

SUN SENIOR NEWS

Your Community News Source — Serving Sun City Lincoln Hills — ONLINE AT: SUNSENIORNEWS.COM



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Alyce Stanwood — Born to Win

BY JENNIFER MARTIN

“Winners are willing to go longer, work harder, and give more than anyone else,” says Vince Lombardi, renown football coach. Although an avid player of golf, not football, Alyce Stanwood exemplifies a winner, one whose greatness exudes from being willing to give her all to any endeavor, which, in her case, was teaching Journalism and promoting women’s golf. She credits her family with showing her how to develop a winning personality through strength, motivation, generosity, and love. “My family has always been winners,” she says. “They’re tops in every winning trait a person can have.”

Alyce was born and raised in Modesto, California, with her brother, Phillip. After graduating from Thomas Downey High School in the 50’s, she matriculated at UC Davis for three years, got married, returned to college, this time to San Jose State University, and graduated with a degree in Business with a



Alyce Stanwood with Coco.

PHOTO BY JENNIFER MARTIN

minor in English in 1974. She also obtained her lifetime teaching credential and joined the faculty at Monta Vista High, teaching Business and Yearbook.

Later, she taught at Cupertino High, garnering awards such as CHS Hall of Fame, Adviser of the Year for California and Dow Jones/National Scholastic Press Association Adviser of the Year. The school newspaper, which she supervised, was voted Best High School Newspaper, not only in the county and state, but in the entire country.

Throughout her teaching career, Alyce participated in several professional organizations. She served as President of the Journalism Education Association (JEA) as well as JEA’s national convention chair. She’s had articles published in the National Business Education Association’s magazine, Business Education Forum.

Her drive for excellence and, yes, that winning attitude brought her state and national honors. In 2000, she was selected as an outstanding high school teacher in the University of California, San Diego’s Teacher

(cont’ on page 29)

LH Foundation – November... A Month of Giving Thanks!

BY DENISE BOWDEN

November brings a variety of celebrations and dates to remember. Right out of the gate we “Fall Back” to standard time and start adjusting all our clocks. We also honor those who have served in the military on Veterans Day and gather with family and friends on Thanksgiving.

Watch your mailbox for our 20th Anniversary mailing which highlights the programs that we support in the community with the donations you give. November is a month of giving, bringing both National Philanthropy Day and Giving Tuesday, the same day as Bingo.

Olive oil is back so make sure to stock up on oils and vinegars. See our ad this month for details or go to our website www.lincolnhillsfoundation.org for details. You order, we deliver.

Mark your calendars for the Tuesday Bingo game on November 29th, this will be the last session of the year until we resume in January of 2023. Doors open at 12:30 and play starts at 1:00. Twelve cards for \$25, with exact change appreciated. Payouts are \$100 for the first eleven games and \$250 for the final game. Make an afternoon of it and enjoy a special Bingo lunch at Meridians beforehand.

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

LH Chorus Presents “Swing Into the Season!”

BY GAY MACKINTOSH

As we prepare for our December concert “Swing into the Season!” here’s a quick quiz to whet your appetite for some holiday treats (answers at bottom)

1) What song was written in 2009 to celebrate Hanukkah?

- a. “How Like a Winter”
- b. “The Holiday Season”
- c. “Peace, Peace”
- d. “Candle in the Night”

2) What song was written by one of the most successful American Idol contestants of all time and incorporates an old gospel tune?

- a. “The Twelve Days After Christmas”
- b. “Mary Sat A-Rockin”
- c. “It’s Christmas”
- d. “Swing into Christmas”

3) What song was written by Kay Thompson for Andy Williams?

- a. “The Holiday Season”

- b. “Follow That Star”
- c. “Santa Claus Is Comin’ to Town
- d. “The Christmas Waltz”
- 4) What song’s text is a sonnet by Shakespeare?

- a. “At Christmas”
- b. “How Like a Winter”
- c. “Peace, Peace”
- d. “Text Me Merry Christmas”

Swing on by and get your tickets now to hear all these and other seasonal goodies! Buy tickets at the membership desks or go online for 2 PM on Thursday, December 8; 7 PM on Friday, December 9; or 2 PM on Saturday, December 10. Ballroom now has ALL RESERVED SEATING so no more standing in line: Premium Reserved (first seven rows) \$21; Standard Reserved (back seven rows) \$18.

(cont’ on page 39)

“Death by Chocolate” Opens

BY DOUG BROWN

“Death by Chocolate” is in a perfect setting for a murder mystery. Deep in the woods in upstate New York, a dark, gloomy mansion converted into the Meadowbrook Health Resort is set for a grand reopening tomorrow. But all is not the picture of health in this old estate. Owner Lady Riverdale (Jane

Patton) is fretting about last night’s torrential downpour that has turned her dale into a river and threatens to dampen the spirits of resort staff and guests.

But that’s not the only distressing happening at the resort, as brand-new manager John Stone (Richard Fitzmaurice) tries to remain rock-solid in his stone-faced determination to calm his staff. Yes, the

(cont’ on page 5)



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Kathy, Daughter of a CountryHouse resident

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SUBMISSIONS

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

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Letters to the Editors...

Authors are solely responsible for the content of their letters.

Open Your Eyes

Municipal Code? We don't need no stinkin' Municipal Code! Why would I say that? I live in Sun City Lincoln Hills where we make up our own rules. That's why.

Do you ever wonder why the intersection of Del Webb Blvd and Sun Park Ln resembles a used car lot instead of the beautiful water feature it was designed to be? Or, if you take a twenty minute walk through our neighborhoods, it takes two hands to count the illegal businesses in the garages. And let us not forget, the HOA gave 11,364 people implied permission to use our homes as public dog toilets (Aug 2021 Compass Magazine - page 9 "It's a Dog's Life").

The Lincoln Municipal Code is written to protect our quality of life and property. All of the activities I mentioned above are prohibited in that code yet they happen every day in Lincoln Hills. Ignoring or condoning the little things will only lead to bigger and more serious problems.

Open your eyes people. What used to be a very special Sun City Lincoln Hills is gradually dying and you are allowing it to happen.

Mike Nusink

...

Central Air Conditioners/Gas Furnaces

Sun City Lincoln Hills residents will eventually be thinking about replacing their homes' aging heating, ventilation, and air conditioning (HVAC) systems. But which brands are the most reliable? Consumer Reports researched this reliability question by sending questionnaires to their members about central air conditioners and gas furnaces. Their members responded by digging out the receipts for HVAC repairs; entering the dates, costs, and descriptions of these repairs into the questionnaires; and sending them back. In fact, they returned 23,997 completed questionnaires on their central air conditioners and 36,348 completed questionnaires on their gas furnaces. This represents more than enough data to reach statistically sound conclusions about reliability.

The results are shown in the following

rankings for "predicted reliability" of 21 brands of air conditioners and 25 brands of furnaces:

Central Air Conditioners: 1. Trane, 2. Armstrong, 3. Ducane, 4. Payne, 5. Lennox, 6. American Standard, 7. Bryant, 8. Rheem, 9. Ruud, 10. Carrier, 11. Arcoaire, 12. Day & Night, 13. Heil, 14. Tempstar, 15. Amana, 16. Frigidaire, 17. Maytag, 18. Coleman, 19. Luxaire, 20. York.

Gas Furnaces: 1. Payne, 2. Trane, 3. American Standard, 4. Bryant, 5. Carrier, 6. Lennox, 7. Rheem, 8. Ruud, 9. Comfortmaker, 10. Day & Night, 11. Heil, 12. Keeprite, 13. Tempstar, 14. Armstrong, 15. Concord, 16. Ducane, 17. Amana, 18. Goodman, 19. Coleman, 20. Luxaire, 21. Goodman, 22. York, 23. Frigidaire, 24. Maytag, 25. Westinghouse.

Consumer Reports originally presented these results in four 2021 reports:

Most Reliable Central Air Conditioning Systems
 Most and Least Reliable Gas Furnaces
 Central Air Conditioning Buying Guide
 Gas Furnace Buying Guide

Bob Schroeder

...

Nov 6, 2022 - Daylight Saving Time Ends!



**Sunday, November 6, 2022, 2:00:00 am
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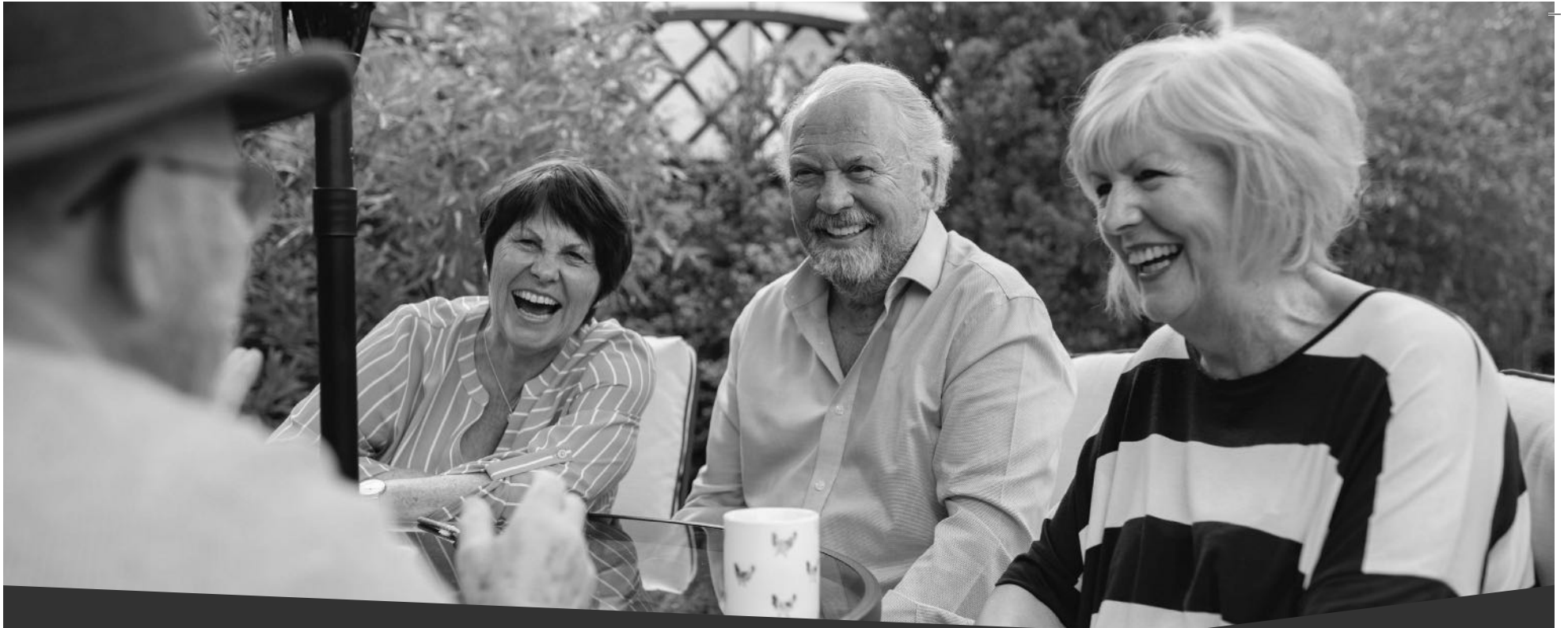
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“Death by Chocolate”

(cont' from page 1)

previous evening's tempest is least of everyone's worry! So now, imagine the opening:

a dark stage, completely silent, until...until...well, you're going to have to find out on November 17, 18, 19, or 20!

