on, so you know you're about to be in major pain and there's nothing you can do about it."

This pain can gradually go away, return intermittently, or in worst cases, stay with you for the rest of your life.

After living with this for more than 2 years, Audrey was no longer willing to take that chance of enduring it for a lifetime and sought the expertise of RaeAnn Salvador, of Lincoln Acupuncture and Integrative Health. Sadly, we have seen an increase in PHN cases. My PHN cases are some of the most tragic cases I've seen. The pain these people experience is just beyond words. Fortunately, I am able to offer them real hope.

**"I started going for treatment and everyday was better and better. After about a month, I told my husband, "I'm going to start doing our big Sunday family dinners again," shared Audrey. "It's changed my life."**

While the clinic specializes in acupuncture (it's in their name after all), it's the 'Integrative Medicine' part of the practice that's a hole-in-one when treating Post Herpetic Neuralgia.

ATP Resonance BioTherapy is the real winner here. ATP treats PHN two-fold. It both eradicates residual shingles virus which reduces future episodes, and it aids in repairing damaged nerves. Nerves have the ability to regenerate and repair on their own. "Our ATP therapy ensures and supercharges that process."

It should also be noted that if ATP Resonance BioTherapy is used to treat an active case of shingles, the lifespan of the active virus and the chances that you'll develop Post Herpetic Neuralgia reduce significantly.

When asking Audrey "how do you think things would have progressed if you'd never found Lincoln Acupuncture?" Her only response, "that's for a different conversation." Audrey's husband shares, "As a person, you can only handle so much pain. Audrey is on the other side of this now and to me, that's most important. And she got the results she needed by coming here."

If you or a loved one is experiencing the pain of an active shingles outbreak or are now suffering from post-herpetic neuralgia, RaeAnn Salvador, LAc and the staff at Lincoln Acupuncture and Integrative Health are here to help. Visit **AcuLincoln.com** for more information or call **916-884-0398** to schedule an appointment for an initial consultation.

**There is hope.**

**Lincoln Acupuncture  
& Integrative Health**

120 F St  
Lincoln, CA 95648

**916-884-0398**



# Neighborhood Watch

(cont’ from page 27)

resident received three texts within a twenty-four-hour period allegedly from “PayPal” stating that there was suspicious activity on

Microsoft Warning on Computer: Another resident was on his computer when it suddenly froze with a warning allegedly from

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*America's Night Out Against Crime*

## National Night Out “Kick-Off”

**Learn How to Host A Successful National Night Out!**

Date: Saturday, August 6, 2022 • Time: 6:00 pm - 8:00 pm

Where: Kilaga Springs Multipurpose Room/Kitchen

Cost: \$5 per person

Potluck: Based on the first letter of your last name, please bring the following dish to share with 10 people:

A-L: Salad or Side Dish • M-Z: Entree or Main Dish

Coffee, Tea, Water & Dessert Provided! No-Host Bar

RSVP to: [NNOcoordinator@sclhwatch.org](mailto:NNOcoordinator@sclhwatch.org) by Monday, August 1

\* Make checks payable to Neighborhood Watch.

Call Suzanne Rosevold for mailing instructions at 775-790-0835.

the resident’s card. The resident was to click on a link to find out more information. This resident was aware of this scam and just deleted the texts. Smart!

Verizon Phone Locked: One of our residents received a message on her “Verizon” cell phone in which she was advised that her phone service had been locked. She was instructed to push #1 to speak to a “Verizon” technician. The resident spoke to the alleged technician and was advised that she owed money on her “overdue” phone account. This resident was very aware and alert and immediately called “Verizon” directly. She was advised that they had been receiving numerous calls regarding this Scam. They advised her to push \*71 and that would unlock and clear her cell phone. The best advice is to contact companies directly.

Microsoft with a phone number to call for help. The resident called the listed phone number and was told that this was a “very serious situation” and he should contact his bank immediately. The alleged Microsoft technician offered to call the resident’s bank for him. The resident was connected allegedly to one of his bank’s employees. This alleged bank employee again advised the resident of the seriousness of this situation and that the resident could lose all his savings. During the phone conversation over several hours, money was removed from the resident’s account while the scammer insisted that the resident keep this transaction confidential. The resident became suspicious and eventually drove directly to his bank and learned that he had fallen for a scam. There was a substantial loss in this case. Amazon bill must be paid immediately: A

resident received a phone call on his home phone allegedly from Sutter Health. The resident and his wife recently had some medical problems and believed that a doctor from Sutter was calling, so he answered the phone. An automated voice said, “this is Amazon and you have a \$990.00 bill that needs to be paid immediately.” The resident was instructed to press “one” to talk to an agent to clear this alleged account balance. The resident did press one and then hung up. Hanging up on this type of scam was the best way to handle this attempted scam.

Suspicious Activity: A few weeks ago, the Lincoln Police stopped two individuals at the corner of Rose Bouquet and Cottage Rose (off Del Webb). Both individuals gave the police false identifications. Both had felony and misdemeanor warrants. They were arrested and booked into Placer County jail. Apparently, they had been cruising through our villages.

