

SUN SENIOR NEWS

Your Community News Source — Serving Sun City Roseville — Online at: SUNSENIORNEWS.COM



IN THIS ISSUE

Roseville Named One of the Best Places to Live...	3
Singers, Drama, Harmonicoots.....	5
Dance, Creative Arts	7
Fine Arts, Needle Arts.....	7
Executive Director Comments.....	9
Neighborhood Watch.....	10
Cinema, International Social, Solo Friends.....	11
Compliance, Governmental Affairs, Website	12
Architectural Review, Sunshine Services.....	13
Jewish Fellowship, Democrats, Travel.....	14
Socrates Cafe, Stamp, Conservative Action	15
Computer, Boomer Generation.....	17
Rods & Relics, Mantra Meditation, Veterans	17
Republican, Garden, Birders, Hiking, Cycling....	19
Pickleball, Bocce.....	20
Cornhole, Croquet, Table Tennis.....	21
Tennis, Softball, He & She Golf.....	23
Sierra Pines Ladies Golf.....	23
Timber Creek Women's Golf.....	27
Timber Creek Men's Golf, Golden Niners.....	27
Court & Water Volleyball.....	27
Bowling, Mah Jongg.....	27
Safety First	28
Observations	29
Bridge, Bunco	30
Sun Senior News Classifieds.....	31

And Much More . . .

PRSRT STD
U.S. POSTAGE
PAID
ROSEVILLE, CA
PERMIT NO. 70

Sun Senior News
5098 Foothills Blvd., #3-405
Roseville, CA 95747

ECRWSS
RESIDENT
ROSEVILLE, CA 95747

Marge Knight – The Candy Lady

BY JENNIFER MARTIN

Attention all golfers: The candy lady's back! If you've ever played the 9-hole Sierra Pines Golf Course in October, you'll know who she is, although up until now, you probably didn't know her name. Marge Knight is known for her fun-filled and spirited (literally) Halloween display at her house whose backyard faces the 5th tee.

Every year, Marge lines her patio's knee wall with bright pumpkins, attaches scary ghosts to her trees, and puts out bowls of candy and cookies, sometimes offered by an animated butler which is activated when you reach for a treat. It's a tradition born out of her love for her favorite holiday, Halloween.

Born in Fredonia, New York, Marge grew up with three sisters and one brother. Wanting a bigger environment than her small town offered, she left Fredonia at age 18. She took business courses and learned to type 120 words per minute on a manual typewriter. She also mastered shorthand at 120 words per minute



PHOTO BY JENNIFER MARTIN

and soon landed a job in Washington, D. C. working for the Department of the Navy. Subsequently, she worked for several trade associations and an anti-trust law firm.

She met her future husband, Jim, at the Naval Officers Club in Washington, D.C. A lieutenant in the Navy, Jim had just returned from a two-year assignment in Turkey. The couple married in 1965. In 1966, when their son Dennis was three months old, Jim was on assignment for a year on a ship in the South China Sea, off the coast of Viet Nam. When he returned, Dennis was 15 months years old. That's when Jim decided it was time to leave the Navy to spend more time with his family. He began working in Palo Alto for Ford Aerospace, now known as Lockheed Martin, an aerospace, arms, defense, information security, and technology corporation.

Marge and Jim lived and raised their children in San Jose. Today, son Dennis is a
(cont' on page 25)

SCR Foundation 2022

BY LISA CRYAN



The Foundation's Board of Directors is always thinking of our mission to address the physical, cultural, educational, and social needs of our community. This summer we had plans to offer a series of Financial Planning presentations, however, based on low attendance of our first event we decided to cancel the series. We will continue to brainstorm and test other ideas in the future.

Foundation Fun Fact: In 1996, with approximately 300 occupied homes in SCR, the Foundation's first Home Maintenance Team became operational. Twenty-five years later, the team now serves 3,000+ homes along with an increasingly older population who have come to rely on its services. This year the team has visited 722 homes in our community and performed over 962 maintenance items. To accommodate this volume, the team has had to scale back on services to address the community's most immediate needs. It is important to know that the team will call you on the day of service to arrange a time for their visit. You can help the team be as efficient as possible by answering your phone when they call and being flexible with the timing of their visit.

As the Foundation's Home Maintenance Program depends on volunteers, we are always recruiting new team members. If you would like to join the Home Maintenance Team,
(cont' on page 31)

All Tuned Up

BY GERRY CAPELLINO

"All Tuned Up" (ATU) is a resident group consisting of musicians who play an instrument and/or sing. We welcome all activity card-holding residents whether you play an instrument, sing or just come to listen.

"ATU" meets each Thursday at 9 a.m. in the Ponderosa Room at Sierra Pines. Members are required to sign the attendance sheet which will always be located on a table near the side entrance to the Ponderosa Room.

This year's officers are: President, Ken Roberts; Vice Presidents, Cory Blasser and Gerry Capellino; Treasurer, Jean Duffin.

New members are welcome to join at any time. Dues are \$10/fiscal year (due by July 1 each year). Please make your check payable to "ATU" or "All Tuned Up" and give it to our Treasurer, Jean Duffin.

Be sure to keep your contact information current by updating it with Gerry Capellino.

"ATU" presents live performances twice a year. We are pleased to announce our next show will be Thursday evening, October 13, at Sierra Pines. More details to follow. You don't want to miss it. Save the date.
...

Music and Laughter

BY JANE BOHN

Another wonderful hour spent with singers, musicians, jokesters and our attentive audience and fan club. With Jan Given on piano we started the show off singing happy birthday to all those born in August. We were then treated to a variety of talented entertainers. I would love to expound on their various compositions however, am trying to comply with space limitations. The list included: another pianist, Derek Tegg (who often plays as people arrive) one of our newer entertainers Elton Pamplin along with
(cont' on page 5)



ATU Members May 2022

PLACER PEST & TERMITE

Special Pricing for Sun City Residents!
**\$70 Every Other Month
Pest Control Plan**

- Pest service covers ants, spiders, wasps, rodents and many other pests
- Unlimited free re-services between regular scheduled visits if needed
- Bird Services available
- No long term contracts or cancellation fees
- Dry rot repairs and pest/termite inspections available

"We have been using Placer Pest and Termite for about 1 year. Chris has been great to work with and prompt whenever we have needed additional services. Great service and great value. We would definitely recommend them to anyone needing this type of service."

Grace & Steven B.



Locally owned and operated with over 25 years in the industry

Call/text/email and mention this ad for special pricing!
916-546-5024 | cvp@placerpest.com
www.placerpest.com

Quite possibly the best place to find besties.

Find Your Pals at Merrill Senior Living

A movie-watching bestie next door. A book-club bestie down the hall. And an exercise bestie upstairs. Please call or visit our website for more information. Just imagine the possibilities.

Call To Schedule A Tour!

The Pines, A Merrill Gardens Community

Lic #312700739

(916) 745-6238 • merrillgardenthepines.com

500 W Ranch View Dr, Rocklin, CA 95765



Truewood by Merrill, Roseville

(916) 547-5999

1275 Pleasant Grove Blvd

Roseville, CA 95747

truewoodroseville.com



TRUEWOOD
BY MERRILL
ROSEVILLE



YOUR HOME SOLD SIMPLY WITH CINDY

SUN CITY RESIDENT WITH 26 YEARS OF EXPERIENCE

OUR SERVICES - INCLUDED AT NO EXTRA CHARGE:

- ✓ HOME PREPARATION & REPAIR CONSULTATION
- ✓ STAGING CONSULTATION
- ✓ HOME STAGING
- ✓ HOME CLEANING
- ✓ PROFESSIONAL PHOTOGRAPHY & VIDEO
- ✓ PRINT & SOCIAL MEDIA MARKETING
- ✓ WEBSITE & TARGETED ADS
- ✓ BUYER SPECIFIC ONLINE TARGETING & ADS

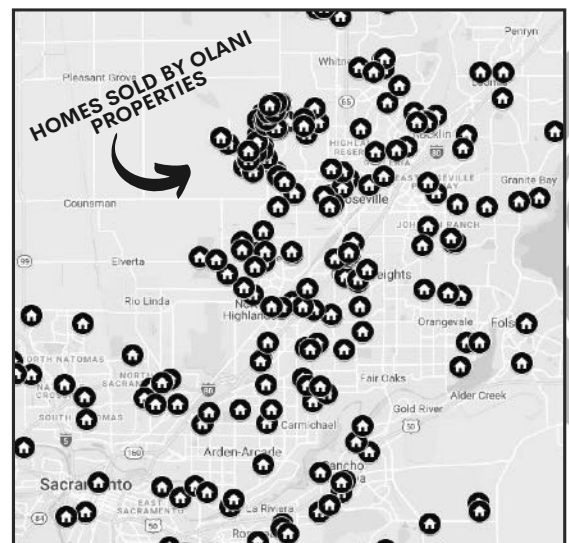


BEFORE



AFTER

SOLD IN 6 DAYS
MULTIPLE OFFERS



NEED TO SELL & BUY AT THE SAME TIME?
We offer trade-in programs to help you with a smooth transition

THINKING OF SELLING YOUR HOME? CALL/TEXT: CINDY AT 916-500-2836 OR VISIT:

www.SunCityRosevilleHomeValue.com



Cindy Carnaghe
Realtor®
Cindy@OlaniProperties.com
Call/Text: 916-500-2836
DRE# 01210789



Kiana Rodrigues
Associate Broker
Kiana@OlaniProperties.com
Call/Text: 916-259-6625
DRE# 01864868



The Sun Senior News - Roseville is a monthly publication, published by EGnews Inc.
916-727-6383 • Email: SunSeniorNews@gmail.com
Advertising: Ad rates are available online at www.SunSeniorNews.com or
Email: SunSeniorAD@gmail.com



EDITORS
Gregg & Liz Goldthorpe

PRODUCTION ASSISTANTS
Madison Goldthorpe-Lewis,
Emily Goldthorpe

ADVERTISING
Gregg Goldthorpe

CONTRIBUTORS

Jennifer Martin, Lisa Cryan, Gerry Capellino, Jane Bohn, Maurice Chaney, Jackie Proett, Lenora Davis, Linda Aug, Linda Vincent, Carol Kovach, Nancy Vavul, CJ Kidd, Earl Wiklund, Brian Sutton, Cynthia Sindrey, Cathy Schimansky, Eric Olson, Steve Cho, Charlyn Ross, Judy Singleton, Pat Teilh, Lois Arlen, Karen Levine, Toni Fisher, Andrea Norcia, Steven Gustafson, Tim Miles, Sherry Scott, Barbara Eichten, Suzanne Crowder, Elna Ragan, Ed Cervantes, Mike Young, Carole Vaillancourt, Suzette Austin, Janet Morelli, Doris Merchant, Suzette Austin, Bob Verzello, David Morre, Gail Dailey, Don Woods, Barbara Mills, Bill Weaver, Terry Dolley, Ralph Friend, Pat Olive, Lauri Moorman, Bob Baquera, Martin Green, Brence Davis, Pat Oberlander.

CIRCULATION

The Roseville Sun Senior News is mailed monthly to 3,600 homes in Sun City Roseville + The Club monthly. The delivery is targeted for the first week of each month.

READ ONLINE - DIGITAL ISSUES

The Sun Senior News - Roseville is available to download each month as a PDF at: www.SunSeniorNews.com Back issues are available to download there as well.

ADVERTISING

Visit www.SunSeniorNews.com or Email: SunSeniorAD@gmail.com for advertising information.

CLASSIFIED ADS - EMAIL

Classified Ads should be emailed by the 12th of each month to: SunSeniorCA@gmail.com. See the Classified page towards the back of this issue for more information.

SUBMISSIONS

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

All information submitted to the Sun Senior News - Roseville must be accompanied by your name, phone number and written consent. All letters received become the property of the publisher (EGnews Inc.). The Sun Senior News - Roseville reserves the right to edit letters for publication and liability purposes and are not guaranteed to be published.

All content and letters to the editors represents the opinion of the various authors and all content and letters should be considered as opinion and editorial in nature. Any representations expressed by the various authors are not necessarily shared or verified by the publisher.

Advertisers are solely responsible for all representations made by their advertisements. EG NEWS INC. is not responsible for the content or accuracy of any advertisements. The presence of an ad within our publications or electronic communications does not imply endorsement of the advertised company, product, or service. Readers should use all due diligence regarding representations, products or services before a transaction is preformed.

EGnews Inc. publishers of the Sun Senior News - Roseville and Sun Senior News - Lincoln Hills
Sun Senior News is not associated with Del Webb Corporation.
Del Webb's Sun City is a registered trademark of Del Webb Corporation.

Roseville Again Named One of the Best Places to Live in the U.S.

Roseville was again named one of the best places to live in the United States, ranking 21st overall and highest in California by Livability.com, "offering residents a little bit of everything".

The ranking adds to a long list of national recognition for the quality of life, public safety, and vibrant economy Roseville offers including:

- Best City to Live in California
- 5th Best Place to Live in the U.S. if You Work From Home
- 6th Best Place to Retire in the U.S.

See a complete list of Roseville's recent rankings at Roseville.ca.us/accolades.

"Its bustling downtown houses, unique shops (selling everything from coffee to acoustic musical instruments and upcycled art), a growing arts scene, and sublime food and drink options. Plus, the area's strong industries, like public administration, health care, construction and education, make it easy for people to launch or grow a career, making Roseville one of the best places to live in the



U.S.," wrote Livability.com.

For remote workers, Livability.com wrote "Roseville is the perfect place to plant roots for those looking to work from home. Although living in California can be expensive, the city of Roseville is reasonable, and the city has a prime location near Silicon Valley — home to a multitude of tech companies, which are historically remote-work friendly."

The ranking is based on an examination of more than 2,300 cities based on more than 50 data points that are grouped into eight categories, measuring a city's economic stability, housing, amenities, infrastructure, demographics, social and civic capital, and health care.

Tour Roseville's Water Treatment Plant Virtually

BY MAURICE CHANEY, *Roseville Environmental Utilities Public Information Officer*

Ever wonder how water is treated and delivered to homes and businesses around Roseville?

Wonder no more!

To ensure high-quality, reliable water is provided every time you turn the tap, we:

- Operate a 100-million gallon-per-day water treatment plant

- Maintain more than 600 miles of pipes and 4,500 fire hydrants
- Store millions of gallons of water in large storage tanks throughout the city
- Use groundwater wells when needed to offset surface water supplies

Learn what it takes to get water from Folsom Lake and beneath the ground in aquifers, treat it to the highest standards, and deliver it to more than 46,000 water connections.

Discover more at rosevillesurfacewater.com.



 **State Farm**

Julie DeCarlo, Agent
www.juliedecarlo.com
916-783-4010

*Get to a better state.
Contact me 24/7 for a quote today!*



1402 Blue Oaks Blvd #120
Roseville, CA 95747
N/W Corner of Blue Oaks & Foothills
License #0B98828



RC Painting

Interior & Exterior Painting

www.rcpaintingcompany.com

- Quality Workmanship and Materials
- Competitive Rates
- Small Jobs Ok
- Excellent Local References

Please call for your free estimate

530-305-2943

lic# 1004744.



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

1. 

We start with acupuncture, a time tested, holistic medicine which helps to decrease pain and restore function

3. 

O3 Regenerative Therapy utilizes oxygen and it's powerful healing capabilities to improve concentration and clear Fibro Fog.

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.

