

SUN SENIOR NEWS

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Jim and Carolyn Filippo — Newlywed at Ninety

BY RUTH MORSE

Jim Filippo and Carolyn White first met in high school in the 1940s. They were both attending Jefferson High School in Daly City. Jim noticed her on the first day of his sophomore year and her first day of her freshman year and thought to himself that she was gorgeous both coming and going. They went steady for two years and attended junior prom together in 1948 before Carolyn moved to Mill Valley. The picture of them at the prom features a dress that Carolyn made herself for the event. They married each other more than seventy years later on May 7, 2022, in Novato. Between junior prom and their marriage is a story about love, family and friendship that spans decades.

After Jim Filippo graduated from Jefferson High School, he attended junior college and then enrolled in the Navy for four years during the Korean War. He then used the G I Bill to attend and graduate from Heals Engineering School. After graduation, he



PHOTO BY JEFF ANDERSEN

obtained a job in Marin at the Water District as a junior civil engineer. Later, he went into business with his father as a general contractor. After Carolyn's family had moved to Mill Valley during her high school years, Jim and Carolyn went their separate ways. Jim married someone else, and he and his first wife had three children together, two daughters and a son. He now has seven grandchildren and two great grandchildren. Jim and his first wife were married for sixty-four years before her death in 2018.

Carolyn graduated from high school in Mill Valley and married her first husband. They had a total of four children—two daughters and two sons. There are four grandchildren. The couple was married for sixty-six years before his death in 2017. One of Carolyn's daughters has died. Carolyn's first husband was in the typewriter platen business with his company called Earl White Platen Company,

(cont' on page 27)

LH Foundation — Heading into Fall

BY DENISE BOWDEN

September brings thoughts of fall, remembrances of being back in school and days such as Grandparents Day and International Chocolate Day. On a more serious note, National Food Bank Day is a reminder that there are many local seniors who are helped by The Salt Mine and their food pantry during these times of rising costs.

We also recognize September as World Alzheimer's Month, a time to shine a light on the 35 million globally afflicted with Alzheimer's. The Lincoln Hills Foundation is proud to provide a yearly grant to the Sun City Lincoln Hills Alzheimer's Support Group. Their general meeting is held monthly on the 4th Wednesday of the month.

Mark your calendars for our next Bingo game on Thursday, September 22nd the same day as the Autumnal Equinox, a sign that the days will start to get shorter. Doors open at 12:30 and play starts at 1:00. Twelve cards for \$25, with exact change appreciated. Payouts are \$100 for the first eleven games and \$250 for the final game. Make an afternoon of it and enjoy a special Bingo lunch at Meridians beforehand.

Bringing a group? We are now taking table reservations. Email your request to lincolnhillsfoundation@gmail.com.

"Death by Chocolate" Players Show in November

BY DOUG BROWN

The Lincoln Hills Players are back on the Orchard Creek Ballroom stage in November, this time with a madcap comedic murder mystery, complete with laughs, puns, and outrageous characters. If that sounds a bit like last November's "Murder on the Orient Express," well...yes and no.

Yes, it's an ingenious murder mystery with a diversity of characters all somewhat sequestered in one place, and yes, this one's also under the expert guidance of Director Julie Africa and Producer Craig Stults. But, "Death by Chocolate" has few more twists and turns, some corny clichés, and a creepy house in the woods instead of an Orient Express train car.

As the curtain opens, you're met with the lavishly decorated administrative office of the freshly redecorated Meadowbrook Health Resort, housed in a converted mansion in rural upstate New York. The resort's new owner, Lady Riverdale, and her long-suffering assistant, Dyslexia, are feverishly trying to put the finishing touches on tomorrow's grand reopening festivities.

Hampering their efforts to get everything shipshape for the occasion are...

...a major rainstorm the night before, washing out bridges and roads accessing the resort (you might say, "it was a dark and stormy night")

...a brand new, rather inept resort manager, John Stone, whose major talent

Lincoln Hills Players present

DEATH BY CHOCOLATE

by Paul Freed

Humorous murder mystery!

Directed by
Julie Africa

appears to be his wise-cracking ability
...a mysterious box of chocolates on Stone's desk, luring anyone with a sweet tooth to take a bite

... the [unsolved] murder several weeks earlier, of Henry Meadowbrook, founder of Meadowbrook Health Resort.

Of course, in Agatha Christie-like fashion, Henry's demise isn't the only mysterious death to occur before tomorrow's grand reopening, transforming all the wacky "Death by Chocolate" characters into murder suspects. Now, trapped in this mansion in the middle of nowhere, everyone is faced with a possible

(cont' on page 3)

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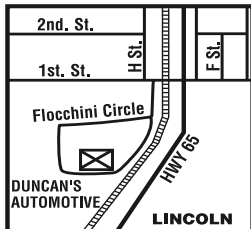
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- Why Scott's background and experience is *ideal* for this position



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- ✓ Is the candidate with, by far, **the most business experience** and leadership in business support and economic development strategies that fund our quality of life.
- ✓ Is not afraid to **hold development accountable** to minimize impacts for nearby communities, both rural and cities.
- ✓ **Listens and responds** to constituents and all stakeholders.

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Players

(cont' from page 1)

killer on the loose.

As they continue to uncover a plethora of enigmatic clues, speculation runs rampant! Who's the villain?

Is it the pompous Lady Riverdale, a woman with a shady past, and owner of...ready for this... Lady Riverdale Chocolates? Or the sassy assistant Dyslexia? Ralph Deadwood, gym manager and all-around cad? How about the self-assured mystery writer Ed Parlor, who just happens to be currently working on a play he has already titled "Death by Chocolate"? Throw in a secretive butler, a nosy gossip magazine writer, a fidgety nurse, a flamboyant aerobics instructor, and more, and let the plot thicken and the comedy quicken!

"Death by Chocolate" plays in Orchard Creek Ballroom on Thursday and Friday, November 17 and 18 at 7:00 PM, and on Saturday and Sunday, November 19 and 20 at 2:00 PM.

NEW for Orchard Creek Ballroom: all tickets in the Ballroom are RESERVED seats! Tickets are on Sale September 17 in the lodges or online at <https://sclhresidents.com> (Entertainment) – \$21 for premium reserved seats (front 8 rows); \$18 for reserved seats in the back 8-9 rows.

Players' monthly meetings are in Kilaga Springs Presentation Hall every second Monday at 4:00. All are welcome to attend – the next meeting is on September 12.

• • •

LH Community Chorus

BY GAY MACKINTOSH

"Swing into the Season!" We invite new and returning singers to join us on Tuesday, September 6, as we begin rehearsing for our swingin' December concerts. We'll usher in the holidays with "Swing into Christmas," "Mary Sat a Rockin'," "Text Me Merry Christmas," and "Santa Claus Is Coming to Town." For a change of tone, we'll raise our voices in the inspiring Hanukkah song "Candle in the Night," the lighthearted "Mozart Fa La La," and the haunting "How Like a Winter." Our concert repertoire will treat audiences to many other festive songs of the season, including two new a cappella ensembles.

Interested in joining the Chorus? It's desirable to have some choral experience,

(cont' on page 5)



Director Paul Melkonian and Accompanist Nina Malone.

but everyone who enjoys singing is welcome to give us a try. All that's really needed is a commitment to attend Tuesday afternoon rehearsals 2:00-5:00 PM at KS Presentation Hall and sectionals as arranged. Practicing at home with our computerized voice files (MP3s) is especially helpful in learning our parts.

Our first gathering September 6 begins in the Placer Room at Kilaga Springs Lodge from 1:30-2:30 PM on September 6 to sign up, meet other Chorus members, and pick up your music. Then cross to the Presentation Hall for our opening rehearsal 2:30-5:00 PM. Director Paul Melkonian and Accompanist Nina Malone will ably guide us to sound our best by concert time.

So come "Swing into the Season!" with us! Visit our website at lincolnhillschorus.org and contact our membership chair, Mari Long, at mlong24sjca@sbcglobal.net or 916-409-9136. We look forward to welcoming new and returning singers on September 6 and lots more of you in the audiences in the Ballroom December 8-10.

• • •

LH Music Group

BY DAN LEHRER

We continue to get together for an informal "Sing & Play". The latest venue was the "Secret Garden" at the OC. Members can watch their emails and visitors can contact Dan at dlehrer72@gmail.com for future places and times. If you play an instrument, sing or just like to listen, consider joining in the fun. Our

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LH Music Group

(cont' from page 3)

regular meetings have an opening and closing Group sing/play along, followed by individual, duos and small group performances. August's opening number was "Mr. Ed" and the closing number was "Give My Regards to Broadway." We love an audience so come on down. We have resumed meeting on the second Wednesday of the month from 2:00 to 4:00 PM in P-Hall (KS) through October. You can find the Lead Sheets for the group songs and more information on our website; the password is musicgroup. The Guitar Ensemble meets Fridays from 1:00 to 3:30 PM (OC). Open to Lincoln Hills Residents. Contact Sal Caruso at 916-409-



0302 for information. Ukulele Ohana meets Wednesdays, 1:00 to 3:00 PM (OC). Open to Lincoln Hills residents. Contact Ron Peck at 925-788-5869 for information. You can also contact Dan Lehrer at dlehrer72@gmail.com.

• • •

Country Couples

BY RICH AND DONNA PICK

Country Couples participated in the first "Dance Night, Structured Style" of the year, which was held by the Lifestyle Department in the Orchid Creek Ballroom. On August 2nd we shared the dance floor with the ballroom dance and line dance groups. Each dance group had the opportunity to show their type of dance, as DJ Tom played in rotation one song for Country Couples, one song for line dancers, and one song for ballroom dancers.



This format gave each group an opportunity not only to dance its own style, but also to watch how other groups dance. It also gave dancers a break from the floor to socialize with old-time friends, meet new friends and also try out new dances while they waited for their turn to dance their style again. The next "Structured Dance" is scheduled for Tuesday evening, September 6th. We invite all that are interested to come out and join us for a good time.

Shortly after the Structured Dance, Country Couples members are looking forward to another no frills dance scheduled for Saturday, September 10 from noon to 4:00 PM at Kilaga Springs.

But Country Couples Club does more than dance. From January 6 - 16, 2023, we will be cruising aboard the Ruby Princess headed to the Mexican Riviera. We will be stopping in Ensenada, Mazatlan, Puerto Vallarta, and Cabo San Lucas. On the days that we are at sea, Country Couples members will have a room reserved for them for dancing. The Country Couples group would like to invite any interested people to join us on the cruise. We leave from the Club Cruise office in Lincoln on

the morning of January 6th and go by bus to the SF Cruise Terminal. We return by bus to Lincoln on the morning of January 16. Contact Amanda at Club Cruise for more information.

Why don't you come watch a Country Couples Western Dance class on Monday evenings at Kilaga Springs from 6:00 to 7:00 PM and take a look at our type of dancing. We hope you will decide to join our club!

For more information, contact April Cederburg 916-390-3931. Website: selhcc.com

• • •

Ballroom Dance Club

BY ERNIE MICHELI

The Ballroom Dance Club participated in the newly formed Dance Night, Structured Style on Tuesday, August 2 in the Orchard Creek Ballroom. Dance Night was formed to allow different, structured dance styles to coexist on the dance floor. Ballroom, Country Couples and Line Dancers all successfully, yet alternately, shared the dance floor on this initial dance night.

The format for the evening unfolded as follows: DJ Tom would announce the next dance is a Ballroom Dance, the type of dance, i.e., Cha Cha and the song name. Ballroom dancers would enter the floor and the music would begin. The next dance would be for County Couples, then for the Line dancers. That sequence was followed throughout the evening. The music was supplied to DJ Tom from each dance group.



As a participant, it was fun to practice my Ballroom dance skills, but also to view the precision and skill of the Country Couples and Line dancers. The next scheduled Dance Night, Structured Style is Tuesday, September 6. Tickets are available on the Resident Website.

Congratulations and thanks to Allison Sertic, Lifestyle Manager for listening to our dance concerns and designing Dance Night, Structured Style. We look forward to another successful night on September 6.

On August 20, the Club held its Hot August Nights dance. Ice cream sundaes and root beer floats were served. There was also a best dressed contest and some games with prizes. The dance was held in the Kilaga Springs Multipurpose Room from 6-9 PM. More information about the Hot August Nights Dance will follow in next month's publication.

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

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

• • •

Tap Company

BY ALISON WOLFE

The Tap Company is excited to announce that we will be having a tap show in the spring, Let's Dance Again. It's been four years since our last show and we're rearing to go. We will have a lot of different dance groups performing and hope to have a few singers as well. Auditions are planned for November 1 and November 2. If you have never been in one of our tap shows, we encourage you to come try out. We are also looking for technical support and for assistance backstage. Mark your calendar. Look for additional information

(cont' on page 6)

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Let's Connect!



Tap Company

(cont' from page 5)

regarding time and location of the auditions in the next month's Sun Senior News and the Compass.

As a reminder, an absolute beginner's class has been started. It's offered at 11:00 AM on Mondays. This class is designed for those who have never taken tap or took tap many years ago. You'll learn the basics of tap dancing which is a great exercise for both body and mind. SHUFFLE on over and enjoy the fun on Mondays at 11:00 AM. And, if you are the more experienced tap dancer, there are two technique classes for you to choose from. One is on Monday at 10:00 AM and the other class is on Tuesday at 10:00 AM.