“Alert” Update: Robbery perpetrators sentenced back on 12/03/20 for attacking and robbing one of our male residents when riding his bike in the early morning at the corner of Stoneridge Blvd and Crescent Ln. The three perpetrators were apprehended. Recently one of the adult male perpetrators was sentenced to 13 years, 8 months in prison. The other adult male, out on bail, failed to show for his sentencing. There is a warrant out for his arrest. The third person involved was a 16-year-old female who pleaded guilty last year. She is on probation for 11 years.

Be safe and smart. When out and about, shopping or taking a walk, be aware of your surroundings. Keep your home safe and secure. Keep doors and windows locked when not in use. Do not open your door to strangers. Safeguard your personal banking information. If you receive an email or text and you are not sure whether it is a scam or not, call the company direct. Do not contact them through the email or text. A direct call could save you from being a victim. If you receive a suspicious phone call asking you for personal information or gift cards, hang up!

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

# Tribute to Jean Ebenholtz

BY DENISE BOWDEN, *President Lincoln Hills Foundation*

“We have lost truly an exemplar of community service who has made an incomparable and positive impact on the quality life in our Lincoln Hills community”, Lincoln Hills Foundation Vice President Frima Stewart.

Jean had an extraordinary passion supporting Lincoln Hills as well as the seniors of Lincoln. In 2006 she found her volunteer home in the Lincoln Hills Foundation. Jean was also a founding member of Neighbors InDeed, an early grant recipient of the Foundation. She proudly displayed her support with her personalized license plate “NID4U”.

As the Foundation matured and grew, Jean was always at the forefront, championing new services directed to the seniors of Lincoln and Lincoln Hills. Jean founded the Alzheimer Dementia Caregivers Support Group. Providing respite care for the caregivers of those with dementia and other cognitive impairment was very important to her and she was very active in our work with Del Oro Caregiver Respite program. Transportation for seniors who were not able to drive was a need that Jean saw long ago. She was on the cutting edge of transportation pilot programs here and got traction recently with the Dial-A-Ride program.

Jean served on the Lincoln Hills Foundation Board of Directors for over 10 years as Treasurer, Secretary and Vice President. She was also the historian of the Foundation. Her efforts to track and catalog 20 years of activities is invaluable as we measure the progress of the Foundation’s impact in the community. Jean was a woman of fervor and action.

The Lincoln Hills Foundation has lost a long-time friend and Board member. She will be missed.

**BINGO**

(cont’ from page 27)

are \$100 for the first eleven games and \$250 for the final game. Make an afternoon of it and enjoy a special Bingo lunch at Meridians beforehand. Bringing a group? We are now taking table reservations. Email your request to [lincolnhillsfoundation@gmail.com](mailto:lincolnhillsfoundation@gmail.com).

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

# Nancie and Bill Attwater

(cont' from page 1)

also learned knitting and crochet from her mother as she was growing up. She is an expert seamstress that worked her way through college by sewing wedding dresses. Eventually, Nancie opened a knitting shop while still working as a nurse, and the shop is where Bill and Nancie's romance began. The third thread that ties her interests together is as the author of fourteen published books. Her most recently published book that is now available on Amazon is the impetus behind this article. She wants the community of Sun City to know what she has learned as a long-term caregiver for someone with a terminal illness. The book is entitled A Caregiver's Love Story and Reference Guide. It was released on the couple's anniversary, May 22nd. A review of the book in Independent Book Review reads in part, "Valuable information with a touch of love and storytelling, A Caregiver's Love Story and Reference Guide turns out to be quite beautiful. And on top of that, the author's love for her husband shines."

Nancie's experience as a nurse at Sutter included working in the open-heart intensive care unit. While she was still working at the hospital, she continued her love of knitting and crocheting. Her first books were published as a result of this interest and led to the opening of her yarn shop in Land Park. She had the yarn shop for twelve years and closed it when Bill retired. Her book entitled Knitter's Book of Finishing Techniques has sold over 100,000 copies and led to her writing a book called Essential Book of Crochet Techniques. She has also written a book about her experiences with teaching sewing skills to girls in jail. This lasted for eight years, and the book is entitled Jail Journal: Sewing Behind Bars. She went weekly, brought all the supplies, and taught the girls how to make quilts, scarves and hats. It was a learning experience for both Nancie and the girls. The girls made her a quilt when she left.

After six years of marriage to Nancie, Bill retired, and he fell in love with a house



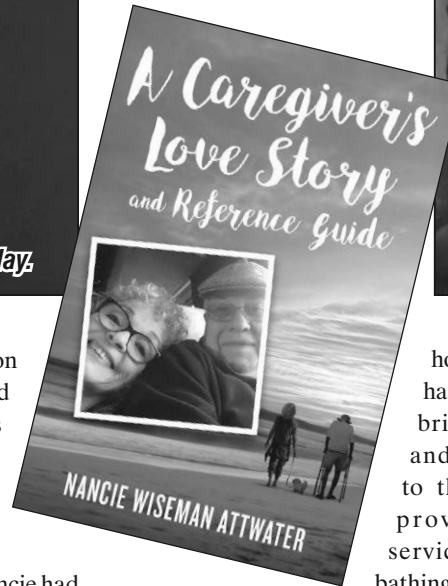
Nancie and Bill Attwater on their wedding day.

on Whidbey Island, off the Washington coast near Seattle. The couple moved to Whidbey for eight years until Bill's health issues prompted the move to Lincoln Hills. Nancie was glad for the return to California because she prefers the weather here.