Music and Laughter

(cont' from page 1)

his grandson Weston Spivey who performed in harmony on saxophones to fabulous big band background, comic/singer Ray DeBenedetto accompanied by Gary Mills on Guitar, singer Cory Blasser accompanied by Ken Roberts on guitar, singer/guitarist Gerry Capellino, pianist Jan Given, (who performs often during the show) singer/guitarist Charlie Kidd, Jokester Ed Lick, and a cappella singer Peggy Wells. To the delight of our audience, many of these performers encourage audience participation in song. My apologies to Dennis Hellman who was going to tout his latest joke(s) as our program ran over fifteen minutes. You're likely to recognize several of the below mentioned prize winners who are your neighbors and active in our community, so if you happen to run into them at some point be sure to ask them about the fun times we are all having at Music and Laughter. Their names are: Elaine Snyder, Linda Debernardi, Sharon Rubio, CJ Kidd, Elton Pamplin and Barbara Mills. Our heartfelt thanks goes out to all our entertainers, our audience, and steadfast helpers Maria Hajgato, Arlette Bennett, Jill Aggersbury and Nancy Stetz. Your presence makes my job a delight and gives my Spirit a lift each time we gather. As many may know, we only meet once a month in the evening on the second Wednesday. Please pick up a Music and Laughter flyer at the entrance of our main lodge on the left under Clubs and Groups. Then, come join us, 7PM (doors open

at 6:30) Wednesday evening September 14, at Sierra Pines Lodge located on the corner of Del Webb Blvd., and Whistlestop Way. Yes, its still \$1 for the raffle of prizes at the end. Its the best dollar you'll ever spend!

• • •

Sun City Singers

BY JACKIE PROETT

It's September and we like to state that the Relief Squad is on It's way. This summer, however, has been a bit kinder and has sneaked in some days of relief all along. Tiny drops of rain and the Delta Breeze have made summer quite bearable. Still the Singers were prepared to quell any triple digits with icy Christmas carols when rehearsals began on August 15.

How wonderful to be greeted by Director, Paul and toe-tapping accompanist, Andrey. Many of our old friends appeared and some new faces and voices filled some empty chairs. Hopefully more folks who love Holiday music will make our four part harmony swell.

It's official, Our Christmas Concert date is, Monday December 5 at 7:00 pm in the Timbers Ballroom. The price of tickets remains at \$15.00 a person and Ticket Chair will be announced next month.

Speaking of "official" things, an official apology goes to Vera Dowling whose name got missed when announcing new Job takers. Vera is co-chairing the huge job of music, with Charlotte D'Agnostino. It really takes two people to hand out and then replace all that music. Thanks, Vera.

For those looking for a new activity, come

join us. We meet every Monday at 2:30pm in the back of the Ballroom. We know for a fact that Music itself gives the most relief from every day cares, from the angst of listening to the news and from every day Jitters and Blues. Christmas music is the real Relief Squad!

• • •

Second Act Studio Drama Club

BY LENORA DAVIS

The Sun City Second Act Studio Drama Club is still in the process of becoming a Chartered Club. We anticipate that this will be completed in October of this year. Meanwhile, we have already enlisted 35 members, many of whom are experienced directors and actors. We have completed a series of workshops, selected plays to perform, selected performers, and begun rehearsals. We have a tentative production date of November 21, so mark that on your calendar and invite your family and friends to attend.

We have scheduled two performances that date, a 1:00 matinee and a 7:00 evening show. The production will feature 3 short comedies geared for a senior audience, but will entertain audiences of all ages. We are excited to provide some live entertainment for Sun City!

For information about the club, contact Susan Glover at 530.388.6367

More details will follow, so stay tuned.

• • •

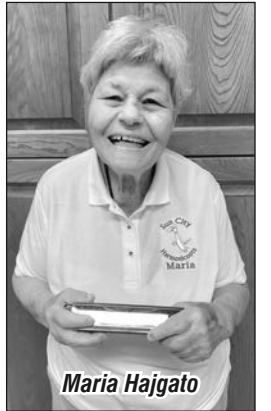
Sun City Harmonicoots

BY LINDA AUG

If you happen to hear the Sun City Harmonicoots play "The Happy Wanderer" and "Edelweiss," you can be certain Maria Hajgato is playing her two favorite songs. You can also be certain you can find her every Thursday at 1:00 sitting in the front row, in the same chair, with her music stand set up and music book open! As Maria states "Playing music will keep me young and healthy. It is good for my mind and my body." Maria proudly states "I am 88 years old, and it is okay to tell people because I tell them all the time!"

Maria grew up in Germany and started playing the violin at age 5. As a child she played only classical music on her quarter violin. When she was in her early 20's she wished to master both the English and French languages. This led her to leave home and travel to England and Canada with her father's blessing. But there was one condition. Her father said, "You must come home in two years." When Maria came home to her father, she brought John and the rest is history. Maria tells us her father

(cont' on page 7)



Maria Hajgato



PECK

HEATING & AIR CONDITIONING

CSLB# 566294

- SALES
- SERVICE
- INSTALLATION

www.PeckHeatingAndAir.com 916-409-0768



Slowly Easing into
Fall with a Labor
Day Special!

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

Early Bird
Tune-up
Special! \$87

Expires 9/30/22

Three Generations Strong



Put my 22 years' Del Webb
Experience, Legal Education
and Marketing Expertise to
work for YOU!

Paula Nelson

email: REALTOR@PaulaNelson.com

916-240-3736

DRE lic. # 01156846

www.PaulaNelson.com

Happy
Labor
Day!



COLDWELL
BANKER

SUN RIDGE
REAL ESTATE

Each office independently
owned and operated.

BINGO

THUNDER VALLEY CASINO RESORT

THURSDAY, FRIDAY & SATURDAY

Admission opens at 4pm • Games begin at 6:30pm

SUNDAY

Admission opens at 10:30am • Games begin at 1pm

*Enjoy specials, progressive jackpots,
giveaways and more!*



Over \$35,000 in payouts!

Saturday, September 3 & Sunday, September 4

Admission opens at 10:30am • Games begin at 1pm

5 Starters pay \$500

20 Regular games pay \$1,199

All specials pay \$1,000

Excludes Lightning Wheel.

All progressive consolations pay \$1,000

Reserve for Labor Day Weekend Special,
\$100 cash deposit made during regular
bingo hours. Pick your seat. \$100 Reservation
fee goes towards your initial buy-in.



Thursday, September 8

Max out on regular games!

All specials and starters have an
increased quantity included in your
Max Pack. Value of \$500 for only \$250.

See handout in the
Bingo Room for details.



**Gift Certificates
available for purchase.**

**Perfect for birthdays,
anniversaries, and
holidays!**

Please see Bingo management
for more information.



THURSDAYS

Buy four (4) get four (4) free on
Double Action & Double Take.

Electronic Only.



FRIDAYS

Receive a Free Power PhD package
with a purchase of a Power PhD.



SATURDAYS

Single winner on any progressive
jackpot consolation can spin the
wheel to multiply win by 2X.
Spin the wheel, land on 2X,
spin again to multiply the prize.

September 3 Excluded.



SUNDAYS

Thunder Rewards members
fifty-five (55) and older can receive
\$10 off the purchase of an eligible
electronic pack.

TIMES, DATES, SPECIAL EVENTS AND PRIZES MAY VARY.
VISIT THUNDERVALLEYRESORT.COM OR THE BINGO ROOM
DURING NORMAL BUSINESS HOURS FOR DETAILS.



THUNDER VALLEY
CASINO · RESORT

Gambling problem? Call (800) 522-4700.

MANAGEMENT RESERVES THE RIGHT TO ALTER OR CANCEL
ANY PROMOTION AT ANYTIME WITHOUT NOTICE

FREE VALET PARKING
TAKE I-80 TO HWY 65, LEFT ON SUNSET

LINCOLN, CA • 877-468-8777
THUNDERVALLEYRESORT.COM

Sun City Harmonicoots

(cont' from page 5)

was pleased she came home and very pleased with John! Maria and John shared 40 years together before he passed away. Asking Maria if John was also a musician, she replied "Oh no! He loved to cook and while he cooked, I played the violin for him. It was lovely!"

It was 6 years ago that she joined a beginning harmonica class offered by Bud Gardner and has practiced an hour or more every day since. Since she has joined the Harmonicoots, Maria has been delighted to learn many new songs, especially the American folk and patriotic tunes.

Would your group or club like to be entertained by the Sun City Harmonicoots? We are always learning new songs, hymns, jingles, and ballads! Please call Rebecca Hellman at 916-899-5874 for more information. We would be happy to entertain you. And look for Maria. She will be in the front row!

Harps Up!

...

SCR Dance club

BY LENORA DAVIS

I've got big news, so don't you snooze – grab a pen and I'll begin.

We are pleased to announce two new beginning dance classes in September. On Sept 6 there will be a free introductory Tap class in the Spruce room at Sierra Pines, from 9:30 to 10:30am. Then regular classes will begin on Tuesday, October 4, at the same location and time. If you have ever wanted to try tap or would like to get back into it, this is a great time to start. **NO TAP SHOES ARE REQUIRED.** The next beginning class is Clogging. It starts on Friday, September 9 in the Ponderosa room at Sierra Pines, from 9:00 to 10:00am. Both classes are easy to learn and fun to do. For more information, call Susie Harper (Tap) at 707.853.3720 or Kathy Wescott (Clog), at 916.749.7429. Pick up your phones now – our operators standing by to take your calls...

But wait, there's more! Are you writing this down?

September 19 is a line dance I social with Bill Swain as DJ, from 6:30 to 9:30pm. This is open to all members and guests. Newbies get a chance to practice their new dancing skills and more experienced dancers get to dance to their old favorites. Tickets are only \$5.00

and are sold by monitors at dance classes or at the door.

Last – but not least – do not forget to put this one on your calendar. Monday, October 17, is the all-dance party with the wildly popular Crystal Image Band. Attendance is open to all Dance members and their guests. Doors are open 6:30 to 9:30pm. Tickets are only \$10.00, available at dance classes or at the door, beginning September 20. The theme this year will be "the 60's", so wear your tie-dye and love beads, or something equally groovy.

...

Creative Arts

BY CAROL KOVACH

Precisely hand-sculpted and designed pieces of pottery are a trademark of CAC member James Huseby. He moved to Sun City from Santa Rosa with his wife Carol four years ago to get away from the fires.



His journey into pottery took some unusual turns. He started his college days as a pre-dentistry student at UC Berkeley but found that he was more interested in interior design and the fabrication aspects of furniture. With architecture as his only option at Berkeley he transferred to UCLA's Design Department, where he became fascinated with interior design and the use of fabrics and ceramics in furniture.

James joined the Navy after officer training and found himself in the Gulf of Siam on a gasoline tanker ship, spending a lot of time in Pearl Harbor. His exposure to Asian and European culture led him to an eleven-year career with Gump's Department store in San Francisco, where he worked in their design department designing custom high-end furniture. He travelled twice to Europe when working repairing and restoring antique European and Asian residential pieces.

In 1993 Jim was invited by a friend who made custom sinks to use his facilities, including a walk-in kiln, which enabled him to make large bowls and sculptures. When the friend moved Jim had a 12 year hiatus until he once again took up ceramics at the Sonoma Community Art Center. One guy there did intricate slab work so from 2010-2019 Jim

focused on precise work combining wheel and slab processes. He assembles architecturally different shapes, making totems, which have been exhibited at Alpha studio (now in his back yard)

Jim has been a competitive swimmer for many years and still swims on a regular basis.

He married Carol six months after he got out of the Navy 57 years ago.

...

Fine Arts Club

BY NANCY VAVUL

It is back to school time for the young as well as the young-at-heart, so why not join the kiddies and learn something new this month? September is brimming with opportunities to brush up tried and true techniques and to try out and adopt some new ones. Donna Self will be back to teaching acrylics on Mondays each week as well as leading extra workshops in alcohol inks. Pat Abraham will resume her weekly watercolor classes on Tuesdays as well. In addition to these, Tracy Owens is on tap to teach specialized workshops embellishing luggage, totes, purses, boxes, or other items in fashionable style. Our general membership meeting this month will feature a demonstration by Gia McNutt who produces beautiful abstract works in neutral tones using an exciting variety of mixed media and found objects. She states that as she matures, her artwork seems to mirror her "journey in life-- getting freer and more colorful every moment." With all of these learning opportunities, it is no wonder we have so many chances to show our art.

We will again supply small works for the display case next to the card room at the end



of this month to be shown throughout October. What a great time to create and show harvest-themed artwork! The gallery wall and window of the Fine Arts room will continue to feature works each month, as well as the walls of the card room. Looking ahead, this is a good time



to plan for the holiday boutique, which will take place in November.

Please remember to stop by to see what your friends have accomplished and to join in the classes or open studio painting. Class schedules and sign up sheets are available in the room.

...

Needle Arts Club

BY CJ KIDD

Each and every one of you is a shining example. Never lose your sense of wonder, your gift of humor, the sparkle in your eyes and that beautiful smile of yours that brightens the world for the all of us.

Fall is approaching and it is time to turn our thoughts toward the Holidays and the Needle Arts Club. Our annual Holiday Craft Faire is approaching and will be held on Saturday, November 5, 2022 from 9AM to 2 PM in the Timbers Lodge. There will be handcrafted items from over 60 vendors, both resident and non-resident vendors. There will be a Bake Sale in the Needle Arts Room. Our Phone Tree Committee will be calling you for "home-baked" goods. I hope we can count on you donate some of your favorite treats for the sale. Mark your calendars for this Faire, I am certain you will enjoy it.

Our General Meetings are held the first Wednesday of every month at 1:30 PM in the Timber Lodge Ballroom. Our meeting is followed by a program that is always informative, inspiring and fun. Please join us each month. It is a great way to stay informed and get acquainted with your fellow members.

The August General Meeting was an enormous success. All of our committees and special interest groups were represented. Thank you all for your time, talent and energy.

(cont' on page 11)



WE BUY GUNS

BUY • SELL • CONSIGN

FREE FIREARM APPRAISAL

Fast, Friendly Service • Gun Smith
Gun Transfers & Registration



LINCOLN
GUN EXCHANGE
NEW & USED

916-MR 1-GUNS

(671-4867)

607 5th Street, Lincoln

lincolngunexchange.com

Wed - Sat

10 - 5

SAM'S GARAGE DOORS

- NEW INSTALL
- REPAIRS
- BROKEN SPRINGS
- OPENER INSTALL
- OPENER REPAIR
- DOOR OFF TRACK
- MOST ANY GARAGE
- RELATED PROBLEMS

\$55 SERVICE CHARGE
PLUS ANY WORK
PERFORMED
& ANY PARTS



916-769-8345

WHAT DO YOU WANT YOUR LEGACY TO BE?



Sally Johnson with grandson Zachary

"We are so proud of the Sally Johnson Swim Fund at PCF. Having grown up in Placer County, it means a lot to us that our mom's memory will live on forever."

-Rebecca Johnson

If you are thinking about updating your will or trust, talk to your estate planning attorney about a planned giving strategy. Then meet with the staff at Placer Community Foundation. We will help you think through the causes you want to support, and develop your own legacy, one that will make a lasting impact for generations to come.

Placer Community Foundation will guide you and your estate planning attorney on how to go about setting up a personalized giving plan and explain the benefits of joining our honored Legacy Society.



Visit: placercf.org

Executive Director Comments

My Retirement: The Time Has Pasted So Quickly

BY EARL WIKLUND

I would like to thank the Board and Community for the privilege in serving as your Executive Director and helping to lead this great Community for nearly 18 years. As you may know, I will be retiring in early October. The search for my replacement is currently underway with discussions with several strong candidates.

With the help of your management staff, the Board, our committees and resident volunteers, over the years we have accomplished many projects in our endeavor to keep SCRCA recognized as the best retirement community and the best place to live. In doing so, we remain competitive with newer communities around us, have helped to define what retirement living really means while keeping the organization financially strong.

Since the residents took over the management of the Community from the Del Webb Corporation in 1999, there have been eighteen resident volunteer Board presidents... I have had the privilege of knowing each one and worked as the Community's Executive Director for fourteen; some years more happily than others.

I would also like to thank our management team and all employees for

their hard work over these past years. I think all of your management team would acknowledge that our community is a great place to work and that the Board has shown their appreciation over the years in how they treat their employees. This has gone a great way to contributing to the fact that the average length of employment for our managers is about 12 years.

