

SUN SENIOR NEWS

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Bill and Dorothe Kress — Breaking Walls of Love

BY RUTH MORSE

Early in her life, Dorothe had her first encounter with America. On April 8, 1945, an air raid sounded. Her grandmother, brothers, mother and she went quickly down into the basement of their house in Halberstadt, Germany. An American bomb exploded in the front of the house and ripped it open from the basement to the roof. Luckily, they sat on the other side of the two-story building and survived. Dorothe doesn't remember the incident since she was born four months later.

The war was over, but Dorothe's family's lives had changed, as had the lives of all Germans. The home was damaged, father dead, family business gone, and nationality was transformed from being a German to an East German. Her hometown of Halberstadt, located in the middle of Germany, was suddenly in the middle of the line demarcating East and West Germany. Now her family was separated from the rest of her family who became West Germans. At first, they were able to visit with



PHOTO BY JEFF ANDERSEN

special permission, but that stopped when the Wall was built in 1961.

Even though Dorothe and her family lived under Communist rule, they knew about America and the West. A friend of her grandmother, who lived in the United States, sent monthly care packages, which helped the family to survive. In the mid-1950s, the same Americans even wanted to adopt Dorothe to live with them in Pennsylvania, but her own family meant more to her than the unknown, far-away country. However, living so close to West Germany allowed the family to receive Western radio stations. They not only heard the news but loved listening to American music, especially Elvis.

After Dorothe finished school and studied early childhood education, she married and moved to the Dresden area where she worked as a teacher for twenty years. Dresden was further east in a part of East Germany where

(cont' on page 29)

Bingo – Daubers Up In August

BY DENISE BOWDEN

After time off during the dog days of summer the Lincoln Hills Foundation will be back in the ballroom in August. Since we won't get to see our players until the end of the month, we want to point out some key days of celebration this month. August 9th is Book Lovers Day and a perfect opportunity to visit the Twelve Bridges Library and check out the large print books the Foundation provides through our grant to the Friends of the Lincoln Library (FOLL).

Another interesting celebration is National Thriftshop Day on August 17th. This would be a great day to support another one of our grant recipients, The Salt Mine, by visiting their shop in downtown Lincoln.

Dessert is usually saved for last, so it seems only proper that Bingo takes place at the end of the month on National Banana Split Day. As a special treat to honor this sweet day we will have "cool" door prizes.

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 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.

LH Players Club

BY DAVID AFRICA

Do you have a sweet tooth, love chocolate? The Play Reading Committee has chosen the play for next November's presentation on the Orchard Creek Ballroom's main stage – *Death by Chocolate* by Paul Freed. Directed by Julie Africa and produced by Craig Stults the play centers around a group of interesting characters for this comical mystery. Are they being murdered or being poisoned? Is chocolate really a factor? Stay tuned. Auditions for the twelve characters will be in September for the November performances.

The Players' Steering Committee is pleased to announce that substantial contributions have been made to both Lincoln High School and Twelve Bridges High School. The funds were donated to each of the school's Booter Clubs to be used to enhance the theater and performing arts programs.

The Readers Theater performances directed by Jane Patton, and produced by Craig Stults, will be presented August 6 and 7 in Kilaga Springs Presentation Hall at 3pm. A Potpourri of Ten-Minute plays. Come see your friends and neighbors perform, it's FREE.

The Vaudeville shows in July played to sold-out audiences at Kilaga Presentation Halls, hope you were there to cheer on our talented and vast community of performers.

The Players meet the second Monday of each month at 4pm in Presentation Hall, Kilaga Springs. We always welcome new members... actors, singers, dancers, stagehands, and

anyone with a technical background in lighting, sound, or music. Contact David Africa, 916-708-0009, djafrica@sbcglobal.net. www.lhplayers.org.

• • •

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 for future places and times. If you play an instrument, sing or just like to listen, consider joining in the fun. Our regular meetings have an opening and closing Group sing/play along, followed by individual, duos and small group performances. July's opening number was "Red River Valley" and the closing number was "Li'l Red Riding Hood." If you play an instrument, sing or just like to listen, consider coming by our regular meetings, we love an audience. We have resumed meeting 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. The Guitar Ensemble meets Fridays from 1:00 to 3:30PM (OC). Open to Lincoln Hills Residents. Contact Sal Caruso at 916-409-0302 for information. Ukulele Ohana meets Wednesdays, 1:00 to 3:00 PM (OC). Open to Lincoln Hills residents. Contact Ron

(cont' on page 5)



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Kind Regards - Lenora & Larry



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Neighbors InDeed — Referrals! Referrals!

BY JANET ROBERTS

ARTWORK BY RUDI FRANKE

What happens when you need more help than what Neighbors InDeed volunteers can do? Well, of course, you call us for referrals to businesses recommended by SCLH residents and public agencies. We can usually give you what you need!

How are we able to do this?

- Adding to the Resources List: Neighbors InDeed started in 2005 and recommendations from residents were entered into our Resources database. That database has now grown to over 600 entries with a variety of categories for services and agencies. Recommendations come from residents who call the Neighbors InDeed phone line, from the Google group and Nextdoor, and directly from friends, neighbors, and our own experiences. Our vetting process includes obtaining two SCLH resident recommendations, checking state licensing agencies for required licenses if applicable, and a phone survey with the vendor for information regarding hours, contacts, services, and other information.

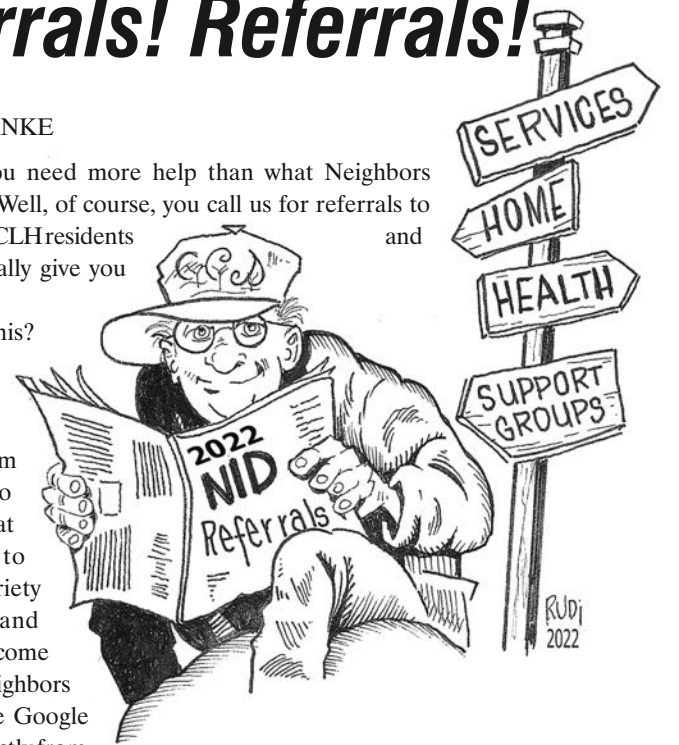
- Updating the Resources List: Every year, one-half of the List is checked by our volunteers, then updated by a dedicated Resources Volunteer. The volunteers call the vendors to confirm the accuracy of our List information and obtain any changes or new data. The Resources Volunteer uses that data to update the database, and remove vendors who are no longer in business, are having issues with their licenses, or no longer wish to be on the List. Using this process keeps us in touch with all the vendors/agencies on the List every two years. Of course, we also update information during the year when we are contacted by the vendor or a resident.

- Removal from the Resources List for Cause: In addition to the reasons for removal identified during the annual update, vendors can be removed at any time for cause. Two examples: 1) A vendor starts a project and takes payment, but doesn't finish it and does not respond to resident calls. 2) If we see a trend that a vendor recommends to several residents an expensive service that a second opinion determines not to be necessary. In both cases, the vendor would be removed. We track complaints submitted to us to determine a vendor's practices.

Resources List Services

To learn more about the services on the Resources List, we recommend that you take a quick look at our website, www.neighborsindeed.org, and check out the variety of services on the List under Information & Referral. Services range from in-home care, meal delivery and respite care, to home maintenance, to other services such as transportation, automotive repair, pet sitting, moving companies, and to support groups. If you have a favorite vendor, give us a call at 916-223-2763 and recommend that they be added to the Resources List.

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



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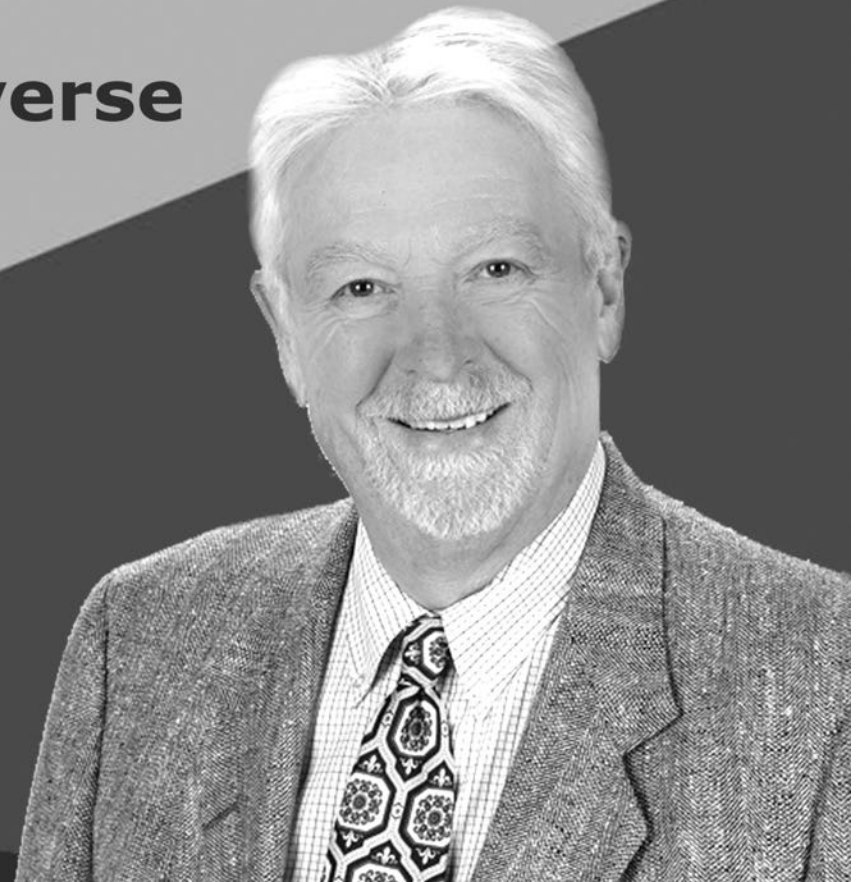
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LH Music Group

(cont' from page 1)

Peck at 925-788-5869 for information. You can also contact Dan Lehrer at dlehrer72@gmail.com.

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LH Community Chorus

BY GAY MACKINTOSH

"Come and join us in our song"—an apt lyric from David Eddleman's "Candle in the Night," celebrating Hanukkah. Our December Holiday Concert will feature this and many other seasonal delights, from "Follow That Star" to "Swing into Christmas," from "Mozart Fa La La" to "How Like a Winter." The full concert repertoire will be unveiled at our first chorus rehearsal on Tuesday, September 6.

Love to sing? New and former chorus members are invited to join our enthusiastic core group.



Chorus members rehearsing.

It's helpful to be able to read music and have some choral experience, but everyone who enjoys singing is welcome to give us a try. No auditions and pick the part most comfortable for you! All you need is a commitment to attend Tuesday afternoon rehearsals (2-5 PM) at KS Presentation Hall and sectionals as arranged. Our computerized voice files (MP3s) are a great help in learning your part.

Concerts are December 8-10, two matinees and one evening performance.

So come and join us in our song! Visit our website at lincolnhillschorus.org and contact our membership chair, Mari Long, at mlong24sjca@sbcglobal.net or 916-409-9136. We expect to see some of you on September 6 and many more of you on December 8-10!

• • •

Ballroom Dance Club

BY ERNIE MICHELI

Attention Dancers: The Hot August Nights Dance is scheduled for Saturday, August 20 from 6-9 PM in the Kilaga Springs Lodge.

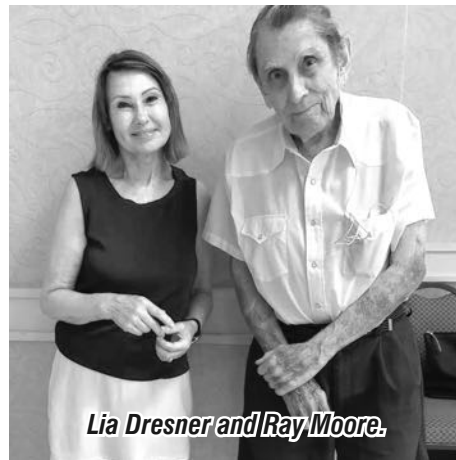
I often hear comments like, "I'd like to try ballroom dancing". Or, they might say, "We'll be at the next Ballroom Dance class". Sometimes the comment is, "I have two left feet". For whatever reason they don't make it to the next session. I want to spend some time explaining the methodology used in each lesson by excellent instructors Sal and Ruth Algeri.

Each month is dedicated to a specific Ballroom Dance. In the first week's lesson the focus is a very basic step pattern for that dance. The pattern is explained. The pattern is demonstrated multiple times. Then, dancers are given the opportunity to try the step pattern many times without music while Instructor, Sal, is counting "slow, slow, quick, quick". While under the watchful eye of the instructors, a technique can be reexplained if needed. Repetition, repetition, repetition is a key used to help develop skill for the dance. Once the basic step pattern is explained, demonstrated and practiced, participants are given more opportunities to practice with music.

Not until the group has demonstrated sufficient skill is another step pattern introduced. The same procedure is followed as mentioned above with each new step pattern. Generally, three step patterns are introduced each lesson. Once the participants have acquired skill with multiple patterns, the opportunity to combine steps into a dance that flows from a combination of steps. Each new weekly lesson begins with review of previous lessons.

There is opportunity to ask questions and time for individual help during the lesson and in the practice hour following each lesson. Sal and Ruth continue to be available for individual instruction during this time. Participants receive ample encouragement throughout the learning process. If you're reading this article, you might be interested. Give Ballroom Dance a try, you'll be glad you did.