• • •

Mixed Media

BY JILL SHORT

Sometimes Mixed media artists are detectives. We have to be super sleuths to find everyday objects that we can use as tools for our art or even use the objects as part of our creations. We love to recycle and reuse in exciting new ways. Our June guest teacher, Lisa Jones, showed our club how to use the envelopes with plastic windows in them. At our July meeting we used plastic baggies and plastic page protectors with our acrylic paints to make background papers.

Ok, super sleuths, let's think about how to find everyday objects to use in art. As I go

about my daily life, I look at things with new eyes. The other day as I walked my dog and finished his poop bag roll, I noticed those bags were wrapped around a small sturdy tube. Perfect find for stamping small circles with acrylic paint! You can't have enough circles in your art! You can even use empty toilet paper rolls for bigger circles. When I go to Lucille's BBQ, I have to grab up the paper that they put their biscuits on. Those papers are perfect for collaging. Home Depot and Lowes has paint samples that certainly can be used in some fun way. Reusable instruments such as plastic knives, combs, brushes, straws and stirrers can be used to create the simplest of organic marks, such as lines, circles, dots and scratch marks. Pieces of bubble wrap, cotton swabs, cardboard, fruit netting and sponges will each leave an unusual imprint when coupled with paints or other mediums. An upcycled toothbrush can be used to apply ink or paint in a pattern specific to its head shape, or it can be used to pull and drop the ink across the surface of your work or even splatter paint. Organic tools such as leaves, twigs, fruits and vegetables are an alternative for mark-making tools. It is all about looking at everyday things differently and using your imagination.

Our September art challenge which lends itself to recycling, was one we had to postpone in August. We are doing it now. Take your dyer lint and use it in your art then share it at our next meeting. It will be so interesting to see what everyone does with the challenge. Carolyn Vickers will be our guest artist and will be teaching us Calligraphy at our September

23 meeting. We will be collecting our \$20 yearly dues at this meeting also. The Mixed Media Club meets the 3rd Wednesday of the month in the Fine Arts Room (OC) at 1:00 PM. Contact our President, Chris Fetter, for more information at 916-276-7895 or email at: mixed.media.chrisf@gmail.com

• • •

Needle Arts

BY MARY SWANSON

We're back!! Join your fellow NA members as we resume monthly meetings on Tuesday, September 13th at 1:00 PM in Presentation Hall – KS. This month's featured presenter will be a representative from ReCreate, who will share with us their mission and how many of the donated items they receive are used to "recreate" hands-on learning and creative expression. This program will follow our general business meeting and after the presentation our popular 'show and tell' will end the meeting. Make sure to bring your project(s) to share.

If you haven't already signed up for the SCLH bus trip to Pacific International Quilt Festival in Santa Clara in October, please do so as space will be limited. This promises to be a fabulous over-night trip to one of the best quilt festivals in the country.

Many donations to both Community Service and NA in general have been coming in and are greatly appreciated. However, it is important to make sure that your donation

(cont' on page 7)



I Can Enjoy Walks With My Wife Again!

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

David R. was facing such a fate:

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

Peripheral neuropathy is a result of damage to the nerves, commonly caused by a lack of blood flow to the nerves in the hands and feet. This causes the nerves to begin to degenerate due to lack of nutrient flow. Many with neuropathy experience a heightened sensitivity to touch or not at all.

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

"Acupuncture is incredible at restoring blood flow and stimulating damaged nerves, preventing them from dying off," tells Dr. Salvador. "We take our treatments a step further by integrating ATP Resonance BioTherapy," which targets specific nerves in the body using

microcurrent. ATP Resonance BioTherapy is like watering a plant. This treatment will stimulate the blood vessels to grow back around the peripheral nerves and provide them with the proper nutrients to heal and repair.

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

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

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

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

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

To schedule a consultation and complete evaluation, call Lincoln Acupuncture Clinic at **916-884-0398**.

Needle Arts

(cont' from page 6)

is appropriate for needle arts and is useable. Fabric donations to Community Service need to be 100% cotton. If you are in doubt regarding the acceptability of your donation, please contact Pat Barnhill 916-434-5696 for guidance. As we will learn at our September meeting, ReCreate is a great place to donate items that aren't appropriate for the NA sewing room.

Community Service is still looking for help with top-quilting larger quilts. Our volunteers are limited as to the size of quilts they can finish with their home sewing machines and would greatly appreciate any community member experienced with long-arm quilting to help. CS provides quilts to many teens and adults and our cupboards have many quilts waiting to be top quilted.

It's once again time for a nominating committee to look for board positions for 2023. New people bring new ideas and keep our club lively and active. Think about where you could help. You'll find lots of information regarding Needle Arts at our website, sclhna.com.

...

Painters' Club

BY TAMSEN ARMSTRONG

Club Show: Be sure and stop by the Orchard Creek Lobby and view the beautiful paintings on display through the end of September. There are at least 20 works of art

on sale at reasonable prices for that special someone, or to add to your collection of unique home décor. You will see landscapes, still lifes, animals and more in all different mediums and styles, from oils, pastels, watercolors and acrylics.

Local Gallery: Autumn is just around the corner and the Art League of Lincoln has what you are craving...cooler weather, golden trees, pumpkins and spice. We are proud to announce that three members of the Painters' Club have work on display at the Gallery 580 Harvest Moon Show through October 1st. Open Wednesday-Saturday 11AM-3PM, located at 580 Sixth Street, Lincoln.

July Meeting Recap: Our guest speaker was Tom Jones, owner and operator of Sierra



Tom Jones of Sierra Hills Framing explains how to enhance any work of art with the right frame.

Hills Framing in beautiful downtown Lincoln. His advice and expertise on all aspects of framing and displaying artwork was well received. Does framing your artwork make a difference? You bet it does! We learned about the different types of glass, and mats to choose from as well as advice on selecting the style of frame that matches the artwork. After the demonstration, the club held a huge donated art supply auction with many incredible deals on paints, brushes, frames, easels and canvases.

Do you love Italy? The Club's Buonarotti Ristorante display have been extended until October 7th. Stop by the traditional Italian dining spot in Lincoln for a delicious meal in a romantic art-filled setting.

Handcrafted is better than store bought! Visit the Artisans at the Lodge where SCLH residents of all mediums and crafts will have work for sale on October 9th 10AM-4PM at the OC Lodge. You will find ceramics, paintings, glass, sewing, wood turners and fiber art on sale. Get your holiday shopping done early!

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

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Paper Arts Club

BY LINDA LUCCHETTI

"Handmade cards because... no one displays an email on the mantel, or shows off a tweet on the refrigerator, or saves a Facebook post in a box of treasures." (Author unknown)

Thank you, Mina Bahan for serving as August's project leader. We made three special birthday cards, too nice to give away!

September 1 heralds the return of Demo Day. This has always been an excellent event for our club because members demonstrate their new or seasoned techniques along with products and "tools of the trade." A wonderful time for sharing and learning.



Beverley Upham at Paper Arts meeting.

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

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

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(more Club News cont' on page 9)

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LH Photography Club

BY DIANE MARGETTS

Our presenter for August was Betty Sederquist. Many members of our club know Betty from previous presentations and going with her on trips to Bodie, Iceland, Alaska, and Ireland. She is an accomplished photographer and a published writer of books and articles. Betty spoke to us about how to cope with disabilities and still pursue a passion for photography. This is of particular interest to those of us who find our ability to scramble over rocks and down steep slopes becoming limited as we age. Her presentation was delightful, full of beauty and humor.

What Does This Button Do?

Members have been asking for a refresher on cameras as they get more and more complex. Beginners want to know more about the basics, but even advanced users need a refresher and more information on things like back button focus. This session cannot answer all the questions for every model of camera, but will provide information on the basics and where to find information for your specific camera. We will be dividing the seating into Nikon, Cannon, Sony, and other users so that you can benefit from the expertise of your peers in the club. The professional video will focus on a Sony A7iv, but is applicable to other cameras. The slideshow that is being created will cover Nikon, Cannon, and Sony; however if you want me to research your specific camera ahead of time, send me an email at starkayak@icloud.com with your specific camera information and I will include it. Please join us or this special Photography SIG on September 7 at 9 am.

Interested in photography? We always welcome new members to the club. Member-only benefits include monthly presentations by world class photographers, organized and spontaneous field trips to photographic destinations in California and beyond and member-to-member mentoring. Information on how to join is on our website or you can join when attending one of our General Meetings, held on the 2nd Wednesday at 9 am generally at Kilaga Presentation Hall.

To enjoy wonderful photography, check out our Facebook Page. The Club Facebook page is open to all residents of SCLH who are interested in photography. Members post photographs, suggestions, answer questions,

and add ideas for local places to try out your skills with the camera. Beginners are especially welcome. To participate go to: <https://www.facebook.com/groups/SCLHPhotographyClub/?ref=bookmarks>.

Contact: Diane Margetts; 916-955-1809
Website: <http://www.lhphotoclub.com>,

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Woodcarvers Club

BY LIONEL RAINMAN

As I write this we have a woodcarving display in Orchard Creek. The display will be through Sep 11. In November we will have another small display at Orchard Creek probably featuring holiday carvings. You can always visit us, when we meet, and club members will likely be working on some type of carving and will be happy to show you their project. You can see the process and ask questions about the kind of wood or the tools used. The skill of our members, range from beginner to expert. For those that may be interested in joining our club we have a very large library of magazines, books and some DVD's. Additionally, members are always willing to share techniques and assists those that need some help. We meet on Wednesday from 1:00 to 4:00 PM in the Sierra Room in Kilaga Lodge. Plan to drop by and see us in action.

Contact: Lionel Rainman 916-253-9534
lrainman1414@yahoo.com

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SCLH Genealogy Club

BY NANCY SWITZER

Strangers in the Box
Come, look with me inside this drawer
In this box I've often seen.
At the pictures, black and white
Faces proud, still, serene.
I wish I knew these people,
These strangers in the box.
Make time to save your stories!
Seize opportunity when it knocks!
Or someday you and yours could be
The strangers in this box.

Author Unknown

Do you have a box like this? Many families do. Sadly, some of these photos will never have a name. As the senior members of our families pass, we lose their knowledge of who these people are. You may have this knowledge but

have not labeled your pictures.

Your challenge for this month is to start labeling your pictures. Someone will be glad you did!

American Military Records Across Time is the subject of our September 19th Club meeting. We meet in KS at 6:30 PM. Our presenter is Kathryn Marshall, who helps maintain the Wiki for Family Search.

We are an active group and if you are interested in learning how to do your genealogy, and would like to join us, you can find the membership form on our website listed below, under "HOME/Become a Member".

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

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

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

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

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

Boot Camp, which is held the first Monday of the month from 6:30-8:30pm. The October 3rd Meeting will be on "Google Apps for Genealogists" by Bob Ringo. We have allocated six spaces for those that could not commit to the entire program. If interested in attending an individual session, respond to the Club e-mail that will come out shortly before the next scheduled session.

Contact: Carole Moore 916-543-4762
Website: www.suncitylhgc.com

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Apple User Group

BY NINA MAZZO

Siri can do so much more than we sometimes realize and on Thursday, September 1 at 7PM (6:45 Ask the Tech) in the Kilaga Presentation Hall as well as Zoom, Ken

Spencer will take a closer look at this powerful intelligent assistant with which we might have a love/hate relationship. His presentation will discuss simple dictation and shortcuts that can automate many mundane tasks on any of the Apple devices. "Hey Siri get me directions to the meeting with Ken Spencer!"

September is often a time when Apple announces new products so on Monday, September 26, Ken Spencer will take a closer look at these new items as many of us will be waiting to place an order! Join us either on Zoom or in the Kilaga Presentation Hall at 10:30AM.

The Lincoln Hills Apple User Group offers a variety of tools, labs, ask the tech hour, seminars and meetings to help you navigate the many Apple devices we own. If you are not yet a member you will find a membership form at our club website. Membership includes access to our support.

Club website www.lhaug.org. For general club questions call 916-913-6833.

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

BY PATTI KINGSTON

Schools are open and enthusiastic teachers and eager students are happy to be able to be in school in person. The SCHOOLS volunteer program is getting underway for the 2022-2023 school year. Volunteers are needed for grades K-5 and for the Phoenix Continuation High School where tutors help with English, Math



or History. Some of our elementary volunteers have continued to work with teachers over the past 2 years, using imaginative ways to be of help. Some have corrected papers and made copies of school work sheets for the teacher without being in the classroom. The days and hours of service are up to you. No teaching experience is necessary. Many volunteers are in the classroom 1 day a week for a few hours. They work closely with the teacher and are under her direction.