Rewarding your employees for their efforts comes in a number of ways and sometimes it is the gratification of being able to help our residents... some of who may forget themselves and give you a hug of appreciation. I would especially like to give special thanks to one special resident who has been my supplier for freshly baked chocolate chip cookies for some time.

However, I must confess I have not worked solely for hugs and cookies. But, I will confess that I am proud of what we have accomplished working together over the years ... establishing ourselves as the best active adult community and a great place to live and work.

Here are some of our accomplishments over the past 18 years:

Completed the Sierra Pines Community Center Expansion – Doubled Meeting Space and Added Warming Kitchen and Restrooms

Built the Storage Building at the end of the Golf Course Parking Lot

Expanded The Timbers Restaurant and added the Timbers Lounge

Created Construction Plans and have filed for a permit to Renovate the Fitness Center Locker Rooms and expand two Activities Room Starting in February 2023

Working with our Architectural Firm for plans to renovate and expand Fitness Center Workout Area, Aerobics Rooms, Massage and Staff Space - 2025

Created Expanded Staff Work Area to Respond to New Space Requirements as a Response to Covid and Health Related Issues

Created Master Improvement Plans for Common Area Landscape (Entrances) and Golf Courses (Driving Ranges, Putting Greens and Chipping Practice Area in 2023)

Added Croquet Court, Horse Shoe Pitching Area and Corn Hole Playing Field

Created the Special Use Fee as a Funding Source for New Capital Projects

The Community has never had a Resident Special Assessment to fund our improvement projects and has always maintained our Reserve Funds at 100%

Focused on Creating Business Revenue (Pro Shop and F&B) to Augment New Capital and Reserve Funding and Offset Rising Resident Assessments

Developed/Maintain our Traditions: July 3rd Community Fireworks, Community wide 10th and 20th Year Anniversaries Celebrations with periodic Spirit Days

Created the Resident Website, eCourier,

online Communications and Website Presence for Clubs and Groups;

Created our 68-page 4 color monthly Courier magazine

Developed a Strong Management Team with 12 Years of Average Tenure

So much more to consider over and above the normal issues that come up each day within a community of 5300 residents and 200 employees... mindboggling.

But, thank you for the memories and the good times... and to those few resident curmudgeons who I may have encountered throughout the years, I hope you finally realize that we are all about as happy each day as we make up our mind to be.

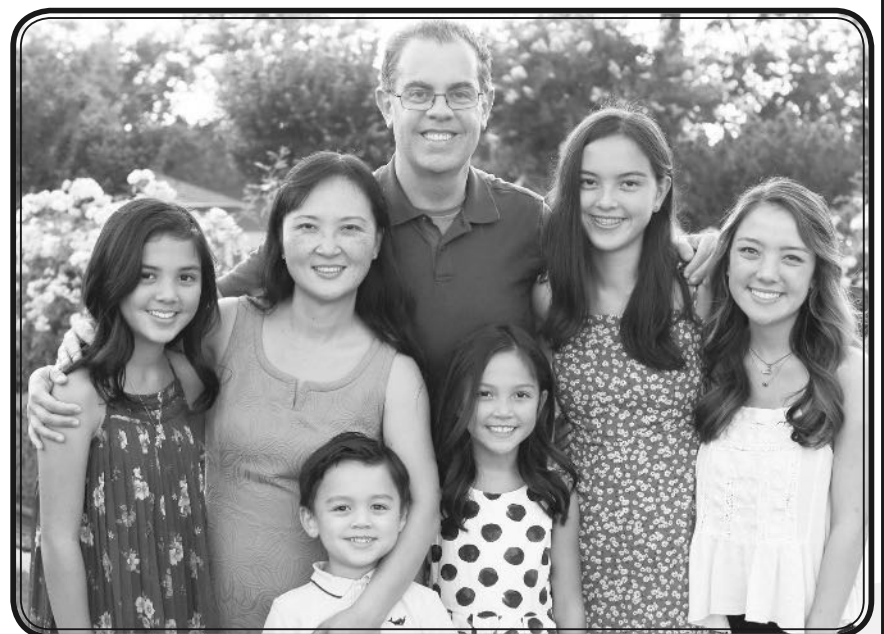
So, from one curmudgeon to another, I will take my happiness into retirement. Hopefully, my wife will still recognize me. Thank you.

(An adapted excerpt from the Executive Director comments at the 2022 Annual Membership Meeting on August 4th. Please watch the video of this meeting on the resident website under Announcements.)

WOODCREEK DENTISTRY

We Are Open and Accepting New Patients!

We want you to know that patient safety is our top priority! Our infection control processes are in place so that when you receive care, it's both safe and comfortable. Our office follows and exceeds the recommendations made by the American Dental Association(ADA), U.S. Centers for Disease Control and Prevention (CDC) and OSHA.



www.DrRalliDDS.com

Visit us online!

We provide specialty services such as Dental Implant Placements, Implant Restorations and Implant Supported Full Dentures.

773-0800

7456 Foothills Blvd., Suite 14 • Roseville
(Corner of Pleasant Grove & Foothills)



**WOODCREEK
DENTISTRY**

Specializing in the Western Placer Area

- Active in Real Estate and Lending for over 35 years
- Consistent Placer County Top Producer

**FREE HOME MARKET EVALUATION
FREE PARTIAL STAGING
VIRTUAL TOURS ON A NEW LISTING!**

***Let Me Help You Find
Your New Home!
And Sell Your Current One!***

Donna Judah



916-412-9190
djudah@sbcglobal.net
CalBRE #00780415
1500 Del Webb Blvd. #101
Lincoln, CA 95648



SUN RIDGE REAL ESTATE

Former Del
Webb Sales
Associate in
Both
Lincoln Hills
and
Sun City
Roseville

35 Years in the Business

Neighborhood Watch/Citizen Patrol

BY LINDA VINCENT

What's Happening in Neighborhood Watch & Citizens Patrol?

Do you know that having a Neighborhood Watch reduces crime in neighborhoods? The Neighborhood Watch program is when people in one area—Sun City Roseville, agree to watch out for each other. A safe community requires the joint effort of all community members—YOU! If members of our community watch and report suspicious activity, we tend to reduce the areas where criminals feel comfortable committing crimes which result in a safer neighborhood to live in. Report suspicious activity, contact the Roseville Police Department and describe specifically what you observed. An emergency or crime in progress, call 9-1-1. Non-emergency, call 916-774-5000 (option 1).

Our community is broken down into Villages—we have 13. Doesn't seem like enough for 3,110 homes, right? However, in those 13 villages, we have 34 Village Communicators and 234 Team Links (individuals). What does that mean to you? It means that they continue to forward emails regarding safety issues to each and everyone of you. If you are not receiving information from a Team Link in your neighborhood—the link is broken. Call your Neighborhood Watch Office 916-774-3817 if you are not part of a team so we can help get you back in the loop of information.

Many of our villages and teams have

a yearly gathering, many have monthly gatherings to connect with their neighbors. This makes for a strong Neighborhood Watch Program.

Our two (2) Citizens Patrol vehicles continue to patrol the community each and every night of the year. We have our day time patrol as well being seen in the community. This definitely helps to deter crime in our neighborhood.

We continue to reach out for more volunteers to volunteer to be part of this service in the community. Do you have a friend, spouse, significant other that you could volunteer one (1) night a month? Now is a great time to join this program as we have many people out walking thru the community and they appreciate our patrol stopping, waving and doing a great service for the community.

Can you give one night a month? We supply you with the necessary tools, uniform and training is free!



Family Owned—Community Focused



**COCHRANE
WAGEMANN**
FUNERAL DIRECTORS FD305

916.783.7171
www.cochranewagemann.com



**CREMATION SOCIETY
OF PLACER COUNTY** FD2199

916.550.4338
www.csopc.com



Doug and Rita Wagemann
FDR 2864 CA INS LIC. OI49635



Needle Arts Club

(cont' from page 7)

It made our meeting very special for everyone.

Dues are \$15 per year and are due and payable now. Pick up a membership form and write a check made out to SCRAC. You can drop it off at the general meeting or put it in the membership envelope in the Needle Arts Room. You can also give it to the Membership Chairperson, Karen Porter.

• • •

Cinema Group

BY BRIAN SUTTON

Join us for our September movie.

"The Curious Case of Benjamin Button", 2008.

Born under unusual circumstances, Benjamin Button (Brad Pitt) springs into being as an elderly man in a New Orleans nursing home and ages in reverse. Twelve years after his birth, he meets Daisy (Cate Blanchett), a child who flickers in and out of his life as she grows up to be a dancer. Though he has all sorts of unusual adventures over the course of his life, it is his relationship with Daisy, and the hope that they will come together at the right time, that drives Benjamin forward.

Nominated for Oscars—Best Picture; Best performance by an actor, Brad Pitt; Actress in a Supporting Role, Taraji Henson as "Queenie"; Best Directing, and Best Adapted



Screenplay.

Oscar winner for Art Direction, Makeup, Visual Effects.

Wall Street Journal Review, "The film quickly outgrows any sense of gimmickry and matures into a one-of-a-kind meditation on mortality, time's inexorable passage and the fleeting sweetness of love."

Join us for this interesting movie

Friday, September 16, 1:30 PM

Spruce Room at Sierra Pines.

As always, admission is free!

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

• • •

International Social Group

BY CYNTHIA SINDREY

The recent Bar-B-Que to honor America was well attended and kudos went to our chefs Lee Schaefer and Michael Dover who cooked, Hamburgers, Hot Dogs and Salmon Burgers which were cooked to perfection and along with all the salads, beans, desserts and beer the whole evening was a huge success.

The next event will be honoring Queen Elizabeth 2nd's 70th. Jubilee and once again there will be plenty of food, but this time it will be very British with the entree, dessert and of course, English Tea. For the non-Tea drinkers there will also be English beer. This will all take place on Wednesday, September 28 at Sierra Pines.

Bring your English Accent (easy for me as I grew up in London) and appetite for a fun evening along with entertainment.

November's event will not be on the fourth Wednesday as that is the eve of Thanksgiving when we hope you will be celebrating with your families. Instead we will be meeting on Wednesday, November 2 at Sierra Pines when a Chinese dinner is planned and will be catered by CJF who have catered for us in the past and always do a great job. Details will be available on a flyer for our members and also available at the Lodge.

Planning is in the works for the annual "Bringing In The New Year" party so keep January 21 2023 for what has been called our best event ever. It will be an Hawaiian theme held at Sierra View Country Club in Roseville. An amazing dinner will be served and there will be live music for singing and dancing.

We continue to gain new members who are welcomed with open arms as they get to meet people from all over the world, eat and be entertained.

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

• • •

Solo Friends

BY CATHY SCHIMANSKY

The Sun City Solo Friends group enjoys regularly scheduled meetings twice a month: Solo Friends general meetings are held ten months each year (June and December are excluded when the Sun City Singers club

performs their semi-annual concerts) on the first Monday of the month at 6 pm in the Timbers ballroom. If the first Monday of the month falls on a holiday, the general meeting is held on the second Monday of the month, as in this September month, because of the Labor Day holiday. This month our general meeting is scheduled for September 12. The remaining general meetings this year will be held on October 3 and November 7.

Our catered dinner (no more cooking/potlucks!) and game or professional entertainment socials are held on the third Saturday of the month at 6 pm at the Sierra Pines meeting rooms eleven months of the year. In December our holiday dinner social event is held on the second Tuesday at the Timbers ballroom. The remaining socials for 2022 are September 17, October 15, November 19 and the holiday dinner/DJ social on Tuesday, December 13.

Our highest in attendance for 2022 July 16 dinner and game social event was a great success. The theme was Star Spangled Barbecue; the host team included two hard-



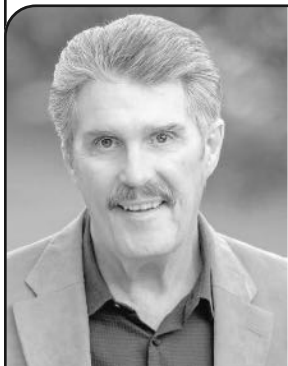
(cont' on page 14)

exp
REALTY

- 28 years in real estate and lending
- Over 20 years serving the Del Webb communities
- A resident of Sun City Roseville

I will provide you with a professional service that will get your home market ready. Getting top dollar for your home is always our number one goal. I advertise on top real estate internet sites to insure you receive maximum exposure.

Your Needs Will Always Come First with Me.



Rick Grove

Masters Club Member

Email: rickgrove@sbcglobal.net

Website: rickgrovereadtor.com

PH: 916-296-7752

DRE #01177945

Summer Savings!



\$50 Off First Cleaning!!

**Upholstery Cleaning
Carpet Cleaning
Tile Cleaning**

(minimum charges may apply)

(916)-781-7772

www.CleanMaxUSA.com

Find us on Facebook and Instagram

**Our Famous 30 Day Spot and Spill Insurance
Included with Every Service!**

Compliance Committee

BY ERIC OLSSON

Watch Your Mounds!

We're not talking about candy bars here. It's about landscaping mounds that add contour and interest to your yard. Did you know that

- Mounds shall have a minimum Setback of eighteen (18) inches clearance from house walls, Party Walls, fences, or property lines and allow for proper drainage.

- Backfill of dirt/rocks/mounds placed against Common Area/Party Walls is not permitted.

These rules, taken from the Design Guidelines (DG) section 3.03(h), are there for a reason and very important.

Most open space lots that face the golf course or preserve have a short cement block wall called a "knee wall," that is about two feet high. These act as a boundary to the open space. Taller masonry walls also act as a boundary to our Common Area on other lots.

It's tempting to mound soil against these walls but the moisture in the soil will eventually break down the mortar in the walls. When this damage does occur the masonry walls will be repaired by the Association, but the owner is responsible for the cost. For more details about owner responsibility refer to CC&R 7.02(c).

These walls are not designed to have soil mounted up against them. It's the same as mounding soil up against the foundation of your house that will lead to moisture problems and very expensive repairs. And keeping landscaping mounds the required 18 inches

away from property lines and your foundation will also help compliance with CC&R 6.09, which states that any alteration that changes the drainage pattern on a lot is prohibited. It also states, "any damages caused by such changes is the responsibility of the owner that altered the drainage."

Other interesting fun filled facts about mounds taken from DG 3.03(h) include:

- Mounds must have a gradual incline and shall not exceed twenty-four (24) inches in height from the Natural Grade. In other words, no "volcanos" allowed!

- A Mound shall not form a raised barrier separating two areas. This refers to having a long, narrow area of raised dirt. Mounds should be mostly round in shape.

- Mounds must be covered with approved Ground Cover.

Who would have thought simple landscape mounds could get so complicated!

Governmental Affairs Committee

BY STEVE CHO

Each year in Sep, there is a formal "changing of the guard" for all Sun City Committees. New officers are elected or some cases, re-elected, to carry on the leadership for their respective committee. New members are added to committees. This practice has been going on for years and has been a positive thing

for all committees. Bringing in new members allow for a more inclusive mixture of residents to work and to have fun together.

The Governmental Affairs Committee (GAC) is one of ten standing Sun City Committees. Its main purpose is to monitor Federal, State, County, and City activities that are likely to have an impact on Association operations or finances. GAC assists the Board in representing Association interests. The GAC will be under a new leadership team of Steve Cho (Chair) and Judy Bickell (Vice Chair). Steve Gustafson was the 2021-22 chair and is now going to serve on the SCR Board. Congratulations to Steve for a job well done as GAC chair and for serving on the SCR Board.

As with all things in life, changes happen on a continuous basis. This is certainly true for government rules and legislative policies. The GAC has been a careful watchdog of new rules and policies that adversely affect our Association. We will continue to carefully monitor potential changes in local, county, state and federal legislative policies that will impact our Association.