The month of August will feature the Fox Trot which is a great dance to know at weddings. As a member of the Ballroom Dance Club you can learn the West Coast Swing, Waltz, Cha Cha, Rumba, Foxtrot, East Coast Swing, Tango and the Nite Club Two Step during weekly



Lia Dresner and Ray Moore.

lessons throughout the year.

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

• • •

Country Couples

BY APRIL CEDERBURG

Here we are and summer is half over and we wonder where the time has gone. Don't blink. Life in our SCLH community is a wonderland of activities to keep us busy and fit. It is very diverse with something for everyone.

Our Country Couples dance club had a



Class teachers, Jim and Jeanie Keener.

full house at our last dinner gathering at Casa Ramos in Lincoln. Over 40 members decided that it's enjoyable to get together and have a bite to eat.

Come join our club. Our music is very upbeat. You'll have an opportunity to dance at least 3 times a week. Sign up for classes on Monday evenings, taught by Jim and Jeanie Keener, and come to practice those dances on Saturday evenings. We also have practice on Friday mornings for club members. Our dues are only \$6.00 a year per person, a very good value.

If you are at least a little bit curious, call April Cederburg at 916-390-3931, or come and observe a class on Monday evening between 6:00 and 8:00 PM at KS. Practices can also be observed on Friday mornings from 9:30 until 11:30 AM and Saturday evening from 5:00 PM to 6:00 PM in the fine arts room at OC.

Please visit our website at sclhcc.com. Our group would love to meet you.

• • •

Mixed Media

BY JILL SHORT

On August 17th, the Mixed Media Club will fling open club doors and invite the Sun City Lincoln Hills Community to come and visit our "Open House." We meet in the Fine Arts Room (OC) at 1:00

PM. Our guest will be Kerry Dahlin. Kerry is a local, published, Mixed Media Artist/Instructor. She teaches the Mixed Media Art Journaling class here at SCLH, twice a month. Kerry will be sharing about her art journey, her favorite techniques and tools and also how science is confirming what we have said, "art is good for us."

We are inviting you to join us for this exploration of Mixed Media Art/Art Journaling and to meet Kerry Dahlin. She has a contagious passion and love for art that will just pull you right into the world of Mixed Media.

(cont' on page 6)



Kerry Dahlin at Mixed Media Club Open House!

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Mixed Media

(cont' from page 5)

Isn't it time you tapped into your creative side? Throw away any fears you have of not being good in art, you can't draw, everyone else will be better, you don't know anything or any ideas of trying to be perfect. This is a place where everyone can be successful while meeting wonderful new friends. We encourage you to let go, play, discover, create and just have good old fun. This is your time and your moment to join us!

Please RSVP before August 11th to Chris Fetter at: mixed.media.chrisf@gmail.com, or at 916-276-7895.

Mixed Media Club meets the 3rd Wednesday of the month in the Fine Arts Room (OC) at 1:00 PM.

...

Needle Arts

BY MARY SWANSON

Hopefully all NA members are enjoying their summer and getting lots of projects completed. Most breakout groups continue to meet so check the calendar outside the sewing room or the NA website for schedules. The next general meeting for NA will be on Tuesday, September 13. Workshops are continuing; contact Jean Storms (916-768-0989 or jeanstorms272@gmail.com) as soon as possible to sign up for Betty Kisby's workshop on Saturday, August 13th where she 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. You will be sent details on the supplies you'll need after registering.

Fall means festivals and one of the best is the Pacific International Quilt Festival in Santa Clara. Watch the August Compass for details regarding a SCLH sponsored trip to this wonderful event and make sure you sign up early to secure your space. Signups begin on August 17th so mark your calendar now as this event is open to all SCLH residents, not just NA members.

Community Service volunteers continue to meet on Thursday mornings (9am – 12pm) in the sewing room and are busy supplying several agencies with quilts. Most recently a total of 34 children's quilts were donated to Kid's Community, Baby Steps, and UC Davis Children's Oncology Department. We were also made aware that new stuffed animals and games are always welcomed by the children at UC Davis. If you would like to donate, please drop off your new item any Thursday morning. Are you a long arm quilter with some available time? Your services are greatly needed to help with top-quilting of larger quilts for teens and adults. Please contact either Clareen Bolton or Bev Johnson to see how you might help.

Don't forget that lots of information regarding NA is available on NA's website, sclhna.com.

...

(more Club News cont' on page 7)
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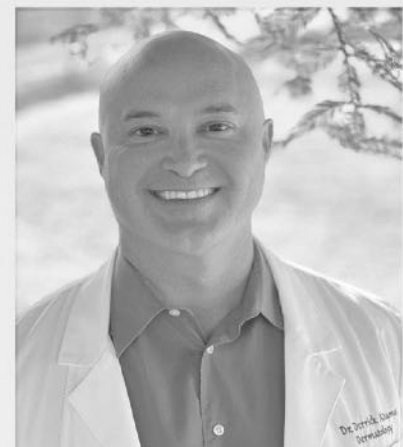
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Painters' Club

BY TAMSEN ARMSTRONG

Our meetings are a lot of fun, come join us! We offer guest speakers, art material auctions, demonstrations, show and tell what's on your easel, friendly painting critiques and more.

Call to Artists: club members can submit a painting to our OC Lobby show for the month of September. Deadline is August 1-16 with more information emailed soon.

Fine Art Show Wins Big! After a year's hiatus, the 18th annual Sun City Lincoln Hills Fine Arts Show returned in June to an appreciative audience. It was wonderful to see our community gather in the OC ballroom to view and purchase the creative talents of our artists. Best of Show winner was Chuck Gebhardt's beautiful Calm at Sea painting. In the painting category, Liz Wilmes and her watercolor titled King at Rest won 1st place; Jane Barry's pastel Lake Gazing took 2nd place and Tamsen Armstrong's Working Dog earned 3rd place. Over 25 pieces were sold. Congratulations to all who participated and a big thank you to the organizing committee.

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

Look out for the OC Lodge's Hall display case, which is featuring paintings from May's Paint a Song Challenge. Next challenge in August will be Paint a Farm.

Artisans at the Lodge: SCLH residents of



all mediums and crafts are invited to participate on October 9th at the OC Lodge. Deadline for entry is August 31. Contact Susan Berg for more information. Sberg123@me.com

Plein Air Meet Up: We painted and sketched the Newcastle Lavender Far in early June, on a blazing hot day. The fields were stunning, though, and we will certainly return next year. Until the weather cools down, all outings are postponed until October.

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

Sue, Rosy, and June led our July project with three uniquely designed cards. We continue card making at our August meeting with Mina Bahan leading the project with three very creative techniques – a candy machine, a slimline, and a scenic card. Thank you to all our project leaders!



There will be an Open Lab on August 18. This is a perfect time for members – whether 'seasoned' or new – to join the gathering and work on your own projects or share ideas. If you're looking to get away from your own craft room for a while and see what fellow stampers are doing, come on down!

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

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

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Photography Club

BY DIANE MARGETTS

The Photography Club kicked off our summer with a presentation by Jack Weaver, one of our talented members. Jack presented an amazing video of an adventure to Alaska delayed two years due to the pandemic. Lake Clark National Park I. south central Alaska is on the bucket list for many nature photographers. Jack and Judy Weaver traveled with a group of avid photographers which were led by a guide experienced with viewing and photographing Brown Bears in their natural environment. The bears in this area are habituated to humans allowing close up and personal encounters which made for spectacular photos!

The club has spent the last month initiating a reboot after the impact of Covid. After losing some long standing members, we have gained new members with fresh ideas. We have conducted brain storming sessions to restructure the Club to serve the needs and interests of the new majority. We strongly encourage anyone interested in photography, be it digital camera, point and shoot or smart phone, to check out the Club because we are committed to meeting your needs.

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(more Club News cont' on page 8)

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Woodcarvers Club

BY LIONEL RAINMAN

For those that seek a creative outlet that is more than paint by numbers, maybe woodcarving would be enjoyable. Like many hobbies, it's a finished product that sparks the interest. The Woodcarvers club would like to spark your interest in woodcarving in several easy ways. One easy way is to pay us a visit. Come to one of our meetings and you can watch carving in action as well as talk to one of our members. If there isn't a finished carving there will be carvings in process. Another way is to check out woodcarving on a YouTube video. There are many sites where you can watch the carver start and finish a carving.

Woodcarvers meet every Wednesday, from 1:00 to 4:00 PM in the Sierra Room at Kilaga. We have lots of books, magazines, some videos, and tools to try out.

Contact: Lionel Rainman
Lrainman1414@yahoo.com
916-253-9534

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SCLH Genealogy Club

BY NANCY SWITZER

Do you know "What to do With Your Online Assets When You Pass On?" Do you know what Online Assets are? This is the topic of our August 15, 2022 General Meeting, with Marcia Van Wagner as our presenter. She is a retired Chief Nurse in the Army Nurse Corps, and a retired Colonel deployed to the Gulf War in Saudi Arabia.

We would like to give a shout-out to our newest volunteers! Rita Perada-McElroy, Catie Neilson and Judy Sykes have taken on the duties of both Speakers and Social Committees. Dawn Noonan will be the new Secretary, and Nancy Switzer is the new Sun Senior News and Compass article writer.

Is there a Club member with experience presenting hybrid Zoom/In-person meetings that could help the Club with setting this up for next year? This would really be helpful in our goal to have in person and online meetings.

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

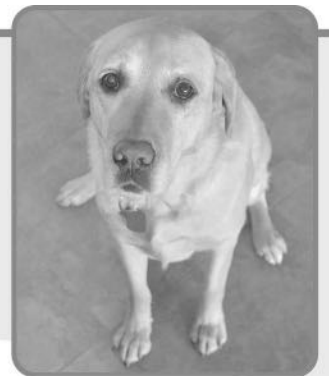
1st Monday of the month, from 1:00-3:00pm (new) by appointment, or evenings, 6:30-8:30pm, no appointment needed.

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

(cont' on page 9)



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SCLH Genealogy Club

(cont' from page 8)

(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 September 5th cancelled due to the Labor Day Holiday. The October 3rd Meeting will be on Military records, Ancestry-Fold3, National Archives and Research Administration by Bob Ringo. 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

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OC Book Club

BY NANCIE ATTWATER

August.. wow! How did it get here so fast? Summer is always a special time in Sun City Lincoln Hills. Concerts, a golf game, or gathering on the patio by the pool with good friends, or new acquaintances are part of the fun. There is also the softball field, sports pavilion with pickle ball and tennis courts to get your attention if you like getting out in the warm summer sun. A hike on one of the trails, or a bicycle ride, may hold your interest as well, but even if your favorite thing to do

might be more in the line of watching the beautiful sunsets with an adult beverage in hand, you will find it all here just outside your door or close by.

The OC Book Club is another great amenity where you can meet fellow book lover/residents that enjoy where they live and love to talk about books. You'll meet a great group of friendly people at the meetings and if you are new to Lincoln Hills we would love to welcome you.

August 18 at 1 p.m. in the Multi-purpose room at OC will be our gathering place where this month we will meet Neil Cochran. He is a Sun City Lincoln Hills resident who has written several books and has worked on a small newspaper for over 20 years. He will be discussing book publishing in the US and also Amazon's position in the book selling market.

He will share how to write and produce a memoir and will be reading from one of his own books during the meeting. He told Mo Deal he's Irish and can talk as long as we want him too. Be forewarned and be prepared for a great summer time reading event.

Enjoy the rest of the summer and get as much reading done as possible, as the days will start getting shorter now. With our blue skies and bright sunshine there is still plenty of time to sit on the patio with a great book.

For your reading pleasure, here is the list of books for the rest of the year.

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. Phone: 916-209-3878 Or go to our website: lhocbookgroup.blogspot.com

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Lavender Friends

BY SANDI DOLBEE

It begins with a mystery. A family friend had called upon Tom Brutting to help her unlock an ornate Chinese cabinet she had inherited from her cousin. No key was to be found but, finally, his husband managed to jiggle it open.

What they found inside became a metaphor for Tom's first-ever book, a memoir of personal recollections entitled "Unlocking Cousin Daisy's Cabinet."

Released in April by The Conrad Press, a British-based, independent publishing house, the book is not your typical autobiography. Instead of the traditional chronological narrative, the chapters read more like separate essays — by design.

"I wanted the stories to stand on their own," explains Tom, who moved here in January from the Bay Area with his husband, Ed York, a retired tax preparer. They quickly

became two of Lavender Friends' newest members.

He spent much of the COVID-19 clampdown writing the book — at least four hours a day, seven days a week. From growing up in New York, to studying at Tulane University in New Orleans and his career as an award-winning architect, he wrote of lessons learned during his eclectic travels, his experiences with family and friends, his culinary

adventures, as well as some very tough times (including the murder of a friend, where during the trial he overheard the grandmother of one of the defendants say "she couldn't understand the big deal as they had only killed a gay man").

Before Tom was finished, he had written more than 500 pages,

ending with uplifting testimonials on such topics as community, work and love.

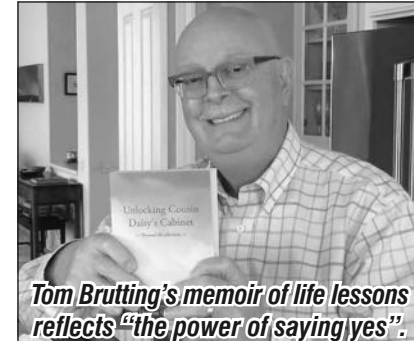
His bottom line message to readers: "I want them to feel that we should face all our challenges in life in a positive way."

Oh, yeah, what did they find inside cousin Daisy's cabinet? Guess you'll just have to read the book.

Lavender Friends is a club of LGBTQ residents and their supporters. For more information: www.lavenderfriends.com.

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(more Club News cont' on page 11)



Tom Brutting's memoir of life lessons reflects "the power of saying yes".

(Photo courtesy Conrad Press)

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Shalom Social Group

BY JUDY GANULIN

Shalom Social Group members thoroughly enjoyed their recent Game Night. There were sweet snacks and lots of gaming fun at this annual event. Now we look forward to our 20th anniversary gala in September. Our Men's Group and Women Together are also planning their next events. Meanwhile, we are starting our nominating process for next year's officers. The Shalom Social Group was formed to celebrate Jewish history, culture and food, (of course), but membership is open to all. For more information please contact Margie Gulko at 916-543-5303 or margie.gulko@gmail.com.

