

# SUN SENIOR NEWS

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## Paulette Perfumo: Making Every Moment Count

BY JENNIFER MARTIN

Be ready to have your breath taken away when you meet Paulette Perfumo—former college cheerleader, gymnastics coach, home economics teacher, business owner, Nutrition and Foods college professor, scuba diver, singer and guitar player, grant writer, owner of an Alfa Romeo, attendee of the Academy Awards, former community college President, and cancer survivor. Whew!

Born to Flavio and Alberta Perfumo, Paulette grew up with one older brother, Paul, and two younger sisters, Pamela and Patricia (Trish), in Hayward, California. Her father had been born in Ovada, Italy, at the base of the Italian Alps, and came to the US when he was 28 years old. He met his wife at a Sons of Italy picnic at Golden Gate Park. He and Alberta used to engage their children in conversations around the dinner table and instilled in them a love of learning, which resulted in two of the four children having careers in education.

Paulette obtained a Bachelor of Science



PHOTO BY JENNIFER MARTIN

degree (with emphasis in Nutrition and Home Economic Education) from Oregon State University in 1975. Four years later, she earned a Master's degree from UCLA (with a Nutrition emphasis) and, in 1981, she received a PhD as the result of being awarded a Joint Master's/PhD fellowship through the EPDA Awards Program.

Early in her teaching career, Paulette was asked to help develop a parenting program when the alarming rate of teen pregnancies made headlines in Oregon. The program included having each student take charge of their “baby”—a raw egg—, treating it with care, paying for a sitter, and getting up in the middle of the night to soothe their child. “Many of the boys said after that experience, they never wanted to have kids,” she recalls. “They got the picture that teen parenting was not an option until later in life when they were more mature.” A year after the program

(cont' on page 25)

## SCR Foundation 2022

BY LISA CRYAN

Calling all Bingo lovers! The Foundation's next Bingo event is scheduled for Sunday, August 14 at 1:00 pm in the Timber Creek Ballroom. You can purchase your bingo cards at Courier Days in the Lodge Lobby on Monday, August 1 between 8:00 am and 11:00 am. Or, on the day of the event, doors will open for bingo card sales at 12:00 pm. Purchase one bingo card for \$20 or two for \$25. Bring your friends, your snacks, and your good luck charms for a chance to win one of many \$100 prizes.

The Foundation has plans to host a series of financial planning presentations over the next few months. We kicked-off our first event in July with an “Investing for Seniors” presentation provided by Nic Delyon of Delyon Wealth Management. Future topics will cover Estate Planning and Fiduciary Responsibilities, stay tuned for more information.

A huge “Thank you!” to the Foundation's Home Maintenance Team who have visited over 20% of the homes in our community and performed over 850 maintenance items in the first half of 2022. We're always recruiting new team members. If you would like to join the Home Maintenance Team, please contact Doug Smoot, Director of Home Maintenance, at [scrhomeservices@gmail.com](mailto:scrhomeservices@gmail.com). If you'd be interested in becoming a member of our phone volunteer team to help schedule the service

(cont' on page 31)



## Sun City Harmonicoots

BY LINDA AUG

According to Wikipedia, the meaning of the word August is “to increase” or “gain momentum.” This is certainly true when one considers the recent growth and expansion of the Sun City Harmonicoots. A series of Beginning Harmonica classes were held in March which resulted in gaining several new members. Due to popular demand another session of classes is now in progress with 5 attendees. The growth of the Sun City Harmonicoots and its new members brings a new excitement and energy to the group!

We proudly announce our new council for the coming year. President and Music Director - Rebecca Hellman; Treasurer - Bill Kimura; Secretary - Dennis Hellman; Communications - Amy Cho; Membership - Gary Mills; Association Liaison - Dick Conzelmann; Music Librarian - Ann Kelly; Publications - Linda Aug and Members at Large are Ray Debenedetto and Brian West. Thank you to all who step up to make this one of the most fun and enthusiastic groups in Sun City!

Many people have no idea, but the harmonica is the #1 world's best-selling music instrument. For example, in the United States

alone, more than 40 million harmonicas have been sold! This means that for a country with a population of about 320 million, there is probably a harmonica in almost every single household! The largest harmonica according to the Guinness Book of World Records was 8 feet long and weighed 75 pounds. Also on record is the smallest harmonica which is no larger than a small paperclip. It weighs 1.6 ounces and attaches to your key chain or backpack. It is completely playable with a 7-note range.

While you may not find either of these harmonicas at our weekly session at Sierra Pines on Thursdays, you will find many diatonic and chromatic harmonicas blending to create jazzy, bluesy, and beautiful sounds. Visit us anytime and see for yourself! You may just be joining us — harps up!

...

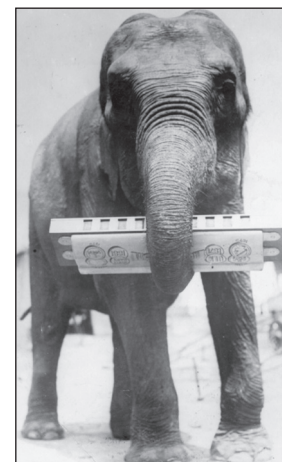
## All Tuned Up

BY GERRY CAPELLINO

On June 23, Letha Dawson, eight-year President of “All Tuned Up” (ATU), passed her baton to a new roster of officers.

Letha was an outstanding President. ATU members wished her well as each took

(cont' on page 5)



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\$455,000-\$550,000	1198	6	TIMBERROSE
\$522,000-\$587,500	1323-1343	9	ORCHARD
\$550,000-\$701,000	1334-1347	7	ROSETREE
\$569,000-\$641,000	1476-1500	7	COUNTRYROSE
\$555,000-\$803,500	1547	14	SHASTA
\$645,000	1578	1	PINERY
\$630,000	1583	1	REGENT
\$578,000	1618	1	CALAVERAS
\$617,500	1638	1	PARKLAND
\$615,000	1658	1	BAYWOOD
\$688,500	1774	1	IRONWOOD
\$615,000	1799	1	GROVE
\$620,000-\$745,000	1840	3	PLUMAS
\$607,500-\$805,000	1869	9	YOSEMITE
\$660,000-\$815,000	1994-2032	4	SUMMIT
\$656,500-\$785,000	2083	3	SIERRA
\$680,000-\$860,000	2287	6	DELTA BREEZE
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## Letters to the Editors...

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

### Friends and Neighbors Indeed

In May and June of this year, my wife Barbara and I celebrated our 87th birthdays. We, and everybody else in our family, consider that a milestone that is nothing less than miraculous. We've had our share of health-care issues in the past, of course, but now we realized the risk factors were bound to increase.

Sure enough, on June 19th I had a fall in my own home that resulted in a trip to the emergency room at Kaiser in Roseville. They kept me there for two days and put me through a whole series of tests and scans to find out what had caused my fall and temporary loss of consciousness. The hospital release form said, "You were monitored for syncope/fainting... A 30-day heart monitor was ordered. You should not drive until the heart monitoring is completed."

"Oops, there goes all our shopping trips to the grocery store!" I said to my wife, who has not been able to drive for several years. Of course, getting to the grocery store isn't the only problem. Calling for help from family, friends, and neighbors to drive you places can be pretty embarrassing.

Even walking your dog can be a major problem, as I found out only a few days after I was released from the Kaiser emergency department. While I was walking our Toy Poodle, Lexi, along Del Web Boulevard on the morning of July 7, I suddenly tripped on the curb at the intersection with Gateway Lane. I fell forward on the sidewalk, banging my forehead on the concrete. Sprawling on all fours, I noticed blood spatter all around me and I knew it would be impossible for me to stand up.

I also noticed there was a lot of vehicular traffic at that intersection, and that several cars had pulled over to the curb. A woman jumped out of the car nearest to me, ran over and asked me, "Are you alright?" Before I was able to answer, she pulled out her cell phone and said, "I'm calling 911 right now!"

Soon several other bystanders had gathered around me, expressing their sympathy and concern and one gentleman helped me sit up and, mentioning that he was a doctor,

pressed a clean gauze pad on my forehead. At the same time, another woman asked, "What's your home phone number? I'll call your wife."

As I gave her our number and Barbara's name, another woman asked, "What about your little dog? If you tell me your address, I'll take your doggie home."

Then, someone else chimed in, explaining that she had seen my golf cart parked back at the corner of Del Web and Cottage Rose Lane. Suddenly I realized how complicated this calamity was becoming. "Whoever is willing to move it back to my house," I explained, "will need to find the extra key hidden under the cap on the steering wheel."

By then, The Roseville fire engine and an ambulance arrived. As the EMTs quickly lifted me onto a gurney, the crowd that had gathered started to leave. I called out to them: "Thank you! Thank you so much, my friends! God bless you all!"

I just wish I could thank every one of these good friends and neighbors for their kindness. So, if any of them ever see an old man with a cane walking the little dog in the attached photo, please say hello!

Bruce Robinson

...

### Mantra Meditation — A Deeply Relaxing Experience

Dear Friends and Neighbors — We are fairly new residents of beautiful Sun City Roseville who relocated from Orange County Southern California. While in Orange County we led a Mantra Meditation Senior Group for over 6 years. The covid pandemic effectively closed down the group and we retired and moved to Sun City.

While the practice of mantra meditation has been a focal point of our daily life for over 40 years, we are most happy when we have the opportunity to teach and share meditation with

(cont' on page 30)



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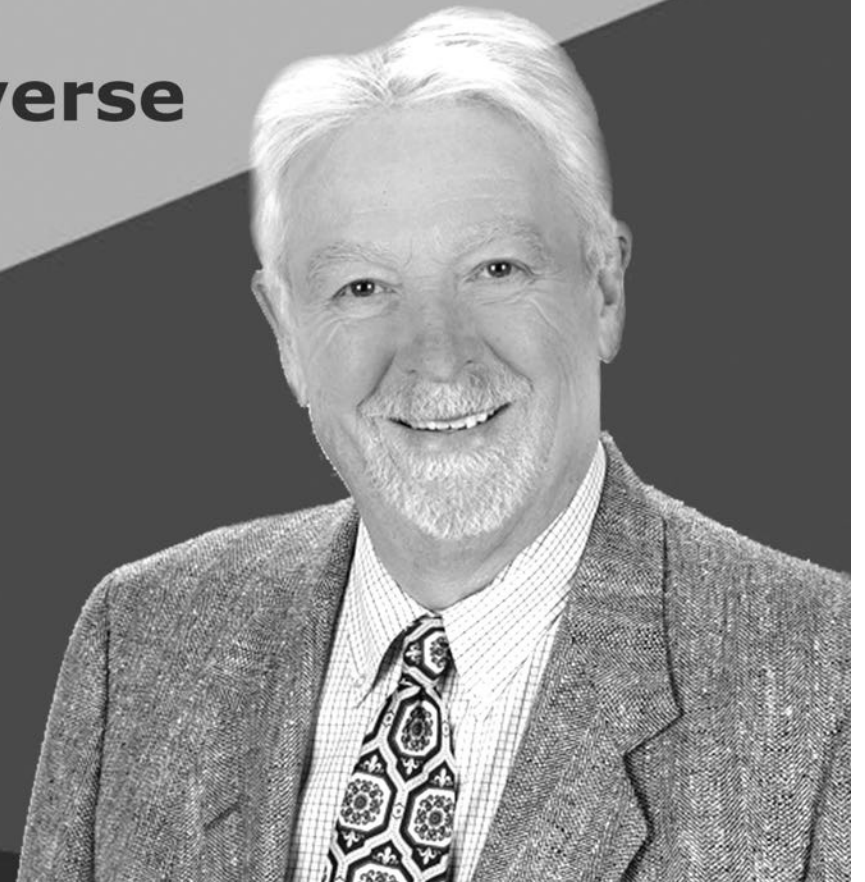
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## Board of Directors Announcement — Retirement of Earl Wiklund, Executive Director

The Board of Directors announces that Earl Wiklund, the Association's Executive Director with 18 years of distinguished service to the community has informed the Board of his planned retirement as of early October 2022.

In his retirement notice to the Board, Earl stated "It has been a pleasure working with our Board of Directors, residents and our management team over these many years. Thank you all for the wonderful memories and all that we have accomplished over the years."

The Board thanks Earl for his many years of outstanding service and for all the projects and achievements that have been successfully completed and addressed during his tenure. The impact of his and our management team's efforts have greatly contributed to the

continued success and improvements of our community and the value of our homes.

The Board has formed a work group of the Board who will coordinate with our Human Resources Department to implement a recruitment and transition plan in the search for a new Executive Director. The Board will be involved in the interview process with the final selection being made by the full Board of Directors after careful consideration of all candidates. Earl will assist in a transition period with the new Executive Director.

The Board congratulates Earl for a job very well done and wishes him and his family the best in retirement.

(Your Executive Director will resume his regular column in the September issue.)

## Neighborhood Watch/Citizen Patrol

BY LINDA VINCENT

You ask, what has Citizens Patrol and Neighborhood Watch been up to in our community lately?

In June, Citizens Patrol hosted an Appreciation BBQ catered by Hannibal's at the Sierra Pines for our volunteers who have given over 20 hours (2 hours or more monthly) of service patrolling our community from July 2021 thru April 2022. We had over 85 volunteers who qualified for the well-deserved BBQ!