Meetings of the GAC will continue to be on the second Tuesday of each month in the Timber Lodge Aspen/Birch rooms at 2:00pm. All residents are welcomed and encouraged to attend. If there any concerns you wish to have the GAC look at, please contact Steve Cho at ascinc@mindspring.com or call 510-206-2786.

Website Work Group

BY CHARLYN ROSS

No Rhyme, No Reason — September is noted for the National Holiday, Labor Day, which is celebrated on the first Monday to honor the contributions of laborers to the development and achievements of our country.

September 1 is another National Holiday, "No Rhyme Nor Reason" Day. Its aim is to recognize words that do not rhyme with anything. It also encourages us to perform activities and actions without a reason. Here are a few non-rhyming words to get you started: 'orange', 'purple', 'spirit', and 'chimney'. And, an activity that you can perform, without any reason, is to frequently log into the Resident Website, www.scrs.org.

Email from Clubs & Groups — Clubs/Groups are being encouraged to take advantage of the Resident Website's email feature. Rather than maintaining all members' email addresses on a personal computer, the list is stored on the Resident Website, which permits any authorized Club/Group member to issue an email notice. The Clubs/Groups email list is maintained by our Website Designer, Juliann Schmunk. Should any additions or changes to the membership need to be made, the authorized Club/Group person merely provides the information to her.

A resident can view their personal Group Participation list, by clicking on their name, at the top right. Your "Group Participation" list is at the bottom of the "My SCR Directory

(cont' on page 13)

"They truly gave my mother moments of joy"

Kathy, Daughter of a CountryHouse resident

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

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

Care designed exclusively for those with Alzheimer's or other types of dementia is available in Granite Bay and Folsom.



Schedule a tour today!



2005 Iron Point Road, Folsom, CA 95630 | (916)-836-8022
8485 Barton Road, Granite Bay, CA 95746 | (916) 899-6565

RCFE #342700902
RCFE #312700033

Website Work Group

(cont' from page 12)

Profile" web page. This list includes required Association email senders like the Activities Department, Association Information, Timber Creek Ballroom, Fitness Center, Golf & Pro Shop, and Timbers Restaurant & Lounge. Other entities on the list are the Clubs/Groups to which you are affiliated.

Note—If you wish to remove an item from your list, you need to contact Julia Schmunk, our Website Designer, by email at julianns@scrca.org and specifically indicate, "Please remove (Club or Group name) from my Group participation list, (Provide your Full Name)".

Important Tips — When you receive a community eBlast email, there is a link at the bottom which reads "Unsubscribe" or "Click here to leave mailing list".

Note—Do not click this link thinking you are just closing this email message. When you click this link, you will be requesting that your email address be removed from the "Group Participation" list and you will no longer receive any Association emails.

The "Village Courier", our community publication, was initiated in March, 1995. Those first issues, and all those since, are available for viewing on the Resident Website from the "Community" menu. You don't need a "reason" to explore the evolution of Sun City Roseville (SCR).

The Strategic Plan Information Work Group link, which is on the left side of the Home page just below the photo, will be keeping us

informed on the various construction projects that are planned to keep SCR attractive to current and future residents.

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

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

Architectural Review Committee

BY JUDY SINGLETON

You may have noticed as you drive through our community that Sun City Roseville (SCR) has a consistent design for wooden fences. The design of these fences is one of the unique elements of this community that ensures a consistent look to our properties and raises property values. One of the responsibilities of the Architectural Review Committee (ARC) is provide homeowners who repair or replace their fences with appropriate information in the SCR Design Guidelines that is required to build these fences.

SCR, with approximately 100 miles of fencing, has very specific requirements including style, dimensions, material, and

color. A drive through our community will clearly show the advantage of having uniformity in our fences. Unfortunately, our fences have reached and exceeded their useful life of 20 to 25 years. As a result, unless they are being well-maintained and replaced as necessary, they detract from the overall appearance of our beautiful community.

To ensure that the appearance and quality of our fences is maintained, design requirements and specifications are provided in the recently updated Appendix B-2 and B-3 in the SCR Design Guidelines. A current copy of this appendix can be obtained from the Community Standards Office (CSD) or it can be downloaded from the SCR website (Committees>ARC>Design Guidelines). To avoid a misunderstanding of these requirements and specifications, the Homeowner should ensure that the fence contractor has a copy. In addition, a properly completed application is required to be submitted to the CSD before work is started to repair or replace fences per Design Guidelines Section 3.02(e).

Be aware that proper maintenance of your fence will increase its service life and maintain its appearance. Repainting every four years is recommended. By doing so, we are doing our part to ensure SCR remains the premier active adult community in Northern California. Please note that, as specified in the SCR Guidelines, fences between neighboring lots are the responsibility of all adjoining Homeowners. CSD staff can answer any of your questions about fences and the Design Guidelines.

Sunshine Services "We're Here to Help"

BY PAT TEILH

Dial-a-Ride Tickets are available every month at the lodge on the first day of Courier Days from 8:30-10:00. Look for the Sunshine Services table in the lobby. Come buy your ticket-\$10 for a 10 ride ticket.

The Sunshine Services Group works diligently to serve the needs of all residents of Sun City Roseville. If you are interested in helping your community thru the Sunshine Services, visit one of the open council meetings on the third Thursday of every month at 10:00am in the Cedar Room. All are welcome.

The Caregiver Relief/Individual Care program is a major job of the Sunshine Group. The monitors of the Medical Equipment Loan program are here to help when you need to borrow any type of medical equipment. Simply call 916-367-1695 and leave a message with your name and type of equipment you need to borrow.

When you are in need of grief comfort, a licensed grief support member is here to counsel you. Plus Bereavement Cards, Get Well Cards and Thinking of You cards are sent to the appropriate residents. Sunshine Services Service Group presents quarterly guest speakers on subjects of interest to seniors. As you can see, the Sunshine Services Group is simply "Caring Residents Helping Other Residents". Let us serve you because "We're Here to Help".

We're here to answer your questions! The Lenora Harrison Team

Here for you since 1996. Here for you today.



facebook.com/LenoraHarrisonTeam

www.WeSellSunCity.com

Don't just hire an agent.
Hire a team.



Lenora Harrison

Broker Associate

- ◆ Senior Real Estate Specialist
 - ◆ Certified Negotiations Expert
- DRE #01229917
916.765.4188

Larry Pearson

Realtor®

- ◆ Senior Real Estate Specialist
 - ◆ Certified Negotiations Expert
- DRE #01938527
916.521.6516



Satisfied clients say it best...

Lenora and Larry were so easy to work with due to their vast experience. Lenora was always a phone call away any time we had questions or concerns. She's top-notch and we would recommend them as your sales agents!

Thank you for getting us the best value for our home!

- Sam & Wendy



lenorasellssuncity@gmail.com | youragentpearson@gmail.com

Wise Villa Winery
A World Away...Minutes from Home.

Wisdom of Wise 2020

BIOFILTRO
worm powered wastewater solutions

CERTIFIED CALIFORNIA SUSTAINABLE WINEGROWING

3 Generations | Gourmet Bistro
Award-Winning Estate Wines

www.WiseVillaWinery.com | (916) 543-0323 | 4200 Wise Rd. Lincoln, CA

Solo Friends

(cont' from page 11)

working barbecue “chefs” and all of the volunteer members on the team presented a great dinner, dessert and games.

In August our general meeting featured a two-person presentation by the Placer County District Attorney’s office staff. Solo Friends members, guests and other Sun City residents learned about how the program entitled Placer Protects helps seniors with any concerns relating to security and fraud prevention.

All first Monday of the month general meetings at the Timbers ballroom are open to all Sun City residents. All social events (third Saturday of the month and December Tuesday holiday event) are open to Solo Friends members and their guests.

In addition to the general meetings and socials Solo Friends have four ongoing special game activities groups including Rummikub, Canasta, Hand-and-foot, and Mexican Train. The Special Activities games group is led by new member volunteer, Pamela Fulton. Thank you Pamela!

For more information or questions about Solo Friends please contact Cathy Schimansky, treasurer and columnist at dormieone@comcast.net.

• • •

Jewish Fellowship Circle

BY LOIS ARLEN AND KAREN LEVINE

As we are rounding the corner to Fall, we will be welcoming our Jewish New Year the evening of September 25.

We are pleased to announce that we will be having our annual Pot Luck dinner on September 18, 2022 at 6:00pm at the Sierra Pines. Everyone who will be attending is requested to bring a Jewish dish from their family recipes. It should be a fun and tasty evening for all.

The Book Club will meet on October 24 at 7:30pm at the home of Cora and Dave Rose. The book that will be discussed is: “The Last Rose of Shanghai” by Weina Dai Randel.

Our latest function was a pizza/bingo event and what fun we had. The pizza and salad were most delicious, and, of course, the homemade desserts were delightful, and then it was on to bingo. A very nice evening of fun and getting together. We are still on the lookout for more ideas and suggestions for future events, and of course, if you know of someone who might be interested in joining our group, please get in touch with Gus Ballis @gusballis@gmail.com

• • •

SCR Democrats

BY TONI FISHER

As August marked the oncoming close of summer, and many of our members returned from their travels, we had several opportunities to relax and enjoy the company of like-minded residents of Sun City and Placer County. Our members happily participated in our August Brunch as we sampled a wide variety of their tasty, well-prepared dishes. Each guest was greeted with a cool, refreshing mimosa, created with orange or cranberry juice and a splash of their choice of champagne or sparkling cider. This helped to set a welcoming tone as we were able to visit with our new members and meet many new residents who were invited by our members. We are grateful to the planning committee for their work to make this event a success.

The very next evening, several of our members happily attended a County Fundraiser for Dr. Kermit Jones, candidate for our new Congressional District 3. Everyone enjoyed a delicious meal and were able to visit with Dr. Kermit throughout the evening. They especially noted how friendly and approachable he was as well as showing little ego. He spoke of his many goals for our district and how his background in the military and as a doctor developed his commitment to doing whatever it takes to best serve the constituents. Whether they are in the more populated areas or the rural communities in outlying counties, he is meeting with the voters and learning of their needs so he can work to

improve their lives.

Other highly qualified state and local candidates were in attendance and demonstrated similar commitments to doing the best for all residents, no matter their political affiliation. It is now up to us to get active to make sure these excellent candidates are elected!

• • •

SCR Travel Club

BY ANDREA NORCIA

The Sun City Roseville Travel Club (TC) meets on the fourth Monday of each month at 3:00 pm, in the Timber Lodge Ballroom. Our August meeting will be held on August 22, 2022.

The TC is excited to offer several domestic and international trips to our TC members. Below is a list of trips that are currently scheduled in 2022:

September 30-October 5
“Albuquerque by Hot Air Balloon”
October 18-29: “Croatia Yacht Cruise”
November 26-30: “Spot Light on San Antonio Holiday”
December 6-16: “Christmas Markets, Danube River”
TC trips scheduled for 2023 —
Jan. 26-Feb. 8: Journey to Antarctica: The White Continent
February 22-28: Alaska’s Northern Lights
March 6-18: Shades of Ireland
April 3-11: Mississippi River Cruise
August 2023: Iceland, Windstar Cruise

(cont' on page 15)



I Can Enjoy Walks With My Wife Again!

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

Pain comes in many shapes and sizes. One of the most debilitating being the burning and tingling that comes with peripheral neuropathy. Neuropathy, a disease that was once classified as irreparable, is a disease that comes with years of shooting, stabbing pain that gradually ends in severe numbness, balance problems and in extreme cases, amputation.

David R. 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**.

SCR Travel Club

(cont' from page 14)

TC trips scheduled for 2024 —
 New Zealand (Collette Vacations) in early 2024
 England/Scotland (small group trip) (Collette Vacations) in April 2024
 WWII tour (Collette Vacations) (including Paris, to commemorate 80th anniversary of D'Day) in June of 2024
 Galapagos Islands (Collette Vacations) in Sept/Oct 2024
 Iceland (Collette Vacations) in late 2024
 Scheduled guest speakers include —
 August 22, 2022: Jay Fehan, Collette Vacations
 September 26, 2022: Sharon Mowry, Sun City Activities Director
 October 24, 2022: Elaine Zilonka, Sun City Fitness Director
 November 28, 2022: Jay Fehan, Collette Vacations

• • •

Socrates Café

BY STEVEN GUSTAFSON

Socrates Cafe is Sun City's philosophy discussion group. Typically, a dozen or more of us meet at 10:00 on the first Monday of the month in the Timbers lodge. A facilitator has questions for us to discuss that are always interesting and inspiring. For example, at our meeting Monday August 1st, a question concerned the philosophy of government: "What needs to be changed or reframed

for [our] country to regain a more healthy democracy?"

The topics we discuss aren't limited to such "practical" matters. Some questions we discuss involve ethics (What is good?) or epistemology (What can we know?). A classic question in the last category, "Can we know that we will die?", was considered by the philosopher Zeno over 2500 years ago. His answer was that death is impossible. Here's his argument.

If you die, you must either die gradually or suddenly. If you die gradually, you must first die halfway, and before that you must die a quarter way, and before that an eighth way, etc. There are an infinite number of these death intervals, but you only have a finite amount of time to die. So, you can't even get started dying if you die gradually. If you die suddenly, you can't die on the boundary between life and death, because then your death would be gradual, which we've just shown is impossible. So you must die either when you're alive or dead. If you die when you're alive, you're dead and alive at the same time, which is a contradiction. If you die when you're dead, you must have died twice, which is also a contraction.

So, according to Zeno, since you can't die gradually and you can't die suddenly, you can't die at all, and death is an unfortunate illusion that we can only ignore. The Grim Reaper is never able to do his job! You're welcome to join us for our September meeting, 10:00 Monday 5 September at the Timbers Lodge.

• • •

Roseville Stamp Club

BY TIM MILES

The September and October meeting dates have been retained at 6:30 pm on Tuesday, September 6 and Tuesday, September 27 and Tuesday, October 11 and Tuesday, September 25. We will keep the double-room format, at least thru the end of the year at the Sun City Roseville Lodge (7050 Del Webb Blvd.) Our meetings generally run two hours and cover any and all parts of the stamp collecting hobby. Anybody is welcomed and, if you are new to the club, be sure and bring your "old" album and it can get reappraised, to your pleasant surprise. Stamp values are still appreciating, even given the social shock of the pandemic.

Club members are advised to pay close attention to Al Raub's emails. He does a great job notifying us about "open houses", potential shows, car pools to stamp shows and anything pertaining to the Roseville Stamp Club. Anything of a short-notice nature will be handled thru emails from him.

On the matter of hobby materials, Al Capparelli (916-7718288) has anything available that you might need from spare pages to albums to individual stamps, sets up to country-sized and any other material.

Those club members who have Amer. Philatelic Society memberships have been entertained and educated thru a unique system of email essays w/pics on various parts of our hobby and how best to maintain your collection. It is very informative and certainly justifies the yearly dues.

• • •

Conservative Action Group

BY SHERRI SCOTT

It's time for Action! It is time for CAG members and all others with conservative values to get involved in supporting candidates and researching propositions before voting in the upcoming November 8 election.

What action you may ask? How about donations to candidates or worthwhile causes such as the Election Integrity Project – CA, calling other conservatives to support our candidates and to just get out the vote, distributing signs and literature within Sun City to inform our residents of those conservatives running for office, contacting CA Assembly and Senate legislators in regards to bills that are winding their way through the legislature, volunteering your time as a poll worker or observer during vote counting, vote in person or deposit your completed ballot where you vote, or coming to our monthly meetings held the first Monday of each month so you are able to pass along the latest information on conservative issues. We cannot expect anything to change unless we support and work for that change. If you have questions or want to sign-up for volunteering in any of the above activities, send an email to scrcag@earthlink.net

As a recap for those that missed the August 1 meeting, member David DuPree highlighted some websites that offer news for conservatives. For general news, Dave mentioned Frank's Speech (frankspeech.com) and Real America's

(cont' on page 17)

GUTH & CHANGARIS

A Professional Law Corporation

Estate Planning and Elder Law Attorneys



Penelope A. Changaris

Experience
Caring
Professional
Service



John L. Guth

Living Trusts • Wills • Probate • Trust Administration • Conservatorships

Serving Placer, Sacramento, Yuba, & Sutter Counties

916-774-7030 (Roseville Office)

530-674-9841 (Yuba City Office)

See Website: www.guthandchangarislaw.com

JOHN L. GUTH and PENELOPE A. CHANGARIS are both Certified Specialists in Estate Planning, Trust and Probate Law by the State Bar of California, with 70 years of combined experience.