(cont' on page 11)

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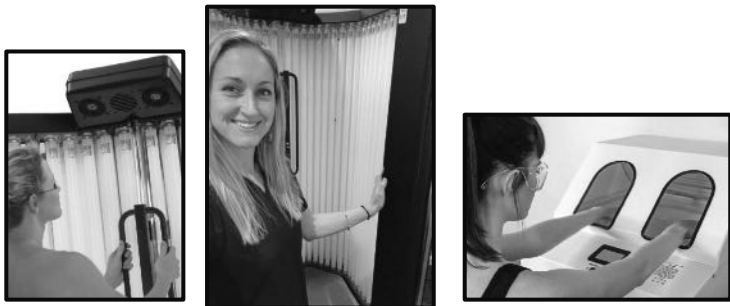
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– Katie Varman, MD, FAAD



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1406	Perdita	1298	\$570,000	Bridgegate
1319	Secret Lake	1473	\$549,000	Almanor
183	Coach Light	1531	\$575,000	Alpine
2276	Rubicon	1531	\$615,000	Alpine
1168	Segolily	1531	\$650,000	Alpine
418	Olema	1531	\$680,000	Alpine
431	Wood Duck	1549	\$603,000	Alpine
920	Magnolia	1626	\$649,000	Lassen
2266	Pebblestone	1681	\$620,000	Echo Ridge
480	Bayfield	1791	\$650,000	Tahoe
733	Wagon Wheel	1795	\$591,500	Tehama
2005	Prairie View	1823	\$699,000	Orchard Crest
1899	Winding	1823	\$670,000	Echo Ridge*
900	Yosemite	1916	\$797,000	Fremont
880	Castleberry	2068	\$865,000	Tahoe*
2358	Granite	2073	\$715,000	Annadel
790	Yosemite	2073	\$800,000	Annadel**
1177	Secret Lake	2080	\$755,000	Fremont*
2310	Fountain Hill	2135	\$710,000	Pine Hill***
1229	Magnolia	2151	\$600,000	Sausalito
764	Rustic Ranch	2240	\$780,000	Napa
1269	Overland	2262	\$725,000	Shasta
1257	Longhorn	2263	\$810,000	Shasta
1850	Duckhorn	2536	\$805,000	Tiburon
1834	Hidden Hollow	2536	\$820,000	Tiburon
1175	Picket Fence	2612	\$1,000,000	Springcrest
2053	Sutter View	3081	\$1,245,000	Santa Barbara**

*Casita **View ***Expanded

Total Homes sold in Sun City per MLS 7/1/22 - 7/31/22

S.C.H.O.O.L.S.*(cont' from page 9)*

If you have volunteered in the past and would like to share your experience, contact Patti at pkington@att.net to tell your story. Others enjoy the volunteers who have been profiled in past issues of this newspaper. There are many volunteers with interesting classroom experiences.

Teachers are asking for SCHOOLS volunteers because they appreciate the help and the children look forward to having them in the classroom. To volunteer at Phoenix Continuing High School contact Irma at jmeidm@aol.com. To find out about volunteering in elementary schools K-5 contact Cyndi at ccolloton@yahoo.com.

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LH Astronomy Group

BY BILL WEAVER

On September 7, 2022, at 6:45 PM, in the Kilaga Springs Presentation Hall, National Aeronautics and Space Administration (NASA) Solar System Ambassador, Tim Pinkney, will give a presentation on Exoplanets – the latest update from the NASA files on the Exoplanet Exploration Program.

As stated by NASA, the Jet Propulsion Laboratory (JPL) is at the forefront of a burgeoning and fascinating endeavor — developing technologies to hunt for exoplanets, which are planets beyond our solar system. One of the ultimate questions scientists would like to answer eventually is whether any Earth-like exoplanets exist that could possibly harbor life.

Tim Pinkney saw his first rocket launch at the age of 13 and was immediately hooked on space. After flying off aircraft carriers for 24 years in a Naval Aviation career, his focus now is exploring the wide diversity of our amazing Solar System and sharing those remarkable details as a NASA Solar System Ambassador. For over 10 years he served on the Aerospace Museum of California's Board and was the Museum's interim Deputy Director in 2017 and 2018.

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

Weaver, LHAG President at hamweaver@wavecable.com.

LHAG Cosmology Interest Group (CIG)

The lectures and discussions on astrophysics continues in the Fine Arts room at the Orchard Creek Lodge at 6:45 PM on September 19th. Retired physics and astronomy professor Charles Hunt will survey representative planets in our solar system with an astrophysicist's eyes, asking what makes Mercury, Venus, Earth, and Jupiter so different. Why doesn't Mercury have an atmosphere? Why is Venus so much hotter than Earth? Why is Jupiter so huge? Analyze these and other riddles with the help of physical principles such as the Stefan-Boltzmann law.

The group meets on the third Monday of each month with a lecture and open discussions. These presentations are oriented to fundamental concepts and have received great attendance by the membership. The sessions are open to all SCLHCA residents. Please contact CIG Coordinator, Ron Yelton, for more information at ryelton660@aol.com.

LHAG Telescope Interest Group (TIG) Activities

This group will meet for viewing the night sky on September 27th, 2022, at the SCLHCA Sports Pavilion upper tennis courts. Observations will focus on the planets (Jupiter, Saturn and Mars) and deep sky objects. Night observations will begin after sunset (7:00 PM); however, a solar telescope will be set up after 5:00 PM to view the Sun and see large filament arcs of very dense electrified gas held in place by powerful magnetic fields.

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

Astronomical Events for the Month of September

Sep 10: Harvest Moon

In many Native American cultures, September's Full Moon is called the Full Corn Moon. This year, it is also the Full Moon closest to the September equinox, making it 2022's Harvest Moon as well.

Sep 23: September Equinox

Also known as the autumnal (fall) equinox

in the Northern Hemisphere. The September Equinox is considered by many as the first day of fall.

Sep 25: New Moon

A New Moon in the sky means no moonlight to hinder your view of stars and planets.

Sep 26: Jupiter at Opposition

The largest planet in the solar system, Jupiter, lies opposite the Sun in the sky, and is visible all night.

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

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LH Travel

BY SHERON WATKINS AND LINDA BEVINS

It is time for Fall and leaves to begin turning the beautiful colors of Autumn. September is the a beautiful month for catching with friends and planning some delightful adventures.

Please join us at the next travel shows in September as Jay of Collette vacations presents some new and details some of the tours on our schedule.

The travel show will be September 7th and 8th at our favorite restaurant -

Via Roma, 2270 Nicolaus Rd.

Dates: September 7 or September 8

Time: 3:30 pm

Cost: Free but reservations are required. E-mail Linda for reservations (djbevin17@gmail.com) and included the number of passengers and date requested.

For a current update on upcoming tours please go to the club's web site (lincolnhillstravelgroup.com). Remember if there is a tour you are interested in an it is not listed, just contact one of the committee members and they can book you on whatever you are choosing.

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

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

If you have not been receiving the monthly Lincoln Hills Travel Group newsletter, which includes Zoom links, and would like to receive it, please send your name and e-mail address to Sheron Watkins - travelgroup1h@gmail.com And it is free!

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

LH Travel Group Committee Member Contacts— Sheron Watkins: 916-849-9504, sheron55@att.net; Louise Kuret Auerbach: 916-408-0554, louisekuret@att.net;

Lyle Auerbach: 916-847-6544, lea925@att.net; Linda Bevins: 916-666-7627, djbevin17@gmail.com

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LH Italian Club

BY LINDA LUCCHETTI

Members and their guests are invited to the club's indoor street fair set for Sunday, September 18, from 12:00 to 4:00 PM at the McBean Pavilion in Lincoln.

Plenty of activities are planned, like: Trying to get a dart in the fig leaf of Michelangelo's David, having your photo taken as Mona Lisa, and tossing a ring around the neck of a wine bottle. In addition, shop around for handmade items by local crafters or bid at the Silent Auction table.

Of course, there'll be food too! Enjoy some lasagna, bread, salad, a mini-cannoli, and Italian gelato. It's all good at the street fair. Sign up no later than September 9.

For the flyer, see the website.

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

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*(more Club News cont' on page 14)***GARY'S SPRINKLER REPAIR SERVICE**

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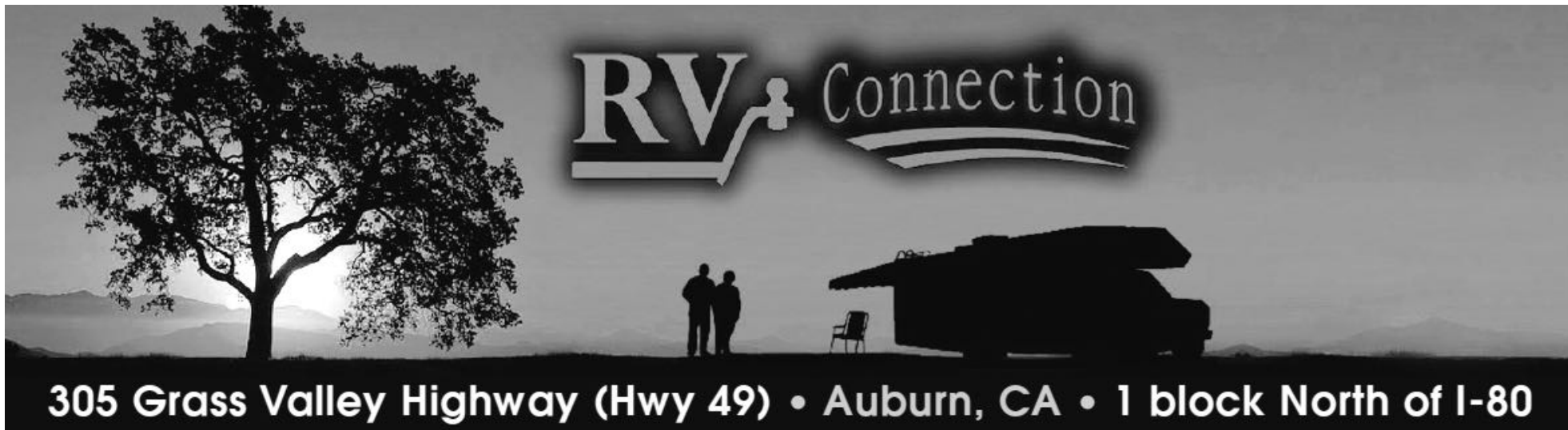
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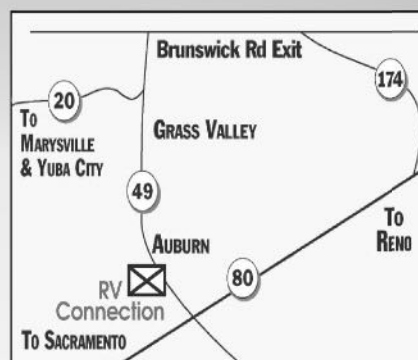
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\$700,000	\$17,500	\$10,500	\$7,000
\$800,000	\$20,000	\$12,000	\$8,000
\$900,000	\$22,500	\$13,500	\$9,000
\$1,000,000	\$25,000	\$15,000	\$10,000

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Lavender Friends

BY SANDI DOLBEE

It began with a casual comment over lunch with some other members of Lavender Friends. The club was looking for a new treasurer, he was told. The current treasurer, Nancy Sartor, was wonderful but she had termed out.

David Black thought to himself, "That's one way I can help and contribute." So he called our president, Marilyn Kupcho, and volunteered.

It became official in July, when David was unanimously elected our new treasurer at our biannual business meeting.

David is a retired horticulturalist with the federal government. A Cal-Poly grad (class of 1976), his last assignment was working in Sacramento as a trade specialist with the USDA, advising California growers on exporting their products to other countries. He grew up in Sacramento, but this time around he bought a house in Wheatland. He enjoyed the commute, especially driving back from his downtown office and passing by the rice fields and orchards of his more rural surroundings.

He moved to Lincoln Hills in June 2021, following his sister and brother-in-law, who also are residents. It was his sister who told him about Lavender Friends, a club of LGBTQ residents and their allies.



David/Black

This isn't his first gig at being a volunteer treasurer. When he was working in the Bay Area, he served as treasurer and later became the president of a local branch of the National Association of Agriculture Employees.

Although one of our newer members, David quickly became a familiar face when he took on the task of registering members as they arrived for our BBQ mixer in June.

Meanwhile, Nancy's days of crunching numbers are not done. She's now serving as treasurer for the Lincoln Hills Ladies XVIII golf club (ask her about her most recent hole-in-one).

David's motive for becoming treasurer hasn't changed since that luncheon. "It's just a way to get involved and be helpful," he says.

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Shalom Social Group

BY VIDA MORRISON

Shalom Social Group (SSG) is an active group who enjoys getting together for fun, friendship and food with an appreciation of Jewish traditions and celebrations. The membership is composed of diverse religious and ethnic backgrounds as well. We meet for General Membership meetings and/or events every month. Check out our flier in the bins at OC for more information. Last month, August, we had our Women Together Luncheon, New Member Dessert, and our Gala Dinner/Dance for 22yrs at SCLH (Sept. 10th). For info contact Margie Gulko at 916.543.5303. SunSeniorNews@gmail.com

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Veteran Group

BY BILL LEWIS

The Guest speaker for the September 15, 2022 general meeting will be retired Air Force electronics technician Bill Hanion. Bill is a Life member of the Lincoln Hills Veterans Group and will be talking about his ten years as a special operator technician in support of worldwide reconnaissance operations. His presentation will reveal the spy organization his missions supported.

September 18, 2022: U.S. Air Force 75th Anniversary In 1947, President Truman signed the National Security Act, which created a new branch of our military. In 1939, the Air Services became the Army Air Corps, which was changed to the Army Air Forces in 1942.