Our welcomed guests included Troy Bergstrom, Chief of Police and Captain Doug Blake; Rob Baquera, Public Information Officer, Nina Phelps, Public Safety Program Coordinator, Rick Bartee, Fire Chief, Jamie Garrett, Public Information Officer for the fire department, Michael Bradley, Battalion Chief, David Breninger, Board President.

Not only do our Citizens Patrol volunteers volunteer to patrol our community, they deliver the monthly Couriers to the shut-ins and help us gas and wash the patrol vehicles! We are always looking for more volunteers, can you help?

Our July 3rd Firework Extravaganza went off with a bang. This is a big event with lots of

people who not only live here but many outside of Sun City coming in and we want to keep our community safe and clean – so in steps our volunteers! We had 18 volunteers to man the parking lots, Bocce Courts, patio area, several fairways, putting & pitching greens.

Thank you, volunteers!

On the Neighborhood Watch side of the program, we have had a lot of movement in Sun City this last year and it continues. People moving out and people moving in keeps us busy updating our database with pertinent information on every resident here in Sun City. Which leads me to the next issue at hand. We have 13 villages in our community. In those villages, we have 34 Village Communicators and 234 Team Links. In order for all of our residents to receive informative and safety information, we need team links in each village. With that being said, if you are not receiving information on a regular basis from Neighborhood Watch, you do not have an active Team Link. Contact our office at 916-774-3817, so we can get you in the communication loop.

Until Next Month stay healthy and safe.

## All Tuned Up

(cont' from page 1)

the mic and expressed their thanks. We enjoyed refreshments and sang songs as Letha directed us one last time.

Letha, thank you, for all your hard work, patience and creativity. You will be a hard act to follow!

Thank you to our drummer, Bill Muncy, who also vacated his position as Vice President. Like Letha, Bill will still be around to keep us on the beat.

Assuming their new officer positions are: Ken Roberts, President; Cory Blasser and Gerry Capellino, co-Vice Presidents. Jean Duffin will continue as Treasurer. Hardy thanks to each of you for keeping us "all tuned up"!

ATU is an SCR Resident music group that meets every Thursday at 9 am in the Ponderosa Room of the Sierra Pines. All residents are welcome to join. We do two shows a year for our SCR community which are always "Sold Out" performances.

We'd love to have you join us no matter your level of talent. Come play your instrument, sing or just listen. Country, Rock, Jazz, Blues, Show Tunes and more. We can't wait to sing with you!

## Sun City Singers

BY JACKIE PROETT

It's August and the Dog Days are upon us. These puppies have had fun playing tricks all summer. First of all, they barged in to June with nine days of triple digits, then they turned on the "I'm so sorry"- fan and coats had to be worn to watch Fireworks! Coldest Fourth of July made history. If tricks are over, we can expect to be drinking cold drinks and running through sprinklers until September. Or, better idea, join The Singers.

The Singers learned long ago how to quell the Dog Days. With an active AC and a shivering packet of Christmas music, a sweater is often needed. We will start rehearsing again on Monday, June 15 at 2:30 pm, back of the Ballroom. Come, stay cool and sing.

While we have all been enjoying summer, President, Marla, has been busy filling all the assisting positions. Many positions have reupped, like, Membership... Carol Swanson,



Letha Dawson

Performance... Ruth Berger, Publicity... Jackie Proett, Costumes... Lori Burt, Sunshine... Norma Hankinson. Betty Fritsch has been in charge of getting our programs printed forever! Brave new members doing big jobs are Music... Charlotte D'Agnostino and Hospitality... Paula Scarpelli. With those names, the Mafia must be impressed!

Just think, our New Year begins in August. Bring any old music, dues and any friends, new or old to help fill some empty chairs. Remind them that though it's Dog Days you won't be treating them like dogs if you ask them to sit and stay!

...

## Music and Laughter

BY JANE BOHN

Per normal procedure, we opened the show with our Happy Birthday song to those born in July. This was followed by our talented neighbors who came to Music and Laughter to share their talent. Our entertainers included accordionist Jean Stephens, clarinetist Elton Pamplin, comic Ed Lick, singer/whistler Kim Meier, jokester Jan Montero and singer/comic Ray DeBenedetto. Hooray for our fan base audience who helped me belt out some karaoke songs on our overhead screen. Our exuberant prize winners included, Bill Stephens, Ed Lick, Janice Schreve, Louise Rafferty, Kim Meier and Sherry Scheftner. What a fun hour. Here comes a huge thank you to our entertainers, our attentive singing audience, and our helpers Maria Hajgato, Arlette Bennett, and Nancy Stetz. Once again, you have all contributed toward the success of a wonderful uplifting hour of Music and Laughter. We hope you will mark your calendars and come join us at our next gathering Wednesday evening, August 10 at 7pm at our Sierra Pines Lodge, located on the corner of Del Webb Blvd., and Whistlestop Way. Surely you agree we all need more Music and Laughter in our lives.

...

## SCR Dance Club


BY LENORA DAVIS

Come to the Hawaiian Islands! Learn (or practice) how to dance the Hula (grass skirts are optional) and dance the night away with your friends – all without having to leave Sun City. Your opportunity awaits in the Ballroom on Monday, August 15 from 6:30 to 9:00 pm.

(cont' on page 9)

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## New Radio Communications Tower to Serve Critical City Operations

To better serve emergency and critical city operations, the City of Roseville is planning to build a new radio communications tower in east Roseville.

The City's radio system handles approximately 1.5 million transmissions per year.

A City-owned vacant parcel at 2001 Strauch Drive was identified to best provide public safety-grade radio coverage throughout

east Roseville including both hospitals, enhanced emergency power capabilities, and future public safety needs.

Several public and private sites were analyzed for optimal conditions, and deemed infeasible, before the City selected the Strauch Drive site.

Currently, Roseville operates two 180-foot radio communications towers. One is in west Roseville near the Roseville Energy

Park and the second is in central Roseville at the Police Department building on Junction Boulevard. The planned tower in east Roseville will be similar in style and size to these two towers.

The current radio facility serving east Roseville is located within a leased office building on Douglas Boulevard and does not meet the City's growing needs due to site limitations and costs. The Strauch Drive site will replace the Douglas facility.

Environmental clearance is underway in accordance with the California Environmental Quality Act. Construction will occur on the interior of the parcel and vegetation will be preserved to the greatest extent possible.

The new radio tower will operate in compliance with federal and state regulations.

Funding for this project is \$1.5 million dollars and provided by designated capital improvement project funding.

Timeline (subject to change)

- June-July: Environmental clearance
- Late summer: City Council meeting
- Fall: Call for construction bids
- Winter/spring: Construction begins (weather dependent), and is expected to last three months



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## Washington and All America City Boulevard Roundabout Project begins

Construction of a new roundabout at the intersection of Washington and All America City Boulevard has begun and will likely continue through summer 2023.

Upgrades will also include new crosswalks, enhanced safety and accessibility for bicyclists and pedestrians, extension of the nearby multi-use trail, landscaping and improved roadway aesthetics.

Why a roundabout?

A roundabout is an efficient way of improving traffic flow and reducing speeds as vehicles enter the Historic Old Town and Downtown Roseville neighborhoods. It also provides another distinctive entry point into the area.

Data from the California Department of Transportation shows that roundabouts reduce injury collisions by 80% and fatal accidents by 90% when compared to other types of intersections.

This intersection change is a required environmental mitigation measure following the expansion of @the Grounds. Additionally,



it will optimize traffic flow in and out of the facility during events.

What to expect during construction

Stay alert and travel with care in the work zone.

Working hours are anticipated for 7 a.m. – 4 p.m. on weekdays. Keep an eye on digital message boards for current working hours and construction information.

The road will remain open during construction. Watch for intermittent shoulder and lane closures.

Please note the schedule is subject to change due to equipment, materials, weather, and other unexpected conditions.

Learn more about the project at Roseville. ca.us/roundabout.

## Get City News and Events Directly on Your Smartphone with the Free Simplicity App

To make it easier for our residents to get timely and important city news and event information, the City has joined Simplicity - a free government-oriented smartphone app.

The Simplicity app does not require registration and does not collect any personal data from users. After installing the Simplicity app, just choose Roseville and then select topics of interest to receive personalized notifications.

“The community let us know they wanted an app to get verified and timely information from a trusted source,” said Krista Bernasconi, Mayor of the City of Roseville. “With Simplicity, information can be customized and easily accessed, simply with touch on our smartphones.”

Using the mobile app and its push notifications, residents can always stay informed with real-time updates about things they are interested in - even without opening the app. Unlike users of Facebook and



Nextdoor, Simplicity users receive every post by the City. Never miss important, verified city updates.

Roseville joined Simplicity in conjunction with Placer County. As other local government agencies also join, users will have official local community updates easily accessible in one place.

The Simplicity app is free and available for iOS and Android at [simplicity.app.link/roseville](https://simplicity.app.link/roseville).

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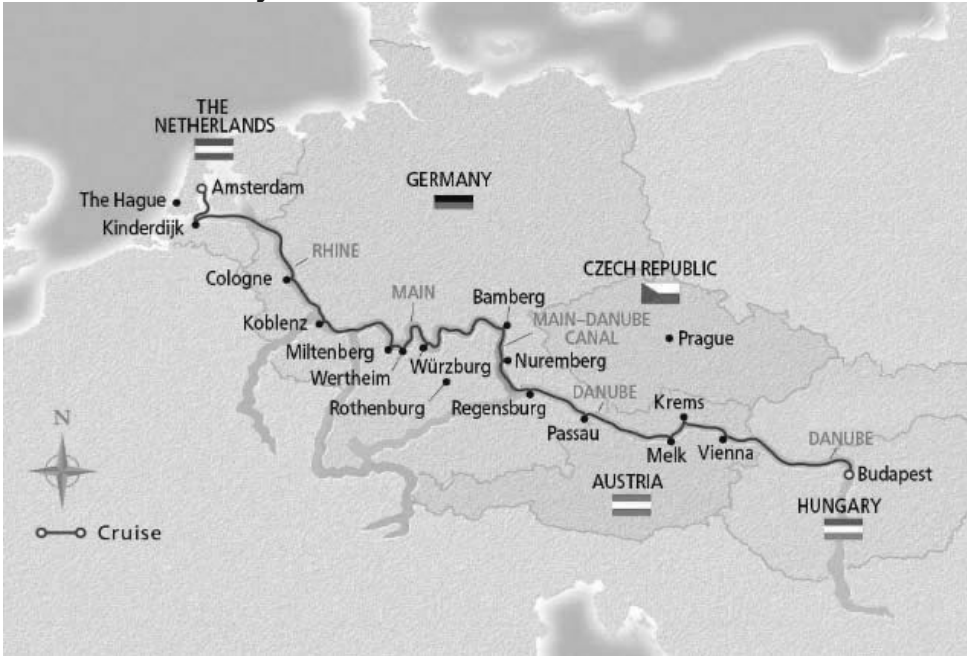


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Cologne	Morning	Night	Cologne Walking Tour
Koblenz	Morning	Afternoon	Marksburg Castle
Middle Rhine			Scenic cruising
Miltenberg Main River, Spessart	Afternoon	Evening	Miltenberg Walking Tour Scenic cruising
Würzburg	Morning	Afternoon	Würzburg Residenz & 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	

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

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CST # 2033380-40 August 2022 edition



## SCR Dance Club

(cont' from page 5)

Tickets are only \$5 and may be obtained at any dance class from the monitor, or at the door of the event. This invitation is for all SCR residents.



Dance Club Officers.

Our annual Officer Election and general meeting dinner dance was held on June 29. The current officers (Susan Glover, Gerri Junso, Lenora Davis, & Charlie Baughman) were all re-elected for another year and we thank them for their service to the Dance Club.

The Election Dance was a dazzling event. Each table was decorated in a show tune theme, including *The Wizard of Oz*, *Lion King*, *Singing in the Rain*, *Grease*, and many more. I was so impressed with how much effort had gone into this event. Many thanks to those who organized and decorated. We have an amazing amount of talented dancers and instructors that practice diligently to perform various times of the year. They are always so well-rehearsed and excited to perform – so a big applause goes out to them as well.

Mark your calendar for Monday, September 19. Line Dance I, with Bill Swayne as D.J., will host a dance party and as always, all are welcome to join in. If you are a beginner or a more advanced line dancer these parties are always great fun.

I'll see you on the dance floor in the Ballroom!

• • •

## Creative Arts Club

BY CAROL KOVACH

When Carol Berger took up residence in Sun City, Roseville some seven years ago she took up ceramics and expanded her artistic endeavors to pottery shortly thereafter. Encouraged by member Juanita Stonebraker she found the joy of hand building with clay. For the last 18 months her works involve



Tap & Jazz Dancers.

creating large "plates" using rolled-out slabs of clay, which are then draped over or inside an existing dish to give it shape. The result is then decorated with added clay, finishing it off with a variety of glazes which are carefully poured and syringed from the rim to merge in the center. The secret to her beautiful pieces is choosing a combination of colors that work. The results won her a first place ribbon at the county fair.

Carol still works in Ceramics, preferring to work on more detailed pieces, taking more time to paint and provide more of a challenge. But, pottery and ceramics are not the only crafts she is involved with; she tried her hand at stained glass 45 years ago, and now does mosaics here.

Growing up in Walnut Creek she married at 19 years old. She lived in Yuba City for 25 years, but shortly after moving there was diagnosed with cancer. As a result Carol volunteered at the Marysville cancer center for nine years and has been on the committee for Relay for Life. Covid closed that event, but she hopes to get back to helping again.