FRED FESTERSEN • NICOLE ADELMAN • JOHN LADAS

Proudly serving Roseville & Sun City with over 60 years of combined & dedicated Real Estate Experience! Our success comes from our honest approach, professionalism and integrity.

- Professional photography
- Video tours
- Property websites
- Effective negotiating



BROKER ASSOCIATE/REALTORS

916-223-1826 • 916-223-5776 • 916-716-0317

www.FredandNicoleRealEstate.com

festeresen@hotmail.com

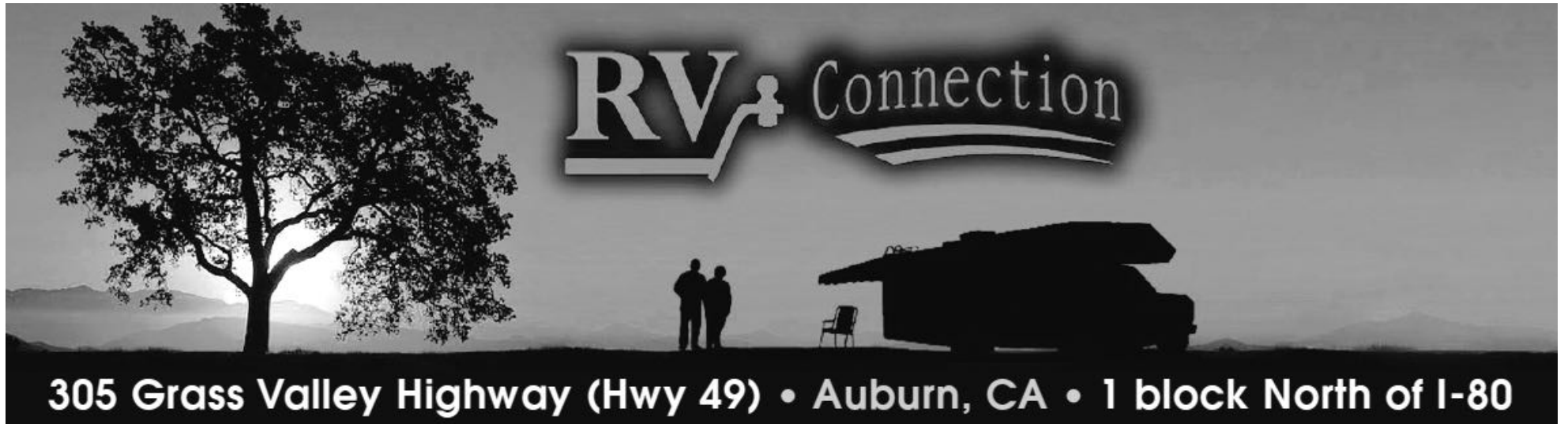
Fred CalDRE#00477890/Nicole CalDRE#01912976

John CalDRE#01944035

Each office is independently owned and operated.



**COLDWELL
BANKER**
SUN RIDGE
REAL ESTATE



BUY • SELL • CONSIGN

**We
Buy**

- Motorhomes
- Travel Trailers
- 5th Wheels
- Campers



**We
Consign**

Trades Welcome

Small town dealership with small town prices! Stop by for a FREE appraisal.

49 YEARS OF LOCAL RV EXPERIENCE

Visit our Website: **www.ShopRVconnection.com**

Open 7 days 9am to 5pm • After hours appts. available

Call (916) 765-1022

Pictures of units are examples only.

Conservative Action Group

(cont' from page 15)

Voice (americasvoice.news). Also, mentioned was that California legislative bills have passed, or on their way to being passed, that often chip



Sherri Scott and David DuPree.

away at our values. By going to the website leginfo.ca.gov you can see some of pending bills of concern: AB2098, AB1940, AB1797 and SB866.

Our membership has increased to 128 members. The next meeting will be held on September 5 at Sierra Pines at 6:30 pm. A BBQ event for September will be discussed and volunteers are needed.

...

SCR Computer Club

BY BARBARA EICHTEN

Changes! New fiscal year and new plans for Workshops and General Meeting Presentations.

Do you have ZOOM on your computer? Come to our workshop or follow the directions on YouTube. We will be scheduling ZOOM presentations on various topics for our members. We will have workshops to help you get ZOOM on your computer.

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

Special Interest Groups (SIGs):
Genealogy To be announced.

Photo SIG - PhotoSIG will be meeting on the 3rd Friday, September 16 at 10:00 am in the Computer Room. All Computer Club members may join the Photo SIG. Submission of a maximum of 3 photos sent to PhotoSIG916@gmail.com are due by Monday,

September 12, 2022. September's theme is "Portrait of a Person/People or Live

Animal(s)." The photos must be taken between January, 2019 and the photo submittal date. Contact Dennis Studer.

Digital Imaging and Editing- Friday, September 2 at 10:00 am in the Computer Room. Use Element to edit, process images, and improve taking your photos. Contact Dennis Studer

All 'Bout Apple – Will meet on the 2nd Tuesday, September 22 from 2:00 – 4:00 pm in the Computer Room Contact Charlyn Ross (916-772-1447)

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

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

...

Boomer Generation

BY SUZANNE CROWDER

It's amazing how fast this year has flown by. Hopefully some of you got to take advantage of the Boomer gatherings in the month of August. Boomer Golf, Game Night, Bunco, Progressive Dinner and Dining Out just to name a few. Remember if you have an idea to create a SIG, let us know. These small groups within the large group are what makes Boomers a great club to belong to.

Join us for the Disco Ball September 21st or 22nd 6:00 pm-9:00 pm at Sierra Pines. Check-in starts at 5:30pm and be prepared for another fun mingling challenge. Boudin's



Dewayne Hill performing at the July Boomer Event.

will be catering their awesome chili in sour dough bowls, and we'll have salad and dessert. You'll also be able to dance the night away to DJ Tom's playing the 70's & 80's hits. We're pretty sure most of you have still some clothes from then hanging in the closet, so dust them off. Ticket price is \$20 per person. Signups start at Courier Day, September 1st, 7:30am-12:00pm. After that drop your checks made out to Boomer Generation at: 608 Blackstone Ct, Kathy DelGrande, 916-276-5053.

The highlighted SIG group this month is Boomer Golf. We'd like to thank Jim Cryan for stepping up to take over the group and again, thank Wendy Suter for all her hard work. Boomer Golf is a fun day golfing, scheduled on the 2nd and 4th Saturday of every month. It is always played on the Sierra Pines 9-hole golf course. The players play their own ball and it is a very relaxed game of golf. Watch for the sign-up emails which generally go out 11 days before the day of play. Summer hours start at 10:00AM and Winter hours start at 12:06 PM. For information, email Jim Cryan suncityboomersgolf@gmail.com 775-848-3458

Your Boomer Council

...

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

...

Mantra Meditation

BY ED CERVANTES

We are fairly new residents of beautiful Sun City Roseville who relocated from Orange County Southern California. In Orange County we lead a Mantra Meditation Senior Group. While the practice of mantra meditation has been a focal point of our daily life for over 40 years, we are most happy when we have the opportunity to teach and share meditation with the community. To this end we are delighted to announce that we are bringing mantra meditation to Sun City Roseville.

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

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

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

Spruce Room at Sierra Pines

Tuesday, October 11th

11:30am to 12:30pm

Aspen Room in the Lodge

Mark your calendar and we look forward to meeting you.

For more info: Ed Cervantes, mantramedclub@gmail.com

...

Veterans and Patriots

BY MIKE YOUNG

September, a Month to Remember September 1, 1939 – Hitler's armies invaded Poland, starting WWII and throwing the entire world into six years of war. September 2, 1945 – President Harry Truman declared Victory over Japan Day, with the formal surrender taking place on the USS Missouri in Tokyo Bay. September 11, 2001 – A day that we will all remember! The worst terrorist attack in U.S. history occurred as four large passenger jets were hijacked, then crashed, killing nearly 3,000 persons.

We the Veterans and Patriots will always remember these date of infamy and tragedy

(cont' on page 19)



Morgan Oaks
Eternal Preserve
A GREEN BURIAL CEMETERY

Leave a legacy for future generations to enjoy!

OUR GREEN BURIAL:

- Offers minimal environmental impact
- Conserves natural resources
- Forgoes toxic embalming
- Provides an affordable way to say goodbye to your loved ones
- Delivers a lasting legacy for generations to come
- Includes 160 acre nature preserve with 3 miles of walking trails in a park like setting

Mention this ad and receive a complimentary processing and recording fee with your plot purchase, a \$250 value!

Start your afterlife journey now with green burial and we will help you every step of the way.

421 Fleming Road, Lincoln, CA 95648

Located in scenic Placer County.
Schedule your private tour of the property today.

833.667.4266
Hello@MorganOaksGreenBurial.com
www.MorganOaksGreenBurial.com

COA 667



★★★★★ Reviews:
from www.ratemag.com

ONE

Jackie Smith
916.741.9303
www.DiscoverYourWayHome.com

REALTYONEGROUP
COMPLETE

Cal BREX 01937900

"Jackie is always in your corner."
Julie & James Aguas

"Working with Jackie was a joy. Highly recommend!"
Norva Achenbaugh

"Best Realtor ever! Couldn't have been easier to buy & sell!"
Robert & Diana Pretzlaff

LiftMaster®



See and hear what's happening in your garage.

- The LiftMaster Garage Door Opener, with built-in camera and 2-way communication, provides peace of mind your garage is safe and secure. Model 85503
- REAL TIME VIDEO MONITORING
- 2-WAY COMMUNICATION
- SMART PHONE CONTROL
- INTEGRATED BATTERY BACKUP



COMPLETE **Garage Door Installations**

*Many Styles & Colors to Choose From
Less Expensive Than Home Depot & Lowe's
Over 20 Years of Experience*



owner Ivan Garcia
License # 893431

916-708-4225
Bonded & Insured

Veterans and Patriots

(cont' from page 17)

for our great country. Most of us were either drafted or volunteered into the military and therefore truly understand the human cost and tragedy of war. God Bless America!

• • •

Republican Group

BY CAROLE VAILLANCOURT

Members that attended our July BBQ enjoyed a fun event! We also had the pleasure of introducing 5 new Members.

Our next meeting, is on Thursday, 1 September at 7pm; Commissioner Ted Gaines, incumbent Member of the State Board of Equalization, who is running for another term will be our speaker. Incidentally, when Ted was first elected, he was the only Republican that won a statewide election.

Our next meeting on October 6, 2022 Meet & Greet the candidates running for the Roseville City Council. Incumbent Pauline Rocucci and candidate Eric Eisenhammer have already accepted, others are pending.

Members, please support our group by attending! Any interested residents welcome.

For Republicans that recently relocated to our community, please check us out!

We are chartered as an official volunteer group by the Placer County Republican Party. Our group welcomes all Republicans, whether you are conservative, moderate or a little on the liberal side, the bottom line is that we all have Republican basic core values.

Contact Carole: 916-781-2468 for more information.

• • •

Garden Club

BY SUZETTE AUSTIN

“Urban Gardening—Becoming a City Farmer” is the theme of our next Garden Club meeting on Tuesday, September 6 at Sierra Pines. We’ll welcome Jeff Holland, a Sun City resident, who has years of experience as an urban gardener. Prior to moving to Sun City, he had a two-acre farm near Baseline Road, but for the past six years his “farm” has been on his Sun City property. Jeff will share pictures and ideas on the art of gardening, planting and pruning a fruit orchard as well as wine grape growing. He’ll show us how to do

a backyard remodel using existing walks, yard ornaments and plantings to turn a yard into an outdoor oasis no matter what size lot you have. Fruit and vegetable canning techniques will be shared as well.

Please note our new times. Doors open at 6:15 pm for social and cookie time. Meetings will begin at 6:45 pm and will end by 8:15 pm. (This new time because of other groups who use this space prior to our meeting.)

Come at 6:15 pm and visit with Sun City Gardeners and meet new friends. New members and guests are welcome. Dues are payable at the meeting and are \$10 from September through June, 2023. We do not meet in July and August. For more information call Karen Burford at 530-575-8384 or karinab@aol.com. We look forward to seeing you at our Garden Club Meeting.

• • •

Birders

BY JANET MORELL

SCR Birders Group has created a new field trip schedule for September 2022 to May 2023. A copy of the schedule can be found on the Birders Group web site at <https://sres.org>. The first field trip of the season will be on September 15, to paths in Oak Grove Park and Central Preserve, both within SCR. The first field trip of October, on October 8, will be to Ferrari Ranch Trail (west of Hwy. 65).

Approximately one week before each of the trips, SCR residents whose names are listed on the Birders’ group email roster will receive an email providing more information on the upcoming trip (meeting time, place, and approximate walking times and duration of the trip). Car pool contributions, park or refuge admission fees, and planned lunches (bring bag or in restaurant) will also be covered in the email.

“If it looks like a duck, acts like a duck, it must be a duck.” The American Coot meets the above description, but is actually a marsh-bird, closely related to a Common Gallinule. An adult Coot has a black head, a white bill with a black ring near the tip, a dark gray back, and long yellowish/green legs. Instead of webbed feet, the American Coot has lobed toes. When it swims, it moves its head and neck forward and backward appearing to bob on the water. It dives for aquatic vegetation to bring back to the surface to eat and can often be seen grazing



Adult Coot and chicks.

on lawns and golf courses. Unlike a duck which uses its wings to begin flight, the Coot will start its flight by running on the ground or on top of a water surface. Newly hatched chicks, with their bright red bald heads and red beaks, leave the nest one day after hatching.

• • •

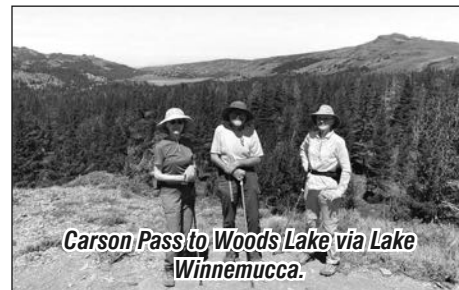
SCR Hiking Group

BY DORIS MERCHANT

Please mark your calendars for our quarterly meeting/potluck to be held on Monday, September 12, at 6:00 pm at the Pines. The food assignments are as follows: A-G Salad; H-J Main Dish; L-R + Z Appetizer; and S-T Dessert.



Lyons Creek



Carson Pass to Woods Lake via Lake Winnemucca.

September will be another month of mountain hiking as shown below.

September 1 - Frog Lake Overlook, rated 6.5 (difficult), 8 miles, \$12 carpool ride.

September 8 - Mt. Judah, rated 6 (difficult), 6 miles, \$12 carpool ride.

September 15 - Rubicon (Emerald Bay to D.L. Bliss), rated 4.5 (easy to moderate), 5.75 miles, \$12 carpool ride. State park pass or parking fee required.

September 22 - Prosser Creek, rated 5 (moderate), 7 miles, \$12 carpool ride.

September 29 - Lake Valley Reservoir Overlook, rated 5.5 (moderate to difficult), 7.25 miles, \$10 carpool ride. \$5 parking fee.

• • •

Cycling Group

BY SUZETTE AUSTIN

We had two wonderful Koffee Klatches in July and August, one in the back yard of Elaine Turnbull and the other was hosted by Mark and Jean Lacher. Sincere thanks to our hosts.