LH Italian Club

BY LINDA LUCCHETTI

At our Inaugural Dinner and Dance held in July, we introduced the following new officers for 2022-2023.



Elected Officers: President, Russ Baldo; Vice President, Rita Rush; Recording Secretary, Pam Moura; and Treasurer, Mario Tantillo.

Appointed Positions: Social Events and Activities, Lilly LaPira and Karen Zimmerman; Membership, Sandi Graham; Publicity, Linda Lucchetti; Officer-at-Large, Pam Moura; Photographer, Wendy Soares; Historian, Carolyn Magliulo; and Webmaster, Al Soares.

"So You Think You're Italian" will be presented on August 27 from 12:30 – 3:30 PM at the Kilaga Springs Lodge. First, we'll have a nice box lunch, and then, we'll get down to

business. To participate in this fun quiz and friendly competition, you'll need to brush up on your Italian history, facts, and folklore. And, be prepared to play well with others! Check your email messages or the website for the flyer and more information. Registration must be received by August 19 and space is limited.

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

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LH Travel Group

BY SHERON WATKINS AND LINDA BEVINS

It is travel time for the Lincoln Hills Travel Group these days. Many members just returned recently from a Savannah/Charleston tour and a Mackinac Island trip featuring the Grand Hotel. For a current update on upcoming tours please go to the club's web site (lincolnhillstravelgroup.com). Remember if there is a tour you are interested in and it is not listed, just contact one of the committee members and they can book you on whatever you are choosing.

Airfare has been rising unpredictably but if you book your tour before the deadline and pay in full you are protected at the lowest initial price on the tour. Missing the tour deadline by even one day makes the airline cost of the tour subject to current airfare price at the time of booking which is generally higher. So please check carefully the deadline dates of any of the tour you are interested in.

It is time to book the early Winter and Spring 2023 trips.

The March small group Morocco is fast coming up on its deadline-August 10th. This 2 week tour includes 3 nights in Fes and 3 nights in Marrakech plus 2 nights in the Sahara Desert. Only \$4,699 pp double including air from SFO (transportation included). How about spending St. Patrick's Day in Ireland? If you sign up by Sept. 14th you'll get the promotional rate of \$3,199 pp double including air for the 10 day tour of Ireland! It even includes a night at Cabra Castle! How about checking out the birthplace and walk thru the history of our country on the Heritage of America tour - (Washington, Philadelphia, Gettysburg, Colonial Williamsburg and the Shenandoah Valley)?

This tour departs in mid-April of 2023. Our small group Switzerland Train trip is a wonderful way to explore this Alpine wonderland!

All these tour have links on the Lincoln Hills Travel Group's website.

The next travel show will be September 7th and 8th at our favorite restaurant - Via Roma, 2270 Nicolaus Rd. Time: 3:30 pm. Cost: Free but reservations are required. E-mail Linda for reservations (djbevins17@gmail.com) and included the number of passengers and date requested

Special Note: Any questions, call Lincoln Hills Travel Group person who is sponsoring your trip. More trips will be added every quarter and if there is another trip not shown currently that you are interested in, please contact a Lincoln Hills Travel Group member.

If you have not been receiving the monthly Lincoln Hills Travel Group newsletter, which includes Zoom links, and would like to receive it, please send your name and e-mail address to Sheron Watkins - travelgroup@lh.com And it is free!

See new places, meet new neighbors and sign up on the fabulous trips.

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

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LH Astronomy Group

BY BILL WEAVER

On August 3, 2022, at 6:45 PM, in the Kilaga Springs Presentation Hall, National Aeronautics and Space Administration (NASA) Solar System Ambassador, Richard Sandler, will give a presentation on the Artemis Space Launch System, one of NASA's newest programs. Artemis I is the first in a series of increasingly complex missions that will enable human exploration to the Moon and Mars. The first launch is tentatively scheduled for some time in August. In addition, Ambassador Sandler will give a brief update on the activities of the new James Webb Space Telescope and display the first images taken in July of this year.

Now retired from a long and successful career in space rocket designing, fabricating and participating in test flights for special

purpose aircraft, Richard Sandler became a NASA Solar System Ambassador giving many presentations on the Moon, Mars, Jupiter, the Sun and several of the satellite missions currently active in our Solar System.

The LHAG meetings and presentations are open to all SCLHCA residents and their guests for up to three sessions without commitment to membership and associated dues. For questions, please contact Bill Weaver, LHAG President at hamweaver@wavecable.com.

LHAG Cosmology Interest Group (CIG)

The group meets on the third Monday of each month in the Fine Arts room at the Orchard Creek Lodge at 6:45 PM. The August 15th meeting will continue with a lecture and open discussions in the subject of astrophysics and focus on why stars shine and simple stellar models. These presentations are oriented to fundamental concepts and have received great attendance by the membership. These sessions are open to all SCLHCA residents. Please contact CIG Coordinator Ron Yelton for more information at ryelton660@aol.com.

LHAG Telescope Interest Group Activities

This group will meet for viewing on August 30, 2022, at the SCLHCA Sports Pavilion upper tennis courts. Night observations will begin after sunset (7:40 PM); however, a solar telescope will be set up after 5:00 PM to view the Sun and see large filament arcs of very dense electrified gas held in place by powerful magnetic fields. This event is open to all SCLHCA residents who are invited to observe celestial objects through member telescopes. Future star party dates can be found on the LHAG website at www.lhag.org. Star parties are subject to weather and seeing conditions. For further information on this group please contact the Group Coordinator Bob Collins at bobpcoll@community.net.

Astronomical Events for the Month of August

Aug 12: Sturgeon Moon - August's Full Moon is traditionally called the Sturgeon Moon. Other

names include the Green Corn Moon, Barley Moon, Fruit Moon, and Grain Moon.

Aug 12/13: Perseid Meteors - The Perseid meteor shower is usually one of the most active and brightest meteor showers of the year. Alas,

(cont' on page 12)

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LH Astronomy Group

(cont' from page 11)

in 2022 the peak nights are around the time of Full Moon, which means many meteors will be lost in its bright glare.

Aug 14: Saturn at Opposition - The ringed planet, Saturn, lies on the opposite side of Earth to the Sun, and is visible from sunset to sunrise.

Aug 27: New Moon Dark nights a few days before and after the Moon reaches its New Moon phase on August 27 are the best nights to do some night sky watching.

Aug 27: Mercury at Greatest Elongation - This might be a good time to try and spot Mercury: the planet appears at its farthest distance from the Sun in the evening sky.

For more information about the Lincoln Hill Astronomy Group, please visit our website at

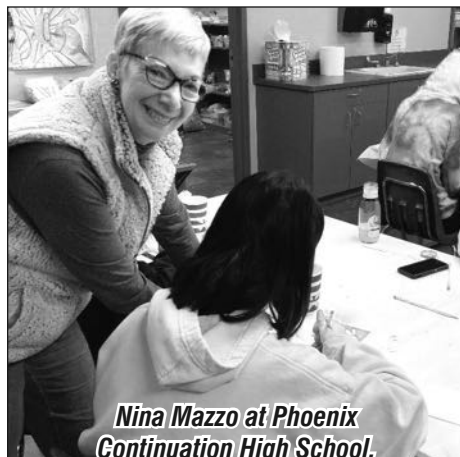
www.lhag.org or contact LHAG President Bill Weaver at hamweaver@wavecable.com

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

BY PATTI KINGSTON

The SCHOOLS volunteer program is getting underway for the 2022-2023 school year. Volunteers are need for grades K-5 and for the Phoenix Continuation High School where tutors help with English, Math or History. Some of our elementary volunteers have continued to work with teachers over the past 2 years, using imaginative ways to be of help. Some have corrected papers and made copies of school work pages for the teacher



Nina Mazzo at Phoenix Continuation High School.

without being in the classroom. We want to hear from you at the annual meeting if you've been able to volunteer during the last couple of school years.

The days and hours of service are up to you. No teaching experience is necessary. Many volunteers are in the classroom 1 day a week for a few hours. They work closely with the teacher and are under her direction.

The annual meeting for SCHOOLS, for returning volunteers or those who would like to get involved will be on Wednesday August 31 at Kilaga Springs Presentation Hall at 10 a.m. The Western Placer Schools Superintendent, Kerry Callahan, plans to be there to share news of the new school year, her schedule permitting. We would love to see all of you on August 31, returning or new volunteers!

Teachers are asking for SCHOOLS volunteers because they appreciate the help and the children look forward to having

them in the classroom. To volunteer at Phoenix Continuing High School contact Irma at jmeidm@aol.com. To find out about volunteering in elementary schools K-5 contact Cyndi at ccolloton@yahoo.com.

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Apple User Group

BY NINA MAZZO

Did you know you can change Siri's voice? Did you know you can set an animated lock screen on your iPhone? Do you know about the extra functions on your iMac using Spotlight Search?

The answers to these questions and other interesting tips and tricks will be found in the July issue of the Cider Press located on our website.

August meeting line up: August 4 at 7:00PM (6:45 Ask the Tech) - "Nina's Non-Tech Talk" - Nina Mazzo, a non-tech person, simply wants to know enough to make her iMac work smoothly. She will discuss and demonstrate some useful terms, definitions, tips and tricks for the iMac. Join her either on Zoom or in person at KS Presentation Hall.

August 9 at 7:00PM (6:30 Ask the Tech) is our monthly general meeting and Bill Smith will present "Texting - the #1 Method of Communication." Bill will explain and demonstrate the basics of texting; attaching photos and documents to texts; group texts and much more across your Apple devices. Join him either on Zoom or in person at KS Presentation Hall. As this is the general meeting there will also be prizes for members.

August 22 at 10:30 AM in person only at KS Presentation Hall Andy Petro will discuss "Interesting and Exciting Tips for your iPhone using iOS 15." There are many features imbedded in iOS 15 on your iPhone. Some of these tips relate to Safari, Maps, FaceTime, Text Editing, Contacts and more. You are bound to learn at least two new things.

Finally, we would also like to remind our members we will be celebrating our club's 20th anniversary with a banquet in the OC Ballroom on September 13th. (Limited reservations - see flyer at our website for details)

Club website: www.lhaug.org. Club contact email: LHAUGinfo@icloud.com

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Democratic Club

BY JUDY GANULIN

Democratic Club Lincoln members enjoyed marching in the Fourth of July parade. Our bubbles were an especially big hit! We are proud of our new logo; we thank member Paula Kregel for the eye-catching design. We continue our volunteer efforts at the Placer Food Bank even as we gear up for our fall election activities. Our August 18 meeting will feature Dr. Rob Oldham, Director of the Placer County Health and Human Services Department. He always provides good information on the county health scene. For information about membership or our activities, please see our website, <https://democraticclublincolnca.org>.

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(more Club News cont' on page 13)

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Veterans Group

BY BILL LEWIS

Richard Fuller, U.S. Army Veteran will be the guest speaker at the LHVVG general meeting n August 18, 2022 at 1:00 p.m. in the Kilaga Springs Presentation Hall. Captain Fuller will be speaking about the duties of a Pentagon Top Secret Armed Forces Courier. Fuller's military career started in the R.O.T.C. while attending the university of California Los Angeles. His first U.S. Army assignment was, Top Secret Armed Forces at the Pentagon. He then spent one tour of duty in Vietnam as a Special Services Officer Personnel, Postal Officer, and Replacement Detachment Officer. At his next duty station, Kaiserslautern West Germany he spent 18 months as Personnel Management Officer in the 32nd Army Air Defense Command. Richard is presently the LHVVG Flag Committee Chair.

Saturday, August 13, 2022 is the Meet & Mingle Ice Cream Social in the California & Placer rooms of the Kilaga Springs Lodge. Sign-in begins at 1:00 p.m. and Ice Cream will be served at 1:30 p.m. The Ice Cream is assorted flavors from Leatherby's Family Creamery, accompanied by assorted toppings. The cost is \$10 per person and reservations must be received by August 5, 2022. Please register early and wear your name tag.

The LHVVG Nominating Committee has begun their quest for 2023 Board of Directors Candidates. Yes, it is that time again and we ask all members to consider serving because volunteers are the back bone and

infrastructure of every organization. Without volunteers there is no organization. Each one of us need to ask, not what can My Veterans Group do for Me, but what can I do for My Veterans Group? Becoming a Board member is a way of giving back to the Group and gives you an opportunity to make the changes that you feel need to be implemented. Welcome Aboard o three new members James Fulcomer, U.S. Air Force, Del Larson, U.S. Navy, and Bill Szabo, U.S. Army

Richard Fuller is the Chairman of the Flag Sales Committee and can be reached at 916-409-9209 and email: mrmmap@earthlink.net to volunteer for flag sales duty. The Flag Table will be open on August 15, 2022 in the Orchard Creek Lodge Lobby for the sale of Flags at a price of \$30. Please Fly Your Flag Proudly and turn in your old flags for retirement when they show signs of wear. There is also a box for flags to be retired in the room next to the Main Desk in the Orchard Creek Lodge. During the month of June, we recovered and prepared 73 flags for retirement.

In Memoriam—John Dargan and Robert Lazaga, U.S. Air Force.

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

• • •

LH Republican Club

BY SUE DUMAS

"Land of the Free... Because of the Brave!" Local July 4th Celebrations, Parade, Memorial Services; what a heart-warming experience

to be part of enthusiastic celebrations of our Country's origins!

July Guest Speakers, Joe Patterson (Assembly), and Shanti Landon (PC Supervisor). Speaking their views and answering audience questions regarding the offices they seek in November.

Our next meeting will be Wednesday, August 24th. See newsletter for details.

Thursday, September 29th Oktoberfest — Back by popular demand, Grand Isle Fire Brigade Band will be performing. There will be singing, dancing, and tasty German food, with no host bar!

June Primary Election had the lowest turnout, historically. Fewer than 30% of registered Republican voters, voted.

Our forefathers, fought and died for Freedom, including the right to Vote. They did their part, now we must do ours! www.RepublicanClubSCLH.org

• • •

Multiple Sclerosis Group

BY JERI DIFIORE

Covid knows how to Wreck a party! The June 21 Root beer float and Bingo summer social needed to be postponed as our leader contracted Covid/Omi. Also, 104° was forecasted for the day... Time for party goes to stay home! At the next MS meeting September 20, 2022 • 1 PM Kilaga, Sierra Room, we'll discuss future plans for this social and year's events.