With two daughters, Erin and Julie, four grandchildren and a new Bichon puppy (Bear), alongside sharing responsibility for loading and unloading the club's two kilns, Carol is also a keen gardener. She loves lots of flowers, especially hydrangeas.

Carol has travelled quite a bit, in Germany, Austria, Panama, Mexico and Hawaii. She loves places with water, particularly turtles.

• • •

## Fine Arts Club

BY NANCY VAVUL

The temperatures are rising and the fine arts scene is sizzling in Sun City. Check out the display window across from the Fine Arts room to see artwork by members featuring the dog days of summer. While in that part of

the hall, come on in the Fine Arts room to see the beautiful gallery wall for July. The three winning pieces are featured in the window showing that our members have been busy at work. After August, the next time we feature work in the display case will be October. This should inspire our members to contribute small pieces on the fall seasonal theme.

Thanks go to Tracy Owens for the wonderful workshop explaining how to create works of art from our suitcases and other traveling bags. What an ingenious idea and a fun time! You can look for our luggage at the airport carousel.

Our July ice cream social was a great success bringing in new members and getting our new council involved. This was just a taste of good things to come.

The second half of the drawing class led by Donna Self returns this month inspired by Drawing from the Right Side of the Brain a book by Betty Edwards. The cost is \$60 for four Monday classes starting August 8 from 1:00-3:00 pm.

Since many classes are on hiatus this summer, there continues to be plenty of open studio time available, so please take advantage of it. Remember to sign in whenever you visit the room.

If you have not renewed your \$15 membership for the upcoming year, please remember to do so soon. Just stop in the room, pick up a membership envelope, and renew by check made out to SCR FAC. We hope to see you soon.

• • •

## Needle Arts Club

BY CJ KIDD

Each of you is someone everyone should admire. There are many things about you to admire, but one of the nicest is that you do the things you do with an inner strength and a special kind of love.

This is the feeling I get when I think of all the kind and wonderful members, we have in the Needle Arts Club. I want to thank each and every one of you for your creativity, your talents and your time. Many people in our club and community benefit from those talents.

Thank you, Officers, Committee Chairs, Special Interest Group Leaders, Quilters, Knitters, Weavers, Class Coordinator, Craft Fair Chairs, Home Tour Chairs, Librarian, Membership Chair, Newsletter Editor,

Parliamentarian, Room Manager, Room Monitor, Room Scheduler, Scholarship Chair, Sunshine Chair, Window Display Chair, Hospitality Chair, Newsletter Proofreader, Home Dec chairs and Donation Table Chair.

We are so fortunate to have volunteers step forward and take the time and interest in making our club successful and a club in which we can all take pride.

The general meeting in August will be devoted to showcasing the Needle Arts Club Special Interest Groups. Come and discover all that is available to you as a member. Hope you enjoy the meeting.

Our membership chair, Karen Porter, will be available to you at the August meeting. Dues are \$15 per year. Please fill out the form and write your check to NAC and give it to Kaen Porter at the meeting.

• • •

## Cinema Group

BY CHARLYN ROSS

Join us for our August movie, a Steven Spielberg thriller.

*BRIDGE OF SPIES*, 2015

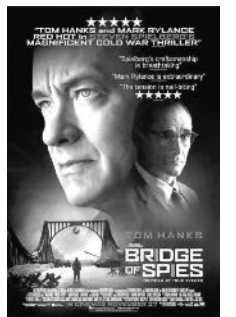
During the Cold War, an American lawyer (Tom Hanks) is recruited to defend an arrested Soviet spy, (Mark Rylance), and then help the CIA facilitate a prisoner exchange for a Soviet captured U.S. spy plane pilot. His fellow lawyer (Alan Alda) is involved in this plan.

Movie rating website, "Rotten Tomatoes", reports "Bridge of Spies" finds new life in Hollywood's classic Cold War espionage thriller formula, thanks to reliably outstanding work from Steven Spielberg and Tom Hanks

The Hollywood Reporter article stated, "An absorbing true-life espionage tale very smoothly handled by old pros who know what they're doing."

N.Y. Times indicated, "Bridge of Spies", like most of Mr. Spielberg's films, is a consummate entertainment that sweeps you up with pure cinema. Besides, the renown Coen brothers were involved in writing the script.

(cont' on page 10)



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## Cinema Group

(cont' from page 9)

At the 2016 Oscars, the movie was nominate for the Best Motion Picture, Best Writing, Best Original Musical Score, Best Sound Mixing, and Best Production Design. Mark Rylance won the Oscar for Best Supporting Actor.

Join us for this interesting movie: Friday, August 19, 1:30 PM, Spruce Room at Sierra Pines.

As always, Admission is Free!

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

• • •

## International Social Group

BY CYNTHIA SINDREY

By the time you read this article we will have all enjoyed the annual Bar-B-Que which took place in July to honor America. Our next event will be celebrating Queen Elizabeth II 70th Jubilee which will take place at 6:00pm on Wednesday, September 28 at Sierra Pines. A few of our members who have British backgrounds are planning a very interesting and fun event. The details will be mailed to our paid up members and will also be available on the rack at the Lodge.

The excitement grows for our group since we are able to once again plan events and welcome new members. Flyers that tell what

we do and also membership applications are in the rack at the Lodge. The committee will decide at the next meeting what will be offered for November and we have even started to plan for our annual 'Bringing In the New Year' party at Sierra View Country Club. It is not too early to put Saturday, January 21, 2023 on your calendar for an event that was rated as one of our best parties last year.

We have gained some new members recently so be sure to greet them with open arms when you get to see them. It has proved to be so much fun to meet people from all over the world, eat and be entertained.

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

• • •

## Roseville Stamp Club

BY TIM MILES

The summer is in full progress and we are coming up on the APS Great American Stamp Show at the Sacramento Convention Center from Aug 25 to Aug 28. This is a huge event and, if there is anything you need for the hobby, this is the place to get it. Moreover, there are exhibits on exhibits about every single facet of Philately.

Our meetings are set for August 9 and August 23 and September 6 and September 27. All meetings are held at the SCR Lodge beginning at 6:30 pm. The dates we have scheduled are dictated by the availability of the Lodge meeting rooms. Bring your old album to the meeting and you can have a quick appraisal

made on the present value of the collection. COVID hasn't bothered the value of stamps and they continue to rise.

Pay close attention to the emails of Al Raub as he sends the most-timely information on the actions of the club. If you aren't getting them, it is because he hasn't your email address.

Al Capparelli has been having "Open Garage" get-togethers as the need arises. Al Raub has been notifying us of the schedule. If you need to have an album appraised or anything to buy, call Al Capparelli at 916-771-8288.

On a personal note, keep Kay Neicoff in your prayers. She recently received a pacemaker and is recovering. Her husband, Mike, has been gone awhile and is sorely missed by other club members.

Lastly, the American Philatelic Society has a "membership summer special" going that offers a \$15-month membership for only \$45. This includes the monthly subscription to the APS magazine. It is well-worthwhile.

• • •

## Jewish Fellowship Circle

BY LOIS ARLEN AND KAREN LEVINE

The ice cream social that we had recently was a lot of fun. Of course, the make-your-own "sundaes" were delicious, and the home-made baked goods were plentiful. After dessert we set up a "golf putting" contest and also a "corn hole contest". We try and sponsor these "get togethers" on a monthly basis. We are currently working on getting more volunteers to help lead our once-a-month Friday night services.

If you have never led a service, take a chance! We have several people who are willing to help you, and the service can be done in Hebrew or English. Since August has always been a quiet month for our Club, as of this writing, there are no activities scheduled, but we are always looking for new and fresh ideas. Please contact Gus Ballis at gusballis@gmail.com.

Your comments and suggestions will always be appreciated.

• • •

## Boomer Generation

BY SUZANNE CROWDER

Well, another successful Boomer event in the books. Dwayne Hill, our Comedy/Magician did not disappoint. A big thank you for all that made the night a success.

Our membership drive is still going strong. We have climbed over the 700 mark and it's time to clean up the membership list, so if you don't see eblasts in September you have not renewed yet. Fillable applications are on line.

Here's what's in store for August. Boomer Golf, August 13 and August 27. We are still in the hunt for someone to take the SIG over, so please reach out to me for more information. It's too large of a SIG to let it go by the wayside. Boomer Wine SIG August 12, Boomer Bunco August 15, and Boomer Game Night August 18. Remember to reach out to the SIG leaders to sign up for the functions.

Now for the September event. Dust off your bellbottom pants, miniskirts or leisure

(cont' on page 11)

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## Boomer Generation

(cont' from page 10)

suits and join us for a two-day 70's & 80's Disco Ball September 21 & September 22 at Sierra Pines. Ticket price is \$20/per person. Doors open at 5:30 pm. Boudin's will be catering chili bowls served in sourdough bread bowls and we'll have salad and of course dessert. Dance to the music of Fretty's DJ Tom and yes, costumes are optional, but remember the awesome costumes you wore to the 50's party so I know you can do it. Tickets will go on sale at Courier Days, September 1 in the lobby at 7:30 am. The flyer will be up in the lobby and on the website for where to drop your check off.

Remember to check the website frequently for any changes to the Events, SIG's and meetings. Your Boomer Council

• • •

## Solo Friends Group

BY CATHY SCHIMANSKY

The June 2022 "End of year" celebration included a catered Timbers Lodge luncheon with Hawaiian musicians' performance.

June 2022 is the last "End of Year" event happening mid-calendar year. Our group's fiscal year used to start each year on July 1 and end on June 30. Not only has our new council team planned new activities for the general meeting and monthly dinners, but voted to change when our fiscal year starts and ends per the SCRC guidelines. In addition to changing from potlucks to catered dinners we have planned a mixed variety of entertainment



and games at all social dinners.

The new Solo Friends "transitional first fiscal year" started on July 1, 2022 and ends December 31, 2023. Our next "End of Year celebration" will be in December 2023 and coincide with our annual holiday dinner. January 1, 2024 will begin our new combination fiscal/calendar year ending on December 31, 2024. The first "new fiscal year" is 18 months long; our members have been given a bonus of six months free membership during this transitional year. The dues are low so the "savings" is just under the current cost of a gallon of gas but saving even just \$5.00 is a good thing!

Solo Friends is growing in membership plus our eager new members have volunteered to host our monthly Saturday evening dinners and game/entertainment events. Thank you to ALL of our volunteers who have done a great job in not only hosting our monthly parties but those that volunteer to help with newsletter distribution, offering their time at our Solo Friends table at Courier Days, check-in table for general meetings and the many "organizational tasks" including scheduling guest speakers for our ten monthly general meetings. Solo Friends members just

hosted a wonderful presentation provided by Crocker Art Museum at their July 11 general meeting. Not only was the history of Crocker Art Museum detailed but multiple examples of the beautiful art available were shown during the video presentation. Free passes were eagerly and gratefully received by attendees. The August 1st general meeting guest speaker was Placer Protects to help seniors with any concerns relating to security and fraud prevention.

Both long-time and new Sun City Roseville residents are welcome to attend Solo Friends general meetings at no cost. The next and final three general meetings in 2022 will be held September 12, October 3 and November 7. For more information please contact Cathy Schimansky, treasurer and columnist at [dormieone@comcast.net](mailto:dormieone@comcast.net).

• • •

## Healthcare Professionals

BY LINDA GORDON

On Wednesday, July 6 the Healthcare Professionals met for a lunch meeting in the Ponderosa room at Sierra Pines. After some social time, Tami Grigoleit from Snowline Hospice presented a very interesting talk, "Knee to knee with your loved one, family, neighbor...creating a safe space for conversations about goals of care". We learned how important it is to discuss wishes and options of care before they are really needed. In this way all involved will be assured that personal wishes are filled in the best possible way. Lunch & social time followed.

The Healthcare Professionals Group continues to grow. We are open to all past & present Healthcare Professionals. We are a new but very congenial group with members from various Healthcare professions. We allow for plenty of time to get to know each other, to enjoy a speaker and to have lunch. The group also sponsors a Blood Pressure Clinic on the 2nd Wednesday of each month from 9:30-10:30am in the Fitness Center. No appointment is necessary. Next clinic is August 10.

The group meets bi-monthly on the first Wednesday of the month in the Ponderosa Room in Sierra Pines. Our next meeting will be on August 3. Lunch will be served. The cost is \$10. We must have your RSVP for the meeting for setup & food.

For more information, to get yourself on the mailing list or RSVP to the meetings contact Linda Gordon at [garlind77@gmail.com](mailto:garlind77@gmail.com) or 510-813-7815 (call or text).

See our website for updated group information.

• • •

## Socrates Cafe

BY STEVEN GUSTAFSON

Lately, you've no doubt heard about recent Supreme Court decisions on abortion access, gun rights, etc. Each member of this highest-court-in-America has the title "Justice", perhaps indicating an ability to interpret and apply justice. But what is justice?

In the Western tradition, Socrates (who lived over 2000 years ago) is often regarded

(cont' on page 13)

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## SCR 4th of July Golf Cart Parade — Let Freedom Ring!

BY BRIAN AND TRACY CARR

The Sun City Golf Cart Parades usually generates a large turnout and this year was no exception. On Monday, July 4th over 120 Golf Carts decorated in patriotic colors slowly made their way through the streets of Sun City Roseville to celebrate Independence Day, what a sight to see!