The August 21 Club Meeting included an



Cycling Group.

Ice Cream Social and Equipment Swap

The meeting was held first, then an ice cream social. Members brought cycling equipment, parts and clothing to the meeting where it was displayed and we were free to take whatever we might want or need. What was left was donated.

The Cycling Group’s annual Oktoberfest celebration is being planned for October 8. Chef Karl and his volunteer helpers will again be preparing a feast for us.

On October 12 our monthly meeting at 8 am will feature the lead planner from Roseville Alternative Transportation who will talk with us about current and planned bike paths and bike lanes in Roseville and some of the new devices at intersections to trigger the crossing signals for cyclists.

Our Cycling Group rides coming up are:

September 13: Breakfast Ride. This is a 20-mile ride on Roseville bike trails and neighborhood streets to the Pacific Street Café for breakfast in downtown Roseville. Non-riders are welcome.

Friday, late September, date TBA: Indian Creek Ride/Loomis. 20+ miles departing from Indian Creek Golf Course, with lunch there

(cont' on page 20)



43 yrs Experience

BONHAM ELECTRIC, INC.

REMODELING - REPAIRS - NEW CONSTRUCTION

- * Kohler Generators
- * LED Lighting
- * Electric panel Upgrades
- * Smart Devices
- * P. V. Solar & Repairs
- * Senior Discounts Available



COMMERCIAL - INDUSTRIAL - RESIDENTIAL




916-564-3530




EMAIL: BONHAMELECTRIC@GMAIL.COM

www.bonhamelectric.com

Lic#905104





Dr. Brian P. Keller, DPM
Board Certified in Podiatric Surgery by the ABMSP

On Site X-Ray & Diagnostic Ultrasound

- Ingrown Nails
- Heel Pain
- Bunion Surgery
- Custom Orthotics
- Corns & Callouses
- Ankle Injuries

- Hammer Toes
- Diabetic Foot Care
- Foot Pain
- Plantar Fasciitis
- Nail Care
- Painful Diabetic Neuropathy

916 434-6410

LINCOLN PODIATRY CENTER
841 Sterling Parkway, Suite 130 • Lincoln

Hey Neighbor!

I wanted to formally introduce myself as your premier local agent! I've lived in Lincoln since 2013, and work full-time representing buyers/sellers here in town, as well as surrounding cities.

Please feel free to contact me with any real estate needs, and follow my social media to stay in the loop!

Stephanie Ellis, Realtor
916.865.7148
stephanie.ellis@thriverealestate.com
DRE# 02155995



Cycling Group
(cont' from page 19)

afterwards.

October 10: Folsom/Mexquite Ride. This is a 20+ mile ride starting at Mexquite Mexican Restaurant in Folsom. The route ends at Mexquite for lunch.

The annual Monterey Ride will be October 24-26. There are rides planned for each day but non-riders are encouraged to attend as well. You are encouraged to make reservations as soon as possible for your stay at Casa Munras 1-800-222-2446 or online.

...

Pickleball

BY BOB VERZELLO

Welcome to new members Rick Edson, Kaye Swain, Tim Aquino, Therese Leonard, and Larry Ivancich.

Pam Wingo has organized a "Newbie Newcomer" tournament for beginners who have not been in prior club tournaments. The games will be played Sunday, September 25, starting 8:30am. To see if room is still available, contact Pam at wackywingo@gmail.com

A "Sadie Hawkins" tournament will be held October 16 at 10 am. To sign up contact Pam by October 1.

In August our members played opponents from Whitney Oaks senior community at Rocklin. Gary Pyle, who organized our group, was joined by Jim Azevedo, Rich Stecz, John Garcia, Pramod Sarpotdar Paul Rugar, Greg Morgan and Bob Paese. Gary said it was great

fun and everyone was a winner.

What makes pickleball so special? Read these comments solicited from our own players celebrating birthdays in their 80's and 90's: "The game is great for both physical and mental health. The social interaction is especially important at our age." "I look forward to playing with more people in inter-club tournaments." "To me it's like watching the Cheers TV series. Everybody knows your name; everybody is glad you came." "These older years - reasonably active, mentally alert, experienced and curious, socially and spiritually significant - are meant to be good years. Pickleball fits all of the above." "Approaching the courts, you often hear laughter as much as the pop-pop of pickleballs. That says a lot for the friendly and inclusive way our sport is played here."

The social aspect of pickleball is a theme that runs through all of these comments. Interestingly, the social attraction of our sport was also noted in a recent Tennis.com article, "Why Pickleball?" by Ed McGrogan. He wrote "With dialogue and dinks, and perhaps a few drinks after, pickleball might be the newest social network."

...

Bocce

BY DAVID MOORE

The last qualifying tournament of the year was held on August 8 and by taking first place Cal Conley, Aud Bair, and Paul Keck will move on to the September qualifying tournament.

Second place was won by Bob Daley, Pat



Ramos and Brad Davies while Third place was won by Bud Haddix, Sidnee McKinney and Mike Johanik.

The next generation of bocce players took to the courts on July 29 as 50 children participated in the Sun City Kids on the Courts event along with 33 adults. Many of the kids took advantage of the opportunity to get their faces painted.

There was a great turnout for the mixed

(cont' on page 21)

Twelve Bridges Dermatology offers same day and walk-in appointments!

From Rashes to Skin Cancer, We're Available to Service All Your Medical Dermatological Needs.

Medical and Surgical
Dermatology



Book An Appointment Online
www.12BridgesDermatology.com

CALL FOR AN APPOINTMENT TODAY!
(916) 909-Derm (3376)

Open Monday–Friday 8:00am–5:00pm

Derrick Adams
DO, FAOCD, FAAD



Bocce

(cont' from page 20)

Choose YourPartner tournament on July 23. First place was taken by Tony King, Linda Sanders, Cindy Worth and Greg Worth.

Second place was won by Sidnee McKinney, Jack McKinney, Diane Cohn and Dick Gehrer while Third place went to Pat Ramos, Jack Ramos, Bobbi Dunk and Bill Dunk.

On the social front, Frozen dessert loving bocce players turned out for the ice cream social on August 19.

• • •

Cornhole

BY STEVEN GUSTAFSON

You may have heard of the hot hand effect, especially in basketball — if a player makes a basket for many shots in a row, he's (or she's) thought by some to be more likely to make future shots. Many studies have been done, mostly by university researchers, to determine if this effect is real. The answer is — maybe. But, if it's real the effect is small and is due mainly to the psychological impact on the player of his (or her) success.

We're all inspired when we see a cornhole player put three (or even four) successive bags in the hole. It seems that among a dozen or so who play cornhole for an hour or more at 9:00 Tuesdays on the Sierra Pines horseshoe lanes, at least one player has a hot hand!

• • •

Croquet Club

BY GAIL DAILEY

It seems that I neglected to include the proper reference number for the rule regarding the striking of the opponent's ball - Here it is courtesy of Louisa Vitiello Maglione -

In the rule book on page 50-

Play is made by striking a ball with a mallet. The player so playing is called the striker, and the ball that is struck, the striker ball. The striker may never hit an adversary ball with the mallet. By striking the striker ball, the striker may cause it, or any other ball it hits to move and/or to score a point.

Rule:

11.5 Mallet Faults

1- Hampered shots-Hit beveled edge or corner of mallet striking face

2- Touch head of mallet with hand

3-Touch another ball with foot or mallet

4-Rest shaft of mallet or hand on ground

5-Rest shaft, hand, or arms against own legs or feet or against a wicket or stake (Can rest head of mallet against wicket or stake)

6,7,8,9) Push, double tap, crush, Impossible to see, little easier to hear or feel

13-14 - Must move ball on croquet shot

Further - A fault or misplay shall be called by a striker of an opponent as soon as it is discovered. If a fault is not called before the first shot of the opponent's next turn, the fault shall be condoned.

I hope this clarifies the information given in the July issue

Further correction - from an imperfect

person - Roy Stearns made the amazing roll and I rewarded him by misspelling his name. My apologies.

The nominating committee is preparing the new roster of officers and will keep you posted. See you on the lawn

• • •

Table Tennis

BY DON WOODS

Doctors emphasize the importance of living a healthy lifestyle for good mental health. Heart-boosting activities, such as table tennis, promotes a healthy life.

Table tennis is good for seniors because of the physical, social, and mental health benefits. Those playing actually feel and look younger. It is because of the all-around nourishment of this sport.

The health benefits of playing table tennis are improved body coordination, reduced weight, general reflex for muscles and joints, sharp brain focus and better mental care.

Seniors may feel downhearted and discouraged at times in life. To combat this, doctors often recommend physical activities to help. Playing table tennis frequently is a good choice. It is very easy to learn and has very low costs.

Table tennis provides great aerobic activity with excellent physical and mental benefits. These include:

Improves Body Coordination — Table tennis activities increases alertness across the body. It increases the ability to keep focused, develop hand-eye coordination, and improve upper-lower body coordination and reflexes.

(cont' on page 23)



Licensed and bonded #00846895

**FIRST
WALK
ON US!**

**NOT JUST YOUR ORDINARY
WALK AROUND THE BLOCK!**

**Exciting Outdoor Adventures
for Our Roseville Dogs!**



We Get The Dogs Out!

**CALL NOW FOR
DETAILS!**

(916) 699-9892

pupsagogo1@icloud.com

www.pupsagogo.com

**What Makes Us a Great
Choice For Your Dog
Walking Needs?**

**We treat every dog as if they were our own.
Locally owned and operated.
Pet first aid and CPR certified.
Initial complimentary meet and greet.**

R&A Dynasty Carpet Care

**New Residents to Sun City Roseville • Robert and Aurea Geen
Bay Area Carpet Cleaning Services Since 1985**

• **Carpet Cleaning**

• **Upholstery**

• **Tile and Grout**

• **Area Rugs**

• **Pet Oder Control**

• **Repairs Carpet**

• **Maintenance Programs**

• **Move in and Move Outs**

• **Free Estimates**

**25% Off All
Services for Sun
City Residents**



**925-262-3259
Robgeen@att.net**




New to Sun City



FINANCE of AMERICA
— M O R T G A G E —

Tom Caruthers
(916) 818-2818

Get more out of retirement with a Reverse Mortgage

-  Convert your equity to cash.
-  Eliminate monthly mortgage payments.
-  Preserve the lifestyle you want.

Call me. Let's see if a Reverse Mortgage is right for you.

Tom Caruthers

Reverse Mortgage Advisor

NMLS-2245401

c: (916) 818-2818

tom.caruthers@financeofamerica.com



©2022 Finance of America Mortgage LLC is licensed nationwide | Equal Housing Opportunity | NMLS ID #1071 (www.nmlsconsumeraccess.org) | 1 West Elm Street, Suite 450, Conshohocken, PA 19428 | (800) 355-5626. For licensing information go to: www.nmlsconsumeraccess.org. Licensed by the Department of Financial Protection and Innovation under the California Residential Mortgage Lending Act This is not a commitment to lend. Prices, guidelines and minimum requirements are subject to change without notice. Some products may not be available in all states. Subject to review of credit and/or collateral; not all applicants will qualify for financing. It is important to make an informed decision when selecting and using a loan product; make sure to compare loan types when making a financing decision. The reverse mortgage borrower must meet all loan obligations, including living in the property as the principal residence and paying property charges, including property taxes, fees, hazard insurance. The borrower must maintain the home. If the borrower does not meet these loan obligations, then the loan will need to be repaid.

Table Tennis

(cont' from page 21)

Improves Joint Issues — The knee is the most common place to develop joint problems for elders. Healing involves finding the right stretch that can help mend the knee without putting the ankles and other parts of the body at risk. Table tennis is a good solution for the problem due to its ease of handling on the knee.

Enhances Brain Focus — Table tennis is a good brain sport because it involves whole-body parts. There is stimulation and coordination of both the upper and lower body. Management of all these movements at the same time needs an active brain. The shots and different strategies aiming to win the game also improve your brain's sharpness.

Visit our Sun City Table Tennis Group - Sierra Pines on Tuesdays and Thursdays 2:00 pm to 5:00 pm and Saturdays 9:00 am to Noon.

• • •

SRC Tennis Club

BY DANE BARNETT

On July 29, 33 grandparents brought 53 grandkids to the Sports Courts to learn basic tennis, pickleball, and bocce skills. A big thanks to Sharon Mowry and Beth Acre for assisting the 3 clubs in planning Grandparents Day - Kid's on the Courts again this year and thank you to the volunteers from the 3 clubs who worked, tirelessly, with the kids despite the hot weather. Thank you Terry Armstrong for the beautiful Grandparent's Day photo gallery that can be viewed online. Following court play, a hot dog lunch and cool drinks were served at the Bocce Courts while the kids enjoyed entertainment provided by the Magic Family of Clowns. The fun continued into the evening for many of the grandparents and kids that attended the Illusionist show as he worked with kids in the audience.

In August, members of the Tennis Club enjoyed a FREE pizza dinner that is an annual event for all tennis members who have paid their dues by the beginning of the new fiscal year. What an effective way to collect dues!

On Sept 20-22, the Tennis Club is hosting its annual trip to Northstar Resort. There is fun for everyone including an appetizer party, round-robin tennis at the Northstar Tennis Rec Center, and a no-host dinner. You may even see a couple of bears wander through Northstar Village. Fortunately, in September, the Village is not crowded and Northstar staff routinely shoo the intruders away, from a distance, of course!

Join the Tennis Club and join the fun. We have bi-monthly meetings, socials, dinners, scheduled men/women's doubles play, a men's drop-in group, a Saturday morning mix-doubles group, mixed doubles play days, club tournaments and a women's SATA (Sacramento Area Tennis Association) team is in the planning stages. Call Ray Barnett at 759-2578 to get started.

• • •



Senior Softball Club

BY BOB MONTALVO

The Sun City Roseville Senior Softball Club celebrated the successful conclusion of its 25th season with a fabulous awards banquet, held in the Sun City Ballroom on July 15. Club president Patrick Maglione welcomed more than 100 attendees, including representatives from team sponsors, Coldwell Banker and Smart Move Properties.. He then invited everyone to enjoy the delicious roast turkey buffet with all the trimmings.

After dinner, outgoing club officials

were introduced and thanked for their contributions. Patrick Maglione served as president, Ken Miller as vice president, John Woodbury as secretary, and Rich Epting as the club's treasurer. Also thanked were Council Members Roy Meyers (Rules Committee Chair), Brian Baxter (Communications Chair) and Frank Tom (Member-at-Large). Ron Roberts was thanked for his role as announcer for the Opening Day Classics game, as well as the Playoff Championship game, and Club member Bob Montalvo was thanked for his monthly Courier and Sun Senior News articles, as well as his weekly game updates. Club awards for the 25th season were then announced. Umpires and scorekeepers received pins for their volunteer work, Eskaton Village for being league champions, and Smart Move Properties for being playoff champions. The Manager of the Year award went to Eskaton Village's John Pal, and the Jim Bisenius Sportsmanship award went to Barry Speier. John Woodbury was voted the Lou Del Pozzo Leadership award for his unselfish and significant contributions to the club.

At the August 3 club meeting, the following club members were elected to serve as officers for 2023, with their term beginning in October of 2022: John Woodbury – President, Frank Tom – Vice President, Gary Gregson – Secretary and Rich Epting continuing as treasurer.

Those of us eager to return to the ballfield can look forward to practices beginning by later September.

• • •

He & She Golf Club

BY JULIE HARRIS

The He & She Fall Golf Tournament and Banquet will be on October 10. We will play our rounds of golf at our normal time and place and then meet back at the Timber Creek Ballroom for a celebration dinner. This one is for members of the He & She Golf Club only, so if you're not a member yet, and are interested in this fun tournament day and banquet at both Timber Creek and the Pines, please be sure to sign up. More information about the Fall Tournament and Dinner will be sent out soon. Congratulations to the winners of one of our recent tournaments. Following are the top three results of both the 9 hole tournament at the Pines and the 18 hole tournament at Timber Creek. Sorry, there's not enough room

to post all the winners.