It was perhaps fortuitous that Nancie had skills in the areas of nursing, needle arts and writing since they have all come into play in her current life situation. She wrote the book about caregiving because she wanted people to understand practical aspects of caring for a spouse or loved one along with making sure the caregiver also treats themselves to self-care—an area where Nancie's love of quilting and sewing have come in handy.

Bill's diagnosis of idiopathic pulmonary fibrosis involves problems with his lungs. He has been on full-time oxygen for three years and this has really limited the couple's ability to even do simple things like go out to dinner. He does have a portable oxygen machine that lasts for one and a half hours without being plugged in. Unfortunately, many restaurants do not provide electricity for such an event, so the couple has improvised, and they sometimes go out for breakfast at fast food restaurants and do a little shopping at the nearby Safeway. At one

time, Bill loved to cook but he can no longer do that because of the oxygen's proximity to the stove. They do have some part-time caregiving in the home which is invaluable to keeping up with the simple things of life that are often taken for granted. One sweet recent story on Bill's part was when he had Nancie take him to Safeway so that he could select a card for the couple's anniversary. He is now in hospice, but Nancie wants people to know that



hospice doesn't hasten death but brings doctors and caregivers to the house to provide basic services such as bathing and comfort care. It is also not a final diagnosis. Sometimes people go in and out of hospice. Another major step that Nancie and Bill took in June was to move to another place outside of Sun City that provides levels of care. This will enable the couple to stay together and have the best life going forward. Bill still loves to eat meals with Nancie and loves to read. He uses a walker to traverse around the house, but they need to be careful because there have been some falls. Their new house in an Eskaton facility is smaller than the current house in Sun City and is close to a dog park so that Nancie can walk their dog and has enough room to house Bill's toy soldier collection that he started when he was a child.

In Nancie's case, the ways she engages in self-care include walking the family Havanese dog, Grace, twice a day, journaling her feelings, researching and writing books, and understanding that she is experiencing



Nancie Attwater with the books she has authored.

PHOTO BY JEFF ANDERSEN

anticipatory grief when she feels overwhelmed. She still loves to quilt and volunteers to make quilts for the Quilts of Valor group by using her longarm quilting machine. In the book, Nancie outlines practical answers to difficult questions when one is caregiving such as anticipatory grief, power of attorney, when to call for an ambulance, and avoiding caregiver burnout, having oxygen in the home, and hiring and firing help.

Nancie and Bill bring sizable skills to their situation and remain a loving couple even in the face of difficult times. Nancie's book is now available for ordering on Amazon and there is an e-book available. Hopefully, the life lessons the couple learned can bring calm and wisdom to the difficult times of others.

**Editor's Note:** The correct email address for Mike Kelly from last month's article is [TrackTime123@AOL.com](mailto:TrackTime123@AOL.com)

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## LH Softball

(cont' from page 23)

And he still rides his bicycle down to the field on game day. What an amazing guy!

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

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

Website: LHSSL.net

• • •

## LH Bocce

BY NORM CHERUBINO

Since our last article we have seen some dramatic changes. Workers have removed the surface and drainage material from all the bocce courts and replaced them with new material. Lastly, with new striping, the courts looked brand new. Unfortunately, or fortunately, they did not remove the curves caused by unevenness in the surface. Also, they did not replace the sides. Some sides appear to be less reactive (bouncy) than before. I'm sure that many players will have different thoughts. I was told that the surface is similar to that used in backyard putting greens.

We are still meeting at 8:00 AM on Thursday mornings. All residents of Sun City Lincoln Hills are eligible to play by just showing up. New, inexperienced and handicapped players are welcome. Lessons are available at no cost.

Our email: LHbocce@gmail.com

Contact: Bob Vincent, 916-543-0543

• • •

## Pickleball Club

BY PAUL WANKLE

Have you ever been curious about the background of your fellow pickleball players? Were you aware that you may have played with an All-American wrestler who was chosen to attend the 1948 Olympics? Don Robinson is a regular at the largest organized evening pickleball group, the Dynamic Dinkers. Don and his wife Pat recently celebrated his 93rd birthday with the "Dinkers" at the Pavilion. Don has been an athlete all his life, participating in wrestling, football, baseball, and basketball, with the distinction of being the captain of the wrestling and football teams at Ithaca College. He and Pat moved to Lincoln

in 2012, got hooked on pickleball, and have been playing ever since. Don has 5 children, 5 grandchildren, and 5 great-grandchildren. His working career included over 32 years with Prudential Financial with 19 job transfers within and outside the USA. So, what does Don have to say about playing pickleball at the age of 93? In a recent interview, Don said "It's all about the social interaction both on and off the court." "I look forward to playing on Friday evenings, I love the people I play with and hope that I can be proof positive that age does not have to get in the way of playing sports and exercising." Let's hope that we can have a fraction of Don's energy and cheerful outlook at his age...he is truly a role model for us all, on and off the courts. Happy Birthday from the Lincoln Hills Pickleball Club!