The LHVGNominating Committee has begun their quest for 2023 Board of Directors Candidates. Yes, it is that time again and we ask all members to consider serving because volunteers are the back bone and infrastructure of every organization. Without volunteers there is no organization. Each one of us need to ask, not what can My Veterans Group do for Me, but what can I do for My Veterans Group? Becoming a Board member is a way of giving back to the Group and gives you an opportunity to make the changes that you feel need to be implemented. Welcome Aboard to five new members James Fulcomer, U.S. Air Force; Bob Allert, U.S. Army, Ted Galvin, U.S. Navy, Del Larson, U.S. Navy, and Bill Szabo, U.S. Army..

Richard Fuller is the Chairman of the

Flag Sales Committee and can be reached at 916-409-9209 and email: mrmmap@earthlink.net to volunteer for flag sales duty. The Flag Table will be open on August 15, 2022 in the Orchard Creek Lodge Lobby for the sale of Flags at a price of \$30.00. Please Fly Your Flag Proudly and turn in your old flags for retirement when they show signs of wear. There is also a box for flags to be retired in the room next to the Main Desk in the Orchard Creek Lodge. During the month of June, we recovered and prepared 73 flags for retirement.

In Memoriam — John Dargan, Robert Lazaga, Donald A. Spiess, U.S. Air Force.

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

• • •

Alzheimer's/Dementia Caregivers Support Group

BY VALERIE JORDAN

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

The monthly general meeting is the fourth Wednesday at 1PM; all are welcome to attend, especially caregivers with recently diagnosed family members. The Wednesday September 28, 1PM general meeting in the OC

(cont' on page 15)

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Megan Carolan Martin
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Transaction Coordinator
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945 Orchard Creek Lane, Suite 300, Lincoln, CA 95648

Alzheimer's/Dementia

(cont' from page 14)

Multipurpose Room welcomes an experienced professional from Del Oro Caregiver Resource Center.

The Women's caregiver group meets the first Wednesday of every month in the OC Multi-Media room; the next meeting is October 5 at 1PM. Contact Mary-Jo Fratessa (916-759-8760).

The Men's caregiver group meets the third Thursday of every month in the OC Multi-Media room; the next meeting is September 15, 10AM-noon. Contact Ernie Drake (916-543-3482).

The Alzheimer's Association Walk to End Alzheimer's® is the world's largest fundraiser for Alzheimer's care, support and research. Multiple locations are available in our region: visit https://act.alz.org/site/SPageServer?pagename=walk_about for more details.

• • •

Bosom Buddies

BY VAL SINGER

Bosom Buddies has lost another dear member, Loretta Banducci. Loretta was with BB for many years and she will be missed by all. Condolences to Loretta's family. Bosom Buddies will have a tree planted in her name by the Arbor Foundation.

We were very fortunate to have Vicki Curtis as our speaker for our August meeting. She provided information on a very rare breast cancer called Paget's disease and the importance of being your own advocate. As Paget's is so unusual, Ms. Curtis went to various doctors before receiving an accurate diagnosis. She is a true example of when in doubt, listen to your own body. This particular cancer does not show up on a mammogram or an ultrasound. It takes a biopsy to find it. Thank goodness she persevered and is doing great today.

The Core meeting will be held on September 1st, 10:00 am, at Kathy Woodward's house. Everyone is welcome.

The Bosom Buddies 20th anniversary party and presentation of the new officers will be at the Mimi's restaurant in Roseville on September 8th at 11:30. This lunch will be instead of our regular September meeting and lunch. The menu and directions have been



forwarded via email to all members.

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

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

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

hopefully with a little fun...

• • •

Glaucoma Support Group

BY BONNIE DALE

Join us at our next meeting on September 14 at 4:00 PM in the Multimedia Room (OC). At this meeting we will discuss the importance of letting your family and friends know about your chronic disease. It is important that they know in order to be a part of your support system. Most people know what Glaucoma is, but few know the treatment for this disease. Even less understand the adaptive ways many people with Glaucoma adjust their lifestyle. This, typically, is a slow but steady process. For more information, please contact Bonnie Dale at Bjdale@aol.com

• • •

Low Vision Support Group

BY JOAN BRANT-LOVE

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

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

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

"New Developments in Eye Diseases" will be presented by Dr. Glenn Yiu, Associate Professor of Ophthalmology at the UC Davis Eye Center. His presentation will focus on cataracts, glaucoma, and macular degeneration. He will also discuss three major new areas of therapy – gene therapy, gene editing and deep learning.

Group Leader Retires

As an original founder of the SCLH Low vision Support Group, Cathy McGriff has been an integral part of the Group and served as Group Leader since 2014. The Group's founders worked with SCLH staff in 2002 to set up a support group to help meet the needs of residents living with the effects of vision disorders. She will be missed. Thank you, Cathy and Happy 20th Anniversary! Well done!

(cont' on page 17)

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Low Vision Support Group

(cont' from page 15)

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

History of the Low vision Support Group and Celebrating Our 20th Anniversary

The idea of a Low Vision Support Group was formed in 2002 by Marshall Chazen, a Sun City resident and attendee of the Vision Center classes in Auburn. Joined by Cathy McGriff, another resident, assistance was sought from the Association, State Department of Rehabilitation and the Society for the Blind. The meetings began with an exchange of ideas and experiences. In 2004 Barbara Smith took over leadership of the group and expanded the meetings to include videos from the International Low Vision Support Group (ILVSG) and speakers including doctors, vendors, representatives of community services, DMV, Society for the Blind, etc. In 2006 Patty Locke, a retired special needs teacher, joined the group and held meetings to provide information on how to adapt to lives with vision loss. Since her retirement these topics have been incorporated into the monthly meetings.

Low Vision Support Group Mission

Our mission is to provide information on current research, new technological equipment and practical application of daily living skills to enable those afflicted to maintain independence.

Group Contact: Joan Brant-Love 916-434-6095 or joan.brant-love@sbcglobal.net

Multiple Sclerosis Group

BY JERI DI FIORE

Tuesday, September 20, 1 PM, Kilaga Springs, Sierra Room, will be an opportunity to enjoy each other's company again, in person! So much to catch up with and share after our Summer Break!

Sadly two members passed recently, John Hersch and Jean Ebenholtz. Jean helped with navigating the Lincoln Hills Foundation for their generous grants. Now, want to thank Foundation Member, Linda Tinsman, for volunteering to mentor us, carrying on in Jean's absence.

If you are new to Sun City and have MS, a family member, or a friend with MS, you are

welcome to visit our friendly, relaxed group.

Questions, email 2020jerihansondifiore@gmail.com or call 916 408-7565 (leave message).

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LH Republican Club

BY SUE DUMAS

Oktoberfest 2022 Celebration, Thursday - September 29, 3:30 to 6:00 p.m. for Club Members and Guests.

Returning by popular demand, the Grand Isle Fire Brigade Band will be performing. Staying with tradition, we will have German food and entertainment, to include dancing and singing. The cost is \$22 per person. Space is limited, so get your reservations early! Make checks payable to LH Republican Club, mail to: Lena Labosky, 751 Wagon Wheel Lane, Lincoln, CA 95648. For additional information, call Lena at 916-751-9268. Newsletter and bulletin will contain additional information.

August 24th Guest Speaker, Debbie Bacigalupi MBA. Former Republican candidate for US House - 14th Congressional District. She delivered sobering and lively conversation!

There is much we can do on a local level, come to our meetings and find out more about how you can get involved.

www.RepublicanClubSCLH.org

...

Amateur Radio Group

BY DAN LEHRER, KN6DRN

We welcomed two new members to our Group, Mark, KM6HDI and Art, KI6GYY. Mark and Art are enthusiastic Hams. The equipment is working well thanks to John, NQ6Q and LC, N7VQC. Our Ham & Coffee get together will be held at KS Café September 21 at 9:00. Come on down to rag chew. Technical advice is shared by our members both at the meetings as well as privately between members. We help with programming handheld radios. Regarding the Ham Bands, we have noticed an increase in contacts on both the 17 and 20m Band with contacts made in Australia, Barbados, Italy and New Zealand, as well as the continental US. Meetings are held at the South Tower every Monday night at 6:30 PM. Our club conducts a weekly radio network at 7:00 PM every Monday on the W6LHR Repeater

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

...

Rods & Relics

BY ELNA RAGAN

In addition to the generous donations to our three charities last month, the Car Club also donated \$400 to the Lincoln Veterans of Foreign Wars and \$1500 to the Lincoln Veterans' Monument. This brings our total donations to local charities to \$228,241.00.

Plans are moving forward for the 2023 Downtown Lincoln Car Show. Voting for the new charities to be selected to receive donations from the Car show's proceeds took place at the August 18 General Business Meeting. Eight organization are in the running. The results will be announced in October.

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 our Web Site below.

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

Web Site: www.rodsnrelics.net

...

Sports Cars

BY RICHARD PEARL

A fun time was had by all at the Folsom Zoo on July 28th. The route of travel was along Highway 49 to Camino, and then into Folsom to go to the Folsom City Zoo. This facility is relatively small – about 100 animals – and is more like a sanctuary than a traditional zoo.



A Great Day at the Folsom Zoo,

After the private tour, the group headed into old town Folsom for a great lunch at the Hacienda del Rio.

An upcoming trip is scheduled for August 18th...the delayed dinner trip to The Willo Steakhouse in Nevada City. We'll report on it next month.

Finally, the Club will be participating in the city of Lincoln's Airport Open House day, October 8th. Rare aircraft, lots of classic, sports, and exotic cars. Contact Club prez Chuck for details; more to follow as we get closer to the event date.

Club contact: Richard Pearl: pennyrich@aol.com; 916-715-9666.

...

Roadrunners Motorcycle Club

BY JACQUELINE MCDERMOTT

There's no better way to take in the sights than from the seat of a motorcycle. Are you a motorcycle enthusiast that lives in the Sun City Lincoln Hills community?



Top: Doug, Bob, Manny, Jacqueline, Tim. Bottom: Dan, Gene, Shawn. Last names omitted to protect the innocent on our adventurous August ride to Pioneer, CA.

This thriving club is making great strides post-pandemic, welcoming all enthusiasts, regardless of make, model, or membership in other riding groups, whether you ride or not, to join us as we make a meaningful impact in our community while enjoying the social engagement.

We all know it's not the destination but the journey that matters. We escaped the heat on our recent well-planned adventure. We twisted our throttles to take in the beautiful scenery cruising to a peak elevation of 4242 ft,

(cont' on page 21)



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SSNLH WRITER...

Summer is gone! Can you believe it?

BY VAL SINGER

I could always count on very hot weather for the first day of school. I was so anxious to wear my new sweaters and wear them I did, sweat or not! But I was not alone. My school sisters were all dripping at the end of the day. I had one cashmere sweater which I saved for very special occasions. It had to go to the cleaners and we didn't go to the cleaners very often. Way too expensive!

But on entering high school I was introduced to DEODERANT! I had come of age! I would smear that stuff on so thick that no sweat gland had a chance of breaking through. No one was going to accuse me of having sweat rings under my arms. The guys had those but that made them look manly or so they thought. I thought of offering to buy a few of them some deodorant but I was way too shy. Besides they did get my attention with their white t-shirts with the rolled-up sleeves and sweat oozing!!! Ah, the good ole' days.

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

Lincoln Police Department Volunteer Program

The program is open to Lincoln residents, who are 21 years old or older. This ongoing recruiting effort is for those individuals who would like to volunteer either, as Front Office Staff (informational, meet and greet) or Patrol (vehicle patrol, "eyes and ears" in the community). Qualified individuals will receive training on all aspects of Police Volunteer work.

For more information, contact Roy Osborne at 915-645-4081.

Sons In Retirement

The Lincoln branch of the Sons In Retirement (SIRs) will hold a three course gourmet luncheon at Catta Verdera Country Club on Tuesday, September 20th at 11:30AM. This cost of this luncheon is \$25 per person. All attendees must have a vaccination card that shows the last vaccine occurring at least two weeks prior to the lunch or proof of a negative Covid test within 72 hours of the luncheon. All attending must sign a liability waiver upon entry. If you are interested in coming as a guest or in joining the branch please call, David Cesio 925-899-2193.

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Roadrunners Motorcycle Club

(cont' from page 17)

and enjoyed a delicious brunch at the Gibsons Roadhouse Cafe in Pioneer town.

Did you know there are many apps to download to your phone to help keep track of your routes and share them with your friends? If you use old-school maps or fancy apps, share your riding experiences with us. Reach out to Manny, our membership chairman, to learn how to join us on our next organized ride.

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

LH RV Group

BY VICTORIA WHITE

As no rallies were scheduled for July or August our members are looking forward to the Oregon/Washington trip in September where they will travel the Oregon coast stopping in a number of towns then up through Washington to the Olympic National Park with a possible visit to Vancouver Island. Twenty or so rigs will all celebrate the fall at Jackson Rancheria in Jackson this October. Our Vice President, Vicki White is busy finishing up reservations for the 2023 rallies which include the Renaissance Fair in Hollister, Diamond Lake then to Ashland Oregon for the Shakespeare Festival, the Lodi Wine Festival with a continuation

up to Plymouth, RV and lastly the Black Oak Casino RV Park in Tuolumne. Our Holiday Party will be held at the OC Ballroom with our favorite singer Steve Evans of Steve Evans Fun Company. In May we will enjoy a Luau at the sports pavilion which is being planned at this time.