Residents showed off their spirit for

We would like to thank the Roseville Police Department Volunteers who helped with traffic control, Steve Cho for capturing the parade through his camera lens and all the participants who made this event a huge success.

Sun City Roseville is a great place to live; we love our Community!



America as our community came alive with excitement, the decorated carts brought joy to our residents and they in turn brought joy to us. Spectators & Participants of all ages were dressed in RED, WHITE & BLUE and waving American Flags. Patriotic music played and shouts of “Happy 4th” echoed throughout the streets of Sun City. Grandkids and furry friends also join in on celebrating our freedom and love for our country.



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## Socrates Cafe

(cont' from page 11)

as the philosopher who first asked the key questions about us and our relationship to each other and the world. Socrates didn't write anything himself, but dialogues with him are recorded by the ancient Greek philosopher Plato. In the dialogues more is said about justice than any other topic.

Julia Child, the famous French Chef, once said, in effect, that all cooking is French cooking, because this style first codified the rules of cooking. Similarly, Plato (speaking through Socrates) first codified the questions of Western philosophy. A well-known modern philosopher has said that Western philosophy is just "a series of footnotes to Plato".

Socrates Café is Sun City's philosophy discussion group. We usually meet on the first Monday of the month (typically a dozen or more of us in the card room at the Timbers lodge), and we often consider questions such as the nature of justice. A facilitator provides the questions on which we enjoy inspiring discussions. You are welcome to join us.

• • •

## SCR Travel Club

BY ANDREA NORCIA

The Sun City Roseville Travel Club (TC) meets on the fourth Monday of each month at 3:00 pm, in the Timber Lodge Ballroom.

The TC is excited to offer several domestic and international trips to our TC members.



**Spring Social — May 13, 2022.**  
**TC members enjoyed a delicious Italian dinner and a fun game.**

Below is a list of trips that are currently scheduled in 2022:

July 31-August 8: "Canadian Rockies by Train"

September 30-October 5:  
"Albuquerque by Hot Air Balloon"

October 18-29: "Croatia Yacht Cruise"

November 26-30: "Spot Light on San Antonio Holiday"

December 6-16: "Christmas Markets, Danube River"

TC trips scheduled for 2023

February 22-28: Alaska's Northern Lights

March 6-18: Shades of Ireland

April 3-11: Mississippi River Cruise

April 28-May 11: Japan

June 2023: Switzerland Hidden Hills and Majestic Parks

August 2023: Northern National Parks (Jackson Hole, Tetons, Yellowstone, Mt. Rushmore)

August 2023: Iceland, Windstar Cruise

September 2023: African Safari

October 2023: Fall Foliage

December 2023: New York City Christmas Lights

TC trips scheduled for 2024

New Zealand in early 2024

England/Scotland in April 2024

WWII tour (including Paris, to commemorate 80th anniversary of D'Day) in June of 2024

Galapagos Islands in Sept/Oct 2024

Iceland in late 2024

Upcoming guest speakers include:

July 25, 2022: Stacey Saephanh, Zoe's Cruises and Tours

August 22, 2022: Jay Fehan, Collette Vacations

September 26, 2022: Sharon Mowry, Sun City Activities Director

October 24, 2022: Elaine Zilonka, Sun City Fitness Director

November 28, 2022: Jay Fehan, Collette Vacations

• • •

## SCR Computer Club

BY BARBARA EICHTEN

In the Ballroom on August 22, 2022 at 10:00 am, Dennis Studer will present "Take Better Pictures on your iPhone." New ideas for programs and workshops will be discussed during the August meeting. We would like the input of all community members.

The Council meetings are held at 9:00 am and the General meeting at 10:00 am on the fourth (4th) Monday of each month in the Ballroom. All are welcome to attend both meetings.

Special Interest Groups (SIGs):

Genealogy - To be announced.

Photo SIG - PhotoSIG will be meeting on the 3rd Friday, August 19 at 10:00 am in the Computer Room. All Computer Club members may join the Photo SIG. Submission of a maximum of 3 photos sent to PhotoSIG916@gmail.com are due by Monday, August 15, 2022. August's theme is "A Photo That Tells a Story." The photos must be taken between January, 2019 and the photo submittal date. Contact Dennis Studer.

Digital Imaging and Editing- Friday, August 5 at 10:00 am in the Computer Room. Use Element to edit, process images, and improve taking your photos. Contact Dennis Studer

All 'Bout Apple - Will meet on the 2nd Tuesday, from 2:00 - 4:00 pm in the Computer Room. Contact Charlyn Ross (916-772-1447).

Matt Oberlin, our speaker for "Tips and Tricks of Computer Safety and Online Security," will plan to present a second program later in the year. Just go to this address in Safari or Google tinyurl.com/SunCityComputerClub Choose a presentation and learn!

Applications will be available online, in the kiosk or at the August meeting. If you are new, join us to see what the Computer Club is all about. Be sure to bring your activity card to verify SCR activity membership.

• • •

(more Club News cont' on page 17)

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Dear Sun City Neighbors & Friends,

There is no doubt the real estate market has made a shift. If you are interested in selling or buying at this time, what does that REALLY mean for you? As your Sun City real estate professionals and residents, it is our job to keep our finger on the pulse of the market. We are here to answer ANY questions you have and share the details of what has changed, why it has changed, where we are headed and why it's still a good time to buy or sell. Please call us today, for your complimentary consultation about the market and how we can be of service, or just answer questions you have.

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## Ambassador Committee

BY NANCY GREEN

The Ambassador Committee was busy again!! On June 25 they hosted another New Resident Welcome Party. The New Residents were asked why they chose to move into Sun City Roseville over other communities? The majority said it was to be near family or friends. Some said they evaluated similar communities and felt Sun City Roseville was more affordable and after touring here, they were impressed with all the amenities offered and friendliness of the community. Also, the beautiful surroundings of the golf course and homes which are kept up continuously.

Needless to say, it was another successful party! Thanks again to the Ambassador committee and all who participated in the event.

We celebrated the 4th of July with fireworks again and it was wonderful to celebrate with the festivities at Timber's and with our neighbors. Not to be forgotten was the Fantastic Golf Cart Parade! This was one of the largest parades Sun City residents put on, over 100 carts! We sure are an Active and fun community!

August we will Welcome our new Ambassador's to the committee! These Sun City residents have volunteered their time and will share their talents throughout the next two years. Thank you and look forward to meeting you!

## Compliance Committee

BY KATHY CASTEN

Decorative Features in your Landscape  
Now that your 4th of July holiday decorations have been stowed away until next year, please take a look to be sure that any other decorative features that remain in your front yard are screened or properly placed to comply with our CC&Rs and Design Guidelines (DG). Your Compliance Committee is starting a community wide canvass to identify decorative features that are not in compliance. We conduct canvasses to ensure design consistency which adds to the beauty of the neighborhoods and to our enjoyment of the community.

Following are helpful references and some examples of what is and is not allowed:

Private Space – DG Glossary of Terms and DG Section 3.01(h)

The first thing to know is what is considered Private Space. These sections of the DG will give you a clear definition. You'll also see a list of items which may be placed in your Private Space without ARC approval, such as artificial and natural flowers (plantings) and decorative pots (not to exceed four (4) feet in height). Also shown are the items that may be placed in your Private Space with ARC approval.

Decorative Features Information – DG Section 3.04

Decorative Features are defined as objects that, as approved by the ARC, may be placed on a Lot to enhance the landscape or to enrich the character of the property. This section

of the DG defines and provides additional information on many different features, such as Wall Art - outside Private Space. ARC approval is required for all Wall Art installed outside of Private Space and may only be placed inside front yard courtyards or centered on house side walls which border front entryways. Additional specific Wall Art information is provided here on size, material, etc.

Prohibited Items – DG Section 4.01

This is a very helpful section as it clearly lists items that are prohibited from use in Sun City Roseville. Following is a partial list of some items that are not allowed: all items hung from eaves, gutters, or fascia; birdhouses, birdfeeders, and birdbaths in front yards (reference 3.04(b)); pots, planters and decorative items on window sills; and decorative items, small or large sculptures, artifacts, statues except as provided in 3.04(a). Please refer to this section for the complete list.

In conclusion, if you see an item in your front yard that is out of compliance or if you receive a notice from Community Standards, the easiest solution is to move the item(s) to Private Space or into your backyard. If you have questions or need more information, please contact Ryan O'Connell, Assistant Director of Community Standards, at ryano@scrca.org or 916-774-3863 or just stop by the Administration Office for assistance.

## Governmental Affairs Committee

BY STEVE GUSTAFSON

Every month each member of Sun City's Governmental Affairs Committee (GAC) is encouraged to prepare a one-page report on government plans or actions that (in their view) should be of interest to Sun City residents. These reports fulfill the GAC mission to serve as an "information conduit" for residents on government plans or actions that may impact them.

For example, a recent report was on Suspense File Day (19 May 2022), on which over 200 bills from the California Senate and Assembly were "killed". These bills were "killed" because they were too costly or controversial. They included AB 1872, which would have established an "election holiday" on which California residents would be encouraged to vote, AB 1910, which would have provided funds to promote building housing for the homeless on unprofitable municipal golf courses, and AB 2816, which would have increased rebates for those who purchase "energy wise" vehicles. (Note: AB indicates Assembly Bill).

The reports submitted by GAC members are available on the SCRes website. They are also summarized by their authors at the GAC meetings, which are on the second Tuesday of the month at 2:00 in the Timbers lodge. You are welcome to attend.

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## Website Work Group

BY CHARLYN ROSS

The dog days of August — In ancient times, it was believed that the rising star Sirius, the Dog Star, combined with the heat of our Sun to cause summer's sweltering temperatures. The name "Sirius" stems from Ancient Greek word meaning "scorching". Thus, August gained renown for its "Dog Days", too hot to be active.

Although, August has no National Holidays, it does have a few special days of note.

August 13, Left-Handers Day, when all left-handers, including the author of this article, have the "RIGHT" to celebrate.

August 21, National Senior Citizens Day, established 1988, during Ronald Reagan's presidency.

August 25, Kiss-and-Make-Up Day, a chance to make amends for all those little tiffs.

Besides observing one of August special days, check out our Resident Website, [www.scrs.org](http://www.scrs.org), for information on the many activities that can be comfortably enjoyed in Sun City Roseville (SCR) during the "Dog Days" of August.

Website Calendar —

Although the Announcement area on the Home Page may list some current activities, the Website Calendar is your best resource. It may take some exploring to discover how to locate activities that might spike your interest.

The first trick is to realize that "light-green" text or dots usually indicate a link to more information. This is confirmed when you

hover your mouse/cursor over some light-green text/area and it becomes a "pointing hand".

Also, you can narrow your search by using the "light-green" categories listed at the top of the Calendar.

The Calendar allows to you search by specific activity, Club or Group, or you can pick a date and view all that is available.

The Contact Menu —

The word "Contact" is at the far right on the Home Page black menu bar. Like a few other items in the black menu bar, Contact has a "light-green" dot at its right-side. As we previously indicated, "light-green" usually indicates this item leads to more information.

When you hover over Contact, a drop-down menu appears with four items.

Contact Us — Provides a method to ask questions, make comments, or offer suggestions to the SCR Staff by email, Association phone, fax, or if, needed an "After Hours" phone number.

Employment Opportunities — Current SCR job openings are listed along with the requirements and benefits for working for our Association.

Hours of Operation — All Departments are listed including their phone number.

Staff Directory — Contains a link to the Association's Organization Chart, which details SCR's large staff. The Directory lists all the Departments, their staff, and phone numbers.

Smart Phone Access —

Resident Website information is visible on the smaller screens of "smart phones". All

the black menu bar items are contained in a "hamburger button". Since "smart phones" have become such an important part of our lives, take a little time to review accessing the Calendar and the Contact Us menus on the smaller screen.

Our Website Needs You! —

The Website Work Group meets 9:00 – 10:00 am, the first Wednesday of each month, in the Aspen Room. The meeting is open to all residents. Staff is interested in your views of the Resident Website.

Need Assistance? —

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

## Sunshine Services "We're Here to Help"

BY PAT TEILH

Sunshine Services Guest Speaker at the General Meeting: Join the Sunshine Services on Wednesday, August 17 at 10:00am at The Sierra Pines to hear Melinda Ruckles RN, MSN, PHN and professor speak on Medicinal Cannabis.

So Many Things To Do: We live in a 55+ active community. Here are some ways you can participate in creative activities.

Group exercise classes are fun and social

ways to improve flexibility and balance, which are key to preventing falls in older adults. SCR offers many exercise classes, including chair exercise classes and water aerobics programs which can appeal to seniors. Walking around the community is an easy way to keep active, and can be a good avenue to making friends.

Gardening is a superb way to go outside and stay active and connected to others. Digging in the dirt and planting and weeding can help seniors relax and unwind; not only that, but they also get to reap the benefits of their labor: beautiful flowers and nicely landscaped yards.

Many of us are avid readers. Chances are you would love the opportunity to share your opinion about a book with others. Not only do book clubs support our efforts to stay sharp, mentally alert and in touch with the world, but they also have a huge social element.

No one wants to spend all their time at home. Just take a look in the Courier and see offers for special trips and excursions to local attractions such as museums, symphonies, and nature preserves. Sign up for one today.

Watercolor and acrylic painting as well as drawing and sketching are all high on the list of avenues for artistic expression. Art in a group can be an enjoyable way to engage with others who have worked hard all their lives and now living here can open the door to a newfound creativity. The Fine Arts and Creative Arts classes are all high on the list of avenues for artistic expression, and making art in a group can be an enjoyable way to engage with others.