• • •

## LH Billiards Group

BY RANDY FANN

Flags were raised, banners unfurled, and parades were organized as crowds cheered for the champions/winners of the May 1st and May 15th Tournaments.

On May 1st, Bob Cooperrider was able to climb to the top and finish in first place. Tournament Leader Rita Rush tied with Kurt Kelley, Assistant Tournament Leader Dante Jannicelli, and (not pictured) Phyllis Papagiannis for second place.

While on the 15th, a titanic struggle was won by (from left to right) Mike Greaney and Kevin MacLatchie, finishing ahead of Jim Meyer, Bob Belknap, Dan Lehrer, and Lyle Winklepleck

The Upstarts Tournament is directed by Tournament Leader Rita Rush, who is ably assisted by Assistant Tournament Leader Dante Jannicelli. The tournament is played every Thursday. Players need to sign in by 11:30. Play begins at 11:45 am. The tournament plays six 17-minute games of 8 ball.

Club dues are \$10 a year. Membership year is January 1 through December 31 of each year. Dues for current members are collected January 1 to January 31. Members not paid by Feb 1 are delinquent and not eligible to play in tournaments. Membership forms are available on the Billiards Room Bulletin Boards at both Lodges and on our website below. Provide

the completed membership form with cash or check to your tournament leader, or mail to the address on the bottom lefthand side of the membership form. All equipment needed furnished to players. All you need to bring is your interest in Billiards. See what we have to offer and make new friends.

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

Not to be forgotten are our Summer Picnic Celebration in September as well as our legendary Holiday Party in December. More details to come.

Billiards Group Tournament Schedule by Day of the Week.



Billiards Winners



Monday — Rookie Tournament 10:00 AM to 12:30 PM. For Inexperienced Players. Games are 17 minutes each. Play straight 8 Ball (singles). On the second Monday of each month game is 1/15 (singles).

Bob Soriano 707-372-1240 bobsfloor27@gmail.com

Rack-N-Roll 2 PM to 5:30 PM. Teams play straight 8 Ball, 8 ball with 1/15, or 9 ball. Entry fee is \$2.00. 100% of the fee returned to players as

a prize. The type of game to be played will be announced by the tournament leader (TL) before the tournament starts.

Remy Giannini 916-543-8790 aloharemy@hotmail.com

Tuesday — Mentoring 9 AM-9:15 AM sign

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

Ladies Tournament Check-in 12:45 PM to 1 PM. Play starts at 1 PM. Six games at 17 minutes each game. Beginners to intermediate. First Tuesday of month straight eight will be played. Then 8 Ball (1/15) played remainder of month.

Joan Wendell 916-434-5383 [gwjoanie@starstream.net](mailto:gwjoanie@starstream.net) or

Interim Director Judy Radman 916-524-7013 [judy@greatexhibits.com](mailto:judy@greatexhibits.com)

Wednesday — CueMasters 12:45 PM sign in. Start 1 PM to 3:30 PM. Entry fee is \$2. 100% of the fee returned to players as a prize. All levels.

Meets 1st Wednesday for Singles 8 Ball (1/15) at 1PM.

Meets 2nd Wednesday for Singles 9 Ball at 1PM.

Meets 3rd Wednesday for Doubles 8 Ball (1/15) at 1PM.

Ted Komaki 916 543-7158 [tedevkom@sbcglobal.net](mailto:tedevkom@sbcglobal.net)

Co-Ed 4:15 PM to 6:30 PM. Must have a player number by 4:10 PM. Play

from 4:15 PM-6:30 PM for Straight 8 Ball. Beginner to intermediate and above. Each team plays at least six 16-minute games. Advance sign up weekly.

Rich Lujan 408-781-5815 [rlujan1234@aol.com](mailto:rlujan1234@aol.com)

Thursday — Upstarts Sign in 11:30 AM to 11:45 AM. Play from 11:45 AM to 2 PM. Intermediate for 8 Ball Random Doubles. Advance signup last Thursday for following month. Play six 17-minute games or until 2 PM.

Rita Rush 503-780-0962 [ritaqueenofe@gmail.com](mailto:ritaqueenofe@gmail.com)

Players 2:00 PM-5:30 PM for Mid-level Players for 8 Ball. Check in at 2 PM. Play from 2:30 PM to 5:30 PM. Advance signup last Thursday for following month.

Sue Polvi 248-767-5833 [spolvi1@aol.com](mailto:spolvi1@aol.com)

Friday — Challengers Friday 9:30 AM-12:00 PM for 8 Ball (1/15) high intermediate to advanced

(cont' on page 33)

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Poetry Contest

(cont' from page 3)

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.