Are you new to Sun City? Do you have a friend or a family member with MS? Call Jeri

DiFiore 530 401 2135 to guide you with how to access MS information. By the way, we love our volunteers and opportunities are available by calling the above number.

Have a wonderful rest of your summer of freedom and see you September 20.

Carry On!

• • •

Low Vision Support Group

BY JOAN BRANT-LOVE

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.

Meeting – Tuesday, September 6, 2022, 2:00 to 4:00 PM, Fine Arts Room, Orchard Creek Lodge

"Accessibility Features on Smart Phones and Tablets" presented by Ken Spencer, Independent Apple Consultant. Ken will get us up to date on the latest capabilities of our phones and tablets; both Apple and Android. Come learn how these devices can accommodate those with low vision.

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

Hallucinations? It could be Charles Bonnet Syndrome...

Charles Bonnet Syndrome (pronounced bo NAY) is a condition that causes people

(cont' on page 15)

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Jim & Liz



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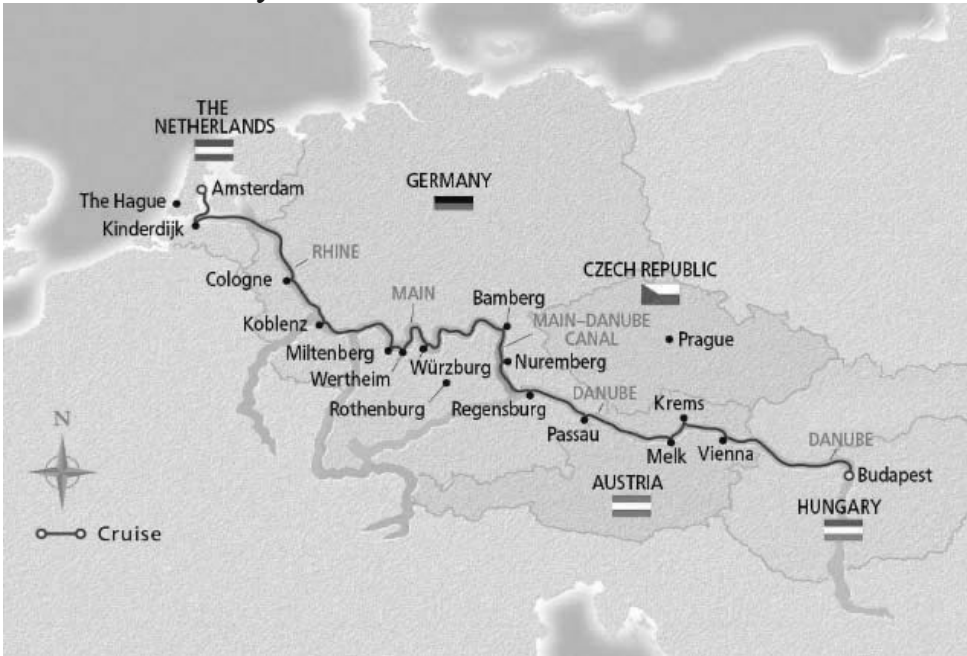


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Cologne	Morning	Night	Cologne Walking Tour
Koblenz	Morning	Afternoon	Marksburg Castle
Middle Rhine			Scenic cruising
Miltenberg Main River, Spessart	Afternoon	Evening	Miltenberg Walking Tour Scenic cruising
Würzburg	Morning	Afternoon	Würzburg Residenz & Walk
Main-Danube Canal			Scenic cruising
Bamberg	Afternoon	Evening	Bamberg Walking Tour
Nuremberg	Morning	Afternoon	Nuremberg Through History
Regensburg	Afternoon	Evening	Regensburg Walking Tour
Passau	Morning	Evening	Passau Walking Tour
Melk Wachau Valley	Morning	Afternoon	Melk Abbey Scenic cruising
Krems	Afternoon	Night	
Vienna	Morning	Overnight	Panoramic Vienna
Vienna		Evening	
Budapest	Morning	Overnight	Panoramic Budapest
Budapest		Disembark	

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CST # 2033380-40 August 2022 edition



Low Vision Support Group

(cont' from page 13)

with decreased vision and various eye diseases to have visual hallucinations. These hallucinations can include seeing patterns, or more complex images such as people, animals, flowers, and buildings. CBS is named after the 18th century Swiss scientist, Charles Bonnet, who described this condition experienced by his grandfather, and who later developed it himself.

Symptoms: Hallucinations occur when the affected person is awake, and are usually purely visual and not associated with auditory (sound) hallucinations.

A person with CBS is generally aware that images are not real, though he or she may initially be confused by them. CBS hallucinations may be enjoyable or annoying, but are generally not frightening. They come and go, often over months or years, without obvious cause and occur without cognitive or psychiatric disease. About one in five people with retinal conditions such as macular degeneration experiences hallucinations, which can also occur in people with other macular diseases and ocular conditions such as glaucoma, as well as stroke.

CBS is more common in people aged 80 years and above, but can occur

at any age. Experiencing CBS does not mean the individual's eye condition is worsening, and people can have visual hallucinations even if they have only mild visual loss or small blind spots in their vision. CBS is estimated to affect 10% to 30% of people with visual impairment involving both eyes, although the estimates may be lower than the true prevalence.

Excerpted from "Retina Health Series" <https://www.asrs.org/patients/retinal-diseases/38/charles-bonnet-syndrome>

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Hearing Support Group

BY JOANNE MITCHELL

Last month we had a return visit by Jeff Klus, who looped the multi-purpose room and demonstrated t-coil technology. Hearing aids and cochlear implant processors must have a t-coil to use this technology. The clarity produced by this application is remarkably clear. At SCLH, we now have both the aerobics rooms at KS and OC looped.

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Bosom Buddies

BY VAL SINGER

Our dear member Bonnie Haggard's husband, Richard (Rich), passed away on June 30, 2022. Bonnie and Rich would have been married 43 years on August 14, 2022. Rich retired from United Airlines in 2002 and shortly thereafter he and Bonnie moved to Lincoln Hills.

Rich leaves his wife, Bonnie, and daughters Lynn Scorci and Kimberley Murillom, as well as step-daughters, Terrie, Michele, and Barbara MacDonald.

Rich was a very loving and gentle husband and father and will be missed by all that knew him. See the gorgeous picture of Bonnie and Rich.

Our President, Kathy Woodward, will host our Core Meeting at 10:00 in her home on August 4th. Everyone is welcome and it is a great opportunity to get to know your fellow members. More Info will be provided later.

Our general meeting is scheduled for August 11th in the OC Multi-Purpose Room at 1:00. If you wish to go to lunch before the meeting, call Val 916-645-8553 to make a reservation. Lunch starts at 11:15 Please let Val know by Monday August 8th.

The speaker for the general meeting is Vicki Curtis. She will be speaking about Paget's Disease, a very rare form of breast cancer involving the skin of the nipple. As this disease is often mistaken for benign skin conditions, it is paramount to be your own advocate.

Let's have a full house for this speaker. Now that the restrictions have relaxed, we will be having more speakers. If you have an idea for a speaker, let Kathy Woodward know. Suggestions are always welcome.

Peggy is selling luminary bags for the American Cancer Society Relay For Life for \$10 each. These bags are dedicated to folks who have had cancer and are filled with sand and a light. At dark the night of the Relay, these bags are placed around the track of the Auburn Fairgrounds. You can decorate them anyway you wish with the name of a loved one. It is quite a sight when they are all alight.

Donations to the American Cancer Society can be made either on line under Bosom Buddies' team or checks given to Peggy.



Bonnie Haggard with her late husband, Rich.

All checks should be made out to the ACS. Donations will be credited to the Bosom Buddies team.

The American Cancer Relay for Life is on August 27th at the Auburn Fairgrounds. Bosom Buddies will have a popup tent in the shade. There is a complimentary breakfast served beginning at 9:30 prior to the beginning of the Relay.

Bosom Buddies is in need of volunteers. We need a President, Vice-President, and a Secretary. Also, there are various small jobs that need someone to step up and help keep Bosom Buddies going. Keep in mind, there are members more than willing to help you manage these tasks.

Unfortunately, the same people have been doing these jobs for a long time and they are either ill or just plain tired. There is a lot of talent in our group and new blood is needed not only to fill the seats but to bring new ideas and methods forward. Come to the Core Meeting and step up to keep this essential group flourishing. It's really fun!!!!

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

If you have any questions regarding Bosom Buddies, please contact Val Singer 916-645-8553

or Judy Stewart 916-408-3597.

We end each meeting by holding hands and saying: "Together We Are Strong; Together We Will Make A Difference;

Together We Will Survive!" And, we will, hopefully with a little fun...

• • •

Alzheimer's/Dementia Caregivers Support Group

BY VALERIE JORDAN

The 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 monthly general meeting is the fourth Wednesday at 1PM; all are welcome to attend, especially caregivers with recently diagnosed family members. The Wednesday August 24, 1PM general meeting in the OC

Multipurpose Room welcomes a speaker from the City of Lincoln Project Lifesaver.

The Women's caregiver group meets the first Wednesday of every month in the OC Multi-Media room; the next meeting is September 7 at 1PM. Contact Mary-Jo Fratessa (916-759-8760).

The Men's caregiver group meets the third Thursday of every month in the OC Multi-Media room; the next meeting is August 18, 10AM-noon. Contact Ernie Drake (916-543-3482).

We sadly inform the community of the death of Jean Miriam Ebenholtz in June, one of the original founders of the caregiver's support group many years ago. Throughout the years Jean was a staunch advocate for caregivers and resources to support them during their caregiving journey. Jean will be remembered as a talented, resourceful and empathetic person who always placed the needs of others above her own. She will be greatly missed.

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Glaucoma Support Group

BY BONNIE DALE

The meeting on August 10 will be at 4:00 PM in the Multimedia Room (OC). Glaucoma may cause a reduction in the ability to maintain the simple ways you function in your home. There are some simple ways to make it easier to manage everyday tasks. Do you have a tip to share? Join us as we talk about the tips that work for each of us.

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

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LH RV Group

BY VICTORIA WHITE

The full brunt of summer is now upon us and many of us RV'ers are running for this hills, well, at least 5000 feet where it's a lot cooler. We had so much fun on our June rally up at Coachland RV in Truckee. The weather was perfect for our excursion to Tunnel 6 up on Donner Pass and wow was that fascinating. We stopped on the way back at the Donner Summit Historical Society Museum where we were humored with a talk from the 90 year old gentleman who has lived on that summit for most of his adult life. His stories on the history of that area were incredible and kept us asking

(cont' on page 16)

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LH RV Group

(cont' from page 15)

more and more questions.

The tour through the Helman-Ehrman Mansion at Sugar Pine Point was beautiful and with the lake shore right at the edge of the property we enjoyed strolling around and seeing the old out buildings including the boat houses that are home to a beautiful 1930's Cris Craft and to a custom build aluminum racing speed boat of the same circa. We finished off our tour with a peaceful picnic lunch under the trees.

Visiting Donner Memorial State Park as always was bit sad hearing what the pioneers all went through. The Memorial is a very well done museum of such a historical event in California. We all enjoyed our docent led tour of the museum and the grounds and came away with a bit of awe and a new point of view on what is now.

If you would like to join our RV Group and enjoy these type of outings please join us at a meeting which takes place on the Second Thursday of each month at 4:30 PM at KS in the Placer Room. Contact Sharon Skar, Membership Director at 916-434-7799 or marlowensharon@gmail.com.

...

Amateur Radio Group

BY DAN LEHRER, KN6DRN

Field Day 2022 was hot and fun! We contacted 208 fellow Ham operators from all over the USA, Canada and Mexico. With 64 CW, 99 digital and 45 phone contacts, we came away with a strong sense of accomplishment and teamwork. Top States were California, Oregon and Colorado. Canada came in strong as well. Dan's Grandson, Caleb, age 8, contacted 5 operators, several in Canada. Equally important, 14 visitors came by to learn more about Ham radio.

Another high point of Field day was a visit by our Section Manager, Carol, KP4MD. Carol visited over 18 different Club sites and we were honored that she chose our site to come by and say hello and take Facebook pictures. 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

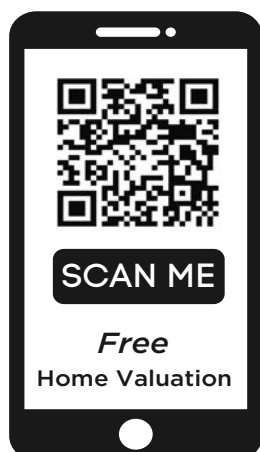


Field Day 2022, L to R, Caleb, Claire and Dan.

(cont' on page 17)



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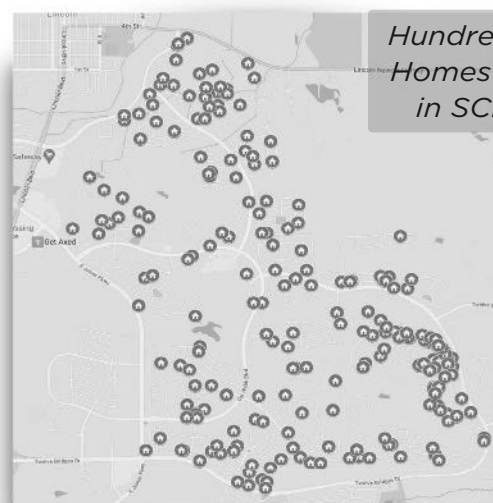
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Amateur Radio Group

(cont' from page 16)

147.030 MHz, 167.9 PL. If you are looking for a way to engage in the community and have an interest in Amateur Radio, please check out the LHARG. For more LHARG information visit our Website, the URL is: lharg.us or email dlehrer72@gmail.com

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Roadrunners Motorcycle Club

BY JACQUELINE MCDERMOTT

The Roadrunners are an active, lively bunch of motorcycle enthusiasts. Our most recent club ride enjoyed the scenic route through Quincy. It was beautifully refreshing, escaping the heat as we twisted our throttles around Quincy La Port. One member was



asked by a bystander at our lunch stop, "Why do people love riding motorcycles so much?" While it's impossible to develop an exhaustive list of why riders do what they do, there are some more common influencers. Among these are camaraderie and the implication of adventure! Did you know that in a recent study, in five out of six cases, public members dressed as motorcyclists were voted more attractive than when dressed as drivers? Not just levels of attractiveness came out in favor of motorcyclists, as riders also have positive personality traits. Motorcycle riding is a fantastic hobby, especially for Sun City residents. And so, outlines a few reasons why you need to start riding a motorbike and join the Roadrunners on our monthly rides. It's always fun to associate with good-looking, adventurous people with positive personality traits!