"We're Here to Help."

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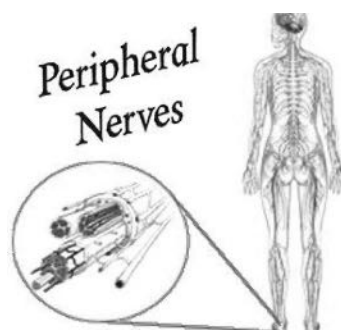
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# Neuropathy Relief Is Possible

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:

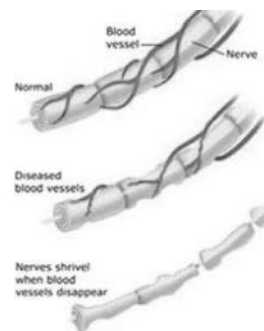
1. Underlying cause?
2. Amount of nerve damage sustained?
3. How much treatment is required?

## 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.

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

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

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

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**YOU DON'T HAVE TO JUST LIVE WITH IT**



## Conservative Action Group

BY AMY CHO

The California Primary election was held on June 7. Conservative Action Group (CAG) members had worked hard before the election to inform their Sun City community about the candidates who stand most for conservative values. The candidates did well and here we are, onward to complete the job to get these people finally elected in the upcoming November General Election.

A few weeks ago, CAG members volunteered their time to support conservative candidates at the Placer County Fair in Roseville. This activity gave CAG members an opportunity to exchange thoughts with those outside of Sun City.

CAG members also have fun and share camaraderie. The showing of the "2000 Mules" documentary movie, by Dinesh D'Souza, was a great success. Because of requests, there was a second showing in July. "2000 Mules" had been shown recently in local movie theaters but many had not had a chance to see this movie. It was a welcome activity ...even with popcorn and candy!



"2000 Mules" movie showing — Shirley Meloy, Sherri Scott, Gwen Myers, Cindy Jones, Mildred Crawford, Amy Cho.

CAG's Mission Statement: The Conservative Action Group is comprised of Sun City Roseville residents. Our mission is to Inform, become Involved, and Initiate activities that will promote conservative ideals and values, both locally and nationwide.

Meetings are held the first Monday of each month. The next meeting will be on August 1, 6:30pm at Sierra Pines.

...

## Veterans and Patriots

BY MIKE YOUNG

As I was pondering what to discuss with our members in August. It came to me that all too often we in this great Country forget why we celebrate the fourth of July. Independence-day

as you may remember from your Civics class in school, was based on the creation and notice of succession from England by the Continental Congress to the King of England.

One of the signers of the Declaration of Independence was my 6th Great Grandfather -John Hancock who signed his name so large because he wanted to make sure that the King of England would be sure to remember him and was also joined by John Adams, Benjamin Franklin, Thomas Jefferson, Roger Sherman, Robert Livingston who wrote the first draft. However, when it came time to write the draft and final copy Jefferson was chosen because he was such an eloquent wordsmith, together with their 51 other members of the Continental Congress they wrote one of the most endearing and lasting documents ever penned by and for freemen everywhere, the Declaration of Independence. The Declaration of Independence and what it stands for today is 245 years old and still along with the Great Constitution forms the guidelines for a free society.

We all know that the precepts that created both the Declaration and the Constitution are under attack from those who would like a more restrictive and controlled populace. As a group that knows war and conflict all too well, it is up to us to be resolute and committed to ensuring that our children and grandchildren understand that freedom has always been costly in human treasure and resources and that each of us has a duty to stand up and protect the principles of freedom that has been passed down in our founding documents.

...

## Republican Group

BY GWEN MYERS

We will not meet the month of August (it's traditionally 'dark'). Be prepared to learn about the candidates who are running for local, state and local offices as our ballots will arrive in September.

Our next meeting will be Thursday, September 8, 6:45 pm at Sierra Pines. Among other things, the Christmas Brunch will be discussed. Visitors are welcome.

Have a peaceful end of summer.

...

## 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 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](http://www.rodsnrelics.net)

...

## Garden Club

BY SUZETTE AUSTIN

If you enjoy beautiful flowers, plants, trees, and growing vegetables, you'll enjoy the Garden Club. You don't need to be an experienced gardener to join. Many members are willing to share their knowledge and expertise. We host guest speakers who teach about specific gardening subjects. Topics have included landscaping and watering during the drought, trees that will grow in our yards, container gardening and how to be a successful

gardener as we deal with climate change and planting in our Sun City clay soil.

In September we welcome everyone back after our summer break. In December we gather for our Christmas breakfast and gift exchange. We finish the year in June with a Root Beer Float Social. (We don't meet in July and August.) We also organize workshops and field trips for our members. The Garden Club sponsors a garden tour every other year in April showcasing selected home-gardens in Sun City Roseville. (The next Garden Tour will be in 2024.)

Meetings are the first Tuesday of the month. Doors open at 6:00 pm for social/cookie time and the meeting begins promptly at 6:30 pm and ends at 8:00 pm. The meetings are held at Sierra Pines Community Center. Dues are \$10 a year—September thru June. Guests are always welcome.

Our next meeting is September 6 when Jeff Holland, a Sun City Resident, will talk to us about vegetable gardening and canning.

Consider joining the Garden Club and getting involved. More information about the Garden Club can be found on the Sun City Roseville website or under the bulletin board in the Lodge. You may also contact the club President, Karen Burford at 530-575-8384 or [karinab@aol.com](mailto:karinab@aol.com).

...

## Birders

BY JANET MORELLI

A new birding field trip schedule for the SCR Birders Group will be available on its web site this month. Field trips will start in mid-September 2022 and conclude in mid-May 2023. All but one are scheduled for the 1st or 3rd Thursdays of each month with one scheduled for a Monday in March or April. Some are short trips (either in SCR or relatively close by) while others are to birding destinations farther away (such as Lodi, Bobelaine, Gray Lodge, and Cosumnes). SCR residents who are listed on the Birders' email roster can get an eBlast a week before each trip with more information for the upcoming trip such as the meeting place and time, the duration, walking distance, admission fees (if any), and carpool drivers' payments. Contact Janet Morelli at [jmorelli@surewest.net](mailto:jmorelli@surewest.net) to be added to the roster.

Adult male Tree Swallows are about the size of a sparrow, but slimmer, with a shiny

(cont' on page 19)



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## Birders

(cont' from page 17)

blue-green back and snowy-white underparts. It can be identified when flying by relatively broad wings and a notched tail. The female Tree Swallow is also white underneath, but is a drab, dark greenish on the top. They forage for insects by flying over fields or water for insects. When they encounter a swarm of insects, they fully open their mouths to catch as many insects as possible as they swoop through the swarm. Berries are also part of their diet.

Tree swallows are commonly seen in large flocks near water and will perch in long rows on wires nearby. They are cavity nesters, mainly taking advantage of holes in dead trees and fence posts. Nesting boxes, provided by humans are also attractive to Tree Swallow, especially if they are located near water. They are the only swallows seen year round in California's Central Valley.

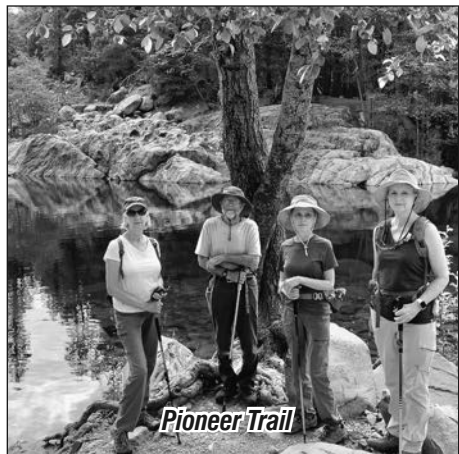
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## SCR Hiking Group

BY DORIS MERCHANT

Our annual BBQ/meeting was held in June. Although I was unable to attend, I understand that Charlie did another great job this year at the grill! If you haven't done so already, please send your \$10.00 dues to Charlie Baughman.

We've been enjoying beautiful scenery, vistas and wildflowers in the Sierras so far this summer. All hikes this month have a



Pioneer Trail

trailhead elevation of 6650 to 7200 feet, and climb from there! If you are able to tolerate these elevations, come and join us! Remember to be in the parking lot at 7:45.

August 4: Penner Lake, rated 4.5 (moderate), 6.5 miles, \$12 carpool ride.

August 11: Summit Lake, rated 4 (easy to moderate), 6 miles, \$12 carpool ride.

August 18: Three Lakes, rated 4.5 (moderate), 5.75 miles, \$12 carpool ride.

August 25: Hawk's Peak (new route), rated 5 (moderate), 6 miles, \$12 carpool ride.

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## Cycling Group

BY SUZETTE AUSTIN

The Cycling Group has a number of fun rides planned in the near future. More details on all of these rides will be announced soon.

In July we'll ride to the Fish Hatchery and Lake Natomas, as well as another July ride to Taylors Ice Cream in Loomis. In September we are planning a ride to Indian Creek in Loomis and also a ride to the Boudin Bakery. Our Monterey and Carmel Ride is scheduled for October 24, 25 and 26. This event will include lunches, happy hours and dinners as well as daily rides.

To join an off-site ride, attend a Cycling Group Meeting and sign up or contact one of our Rides VPs – Carol Weaver or Ron Morones. Contact information is on our website.

We're pleased to announce and welcome our new Cycling Council:

President: Dee Franz, VP Rides: Ron Morones and Carol Weaver, VP Social: Elaine Turnbull

Secretary: Diana Rischling, Treasurer: Ann White.

The Cycling Group thanks our retiring Cycling Council Officers for their service over the past several years: President: Susan Glover, VP Rides: Gail Devitt and Steve Gustafson, VP Social: Elizabeth Gustafson and Elaine Turnbull, Secretary: Carol Morones and Treasurer: Carolyn Purdy.

We will combine our August General Meeting with an Ice Cream Social that will



Thank you to our Retiring Cycling Council!

be held on Sunday, August 21 at 2 pm in Sierra Pines. This event will include a Cycling Equipment and Apparel Exchange. Our members are invited to bring in for exchange with others any equipment and apparel they are not using. Items that are left over will be donated to charity.

On August 12 Mark and Jean Lacher will be hosting a Koffee Klatch at their home.

...

## Cornhole Group

BY STEVEN GUSTAFSON

What do Bush's Best Baked Beans have to do with cornhole? Like Popeye's spinach, maybe they improve how you play the game?

The answer is no, even for the professional players you see on ESPN. But they do improve the pros incomes. Sponsorships by Bush's baked beans and Johnsonville sausages are key reasons some of them made over \$200,000 last year.

Cornhole is a very informal game. The pros are informal in that they wear grunge clothes with sponsor logos. Sun City Cornhole is informal in that we have no dues and no meetings! To find out more about when and where we play, email gustafson.steven@gmail.com.

...

## Bocce Club

BY DAVID MOORE

The last period has shown plenty of activity on the courts. The Women Choose Women Tournament on June 18 had 32 competitors and after three fierce games Pat Ramos, Arlene Lizotte, Sidnee McKinney and Bobbi Dunk finished in second place while Linda Fredericksen, Bev Lewis, Paula Happe and Sandy Hanford took top honors.

The following week on June 25 it was the men's turn to choose partners and after some hot play, both in competition and temperature, Bud Haddix and Reggie Leipsic finished in third place, Tony King and Mike Johanik came in second while Ken Skarg and Rob Shroeder won the tournament.

The weather was also toasty for the Spring



Linda Fredericksen, Bev Lewis, Paula Happe and Sandy Hanford won the women Tournament.



First place in the Men Choose Men Tournament was won by Ken Skarg and Rob Schroeder.

Mini League awards party on June 24. A record 455 players competed in nine leagues.

The Wednesday night winner was Team 8 composed of Mary Ann Borden, Cheryl Mc Reynolds, Larry Pearson, Bill Thyken and Cindy Worth.

Thursday morning was Team 4 with Gerrie Gohr, Roger Jacobson, Mike Johanik, Dorothy Tanner.

Thursday night was Team 6 composed of Germsinr Bento, Vicki Byrd, Randall Myers, Tim Moore and Gail Riddle.

Friday night was Team 7 with Mike Bubbico, Eva Freeman, Ralph Leaman, Terry Satchell and Kathryn Schroeder.

Saturday night was Team 10 with John Pal, Linda Slaven, Debbie Smith and Dean Wilson.

Sunday night's winner was Team 3 with Paul Keck, Connie Lugo, Margorie McGee, Kathie Pippig and Linda Vincent.

Monday night was won by Team 9 composed of Dawn Haskin, Suzie Ladas, Ken Lane and Linda Osgood.

Tuesday Afternoon was Team 3 with Aud Bair, Amy George, Lori Nethaway, Lee Rosendin and Elaine Turnbull.

Finally the triumphant Tuesday night team was No. 8 with Paul Carnaghe, Rick Grove, Neil Hamilton, Sandy Hanford, Bonnie Lahde and Sharon Lee-Glesser.

The big event on the schedule for August is a Mixed Blind Tournament on Saturday, August 6.

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(more Club News cont' on page 21)



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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](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.

## Astronomical Events for August

BY BILL WEAVER

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, 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.

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## Pickleball

BY BOB VERZELLO

Welcome to new members Mike Baker, Randy Carson, Jodi Kramer, Michelle Weeks, Ida Mae Broussard, and Ian Felkerman.