And be sure not to miss the opening, lest you forego a [literally] disquieting occurrence. And soon you'll be puzzling over how an enigmatic box of chocolates will sweeten your desire to solve a delectable mystery — or two. Did I mention that Lady Riverdale, who is known by some for her “vicious street shrewdness,” also happens to own Lady Riverdale Chocolates, a favorite confection of resort staff and visitors alike?

As the drama unfolds, you'll delight in a cast of wacky characters: gym manager, womanizer, and “all around cad” Ralph Deadwood (Paul Carroll); Dyslexia (Angela Blas), Lady R's long-suffering (but not dyslexic) secretary; stuffy, supercilious “butler” Alfred Mellox (Joe Nichols); writer Ed Parlor, who parlays his amateur sleuthing skills into solutions; and more!

Lead actor Richard Fitzmaurice's portrayal of John Stone is a tour de force. Richard quips,

“As a kid, I dreamed of playing the role of Hamlet written by William Shakespeare. Instead, I get the role of a health resort manager whose stuff is ‘written by Mad Magazine.’ You see, John Stone is completely wacko—a clear case of typecasting? In all seriousness, I'm honored director Julie Africa asked me to play such a key role—honored and a little scared.”

Jane Patton observes, “Lady Riverdale has been great fun to play. She is multi-dimensional and it's a challenge to discover the various layers of her personality. She is not what she appears to be on the surface and when her past is revealed, it's quite a surprise. It's a fun-loving cast and we're all having a ball in rehearsals of this comedy!”

Director Julie Africa is putting the finishing touches on this “old fashioned whodunit,” and Producer Craig Stults has his backstage and tech crews ready for action.

“Death by Chocolate” plays in Orchard Creek Ballroom on Thursday and Friday, November 17 and 18 at 7:00 PM, and on



Saturday and Sunday, November 19 and 20 at 2:00 PM. NEW for Orchard Creek Ballroom: ALL SEATS in the Ballroom are RESERVED! Tickets sales are approaching a sellout, so get yours in the lodges and online at <https://selhresidents.com> (Entertainment) – \$21 for Premium Reserved seats (front section); \$18 for Standard Reserved seats (formerly, general admission).

The Players' next monthly meeting is in Kilaga Springs Presentation Hall on Monday, November 14 at 4:00. All are welcome to attend!

...

LH Music Group

BY DAN LEHRER

Our October meeting was “spooktacular”! Our Opening Group Song was “The Addams Family.” We closed with “People Are Strange.” Some performers came in costumes which lent to a festive, unusual atmosphere. Our Club Presidents' Son, Jason, all the way from NYC, played guitar on stage, what a treat! We meet on the second Wednesday of the month from 2:00 to 4:00 PM in P-Hall (KS) through October. We love an audience so please come on down. You can find the Lead Sheets for



the group songs and more information on our website; the password is musicgroup. The Guitar Ensemble meets Fridays from 1:00 to 3:30 PM (OC). Open to Lincoln Hills Residents. Contact Sal Caruso at 916-343-5810 for information. Ukulele Ohana meets Wednesdays, 1:00 to 3:00 PM (OC). Open to Lincoln Hills residents. Contact Ron Peck at 925-788-5869 for information. You can also contact Dan Lehrer at dlehrer72@gmail.com.

...

Ballroom Dance

BY ERNIE MICHELI

There are plenty of keys to happiness, and dancing is definitely one of them! The art of ballroom dancing has been alive since the 16th century—peaking in the 19th and 20th Century after the incorporation of the two-step, tango and waltz.

Ballroom dancing is a wonderful way for people from all walks of life to get in shape while also releasing their creative juices. This goes beyond mere benefitting your body, but also benefitting your state of mind and social connections.

Dancing is a great social activity, and it has been proven that socializing regularly can have vast health benefits on self-esteem, stress, and even your Body Mass Index (BMI). Here are some top health benefits for ballroom dancing from the book ReSYNC Your Life, Samir Becic.

Dancing can be uplifting and fun. Concentrating on moving your body to the beat of the music puts you in a positive headspace.

Ballroom dancing contributes to muscle toning. Turns, spinning and two-stepping all contribute to muscle building.

Since dancing is a weight-resisting activity,

it can help protect bone density and prevent osteoporosis. Dancing is a great low-impact activity that can promote a fit lifestyle while also decreasing your chances of an exercise-related injury.

In a 2016 study published in Frontiers in Aging Neuroscience, it was concluded that ballroom dancing, can help prevent the onset of dementia in elderly patients. It was revealed that “dance improved spatial memory” which is vital for learning dance. (Dana Merom, et al., 2016)

Ballroom dancing is an amazing creative outlet! Not only does it allow you to move your hips to the beat of the music, but also allows you to release your emotions and thoughts through those artistic moves.

Dance can improve cardiovascular or aerobic activity that can help improve your heart health, lower obesity and type 2 diabetes risk, and promote lung capacity.

Dancing is an effective way to improve general endurance. The more you dance your muscles will be working harder

and for a longer period of time. In turn, you will find yourself being able to go on with little to no fatigue.

Joining a ballroom dance class will expose you to a sea of new people who may potentially share common interests with you. Improving your social connections has been proven to improve self-esteem, lower stress levels, increase sense of purpose, and promote a positive outlook in life. (healthfitnessrevolution.com)

The Rumba will be the taught in November.

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

...

(more Club News cont' on page 9)

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Contributing to Saving Lives in Sun City Lincoln Hills—*The Lincoln Hills Foundation*

BY BONNITA WIRTH, PH.D. — BOARD MEMBER

The Lincoln Hills Foundation (LHF) funds solutions and programs that enhance the quality of life for the senior residents of the Lincoln community. The LHF, an all-volunteer 501(c)(3) nonprofit in Lincoln Hills that designates every donation dollar to grants for programs and services, has been focused on the well-being of seniors since 2001. Currently, four of our programs are focused on enhancing the safety of our senior residents.

Project Lifesaver

The LHF was one of the initial funders for Project Lifesaver which began in June 2021 through the Lincoln Police Department (LPD). Project Lifesaver is an international search and rescue program designed to locate wandering, missing persons diagnosed with Cognitive Disorders and return them safely to their caregivers.

Combining state of the art locating technologies, innovative search and rescue methods and community policing, individuals prone to wandering can be located quickly. A personalized, lightweight battery-operated wrist or ankle band is provided that emits a silent radio frequency 24 hours a day. When the wearer goes missing, the caregiver immediately notifies 9-1-1. A specially trained search team from LPD responds using a mobile locator to find the missing person. Search times have

been reduced from days and hours to minutes, saving deployment time for searches, as well as protecting the lost person.

This program is provided at no cost for those living in Lincoln and through a grant from the LHF, a number of the locator bands have been designated for use by qualified SCLH residents. Within five weeks of the program starting in 2021, a SCLH resident went missing and was found a mile from home within 24 minutes. Currently, five out of the eleven clients in this program are from SCLH. Since the program's inception, there have been five successful recoveries of Lincoln residents.

For further information, please call the Lincoln Police Department at 916-434-3285 or email them at projectlifesaver@lincolncalifornia.gov.

Automated External Defibrillators for the Lincoln Police Department

Since 2014, the LHF has provided 10 AEDs for patrol vehicles and the police station.

During a cardiac emergency, an AED is a sophisticated, yet easy-to-use, medical device that can analyze the heart's rhythm and, if necessary, deliver an electrical shock, or defibrillation, to help the heart re-establish an effective rhythm.

All LPD officers, emergency medical technicians, firefighters, and other first responders are trained and equipped to use

an Automated External Defibrillator. Police vehicles are on the road 24/7 and often arrive at a scene earlier than the Lincoln Fire Department. LPD, with the help of the Foundation, continues to work towards outfitting each of their patrol vehicles with the equipment necessary to respond and react to sudden cardiac events to residents throughout Lincoln.

Training in CPR and AED Usage

Many cardiac events occur in a public setting—like Sports Plazas, gyms, pools, trails, golf courses, or the grocery store. In fact, there have been two lives saved by SCLH softball players trained in CPR/AED and utilizing the AED machine in the Sports Plaza.

Key personnel in SCLH lodges and fitness centers are trained to provide CPR and usage of the AEDs strategically placed in public areas. Two of our own residents experienced cardiac events in the Fitness Centers and are alive because of staff CPR training and these valuable machines.

Most cardiac arrests occur at home. The Lincoln Hills Foundation underwrites part of the cost for SCLH residents who enroll in the American Heart Association CPR/AED classes provided through the Association's WellFit Department.

Upcoming sessions are on November 11, 2022, and February 8, May 10, and August 9, 2023. Watch for WellFit's announcement of the classes in the Compass. Sign-ups are through resident website <https://sclhresidents.com>. This class may be the most important one you ever take.

Neighborhood Watch

The LHF supports Neighborhood Watch (NW) of SCLH. Neighborhood Watch's Mission is to: Strengthen neighborhood ties; Increase personal safety and security awareness; Be the "eyes and ears" of the Lincoln Police and Fire Departments; and encourage emergency preparedness.

In collaboration with local police and fire, NW continually strives to provide a safe place to live for residents. More than five hundred resident NW volunteers provide vital safety and security information to more than 10,000 SCLH seniors through the NW website. Go to <http://sclhwatch.org> for the full list of their activities.

As part of the Association's New Resident Orientation program, NW provides new residents of the community with a Welcome Packet that includes ideas and resources to enhance safety. Residents are encouraged to share emergency contact information in the event that the resident ever needs assistance.

The Lincoln Hills Foundation is committed to the mission of funding programs that enhance the quality of life for seniors. We are pleased to collaborate with such strong partners to bring greater safety and security to our residents.