You are invited to join us: Monthly meetings on the fourth Thursday of the month 5:30 PM Multipurpose Room(OC). Group rides on the second Saturday of the month at 8:00 AM Twelve Bridges Chevron Station. Manny Perez 916-253-9121 Manwil412@wavecable.com

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Sports Cars

BY RICHARD PEARL

Capay Valley tour. A group of 22 cars, 41 people, drove for lunch to the Road Trip Bar & Grill in Capay in July. We went on back roads through Nicolaus and Knights Landing, avoiding freeways and enjoying the scenery and open roads – dry now due to the draught, but beautiful expansive views non-the-less. RTBG is a wonderful restaurant, a surprise in the middle of nowhere, great menu, friendly service, and everyone had a good time. It is always fun to take the sports cars out for a drive.

The next day trip is July 28th to the Folsom Zoo, with lunch at the Hacienda del Rio. We'll report on it next month. The Chinese proverb "May you live in interesting times" is alive and well with the Sports Car Group. The Willo Steakhouse was on, and then off due to forest fires in the area, and now back on for August 18th. It's another indication – after COVID – of how we need to remain flexible.

Club contact: Richard Pearl: pennyrich@aol.com; 9-16.715.9666

• • •



Sports Car — Outdoor Seating at the Road Trip Bar & Grill.

Rods & Relics

BY ELNA RAGAN

Close to 400 vehicles were registered for the Downtown Lincoln Car Show. A "Special Thanks" to all our Platinum, Gold, Silver, and Bronze Sponsors. The Sponsors' donations and Registration Fees made it possible to donate \$6,000.00 to each of the three following charities: RRUFF Healing Heroes, Acres of Hope, and the Lincoln High School Rodeo. The checks were distributed at the July 21 General Business Meeting. This brings the Club's total donations, to local charities, to over \$226,000! The Rods & Relics Car Club's Officers and members are proud to be able to support our local charities!

Two of our Club members' vehicles have received special awards: Alan Taylor, with his '32 Ford Tudor, won 2nd Place in the "Street Sedan Class" at the recent Sacramento Autorama and Chuck Barnhart, with his

(cont' on page 19)

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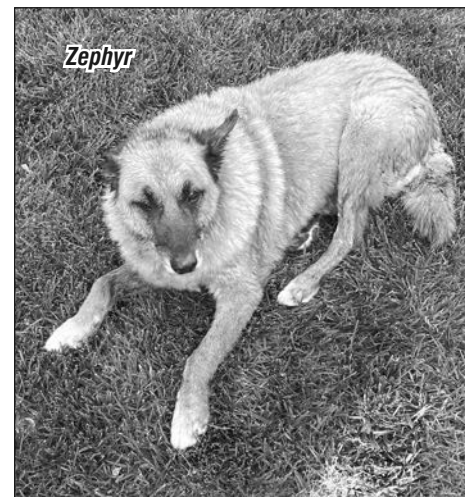
Zephyr — The Veteran Dog

BY ALISON MARY SHETON, *Neighborhood Watch Lost/Found Pet Coordinator*

Memorial Day and July 4 have passed; however, our veterans should be honored every day of the year. One such veteran is Zephyr, a 15 year old Belgian Malinois/mix that recently moved to Sun City Lincoln Hills. Zephyr served as a bomb sniffing dog in Afghanistan. At age 2 1/2, Zephyr had sniffed out a bomb and was raising his paw when his handler stepped forward. The blast killed his human partner and left him blind in the left eye, mostly deaf and with some scars on his body. Because of his injuries, the military was going to put him down, until a rescue in New Mexico offered to find him a home. Veteran Jim Replogle and his wife Marian saw his story and wanted to give Zephyr the home he deserved. At this time, the Replogles lived in Las Vegas, and after Jim's death, Marian moved to SCLH.

Last June 30, resident Cheryl Karleskint's daughter Beth and granddaughter Quincy were visiting when they noticed an old dog limping down the street. While many people would be afraid to approach a larger dog, especially one that appeared injured, they took the dog into Cheryl's back yard and called Neighborhood Watch's Lost/Found Pet Program. All they could learn from the microchip company was that the dog's name was Zephyr, and that he had been registered in Las Vegas.

Marian had no idea how Zephyr had



managed to get out of the back yard. After she and her family searched for two hours, a neighbor told her to call the Lost/Found program. She did and happily learned that he was close by in Cheryl's backyard. Marian and Zephyr were reunited, thanks to a brave little girl and her mother who wouldn't turn away from the dog.

Zephyr retired after being severely injured in the line of duty. Even after all these years, it is heartwarming to know that because of the kindness of the Replogles and the actions of Cheryl and her family, this veteran wasn't "left behind."



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Rods & Relics

(cont' from page 17)

impressive 1965 Mustang, won a trophy at the Lincoln Crossing Car Show. Congratulations to both of you for your awards!

On July 12, many of our members and friends enjoyed a monthly, refreshing lunch at the local Waffle Farm. Club members are also looking forward to attending future Car Shows and "Feel Good" events when they bring their vehicles to Care Facilities for the residents to see the beautiful classics from days gone by.

The Car Club is always looking for new members. If you own a 1975 or older American-made or American-powered vehicle, plan to join us! For more information, check out our Web Site below.

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

Web Site: www.rodsnrelics.net

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Garden Club

BY LORRAINE IMMEL

The General Meeting August 25th (2:00 PM, KS) will feature Julie Barbour, a long time resident of Placer County and lifelong resident of California who has given gardening, compost, and soil talks for nearly 20 years.

Julie is a graduate of UC Davis, a



Julie Barbour

Placer County Master Gardener, has 6 years experience as a nursery professional, and is University of California trained Integrated Pest Management expert. Her specialty is making scientific information easy to understand, so that gardens and yards are successful, beautiful and easy to maintain with a minimum of fuss. Julie loves it when people say "That makes so much sense! I'm going to do that."

Julie shares this tip: When we put our major landscaping plants in the ground in fall, we give them the very best start to decades of excellent, strong growth. Warm soils, warm (not hot) temperatures, and lower pressure from pests and weeds, give our new plants the gift of time to mature before next summer.

She will be bringing "handouts" for all, so bring your folders and please wear a name tag, if you can!

Brown Bags Sales, Sign-Ups for Field Trips, Raffle Prizes, and Master Gardeners Q's & A's 20 minutes before the General Meeting will be available.

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Bird Group

BY DON BAYLIS

For the Bird Group, August is our month of estivation. (Estivate: To be in a dormant or torpid state during a hot dry period). So, no monthly meeting and no bird trips. Our next meeting will be "Hummingbirds" by Deb and John Kilpatrick from Sierra Audubon on September 12.

June 17 was a bird walk of Auburn Ravine and the Lincoln Dog Park just west of Lincoln Blvd. 26 species were spotted, which is well in



Ferrari Pond Pelican by Truman.

range of previous walks. New additions to the list for this location include White-tailed Kite and Sharp-shinned Hawk. As your reporter was out of town, personal details are lacking. More exciting, as the level of Ferrari Pond has once again fallen, a flock of American White Pelicans raided the pond of catfish and other species. At least 24 birds have been seen during the first part of July.

The presentation in the June meeting was a challenge to the photographers in the group to each bring a dozen of your "best" photos/videos of birds and wildlife. This allowed everyone their personal version of best, whether best photography, best bird, best whatever. All selections were appreciated by the audience. Jack and Judy Weaver, Robin Immen, Suzanne Hutchinson, Tony Fabian, Don Baylis, Linda Morley, Don Fallon, Truman Holtzclaw, Larry White, Stu Singer, Nancy Whitaker and Sal Acosta all presented.

Future day trips will be announced nearer to the September possible dates.

Our programs are held in KS Presentation

Hall at 1:30 PM on the second Monday of the month. Most day trips leave from the Orchard Creek parking lot west of the pool at 8:00 AM unless otherwise specified. Please check Events on our sclhborders.org and your email for updates and weather cancellations. Bird lists for each trip are posted on the website under Lists.

Contact: suncitybirders@sclhborders.org
Web Site: sclhborders.org

• • •

SCLH Fishing Club

BY ERIC KNAGGS

Fall is a great time to view the turning of leaf colors in the eastern Sierra Mountains and go fishing. The best time to view fall colors is from the last week in September through the second week of October. The closest area



Fall Colors and Fishing in the Eastern Sierra Mountains.

to view fall colors is in Hope Valley at the intersection of Highways 88 and 89 just south of Lake Tahoe. The other great areas are on

(cont' on page 21)

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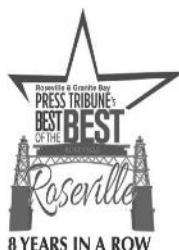
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SCLH Fishing Club

(cont' from page 19)

Highway 395 between Bridgeport and Bishop California. You should go up several canyon roads to see the best colors. My favorite spot is Rock Creek out of Tom's Place and north of Bishop. Other great canyons to explore, from south to north, are Bishop Creek, Convict Lake, Mammoth Lakes area, June Lake Loop, Lee Vining Creek, Lundy Lake, and the Virginia Lakes.

I like to base my fall trips out of the Mammoth Lakes area since it has good motels, restaurants, camp grounds and places to buy food and fishing supplies. It is also in the middle of the fall color areas listed above.

The other great activity is trout fishing in these areas. The brook and brown trout are fall spawners; therefore, these fish will have vibrant colors from the reds of the brook trout to the butterscotch yellow of the brown trout. These fish will be feeding heavily at this time because they are spawning and eating before winter sets in on these waters.

The only drawback is that gas is extremely expensive in this area, so make sure you get gas in Carson City or Minden, Nevada before you venture south into this wonderful sightseeing and fishing area. Everyone should make at least one trip to fish and look at the yellow, gold, and red colors in the fall.

SCLH Fishing Club meets the 2nd Monday of the month at Kilaga Springs Lodge Presentation Hall 7PM.

Every Friday the Fly Anglers meet at

8:00AM at Meridians for Breakfast and the Spin Anglers meet for coffee at Meridians Grill at 8:30AM.

To join contact - Ralph Tonseth at ralphtonseth@comcast.net or Henry Sandigo at hsandigo@gmail.com

• • •

Hiking and Walking Group

BY STEPHANIE HUNTINGDALE

Listen up hikers; this is your club. Plan on attending.

Save The Date For Hikers/Walkers Pot Luck Picnic!

Thursday, August 11, 6:00 – 8:00 pm, Sports Pavilion at the SCLH Sports Complex. Keep checking your email and the website as details will be provided soon.

Last year a discussion was started about our aging club, distance of hikes, and lack of hike leaders. This discussion seems to be still going on. Your attendance at the pot luck is very important.

It's time to "reinvent" this club and your help is needed. The hiking club started around 2003, that's 18 years ago. I hear all the time, "I used to be able to do 10 to 12 miles, now it's hard for me to do 3 miles". Yes, Sun City, we have aged and many of us have developed some medical issues. We have also gained new younger members who have recently aged and moved in. What do you want this club to be? Is it shorter hikes with less difficulty? Elevation gain contributes to Easy, Moderate and Strenuous. We need hike leaders, are you willing to help? If so, please contact

Dan Cortinovic, 925-262-7345 immediately! Perhaps we just need to accept that a strenuous hike will have few hikers and easy hikes will have more. Another thing, we didn't have any trouble traveling to cooler Sierra hikes or going to the Bay area to escape the hot summer heat here in the valley. Those trips seem to have disappeared too. Things I hear, "Don't want to fight the traffic", "Don't want to be gone all day". Part of being a member of this hiking/walking club is the sociability of being with everyone and the joy of sharing an activity. Do you really have something else to do and can't plan a day trip? I enjoy the day trips to the Bay Area and Sierras. Don't know what hike to do? David Wood has many posted on the Website, including photos. Take a look.

Contact Dan Cortinovic, 925-262-7345 if you have any questions.

Stay safe, stay connected.

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

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

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

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

• • •

LH Cyclists

BY TOM FRADY

There's never a bad time to review laws for cyclists. If you have ridden with me, you have already heard me expound (rant?) about most of these.

Let's start with the bike lane markings at the new round-a-bout at Fieldstone and Joiner. The lanes are wider than the required 4' with a broken white line inside a solid white line to form a "buffered" bike lane. The buffer provides additional safety for both cyclists and NEVs. (This is from the East Joiner Project Outreach Team.) This is the design Lincoln Hills should have used.

Here's my favorite: CVC 21202 requires cyclists to ride as far to the right of the roadway as is safe. Discretion falls to the rider about what is safe. Since shoulders are not improved or designed for ordinary travel, and are not always paved (CVC 530) they are not part of the roadway and cyclists are not required to ride there, although they are allowed to.

I recommend cyclists use the shoulder whenever it is safe.

Nothing in CVC 21202 requires cyclists to ride single file, or prohibits them from riding two abreast. However, there are extraordinary times where bicyclists are required to ride as far to the right as safe to allow faster traffic to pass.

All of the conditions below would have to be present:

1. Faster, same direction traffic is present

(cont' on page 23)



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LH Cyclists

(cont' from page 21)

2. The lane is wide enough (14 ft.) for a car and bike to share
3. No bike lane is present
4. Cyclists are not approaching a place where a right turn is authorized
5. The cyclists is not preparing to turn left
6. No hazardous condition are present preventing cyclists from riding far to the right.

However, common sense must be used by the cyclist. While it may be technically legal for you to ride side-by-side up Wise, I wouldn't recommend it. We also ride on many roads where there is not only no shoulder, but no center line either.