Two well-attended clinics were held in July. A clinic for beginners was conducted by Phyllis Perkins, Pam Wingo, Anna Hamilton and Roberta Campbell. A clinic for intermediate players was conducted by Wayne Miller, Gary Pyle, Jim Azevedo, and Rich Stecz.

On July 29, our club hosted Kids on the Courts. Linda Sanders, with help from several of our members, showed youngsters and their grandparents how the game is played.

On the same day this article appears in the Courier and Sun Senior News, August 1, a Pickleball Club Council meeting is being held in the Timbers card room at 4:30pm.

A bowling social is planned for 3-5 pm, August 23, at Strikes, 5681 Lonetree Blvd. in Rocklin. Watch your eblasts and our website at [scres.org](http://scres.org) (click on community, clubs and groups, pickleball club) for details. And watch for news about a club tournament being planned for beginners in September.

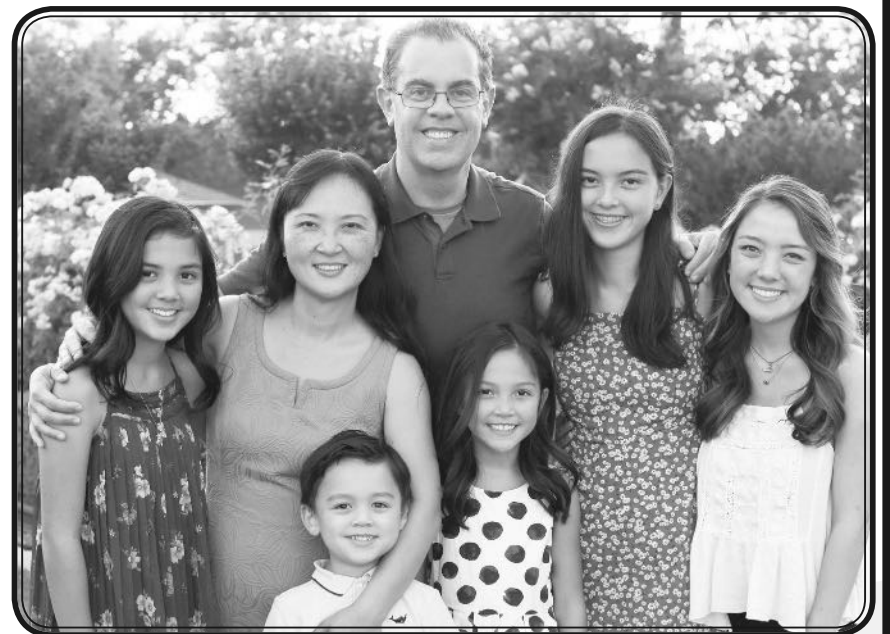
Playing tip from renowned player Alice Tym: "Change the pace when you are losing or when you see your opponents begin to get into a rhythm." Example when serving: Do not rush serve, pause to bounce the ball and take deep breaths, change-up speed and height of your serve.

(cont' on page 23)

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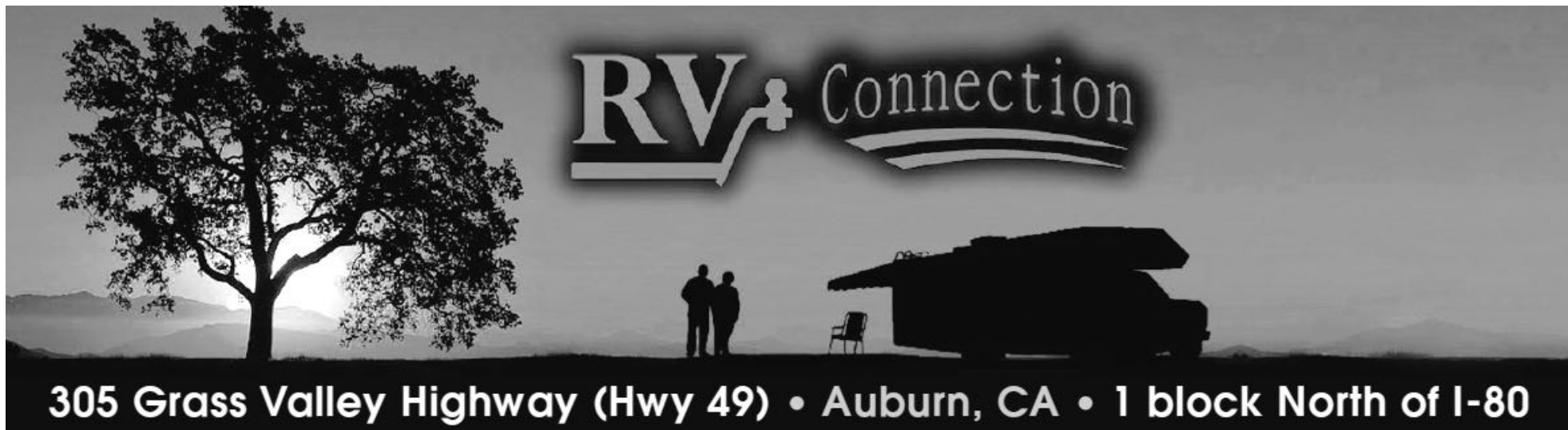
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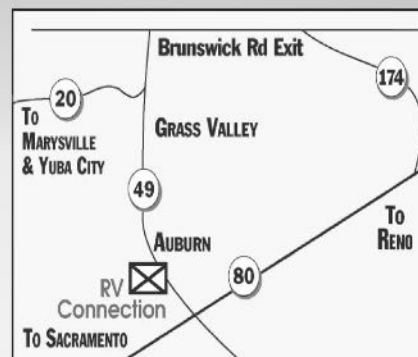




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## Pickleball

(cont' from page 21)

Another serving tip from Wayne Miller: People attempt ace serves too often. The best pickleball players generally serve deep to the center of the opponents' court, then work to set up a winning shot. Experience shows that attempting ace serves against equal players fail much more often than they succeed.

Just for laughs: Just once, I want a username and password prompt to say: "close enough."

• • •

## Croquet Club

BY GAIL DAILEY

First thing this month we want to give recognition and our deepest gratitude to those who take such good care of our lawn. It continues to be in excellent condition. The Croquet Club was pleased to host an "Ice Cream

celebrate the best shots or the unusual. Stay well – see you on the lawn.

• • •

## SCR Tennis Club

BY DIANE BARNETT

July news may be "old news" to some, as you are reading this publication in August, but "old news" is often "good news" and that is the case with the July 3 dinner and firework extravaganza put on by the Association. After dinner, folks enjoyed music from the West Fifth Avenue Band and at dark, a fireworks display filled the sky with a spectacular closing that many say "was the best fireworks display ever."



*Croquet Ice Cream Social*



Social" event to show our appreciation to the crew who do the caretaking of our lawn. It was a big success and photos are included here of those attending. The servers were (left to right in close up image) Joan Donlon and Judith Shively who were good enough to set up and serve the groundsmen who attended.

Next our thanks and appreciation to those people who are kind enough to set up and organize our Social Meetings on Thursdays. The Social meetings will continue as weather allows. President Bert will send emails to the club if the weather is too hot or there is bad weather that causes cancellation.

Times have changed due to the hotter weather and everyone has adjusted their schedule so play goes forward.

Since I was told this column was from my viewpoint, I would like to invite the leaders of any of the groups to send me an email (gaildailey3@hotmail.com) if you wish to applaud a particular play or shot that happened while playing a regular game. We have so many outstanding players and it would be fun to

Fast forward to August. What's new in the Tennis Club? On August 3, the Club will hold a General Membership Meeting

followed by a FREE pizza party for members who have paid their dues for the upcoming year. The pizza party is an annual event that includes free drinks and snacks followed by pizza and salad from Pete's Pizza with dessert provided by the Tennis Club. Socials and General Membership meetings are held bi-monthly that include free drinks, and snacks, and a dinner that always includes dessert. Socials and dinners are planned and served by Linda Gordon and her Social Committee who ensure that everyone leaves full and most often with leftovers.

What's new on the tennis courts? Did you know that Tennis Club members can play tennis morning, afternoon and evening, 7 days a week? This includes playing in competitive tournaments, play days, organized foursomes, and scheduled drop-in groups. And more tennis activities are in the planning stages. In addition to playing all the tennis you want, you have an opportunity to meet lifelong friends both on and off the courts. If you are not a member of the Tennis Club, what

are you waiting for? Pick up a membership application at the courts, fill it out and drop it by Kathy Fowler's house so she can process your membership application. See you soon!

• • •

## SCR Table Tennis Group

BY DON WOODS

Featuring New Member Judy Nichols —

Judy Nichols was born in Healdsburg, California and raised in Fremont, California. Her brothers and sisters all played table tennis when they were young. They all loved the game and called it ping pong.



*Judy Nichols*

Judy and Paul Nichols moved to Sun City about five years ago. She and Paul joined the table tennis group at Sierra Pines after an email invitation from a group member. When Judy first came, she had not played any table tennis since she was 12 years old. On her first visit, she played, but felt that she did not play very well. However, she did not give up, she came two more times and received some good tips from several players which helped her to improve her play. She found that the players were good about sharing helpful tips. Paul eventually had to stop playing because of the doctor's recommendation.

She says, "It's so much fun and I really enjoy playing because it is great exercise."

As Judy continues to play table tennis, she will receive five surprising benefits:

1. Activation of brain function;
2. Developing hand-eye coordination;
3. Burn Calories;
4. Improve reflexes and balance;
5. All with low risk of injury.

A Fukuoka University study showed that playing table tennis helped reduce tremors, stiffness and slow motion and improve balance in Parkinson's patients. Exercise contributes to our health.

You can come as our guest to Sierra Pines, practice table tennis and enjoy health benefits. Our Group has paddles and balls that can be made available to you. There are senior members also that can advise you on the essential of playing table tennis.

Sierra Pines playing times are Tuesdays and Thursdays—2:00 pm to 5:00 pm. Saturdays—9:00 am to 12 noon.

• • •

## He & She Golf Club

BY JULIE HARRIS

As Summer 2022 flies by, the He & She Golf Club continues to enjoy the bi-weekly Monday competitions. The 8:00 am tee times ensure that the groups are finished before the day gets too hot to play. Plus it leaves time for lunch on the patio at Timbers to socialize with our golf buddies. What could be better than this golf/lunch combination? Here are some recent game results...

Timber Creek / 18 holes —

1st Place: Peg Mucci, Johnice Swallender, Jim Dachauer, John Raniseski

2nd Place: Ken and Karen Shahoian, Dan and Latricia Nicholson

3rd Place: Jim Sherrard, Vernita Hillwig, Frank Patch

4th Place: Joan Meyers, Dave Driscoll, Gary and Barbara Mills

5th Place: Bill Thyken, Marsha Suter, Paul Niebank, Barbara Simon

6th Place: Judy Bickell, Terry & Diane Dooley

Sierra Pines / 9 holes —

1st Place (tie): Dwight and Joan Rose, John Anderson, Toni Ulloa

1st Place (tie): Lou Steck, Pam Cabezas, Bill Pagano, Candi McDonald

2nd Place: Paul and Judy Benjamin, Bob and Franki Lee Schesser

3rd Place: Jim and Linda Ryan, Annette Eastman, Janet Rivera

4th Place: Dirk and Kathy Fowler, Bev and Rudy Warrington

Closest to the Pin Women —

1st Place: Candi McDonald

2nd Place: Kathy Fowler

Closest to the Pin Men —

1st Place: John Anderson

2nd Place: Jim Ryan

Membership in the He & She Golf Club is only \$12 per person per year. Go to the website for more information or feel free to contact one of the club officers.

• • •

## Golden Niners

BY RALPH FRIEND

This month we are again highlighting another member of the Golden Niners. Donald Meyers came to Sun City from Montaque, California, which is about 20 minutes from the Oregon border. Before living in Montaque,

(cont' on page 24)

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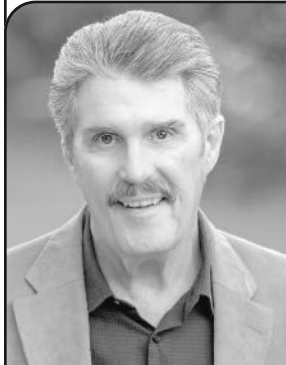
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### Golden Niners

(cont' from page 23)

he lived in Rancho Murieta. Donald is a USC graduate who worked in the California Attorney General's office. He was a Bureau Chief and worked for four different Attorney Generals. Can you imagine the traveling he did around the state? Donald has a wife, two children and four grandchildren, two of which live in Roseville. He and his wife love living in Sun City. He is also involved in Bocce, Citizens Patrol and line dancing! When asked how he became interested in golf, he shared that when he was in the Navy, he and some shipmates were on liberty, they picked up their first clubs and he is still at it! Good to know you Donald... keep hitting them straight!

June top prize winners are: Steven Schefner - \$39, Bob Daly - \$36, Lloyd Leitz - \$32, Greg Davis and Jim Wilson - \$31, Walt Bromby - \$30, Duane Kruen and Jack Murphy - \$27, John Geary - \$25.

There were 21 members who finished with over \$20 for the month of June. Way to go guys! Sign up and join in the fun. You'll be glad you did!

...