18th Annual

VOICES OF LINCOLN

Presented by the Poets Club of Lincoln

people Are . . .



Everything

2022

POETRY CONTEST

✱ RULES AND ENTRY FORM ✱

1. **POETS WANTED!** 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place winners will be selected in each contest category.

2. The five (5) contest categories include the following: **People Are Funny** **People Are Amazing** **People Are World Changers** **People Are Unreasonable** **People Are Unpredictable**

3. Poets may submit a maximum of three (3) poems. Select three (3) of the contest categories and submit one poem from each. Everyone is encouraged to enter. Poets do not have to live in Lincoln, CA. There is no entry fee.

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

5. Poems should be written in English. They should be typewritten and not centered (read left to right). Please use the Arial font 12-point. The title should be listed at the top of the poem and the category should be included at the top right corner of the poem page. The name of the poet should not be indicated on the poem.

6. **Young Poets**, 18-years of age or under, are encouraged to submit poems and will compete in a special "Young Poets" category. Young poets should follow the same rules as noted above. However, they should include their age, grade, and school on the Entry Form.

7. All poems must be submitted on hard copy to the address listed on the Entry Form below and must be received **no later than Thursday, July 21, 2022.**

8. Early submissions are appreciated. A separate Entry Form should be attached to the hard copy of each poem submitted. Duplication of the form is permitted. Questions—contact Alan Lowe at [slolowe@icloud.com](mailto:slolowe@icloud.com)

9. The top three winners in each category will be contacted. They will be asked to submit their poems electronically, by email attachment. All winning poems will be printed in a commemorative chapbook, which winners will receive as a gift.

2022 VOICES OF LINCOLN POETRY CONTEST

ENTRY FORM

(One Per Poem – PLEASE PRINT)

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

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

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

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

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

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

LH Billiards Group

(cont' from page 31)

players. Play seven 16-minute games. Play begins at 10 AM and concludes at 12 PM. Advance signup last Friday for following month. The advance signup sheets are in the binder on the Kilaga fireplace mantle.

Dan Oden 916-408-2687 doden49@gmail.com

Saturday —

Breakers 9:45 AM to 12:30 PM. Check in 9:45 AM to 10:15 AM. Play begins at 10:15 AM. Beginners to intermediate for straight 8. Play Six 16-minute games.

Randy Fann 916-517-7430 randyfann@gmail.com

...

LH Cribbage Players

BY MEL SWITZER

Well, the fireworks are over, the grilled hot dogs are all eaten and the back-to-school sales are about to begin. But the good news is the Cribbage Club is still rolling strong!!! The following cribbage players were “popping off like bottle rockets” lately. The tournament winners were: Lynn Bell on 5/10, Gary Lancaster on 5/17 and “Super Star” Jodi wins again on 6/24. A tie occurred between heavyweights Jack Poshepny and Grant Lee on 5/31; Brian Burns won the tournament on 6/7 and “first timer” Kim Petruzzelli won on 6/14. It wasn’t beginners luck, I’m told.

We play every Tuesday starting at 8:30

in the OC card room for warm-ups and our tournament play starts at 9:00 sharp.

So, if you win the weekly tournament, you can treat yourself to a small sundae at the new Leatherby’s or a Mexican Pizza at Taco Bell. You can buy a cheap seat at the Potter’s game (highly recommended) or buy a Punch Card at the OC. What incentives!!! But, unfortunately, it won’t be enough for a down payment on a Tesla or a Caribbean cruise. But wait, there is more good news! By winning, you automatically will see your name in this very newspaper. You’ll be somewhat famous!

We welcome all Sun City Lincoln Hills cribbage players and “would be” players and even those who haven’t played in decades to join us for the fun. Besides, it’s too hot to play golf anyway, even at 9:00 AM and besides, it costs a lot less to play a “round” of cribbage with us.

So if your grandpa taught you cribbage, guess what, you qualify to relearn the game with us. The rules haven’t changed, so come give it a try! Your grandpa would be so proud!

PS. A few of our longest cribbage playing members are on the sick list. First of all, Club President Rae Cook is recovering from hip surgery. Both “Little” Sue Cirerol and ex-club president Larry O’Donnell are both in our thoughts and prayers. We wish them all a speedy recovery.

Questions: Call Mel Switzer at 510-589-7658. See you on Tuesdays at 8:30 AM.

...

(more Club News cont' on page 35)


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Duplicate Bridge

BY SUSAN BRENDEN

Looking for a fun way to spend an afternoon? Try Duplicate Bridge! We offer all levels of play at a cost of \$3 per player. During the month of June some new players joined our club and were welcomed with a rousing round of applause. If you are wanting to check out if we have a lesson available for the coming week, check out our website [www.bridgewebs.com/lincolnhills](http://www.bridgewebs.com/lincolnhills).