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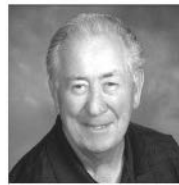
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Country Couples

BY RICH AND DONNA PICK

Summer is over and the cooler weather is rolling in. This type of weather makes it easier to dance. Country Couples continue to have 2 practices a week. We are going back in time trying out our older dances. It's funny how those old steps come back to you when they put the music on.

Our club is enjoying the Structured Dances in the Ball Room. We join in with the Ballroom Dance Club to share the dance floor. It's fun to dress up a little, see a full ballroom, hear familiar music, and see many new and old friends. This is a great way to use our facilities. The once a month dance is put on by the activity center. They set up the tables, hire the DJ, arrange for a no-host bar, and have plenty of free cold water. The cost is \$8 per person.



Allison and Rob Phillips.

Country Couples met at Lucille's Smokehouse BBQ for a social dinner during happy hour on the 13th of October. Lots of talking and reminiscing. The attendance was over 30 people, and we had a room all to ourselves. The service was exceptional and food was yummy. The next social dinner get-together is scheduled to be at Oliver's Brew House in downtown Lincoln. The date and time will be announced soon.

Anyone interested in joining our very social group please contact April Cederburg at 916-390-3931.

Website: sclhcc.com

• • •

Tap Company

BY ALISON WOLFE

Get Ready! Here we come with our new Spring production, "Let's Dance Again".

Our dance show, produced by the Tap Company, will take place March 30, 31, and

April 1, 2023. Auditions have taken place and the Directors and Producers are hard at work creating the lineup for the show. All forms of dance routines are being choreographed and lots of dance practice is taking place.

Volunteers are needed for the Tech Crew, Back Stage Crew and other areas of production. If you have skills that can help with our production, please contact:

Kathy Fernandez at: 916-434-7195
kathyfern50@gmail.com

Carol Rose at: 916-543-8854 liebroco@aol.com

It's going to be a great show!

• • •

Sun City Squares

BY JACKIE CARLSON

Fun Fact: Did you know in 1988 the State of California adopted the Square Dance as their official state folk dance? And in 1982 and 1983 it was the National Dance!

Square dancing is a great way to meet new people and have a good time. We have a fabulous caller and instructor, Tom Kaiser who guides us thru each call. Learning to square dance requires months of patience and commitment and is why our club only starts one class per year. We are pleased to announce a new class, SSD Level (Social Square Dance) will be forming in January. Couples and Singles are welcome to join.

We are a Beginners, Plus and Advanced Level all-position (no partner required) square dance club. We meet at KS on Mondays 1:15 PM to 3:00 PM for Class and Plus Level dancing. Advanced Level dancers meet at KS on Thursdays 1:00 - 3:00 PM.

Interested? Come join the fun! Contact us and we will add you to the list of new dancers.

• • •

Needle Arts

BY MARY SWANSON

Fall has finally arrived and with the changing of the weather and leaves changing colors, it is time for the NA board to change as well. A new slate of officers has been presented and the election will take place at the November general meeting. Make sure to join us on Tuesday, November 8th at 1:00 PM in P-Hall (KS) to cast your vote. Debby Bainbridge and Jean Storms have prepared a PowerPoint Presentation that will be the feature of the November general meeting.

The presentation will cover many issues and techniques of machine quilting on a domestic sewing machine with several small videos and a question and answer period. Come and join us and share your ideas/experiences.

The winter luncheon "Hats Off to Winter" is scheduled for Wednesday, December 14th in the OC Ballroom. Volunteer helpers are always needed and watch for additional information on the NA website.

The first in-house retreat was held on October 7-10 and was a success. This will be repeated in February leading up to the Spring Retreat at Mercy Auburn April 24-28, 2023. Reservations for the Mercy Retreat are now being accepted.

It is also that time of year when membership renewals begin. Membership forms for 2023 are available at the NA website (sclhna.com) and the fee remains unchanged at \$20 for the year. Any new members joining in the next two months will have their membership continue through 2023.

Workshops are continuing with the next one being a workshop on projects using fabric selvages on November 16th from 1 PM to 4 PM. Make sure to sign up early.

• • •

Mixed Media

BY JILL SHORT

Here come the holidays and then a new year! Are you ready? November seems to be the start of a busy time for many people. Mixed Media Club has one more meeting and then a Holiday party in December. All members get a monthly email with details about what is happening in the club. The yearly dues for the club are \$20. We started collecting dues for the next year in September. November seems like a good time to take a break from our art challenges. We will start again in 2023. For those who want to do something in art, the holidays are a time that that inspires our creativity. Make some seasonal art on small canvas boards and get an inexpensive display stand (small easel) to display your art. Change your art as the holidays and seasons change. It is a wonderful way to decorate and you can use them year after year. You can find these stands sometimes at Dollar Tree, Hobby Lobby, Joann's, Michaels or Amazon. The small easels can also be called plate stands.

I still get the question, what is mixed media? Mixed media art, simply put, is when a

couple of different mediums are used on your canvas or surface to create a single artwork. It is a creative approach to making art that allows you to use different textures, objects, paints, mediums, and art techniques. This style of art often involves the use of collage, combined with different paints and textures to create a more layered effect. The purpose of mixed media art is to express yourself in an artistic way and not be limited by just one type of media. For many, Mixed Media Art allows for a pouring out ideas, feelings and creative expressions with no limits. Creating mixed media artwork can open up a world of possibilities for your creativity, providing a fun way to explore new materials and styles, add more dimension to your work, and even expand your idea of what art can be. The sky is the limit when it comes to mixed media; use your imagination and have fun with whatever you do!

For more information contact our President, Chris Fetter at 916-276-7895 or email at: mixed.media.chrisf@gmail.com

• • •

Painters' Club

BY TAMSEN ARMSTRONG

Simple Pleasures Cafe in downtown Lincoln is currently featuring work from the SCPC, which will be on sale for reasonable prices through February 6th. Consider owning a unique keepsake that will be cherished always. Our September show at the OC Lobby was very popular with lots of compliments and paintings sold. The Artisans at the Lodge show on October 9th was also well attended with many sales.

The Placer Artists Tour will be two weekends in November: the 11th, 12th and 13th and the following weekend of the 18th, 19th, and 20th. Pick up your tour guide at the OC Lodge and plan your visits to the wide array of studios and galleries that will be open and full of beautiful art of all kinds.

Our October Meeting welcomed two new members, Shirley Salerno and Tom Watson. We had an interesting show and tell session in which members shared their paintings and spoke about their process, struggles and triumphs. We encourage all levels of painters to bring a work in progress or finished piece to our meetings. Do you have a favorite piece of equipment or art supply you would like us

(cont' on page 10)

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Painters' Club

(cont' from page 9)

to know about? We all learn from each other!

Artist Spotlight this month is Alice Horst: Each month we celebrate a club member's artistic accomplishments to inspire and inform those who have an interest in painting. Alice began her artistic journey as a child who was fascinated by children's picture books and imagined herself one day learning to be an illustrator. She taught herself by studying many of her favorite painters and cartoonists, then branched out to study watercolors. Alice's luminous paintings often tell stories that bring us closer to nature and the lives of animals.



Our plein air outing at the Horton Iris Farm found us among the pumpkin fields and sunflowers, happily painting and sketching in the warm fall sunlight. We hope to visit the Wise Villa Winery for our next paint out, possibly in late November.

November painting challenge: Hoping for rain? Paint umbrellas! Bring a recent

work depicting any sort of umbrella to our meeting on the 15th and enter our challenge. Winners will be chosen by popular vote in three categories: Beginner, Intermediate and Advanced.

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

...

Paper Arts Club

BY LINDA LUCCHETTI

Can you believe it's almost the end of the year? That means we're planning our annual Christmas luncheon. And, that means, we'll be busy making our table decorations and centerpieces. Rosy, our fearless project

(cont' on page 11)





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Paper Arts Club

(cont' from page 10)

leader, will help lead us in making elegant Christmas trees and flameless tea light candle decorations during our November meeting. Stay tuned for more information about the December luncheon.

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

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

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LH Photography Club

BY DIANE MARGETTS

Our Oct presentation was by Dennis Morgan of Auburn, CA. An accomplished scuba diver, Dennis shared his experiences with photographing underwater scenes. In addition to explaining the equipment and techniques he uses to capture the beautiful and mysterious marine life, he took us through his journey of capturing beautiful underwater landscapes, wreck diving and cave diving. Is the captivating world of underwater photography going to be your new challenge?

On the topic of challenges, our current member challenges include 'Fall Colors' and 'City Scapes'. For specific details on these two challenges, check out the Club website.

During Oct, several members trekked up

to Lake Tahoe and the scenic Eastern Sierras on a Fall Colors Field Trip. We are looking forward to enjoying these enchanting images in member gallery updates and at the Show and Tell Extravaganza in Nov!

The Extravaganza is a new member initiative that will be put to the test on Nov 19 with a Show and Tell Presentation by member photographers followed by a pot luck luncheon. Our current plan is to schedule quarterly Show and Tell Extravaganzas. Members are looking forward to this special day.

Buonarroti's Restaurant in Lincoln has again committed to hosting a Lincoln Hills Photography Club exhibit. Photography Club members are fortunate to have venues like Buonarroti to support the Club's photographers and artists. The exhibit will be on display until February 2023.

The Kilaga Springs Library is hosting a new photographic exhibit. This exhibit will rotate quarterly. The current exhibit is all about the charming views and life in Provence France. The photographs are presented in a creative, artistic way. Don't miss out, check out this beautiful display and take a glimpse into life in Provence! For further information contact the photographer Rhonda Campbell – rhonda.photoart@gmail.com

The Kilaga Springs Spa exhibit returned in Nov after a brief hiatus. Schedule a rejuvenating massage and enjoy the tranquil images displayed by our Club photographers.

To enjoy some wonderful photography, check out our Facebook Page. The Club Facebook page is open to all residents of

SCLH who are interested in photography. Members post photographs, suggestions, answer questions, and add ideas for local places to try out your skills with the camera. Beginners are especially welcome. To participate go to: <https://www.facebook.com/groups/SCLHPhotographyClub/?ref=bookmarks>.

Thinking about joining the Photography Club? We always welcome new members. You can sign up at any of our monthly General or Photography Special Interest Group Meeting. For information of meeting times and schedules, please check out our website.

Contact: Diane Margetts; 916-955-1809

Website: <http://www.lhphotoclub.com>

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Woodcarvers Club

BY LIONEL RAINMAN

Woodcarving is an enjoyable pastime. It can become an absorbing hobby. One is never too old to learn or to rekindle their desire to turn that piece of wood into another shape. Of course someone, years ago, may have carved their initials into a tree or worse yet the school desk with a penknife. The Woodcarvers Club doesn't endorse that type of carving. More specifically carvers usually start with an idea, then a pattern and then the carving begins. A novice usually will attempt a simple object and may graduate to more difficult items along the way. Basic carving tools can be as simple as a penknife or several carving knives and gouges. As carvers become more proficient additional tools may be added to the collection as well as sharpening stones and hones.