If you would be interested in our group, please visit one of our meetings or call our Membership Director, Sharon. Our meetings are every 2nd Thursday of the month at 4:30 PM at KS in the Placer Room. Contact Sharon Skar, Membership Director at 916-434-7799 or marlowensharon@gmail.com for any questions.

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Democratic Club

BY VALERIE JORDAN

We are actively campaigning for our local and regional candidates in the November 8 election; many political action activities are listed at our website. We continue our volunteer service at the Placer Food Bank. Our monthly meetings on the third Thursday of the month at 6:30 PM have resumed in the Kilaga Springs Presentation Hall; join us September 15 for a speaker from the Roseville Gathering Inn, and on October 20 to meet local democratic candidates. For information about membership and our activities, please visit our website at <https://democraticclublincolncal.org>.

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Garden Group

BY LORRAINE IMMEL

Garden Group members were treated to a Tour of the Twelve Bridges High School recently. Not only did they get a view of the 4 outdoor benches we donated to the school, but the tour included all the landscaping and amazing rooms for student and faculty use. There were production rooms for plays, computer areas, cafeteria, auditorium, gymnasium, classrooms, hi-tech science labs, etc. Our heads were spinning with all the top-of-the-line equipment and resources of a High School now. Many jokes were shared as we compared our high school experience and classrooms!

The Annual Table Talk and Luncheon this September 22 will be taking the place of the General Meeting. Notice went out to the membership early and the tickets for this popular event were "gobbled up" quickly. There is a waitlist, but many times members have to make changes and then openings become available. Contact: Social Chair Debbie Schryver at dshumhaven@earthlink.net or at 916-666-1741 for information on a waitlist. Check-In begins at 10:00 AM with 4 Tables for demonstrations beginning at 10:30 AM and participants will be rotated through all 4. For those of you who have attended our Table Talk in the past, we are doing things



Garden Group Tour to Twelve Bridges High School.

a little differently this year. We are having demonstrations instead of facilitator-led discussions, and we are having a sit-down lunch instead of breakfast foods.

Planning ahead... if you miss this social there is still a General Meeting on "The Magic of Mushrooms" in October. There is no meeting in November because of Thanksgiving, but there is a Holiday Social in December. Details will be out about that, but for now-Save the December 1 date!

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(more Club News cont' on page 23)



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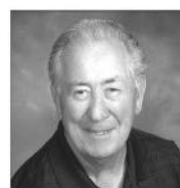
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Bird Group

BY DON BAYLIS

As you read this in September, the Bird Group will be shaking off our torpor and abandoning estivation to begin a new season of birding. August is our quiet month with no monthly meeting and no bird trips, so no activity to report.

An update on speakers for our coming meetings. Our September meeting will be Matthew Matthiessen on "Dragonflies and Damselflies". On October 10, Stephanie Ambrosia of California Department of Fish and Wildlife will speak on "Nimbus Fish Hatchery, its operations and impact on nature/birds". Our November meeting will be "Hummingbirds" by Deb and John Kilpatrick from Sierra Audubon on September 14. Deb rehabilitates hummingbird for Gold Country Wildlife Rescue, and will also educate us on making our backyards safe and attractive for hummingbirds.

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

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

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

• • •

Fishing Group

BY R.L. WINSTON FLY RODS WITH PERMISSION.

Made regularly since 1929. Hollow-fluted bamboo. Record-shattering distance casting rods. The early use of materials such as fiberglass and graphite. Pioneering, harnessing and refining the unmatched power and performance of boron/graphite composite. These are just a few examples of how, for over 85 years now, Winston has been responsible for some of the most groundbreaking advances in fly fishing. This company's history isn't just marked by dates, but by innovations.

While 1929 may be an infamous year in financial circles, it is one that is cherished by

anglers worldwide. For that's the year Robert Winther and Lew Stoner started what is known today as the R.L. Winston Rod Company.

Originally calling their San Francisco-based company the Winther-Stoner Manufacturing Co., they later combined elements from both their names, and renamed it the R.L. Winston Rod Company. Technicians at heart, they began the Winston tradition of archiving each rod with a journal entry and a serial number. Almost immediately, the bamboo rods these two men built earned a reputation for performance and exceptional quality.

In 1933, Robert Winther sold his interest in Winston to employee Red Loskot, an accomplished fly fisherman and member of the Golden Gate Angling Club. The following year, Lew Stoner developed his patented hollow-fluted rod design for use in tournament casting competition.

The Winstons built with this design were lightweight, very powerful, and would soon shatter a number of world distance casting records. Primo Livenais used a Winston surf rod in 1936 to break the world record with a 623 foot cast. In 1938, Marvin Hedge used a Winston to break the world fly casting record by 36 feet.

In 1945, Doug Merrick stopped by the shop to buy a new rod and also found himself a job at Winston. In 1953, he purchased Red Loskot's interest. When Lew Stoner died unexpectedly in 1957, Merrick became sole owner.

Winston continued to set world casting records at the Golden Gate Anglers Club led by John "Buddy" Tarantino. In the early 1950s, Winston incorporated the casting characteristics of its famous hollow-fluted rods into a new material: fiberglass.



Today Winston rods are used in almost every country in the world, by young and old, women and men, boys and girls. Proof that their reputation is solid in the angling world.

• • •



Hiking and Walking Group Picnic/BBQ at the Sports Pavilion

Hiking and Walking Group

BY STEPHANIE HUNTINGDALE

About 60 club members attended the Picnic/BBQ at the Sports Pavilion on August 11th. It was a great turnout and a wonderful time to re-connect with hiking friends. Everyone had a chance to meet new members to the club. Vice President Jim Fisher went over the results of the recent survey that was sent out about what club members were interested in doing. Debbie Schryver talked about the Walkers. A raffle was held and about 17 members went home with their prizes.

The Board thanks everyone for making this a successful event!

There were two hikes in August and many more should be planned for September

Stay safe, stay connected.

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

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

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

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

• • •

Cycling Club

BY DENNIS THOMPSON

Bicycle Odds & Ends II — The State of Colorado recently passed a law that makes it legal for bicyclists to roll through STOP signs. Cyclists in Colorado are now authorized to treat STOP signs as Yield signs. This is expected to reduce the number of incidents when vehicles hit cyclists. An analysis of data in Colorado showed that 72.2% of crashes between bicyclists and vehicles took place at intersections. The less time that cyclists spend near an intersection, the safer they are. Arkansas, Delaware, Idaho, North Dakota, Oklahoma, Oregon, Utah and Washington also allow cyclists to treat STOP signs as Yield signs.

Bicycling is much more common in Europe than the USA. It is the major mode of transportation for many, and is also a very popular form of recreation. Thousands of cyclists of all ages pedal around places like Amsterdam every day. In the Netherlands, 30% of all trips are completed by bicycle. 7 out of 8 people over 15 years old in The Netherlands own a bike. And yet, it is astonishing that almost none of them wear helmets. This is very hard to understand since helmets have been shown to provide real protection. A meta-analysis of 55 studies revealed that helmets reduce head injury by 48%, traumatic brain injury by 53%, face injury by 23%, and serious injury or death by 34%. Helmets are less protective in accidents involving vehicles.

(cont' on page 25)

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Fibromyalgia: The Invisible Illness



You wake up some days and can't get out of bed.

Most evenings, the pain is so intense you can't even make dinner for your family.

The exhaustion takes over and covers you like a heavy blanket.

And of course, the depression hits, you can't clean your house or play with your grandkids.

You wonder if you're any good to anyone when you're like this.

This was everyday life for Kelly of Sun City.

This is life with Fibromyalgia.

At Lincoln Acupuncture, we understand how debilitating Fibromyalgia can be - you're in pain all the time, you don't have the energy to do the things you love with the people you love.

"I would spend my days in bed. I couldn't even anticipate where the pain would be each day. It was an aching sensation that moves under my skin, a sensation I wish on no one. I knew my family needed me, and it was devastating to not be fully present day after day because I didn't feel well," Kelly shares.

Fibromyalgia affects the entire body, and to make things complicated, it affects everyone's body a little differently.

So how is it that we have a 90% success rate in treating Fibromyalgia? We incorporate ATP Resonance BioTherapy™. It's a cutting edge technology that targets specific tissues in the body. It then reprograms them for optimal performance, thereby amplifying the effects of acupuncture.

It's in combining the time-tested science of acupuncture and modern medical solutions like ATP Resonance BioTherapy™ and O3 Regenerative Therapy that we are giving much needed relief to those suffering with Fibromyalgia and other complicated, chronic conditions.

"All the doctors and specialists I met with couldn't offer me a real solution. I had never felt so defeated, but now, I can be the mom who hosts her kids' parties. I'm thriving, not just surviving!"

Benefits of Treatment:

- Reduce Fibro fog and improve memory, concentration, and focus
- Improve sleep and increase energy
- Reduce pain and stiffness
- Alleviate anxiety and depression
- Improve gut health

By improving these areas, we offer our patients their best chance at living a pain free life!

At Lincoln Acupuncture Clinic, an initial consultation is required to design personalized treatment programs for each individual. Call **916-884-0398** to start your healing process.

HOW WE TREAT Fibromyalgia

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2. 

We add ATP Resonance BioTherapy, improves cell function to allow the body to heal itself and relieve pain.

4. 

By designing very personalized treatment programs using these integrative therapies, we achieve measurable, long lasting results.

Cycling Club

(cont' from page 23)

A bicycle craze happened in 1896, despite a depression. In New York City, 100,000 people rode out of the City to Long Island on a typical Sunday in June, 1896. 50,000 more rode within the City. This occurred even though bicycles were quite expensive. Bicycles meant freedom, especially for women who were otherwise not allowed to stray far from home and watchful eyes. Albert Pope's brand of bikes, Columbia, sold for \$100. This was when the average employee made \$30 per month and many of the 2 million people on Manhattan Island lived in squalor. Still, many sacrificed greatly to have a bike. They often paid a deposit of \$5 and then \$10 per month to get their bike.

The first law pertaining to bicycles in the USA was enacted in New York State in 1897. Before that, there were laws that pertained to pedestrians, horses, buggies, carriages, wagons and "horseless carriages", but not to bicycles. The new law established the rights and responsibilities of bicyclists and included bicycles in the definition of "carriage". Later, laws in many other states were modeled after that New York law, and many of those had the exact, same wording.

In 1896, bicycles were also a major status symbol. One rich New Yorker paid \$500 for a silver plated bike and gave it to his wife as an anniversary gift. Another New Yorker paid a \$1,000 for a silver plated bike that had pearl handlebar grips. However, financier Diamond Jim Brady outdid all others. He built a plating factory and had a dozen Columbia bikes gold plated with silver plated spokes. He had one of those bikes monogrammed with diamonds and emeralds, and the spokes were also bejeweled. He gave that bike to Lillian Russell. Afterwards, he had the plating factory demolished, to make sure that no one else would match his bikes.

The first bicycle race in the USA took place in 1878, in Boston. That was 13 years before the game of basketball was created.

The Netherlands has about 17 million people, but 22.5 million bikes. That's 1.3 bikes per person.

Nine out of 10 people in Denmark own a bike. Only 4 out of 10 own a car. When weather is decent, most members of the Danish Parliament ride a bike to work, including the Prime Minister.

About 100 million bicycles are

manufactured each year. The result is that there are about twice as many bicycles on earth, as there are cars.

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LH Swimming and Water Walkers Club

BY ROSEMARY TANFANI

Russ Petruzzelli is a new active member of the Swimmers and Water Walkers Club.

A returning Sacramento native, he moved to Lincoln Hills in the winter of 2021, to reconnect with family and friends.

He and his wife, Kim are active in pickleball, bocce ball, table tennis and cribbage, but swimming is his favorite activity. He started as kid at his neighborhood cabana clubs in Redwood City, and Greenhaven in Sacramento, then swam competitively at Sacramento City College. He took a hiatus from water exercise during his Silicon Valley/ Navy engineering career. Then two back surgeries took him out of the pool, but he is back swimming regularly. He swims every day that he can; most often for an hour of laps. His recent 'best' is 108 laps in an hour!

Petruzzelli states, "The non-impact stretching in swimming is great therapy for the sciatica". In addition he uses a snorkel while swimming and believes his snorkel is the key. "The snorkel makes swimming an excellent aerobic activity, as it lets your breathing be independent of your stroke and pace. It also reduces twisting of the back and neck muscles."

Petruzzelli enjoys the solitude of the water, and says "It's really good for the mind. Swimming gives me the time to think. It's also nice to meet new people with like interests; amazing how often I see the same people at the pool. We are creatures of habit. If you run into me at the lap pools, ask me about my snorkel."

Club members can find detailed information on snorkels in the Club Shared Folders sent via e-mail, by President Jim Kline to all members. The Shared Folders



Russ Petruzzelli

are updated regularly by Kline and contain droves of information about water exercise and Lincoln Hills pools. Some recent additions are a video on water walking and a guideline about power running in the lap pool.

Thanks to all who attended our first club event, Hot August Splash on August 28, and helped make it a success.