9 Hole

1st Place: Ken & Karen Shahoian, Leonard & Vikki Clark \$8 each

2nd Place: Michael & Pam Hemingway, Gary Pelzman & Darlene Reber \$7 each

3rd place: Don & Marilyn Meyers, David & Gail Hixson \$6 each

4th place tie: Mike & Clare Buchanan, Fred Amador & Geri Womack \$5 each

4th place tie: Bob Niznik & Denise Gilbert, Toni Ulloa \$5 each

5th place tie: Ed VanPatten & Tena Johnson, Gary Wolff & Roxanne Warloe \$4 each

5th place tie: Paul & Judy Benjamin, Bob & Pat Horning \$4 each

Closest to the Pin:

Ladies – 1st place Darlene Reber – 52' 0" \$5

2nd place Barbara Simon – 54'0" \$3

Men – 1st place Ken Shahoian – 33'7" \$5

2nd place Gary Wolff – 35'4" \$3

18 Hole —

1st place: Nancy & Sol LaBrada, Bill Wells, Judi Bickell \$8 each

2nd place: Gary & Barbara Mills, Joan Meyers, Dave Driscoll \$7 each

3rd place: John Raniseski, Shirley Libis, Jim Sherrard, Vernita Hillwig \$5 each

4th place: Sandra Morea, Cal Connley, Peg Mucci, Jim Dachauer \$4 each

5th place: Carol Norris, Connie DeBlauquiere, Fred Festersen, Jim Lynch \$3 each

Closest to the Pin

Ladies - Vernita Hillwig – 1'6" \$5

Men – Don Waters – 8' \$5

The He & She Golf Club has almost 200 members and we are still getting new members each month. You don't have to be a good player – you just have to want some fun!

• • •

Sierra Pines Ladies Golf

BY DEBBIE GEORGE

Well, the end of summer is just around the corner. I will be happy to get back to some more mild temperatures.

July most improved players are the following. First flight – Elizabeth Gustafson; Second flight – Roberta Hostler; Third flight – Joann Orovitz; and Fourth flight – Lynda Hammel.

(cont' on page 24)

YOUR ROSEVILLE HOME FOR REAL ESTATE

- AREA RESIDENT/SPECIALIST
- OUTSTANDING SERVICE
- COMPREHENSIVE MARKETING
- RESULTS

Call today for listing help or up-to-date market information.



Shaun Hilton ~ Broker/Owner, MBA ~ shaun@hiltonproperties.com

CALL TODAY
916.786.9162
www.hiltonproperties.com
BRE #01714579

hilton
properties
YOUR HOME FOR REAL ESTATE

BrightStar Care
A HIGHER STANDARD OF HOME CARE



LET US HELP YOU CARE
FOR YOUR LOVED ONE

We specialize in:

- › Personal Care
- › Companion Services
- › Homemaker Services
- › Respite
- › Hospice Support
- › Alzheimer's
- › Parkinson's
- › Heart Failure
- › Post-surgical Care
- › Multiple Sclerosis



We assist you with Long Term
Care insurance processing.

No deposit required.

Nurse oversight included.

Independently Owned & Operated

Insured & Bonded – Roseville, CA • **916 781 6500**

OAKMONT SENIOR LIVING Traditions Memory Care



THE BEST CARE. FOR THE BEST LIFE.

Whether your loved one is in the first stages of memory loss or is experiencing more advanced symptoms, Oakmont of Roseville can help.

Call **(916) 297-4512** to schedule a private or virtual tour today!

PERSON-CENTERED CARE

Specially Designed Community
Compassionate Care Providers
Individual & Group Activities
Restaurant-Style Dining

Assisted Living & Memory Care
Oakmont
of Roseville

1101 Secret Ravine Pkwy • Roseville, CA 95661
(916) 297-4512 • oakmontofroseville.com

Sierra Pines Ladies Golf

(cont' from page 23)

Birdies recorded in July, only one, was Pat Decroix on July 13 on hole # five. Chip-ins on July 13 were made by Darlene Reber on hole # two and Pat Decroix on hole # five (I get it, she chipped in for her birdie!); July 20 Pat Decroix, again, on hole # four; July 27 Pam Hemmingway on hole # six. Great golf ladies.

July 27 was also our "Beat the Pro" play. Our head pro, Derek, posted a gross score of 34. We actually had two of our players "beat" his score. Gail Riddle had a net score of 30 and Kyle Vodden had a net score of 33. Well done!! You will be recognized at our Holiday luncheon.

Our three newest members in July are Karen Denny, Perris Trout and Charlotte Johnson. Welcome to our club ladies. We hope you will enjoy playing with us.

Coming up in September is our Club Championship. Signups begin September

1. Actual playdates are September 21, 26, and 28. You must play on at least two of those dates. The luncheon will be held on September 28 in the Rose Garden. Winners will be announced at that time. As always, we will need lots of volunteers to help with this event. If you don't want to compete, please sign up to help.

Also watch for info on our Fall Fest held October 17th.

Hit 'em long and straight!

• • •

Timber Creek Women's Golf Club

BY BARBARA MILLS

We are happy to welcome two new members! Nicki Wampold and husband, David, moved to SCR just five months ago. She is also a member of Northridge Golf and Country Club and will split play days. Her Big Sister is Vernita Hillwig.

(cont' on page 27)



Sierra Pines Ladies Golf invited the golf course workers to join us for an ice cream social as a THANK YOU!



ANNE WIENS
REALTOR® | BROKER ASSOCIATE

**COLDWELL
BANKER**
SUN RIDGE
REAL ESTATE

BUYING? SELLING? RELOCATING? INVESTING?
Call 916.847.6006 For All Your Real Estate Needs.

- Professional marketing, negotiation, and communication.
- Real Estate Team with 35+ years combined experience.
- Nearly 800 local real estate transactions closed.
- Visit AnnesFanClub.com for reviews from happy clients.

REALTOR®/ Broker Associate

• e-PRO® • CNE • SRES®

Outstanding Life Masters Club Member

Coldwell Banker International

President's Elite

Email: Anne@YourAgentAnne.com

CA DRE Broker License # 01425896

www.ActiveAdultPlacer.com
www>YourAgentAnne.com



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

Marge Knight

(cont' from page 1)

newspaper reporter in Savannah, Georgia, and has covered the Masters Golf Tournament for twelve years. Five years ago, his name was



The Knight family portrait — Circa 1980's.

pulled from a reporters' lottery at the Masters and he got to play the whole course the next day with a caddie to boot. Their daughter, Becky lives in Lincoln while daughter Brenda lives in Rocklin. "I have eight grandchildren," says Marge, beaming. "I am close to all of them."

Once their children were raised, Marge and Jim got a chance to travel a bit. They spent a month a Spain with one of her friends and three weeks in Canada. And they drove their car to visit spots across the U.S. They retired to SCR in 1999 where Jim became an avid golfer, playing five days a week.

Sadly, Jim passed away eleven years ago on the 4th of July. Up until then, Marge had always made a point of attending our 4th of July fireworks celebration with her family, but since Jim's passing, she celebrates his memory at home, counting on the nearby fireworks to show a vicarious appreciation of her husband. She recalls that, at first, it was a difficult time every 4th of July, but now thinks it was fortuitist. "He sure went out with a big bang," she quips. The couple had been married for 46 years.

Although she never became a golfer herself, Marge always supported Jim's love



Marge and Jim Knight on their honeymoon in 1965.



Marge Knight's backyard decorations during Halloween time.

of the sport by attending dinners and parties with his golfing buddies and their spouses. Not one to join clubs or groups, Marge considers herself self-sufficient and keeps busy taking care of the house, baking for her family, and connecting with her grandchildren. When they were younger, she'd volunteer as a reading mom in their respective schools. She even worked with the kindergarten kids, doing arts and crafts in their classrooms. Now she keeps in touch with them electronically. "They text or snap-chat me all the time," she says. "I'm pretty lucky."

Two of her granddaughters are in college, a grandson and another granddaughter just graduated from college and the others are in high school. Marge relishes her relationship with all of them and credits having a sense of humor with helping to build a solid foundation with her family. "The most important thing to me in life is to have a great sense of humor," she says. "My hubby and I did and all our

kids and grandkids, do also. Laughing helps keep you young and it sure helps during sad times as well."

Marge dotes on her grandson, Cruz, who's 12 years old and was born with "Cri du chat," a rare genetic condition caused by a missing piece of genetic material on the small arm of chromosome 5. He is in a Special Needs class at school and will be taking the bus for the first time when school starts this year. Marge notes that Cruz will soon face a major spinal fusion surgery but is pleased on the progress he's made so far. "He is God's gift to all of us," she says. "He's a gentle reminder that we must enjoy each day, be thankful for what we have, laugh and have a good time."

Marge is also grateful for her good friend, Hans Fokkema, who lives in Sun City Lincoln

plate of Christmas cookies for me. Each had made them. One time I was on the phone out back when the girls were going by and one of their coaches came over to the knee wall to thank me. He said they all loved me and what a great thing to do."

Marge loves living on the 5th tee and maintains that she wouldn't do anything differently if she had to do it all over again. She intends to stay busy putzing around the house and enjoying her 5 o'clock glass of Chardonnay. "Wine keeps me young," she says with a grin.

Whether it's doing daily leg exercises or throwing 22 bags of bark on the side of the house, Marge stays active and in good shape. "My daughters tell me I run circles around them. They tell me I'll live to be 105. I tell them no way do I want that. Just enjoy each day and be thankful for what you have in your life."

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

Just let us know!

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

Astronomical Events for September

BY BILL WEAVER

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.

Now you can finally have all of the soothing benefits of a relaxing warm bath, or enjoy a convenient refreshing shower while seated or standing with Safe Step Walk-In Tub's **FREE Shower Package!**

- ✓ First walk-in tub available with a customizable shower
- ✓ Fixed rainfall shower head is adjustable for your height and pivots to offer a seated shower option
- ✓ High-quality tub complete with a comprehensive lifetime warranty on the entire tub
- ✓ Top-of-the-line installation and service, all included at one low, affordable price

Now you can have the best of both worlds—there isn't a better, more affordable walk-in tub!

Call today and receive a
FREE SHOWER PACKAGE
PLUS \$1600 OFF
FOR A LIMITED TIME ONLY
Call Toll-Free 1-844-741-1461

SAFE STEP WALK-IN TUB

With purchase of a new Safe Step Walk-In Tub. Not applicable with any previous walk-in tub purchase. Offer available while supplies last. No cash value. Must present offer at time of purchase.

CSLB 1082165 NSCB 0082999 0083445

SPECIAL OFFER

NORTH AMERICA'S
#1 Selling
Walk-In Tub
Featuring our
Free Shower Package

Call Today for Your Free Shower Package
1-844-741-1461

FINANCING AVAILABLE WITH APPROVED CREDIT

EASE OF USE

WARRANTY

BBB

LIFETIME LIMITED WARRANTY

GARY'S SPRINKLER REPAIR SERVICE

Residential Experts • 28 Years Experience
Troubleshooting & Repairs

- Timers Changed • Wiring Issues • Bad Valves
- Some Drip Work • Broken Pipes
- All Work Guaranteed

916-223-3706 LIC# 869624

BBB ACCREDITED BUSINESS



CLUB CRUISE & TRAVEL

Let us stretch your vacation dollars and get the most out of your trip. Call our travel experts and let's start planning your next vacation! Call 916-789-4100 or stop by 851 Sterling Parkway, Lincoln ~ M-F 9-5:30



Amazing travel deals are happening now!

Book your Grand Voyage and make up for lost time. You deserve it, don't you?

73 Day South America & Antarctica Sailing October 7, 2023 – December 19, 2023

Holland America's Zaandam



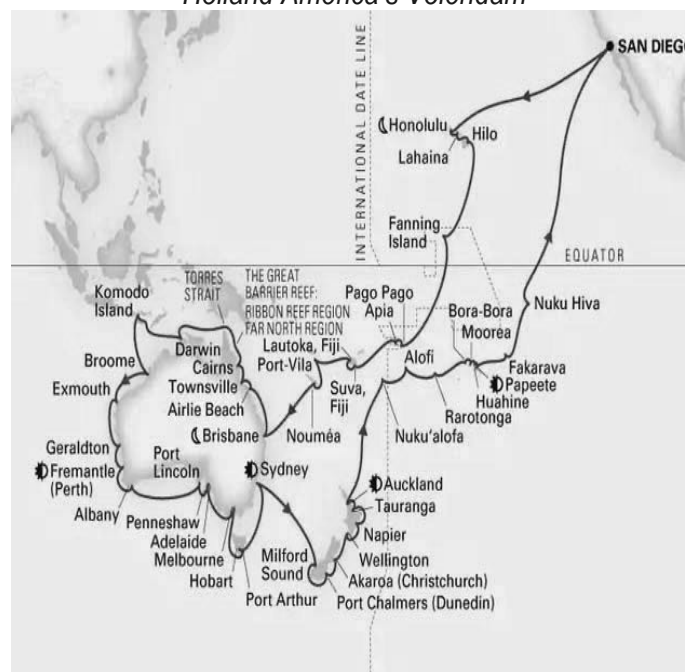
Sail round trip from Ft. Lauderdale to Ecuador, Chile, Argentina & More!

Interior Staterooms starting from \$9,699
Ocean View Staterooms starting from \$11,499
Balcony Staterooms starting from \$23,899

R/ T Sacramento Airfare & Airport Shuttle Included!

94 Day Grand Australia & New Zealand Sailing January 3, 2024 – April 6, 2024

Holland America's Volendam



Sail round trip from San Diego to Australia, New Zealand and the South Pacific Islands.

Interior Staterooms starting from \$17,177
Ocean View Staterooms starting from \$18,699
Balcony Staterooms starting from \$46,499

R/ T Sacramento Airfare & Airport Shuttle Included!

Club Cruise & Travel is a full service travel agency. Call us for all of your travel needs.

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

CLUB CRUISE Reservations, Serving Placer County Since 1991
851 Sterling Parkway, Lincoln, CA 95648

We're local, please visit us or call **(916) 789-4100**

Visit us online www.clubcruise.com Email: book@clubcruise.com

CST # 2033380-40 Updated August 2022



Timber Creek Women's Golf Club

(cont' from page 24)

Trish Nicholson moved to SCR ten years ago with husband, Dan, from the Bay Area to be close to her mom. She retired three years ago and is a member of the Ambassadors Committee as Vice-Chair for the upcoming year. Her Big Sister is Sherry Hilger.

Our Most Improved Players for July are Linda Stenvick (1st Flight); Cheryl Welch (2nd Flight); and Nancy LaBrada (3rd Flight). Congratulations!

The Invitational was held on August 24 with a full field of 144 members and their guests. The theme was "Hot August Days" and it was fun to see all the cute golf shirts and decorated carts! We enjoyed a nice breakfast buffet, played some fun games throughout the course, and returned to enjoy a lovely lunch in the Ballroom. Results and pictures will be in the next Courier. Karen Shahoian and her committee deserve a huge "thank you" for organizing this great tournament!

Hopefully the summer heat will wind down so we can enjoy cooler temperatures while playing.

There will be a General Meeting on the 21st at 2:00 pm in the Aspen/Birch rooms. All members are invited to attend and hear what is going on with our Club.

Have a great Labor Day holiday!

Timber Creek Men's Golf Club

BY TERRY DOOLEY

The golf courses are "weathering" the heat as best as can be expected for this time of year. Get out and play a round of golf at Timber Creek or Sierra Pines Golf Courses.

During mid-July, there was a water shortage due to a water valve failing to open during nightly irrigation. As a result, the upper third of the putting green at Timber Creek suffered severe drought stress. Our excellent

golf maintenance team has been hard at work to recover this area of the putting green with needle tine aerification, verti-cut, interseeding, fertilization, and water. It is slowly recovering. In the meantime, this area of the putting green is restricted to allow for a full, healthy recovery.