The Woodcarvers Club is here to help get you started. We have tools, books and friendly members to help you along the way.

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

Contact: Lionel Rainman, 916-253-9534

• • •

LH Italian Club

BY LINDA LUCCHETTI

After feasting on turkey with all the fixings and playing Bingo games at Turkey Bingo on November 6, we'll be looking forward to celebrating at our next event – the annual Christmas dinner and dance which takes place on December 4 at Catta Verdera.



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

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(more Club News cont' on page 13)

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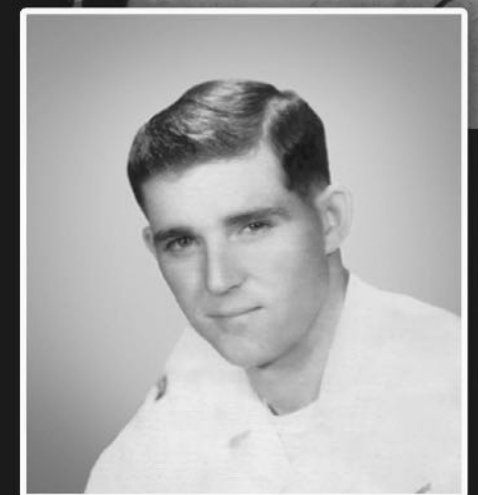
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Shalom Social Group

BY JUDY GANULIN

All of our members who attended our picnic last month thoroughly enjoyed it. We had terrific food, great music and camaraderie. We also had a fun hike to Miners Ravine. We look forward to Game Night on November 16. In honor of our past presidents, we have made a gift to HIAS (the Hebrew International Aid Society) to help a Ukrainian family that has recently moved to our area. Our group focuses on Jewish history, culture and food, but membership is open to all. For more information please contact Deanne Iliff, deeiliff@gmail.com or 530-518-3704 or Margie Gulko, margie.gulko@gmail.com or 916-543-5303.

• • •

SCLH Genealogy Club

BY NANCY SWITZER

Happy Thanksgiving!

At this time of year, I always try to concentrate on the things that I am grateful for. Family is always the first thing that comes to mind. People who donate their time to help others in so many different ways is another thing. One of the best parts of our community is the willingness of our neighbors to share their time, knowledge, and different talents. In the Genealogy Club we have members that have been serving in leadership positions for years, and have done a wonderful job. Maybe you have ideas that would make our club even better!

So yes, this is a call for volunteers for our Club! We will have a few important spots to fill for next year. Please as you are counting your blessings this season, consider if you have the time to be a blessing for others by donating some of your time to the Club.

Our General Meeting is November 21st at 6:30 PM, in P-Hall (KS), and our presenter will be Laurie Markham. The topic is on "Update of FamilySearch.com". Laurie is a wonderful speaker, and this should be a great meeting—but not just because of Laurie, but it is our Fall Social, and that means Pumpkin Pie and Ice Cream!!

- November's Help Sessions will be cancelled due to lack of coaches.
- There will be NO General Meeting in December.
- Be sure to check the Website for any scheduling changes.

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

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

Contact: Carole Moore 916-543-4762

Website: www.suncitylhgc.com

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Lavender Friends

BY SANDI DOLBEE

It's a friendly debate that's been going on for years. Which Sun City restaurant is better, ours or the one in Roseville?

With that in mind, about 20 of us drove over to Timbers at the Lodge for a Tuesday night dinner as one of our "Adventures in Dining" events. The timing itself was a big hit, since that restaurant waives its corkage fees on Tuesdays. Our members took advantage of the offer, arriving with their favorite wines (an even balance of reds and whites, for the record).

Entrees ranged from chicken piccata to liver and onions. Dessert was provided by one of our members — a sheet cake in honor of another member's birthday.

Diners were impressed by the service and how the three tables set aside for us were nicely grouped next to each other (rather than sitting at a long banquet table, Adventures in Dining favors multiple tables of four to eight seats, plus ordering off the regular menu, to allow for a more-authentic dinner experience).

As for the Meridians versus Timbers debate? There were as many opinions as diners. And so it goes.

As we head into the final months of the year, there's more food in our future — including the annual holiday dinner dance, set for December 10th. And some exercise, too, with the club's annual Turkey Trot (a walk on the trails) on the day after Thanksgiving. Watch your emails for details about those and other activities.

Lavender Friends is a club for LGBTQ residents and their supporters. Check out our website at lavenderfriends.com.

• • •

Lincoln Democratic Club

BY JUDY GANULIN

The election is over, and we are proud of the time and effort we put in for our candidates. Our next meeting is Thursday, November 17, at 6:30 PM at Presentation Hall in Kilgus. Mike Luken, Director of the Placer County Transportation Planning Agency, will speak. We look forward to hearing the agency's plans for the future. Also at this meeting our members will vote on the new slate of officers for 2023. We also plan a holiday party in December. New members are always welcome. For more information please see our website, <https://democraticclublincolnca.org>.

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Apple User Group

BY NINA MAZZO

November holds three very interesting and informative meetings. Please note that all three will be held only in person in the Presentation Hall (KS). Thursday November 3, 7:00PM (Ask the Tech 6:30PM) Bill Smith will present "Being on Guard to Increasing Fraud Attacks". Seniors are prime targets for fraud, and attackers continually change their methods. We need to be ON GUARD! Bill will show some of the traps and how to protect against them as well as share specific methods to help you improve your awareness and defenses against fraud.

Tuesday November 8, 7:00PM (Ask the Tech 6:30PM). Ken Silverman will discuss "Medications on your iPhone using iOS16." Apple with iOS 16 has added a new medication management feature to its Health app with a section called 'Medications'. Now you can add new medications, make lists and even save the shape and color. As this is the monthly general meeting, there will also be a prize.

Monday November 28, 10:30AM (Ask the Tech 10:15AM) Andy Petro will discuss "iOS16 New Features and Other Good Stuff". Features like managing your photos, editing sent Messages, undo emails that have been sent, manage Wi-Fi passwords and other good stuff. You are bound to learn two new things.

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

BY PATTI KINGSTON

When school opens in the Fall, volunteer Sloane Henderson becomes excited in anticipation, knowing she will hear from Mrs. Ruiz, "her" teacher at Scott M. Leaman Elementary School. She has been volunteering in her K-1 classroom for eight years and says it is a joy to get down to business and start teaching them their sight words and giving them encouragement along the way. Sloane can't wait to meet the fresh new young faces and learn their names. She says the experience of helping the young children get off to a good start in school is a most rewarding experience.



Sloane Henderson,
volunteer at
Scott Leaman
Elementary.

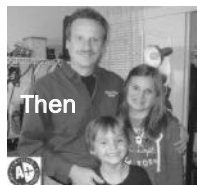
The SCHOOLS volunteer program is underway for the 2022-2023 school year. Volunteers are needed for grades K-5 and for the Phoenix Continuation High School where tutors help with English, Math or History. Some of our elementary volunteers have continued to work with teachers over the past 2 years, using imaginative ways to be of help. Some have corrected papers and made copies of school work sheets for the teacher without being in the classroom. The days and hours of service are up to the volunteer. No teaching experience is necessary. Many volunteers are in the classroom 1 day a week for a few hours. They work closely with the teacher and are under her direction.

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

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

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(more Club News cont' on page 14)



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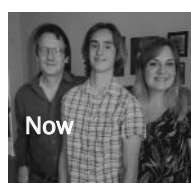
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LH Travel Group

BY LINDA BEVINS

The leaves are turning colors and the holidays are here to enjoy with family and friends. Perhaps everyone will choose to catch up with their travels adventures and start planning your 2023 new destinations.

The LH Travel Group invites everyone to the January Travel Fair. Dates: January 17, 18, 19 (Tuesday, Wednesday, Thursday).

Place: Via Roma, 2270 Nicolaus Rd, Lincoln.

Time: 3:30pm

Cost: Free but reservations are required as space is limited.

E-Mail Linda Bevins for reservations (djbevins17@gmail.com) Include the number of guests and date you are requesting.

We have a great line up of trips this year. A small group tour to the 5 islands of the Azores, Eastern Canada featuring Niagara Falls, Montreal and Quebec, Australia/ New Zealand, Rhine and Moselle River Cruise, African Safari in Kenya, San Antonio to see the holiday lights. Trips in the works include The French Riviera, Ozarks, including Branson and a Commemorative 80th Anniversary of WWII coming in June 2024. All trips include airfare and a ride to the airport!

And just a reminder, many people expressed an interest in the Cowboy Country Tour (May 14 -21, 2023). This tour includes Yellowstone, Deadwood, Crazy Horse, the Grand Tetons, Mount Rushmore, the Badlands, Grand Teton National Park. A reminder -

the deadline to sign up for this tour for a guaranteed seat is November 14, 2022. This is a fantastic tour to view our National Parks and Monuments! And the really great fact is that you will fly into Jackson Hole, Wyoming whereas most other tours to National Parks will fly you into Salt Lake City and it is a day's bus ride to Yellowstone.

To get the full itinerary and sign up go to the Travel Club website lh-travelgrop.com You will find all of the other tours that the Travel Group presented on the website

also. Remember if there is a tour you are interested in and it is not listed, just contact one of the committee members and they can book you on whatever you are choosing.

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

LH Travel Group Committee Member Contacts: Sheron Watkins 916-849-9504 sheron55@att.net, Louise Kuret Auerbach 916-408-0554 louisekuret@att.net, Lyle Auerbach 916-847-6544 lea925@att.net, Linda Bevins 916-666-7627 djbevins17@gmail.com, Joanne Schumacher 415-999-1242 jkschumacher1@gmail.com

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(more Club News cont' on page 15)

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LH Republican Club

BY SUE DUMAS

Mid-Term Election – Tuesday, November 8th. Vote!

Assemblyman Kevin Kiley was Guest Speaker at the October Meeting. He was greeted by enthusiastic supporters wearing red and waving American Flags, our own “Red Wave”! Kevin spoke about how he intends to help turn around DC and get our Country back on track! He was inspiring and encouraging, responded to some great questions!



Robin Anderson and Jerome Herfendahl — Oktoberfest 2022.

We’ve been working toward high voter turnout for November 8th. Republicans have hit the road, hit it hard! There was a huge joint effort here in Placer County to pass out candidate and voter information. Volunteers of all ages turned out from all communities within Placer County in creating our own “Red Wave” for Mid-Term Election!