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

• • •

LH Water Volleyball

BY DIANE FERRARI

As we begin to say goodbye to summer, keep those beach vibes going with fun in the pool and water volleyball. Monthly fun filled Ladies Night with music and lots of laughs. The October 7th Fall Festival at the Pavilion with food, dancing and music is approaching quickly. Several times this summer, we played outdoor Water Volleyball at the pool at Orchard Creek with a good time had by all! Want to just try it out? Join us on Free Play Saturdays. Every Saturday at Kilaga (KS) Indoor Pool starting at 9:00 a.m. It's easy to learn and great to meet new people. Don't know how to play? We provide Training and Mentorship. We welcome all levels of interested players. Find us at LHWaterVolleyball.com. Or Call Jerry Grisler 209-648-9534 for more info. The Skills and Drills classes will be held the first Tuesday night of the month, come improve your skills and learn how to be a better player. Ladies Night is the second Tuesday of each month and we invite you to bring a friend. We have a little something for everyone to enjoy in and out of the pool. Warm water, fun play and good times!

• • •

Table Tennis

BY CARL LYNCH

The best ping pong player is the one who has the most fun playing it and this could be you!!

Table tennis knows no age or shape. Table tennis is about hand quickness. Table tennis is about how fast you can shuffle your feet from one side of the table to the other. Size and date of birth don't matter in table tennis!

Why not come on down for some lively table tennis in SCLH's air-conditioned Multipurpose Room (KS)? You can play

women's men's, mixed, and singles table tennis with 7 tables, beginner to advanced. We play on a drop-in basis. Reservations are not required. Please wear non-marking tennis shoes. Loaner paddles are available. Play times are Sunday 9:00 AM to 5:00 PM (except the first Sunday of the month when play starts at 12:30 PM), Tuesdays, 6:00 to 9:00 PM, and Fridays 8:00 to 12:00 PM. We set up a table tennis ball machine on Fridays to use for intensive training and practice. The Sun City Roseville Table Tennis Club has challenged Sun City Lincoln Hills Table Tennis Club to a match on August 28th, at noon. Stay tuned for the results in next month's article.

For more information email: pingpongsclh2@gmail.com

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LH Tennis Group

BY PAM FLAHERTY

Over fifteen years ago several Sun City residents picked up a tennis racquet for the first time in their lives. Now ranging in age from mid-seventies to over eighty years old, they continue to play three to four times a week at 6:30AM during hot months and 7:00AM during cooler months. Original members who still play regularly (not pictured) are Sylvie Roberts, Pam Rogers and Mina Beyhan. Tennis brought them together and continues all these years, to bind their friendships with support and love. Kudos to a great tennis group.



Live Ball (energetic tennis game set to music) returns Sundays October 2 through November 13 from 9AM-10:30AM. Contact Steve Bringman at stevebringman@yahoo.com for information and to sign up. Also

(cont' on page 28)

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

Jim and Carolyn Filippo

(cont' from page 1)

Inc. Eventually, the family moved to Cameron Park in El Dorado County. Carolyn's mother, who lived in Santa Rosa in Marin County, became very ill and Carolyn and her family moved to Clearlake to be closer and to help care for her. When Carolyn's husband became ill, they were spending a lot of time commuting from Clearlake to the VA hospital in Rancho Cordova. One of Carolyn's friends had moved to Sun City Lincoln Hills, and she recommended it to Carolyn. Carolyn and her husband moved to the community fifteen years ago.

Even though Jim and Carolyn went their separate ways during high school, they stayed in touch and their paths crossed more than once. Jim and Carolyn and their first marriage partners all became friends. Christmas cards were exchanged. At one point, they were all living in Novato. Carolyn was working at Bank of America as a new-accounts representative in San Rafael. Jim, at this time, was employed by the Bank of America as a real estate construction project manager. He was charged with all new and renovation projects in the area, mostly in Northern California. As Jim was preparing to remodel the bank in San Rafael, he entered the bank to address staff about what to expect in construction. The first person he saw as he entered the bank was Carolyn since she was sitting at the entry desk location. He looked at her and said, "Carolyn, is that you?" She replied, "Jim, is that you?" They exchanged quick greetings and then Jim went on to his meeting with the bank manager.

When Jim was leaving the bank, he told Carolyn, "Let's get together for lunch and catch up on old times."

About two weeks later, Jim called to ask for the manager to discuss a meeting about the remodel. Carolyn asked him on the phone, "Who may I say is calling?" When Jim told her it was him, she stated, "It seems to me that someone with that name was going to take me to lunch." So, he did.

During one of his visits to inspect the progress of construction, Carolyn told him that it was very wrong that the bank did not



Jim and Carolyn Filippo on their wedding day—May 7, 2022.

have mirrors in the women's restroom. Jim thought that was not possible since specifications always provided mirrors, but she assured him that it was true. In a day or so, wall-to-wall mirrors over the washroom sinks appeared. When Carolyn entered the next morning after the installation, women were using the mirrors and asked Carolyn, "What did you have to do to get this installed?" Sweet lady that she is, she simply smiled at them.

Both Jim's and Carolyn's first spouses ended up with long-term illnesses that required care and they supported each other through the process. When both spouses died, Jim was living in Novato and Carolyn was in Sun City. They spoke on the phone a few times and agreed to meet about halfway at Mary's Pizza Parlor in Dixon. The staff at the pizza parlor became familiar with Jim and Carolyn and wondered why they only saw them every few weeks. The couple explained that they were meeting halfway between their residences. Once, on a trip that Jim and Carolyn took, some people observing them in the restaurant paid for their meal because they were enjoying watching such a "cute couple."

Eventually, they decided to tie the knot, but it was during the pandemic and there were lockdowns. They decided to wait and went on several trips. The families were all pleased at

the developments and attended the wedding this year at Jim's house in Novato. One of Carolyn's sons, Randol White, is in the media industry and he had connections so that there was a film crew available, and the wedding was covered on the local news in the Bay Area the next day. The couple has the video. Many of the family members were present and, on May 7, 2022, Jim's daughter, Shari, was ostensibly giving a party for Carolyn's ninetieth birthday that had been on April 19. The invited guests thought they were attending a birthday party but instead were witnessing Jim and Carolyn's wedding. Shari and her significant other had decorated for the occasion around the pool area with a beautiful backdrop. Carolyn's only granddaughter, Melanie was a twenty-seven-

Elk Grove, and his parents retired in Lincoln. Prior to coming to CapRadio, Randol was the first-ever news director at KCBX Public Radio on California's Central Coast. He spearheaded a newsroom from the ground up, based on NPR-style reporting guidelines blended with a strong focus on the issues and topics important to his local audience. During his tenure, Randol won the prestigious first-place Public Radio News Directors Incorporated (PRNDI) Award for his creative writing and use of sound." Many local residents may recognize his name. He is the one that orchestrated the media coverage for the wedding this spring.

The Filippos couple now splits its time between Novato and Lincoln. Jim's daughter lives in the Novato house full time and Jim and Carolyn have their own "suite." When they are in Lincoln, they stay in Carolyn's house. They are in good health. Jim stays active in several clubs he belongs to in the Bay Area, and he loves to golf. He had a pacemaker put in three years ago and had a valve replacement done one year ago. Carolyn and Jim like to walk in the Lincoln Hills gym. They have both joined the local Italian Club in Sun City. Jim enjoys his membership in the Sons of Retirement in the Bay area. He was a state officer with SIR for over twelve years and traveled all over California. SIR is a fraternal organization of retired men and has about 13,000 members in Northern and Central California.

The Filippos are an accomplished and vibrant couple. They bring a sense of joy to those who are fortunate enough to spend time with them. They have both been through difficult times and have come out the other side with positive attitudes that are simultaneously supportive and contagious. Let it be said that it is never too early or too late to find true love and sometimes there may still be some late-in-life surprises to be enjoyed.

year-old flower girl at the ceremony. There were roses all around the pool leading to the altar. All the family members present were part of the ceremony. Since Jim's son and his family from Texas could not attend because of Covid, Jim's daughter was best man and Carolyn's daughter, Susan, was matron of honor. Jim's daughter lives in Novato and his son lives in Austin, Texas. Carolyn's daughter lives in Santa Rosa and her sons live in Elk Grove and Sacramento.

Randol White, one of Carolyn's sons, is "an award-winning broadcast journalist with more than two decades of radio, television, web and print experience. He is a Northern California native with a lifelong connection to the Sacramento and Reno/Tahoe areas with several immediate family members also calling this portion of the state home. While growing up, his grandparents lived in Tahoe City and Sparks, his brother, a SacState alum, settled in



Jim and Carolyn Filippo at their junior prom in 1948.

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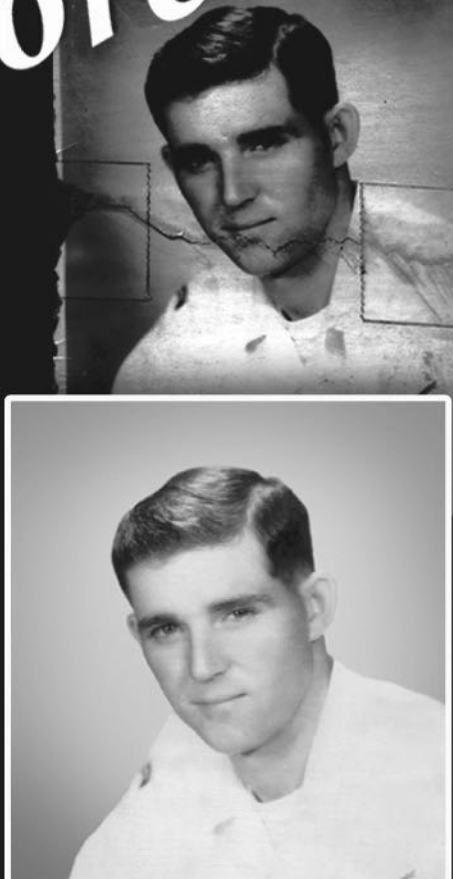
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LH Tennis Group

(cont' from page 25)

you may want to try out free Drop-in Ball Machine Practice on Saturday mornings from 8:00AM-9:20AM

Women's and Men's Double tournaments are being held September 10th. Find your partner now and be prepared for some fun tennis! Spectators welcome!

If you are new to tennis, haven't played for awhile, or are just curious about the game, sign up for a free introductory lesson with Steve at stevebringman@yahoo.com

Lessons are offered on Thursdays at 11:00am. For club orientation and to find players contact Val at vlaugtug@gmail.com

Be sure to check out our website for information on USTA matches and club information. See you on the courts!

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LH Senior Softball League

BY HEIDI MAZZOLA

Another successful co-ed Summer softball season has drawn to a close at Del Webb Field. The field is being shut down for annual maintenance from mid-September to early October after which Co-ed Fun Ball is scheduled to start. Fun Ball provides club members an opportunity to play softball in a relaxed, fun, and safe environment with the emphasis on fun. Instructions on signing up will be provided to club members by email in late September.

Looking further ahead to November, there will be an election for four open positions on the LHSSL Board for 2023. If you are interested in volunteering your time to help manage the softball program or would like more information, contact a Board Member. Contact information is on the website.

Lastly, a word of thanks to the volunteers who keep this league going. The umpires, scorekeepers, field crew, announcers, photographers, web master, hot dog day workers, the list goes on. What a great group of people pitching in to keep us playing in style. Thank you!

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

Website: LHSSL.net

...

Mad Hatters Bocce Group

BY RUSS PETRUZZELLI

Leadership Hand-Off. The Mad Hatters say goodbye to Paul Mac Garvey and hello to Russ Petruzzelli as leadership of the bocce group changes hands. Many thanks to Paul for his years of volunteer work to keep the bocce balls rolling each week. It is no small feat to stay on top of the communications, and association paperwork, meetings, and reporting requirements. Well done Paul!

Everyone is welcome. The Mad Hatters play year-around each Thursday morning. Play starts at 8 am in the hot summer months.

(cont' on page 29)



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Mad Hatters Bocce Group

(cont' from page 28)

All SCLH residents are welcome. Teams are formed on-the-fly each week so just show up! The focus is on recreation not competition so we rotate players & teams with each 20 minute round. It's a great way to meet new people.

Smoothing the Courts. SCLH Facilities Maintenance has begun rolling the courts to level the surface of the courts. They will regularly roll the courts to keep them smooth. Send us your feedback; let us know how straight the balls roll.

New League. The "Night Owls" have begun playing under the leadership of Jack Linder. They had a great turnout for their recent inaugural evening session. If 8 am is too early for you, try his group Tuesdays at 7:00 PM. (Contact Jack: mmxnbond@gmail.com / 707-880-9279)

New, inexperienced, and handicapped players are always welcome. Don't know how to play? Just show up. We'll guide you. Mad Hatters Contact: Russ Petruzzelli, LHBocce@gmail.com / 408-439-1848.

• • •

SCLH Pickleball Club

BY MOLLY MORRIS

Pickleball is now such a popular sport that it is being broadcast on national network television! The first tournament broadcast was the Skechers Invitational held at Riviera Country Club in Pacific Palisades, CA, in

August.

How did pickleball get its name? Many believe the game was named after a dog named Pickles. Actually, the dog got his name from the game, not vice-versa. As anyone who has read the book, Boys in the Boat by Daniel James Brown knows, rowing is a huge sport in Washington state. In rowing, a 'pickle boat' is a crew thrown together from a mish-mash of available rowers. This is a bit like pickleball — a game thrown together by 2 dads in a Washington driveway as a way to entertain the kids; combining several sports like badminton, tennis, and ping pong.