If you live in Sun City Lincoln Hills, our club is currently holding Duplicate Bridge games on Wednesdays and Saturdays in the Kiloga Lodge at 1230 PM. Because Bridge necessitates playing near each other proof of vaccination is required. If you are interested in playing in Lincoln, please contact Elise Homer at [elisehomer@gmail.com](mailto:elisehomer@gmail.com) to make a reservation with a partner in advance.

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

For more information about Bridge contact Susan Brenden at [momrnsf@hotmail.com](mailto:momrnsf@hotmail.com).

• • •

SSNLH WRITER...

Dear Mr. Amazon...

BY VAL SINGER

Dear Mr. Amazon, as a loyal and faithful user of your services I have a few comments to pass along to you. Now, mind you, these comments are offered in the sincerest way possible.

In order to present them clearly to you, I have to regress. Before the pandemic, I was aware you were out there doing your thing but, as people of my age like to do, I went shopping to real stores. There one could touch the items and, with clothing, sometimes try them on. It was a marvelous experience and one that I shared with my daughter or even a friend. Going from store to store and having lunch along the way, it was just fun.

The stores went out of their way to entice us to buy their goods. They were decorated for the holidays and there were sales all the time. White sales, Black Friday sales, pre-holiday, post-holiday and "Just for the heck of it" sales. It gave the world something to look forward to. "Don't buy it now, because next week it'll be on sale". It was great fun trying to outwit commerce.

Then... The pandemic gripped us all and shopping became a very dangerous word. Enter, AMAZON. Now, I'm certainly not blaming you for the pandemic. No. No. Not at all. However, you added to your inventory everything a body would ever need or want

because you realized that not just women but all of us needed to buy stuff. And so we had to resort to online shopping. Enter, a fleet of trucks delivering these packages full of goodies at all hours.

Sorry for the lengthy explanation but I really wanted you to fully understand my trepidations.

Thanks to Covid, being able to sit at the computer and order anything you want and getting it within a few days is pure joy. I can sit and drink or eat while my fingers do the shopping. What more can I ask for? And, to add to the good times, if it doesn't fit or the color is not the right shade, it's so easy to return it.

Now, I've outlined all the great benefits of shopping with you, Mr. Amazon, I will get to the point of this letter.

Why do you stop at my neighbors house more often than at my house? I see your truck coming, I wait outside, and much to my chagrin your driver walks right up to my neighbor's house, not mine! I start off the day thinking, "Is there a delivery today?" Then, I check my phone to see if I've been alerted and, when there's no alert, my day is just a little darker.

I can hear you saying, "Why is that my fault?" Well, I'll be happy to fill you in. You have made me a shopping junkie! And to make things even more devastating, there is a whole bunch of us. There's another thing, too, Mr. Amazon, I have a real problem remembering what I ordered! Was it toilet paper or a new blouse? That's your fault, as well. After all, if you didn't have so many items to chose from, I wouldn't have the problem of remembering

just what the heck is due at my door. I have spent a great deal of time mulling over this situation and so far, I've not come up with a solution. It's over to you now, Mr. Amazon, to help me out here as I'm sure you are much smarter than me. An answer would be greatly appreciated within 14 days.

And you are right, I have way too much time on my hands!  
Sincerely,  
Frustrated Old Lady

We welcome your submissions such as humorous observations and poetry.  
Please see page 3 for submissions information.

The Pioneer Quilters Guild  
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For more information about our Quilt Show and Sale please visit our website: [www.pioneerquiltersguild.org](http://www.pioneerquiltersguild.org)



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



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CST # 2033380-40 July 2022 edition



# Observations — Adventures in Telephoneland

BY MARTIN GREEN

Telephones used to be a pretty simple device. If you wanted to call someone you dialed a number. If you wanted to call someone long-distance, a rare event, you dialed an operator. If your telephone rang you answered it. That was about all.

Then along came cell phones, smart phones that did everything (and cost a lot), automated phone systems and robocalls. Beverly and I, being old fogies, stuck to our old landline phones, but a few years ago we both got cell phones called Jitterbugs, on the recommendation of AARP, as being designed for and easy to use by seniors. A nice feature of the Jitterbug phone was that you could call and the operator would get you a ride with Lyft, this instead of using an App, something which Beverly and I have never mastered.

We hadn't been taking Lyft rides for a long while, with Covid hanging over our heads, we hadn't been going much of anywhere. However, recently we both had dental and medical appointments. For the dental appointments we decided to get Lyft rides, Beverly got her Lyft ride there with no trouble but then had some kind of trouble getting through to call for a ride back. Luckily, a nice woman in the dental office volunteered to drive her back to Sun City on her way to her destination in Lincoln.

When it came to my dental appointment, I had a little problem as I couldn't get to the telephone keypad on my Jitterbug. I

used Beverly's and it worked, so I made it to the dentist and back. I then called the Jitterbug customer service and was told that both Beverly's and my phone were obsolete. Beverly's phone could be overhauled, which the customer service lady proceeded to do, but mine was beyond hope and had to be replaced.