Vote In Person: Take vote by mail envelope with ballot to your assigned precinct on November 8th. Do not put your ballot into Ballot Drop Box!!!

Hand your ballot with envelope to poll worker, make sure they write or stamp “Surrender” on both. Sign register next to your name. Receive a new “Poll Ballot” from poll worker. Mark your Ballot. Insert Ballot directly into voting machine. Your vote is counted!

www.RepublicanClubSCLH.org

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LH Veterans Group

B.L. LEWIS

November 11, 2022, Lincoln Hills Veterans Day Program will start at 9:00 a.m. with the placing of the wreath next to the Memorial Plaque in the Orchard Creek Portico. The event also features patriotic vocal selection by the Lincoln Hills Chorus Men’s Quartet. At 9:30 a.m. the Roseville Community Concert

Band will provide a concert of America’s music in the Orchard Creek Ballroom. The Veterans Day ceremony will begin at 10:00 a.m. will be held in the Orchard Creek Ballroom and feature the Posting of the Colors by the Lincoln High School Army Cadets; Keynote Address by Supervisor Robert Weygandt and the Two-bell Ceremony Honoring Fallen Lincoln Hills Veterans

The November 17, 2022, general meeting will be held at 1:00 p.m. in the Kilaga Springs Presentation Hall featuring the Director of the Sacramento Valle National Cemetery, William Pickard. He will be speaking about the history of the cemetery, as well as the policies and procedures required to be interred at a national cemetery. Pickard will also distribute “Welcome Home Pins” to Vietnam Veterans that were not given appropriate recognition in the past. Interment at the national cemetery is a benefit that is available to all veterans and their spouse.

At the LHVG October 12, 2022 Board meeting, the directors voted to use a five-member Board for the year of 2023. There are five volunteers, Dave Taylor, Jeff Davis, Richard Fuller, Peter Gilbert, and James L. Mikacich. Their names were announced to the membership at the Oktoberfest Social, October 12, 2023 and they will be voted on by the membership at the November general meeting, November 17, 2023.

Morning coffee with the troops on Mondays, Wednesdays, and Fridays at the Kilaga Springs Café gives you an opportunity to solve the problems of the world. Richard

Fuller is the Chairman of the Flag Sales Committee and can be reached at 916-409-9209 and email: mrmap@earthlink.net to volunteer for flag sales duty. The Flag Table will be open on November 15, 2022 in the Orchard Creek Lodge Lobby for the sale of Flags at a price of \$30.00. Please Fly Your Flag Proudly and turn in your old flags for retirement when they show signs of wear. There is also a box for flags to be retired in the room next to the Main Desk in the Orchard Creek Lodge. During the month of September, we recovered and prepared 29 flags for retirement.

In Memoriam —

Leon (Lee) Belshin, U.S. Navy

Sanford (Sandy) Wolfe, U.S. Army

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

...

Alzheimer’s/Dementia Caregivers Support

BY VALERIE JORDAN

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

The monthly general meeting is the fourth Wednesday at 1PM; all are welcome to attend, especially caregivers with recently diagnosed family members. Because of the upcoming

(cont’ on page 17)



Grand Isle Brigade Band and Carol Wilson — Oktoberfest 2022.



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Michelle's Featured Listings

CURRENT LISTINGS



2739 Eagles Peak Lane – El Dorado Model

This squeaky clean El Dorado floor plan is fresh to the market. If "light and bright" is at the top of your list, this home is for you! The strategically positioned windows allow for optimum sun light regardless of the time of day. The El Dorado model offers a great room concept perfect for a quiet dinner at home or entertaining all the new friends you'll meet after moving in. The kitchen cabinetry is a rich tone cherry wood and includes a center prep island. Other features that are unique to this model is the spacious den/office, master bedroom and ginormous walk-in closet. Positioned on a corner lot in the higher elevation of the community, you'll experience the late afternoon Delta breeze as well as privacy from an adjoining neighbor. As an added bonus, the heating and air conditioner was just replaced.

Offered at \$669,000



638 Orchid Lane – Santa Cruz Model

Lovingly owned by the original owner, this Santa Cruz model is within steps of Kilaga Springs Lodge which offers a full service fitness center, swimming pool, library, billiard room, theater, cafe and spa. Upgrades include crown molding, gas fireplace, tile floors in high traffic areas, cut glass front door, french doors to oversized den/office, granite counter tops, richly colored cherry cabinetry, built-in appliances, recessed lighting, center prep island, plantation shutters, ceiling fans, inside laundry room with utility sink & cabinets, dual sinks in master bathroom with decorative tile backsplash, tiled shower and large walk-in closet. The backyard offers low maintenance artificial turf, covered patio and personal spa/hot tub to enjoy after a long day of pickle ball, softball or golf. Added bonus, the HVAC has been replaced. Come live the Sun City Lincoln Hills lifestyle!

Offered at \$639,000



1397 Tallac Lane – Remodeled Bridgegate

This charming, newly remodeled Bridgegate floor plan has brand NEW white shaker cabinetry with soft close drawers, granite counter tops with glass subway tile backsplash and stainless steel appliances. The new luxury vinyl plank floors run throughout the home which carries your eyes seamlessly through all the rooms making the home appear larger. A home buyer's choice makes this Bridgegate a favorite due to its many windows making it light and bright especially the cozy breakfast nook positioned in the front of the home for watching all the new neighbors you'll meet after moving in. The master suite is positioned next to the newly updated master bathroom with new vanity and walk-in closet. The guest bath also has a new vanity. The private backyard has an extended patio cover perfect for afternoon enjoyment after a long game of golf or tennis. Come live the Sun City lifestyle!

Offered at \$559,000



2785 Winding Way – Updated Mariposa

This lovingly updated Mariposa floor plan has all the bells and whistles you won't find in a smaller home including Bosch stainless steel appliances, quartz counter tops with lowered dining bar, metallic subway tile backsplash, oversized tile flooring throughout the home, plantation shutters, modern ceiling fans and updated bathrooms also with quartz counter tops. Located in the higher elevation within the community, the backyard experiences the cool delta breezes as you sit under the covered patio. The low maintenance landscape allows for extra time to enjoy all the amenities the community has to offer. If you're looking for "move-in ready" with no work needed, this one is for you!

Offered at \$540,000

PENDING SALES



2257 Sutter View Lane – Upgraded Sonoma on View Lot

Wow! If location is important to you coupled with one of the best floor plans on a spectacular view lot, this Sonoma Model will check all your boxes. Situated in the only Village within Sun city Lincoln Hills w/ Estate Series Homes, this home features newly remodeled kitchen & bathrooms. The richly colored dark cabinetry (throughout) w/ soft close drawers/cabinets, granite counter tops & tiled backsplash, expanded center prep island, under/over cabinet lighting & custom pantry cabinet w/ lighted pull-out shelving is the perfect spot for your coffee bar. The great room offers a custom stacked stone fireplace wall w/ lighted shelving, engineered wood flooring and recessed lighting. The master suite has outside access. The master bath has dual vanities, large soaking tub & his-and-her walk-in closets. The second en-suite comes w/ a full bath so your guests will have total privacy. The backyard's northern exposure has million-dollar views w/covered & extended patio and brick pavers. Plus NEW 14k heating & air conditioner was just installed last week!

Pending at \$1,275,000



2348 Sutter View Lane – Napa Model w/3-Car Garage

Welcome to 2348 Sutter View Lane in the prestigious community of Sun City Lincoln Hills. This Napa floor plan is situated in an exclusive village with only Estate Series Homes. The original homeowner has continually upgraded over the years to include remodeled kitchen with granite counter tops/subway tile backsplash, farm sink, lowered dining bar, stainless appliance & hood, whole house fan, newer furnace, OWNED solar (33 panels), Tex Coat exterior paint, engineered wood flooring, Safe-Step walk-in tub, Byers' Leaf Guard Gutters, System Pavers in backyard with faux turf. The fully covered back patio has ample entertaining space to enjoy the graceful koi pond with multiple waterfalls designed by Hand Hand Nursery.

Pending at \$889,000



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Alzheimer's/Dementia

(cont' from page 15)

holidays in November and December, our next general meeting will be Wednesday, January 25, 2023. The Women's and Men's group will continue their 2022 meetings in November and December.

The Women's caregiver group meets the first Wednesday of every month in the OC Multi-Media room; the next meeting is November 2 at 1PM. Contact Mary-Jo Fratessa (916-759-8760).

The Men's caregiver group meets the third Thursday of every month in the OC Multi-Media room; the next meeting is November 17, 10AM-noon. Contact Ernie Drake (916-543-3482).

Wishing all a safe and wonderful holiday season and New Year.

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Low Vision Support Group

BY JOAN BRANT-LOVE

Meeting – Tuesday, November 1, 2022, 2:00 to 4:00 PM, Fine Arts Room, Orchard Creek Lodge

A representative from Seniors First will be our speaker. Seniors First provides various services to the senior residents in Placer County including Meals on Wheels, the Senior Resource Guide and California Aging & Disability Resource Connection. Copies of the Senior Resource Guide are available at the front desks of the Sun City Lincoln Hills Lodges.

There will be no meeting in December. Our Holiday Luncheon is scheduled for December 9th in the Solarium at Orchard Creek Lodge. Details will be sent to our members soon.

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

Vision Classifications

Excerpted from: American Optometric Association

<https://www.aoa.org>

Few people are totally without sight. Most people who are classified as "blind" actually have remaining sight. Thanks to developments in low vision rehabilitation, they can make good use of what sight they have and improve their quality of life.

Anyone with non-correctable reduced vision is visually impaired. The World Health Organization uses the following classifications of visual impairment.

When the vision in the better eye with best possible glasses correction is:

- 20/30 to 20/60 – near-normal vision
- 20/70 to 20/160 – moderate low vision
- 20/200 to 20/400 – severe low vision
- 20/500 to 20/1,000 – profound low vision
- no light perception – total blindness

There are also levels of visual impairment based on visual field loss (loss of peripheral vision).

In the United States, any person with vision that cannot be corrected to better than 20/200 in the best eye, or who has 20 degrees or less of visual field remaining, is considered legally blind.

Visual impairments take many forms and exist in varying degrees. Visual acuity alone is not a good predictor of a person's vision problems. Someone with relatively good acuity (20/40) can have difficulty functioning, while someone with worse acuity (20/200) might not have any real problems performing daily activities.

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

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

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Multiple Sclerosis Group

BY JERI DI FIORE

At the November 15 Multiple Sclerosis Meeting, 1 PM, Kilaga Springs Lodge, Sierra Room, we are pleased to have a speaker from the Del Oro Caregiver Resource Center inform us about their services. Caregiving is a very timely topic for the holidays.