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

On October 1st, the fall schedule begins for the club. Drill classes and competitive ladders will resume. If you are a new member or have never taken part in a ladder and want to participate, the application is on the club website under the Members Only tab.

If you need further information or have questions regarding pickleball, email Molly Morris at mollyfmmorris@gmail.com

• • •

Lincsters 9-Hole Golf Club

BY CAROLE EUBANKS

Tournament News — The Luau on the Links Scramble was held on August 1st. We

wish to thank Edna Linville for chairing this event. Don't know if she ordered the cooler weather we enjoyed, but it was perfect, allowing the players to avoid most of the heat that summers can bring to Lincoln. For those of you that were not able to stay after golf, here is a list of the lucky winners:

• First Place - Score of 41 minus 18 handicap = Net 23!

\$18 each will be added to their LH Sweeps Account. Winners were Judy Matson, Linda Mateer, Charlotte Raifaisen, and Beth Rader.

• Second Place - Score of 42 minus 14 handicap = Net 28.

\$14 each will be added to their LH Sweeps Account. Winners were Brenda Cook, Jane Hall, Lorayne Henderson, and Jan Nelson

• Third Place - Score of 50 minus 22 handicap = Net 28

\$9 each will be added to their LH Sweeps Account. Winners were Kathy Lindner, Joan Sprague, Sharon Leininger, and Cheryl Brindley.

(There was a card-off using Hole #14 to break the tie between Second Place and Third Place.)

Closest to the Pin! Sue Pharis's approach shot put her 11' 10" from the pin. Way to go Sue!

Other events on the calendar are the Tin Cup T (September 14th), the Breast Cancer Tournament (October 11), and the Turkey Trot Scramble (November 9th). More details soon.

Breast Cancer Tournament Update (October 11th) — Summer is almost over, which means the October Breast Cancer golf tournament is not far off. Please consider

helping our own Ingela Butters with this worthy cause. You can:

• Sell a tee sponsor. If you need help or more information, contact Kim Hall (408-396-8171). She will go with you, or for you, with your referral — your choice. She is very hard to say No to and loves to work for a cause. Kim has the master list of previous contacts so check with her to avoid duplication.

• Donate an experience or service. Think of experiences you would enjoy with your friends, like concert/movie/sports tickets, restaurant vouchers, books, green fees, wine/craft beer, to name just a few. Gift cards are always welcome, as are services like pet sitting, mani-pedi, beauty and makeup counseling, personal trainer, or gym memberships.

• Gift baskets donations. Marnie Badgley hosted gift basket creators at her house on August 15th. Beautiful baskets! Great fun!

And remember, the print deadline for program acknowledgements is September 30th. Send Ingela your updates so she can pass them along to the print chair before the September deadline.

Stats for July — Short game divas for July include the following talented women:

• Chip-ins: Pat McMurray, Sue Pharis, Lora Finnegan, Fran Rivera, Donna Ray

• Birdies: Pat McMurray (2), Margie Jewett, Sue Pharis, Mary D'Agostini

• Closest to the Pin: Pat McMurray (2), Margie Jewett, Mary D'Agostini.

• • •

(more Club News cont' on page 30)



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AMOS RC Club's Jet Event to Benefit Wounded Warrior Project

The Associated Modelers of Sacramento (AMOS) radio control model aircraft club will hold its biggest event of the year Sept 8-10. The 3-day "Thunder in the Valley" jet rally will be the 4th charity fund raiser sponsored by AMOS this year. It will take place at the club field located at 4015 East Catlett Rd in Lincoln, one mile west of the Thunder Valley Casino. Like last year's jet event which raised over \$19,000, this one will benefit the Wounded Warrior Project.



AMOS expects over 100 turbine-powered radio controlled model planes flown by about 50 pilots from all over the southwest. Many of the planes are very large, 8 to 10 feet long, and are often scale models of real military jet fighters.

The event and parking are free to the public and there is plenty of shaded and water-cooled seating so spectators are comfortable even on the hottest days. Food and drink will be available all day and there is a seated dinner each evening in very large, cooled tents.

For additional information, visit AMOSRC.com.

Ladies Golf — 18 Holers

BY CANDICE KOROPP

We closed out July with two weeks on the Hills course, the ladies preferred course. Dunipace and McNiff put on a Cha Cha Cha, a fun team event on the 21st. Team Boore, Cameron, Marshall, and Sams won by two strokes over the field, while the team of Feldman, Koropp, McWilliams and Tipton took second in a tiebreaker with Blaney, Hing, Seagraves and Thom. Then, the last week of July, Bedford hosted a Stableford. Blackburn walked away from the field, scoring 41. Tilton birdied 17 on the way to a 40 on the back nine to take second in a tiebreaker with McCoy. Bedford pured a four-foot putt for birdie on 12, and earned the CTP for the day.

Our monthly NetChix winner for August is Feldman, netting one under par for the day. Tilton and Watson had lower scores, but had been previous winners this year. Flight winners were Tilton, Watson, McCann, Tamanti and Carr. Only three birdies were recorded on the day, Blaney and Warren on seven and Tilton on 17. Tilton was only a stroke away from breaking 80, a goal she set this year. Additionally, Brinkerhoff had a rare par on 18, and Boore captured the CTP on 12.

The Championship is coming in mid-September. It takes 10 games to qualify and there are many chances to win as there are gross and net scores in each flight. There is nothing to lose by playing for the many prizes that are awarded. Sign-ups continue.

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LH Men's Golf Club

BY MIKE MCBACK

This year starts our first annual Member/Guest Invitational tournament. This tournament is on October 25 with a first tee time of 8:30. Please watch for more information on <https://www.facebook.com/groups/mgclh> or on this month's Linksletter.

The Men's Golf Club of Lincoln Hills has started a Facebook Club Page <https://www.facebook.com/groups/mgclh>, and you're invited! If you have Facebook, I hope you'll ask for an invite and join in on the fun, humor, and information sharing. We have 38 members currently but looking for many more. Come join the fun.

I'm looking for member stories, pictures, or videos or all three. Please start sending them to mgclhmcback@gmail.com, I want to highlight what's going on with our members.

...

LH Billiards Group

BY RANDY FANN

Like shooting 8 ball ... but you're looking for more of a challenge. Do we have one for you. The Challengers Tournament, every Friday at 10.00 am, plays "1 and 15." It's a variation of 8 ball but now a player must pocket the 1 or 15 ball in the appropriate side pocket. (The 1 ball to the right-side pocket; 15 to the left.)

Dan Oden is the tournament leader. So if you are up to the "challenge," bring your "A" game. New players will be given instructions



Dave Polvi and Susan Voight

on play.

Additional practice is given on Wednesdays by our club president, Dante Jannicelli, along with Mike Greaney.

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

The Players Tournament — The tournament is administered by Tournament Leader Dan Oden (right).

The August 5th tournament was Bob Soriano. Tied for second place were Ron Sato and Dan Oden.

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

The July Mentoring Cue Stick Giveaway
On the first Tuesday of each month, the Mentoring team have a drawing and award a donated cue stick to an attendee. The winner must be a Lincoln Hills Billiards Group member and not own their own cue stick.

The July's winner was Susan Voight, pictured with Program Director Dave Polvi.

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

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

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

Not to be forgotten are our Summer Fun Get Together in September as well as our legendary Holiday Party in December. More details to come. Contact Randy Fann (randyfann@gmail.com) for information on the Summer Fun Get Together.

Billiards Group Tournament Schedule by Day of the Week

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

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

Rack-N-Roll 2.00 PM to 5:30 PM. Teams play straight 8 Ball, 8 ball with 1/15, or 9 ball. Entry fee is \$2. 100% of the fee returned to players as a prize. The type of game to be played will be announced by the tournament leader

(cont' on page 33)

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LH Billiards Group

(cont' from page 31)

(TL) before the tournament starts.

Wayne Buchanan 925-286-5466 waaane@yahoo.com

Tuesday — Mentoring 9:00 AM-9:15 AM sign in for first session of 9:15 AM to 10:15 AM. Second session sign is 10:15 AM to 10:30 AM with play from 10:30 AM to 11:30 AM. All levels of play from inexperienced to advanced players.

Dave Polvi 925-918-5720 dpolvi55@gmail.com

Ladies Tournament Check-in 12:45 PM to 1 PM. Play starts at 1:00 PM. Six games at 17 minutes each game. Beginners to intermediate. First Tuesday of month straight eight will be played. Then 8 Ball (1/15) played remainder of month.

Shirley Varner 916-408-7399 jsvarner@att.net

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

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

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

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

Ted Komaki 916 543-7158 tedevkom@sbcglobal.net

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

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

Rich Lujan 408-781-5815 rlujan1234@aol.com

Thursday — Upstarts Sign in 11:30 AM to 11:45 AM. Play from 11:45 AM to 2:00 PM. Intermediate for 8 Ball Random Doubles. Advance signup last Thursday for following month. Play six 17-minute games or until 2:00 PM.

Rita Rush 503-780-0962 ritaqueenof@gmail.com

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

Sue Polvi 248-767-5833 spolvi1@aol.com

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

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

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

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

• • •

Bowling League Forming

BY PAT OLIVE

Bowling League Forming at Strikes Unlimited — Meet people, make new friends, have fun, and get some moderate exercise all in one place! If you are a long-time bowler, returning after a hiatus, or new to the sport, you are invited and will be welcomed with big smiles by the LH Thursday PM bowling league.

The organizational meeting for LH Thursday PM fall bowling league will be held on Thursday, September 1, 2022, at 1:00 p.m., at Strikes Unlimited in Rocklin, 5661 Lone Tree Boulevard, Rocklin, CA 95765. Meeting will be called to order at 1:00 p.m.

LH Thursday PM is a handicapped league for active seniors, age 55 and over. It is a mixed league consisting of four bowlers per team. The league will start on September 8th. Practice time will begin promptly at 1:00 p.m. with bowling commencing at 1:15 p.m.

This is a sanctioned league and a valid 2022-2023 USBC (i.e., United States Bowling Congress) membership will be required in order to bowl. Membership can be purchased through the league or on-line at Bowl.com. The league rules are based on USBC guidelines, with modifications as may be approved by members present at the organizational meeting.

The weekly fees will also be approved by members present at the September 1st meeting.

This is a really fun league. There have been many returning bowlers each year, with an average of 12 to 16 teams participating. We

invite anyone interested in bowling to attend the September 1st meeting.

If you would like more information or would like to pre-register a full or partial team, or sign up individually, please contact: Linda Zierman, Secretary, phone 916-580-4711; or Paul Carroll, President, phone 925-487-8311.

• • •

Cribbage Club

BY MEL SWITZER

Well, the summer is about over but the following “hot shots” were all roasting their opponents during last month’s Cribbage play in the Sun City Cribbage Club tournaments. The winners and the sessions were: Dory Maske on 7/12, Howard Beaumont on 7/19, Lana Venturi on 7/26, Dory Maske again on 8/2 and Club President Rae Cook on 8/9.

Congratulations to all of them but how about showing some mercy to the rest of us???

On any typical Tuesday, we get around 22 to 26 Cribbage players, who are all ready to take home “The Prize.” Starting out, everyone remembers to never lead with a 5 but try to lead with a 4 or less. Everyone thinks that today is their day. Visions of Double Runs dance in their heads. Flushes are always a huge plus and face cards and 5’s are always welcome.

Aces!!! I have two aces, WOW. Today’s my day!!! Then the Cow Bell rings! Sweaty palms and a happy smile arise as you look at your beautiful hand that was just dealt to you.

(cont' on page 38)

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Neighborhood Watch

BY TERESA TANIN

Volunteers Prepare for October 4 National Night Out! — September is National Preparedness Month and Neighborhood Watch volunteers continue to prepare for the October 4, National Night Out—a time to thank our first responders and show would-be criminals that our community is prepared to discourage crime! Whether neighbors decide to celebrate in their own backyards, garage driveways, or close off a street, our volunteers are here to help. Visit NW website schwatch.org under Documents for NNO Guidelines or email NNOCoordinator@schwatch.org for more information. Be sure to take a group photo of your NNO event and email to NWritersCoordinator@schwatch.org indicating your Village#/MS#/Visiting officials names. Only a few “actual size” high quality photos will be published, so send them by the October 10 deadline. For those not hosting their own NNO event, Neighborhood Watch is holding a special NNO event at the SCLH Sports Pavilion, October 4, 4:00-7:00 PM.

Neighborhood Watch SCLHWATCH.ORG Mission Statement:

- Strengthen neighborhood ties
 - Increase personal safety & security awareness
 - Be the “eyes and ears” of the Lincoln Police & Fire Departments
 - Encourage emergency preparedness
- Strengthening Neighborhood Ties:

Knowing your neighbors is your first line of defense. Residents are encouraged to get to know their neighbors—the “eyes and ears” in your neighborhood. Neighbors usually know who comes and goes, their cars, and even help with garbage cans. So exchange phone numbers and check on each other when you can. Help is only a phone call or text away. Call your Mailbox Captain if there is an incident that requires a neighbor’s front door key or garage code. Such information has been provided

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OPEN TO: ALL RESIDENTS, MAILBOX CAPTAINS, COORDINATORS, DIRECTORS, & SUPPORT GROUP MEMBERS

DATE: Tuesday, October 4, 2022

TIME: 4:00 to 7:00 PM

WHERE: Sports Pavilion



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Contact NW early to establish an accurate catering head-count!
Email RSVP to: NNOCoordinator@schwatch.org or call Suzanne Rosevold at 775-790-0835 by Saturday, October 1, 2022.

to the Mailbox Captain on your block---they can help!