My new phone came in a week or so with a little booklet called the "Quick Setup Guide." I followed the guide's instructions but when I came to the crucial point, the new phone wouldn't set up because, as I found out, it hadn't yet been charged, something the Guide didn't bother to tell me. Once the new phone was charged up enough, I encountered still another problem: I got a message saying the set up couldn't be finished, Error 2, call Customer Service. I was about to do so when I saw that another call was coming in, from my health care provider, Kaiser.

Going back a little, at the medical appointment mentioned above, my blood pressure was, as it always is in the doctor's cubicle, pretty high, so I was to get a phone call and see what my blood pressure was on my home machine. This was the phone call. I immediately burst out laughing and told the nurse (or person) on the phone that I was in the middle of a frustrating exercise to set up a new cell phone and was sure my blood pressure was at an all-time high. She understood, and when I told her that I'd previously taken my

blood pressure several times and it was OK. She said she'd pass on that information to my doctor. Then, it was another call to Customer Service, and this time the set up was completed. I tested the phone to see if I could get the phone dial pad and was successful. Now I hoped this would be true the next time I needed a Lyft ride.

Once again going back to that medical appointment. Kaiser began a new benefit last year, giving oldsters like Beverly and myself free transportation to such appointments. This was a nice and timely benefit for us. The only problem, as we discovered, was that when you called the transportation number you encountered an automated phone system you couldn't get past. For example, it asked you to press 1 for English or 2 for Spanish and when I pressed 1 it would repeat this over and over again. Finally, in exasperation, I asked to speak to a person and after repeated such requests finally broke through. I told her of my difficulty with their automated phone system and she said they were working on it. I was then able to schedule my ride and, what do you know, my ride, a Lyft, came at the appointed time and delivered me and my high blood pressure to Kaiser.

This took care of getting there; what about getting back? I asked the Lyft driver and she said that Kaiser would take care of it. So, after I finished in the doctor's cubicle, and was

to then go to the Lab to have my blood drawn for tests, I mentioned this and the nurse went and got a lady who was a "patients assistant", and she called the Transportation number and was told a car would be there in 45 minutes. She then went with me to the Lab and waited until my blood was drawn, and then we waited for my ride, which, what do you know, didn't come. So, at my suggestion, she again called the Transportation number and, like me, couldn't get past the automated phone system. Mindful of my experience, I told her to keep asking to talk to a person and she finally got through and then was told a car would be outside in four minutes. We went outside, held our breaths, and there came the car, another Lyft. So, I didn't have to spend the rest of the day (or life) at Kaiser after all.

One more thing. Beverly's appointment with her Kaiser doctor was for the next week and she had exactly the same experience as I had, only this time we knew to immediately ask to speak to a person. And, her Lyft driver coming back told her that often the instructions given on the place to make the pick-up were confusing, which may explain why in my case the first driver never showed up.

So, for the time being, that's the end of my adventures in telephoneland, but I'm sure there'll be more coming up so stay tuned in.

John L Sullivan



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## Blue Oak Trees: A True-Blue California Native

BY AUDREY DAVIS - Placer County Master Gardener

Blue oak trees (*Quercus douglasii*) are native only to California, and have developed over the millennia adapting to the conditions found in our state. Blue oaks are drought resistant, fire resistant and are otherwise a well-adjusted and an integral part to our climate and ecosystem. Appreciating and protecting these majestic trees is not only rewarding, it can help maintain an ecological balance. Oak trees cool the ground with their canopy, clean the air, reduce erosion, and provide habitat for 600 species of mammal, birds, reptiles and insects. Here are some of my favorite examples of blue oak's extraordinary characteristics.

These gorgeous oaks have lobed leaves with more of a blue tint than its other mighty oak relatives. The blue oaks' blue-gray-green leaf color reduces heat absorption, making them particularly well adapted to heat that may stress other trees. These oaks can also survive temperatures above 100° F for several weeks at a time. When it is too hot, they can shed some of their leaves and go dormant, awaiting better weather. Guana, Forest. Plant of the Week. USDA. 2022 [https://www.fs.fed.us/wildflowers/plant-of-the-week/quercus\\_douglasii.shtml](https://www.fs.fed.us/wildflowers/plant-of-the-week/quercus_douglasii.shtml)

The blue oaks thick leaves make them somewhat fire resistant. Blue oaks can tolerate fast burning fire, but have a harder time



Photo by Audrey Davis

surviving hotter brush fires. When blue oaks do survive a fire event, they can reproduce both through spreading seeds on the cleared ground and by sprouting from burnt stumps. Lukes, Laura. The Blue Oak. The Real Dirt. 2019 <https://ucanr.edu/blogs/blogcore/postdetail.cfm?postnum=29462>

These resilient trees are very resourceful even in times of drought. Mature blue oaks have an extensive root system; their roots can grow through cracks in rocks to depths of 80 feet searching for groundwater. Their long history in California has allowed them to adapt to environmental changes and demands imposed upon them.

They grow slowly and handle even marginal soils. Blue oaks create islands of enhanced soil quality and fertility beneath their canopies that is considerably better than the soil in bare grasslands or under many other tree species.