Be sure to come to the meeting with checkbook in hand, as we'll be finalizing our Holiday Bingo gathering!

Also, you are invited to join some members before the meeting around 11:30 in Kilaga's Cafe for a friendly Sip & Snack.

If you are new to Sun City and have Multiple Sclerosis, please join our relaxed, informative group of 18 years. All Family members, friends, and potential volunteers

are welcome too! We learn from each other.

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

...

Bosom Buddies

BY VAL SINGER

Bosom Buddies has lost another cherished member. Cindy Redhair passed away in September in her home. Cindy was noted by her lovely white hair and easy repartee. She was with Bosom Buddies and she was my friend for a long time. Cindy enjoyed line dancing with her daughter, Lori, scrapbooking, and the numerous outings with her family.



Cindy Redhair

Cindy was the Bosom Buddies photographer for many years. And thanks to her our group has some lovely pictures to look back on. Cindy also was very proficient at making albums of her family's pictures with dialogue of the events depicted. Her family will cherish these albums always. They are definitely works of art.

Bosom Buddies has arranged to have a tree planted in the National Forest in honor of Cindy Redhair. This sweet lady will be missed greatly by all especially me.

Bosom Buddies was once again invited to a champagne party by the Brighton store in the Mall. Cupcakes and various drinks were served, plus we heard four very informative

(cont' on page 18)

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Bosom Buddies

(cont' from page 17)

speakers. It was a lovely morning.

The October Breast Cancer window in the lodge was decorated by Cheryl Hansen, Patty McCuen, Peggy Ryan, and Lori Song. Thanks to all for a beautiful job!



Bosom Buddies annual Christmas party will be held on December 8th in the Kilaga Kitchen. This party is free to the fully paid-up members so be sure to get your dues in asap. The Christmas party is not to be missed! Send your \$12 to Kay Brady, 365 Snapdragon Lane.

We will have a barrel for Toys for Tots at the Christmas party.

The October meeting's speaker was Dina, the Lymphedema Whisperer. She presented the various methods to eliminate fluid collected throughout the body when the lymphatic system is disturbed.

Our next meeting will be on November 10th, in the Orchard Creek Multi-purpose Room at 1:00. Dina will speak further at this meeting on the various home methods by which lymphedema may be eliminated.

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

If you wish to come to lunch at the Meridians before the General Meeting, please call Sally Bogolub 650-996-3163 to make your reservation. Please call Sally no later than Tuesday morning before the meeting so she can confirm the number with the Meridians.

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

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

...

Hearing Support Group

BY JOANNE MITCHELL

We will not have meetings in November and December due to the holidays. We will resume in January 2023. For our October meeting Ann Thomas, president of the Diablo Chapter of the Hearing Loss Association of America, gave a Zoom presentation on rights and advocacy for those with hearing loss.

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(more Club News cont' on page 19)

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Megan Carolan Martin
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Transaction Coordinator
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SCLH RV Group

BY VICTORIA WHITE

Twelve rigs just returned from the Oregon/Washington Rally. Gone approximately 3 weeks, we all enjoyed our own Steve Beede serenading us with his guitar and favorite songs while being in the California Redwoods. The Rogue River Jet Boat ride had wet passengers hanging on for dear life, but what a gas. The "Ride the Rails" was a 12-mile round trip



Rogue River Jet Boat, Oregon.

ride on light weight rail bikes with 4 people teaming up on each rail car, riding through the Tillimook Bay area into the breathtaking costal mountains. A visit to the Tillimook Creamery provided a tasty part of one day and the 2022 Cape Kiwanda Longboard Surf Classic was something you don't see every day. Golfing, a day driving through the Olympic National Park, whale watching and High Tea at the Empress Hotel on Victoria Island were

also included on our itinerary. And of course there were the ever popular cocktail hours, potlucks and BBQ's.

The elections for two positions on the Board will take place at our November meeting. It's been a privilege over the years being a Vice President, which is in charge of locating and researching locations for rallies. I am termed out this year and would like to pass this awesome position to two members that would like to work together planning the 2024 line up. Sharon Skar will also be leaving her position of Membership Director. She has been an integral part of the board for years and has held almost every position and has done a superb job at everything she has touched. At this point our Board of Directors is all women and what a force we've been. Any men interested? Getting involved in a club is one of the most rewarding things you can do for yourself and others. The Board humbly asks that all members do their part in making this club work. Please step up to be either a Wagon Master or a Board member to help keep this club great.

Meetings are every 2nd Thursday at 4:30 PM at KS in the Placer Room. Interested in the RV Group, join us at a meeting and find out what it's all about. Contact Sharon Skar, Membership Director, 916-434-7799 or marlowensharon@gmail.com

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Roadrunners Motorcycle Club

BY JACQUELINE MCDERMOTT

Fitness Matters fitness is a cornerstone of life and when it comes to riding, having good physical health usually correlates with good mental health. From a physical standpoint, having decent strength through resistance training gives you better bike control. Practice Slow Speed Maneuvers: Okay, I'm not saying you need to replicate your Mod 1 test and ride around cones all day. But go to a parking lot early in the morning. Practice slow riding. Get reacquainted with balancing your throttle, clutch, and rear brake: practice U-turns and figure-of-8 turns. If you lack confidence in the physical handling of your bike, use this time to push your bike between parking bays or get it on and off the center stand. Want to make it

more fun? Invite a Roadrunner riding buddy and support each other, so you don't drop your bike while practicing.

Stop And Smell The Roses: Just because you go out on your bike doesn't mean you have to spend all day on it! Stop and get off the bike if you find yourself riding through a beautiful part of the countryside. Have a wander around a nature trail for an hour or take a few pictures. Sit with a flask and enjoy nature.

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

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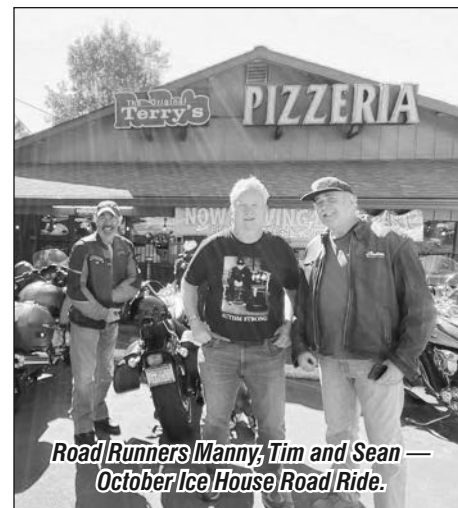
Sports Cars

BY RICHARD PEARL

October saw two events for the Sports Car Group. Event one was an October 6th ride to Yuba City for lunch at the Dancing Tomato Caffe. 20+ cars made the short hop – lengthened, of course, by travel through the countryside. The Tomato is known by the locals as Yuba-Sutter's favorite home grown and locally owned family restaurant, and has been in business since 2004. Everything is freshly sourced and prepared.

Event two was participating in the city of Lincoln's Airport Open House on October 8th. The Club had 15 cars there, alongside the Rods and Relics and about 10 exotic sports cars

(cont' on page 21)



Road Runners Manny, Tim and Sean — October Ice House Road Ride.

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15 DAY HAWAII from SFO! Princess	Nov 27, 2022	\$1,099	\$1,699	\$2,459
Ruby Princess ~ 3080 Passengers	Jan 16, 2023	\$1,799	\$2,254	\$2,254
Royal Princess ~ 3560 Passengers	Mar 12, 2023	\$1,233	\$2,381	\$2,439
Sail round trip from San Francisco, California to Kauai, Nawiliwili Hawaii; Honolulu, Hawaii; Maui, Lahaina, Hawaii; Hilo, Hawaii; Ensenada, Mexico, San Francisco, California.				
*ROUND TRIP LINCOLN SHUTTLE TO SHIP!				
10 DAY ALASKA From SFO! Princess	Jun 6, 2023	\$1,199	\$1,343	\$1,899
Ruby Princess ~ 3080 Passengers	Jul 6, 2023	\$1,399	\$1,567	\$2,299
	Aug 15, 2023	\$1,299	\$1,599	\$2,199
Sail round trip from San Francisco, California to Juneau, Alaska; Skagway, Alaska; Hubbard Glacier, Alaska; Ketchikan, Alaska; Victoria, BC, Canada; San Francisco, California. *2023 Alaska Voyages visit Glacier Bay				
*ROUND TRIP LINCOLN SHUTTLE TO SHIP!				
10 DAY MEXICO From SFO! Princess	Dec 12, 2022	\$799	\$1,199	\$1,299
Royal Princess ~ 3560 Passengers	Jan 6, 2023	\$699	\$1,124	\$1,299
Sail round trip from San Francisco, California to Puerto Vallarta, Mexico; Manzanillo, Mexico; Mazatlan, Mexico; Cabo San Lucas, Mexico; San Francisco, California.				
*ROUND TRIP LINCOLN SHUTTLE TO SHIP!				
16 DAY PANAMA CANAL Princess	Apr 14, 2023	\$1,899	\$2,299	\$3,499
Ruby Princess ~ 3080 Passengers	INCLUDES FLIGHT TO TEXAS & SHUTTLE FROM SHIP TO LINCOLN!			
Sail from Galveston, Texas to San Francisco visiting Cartagena, Columbia; Transit the Panama Canal; Fuerte Amador, Panama; Puntarenas, Costa Rica; San Juan del Sur, Nicaragua; Cabo San Lucas, Mexico; San Francisco, California.				
21 DAY MEDITERRANEAN REPOSITION Holland America	Apr 08, 2023	\$3,699	\$3,999	\$4,499
Nieuw Statendam ~ 2660 Passengers				
Sail from Fort Lauderdale to Barcelona visiting Ponta Delgada, Azores; Cadiz, Spain; Gibraltar; Malaga, Spain; Alicante, Spain; Barcelona, Spain; Villefranche-Sur-Mer; Livorno (Florence/Pisa); La Goulette; Palermo, Sicily; Naples (Amalfi/Pompeii); Civitavecchia (Rome); Palma De Mallorca, Spain; Valencia, Spain; Barcelona, Spain.				
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Sports Cars

(cont' from page 19)

(Ferrari's, Massarotti's, and McClaren's). It was a great event, with about 5,000 people attending to see hot air balloons lift off, and 60+ rare and unique aircraft gracing the tarmac. The overall winner in the sports car/exotic car contest was a 2022 red Ferrari... hard to beat.



We're still on track for the Holiday party. More information to follow.

Contact: Richard Pearl; 916-715-9666; Pennyrich99@gmail.com; Website: lhspportscars.org.

...