Lane sharing is a sticky wicket. While there are many times it is safest and legal for the cyclist to ride well toward the middle of the road, few cycling habits aggravate drivers

more. According to CVC 21202 cyclists may "take the lane" when:

1. Passing another bicycle or vehicle,
2. Preparing for a left turn,
3. Reasonably necessary to avoid unsafe conditions on the edge of the roadway, such debris, and the lane is less than 14 feet wide.
4. Approaching a place where a right turn is authorized. I try to move away from the right side of the road when approaching driveways, parking lot exits and roads, to increase my visibility to any driver who may be entering the road way. A blinking headlight helps.

Now and then, we ride on streets where we are to the immediate left of parked cars. According to CVC 22517, it is the responsibility of anyone in a car to open a door only when it is safe. However, we all know the potential for this hazard is always present, and therefore falls under the definitions in CVC 21202, allowing cyclists to move from the far right, into the

lane. The generally agreed upon distance is 4 feet from cars.

Generally speaking, drivers are to make right turns from a position as close to the curb/ edge of the road as possible, including moving into a bike lane. On city and neighborhood streets, the last 200 feet before an intersection is marked by a broken bike lane line for this reason.

When riding, if there is a right turn lane, and you are not turning, move to the left to continue through the intersection.

Riders must use bike lanes that are immediately parallel to the traffic lanes when there is faster same-direction traffic present, except in situations noted above. Bike lanes, to be "official", must be marked and be at least 4' wide. The gutter doesn't count.

However, riders are not required to use bike paths that are separated from the roadway, like Ferrari Ranch Road.

Finally, I feel a bit guilty when riding in a group, single file, on narrow roads with no shoulder and a double yellow line, being followed by a car who is unable to pass safely or legally. While in most cases, we cost drivers just a few seconds of time, some get quite impatient. CVC 21656 requires slow-moving vehicles (that's us) to pull over when safe if 5 cars have piled up behind.

Finding a driveway or turn-out for 8 - 10 bikes can be difficult. The lead rider should be on the lookout for such spots and signal (by shouting and by hand) his intentions to pull off. Communicate your intentions to other riders and the drivers.

I do not recommend a cyclist wave a driver around. Allow the driver to make that decision.

• • •

LH Table Tennis

BY CARL LYNCH

To all pickleball, tennis, softball, golf players and other enthusiasts here in Sun City, it's been hot, dry, windy, and generally miserable outdoors lately! We welcome you all to come in out of the heat and join us for some lively table tennis at our indoor, air-conditioned, well-ventilated, and comfortable Multipurpose Room (KS). The Lincoln Hills Table Tennis Club (LHTTC) provides SCLH residents the opportunity to socialize, participate in competitive and fun play, participate in social activities, and make some

new friends. We play women's men's, mixed, and singles table tennis in the Multipurpose Room (KS) with 7 tables, beginner to advanced. We play on a drop-in basis. Reservations are not required. Please wear non-marking tennis shoes. Loaner paddles are available. Playtimes are Sunday 9:00 AM to 5:00 PM (except the first Sunday of the month when play starts at 12:30 PM), Tuesdays, 6:00 to 9:00 PM, and Fridays 8:00 to 12:00 PM. We occasionally set up a table tennis ball machine on Fridays to use for intensive training and practice. For more information email: pingpongsclh2@gmail.com

• • •



LH Tennis Group

BY PAM FLAHERTY

No matter where or when you start, the game of tennis enriches our lives on many levels. The social, emotional and physical benefits are researched and highly rated for tennis as a sport. Our club has many opportunities to learn the game and play with people at all levels.

Our club has a busy summer beginning with our semiannual meeting on August 16th at 1:00PM in KS Presentation Hall. Women's and Men's Doubles tournament is September 10 and promises to offer great playing opportunities and fun spectating-Find your partners now!

For all our Live Ball fans it is coming back during cool weather on Sundays the first week in October- more to come.

Contact Steve at stevebringman@yahoo.com for introductory/refreshers free tennis instruction and Val at vlaugtug@gmail.com for orientation to our club and suggestions for group play. Ball machine practice for all



levels is on Saturdays from 8:00-9:20AM and drop-in tennis is on Wednesdays and Saturdays from 8 until 10:00am.

• • •

(more Club News cont' on page 27)

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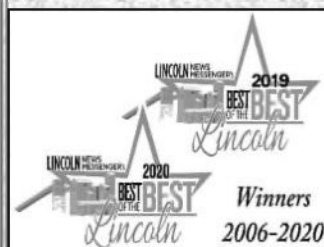


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Neighborhood Watch

BY TERESA TANIN

Lincoln Fire Department Donation Helps Everyone — False Alarms Do Not!

Neighborhood Watch recently donated to the Lincoln Fire Department, 126 Joiner Parkway, a special “soft stretcher.” This equipment takes the place of a large stretcher for which the department is unable to transport on their engines. This soft stretcher folds and is able to support and move a person through doorways easily. No waiting for an ambulance.

Division Chief, Tolan Dworak, and his crew were very appreciative of the soft

response. Response should be to actual emergencies, not accidental or false alarms. Such are very costly and deter responders from the real emergencies. Help the Lincoln Fire Departments avoid False Alarms!

Neighborhood Watch
SCLHWATCH.Org Mission Statement:



to: trainingcoordinator@schwatch.org to assure a seat. Volunteers should bring their iPad for one-on-one help. “Training” tutorials are also available on line. Visit NW website at schwatch.org. Better yet, attend the question/answer/training sessions and have fun learning more about Neighborhood Watch and how you can help your neighbors.

Thank you to our most recent volunteers! Cindy Sulzer, Jeanie Burgess, Jeff Fancher, and Jackie Bertaina. Thank you new Mailbox Captains—our residents’ direct contact person—our “boots on the ground!”

Increase Personal Safety and Security Awareness:

Do not take calls from those you do not know. Be sure however, to add your medical alert company name and phone number to your phone contacts. If you are okay and you do not answer your phone because you do not recognize the phone number, medical personnel will be dispatched. So if you are okay, answer your phone. You may have accidentally set off your medical alert alarm. According to the Lincoln Fire Department, too many false alarms have greatly burdened the departments with unnecessary responses. Please help prevent these false alarms.

Be the “eyes & ears” of the Police & Fire Departments:

In an emergency always call 9 1 1. TEXT 9 1 1 IF YOU CAN NOT CALL. Important: Your first message should be your location. See NW website 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!” Go to the Neighborhood Watch website schwatch.org to “Report An Incident.” Report

unusual persons or incidents and be ready to report details such as descriptions of persons and vehicle license plates, if possible.

Never open your door to strangers. Consider purchasing a “security” screen door so you can see out; others cannot see in. Visit NW website schwatch.org “Security” for more Safety & Security Tips. Call a neighbor, family member, or friend, if you encounter a questionable situation. Do not hesitate calling the non-emergency police number 916-645-4040 if a situation makes you feel uncomfortable.

Encourage Emergency Preparedness—FYI’s, Quick Tips, and ALERTS:

Prepare in advance for special transportation needs. Call 2 1 1 and you will be connected to a call specialist who will provide special referrals to Placer County community and health services including food, transportation, senior care, employment services, housing assistance, mental health supports and much more. Language interpretation is available (or call 1-833-DIAL 211; for TTY: 1-844-521-6697). Text your zip code to 898211 or visit website: 211connectingpoint.org/placer-county to access an online searchable database or chat/email a specialist.

Visit NW website 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!

Alert! Vehicle license plate stolen. Sometime on June 29 residents on Longspur Loop near the Seep Trail, noticed the license plate missing from their parked vehicle in the driveway after returning home from a day trip. Neighbors did not hear any suspicious activity. Such happened during the day, so motion lights would not have helped, however, a camera may have helped. Sharing camera video with Lincoln Police could help track down thieves.

Neighborhood Watch welcomes your “Neighborhood Watch Helping Neighbors” stories. Email your stories to teresa4nw@yahoo.com. Stories should be highlights of a neighbor helping a neighbor or how Neighborhood Watch helped a neighbor in need. For each story chosen and highlighted, the submitting resident will receive a \$25 SCLH gift card, as thanks for their great story!



*Pictured bottom left to right: Division Chief, Tolan Dworak; Engineer Richard MacCracken; NW/Executive Director, Linda Minor; Asst. Exec. Director, Suzanne Rosevold; Engineer, Billy Hartley; Fire Captain, Scott Lombardi.
Pictured top left to right: Director-Treasurer, Stephanie Guillory; and Director of Volunteer Records, Patricia Hammer.*

stretchers. This donation was only possible through the continued support of the Lincoln Hills Foundation. The Chief indicated that these soft stretchers would greatly assist first responders and residents as well! It is very important, however, to help avoid responses to “false” alarms.

Avoid “False Alarms”! Be sure to add the name and phone number of your alarm company (wearable medical “alert” and/or home security) to your landline and/or your cell phone contacts. Avoid missing the alarm company calling you to confirm your status. If you do not answer, they will dispatch emergency

- 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:
Learn more about how to help keep our community a safer place to live. All residents benefit from Neighborhood Watch and are encouraged to attend our next question/answer/training session September 9, 2:00 to 3:30 PM, Fine Arts Room, Orchard Creek Lodge, Sun City Lincoln Hills. Please RSVP by emailing

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LH Swimmers and Water Walkers Club

BY ROSEMARY TANFANI

Club member Maggie Phillips' love for the water, started with swimming lessons in Southern California, at age nine, with her brothers and sister. At age twelve, she started water ballet with a neighbor and continued water exercise for years.

When she moved to Lincoln Hills in 2020, she started water walking on her own at Kilaga Springs pool, then joined the Swimmers and Water Walkers Club. She has taken lessons from mentors Kathy C. for water walking, and Hugh Wilder for back stroke.

Phillips works her core and entire body in the water and says, "To get started, one should drop in at either Kilaga Springs or Orchard Creek pools and see how people are exercising in the water. Then, join in at your own pace!"

In addition, Dr. Hunter Greene, MD at Summit Orthopedic Specialists, Carmichael, California, adds, "Water exercise is good for cardio fitness,

and is a low impact way to improve your overall fitness level. The water resistance helps improve muscle strength in a low impact setting."

The Orchard Creek pool has a large, open area, plus lanes to reserve, and Kilaga Springs pool has two open lanes, plus lanes to reserve.

Phillips also serves on the Hot August Splash event committee and will be there serving pizza and beverages. The outdoor pool event is August 28 at Orchard Creek outdoor



Maggie Phillips, water walker and swimmer at Kilaga Springs pool.

lap pool from 4-5 PM, and in the outdoor alcove area from 5-7 PM. Send in RSVP forms and payment to Rosemary Tanfani by August 20.

Club Contact: Jim Klein, swimmers, waterwalkers.com

Water Volleyball

BY DIANE FERRARI

As we start to fade into the lazy days of summer, come join us in the pool with new adventures in 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 Cindi Underwood 916-521-1404. Water Volleyball has some future events like monthly Ladies Night Play and on August 21, we will be back at the outdoor pool at OC for some fun in the sun. We look forward to a block party to listen to music, share some food and meet out

of the pool on August 26. Mark your calendar for the October 7th Fall Festival. The Fall Festival will include food, dancing and lots of fun. 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 August 21, we will be the people with the smiley faces in the pool at Orchard Creek. Come on out, the water is great!

...

LH Senior Softball League

BY HEIDI MAZZOLA

The playoffs are coming! The playoffs are coming! Co-ed Division playoffs are fast approaching. Final Summer League games are scheduled for Thursday, August 18, and double-elimination playoffs begin the following week. Games run until the end of the month and culminate in a Championship game scheduled for August 31. There'll be some exciting softball action, so come down to the field and check it out.

Big news from the Women's Division—they are hosting a 4 game tournament with the greater Sacramento Area Women's Softball team on Saturday, August 20, at 8:00 a.m. If you enjoy watching an enthusiastic bunch of ladies play, come down to the field and cheer them on. As an added bonus, hot dogs will be available for purchase. The league's Hot Dog Meal Deal at \$6 is a real bargain. It includes a hot dog, chips, and soda or water. Sounds like

a perfect day for spectators and players. The women also continue play on Sunday mornings and practice every other Thursday morning.

The League had a very successful Independence Day celebration. Two Co-ed Division All Star games and a Women's Division exhibition game were played in front of a large crowd. A Hall of Fame induction ceremony took place during a break in the action, with Dale Stephens and Charlie Schuman being this year's inductees.

As always, check the website for the latest news and updates including upcoming special events, team standings, and playing schedules.

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

Website: LHSSL.net

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Mad Hatters Bocce Group

BY NORM CHERUBINO

We have recently had several people express an interest in playing bocce in the evening. We have had a new resident, Jack Linder, volunteer to start an evening session for the Mad Hatters Bocce Group. Jack would like to survey our group to see how much interest there is in evening bocce. The group would probably play at 7:00 or 7:30 PM in the summer, depending on temperature. Winter play would be under lights. Play format is yet to be determined but will probably start with the same format we use in the morning. Which evening to play will be selected based on what

(cont' on page 28)

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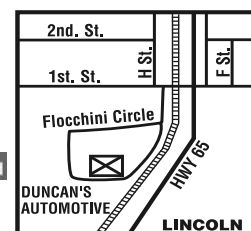
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Mad Hatters Bocce Group

(cont' from page 27)

people wanted to do and court availability. So far, Tuesday or Wednesday evenings are being considered. If you are interested, contact Jack Linder at mmxnbond@gmail.com or 707-880-9279.

And be sure to stay tuned to these articles and Mad Hatters emails.

All residents of Sun City Lincoln Hills are eligible to play in the Mad Hatters Bocce Group by just showing up. New, inexperienced and handicapped players are welcome. Lessons are available at no cost.

Email: LHBocce@gmail.com

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

...

Pickleball Club

BY MOLLY MORRIS

Our members are branching out and taking pickleball with them!

Jim Walker recently returned from the national fire and police Olympics in San Diego. He came home with a gold medal in Mixed Doubles and Men's Singles and a silver medal in Men's Doubles. Very impressive! Jim is somewhat of a fixture at the courts and a valued member, encouraging beginners and playing drop-in.

Several players were recently in the Newport Beach tournament and others are traveling to Bend, Oregon at the end of July. Both are huge tournaments, and our players fit



right in with the western tournament players.

The Club continues to hold our drill classes every Thursday at 10:00 and 11:00 AM to beat the heat. Yes, this takes courts, but it is worth it for the number of members that fill the courts each Thursday, eager to learn new skills and improve their existing skills.