There were two tournaments in July – The "Firecracker" (Red, White, and Blue) Tournament; and the TCMGC match play tournament started (results to follow).

Results of "Firecracker": Liberty Flight Winners, Team #13 – Gary Beckman, Mark Collins, Terry Dooley, and Tony King (131); Freedom Flight Winners Team #18 – Paul Niebank, Steve Hennessy, Jim Dachauer, and Bill Thyken (127); Independence Flight Winners, Team #24 -- Gary Owens, Paul Meitzler, Steve Proctor, and a Blind Draw (127). Congratulations to all the winners from each flight of this tournament!

Results of "Firecracker" Tournament closest to the pin, Hole #4 -- Ron Slusarz (4'5.5"); Hole #6 -- Lem Llapitan (2'6"); Hole #14 -- Frank Staszsky (2'9"); and Hole #16 -- Richard Schiffrers (10'8"). Great shots Guys!

Stay healthy and "Go Golfing!"

• • •

Golden Niners

BY RALPH FRIEND

We had an opportunity!

Each year Sun City Roseville holds the Bill Gould Golf Tournament on our two beautiful golf courses. This event helps young golfers improve their game and creates a "love of the game" for all young players. This golf tournament has been held here for many years. However, the turn-out this year for players from our community was very poor. There were only about 50 total players who entered the event, which also included a lunch in the ballroom afterwards where prizes were awarded.

We need to do a better job of supporting this annual golf tournament! Our golf groups in Sun City should each have multiple foursomes to represent them. There is not anything in retirement that could be better than supporting our youth in continuing a sport we all enjoy! Hopefully, we will have another opportunity... that's a "mulligan" for those of you who "whiffed" this year!

• • •

Court and Water Volleyball

BY MARISA BERNETTI

Court Volleyball: Calling all court volleyball players (high school play experience is helpful)! We need you! Currently, court ball is played on Fridays, 8:00 – 10:00 am, at the pickleball court #1, closest to Del Webb Blvd. It's time to dust off those shoes, get some exercise and have some fun. Try it out; no fees to join!

Water Volleyball: Indoor pool - Mondays, Wednesdays and Fridays from 11:30-1:00 pm. On an occasional Monday, play may start at 12:00 pm (due to other pool activities).

Play is in lanes one to three; so, no deep-water play. One can join play at any time; you'll just rotate in at side out.

Group Socials: The Group has quarterly meetings (very short) followed by dinner, BYOB and games. Our next social is the 4th week of September, 5:30 – 8:00pm; dinner is catered by Tahoe Joe's and we'll play Cornhole, with cash prizes to the winners. It's a good opportunity to see and meet all of our volleyball family.

Please join us, young, old, experienced or not! For more information, call Marisa Bernetti at 916-745-9571 (cell) or email her at mjbretiree@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.

• • •

Mah Jongg Club

BY LAURI MOORMAN

We had our Annual Club Luncheon and Play Day at Timbers Lodge on Friday, August 26, at 11:30 am. This was a free luncheon for members of the club, given by the officers of the club. The menu choices were either a turkey croissant, a peppered roast beef sandwich, a chicken apple salad, or a vegan burger, and as always Timbers did a wonderful job preparing and serving the food. Everyone enjoys this opportunity to see all the Monday and Friday Mah Jongg players together, and this luncheon was no exception. After we ate, we played—you just can't beat that for an enjoyable summer afternoon.

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

Some of us get together for lunch in the Timbers Restaurant at 11:30 am on Mondays, before we play, and at 12:00 pm on Fridays, after we play. Anyone is welcome to join us for lunch, which is a good opportunity to get to know us socially. You can play either day or both days, and you will find everyone most welcoming to newcomers, so don't be nervous, all of us were new once.

• • •

(more Club News cont' on page 30)

Lambert Funeral Home



A Family Tradition Since 1934
400 Douglas Blvd. • Roseville

783-0474

FD#734

REBARK TIME, INC.

Tree Care – Planting- Irrigation- Fertilization



916-764-7650

Licensed/Insured
#23559/03224



www.rebarktime.com

- * Thinning/ Pruning of all plants shrubs and trees
- * Tree Training/ Maintenance
- * Weed Abatement
- * Planter Beds
- * Pathways/ Walkways/ Walls
- * Boulders/ Stream Beds
- * Bark Installation

FREE ESTAMATES!

Reliable
Buick • GMC
Cadillac
Roseville

OIL & Filter Change
TIRE ROTATION

Dexos oil and filter
 change with tire
 rotation. Up to 6 qts
 of Dexos synthetic
 engine oil.

\$67⁵⁵

GM vehicles only.

9-30-22

783-5233

400 Automall Dr. • Roseville

www.ReliableDealer.com

Safety First — *Three Random Words* *for Password Creation*

BY ROB BAQUERA — Public Information Officer, Roseville Police Department

Professor Mary Reed, of the Rochester Institute of Technology, recently wrote an article connecting the math behind a geographic mapping application, what3words, and creating secure passwords that a human being can actually remember.



Technology is integrated into everything we do and most pieces of technology require a password. A strong password will:

1. Help you avoid ID Theft
2. Make it easy remember
3. Better secure your valuable information

Here's the next steps to create a strong a memorable password.

The first part of this password creation concept is what3words uses an "ordered triple" set of random words to identify a particular geographical location on the Earth. An 'ordered triple' is just a list of three things in which the order matters. For example, "box. ladder.pup" would be considered a different ordered triple than "ladder.box.pup".

The next piece is the pool of words available to use. Some scholars estimate there are more than a million English words, with many being very uncommon. For their mapping application, what3words came up with a list of 40,000 English words. Allowing word repeats, which means there are 40,000 possibilities for

the first word, 40,000 for the second, and 40,000 for the third. The number of possible ordered triples would be 40,000 x 40,000 x 40,000, equaling 64 trillion possible ordered triples. Remember, that's for a limited word pool of 40,000 words. Consider the amount of ordered triples for a word pool of 171,476 - the amount of words in common use in the Oxford English Dictionary!

If you string together an ordered triple of words (i.e. ladderboxkitten), that becomes a password you should be able to remember much easier than a random string of letters, numbers, and special character designed to meet a set of complexity rules. If your password requires special characters, it would be fairly easy to pop one in (&ladderboxpup); or capitals and special characters (&Ladderboxpup).

While the three random words method isn't fail safe for password security, the complexity of language provides amazing power to help one to create and remember a password that works for them and security requirements.

Source: *How math and language can combine to map the globe and create strong passwords, using the power of 3 random words (theconversation.com)*

John L Sullivan



(916) 788-8710

COMMERCIAL VEHICLES TO DRIVE YOUR BUSINESS

The Largest Chevrolet Inventory in Northern California

Experience the quick &
 easy, no-hassle way of
 buying your next vehicle.

CALL OUR FLEET MANAGERS

- Buy with confidence
- Buy from the decision maker
- Buy from Fleet Managers at Fleet Prices
- Ask about Business Rebates
- We deliver to your home or business



Chris Kircher

(916) 765-7630



Rene Schoonbrood

(916) 717-7334



Curt Thomas

(916) 899-8765

John L. Sullivan Chevrolet

111 Sunrise Avenue, Roseville, CA 95661

JohnLSullivanChevrolet.com | (916) 788-8710

FLEET PRICES

*Open to the
 Public*



CHEVROLET
BUSINESS
ELITE

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.

Traveling...
Don't miss
an issue!



Sun Senior News

On-line at: SunSeniorNews.com

*Please patronize our advertisers,
and let them know you saw their
ad in the Sun Senior News!*

Sun City Roseville Specialist

Call when You Need Your Home Sold Right

... and at the **BEST PRICE!**

Take the Hassle Out of Moving!

Our Showcase Listing Service includes:

- FREE Donation Service
- FREE House Cleaning
- Professional Photography and Virtual Tours
- Estate Sale Assistance
- FREE Carpet Cleaning



Don Schlaegel
Broker DRE# 00647027
Donschlaegel@gmail.com
916-926-9511



Martin Schlaegel
Transaction Coordinator
mschlaegel@comcast.net
916-765-5172

Compassion, Care, Dignity and Respect

In your time of need, we promise honest, upfront pricing and will never overcharge or mislead you.

We encourage you to compare our services, facilities, and fees with others. We offer pre-planning services with guaranteed pricing.

We have proudly served the families of Northern California since 1999.



from **\$895**
**Dignified
Cremation**

from **\$2995**
**Traditional
Funeral Service**

(Present this ad
to receive these prices)

Call today for Literature and Information



ROSEVILLE
(916)-749-3880

1141 Smith Lane, Suite 4. | FD-1806

Affordablecremationofroseville.com

NORTH SACRAMENTO
(916) 469-0866

4750 Beloit Dr. | FD-2352

Affordablecremationofsacramento.com

SCR Bridge Club

BY BRENCE DAVIS

Sue Tuana is a native Californian, born and raised in Crockett. She attended U.C. Davis and, when advised not to go to the library alone at night, signed up for self-defense classes. She graduated with her bachelor's degree and a black belt in Jujitsu. Sue got her master's degree in social work at Sacramento State and later became a licensed clinical social worker. She also studied Aikido and earned her brown belt.

She began her working career as a social worker in Stockton at the California Youth Authority, one of the first women to work in a male housing unit. She worked for San Joaquin County in Child Protective Services, specializing in cases of family sexual assault.

During that time, Sue volunteered at the women's center in the Domestic Violence program. She worked as a consultant, helping train staff. She also taught self-defense classes in recreation departments and was hired by San Joaquin Delta College to teach Women's Studies and Self Defense.

She became a Court Mediator in San Joaquin County, handling custody issues. Sue ended her career as a Program Manager for El Dorado County. Her duties included child and adult protective services, adoptions, and IHSS (In-home Supportive Services).



Just before moving to Sun City in 2008, she was rear-ended by an uninsured Suburban. She endured hospitalization and physical therapy. Her back still suffers!

Sue's favorite pastimes include travel and volunteering, once leading kids' groups at Folsom Zoo, a rescue zoo with many animals, including lions from the movie industry. Another favorite in her volunteer work was Compassion Planet, working with kids who had aged out of the foster care system. Two other favorite pastimes are gardening and bridge. When she's not in her garden, you might find her bidding at a duplicate game.

...

Bunco

BY PAT OBERLANDER

We hope you will be joining us at Bunco on the 2nd and 4th Monday of each month. Sign in starts at 8:30 am and we



Bunco Winners!

start playing at 9:00 am. Goodway to meet neighbors and lots of fun. We'd love to see

(cont' on page 31)



Who's Your REALTOR?

Sherri Walker is Locally and Nationally Ranked

- #1 Rated Agent in Roseville
- #2 Agent in Placer County
- Top 1% Nationwide - Keller Williams
- Master Club Life Member
- Sacramento Top 500 Producers
- Top 1.5% of All U.S. Agents Nationwide



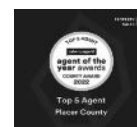
Sherri Walker
Realtor, DRE#01936595
Certified Negotiations Expert
916-213-1320
Keller Williams Realty



Doug Jones
Answer Home Loans, Inc
Senior Lender, NMLS#: 222145
916-770-0960
Doug@DougJones4Loans.com

93 HOMES SOLD IN SUN CITY JANUARY TO JULY 2022

PRICE RANGE	SQFT.	NO.	MODEL
\$460,000-\$566,000	964-1176	9	MEADOW
\$455,000-\$550,000	1198	8	TIMBERROSE
\$522,000-\$587,500	1323-1343	9	ORCHARD
\$550,000-\$701,000	1334-1347	9	ROSETREE
\$569,000-\$641,000	1476-1500	7	COUNTRYROSE
\$555,000-\$803,500	1547	14	SHASTA
\$645,000	1578	1	PINERY
\$630,000	1583	1	REGENT
\$578,000	1618	1	CALAVERAS
\$617,500	1638	1	PARKLAND
\$615,000	1658	1	BAYWOOD
\$688,500	1774	1	IRONWOOD
\$615,000	1799	1	GROVE
\$620,000-\$745,000	1840	4	PLUMAS
\$607,500-\$805,000	1869	10	YOSEMITE
\$660,000-\$815,000	1994-2032	4	SUMMIT
\$656,500-\$785,000	2083	3	SIERRA
\$680,000-\$860,000	2287	7	DELTA BREEZE
\$899,000	2362	1	HEARTHWOOD
\$1,150,000	2665	1	WILSHIRE



July Homes Sale Averages

Homes Sold: 7
Days on Market: 7
SqFt: 1,475
Price per SqFt: \$405.41
Listing Price: \$573,486
Closing Price: \$581,642



SCR Foundation 2022

(cont' from page 1)

please contact Doug Smoot, Director of Home Maintenance, at scrhomeservices@gmail.com

If you'd be interested in becoming a member of our volunteer Phone Team, please call 916-774-9040 and leave a message.

All Aboard! This year's Foundation Fall Event has been scheduled for Saturday, November 12 in the Timber Creek Ballroom. Join us as we set sail for an evening of fun with a "Sun City Sails" cruise theme and Hawaiian buffet dinner. Dance music will be provided by the band, Rhythm Method Trio. Enhancing the fun will be casino tables where you use your "FUNdation" money. Top gamers will receive special prizes. Gather your friends and dress in your best cruise wear for Sun City Sails! We are currently recruiting volunteers to help with this event. Please email Nancy Schubach at suncitynancy@comcast.net if you are available to assist.

Bunco

(cont' from page 30)

you. We're in the card room at Timber's Lodge. You don't have to commit to every time, but once you start, you'll be hooked.

Winners for July 11 - Ann White, Judy Spencer, Susan Moore and Cindy Jones

Winners for July 25 - Sidney McKinney, Cindy Jones, Geri Pankyo and Sue Moreland



Event held sat 4015 East Catlett Rd in Lincoln, one mile west of the Thunder Valley Casino.

SUN SENIOR NEWS CLASSIFIEDS

SERVICES

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

CABINET MAKER WOODWORKER, Custom cabinets, New doors, Drawers, Pullouts, Repairs, Retrofits for new appliances. Michel 916-270-7525.

WONDERFUL HOUSE CLEANING. Many years of experience providing all types of cleaning: Home Residential and apartments. We offer: Deep cleaning, Regular cleaning, moving out/ move in. Weekly, Bi-weekly, Monthly, and One-time. Call for an estimate today at: 916-890-2655.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

FOR SALE

PRIDE GOGO ELITE TRAVELER PLUS MOBILITY SCOOTER. 4 wheels, new batteries. Clean. \$1100. 916-626-0254.

WANTED

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

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

ANNOUNCEMENTS

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

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.

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

**FREE ADS — INCLUDE

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

BUSINESS ADS

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

Classified Ad Submissions —

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

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

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

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

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

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

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

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

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

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



PROFESSIONAL REAL ESTATE SERVICES
THOMPSON+BROWN
 OLD FASHIONED HARD WORK WITH A NEW ANGLE



WHY PAY 6%?

Experience Makes a Difference!!!

George Brown
 OWNER/BROKER

*Call us for an
 Expert Home Price Evaluation*

Recent Sales in Sun City



509 Mount Tailac Court	Timberose	\$545,000
4717 Cottage Lane	Calaveras	\$ 550,000
7241 Sunstream Way	Rosetree	\$565,000
5376 Campcreek Loop	Rosetree	\$589,500
6224 Buckskin Lane	Pinery	\$599,000
5605 Lantern Grove Lane	Shasta	\$612,000
4169 Rose Creek Road	Calaveras	\$700,000
5201 Angelrock Loop	Yosemite	\$705,000
7029 Windchime Way	Delta Breeze	\$740,000
7316 Timberrose Way	Delta Breeze	\$820,000
5573 Lantern Grove Lane	Timberlodge	\$975,000

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

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

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

BRE #01163699