Rods & Relics

BY ELNA RAGAN

October saw a huge local event at the Lincoln Airport Open House. Members from our Club had their vehicles on display along with other classics and exotics. There were over 65 aircraft ranging from home-built experimental aircraft, WWII War Birds, and sleek modern aircraft. The event was highly successful with approximately 4,000 residents enjoying it.

Rockstar Music Academy on Sterling Parkway holds the "Rockstar Rides Car Show" On the first Saturday of each month. Our members enjoy participating in it and having the opportunity to meet other vehicle owners.

Our Club members also enjoy visiting with Senior Retirement Communities and spent Wednesday, October 26, at the Sierra Regency Facility in Roseville. The residents there enjoy seeing and talking about the vehicles from days gone by.

On Saturday, October 29, Club members attended a delicious BBQ held at a facility in Sheridan. Club President Tom Indrieri did the grilling and members provided tasty side dishes and desserts. We had a very relaxing

and enjoyable time.

The key positions for next year's The Downtown Lincoln Car Show have all been filled. The pace is quickening as the year ends and we focus on the big event scheduled on Saturday, June 3, 2023 on the shady tree-lined streets of Downtown Lincoln.

The Car Club is always looking for new members. If you own a 1979 or older American-made or America-powered vehicle, plan to join us! For more information, check out our Web Site below.

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

Web Site: www.rodsnrelics.net

...

LH Amateur Radio Group

BY DAN LEHRER, KN6DRN

We welcomed new member Bob, KN6CWC. Bob recently received his Technicians license and the club is happy to be his "Elmer" offering help when needed. We participated in the California QSO Party, making 76 contacts with 18 States, 22 Counties and two Provinces. Another fun time on HF was the Route 66 QSO Event. The folks who run this event in Arizona send you QSL cards with a map of the famous Route. If you contact all three and line up their cards, you get a map of the route thru Arizona, we have two out of three.

Our Hams & Coffee get together held at KS Café was fun, covering a variety of topics (including Ham radio). We will be getting together again in the future, so consider joining



us to rag chew, more to come. We help on programming hand held radios. Regarding the Ham Bands, we have noticed an increase in contacts on both the 10 and 17m Band. Meetings are held at the South Tower every Monday night at 6:30 PM. Our club conducts a weekly radio network at 7:00 PM every Monday on the W6LHR Repeater at 147.030 MHz, 167.9 PL.

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

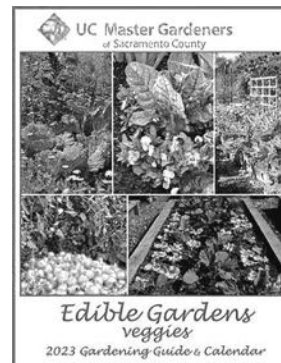
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Garden Group

BY LORRAINE IMMEL

Happy Thanksgiving to you all!

There is no General Meeting in November due to Thanksgiving on that date, nor any meetings for the rest of this year. They will resume in January 2023. But, there will be a "Winter Woodland Luncheon" as a festive social to cover a Merry Christmas, Happy Hanukkah, and Joyful Holiday for all! A



UC Master Gardeners Guide & Calendar.

delectable menu, entertainment, and prize drawings will be included. Details of the social have already been sent in a special invite to the members through the email. Be sure to send in your RSVP before the end date as the Chef needs to purchase the items in advance.

The annual 2023 UC Master Gardeners Guide & Calendar is all about vegetables. Each month includes advice along with science-based tips for planting, irrigation, fertilizing, pruning and pest management for the entire garden. A seasonal guide for planting and harvesting vegetables in the Sacramento region is also included. All this at the amazing price of only \$12 (includes tax). Proceeds from sales help support Master Gardener community projects.

These calendars make great hostess/friend gifts with a bow on them! Contact member Pam Effa: 916-408-1227

...

Fishing Group

BY HENRY SANDIGO / JD RICHEY

Catching Donaldson Trout on Lake Amador — The authors never been a big fan of hatchery fish or better known as "round tailed" rainbow trout that are planted throughout the West, it has been said that Donaldson strain rainbows of Northern California's Lake Amador are extremely cool "truck trout."

These trout are a unique blend from some of the best attributes of rainbows, steelhead and cutthroat. Natural trout mature in 4 years and weigh about 1.5 pounds, Donaldson's mature in 2 years and can weigh in at 10 pounds. You get a super-fast growing, hard-fighting fish that's



acts more like a wild then a hatchery. This trout was the brainchild of Lauren Donaldson, who in 1932 at the University of Washington, began selective breeding program to create a "Super Trout." His goal was to produce a fish with enhanced size, strength, faster maturity and superior reproductive progress than its natural counterpart. At the conclusion of the

(cont' on page 22)

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Fishing Group

(cont' from page 21)

program about 1944, was the development of the Donaldson Trout.

The writer of this article went out with friends to Lake Amador to investigate as a journalist would, and to see for himself what the hype was about. The "bite" wasn't red hot that day and he and his friends did catch a few of the Donaldson's that he was "downright" impressed. The fish fought well, they burned line and jumped quite a bit. They are very nice looking fish. The fins and tails are in better shape than a typical hatchery "bow" and they were real silver in color - not the usual grayish of a hatchery. He and his group didn't eat any, but felt they would taste pretty good based on how fat and firm they felt and looked.

Directions: Use your GPS to get there or an old fashion map.

But its 65 to 80 to 50 and then a bunch of turns, left, right, etc - driving time if you don't get lost 1 hour and +/- 18-25 minutes.

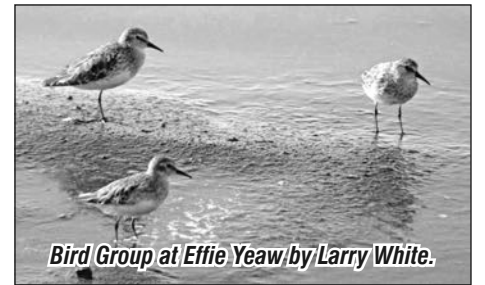
Take CA-65 S, Hazel Ave, US-50 E, Scott Rd, and CA-104 E to your destination in Amador County.

...

Bird Group

BY DON BAYLIS

Happy days, multiple bird group activities to report. Since last months article, we have had two birding trips and one monthly meeting. Additionally, our winter migrants are beginning to arrive, with sightings of flickers,



Bird Group at Effie Yeaw by Larry White.

warblers, white-crowns, and various waterfowl.

Effie Yeaw was a school teacher and environmental educator in the Sacramento area in the 1950's. In 1955, she began leading natural history walks in an area known as Deterding Woods, located along the American River in Carmichael. She helped lead citizen groups in preserving and developing access to the river though what became known as the "Parkway". In recognition of this work, the area known as Deterding Woods became the Effie Yeaw Nature Center and Nature Area. We visited and walked a trail on September 29. The wooded bench above the river that we walked appeared to us to be ideal for water and woodland birds, but less so to the birds. We did get 27 species, compared to 36 in 2019, and added California Gull, Northern Flicker, White-crowned Sparrow and Yellow Warbler.

On October 14, we visited the Lincoln Regional Wastewater Treatment Plant. Six carloads of us went on an expanded tour of the plant's basins. Historically, we toured the storage ponds on both the east and west sides of Fiddymont for waterfowl and shorebirds. This

(cont' on page 23)

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**TRUEWOOD
BY MERRILL
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Club News

(cont' from page 22)

year, we were able to expand to include the farmland/overflow fields on the west side, so we were able to search for meadowland birds, and also for the woodland birds in the oaks ringing these fields. We identified 44 species, which is above average for an October trip. (The treatment plant is difficult to compare to all previous years, as some trips were in February, a peak time for migrants, and some trips were expanded to include Catlett Road all the way to Sutter County.) None the less, this is a higher species count than September of 2011, 2012, 2014 and 2015. See our website under Lists to see the details sightings of all trips.

At our meeting on Monday, October 10, we had Brian Gilmore of California Fish and Wildlife speak to us about the work of the state Nimbus Fish Hatchery, located where Hazel Avenue crosses the American River.

This hatchery deals with migrating salmon and steelhead trout, and additionally attracts many birds. The hatchery was built to mitigate the Nimbus dam, which blocks the fish from migrating to the shallows upriver. In the wild, the salmon do not survive their spawning, so the hatchery mimics nature and butchers the salmon, harvesting the eggs from the females and "milking" the males to fertilize the eggs. The fertilized eggs are then raised into young fish, which are then released into the river flow to go to the sea to mature, then return years later to spawn and continue the cycle.

An update on speakers for our coming meetings. Our November speaker had to delay her presentation until spring, but we will have a meeting to entertain and educate you about birds and nature. Details are being finalized as I write. On December 12, Michelle Dodge will be speaking about bird migrations along the Pacific Flyway (which includes the areas we bird).

Future day trips are already scheduled. We should have visited Vic Fazio/Yolo Bypass on October 28, followed by Gray Lodge State Wildlife Refuge on November 11, a walk along Ferrari Pond on November 25 (Black Friday after Thanksgiving), and Sacramento and Colusa NWR on December 16. The away trips will leave from the Orchard Creek parking lot, but the Ferrari Pond walk will start from the Fishing Pond parking area on Ingram Parkway. Any visiting family and friends are welcome to join us, and additional parking is available on Gold Nugget Circle

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

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

Cycling Group

BY DENNIS THOMPSON

Cycling in some of Europe — My wife and I recently rode bikes several times in Amsterdam. Quite an experience. People of all ages bicycle often in Amsterdam and their clothing ranged from nice suits and briefcases to flowing skirts or shorts. They go to work, stores and parks on their bikes, even in the winter, except for the worst days. Bike etiquette

in the Netherlands is very different than here. No one says "on your left", or almost anything else. Instead, if a rider is about to make a turn, he/she points in that direction beforehand, and everyone behind is expected to adjust to enable a safe turn. Many bikes have bells, but they were seldom used. I was told that ringing a bell means something aggressive like "get the hell out of my way".

One is expected to ride to the far right unless passing. Almost no one uses mirrors or helmets. Mopeds and motorized scooters are allowed on almost all bike lanes. So, one can be passed by a fast moped any time and/or have one coming in the on-coming lane. In addition, there are many bikes that have a large storage area built into the frame, and it may have groceries in it. Riding was often a tight squeeze. This was not only true on bike lanes, but worse and more complicated on many narrow roads. I rode several miles on such roads and encountered all of the above-mentioned vehicles plus cars, vans and motorcycles. The narrow roads were wide enough for a small car going in one direction and a bike going in the other. With so many different vehicles moving so close together at so many different speeds, with no helmets or mirrors, and very little verbal communication, it's amazing to me that anyone is alive in Amsterdam. However, I didn't see one accident. Perhaps the most amazing thing is that the general population is highly aware of people riding bikes and are vigilantly looking for bikes whenever they drive cars, trucks, mopeds or motorcycles. Cycling

(cont' on page 25)





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Neuropathy Relief Is Possible

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

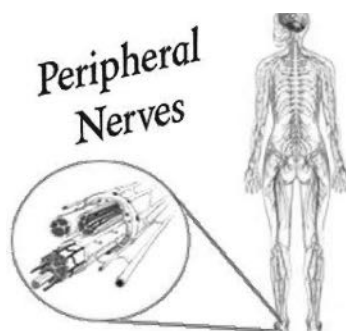


Figure 1: Notice the very small blood vessels surrounding each nerve.