Ian Dickson is our new Club Pro working with Wellfit to provide individual and group lessons on the multi-purpose courts. Ian is a highly-qualified, 5.0 player and we are lucky to have him. If you are interested in lessons, log into Wellfit and book a time, or give Ian a call at 916-712-4337.

Never tried pickleball? Sign up for an Intro to Pickleball class held every other Wednesday morning through September at welcometopickleball.com. The class is free and paddles are provided. Please bring water and wear dedicated tennis or pickleball shoes.

If you need further information or have questions regarding pickleball, email Molly Morris at 408-386-9054.

...

(more Club News cont' on page 31)

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

Bill and Dorothe Kress

(cont' from page 1)

they couldn't receive any news from Western broadcasting. In Dresden, the news about the West was typical Communist propaganda and included race riots, poverty, unemployment and lawlessness in the United States.

Twenty years went by. Dorothe's first husband died, and her two children were growing. Her life changed again when she met the grandson of the American friends who had sent the all-important care packages. His name was Bill Kress and he decided to take a trip to Berlin in 1986.

Bill had majored in engineering, math and physics and holds degrees from Penn State and Cornell University. During his many years at Eastman Kodak, he became interested in photography and went on to win many competitions worldwide. His favorite photo subjects are wildflowers, especially native orchids. He has been active in the Native Orchid Conference.

When Bill decided to travel to Berlin in 1986, the Wall was still dividing the city. Bill was able to travel to East Berlin and visit Dorothe there. It was a long story, but the result was falling in love. As their relationship grew, so did the interest from the secret police, known as Stasi, in their private lives. Three years later, Bill asked Dorothe to marry him and come to live in the United States. Since she still lived in East Germany, behind the Iron Curtain, it was not an easy task. Even though there was extensive harassment and discouragement from the Stasi, brave Bill didn't give up and worked with the United States Embassy in East Berlin. In 1989, they finally received permission to marry in East Germany and three months later, Dorothe and her children were allowed to emigrate to the United States.

Since that time, the family worked hard and achieved the American dream. The children went to college, started successful careers and married. Dorothe worked as a teacher before becoming a full-time writer. Bill worked successfully as a scientist in color imaging for his entire career including working with several Japanese companies as a manager. This required him to travel all over the world. Dorothe was lucky to join him in his travels to



Bill and Dorothe Kress on their wedding day.

China, Japan, Germany and Australia. After Bill's retirement in 2012, the couple decided to move to Lincoln Hills from Mission Viejo since their daughter, a physical therapist, had settled in Davis. Their son joined an American company and was transferred to Germany where he works as a systems engineer for a silicon fabrication company. He is happily married.

The couple is happy to live in the great friendly neighborhood of SCLH and they participate in some club activities as well as a lot of traveling, hiking and photography. Bill is the co-president of the Genealogy Club and is the former president of the Photography Club. He has also served on the Architectural Review Committee. Dorothe is a member of the Photography Club, Genealogy Club and the Hiking Club. She likes gardening, biking, and swimming. She is also a member of three writing clubs in the area and spends more of her days composing new stories.

After Germany's reunification in 1990, Dorothe discovered that the Stasi had amassed a file of lies and untruths about her as they had done with thousands of others in her former country. This triggered a desire for her to write

a book. She regards the writing as a great love story and an important piece of history. The book was written in German and published in Germany in 2011. It is titled "Das Wagnis: Die Geschichte einer Ausreise" which translates to "The Venture: The Story of an Emigration."



Bill and Dorothe Kress in Prague.

Dorothe did many readings in Germany during the following years, including at the prestigious Leipzig Book Fair. Because her book was well-received, she decided to write a sequel about her new life in the United States. The second book is "Wagnis in Amerika: Neubeginn in der Fremde" or "Venture in America: A New Beginning Abroad" and was published in 2014. Book number three, entitled "Unvergessliches Japan" or "Unforgettable Japan," is a travel memoir resulting from an extended stay in Japan. It was written in German and published in 2016.

Meanwhile, Dorothe was asked so many times by her fellow Americans about her former life behind the Iron Curtain that she decided to rewrite and translate her first book. She turned it in to a modern historical romance novel. Entitled "The Risk: Love Behind the Iron Curtain," it took her five years to write and was published by Adelaide Books in February 2022. It is now available worldwide on Amazon. Currently, she is translating and rewriting the sequel with the working title of "The Risk: From East Germany to America."

Talented writer Dorothe and skilled photographer Bill bring knowledge to their home base in Lincoln Hills. They use their house as a launching pad for many adventures and visits to places all over the world. Their unusual love story that stretched over vastly

different areas and languages is a constant in their life and the changes they have made have served Dorothe's children well with their knowledge of multiple languages and cultures. Dorothe wants to share her life stories with others so they can understand her background, her love story with Bill and her adaptation to her new country. Bill's strong and steady love has been the backbone for Dorothe and her family.

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

Just let us know!

Call us at 916-727-6383 or e-mail us at: SunSeniorNews@gmail.com

Community Blood Drive — Sponsored by the Rotary Club of Lincoln

BY BILL COOK

Blood supplies needed for replacement due to injuries and/or disease are, as usual, in short supply. Please do your part and make a donation on August 26. The blood drive will be held at the Lincoln Veteran's Memorial Hall, 541 5th Street, in downtown Lincoln. The hours will be from 10:45 AM until 3:00 PM. Please go to: <https://bit.ly/LincolnBloodDriveAug262022>

This will take you to a scheduling page where you can choose an appointment time that is available and convenient to your schedule. Or you can walk-in during the hours of operation. You may have to wait to allow for folks that have scheduled an appointment.

Post donation snacks will be provided by the Placer/Nevada Cattlewomens Association.

Sons In Retirement

The Lincoln branch of the Sons In Retirement (SIRs) will hold a three course gourmet luncheon at Catta Verdera Country Club on Tuesday, August 16th at 11:30AM. Luncheon is \$25 per person. All attendees must have a vaccination card that shows the last vaccine occurring at least two weeks prior to the lunch or proof of a negative Covid test within 72 hours of the luncheon. All attending must sign a liability waiver upon entry. If you are interested in coming as a guest or in joining the branch please call, David Cesio 925-899-2193.

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Croquet Group

BY DOUG BROWN AND PAUL MACGARVEY

Croquet, Anyone? Come join the fun! For a couple of years now, a small group of croquet players has been gathering weekly at the croquet court – near the Sports Pavilion adjacent to the Bocce courts—to enjoy a couple of friendly rounds of croquet.

touched a croquet mallet since, come on out! If you're a bit curious about what Lincoln Hills non-competitive senior croquet is like, come on out! We're anything but experts at the game, so there's plenty of opportunity to laugh with each other's frequent errant shots, cheer a successful long shot or two, and enjoy conversation in between turns.

Currently, the croquet group meets Tuesdays at 8:30 AM at the croquet court.



Croquet Court Action

Not familiar with croquet? Well, early croquet-like games date back hundreds of years, but in its present form, it dates back to the mid-1850s, when the Irish brought a game called “crooky” to England. The English didn't like the name “crooky,” so changed it to “croche” (French for a shepherd's crook), and eventually to “croquet,” played on a court of powdered cockle shells with hoops decorated with flowers!

Make no mistake, there are no cockle shells or florally decorated hoops here in Lincoln Hills! But the recently established grass croquet court offers a wonderfully refreshing start to the day with cool morning breezes, a million-dollar view, occasional visits by mockingbirds, robins, and hawk flyovers, and the camaraderie of residents out to just have some fun.

Now we'd like to share the joy! If, like most of us, you remember bygone days of backyard family croquet games, and haven't



Mallets are provided along with balls, wickets, posts, the works. Not a good day or hour? We'd be happy to expand to a second (or third) day and hour of play to suit everyone's schedules.

Questions? Please contact Paul MacGarvey at pmac1411@aol.com, or telephone at 916-543-2067.

See you at the croquet court!

• • •

Lincsters 9-Hole Golf Club

BY CAROLE EUBANKS

Tournament News

The Red, White and Blue Tournament held on June 29th was a great way to launch July. A field of 72 players was divided into three teams: Red, White, and Blue. Each player played their own ball throughout the round. Then, each foursome on the team recorded the three best balls on each hole, after deducting the Pops, as the team score. The total of the best scores of all foursomes on the team then were added together.

The Blue Team under Captain Judy Josse was the winner. All members of the team received a \$9 credit to their pro shop account. Brenda Cook won the award for the Best Patriotic Outfit, and Nancy Dame won for her Patriotic Golf Cart decorations. Many thanks to Kim Schultz and her entire team for creating this great event. Hopefully, it will be held annually!

Note: remember that any sweeps or prize monies accumulated during 2022 will expire at the end of this year. NO carryover to 2023.

The Luau on the Links Scramble, run by Edna Linville, was held on August 10th. Stay tuned to this column next month for more details. Other events on the calendar are the Tin Cup T (September 14th), the Breast Cancer Tournament (October 11), and the Turkey Trot Scramble (November 9th). More details in the next edition.

Breast Cancer Tournament Update

This important fundraiser is only 2 ½ months away. You can all help ensure its success. For example, you can sell a tee sponsor. Contact chairwomen Kim Hall (philkim2125@gmail.com) or Ingela Butters (ingelabutters@sbcglobal.net) for details.

Or you can donate an experience or a gift for the gift baskets. For example: an experience might be event tickets, a wine tasting, or vouchers for a restaurant. Anything you would enjoy with your friends. Gift basket items might include gift cards, subscriptions, puzzles or games, books, tennis or pickleball lessons, or a collection of fine wines. Kim and Ingela have lots of suggestions and advice. Give one of them a call.

New Members

Please welcome Linda Morley. She hails from Rocklin and previously from The Bay Area. She enjoys painting, hiking, photography,

birding, travel, and of course, golf.

Stats for June

• Closest to the Pin (CTTP): Jean Abelle, Mikie Briggs, Fran Rivera, Lorayne Henderson, Patty Alderete, and Georgia Richie-Lynch

• Birdies: Fran Rivera, Linda Mateer, Debbie Clawson, Jane Hall, Sue Pharis, and Patty Alderete

• Chip-ins: Jeannine Wuschnig, Nancy Dodgion, Mikie Briggs, Brenda Cook, Margie Jewett, Jane Steffes, Lora Finnegan, Judy Matson, Elfie Jenkins, Bev Johnson, Barbara Parsons, and Lorayne Henderson

• • •

Ladies Golf — 18 Holers

BY CANDICE KOROPP

Summer is here and the theme is light clothing, compatible with the rise in temps and humidity. The dress is here in Lincoln Hills, and six of 25 gals were dressed for summer on the Hills, June 23rd, as one player in each of the winning teams, sported a dress. Dunipace, Tournament Chair, introduced a new, team game: Count one gross and one net ball. The top team of Koropp, Lim and Phillips claimed first by five strokes. Richie-Lynch, Tamanti and McWilliams were second and third went to Hing, Lee, McNiff and Royball. Richie-Lynch capitalized on her CTP on seven, finishing with par; and Koropp had back-to-back birdies on four and five to help secure the top spot.

A Pinehurst, hosted by Pat McNiff, grabbed the players attention the last of June. It was a partner's game with the game changing every six holes. The low gross winners of the day were McCoy and Sanderson, with 82. The Low net for the first flight was awarded to Cameron and St. Peter; in flight two, Emge and McNiff; in flight three, McCann and Seagraves; and in flight four, Hur and Knorr. Bedford was the Closest to the Pin on Hole 4. There were lots of positive comments about the game format.

Kicking off the month of July, our annual Red White and Blue tournament, with a Stableford format was organized by McNiff with assistance from Briggs. Patriotic decorations greeted the golfers at the kiosk, and US flags decorated the lawn beside the staging area. Some decorated their carts and many wore patriotic outfits. The field of 41 was divided into three teams fairly equal in

(cont' on page 33)

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Ladies Golf — 18 Holers

(cont' from page 31)

handicaps. We followed tradition with reciting the Pledge of Allegiance, and gathering for team cheers, before heading for the Hills to a "march" played from the Pro Shop sound system. After painstakingly, hand-scoring the day, McNiff and Briggs announced the winners. The Red Team was victorious by 13 strokes over the Blue Team and the White Team fell to third. Team Captain Tamanti, led the Red, with support from Blaney, Carr, Dong, Emge, Hare, Hing, Keaney, Knoll, Koropp, Lapera, Lim, Meske, Owens, and Phillips. Koropp also claimed the CTP on Hole 7. It is always fun to keep our traditions alive and to honor Bev Ansbro, the founder of this tournament

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Men's Golf Club

BY MIKE MCBACK

It's that time of the year for our Club Championship. The Club Championship is a two-day event on September 12th and 13th and a Just For Fun on September 13. This is a big event and who's going to be this year's Club Champion. It could be you!

The Men's Golf Club of Lincoln Hills is starting a Facebook Club Page. This should be up and available at the beginning of August. I'm looking for Member story's, pictures, or videos or all three. Please start sending them to mgclhmcback@gmail.com, I want to highlight what's going on with our members. I'll have more details coming soon.

...

LH Billiards Group

BY RANDY FANN

Bam! The cue ball breaks the rack. The 15 ball drops into the corner pocket. You cut the 9 ball into the side pocket. Now you have shape on the 13. It drops. You size up the table. Not much remaining. Wait. If you cut the 10 just right, you can combo it into the 12. Boom. It works ... and the 10 follows the 12 into the pocket.

You're on a nice run. Now you see the 11 is on the right side rail at the far end of the table. An 8-foot shot. The 14 is on the back rail, close to the other corner pocket. You chalk your cue, take a deep breath. Exhale. Aim. Stroke. A perfect hit. The 11 hugs the rail all the way to the pocket.

And the cue ball stayed in place. Easy cut shot puts the 14 into the corner pocket.

Only leaves the 8 ball. Again, at the far end of the table. Near the same side corner pocket. Problem ... the 7 ball is in the way. You have one chance: caroom off the rail and cut the 8 into the corner pocket.

It works! The crowd goes wild. And you, you are on top of the world.

Sound like fun? Come join us. Take your best shot(s).

The Players Tournament (pictured)



The tournament is administered by Tournament Leader Sue Polvi (left).