All residents of Sun City Lincoln Hills are automatically members of Neighborhood Watch and benefit from the many safety and security programs implemented by our dedicated volunteers. Each resident is encouraged to learn more about these programs. Visit the NW website schwatch.org for helpful information, including “who to call,” “who is my Mailbox Captain?” “Report an Incident,” past & current “Alerts,” New “Mobile Vial of Life” information, “Want to Volunteer?” and much, much more. Neighborhood Watch is always interested in adding new volunteers. Volunteer as a Mailbox Captain (manage residents emergency contact information), or a Coordinator (manage Mailbox Captains in your Village, or a Director (manage the operation of the organization), or a Support Group member (manage Crime or Pet Alerts), or if you are experienced in website management, this could be the chance to help streamline the NW website. It is a challenge to keep up a website and NW could use your expertise. Contact ExecutiveDirector@schwatch.org if you accept the challenge!

The next question/answer/training session is September 9, 2:00 to 3:30 PM, Fine Arts Room, Orchard Creek Lodge, Sun City Lincoln Hills, for new and continuing volunteers. Please rsvp by emailing: trainingcoordinator@schwatch.org to assure a seat. Volunteers should bring their iPad for one-on-one help. “Training” tutorials are also available on line. Visit NW website at schwatch.org.

Neighborhood Watch is pleased to announce Lynn White as the new Coordinator for Village 19B, while she continues to serve as a Mailbox Captain. We are grateful for her dedication. Without volunteers like Lynn, Neighborhood Watch could not be successful. Thank you Lynn!

Increase Personal Safety and Security Awareness:

To better serve our community and fulfill our Neighborhood Watch Mission to “Increase Personal Safety and Security Awareness,” the Neighborhood Watch Alerts Team has compiled a list of frequently asked Safety and Security Questions for our residents. This and other safety and security related documents and flyers are available at the NW website: schwatch.org “security.”

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

It has been brought to our attention that not all crimes committed in Sun City Lincoln Hills are being reported to the Lincoln Police Department. To proactively address this trend, the Lincoln Police Department recently contacted Neighborhood Watch and asked that we share the following.

Six (6) Reasons why reporting a crime is always a good idea:

1. Police can only investigate if the crime has been reported
2. It gives the police a time frame and points out “hot spots”
3. It helps them determine the Modus Operandi of criminals

4. They might be able to locate evidence, which can possibly link them to existing or future cases

5. Officers sometimes locate property presumed to be stolen, however if it’s not reported they are unable locate the owner.

6. Reporting the crime is important for accurate crime stats. This gives law enforcement more leverage to request extra police officers, vehicles, etc.

If you or your neighbors experience a situation that is not an emergency but needs to be reported right away, you can file a report directly to the Lincoln Police on line and receive a copy of the report once submitted.

You can report a crime online directly to the Lincoln Police: The online citizen police report system allows you to submit a report immediately and print a copy of the police report for free. To file a report go to www.lincolncalifornia.gov/en/living-here/report-a-problem. Continue to be the “Eyes & Ears of the Lincoln Police and Fire Departments” by reporting crimes in your neighborhood.


Of course in an emergency always call 911. TEXT911, if you cannot call. Your first message should be your location. See NW website schwatch.org for more detailed instructions. Should you notice a non-emergency issue on Community Association common areas, contact the Association Curator Security at 916-771-7185. If you are not sure, call the Lincoln Police non-emergency number 916-645-4040. Also available is “Report An Incident” on the NW website. Report unusual persons or incidents and report details such as descriptions of persons and vehicle license plates, if possible.

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




For current and past “Alerts” including safety and security tips, please visit the NW website schwatch.org

Placer County recently announced the new National Suicide Hotline. Anyone in the U.S. can call or text 988 to reach mental health professionals who are ready to help.

Neighborhood Watch welcomes “Neighborhood Watch Helping Neighbors” stories. Email your short stories (paragraph) to NWritersCoordinator@schwatch.org. For each story chosen, the submitting resident will receive a \$25 SCLH gift card as thanks for their great story—get to writing!



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SSNLH WRITER...

Living in LH — Sharing our Space with Wild Nature

BY MARY ROY

This took place about ten years ago. It's early in the evening, the golf courses are clear, it's a good time to go for a nice summer evening walk. I live near the end of hole #4, about 360 yards long, surrounded by houses on both sides. I begin my walk up this long fairway, then I cross Farmgate, and proceed down to hole number 3, another long par four, a downhill easy walk. It takes me to the green of number 2, a long 557 yards, par 5. This fairway is a little climb, houses on the right, and a ravine on the left. I walk the entire uphill fairway.

At the beginning of this hole there's a large body of water, which is fed by a running brook on one end. I'm about to cross the bridge above the brook, but as I look to my left admiring the beautiful lake, I see "HIM". He's not a very big, but if you're like me a little uncomfortable with wild life, you'd probably freeze too. Facing a coyote at the edge of the lake, standing guard at the tee box.

(Where our brave golfers have to drive their first golf shot 170 yards over the water into the center of the fairway, one of the most challenging holes on the "Hills" course.) I'm frozen, he's looking at me! Should I run back? He'll probably chase me, but if I continue on the path, it gets a little too close for comfort!

I'm not carrying anything that could be used as a weapon. All I have in my possession is my flip cellphone (Yes, this was prior to my smart phone). I look to the right, I notice the big house with a few window facing the golf course. I'm hoping that maybe someone will notice and witness my danger, and somehow they'll come to my rescue, or at least when my body is discovered they'll know by some electronic miracle of my flip phone, what happened to me...

I slowly and carefully bent down and picked up two rocks. "I must at least try to fight for my life". Oh God? Why is this ferocious animal still looking at me?

I make the next several feet around some trees, and minutes later, I'm out of it's sight. Suddenly, I hear the sound of a golf cart, coming from behind me being driven by two young men, laughing and talking. "Evening maam". "Oh! Hello." "Did you kids see that coyote?" "Yes," one replies, and then the other one says... "You know he's fake, right?" "Yes, of course", I lied.

We welcome your submissions such as humorous observations and poetry.

Please see page 3 for submissions information.



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Observations Takes Another Look at Old Age

BY MARTIN GREEN

Every now and then, usually when I've forgotten something, or dropped something, or can't find something, I stop and think, "Well, I'm 92 years old, what do you expect of me?" It's been a while since I've had some observations on being old so I thought I'd try a few this month. First, I want to go back to a little book by author, editor, critic Malcolm Cowley called "The View from 80." I recently re-read it and I think it still gives the best account of realizing that you've become old.

Cowley writes that he feels okay when sitting back in a comfortable chair and feels that he might get up and go hunting or fishing (Cowley must have lived in the country). But then "he creaks to his feet, bending forward to keep his balance, and realizes he will do nothing of the sort. The body and its surroundings have their messages for him, or only one message: You are old." In my own case, as long as I'm sitting in my comfortable chair, a Lazyboy recliner, I feel reasonably okay and might feel that I'll get up and play a set or two of tennis. As soon as I try to stand, pushing up using my elbows on the arm rests and leaning forward (nose over toes) I realize that my tennis days are long since over. I'm lucky if I can hobble from one room to another.

Getting out of a chair is possibly the hardest thing I have to do since getting old, really old. Cowley goes on to give a list of other things that tells the oldster that yes, he's old.

One is "when it becomes an achievement to do thoughtfully, step by step, what he once did instinctively." Another is "when he can't stand on one leg and has trouble pulling on his pants."

Getting dressed in the morning is something I used to do without giving it much thought. Now it has become a process. I hold onto a dresser to get into my pants without toppling over. Shirt buttons often present a problem, especially those on shirts whose designer thought it was a good idea to hide the buttonholes. Getting into socks and shoes now requires some acrobatics.

Cowley cites the oldster's having many pill bottles in his medicine cabinet. Beverly and I keep ours in our kitchen cabinet and every morning begins with the regime of pill-taking. I have the most fun with my blood pressure pills, which, for some reason, consist of three tiny white pills of one kind and a tiny green pill of another kind, which like to slide around the kitchen counter as I'm trying to corral them.

Cowley also cites "when it becomes harder to bear in mind more than two things at once." Forgetfulness is of course common in old age and I've learned that when I think I have to do something it's best to do it at once. For example, I just now remembered that I was going to get clean towels for my bathroom but I also wanted to take out the garbage, which I did, and so didn't do the towels. If I wasn't writing

this I'd get up and do the towels right away. It remains to be seen if I'll still remember the towels when I'm finished writing.

Cowley cites "when he decides not to drive at night any more." Yes, driving becomes a problem for oldsters. For some reason, it has become stressful for me and I find myself keeping my distance from cars in front of me and being ready to brake at any moment. Maybe it's because I know my reflexes aren't as quick as they used to be and I want to react if needed. Beverly and I haven't driven at night for a long time and haven't driven on freeways for even longer. At the same time, we want to be able to get to places, like the Lodge and the nearest supermarket or pharmacy, and not be confined to our house. At present, we still drive on short trips and possibly the worst thing is trying to get in and out of the car, something that becomes more difficult each time. I looked and my driver's license expires at the end of 2024, at which time I'll probably call it quits.

In last month's "Observations", I started by enumerating all of the bad things going on in today's world. A good thing about being an oldster is that we can look upon these with some equanimity because we probably won't be here for the worst, as when Social Security and Medicare run out of money. And besides we've been through worse---the Great Depression, WWII, Korea, Vietnam, the 60's---and we're still here.

Cowley ends his book by writing that "every old person needs a work project if he wants to keep himself more alive."

I'm not sure that this is true but, as I've written here before, it does help to have some achievable short-range goal in your life, even if it's just to get through the day. Another writer, whose name I've forgotten, cites some cases of oldsters who have projects they'll never be able to complete to keep them active and interested.

Taking off on this I've written some stories in which a writer keeps fending off Death, who's come to collect him, by saying he still hadn't finished with his memoirs and this is important because otherwise who would remember him? Maybe I'll use this argument for myself when the time comes.

Meanwhile, I'll end this "Observations" now and see if I can remember to change those towels.

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Cribbage Club

(cont' from page 33)

You are getting goose bumps. This is my lucky day, Finally! But try to remember to show your best “poker face”.

However, your partner looks like he is questioning why he showed up today. “I showered for this?”

You cannot ask for a new set of cards, can you, he says. Reluctantly, you and your partner along with your two opponents throw you a card into your “cat” and the game is on. When the dust settles, after one round, your team “blue” is up by eight points, thanks in part to those two aces. Life is good and here comes 5 more cards; more opportunities to score “blue” points and help forge your way to victory!

Are you intrigued yet? It's a lot of fun and even if you have the worst luck for the whole day, you are rewarded with your money back.

So if you can count to 31; know that a Queen and a King card are both worth 10 points; remember what a “run” is and can deal 20 cards out to yourself and three other players, you're in!

You may even get to cut the deck occasionally too. I know you want to play. So, here is the information!

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

Dad (Grandpa) jokes abound and cackling is allowed.

It's amazing to realize how many “closet” cribbage players there are in Sun City! New players generally show up weekly. If you come out and play, we will help you count your hands and we will not charge for our expert tutoring.

So, dust off the cobwebs and recall all of the good times you had playing Cribbage with your grandpa. We will make room for you on any Tuesday morning at 8:30 in the card room.

Unquestionably, we will show you how to play Cribbage and smile simultaneously.

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

• • •

Duplicate Bridge

BY SUSAN BRENDEN

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

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

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

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

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Michelle's Featured Listing



325 Cloverfield Court - Pinehill w/ 2.5 Car Garage

This ever-popular immaculate Pinehill is new to the market and sure to go fast! A resident favorite when it comes to floor plans, this home offers 2 bedrooms, 2 bathrooms plus a den/office which could also work as a third bedroom. Too many upgrades to mention which include engineered wood floors, plantation shutters, updated and upgraded cabinetry in the kitchen with granite counter tops, recessed lighting, ceiling fans, bump out in the master bedroom for added space and central vac. The covered back patio is perfect for shade while you enjoy the lush landscape. The spacious garage is oversized at 2.5 car and oodles of garage cabinets. BONUS - Kitec plumbing was just replaced prior to going on the market.

Offered at \$629,000



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CRAFT FAIRE AND BAKE SALE IS BACK on November 4th and 5th featuring 40+ crafters. Lincoln Community Church, 950 E Joiner Parkway, Lincoln. Lunch available for purchase from 11 AM to 2 PM.

PARKINSON'S SUPPORT GROUP: Meets the 3rd Tuesday of each month from 10-11:30am. Location: Lincoln Community Church, 950 E. Joiner Parkway, Lincoln. Please wear a mask if not vaccinated. Questions? Call facilitators Gary High 916-434-5905 or Christine Grmolys 916-769-0449.

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

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