Veteran's Memorial and Blue Oaks Parks in Roseville have 43 acres of green space, trails and places to ride your bike and view these trees and the wildlife they support. The blue oaks around town are picturesque, fit for a sunset photo shoot. They are an example of a successful native adaptation to a demanding habitat and extreme local climate conditions. When developing your yard, think to include native trees and plants to add resilience and benefit your land for years to come.

## Michelle's Current Listings



### 2801 Blackhawk Lane – Marin with 3 Car on View Lot

Welcome home to this Sun City Lincoln Hills redesigned Estate Series home. The minute you walk through the front door, your first word will be "WOW". It may take you a minute to realize it's a Marin Floor Plan as the current homeowner partially removed a wall between the kitchen & living room. By doing so, the rooms are more open for easy entertaining. The chef's kitchen features white cabinetry, black granite w/ white veins, stainless steel appliances, double ovens & pendant lighting over the spacious center island/dining bar. The family room is surrounded by windows, has a gas fireplace, plantation shutters, ceiling fan & crown molding. The master suite has outside access & adjoining bath with soaking tub, dual vanities/sinks, two walk-in closets w/ organizers & large shower. Other improvements include newer HVAC, newer water heater, sun tunnels and carpeting. Enjoy early morning or evening meals on the covered patio overlooking distant views of Sacramento & even Mt. Diablo.

**Offered at \$1,025,000**

### 279 Lariat Loop - Pinehill with 2.5 Car Garage

Welcome to this lovely Pinehill floor plan with 2 bedrooms, 2 bathrooms plus den/office and expanded 2.5 car garage. Upgrades include granite counter tops, maple cabinetry in kitchen & baths, stainless steel appliances, wood flooring, plantation shutters, recessed lighting and a stunning fireplace with stone and wooden surround. The master suite offers a bump-out window for added square footage, adjoining bath with shower enclosure and gigantic walk-in closet. As you enter the backyard, you'll notice the extended pergola for added enjoyment, low maintenance landscape and soothing personal hot tub/spa. You won't want to miss viewing this highly upgraded, and eye appealing Pinehill model. They don't come available like this very often.

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## Michelle Cowles, Realtor

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BAILEYS PAINTING SERVICE. Baileys Painting has 26 yrs experience doing quality detailed work in all phases of interior and exterior painting. We also offer color consultation, drywall repair, dry rot repair, cabinet painting, fence staining and pressure washing. We have a A+ rating with the BBB. References upon request. 916-601-8746. Ca Lic #736253.

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

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

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FOR SALE / WANTED

1997 CLUB CAR 6, new batteries, 4 seat, excellent. \$2500. Call 916-253-7005.

BLACK CABINET, 72H X 36W X 18D, 5 Shelves. Bill: 510-299-0855.

BABY GRAND PIANO, excellent condition. \$1000. You will have to move it yourself. 916-645-1344.

“Dell 22”” Full HD Monitor. Pristine Condition barely used. New \$120. Sale \$39.95 916-645-3992.

MODERN CAL KING TEMPURPEDIC CLOUD MATTRESS. Excellent condition \$950. Complete set. Linens available. 916-258-3311.

YAMAHA winter golf cart enclosure, tan, barely used. \$50. Call 916-209-3313.

ORIGINAL NEWSPAPERS: Kennedy Shot FDR Dies — VE day. \$10 each. SCLH. 520-479-7555.

SUBMERSIBLE PUMP & FILTER. 4000 GPH @ 5-foot lift. \$10. 916-408-4117.

PART TIME BOOKKEEPER for Lincoln professional office; must know QuickBooks Pro, flexible days and hrs. Call 916-838-2555.

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

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

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

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

ANNOUNCEMENTS

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

LOVE ALL THINGS BRITISH? Interested in gathering with other Anglophiles? Contact Helen 916-846-3064.

LINCOLN PARKINSON’S Support Group: Meets the 3rd Tuesday of each month from 10-11:30 am. Location: Lincoln Community Church, 950 E. Joiner Parkway. Please wear a mask if not vaccinated. Questions? Call facilitators Gary High, 916-434-5905 or Susan Feldman, 916-919-0063.

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

\*\*FREE ADS — INCLUDE

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

BUSINESS ADS

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

Classified Ad Submissions —

WHEN: By the 12th of the month.

Please email the information below to: SunSeniorCA@gmail.com.

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

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

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

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

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

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

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

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

If you have any questions, please email us at: SunSeniorCA@gmail.com





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2619 Eagles Peak Lane	Alpine	\$ 590,000
1332 Sweet Juliet Lane	Sausalito	\$856,000
872 Cottonwood Court	Meadowgate	\$885,000
363 Shepherds Court	Annadel	\$896,000
240 Shadow Lake Place	Meadowgate	\$905,000
320 Geary Place	Monterey	\$965,000
2339 Walden View Lane	Plumas	\$1,003,000
863 Cottonwood Court	Meadowgate	\$1,200,000
2432 Sutter View Lane	Sonoma	\$1,250,000
872 Cottonwood Court	Meadowgate	\$ 1,400,000

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