### Sierra Pines Ladies Golf Club

BY DEBBIE GEORGE

Can't believe it's August already. Summer is half over. So.... on to the most improved players for the month of June. First flight - Rhonda Slusser; Second flight - Cathy Fluellen; Third flight - Sharon Young; and

Fourth flight - Linda Ryan. Congratulations ladies.

Birdies recorded in June are the following. June 1 Christina Leaman birdied hole # three. Her first time! June 8 Heidi Gongaware on hole # five; June 15 Carol Ditty hole # two; June 22 Barbara Simon and Christina Leaman both on hole # nine.

Chip-ins, and there were many, June 1 Deb Gassen and Linda Vincent both on hole # seven, and Carolyn Pittman hole # four. June 8 Heidi Gongaware hole # five, Debby Huntington hole # six, Arlene Lizotte hole # eight, and Rhonda Bubbico hole # one. June 22 Arlene Lizotte hole # nine, Christina Leaman hole # six, and Gail Riddle hole # two. June 29 Linda Vincent hole # five. I see a lot of the same names being reported. That's some great golf. Congratulations again to all of you.

The "9 & 18" hole mixer was a huge success in July. Also, we honored all the ground crew with an Ice Cream social. Lot's of ice cream was consumed by all. Thank you Linda Vincent and your team of volunteers.

Fun & games as well as Putts 4 Points are scheduled for play in August. In September we will be holding our Club Championship. More details to follow. October brings us the Fall Fest. Jan Pilliard and her team are already making plans.

Last month it was decided that we would only have an 8:00 am shotgun start for the summer months this year. Hopefully we can return to two times this fall. Happy golfing!

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(more Club News cont' on page 27)

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

# Paulette Perfumo

(cont' from page 1)

was developed, Paulette was named Oregon State Teacher of the Year.

Throughout her career in the California Community College system, Paulette held many positions such as Nutrition and Foods professor, Dean of Economic Development and Applied Technology at Sierra College and President of Pasadena City College. While at Sierra College, she was a



**Paulette Perfumo and her girlfriends attending a cooking class last month.**



**Paulette Perfumo dressed up for St. Patrick's Day at her work place this year.**

year-round dean and one of her duties was to help with the '49er training camp. She was called "Dr. P" by the '49er staff members and was given many perks, like seats on the 50-yard line and a free parking pass. When she took her father to one of the games, he was most impressed when one of the staff came over to greet her. "John Madden knows my daughter!" he exclaimed.

In 1988, Paulette married Joseph Kreiss, a chef who owned Inside Roseville magazine. She became stepmother to Joey and Meghann and began contributing a monthly nutrition article for Inside Roseville. She's also been involved with Rotary International for many

years and has participated in several marathons to raise money for charities.

In 1975, Paulette spent a summer in Italy the memory of which has recently inspired her to apply for dual citizenship. She used to speak Italian fluently when she was younger and loves the country to her core. "At night, everyone walks to the plaza where children play, people play cards or walk on the promenade," she reminisces. "In Italy, everywhere you go, you're treated like family."

Paulette is passionate about traveling, having been all over Europe, South America and Central America. She has scuba dived, another passion, in the Caribbean, Hawaii, Catalina Island (where she was certified), Australia and, her favorite, the Grand Caymans.

In 2016, she spent a month in India, helping to set up a school in northern India. She recalls seeing wild monkeys, staying at a former maharaja's palace which has turned into a tiger reserve, site-seeing the Taj Mahal, and attending part of a five-day extravagant wedding, and viewing the colorful scene of the Comb from a boat in the harbor.

Paulette arrived at SCR ten years ago and can't imagine living anywhere else. "I feel like I'm living in a resort with beautiful landscapes

and homes and wonderful neighbors," she says. "It's perfect for me. Everyone checks on everyone else. It's a great neighborhood."

She has thrown get-togethers for her friends and neighbors in her large backyard which is a showcase for one of her other passions, gardening. She's cultivated several fruit trees—cherry, lemon, apricot, apple and fig—and is working on building a tower garden which involves planting tiny, newly-sprouted plants placed in pods protruding from a tower-like structure. She hopes to harvest spinach, lettuce, zucchini and other ingredients for her dinner table in a few months.

Early on, Paulette joined the water aerobics group here, attending Mondays, Wednesdays and Fridays at 9am. Then she joined the Tuesday/Thursday advanced water aerobics as well as trained on the machines in the Fitness Center. She supports the Creative Arts groups and loves our parking lot sales. She also took Yoga for a while, but now offers a Yoga class of her own at the Sterling Court at Roseville senior living facility where she works as their Life Enrichment Director.

What does a Life Enrichment Director do for the seniors in a facility like Sterling Court at Roseville? Paulette likes to think of it as being on a cruise ship without the water. "I'm the fun chairman, providing amusing things to do until we get to the next port," she says. Paulette loves to sing, having landed the lead in her college production of Godspell, so it was only natural that she started a choir at Sterling Court, and, during COVID, arranged a church service for the residents which included her musical talents.

No longer married, Paulette has garnered a group of longtime girlfriends she calls the Catch Girls who come up with all kinds of fun ways to entertain themselves, including playing the game Catch Phrase and attending cooking classes together. "We're just doing life together," she quips.

She's also joined our recently formed Drama Club, known as the Second Act Studio, and is excited about auditioning for their first production which will be held on Nov. 21. "It's a great opportunity for people to be expressive and keep their creative juices going," she says.

Although she's been blessed with a big career and a big life, Paulette views her success in the educational arena as secondary to the time she has spent in helping and being good to other people. Her father once reminded her, "You don't want your gravestone to say,

"I wish I'd worked longer at the office." And she has taken his words to heart, trying to live a life where kindness and generosity take top priority. "If we spend time loving and caring for others, we've lived a good life. I've had unbelievable opportunities, but I want to be remembered as a good, kind, and generous person, that I have loved and cared for people well."

Coping with the recent death of several relatives brought everything into perspective for Paulette. "I tell my seniors at Sterling Court that we're not guaranteed a tomorrow. So we must make the most of every moment." Looking back on a life well lived, Paulette has certainly embodied that philosophy exceedingly well.

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

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## Timber Creek Women's Golf

BY BARBARA MILLS

Congratulations to Cheryl Welch who is the Overall winner in our Handicap



Cheryl Welch



Handicap Tournament Champion and Flight Winners.

Championship Tournament! Her name will go on the Handicap Championship plaque in the cabinet by the restaurant. Red

Tee Winners: Joan Meyers, 1st Flight; Mary MacLean, 2nd Flight; Shirley Roberts, 3rd Flight; and Carol Norris, 4th Flight. White Tee Winners: Sherrill Pahl, 1st Flight, and Sandra Morea, 2nd Flight. Congratulations to all!

Our ladies are playing great golf! Deb Gassen, Bev Hagopian, and Lynn Pearsall recently broke 90, and Sandra Morea broke 100. A major accomplishment! The Most Improved Players for June are Joan Meyers, 1st Flight; Marsha Suter, 2nd Flight; and Jackie Shook, 3rd Flight.

Connie deBlaquiere, Sherry Hilger, Peg Mucci, and Johnice Swallender played in the Foundation Golf Tournament. They shared first place in the Ladies' Division with Laura Cason and her foursome.

On July 20th we enjoyed a wonderful 9/18 Hole Mixer with the Sierra Pines Ladies Golf Club. This year it was hosted by the SPLGC on the Sierra Pines course with a great turnout. Roxanne Warloe, Chair, and her committee provided a nice lunch in the Spruce Room. It was a fun opportunity for all our lady golfers to socialize at this annual event.

We are looking forward to our Invitational on August 24 with the theme of "Hot August Days" with our guests. A breakfast buffet will be served and after playing we will enjoy a nice lunch with awards to make this a really fun day!

The monthly General Meeting will be held on August 17 and even if you don't play that day, do come to the Birch/Aspen Room at 1:30 pm and keep up-to-date on our Club's activities.

• • •

## Timber Creek Men's Golf Club

BY TERRY DOOLEY

The golf courses are in good shape. The weather has been generally 'mild' for this time of year, so come out and enjoy a round of golf at Timber Creek or Sierra Pines Golf Courses.

The course is now programmed with drone technology that enables our Golf Course Superintendent and his staff to "see" where the course needs more water (and also where it needs less water). As we move through the hotter part of the summer, this excellent technology will aid us in conserving water while maintaining excellent course conditions.

There were two Hole-in-ones in May. Ed Van Patten got a hole in one on May 3rd, and Ed Schmitz got a hole in one on May 30th. Congratulations to both Eds!

There were two tournaments in June – The NCGA Senior Net 4-Ball Tournament, and the Member to Member Classic Tournament.

Results of Member to Member: Eagle Flight Winners – Ron Slusarz and Frank Taylor (-4); Birdie Flight Winners – Greg Morgan and J.R. Ramirez (-3); Par Flight Winners – Al Dumm and Bob Baumann (-1); and Bogey Flight Winners – John Raniseski and Ed Van Patten (-5). Congratulations to all the winners from this tournament!

Results of Member to Member Tournament closest to the pin – Eagle Flight (#16) Roger Exline (1'4.5"); Birdie Flight (#4) – Rich McGinnis (9' 1.5"); Par Flight (#14) Colin Harting (5'7"); and Bogey Flight (#6) – Pat Malloy (10'8"). Congratulations all these great shots!

Results of the NCGA Senior 4-Ball Tournament: Gary Beckman and Tony King (62); and Roger Exline and Gavin Long (64) were the winners. Congratulations Guys! Keep playing well as you move forward!

There are two tournaments in the month of July – Firecracker Tournament

and beginning of Timber Creek Match Play Tournament. Join us for some good competitive play. Results will be published in later editions. Stay healthy and "Go Golfing!"

• • •

## SCR Senior Softball

BY BOB MONTALVO

Sun City Roseville Senior Softball Club's Belated Silver Anniversary season came to a close on June 22. Eskaton Village won the league title with a 10-6-0 record, just ahead of Smart Move Property Mgt., who had one less win. Heading into the double-elimination playoffs, however, all five teams had a fresh start, and everyone hoped their offense would catch fire and their defense would be play errorless ball. As of July 7, A.C. Girl had lost two and was eliminated. Surprisingly, league champions Eskaton Village had also been eliminated from the playoffs. Smart Move Properties had won three games and was undefeated. They are scheduled to play in the championship game on July 13 against the winner of the July 11 game between Coldwell Banker and Excel Realty. Go to [www.rosevillesseniorsoftball.org](http://www.rosevillesseniorsoftball.org) to see who won the 2022 playoffs.

As we put away our bats, gloves, and shoes, we eagerly look forward to next season, since we're only seven months from the start of our softball season 27 at Sun City. Once again, we'll dip into that fountain of youth, playing the game we've loved since we were kids, and if we can stay healthy, we're sure we'll have the best season of our lives.

So, rest up but stay in shape and we'll see you in 2023.

Once again, we send a big thank you to our club sponsors, Eskaton Village, Excel Realty, Smart Move Property Management, A.C. Girl, Coldwell Banker, Sew Cal Embroidery, Auto Services of Roseville, Fresh Green Cleaners, Philip Searle Roofing Contractor, and Oakmont of Westpark. Your patronage of these businesses is greatly appreciated.

• • •

## SCR Bridge Club

BY BRENCE DAVIS

On June 15, 2022, 72 people from the Bridge Club enjoyed a luncheon in the Timbers Ballroom. After lunch, Social, Fun & Friendly, and Monday Duplicate bridge players (18 tables) bid their best for points and prizes. In



Social Winners



Duplicate: Arlene and Mike Coakley.  
Fun & Friendly: Colleen Tovey and Judith Shively.

the Social group, Joan Watt placed first, Bob Watt second, and Leah Cavanaugh third.

Colleen Tovey and Judith Shively were the first-place winners in Fun & Friendly. Arlene and Mike Coakley were the Monday Duplicate winners.

In Fun & Friendly, Dave Bucher and Rose-Marie Schafer placed second North-South. Aud Bair and Marge Pfeil were first East-West, and Peggy Irwin and Shirley Starkey were second East-West.

In Monday Duplicate, Sherry Hilger and Ginny Taylor were second North-South. Marilyn Cameron and Sue Tuana were first East-West winners, and Dan Blatt and Bill Huber placed second East-West. Congratulations to all!

The next Bridge Club event will be Monday, September 12, when Sun City Lincoln Hills players will join Sun City Roseville players for lunch and bridge at Sierra Pines. The flyer with the exchange box lunch choices is posted in the card room on the table at the Pines.

Beginning bridge lessons meet in the Card Room at 9:00 on Wednesday mornings. Lessons began on the 22nd of June and will last eight weeks. Additional newcomers are welcome. Judith Shively, club president (915-773-2587) is teaching the class. In January, another class will be offered for those interested in learning this great game.

• • •

(more Club News cont' on page 28)

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## Mah Jongg Club

BY LAURI MOORMAN

Our club is in need of a new president and secretary for 2023. Please seriously consider serving, as we can't have a club without officers!

As the hot days of summer are upon us, we are all glad to have the opportunity to spend a few hours each week in the cool of the Timber's Card Room, playing challenging games of Mah Jongg with our friends. Mah Jongg is a thinking game and our brains certainly get a work out each week.