The June 23rd tournament was very competitive as evidenced by the winners (2nd from left) Bob Soriano, Brian Ishimaru, Robert Parks, and in second place was Wes

Hamamura.

The Players Tournament is held on Thursdays at 2.30. Signup is at 2.15. As mentioned previously, Sue Polvi is the Tournament Leader and assisted by Mentoring Program Director Dave Polvi. The tournament consists of seven games, 17 minutes each, of straight 8 ball.

The June Mentoring Cue Stick Giveaway (pictured)

On the first Tuesday of each month, the Mentoring team have a drawing and award a donated cue stick to an attendee. The winner must be a Lincoln Hills Billiards Group

member and not own their own cue stick.

The winner in June was Cathy Razumich, pictured below with Program Director Dave Polvi.

Lincoln Hills Billiards Group

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 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

(cont' on page 35)

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LH Billiards Group

(cont' from page 33)

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.

RemyGiannini916-543-8790 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

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 or

Interim Director Judy Radman 916-524-7013 judy@greatexhibits.com

Wednesday

CueMasters 12:45 PM sign in. Start 1 PM to 3:30 PM. Entry fee is \$2.00. 100% of the fee returned to players as a prize. All levels.

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

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

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

Ted Komaki 916 543-7158 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

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 ritaqueenof@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

Friday

Challengers Friday 9:30 AM-12:00 PM for 8 Ball (1/15) high intermediate to advanced players. Play seven 16-minute games. Play begins at 10 AM and concludes at 12 PM. Advance signup last Friday for following month. The advance signup sheets are in the binder on the Kilaga fireplace mantle.

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

Saturday

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

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

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LH Cribbage

BY MEL SWITZER

Well, the hot summer keeps on breaking records!!! So, to go along with the thyme, the following players were breaking records too! They were: repeat winner Brian Burns on 6/21, first time winner Marianne Crosby on 6/28, along with veteran players Cyril Kalbach on 7/5 and pro Dory Maske on 7/12. Congratulations to our latest tournament winners! The competition was stiff but they all were up to the test.

We had three extra spots for players last week and we would like to have a “full house” every Tuesday. The room is air conditioned and the seats are soft. No excuses! We even have time for bathroom breaks.

So if you can count to 31; know that a Queen card is worth the same as a King card: remember what a “flush” is and can deal 20 cards out to yourself and three other players,

YOU'RE IN!

You may even have to cut the deck occasionally too.

It's not as hard to learn as Double Deck Pinochle but a little harder than “Go Fish”. If you get the right cards and play them well, you could go home with small pot gold, but even if you become the “biggest loser”, you will receive a really nice booby prize.

So, I know you want to play. Here is the information!

We play every Tuesday morning, starting at 8:30 AM in the OC card room for warm-ups and tournament play starts at 9:00. Listen for a Cow Bell!

It's amazing to realize how many shy cribbage players there are in Sun City! If you come out and play, we will help you count your hands and we will not charge for tutoring.

So come out and play by dusting off the cobwebs and relearn the game with us.

There's room for you on any Tuesday morning at 8:30 in the card room. We will show you how to play and smile simultaneously.

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

• • •

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.

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 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.

• • •

SSN WRITER...

25 Hours to Home

BY PHIL ROBERTSON

Up early, breakfast and out
A plane to catch without a doubt

Bags overflowing, filled to the hilt
Rush to the airport without being kilt

Long lines aplenty, people galore
My 50-pound bag, carry-on and more

Security check one, security check two
What in the heck do they think I'll do?

Barcelona to Munich and then on home
Time I get there I'll be tired to the bone

Crowds rush the plane though
I don't know why
It will be a long time yet before we fly

Overheads flung open as chaos takes hold
Storage space goes to the fast and the bold

We find our seats amid flurry and fanfare
Too small, of course, for my modest derriere

The hours they pass so slowly it seems
Punctuated here and there by fitful dreams

This old body of mine does protest for sure
But there's no relief so I must endure

San Francisco is close, it's about time
Then on to Lincoln, a thought sublime

The runway is open, there is nothing to fear
Tires hit the Tarmac amid a rousing cheer

Thoughts of flight 214 are banished at last
Now to clear customs really really fast

An immigration agent's cold hard stare
Told me in a flash he didn't much care

So we grabbed our bags without much fuss
Then thru the doors to find our bus

Our transportation wasn't where it should be
This means more of a delay don't you see

Finally we're back home to Lincoln Hills
A pile of dirty clothes and a stack of bills

Then the morning after my wife says to me
“Our club has a nice trip planned to Hungary!”

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

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With Water Restrictions — *How do we keep our gardens alive?*

BY AUDREY DAVIS - Placer County Master Gardener

With water restrictions, how do we keep our gardens alive? The answer is that, it depends. It depends on the specifics of your garden. Here are some considerations to take into account when figuring out how to water your specific garden during a drought:

Get to know the characteristics of your soil. Understanding your landscaping and its underlying soil can help you decide where water is best employed in your garden. A familiarity with the characteristics of your soil can help you to make sure that you are planting each type of vegetation in the right place. You can check on the moisture level of your soil by putting a moisture meter in the soil 6-8 inches near the root of a plant to determine if the earth is damp. Touch the soil and squeeze it. If it holds together well, then you're watering at the right amount. You don't want it to be too sticky or to crumble apart. Here is a great resource for learning more about signs of drought stress and your soil. Hartin, Janet. Keeping plants alive under drought or water restrictions. UC ANR publication 8553, October 2015. https://ucanr.edu/sites/http___ucanrorg_sites_sanbern/files/224927.pdf

What is the function of your space?

To prioritize the use of limited water, you should put your efforts into watering the plants, shrubs and trees that most bring you joy. Do you love to entertain or play ball in the yard? Are you more concerned about creating a wildlife habitat or growing vegetables in your garden?

This link provides some water conservation tips for home and garden. Geisel, Pamela M, Carolyn L Unruh. Water conservation tips for the home and garden. UC ANR Publication 8036, 2001. <https://anrcatalog.ucanr.edu/pdf/8036.pdf>

Efficient plant care. Infrequent deep watering encourages deeper root growth and strengthens the plant against times of drought. Use drip irrigation systems, in hydrozones (areas of plants with the same water needs grouped together) for efficient water use.

Alternative lawn care. Consider replacing nonessential turf with ground covers, mulches, decks and permeable walkways or grassy alternatives more suited to our climate. If you decide to let your lawn brown, don't forget to care for the trees that depend on your lawn's irrigation system.

Protective tree care. Trees and shrubs need years to mature, and therefore represent a more substantial investment into your garden's ecosystem than do smaller plants. Arborists recommend applying water to a depth of three feet using a drip irrigation system or soaker hose.

Maintaining a beautiful and healthy garden during a drought can prove challenging. It is possible, and you can do it. You can develop a plan for your space that will allow you to put this scarce resource to its best use, and be confident that you are responsibly caring for your garden.

"They truly gave my mother moments of joy"

Kathy, Daughter of a CountryHouse resident

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

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Observations Asks: Tennis, Anyone?

BY MARTIN GREEN

There's an old Kingston Trio song that starts: "They're rioting in Africa/They're starving in Spain/There's hurricanes in Florida/ And Texas needs rain." That was back in the good old days. Today, we have inflation, soaring gas prices, mass shootings, a divided country, a war in Ukraine, wildfires, droughts, not to mention TV news, Twitter, Facebook and Tik Tok and, oh, yes, there's still Covid. The good news is that we also have sports on TV, most recently for us old tennis players, the French Open and Wimbledon tournaments.

The question in the French Open was whether Rafael Nadal could win his 14th championship there and record 22nd major; the answer was that Yes, he could. The question at Wimbledon was whether Nadal and Novak Djokovic would meet for another showdown in the finals. The answer was that No, they wouldn't, as Nadal suffered an injury winning his semi-final match and had to withdraw. Instead, Djokovic faced a talented but erratic player named Nick Kyrgis. Many people think the world today has gone crazy (see above) and if Kyrgis had won this would have confirmed that view. However, Djokovic won Wimbledon for the seventh time, and for his 21st major, so at least some order in the universe remains.

When I was a kid growing up in New York I wouldn't have thought that I'd ever play a sport like tennis. For one thing, I grew up in the Depression years and to play tennis you

needed to have a tennis racket and that cost money, I'm not sure how much back then, but anything would have been too much. My sport was handball. All you needed for handball was a ball and a wall to hit it against. It wasn't until I was in my forties and living in Carmichael, a suburb of Sacramento, that I even considered playing tennis. This was in the 1970's and suddenly there was a tennis boom in the country.

I don't know why this was so. I do recall that PBS started to televise tennis and I guess people found it entertaining to watch. And I suppose that people found that they could play tennis, at least after a fashion. We had a swim and tennis club in our neighborhood and we joined mainly so that our three young sons could learn how to swim there. We found that just about everyone around belonged to the club and that everyone, husbands and most of the wives, had taken up tennis. I figured I might as well, too. Luckily, Beverly didn't, which was just as well as I believe several divorces, or at least marital problems, resulted when a husband and wife played doubles together.

Our club was different from others in the Sacramento area in that it was small, having a pool, just five tennis courts, and no clubhouse. When I played on our interclub tennis team and we visited other clubs they usually had a nice clubhouse with comfortable chairs

around a big television set and had a variety of snacks and drinks to offer us. When teams from other clubs visited us the best we could off was a seat on a bench and a drink from our Coke machine. The club was different also in that it was member-owned. Eventually, after I'd retired from my State job, I was asked to become club president, being assured that the real work of running the club was done by the manager (a paid position).

With some misgivings I accepted, and of course, the manager immediately had to leave because her husband got a job transfer and the county, or somebody, decreed that a fence had to be built around the pool so that unwary members wouldn't stray into it and possibly drown. So much for enjoying an honorary position. Suffice it to say that one of the club members ran an iron works and built the fence, we eventually found a new manager after a nationwide search, nobody drowned and the club, as far as I know, is still there. In fact, the club, Glen Oaks, received national attention when the son of its longtime swim coach swam in the last Olympics. This allowed me to tell people that I was a former Glen Oaks president.

As for my tennis, having taken it up in my forties I continued to play it until I was around eighty, never quite mastering it, but getting a lot of good outdoor exercise. I also discovered that tennis, although there was no contact as in football or basketball, could be quite physically demanding, accumulating a lot of pulls, tears and strains. Having noticed that a lot of my fellow tennis players were having knee and

hip replacements I cut down on my playing after age 75, especially as I had a partially torn meniscus then. This didn't prevent me from having to have a hip replacement at age 85.

Tennis also takes its toll on the professionals, all of whom seem to suffer injuries that at one time or another keep them sidelined. Nadal's injury noted above is one example and before that injury he had to get injections for a painful foot injury he had during the French Open. Djokovic has had a number of injuries and Roger Federer, my favorite, has been out for over a year with some kind of knee injury. It's doubtful if the world will be in any better shape any time soon but the US Open tennis tournament is coming around Labor Day so we'll have some diversion to look forward to. My hope is that Nadal, Djokovic and Federer will all be able to play. And after that tournament the NFL season will start so all is not doom and gloom.

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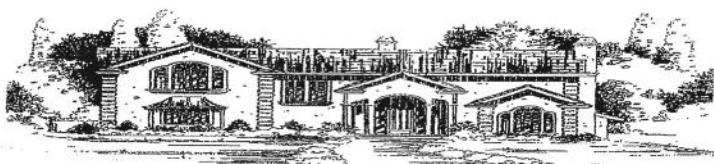
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Neuropathy Relief Is Possible

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

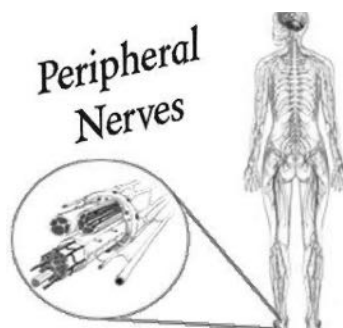


Figure 1: Notice the very small blood vessels surrounding each nerve.

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

As shown in Figure 2, as the blood vessels that surround the nerves become diseased, they shrivel. This prevents the nerves from getting the nutrients necessary to survive. The nerves begin to degenerate and no longer conduct sensation adequately.

When these nerves begin to "die" they cause you to have balance problems, pain, burning, pins and needle sensation, and other symptoms.

Three Factors to consider for Effective Neuropathy Treatment:

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

Three goals of treatment at Lincoln Acupuncture:

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

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

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

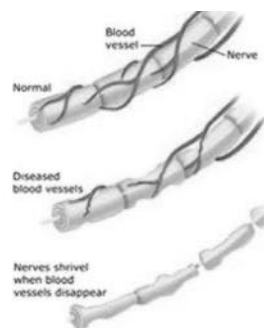


Figure 2: When blood vessels become diseased, they shrivel and are no longer able to provide nourishment to the surrounding nerves.

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

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

person to person and can only be determined after a detailed neurological and vascular evaluation.

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- ◆ 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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INFORMATION

916-771-4177

FOR A FREE HOME
VALUATION
EMAIL :
gbrown@thompson-
brown.com



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Call us for an Expert Home Price
Evaluation



George Brown

Recent Sales in Lincoln Hills

1276 Hillhaven Ln	Fremont	\$842,000
707 Medallion Court	Sausalito	\$849,000
1280 Dapple Dawn Lane	Mill Pond	\$860,000
880 Castleberry Lane	Tahoe	\$865,000
2030 Grand Pheasant Lane	El Dorado	\$ 900,000
500 Sawmill Court	Sonoma	\$1,050,000
2130 Briarcliff Lane	Tiburon	\$ 1,100,000
2053 Sutter View Lane	Santa Barbara	\$1,245,000
1174 Fairway Valley Lane	Santa Barbara	\$1,295,000
1216 Fairway Valley Court	Santa Clara	\$1,350,000
260 Shadow Lake Place	Meadowgate	\$1,449,000

Call or text 916-297-3500 for a Free consultation on value and the best strategy to achieve your goals. With over 35 years experience, I have experience in markets like this.

George Brown-Broker/Owner

*All measurements and all calculations of area are approximate. All Sales from all MLS Brokers. Display of MLS data is usually deemed reliable but is NOT guaranteed accurate by the MLS. Buyers are responsible for verifying the accuracy of all information, Sales from all MLS brokers