On Friday, August 26, at 11:30 am, is our Annual Club Luncheon and Play Day at Timbers Lodge. This is a free luncheon for members of the club, but in order to make a reservation, a refundable check for \$20 made payable to SCRMCJ is required, along with your menu selection. Your check will be returned to you at the luncheon. The menu choices are a turkey croissant, a peppered roast beef sandwich, a chicken apple salad, or a vegan burger. The sign-up sheet and an envelope for your check will be in the Card Room on Mondays and Fridays. You need to sign-up by noon on August 17.

There will be free Mah Jongg lessons in the card room on the following Fridays: September 16, 23, and 30, from 9:00 am to 11:00 am. Since each class builds on the previous one, all classes are suggested. Sign-ups are required, so call Cindy Faulkner at 916-759-7068. Bring your activities card, wear your name badge, and please no fragrances.

Some of us get together for lunch in the

Timbers Restaurant at 11:30 am on Mondays, before we play, and at 12:00 pm on Fridays, after we play. You can play either day or both, and are welcome to join us for lunch.

## Bunco

BY PAT OBERLANDER

You're invited! Join us on the 2nd and 4th Mondays! We not only had a gentleman show up in early June but he took home the booby prize. Ladies and gentlemen



**Bunco Winners!**



are all invited! Sign-in starts at 8:30am and we started rolling the dice at 9am. It's a lot of fun, good way to meet your neighbors. We'll be in the card room in the

(cont' on page 31)

# "They truly gave my mother moments of joy"

Kathy, Daughter of a CountryHouse resident

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

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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.

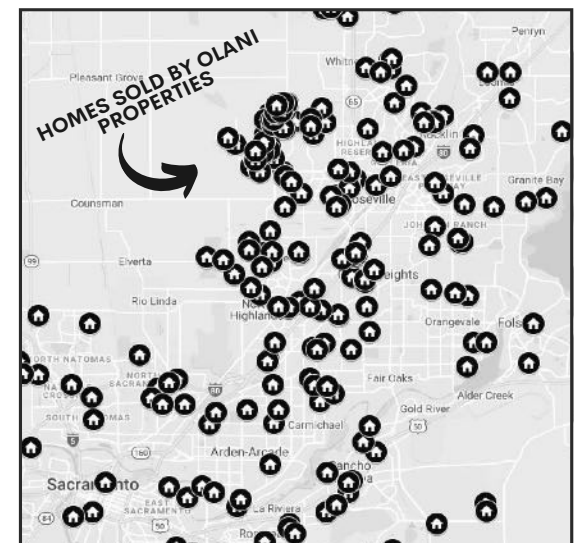


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2041	Stepping Stone	1020	\$550,000.00	Mariposa
1299	Sweet Juliet	1184	\$510,000.00	Sequoia
1530	Topanga	1194	\$374,000.00	Condo
875	Dogwood	1491	\$595,000.00	Pine Hill
1639	Stone House	1515	\$618,000.00	Pine Hill
1948	Winding	1539	\$645,000.00	Pine Hill
2768	Blue Heron	1673	\$665,000.00	Trinity
2749	Winding	1710	\$608,000.00	Tahoe
1519	Grand Pheasant	1785	\$725,000.00	Santa Cruz
2191	Lamplight	1791	\$685,000.00	Tahoe
1280	Dapple Dawn	1791	\$860,000.00	Tahoe
508	Oriole	1795	\$701,000.00	Tehama
1272	Hillhaven	1823	\$713,200.00	Orchard Crest
2389	Swainson	1836	\$815,000.00	Orchard Crest
2395	Fountain Hill	1847	\$750,000.00	Pine Hill *
1276	Hillhaven	1887	\$842,000.00	Fremont
2100	Stonecrest	1911	\$729,000.00	Fremont
2030	Grand Pheasant	1967	\$900,000.00	El Dorado
1616	Stone House	2026	\$765,000.00	Annadel**
935	Yosemite	2073	\$849,000.00	Annadel
1034	Fairway Valley	2081	\$900,000.00	Fremont
2150	Stone House	2105	\$815,000.00	Fremont
707	Medallion	2151	\$849,000.00	Sausalito
863	Mossy Ridge	2151	\$825,000.00	Sausalito
2120	Prairie View	2176	\$712,500.00	Sausalito
1766	Gingersnap	2176	\$840,000.00	Sausalito
2130	Briarcliff	2536	\$1,100,000.00	Tiburon
500	Sawmill	2636	\$1,050,000.00	Sonoma
866	Cottonwood	2801	\$1,100,000.00	Meadowgate***
260	Shadow Lake	2801	\$1,410,000.00	Meadowgate***
1174	Fairway Valley	3073	\$1,295,000.00	Santa Barbara***
1216	Fairway Valley	3075	\$1,350,000.00	Santa Clara***

**\*\*Modified Floor Plan \*\*Open Space**

Total Homes sold in Sun City per MLS 6/1/22 - 6/30/22

## Mantra Meditation — A Deeply

(cont' from page 3)

the community. To this end we are delighted to announce that we are bringing mantra meditation to Sun City Roseville.

You are cordially invited to join us for a peaceful hour of mantra meditation. Come learn a simple method of meditation that uses soothing mantras and music to ease the stress and anxieties of daily life and emotional situations. The meditations will be practiced seated in chairs and the program is presented free of charge.

No rsvp is required. Bring a friend and come make new ones! Here are the dates, times and locations for our inaugural meetings.

Friday, Sept 23rd and Friday, Sept 30th  
1:30pm to 2:30pm

Spruce Room at Sierra Pines

Mark your calendar and we look forward to meeting you.

*Ed Cervantes*

*mantramedclub@gmail.com*

...

## Second Act Studio Drama Club

ATTENTION! Calling all thespians, actor wanna-be's, and worker bees. Sun City has a new Drama Club, so let me introduce the Second Act Studio Drama Club. Do you have experience in acting or stage productions, or would you like to try? Maybe this could be your "big break" or maybe you would just like to be part of the stage crew with no desire to act. We have opportunities for everyone. Acting is not

mandatory, but participation in some form is.

At our first general meeting on June 28 officers were elected. These are Susan Glover (president), Lenora Davis (vice president), Charlie Baughman (treasurer), and Greg Davis (secretary). We also appointed council members Judy Ball, Chris Poppelreiter, Tina Kinghorn, and Lali Hearn.

Susan has 15 years of production experience and many of our new members do also, so we are off to a great start. Experienced or not, this is a fun, diversified group of people willing and excited to be part of this new adventure. We have already started skill enhancing workshops in improv, pantomime, character development, memory games, and theater vocabulary. If you miss out on these, they will be offered again at a later date.

Most of our performances will be short plays in the 10-20 minute range with some line memorization required, and plays read from script with no line memorization, such as Reader's Theater and Old Time Radio shows. Our first performance is currently scheduled for November 21, 2022.

If this sound interesting to you, we invite you to join us on Tuesday evenings at 6:00pm in Sierra Pines (except for the first Tuesday each month). For more information, look for flyers in the Timbers lobby, check out our page on the Sun City Resident website, or contact Susan Glover at 530-388-6367.

*Lenora Davis*

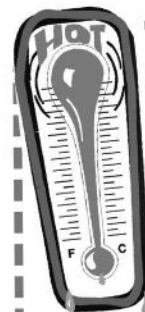
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about a Quiet Cool whole house fan to  
help reduce your A/C costs this year!**

**QuietCool**  
ADVANCED WHOLE HOUSE FANS

**Roseville residents: \$400 REBATE  
(2500 CFM required) Call for details.**

**Summer  
Tune-up  
Special!** **\$87**  
Expires 8/31/22

**Three Generations Strong**

## SCR Foundation 2022

(cont' from page 1)

visits, please contact Arleeta Krolkowski at 916-774-9040.

The Foundation conducts a few fundraisers during the year, but there's one fundraiser that runs year-round, and it's as easy as shopping on Amazon. The "AmazonSmile" program donates 0.5% of the price of your eligible purchases to charitable organizations. Amazon funds this program with the money they save by not advertising it. Simply use smile.amazon.com and chose the Sun City Roseville Foundation as your favorite charity and place your order as you normally would. The contributions for each purchase may seem small, but they do add up over time. So far, Amazon has contributed over \$355 million to US charities!

Save the date! This year the Foundation's Fall Event is scheduled on Saturday, November 12 in the Timber Creek Ballroom. Planning is underway for a fun evening of Casino games along with dinner and dancing. More details will be shared in the coming months.

## Bunco

(cont' from page 28)

lodge if you find yourself with nothing to do. You can make an otherwise dull Monday into a fun day. Love to see you!

Winners for June 13: Sue Morehead, Audie Gould, Yoshi Polgar and Jim Hope.

Winners for May 24: Dottie Thornton, Susan Moore and Nora Bork.

• • •

## SUN SENIOR NEWS CLASSIFIEDS

### SERVICES

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

• • •

NON-MEDICAL IN HOME CARE with experience caregivers with reference. Errands, light house cleaning, etc. Please call Nana's Loving Care. 916-465-2527.

• • •

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

• • •

JUNK REMOVAL garage, yard, storage units, furniture, appliances, e-waste, & more. Pelican Hauling 1-916-712-7224 Andy Business Lic #00833776.

• • •

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

• • •

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

• • •

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

• • •

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

• • •

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

• • •

HOUSE CLEANING, LAUNDRY, Errands, Grocery Shopping, Meal Preparation, Transportation including Dr. Appointments, Dog Walking/Pet Sitting. Professional and Detailed. Ten years experience. Neighborhood Referrals. Covid Safety Practiced. Call Lisa 916-390-1162.

• • •

\$10 Off GO GRANNY GO Senior Ride Service. Make an Appt for your first ride TODAY! 916/305-0771. Licensed, Insured, CPR/AED Certified, Locally Owned Lic# 016288 www.gogrannygo.BIZ

• • •

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

• • •

LTC CONSTRUCTION-Windows, doors, dry rot, remodels, solar, landscaping, pools. lic#1006199. 916-712-2339, E: wkreuzer@ltcconstructioninc.com

• • •

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

• • •

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

• • •

HAIR CARE SERVICES. Enjoy this specialty service provided in the comfort of your home. Licensed cosmetologist. Kimberly 916-837-1637.

• • •

ELIMINATE GUTTER CLEANING forever! LeafFilter, the most advanced debris-blocking gutter protection. Schedule a FREE LeafFilter estimate today. 15% off Entire Purchase. 10% Senior & Military Discounts. Call 1-916-953-5518.

• • •

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

• • •

### FOR SALE / FREE

HOT TUB Dreammaker 730L. \$2000. Call Jeff at 916-772-1172.

• • •

QUALITY OAK ENTERTAINMENT CABINET, coffee and end tables. Call or text 530-301-3509 for more information.

• • •

FREE Plantation Shutters for Delta Breeze Model Family room. 916-742-5929.

• • •

### RENTAL

BEAUTIFUL DAVID WALLEY'S RESORT: Genoa, NV, sleeps 6: September 23-30 during Candy Dance Festival: \$950. 916-771-4618.

• • •

### WANTED

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

• • •

WANTED: BUYING RECORDS Jazz, Blues, Rock, and R & B. Buying small and large collections, LP's, 45's, and 78's. Also looking for reel-to-reel tapes, (all types). Call 530 273-8490.

• • •

CASH PAID! MILITARY & VINTAGE ITEMS Medals, patches, documents, photos, weapons, helmets, model trains, unbuilt car & military models, old toys & other collectibles. Call George at 916-768-4694.

• • •

### ANNOUNCEMENTS

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

• • •

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

#### \*\*FREE ADS — INCLUDE

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

#### BUSINESS ADS

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

Classified Ad Submissions —

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

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

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

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

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

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

**Business Ads** are 15 words for \$25 for one-month. Additional words \$1 each. (\$65 for three months for the same ad.)

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

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

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



WHY PAY 6%?

*Experience Makes a Difference!!!*

**George Brown**  
OWNER/BROKER

*Call us for an  
Expert Home Price Evaluation*

***Recent Sales in Sun City***

<b>5688 Red Willow Lane</b>	<b>Country Rose</b>	<b>\$573,000</b>
<b>6041 Whisperlodge Way</b>	<b>Orchard</b>	<b>\$ 587,500</b>
<b>5376 Campcreek Loop</b>	<b>Rosetree</b>	<b>\$589,500</b>
<b>313 Hammill Court</b>	<b>Baywood</b>	<b>\$615,000</b>
<b>6080 Burnt Cedar Way</b>	<b>Plumas</b>	<b>\$635,000</b>
<b>6010 Wagonmaster Lane</b>	<b>Pinery</b>	<b>\$645,000</b>
<b>325 Roundhill Court</b>	<b>Sierra</b>	<b>\$656,500</b>
<b>5991 Timberlodge Lane</b>	<b>Delta Breeze</b>	<b>\$680,000</b>
<b>7316 Timberrose Way</b>	<b>Delta Breeze</b>	<b>\$820,000</b>
<b>7105 Mule Team Way</b>	<b>Ironwood</b>	<b>\$824,900</b>
<b>7552 Whistlestop Way</b>	<b>Delta Breeze</b>	<b>\$860,000</b>



**Since 1991**  
**CALL US**  
**FOR MORE**  
**INFORMATION**  
**ON THESE HOMES**  
**OR FOR THE**  
**MARKET VALUE**  
**OF YOUR HOME**  
**771-4177**

**CALL OR TEXT 916-297-3500 FOR A FREE CONSULTATION ON VALUE AND BEST STRATEGY TO ACHIEVE YOUR GOALS. WITH OVER 35 YEARS EXPERIENCE IN MARKETS LIKE THIS.**

\*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