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

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

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

Three Factors to consider for Effective Neuropathy Treatment:

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

Three goals of treatment at Lincoln Acupuncture:

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

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

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

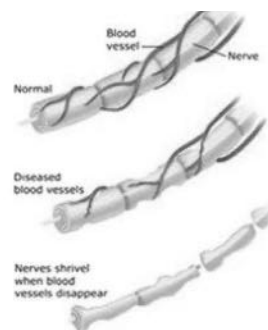


Figure 2: When blood vessels become diseased, they shrivel and are no longer able to provide nourishment to the surrounding nerves.

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

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

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

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

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

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

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YOU DON'T HAVE TO JUST LIVE WITH IT

Cycling Group

(cont' from page 23)

is part of the culture in Amsterdam.

Bikes are different there too. I saw no Specialized, Felt or Trek bikes. Instead, there were many brands that are not generally sold in the USA, especially Gazelle, Batavus, Babboe and Van Moof. Very few bike riders use road bikes, unlike many riders in the SCLH Club. When we did see a sleek road bike, it was typically ridden by a youngish man who was vigorously exercising. Most bikes were what we often call "cruisers", but some were "e-bikes" or "pedal assist bikes". Lots of bikes were configured to provide substantial room for a child to sit and/or haul goods. Tires were fairly big with plenty of gripping tread. The chains of almost all bikes were totally enclosed to keep the chain clean and prevent



clothes from getting caught in the chain or getting in contact with it. Many bikes had racks above the rear wheel and/or the front wheel and most had multiple gears and disk brakes. Gears were usually inside the rear hub. An accompanying picture shows a bike that has a "rubber" belt instead of a chain. That is becoming more common in Europe. I was told that belts last a very long time, but not forever. They were only on bikes with one chainring and one gear on the back wheel, with gears inside of the back hub. One brand of bike is Van Moof. It is a pedal assist bike. You can see in the picture that the frame tubes are not big and it is not obvious that it has a battery. The battery is in top tube. The front hub has a motor in it. The back hub has gears within it. Disk brakes are on both wheels. Pretty sleek and relatively light.

The infrastructure of roads, sidewalks and trails for cyclists is tremendously different than in the USA. Bike lanes are everywhere and

heavily used. Surfaces were typically asphalt or fairly even cement blocks. Almost all bike lanes were in very good condition. Bike lanes often cross other bike lanes and/or streets and they are usually well marked. Various symbols on the pavement show who has the right of way. Triangles with the point pointing towards you, as you approach, mean that you need to yield to cross traffic. If the triangles point away from you as you approach, you have the right-of-way. Some symbols mean that cars must stop and you have the right of way. Another means just the opposite. All train stations and airports were very bike friendly. The train station near us had bike racks for parking more than 2,000 bikes and it is far from the largest train station. See the picture showing just one of the long rows of double decker racks that make it easy to put bikes up top by having part of the top rack slide down to enable easy installation of one's bike. Both short- and long-range trains have spaces for bicycles. Rental bikes are available by the hundreds at stations and elsewhere. Pictured is the rental bike that I used, which was a typical orange rental bike. It had three speeds and was comfortable and fine for general transportation. Escalators at train stations and airports don't have steps. Instead, they are flat and enable a bike to be easily roll on it. A picture of that accompanies this article.

Gasoline cost about \$9 per gallon when we were in Amsterdam and France. That's quiet an incentive to ride a bike. Parking a car is often hard to find and expensive too.

We also had a little bit of bike experience in Paris. We stood at the Arc de Triumph and watched vehicles of all kinds going around Le Etoile. That's the round-a-bout where the Avenue de Champs Elysees comes in. Bicyclists and moped drivers were speeding around the 8-lane-wide circle with cars, vans, motorcycles and commercial trucks. Often bikes were riding in between 2 lanes, with a truck on both sides, and the bike rider trying to move to the outside lane to exit onto a street. It looked like a suicide mission! But, oh what a glorious place to die.

• • •

Hiking-Walking Group

BY STEPHANIE HUNTINGDALE

The Hiking/Walking Club held a meeting on October 5th. I understand the attendance was about 40 people. Dan Cortinovis and Jim Fisher shared the results of the hiking survey and the group discussed the needs of members. The club recognizes the need to revitalize our hikes and schedules to fit the requirements of members and the new schedules they have since Covid 19 changed everyone's lives.

Some changes are the request for hikes to be scheduled well in advance and preferably on the first Tuesday and third Thursday of the month. We will continue to send email reminders to the members about the hikes.

The Lincoln Hills Hiking and Walking Group has had a Wednesday walking group for quite a few years. However, over time, many individuals who have walked with the group have aged, and are no

longer able to keep up. Therefore, the board is looking for a volunteer to head up a "slower walkers' group". The Wednesday walking group currently walks 2+ to 3 miles in 45 to 60 minutes, but

that may be too fast for many of our residents. Also, some people may have other commitments on Wednesday, and might like to walk with a group on Mondays or Fridays, which are non- hiking days.

If you think you might be interested in leading a slower walkers' group, contact Debbie Schryver at dshumhaven@earthlink.net, or any one of the LHH officers for further information.

It's November and Thanksgiving is on the way. We have so much to be thankful for. Our lives have been rich with memories and adventures. Family is so important and hopefully they are healthy and so are you. Gratitude comes in many forms and right now we should look back on our lives and be grateful for what we remember, what we have achieved, what we love. Happy Thanksgiving everyone!

Till next time, stay safe, stay connected. Always check the website for the most up to date information. If you think you are not feeling well, please stay home. There will be future hikes.

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

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

the Hiking Group.

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

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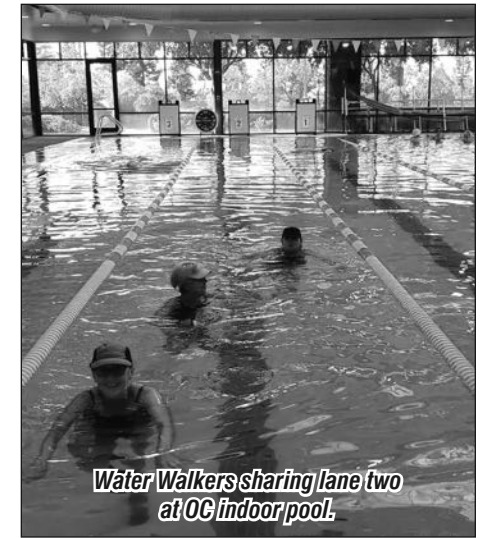
LH Swimmers and Water Walkers Club

BY ROSEMARY TANFANI

The Swimmers and Water Walkers Club is thankful that we have two indoor pools at Lincoln Hills to swim and water walk in all year around. The third pool, the outdoor lap pool has closed for the rest of the year.

Both Orchard Creek Lodge and Kilaga Springs pools are open from 5:30 AM thru 8:30 PM weekdays. On weekends, OC opens at 7:00 AM and closes at 8:00 PM, KS opens at 7:00 AM and closes at 6:00 PM

We are also thankful that we belong to a club that promotes the enjoyment, and benefits of water exercise, with the accessibility of pools for all residents.



An additional benefit of club membership is the Drop Box, which can be accessed online by all members. In 2022, four new categories were created and members can get the latest information on Club Activities, Water Exercise Benefits, Chlorine Advice and the Mentoring Program.

The Water Exercise Benefits file has a trove of information.

Under the Swimming file, there are eight sub categories, with videos of freestyle and flip turns, training aides, using a snorkel and

(cont' on page 26)

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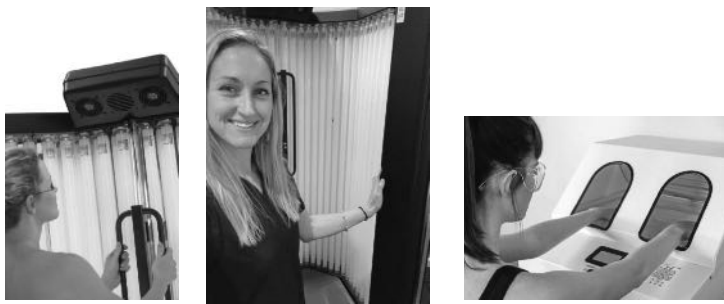
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Swimmers and Water

(cont' from page 25)

swimming goggles, and more.

In the Water Walkers section, you can view a video of water walking techniques, filmed here at the OC outdoor lap pool, and learn about water walking shoes.

If you have not accessed our club Drop Box, contact Jim Klein, our president, at swimmers.walkers@gmail.com.

Since the beginning of the year, we have added 100 members and club membership stands at 231 members. We are thankful for our new members.

Have a great Thanksgiving day...

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

...

Water Volleyball Club

BY DIANE FERRARI

The Water Volleyball Club is proud to honor our Military members and invite any former service members to come on out and drill with a fun group of former military members and civilians. Don't know how to play? Join us on Free Play Saturdays at Kilaga from 9:00 to 10:25 AM. It's easy to learn. We provide Training and Mentorship. We welcome all levels of interested players. Find us at LHWaterVolleyball.com. Or Call Jerry Grisler 209-648-9534 for more info. Skills and Drills classes are held the first Tuesday night of the month, come improve your skills and learn how to be a better player. Ladies Night

is the second Tuesday of each month. Ladies come enjoy a fun filled time with this great group of women! The Club will be electing new Steering Committee members if you have an interest in serving on the board, please contact Chairperson Cindi Underwood. The Club successfully completed another tournament with serious play and outstanding results. Hope you didn't miss the fun filled action. As the weather cools (hopefully), the pool is warm and we look forward to fun play, great exercise and good times! Thank you again to all our Military Vets for your service.

...

LH Senior Softball League

BY HEIDI MAZZOLA

The League's summer season is over, but Co-ed Fun Ball season is in full swing. Fun Ball is a very casual, fun way to stay in playing shape. Two games are played each Wednesday and Saturday. Start times are 9:00 and 10:45 both days. An e-mail containing a sign-up link is sent to LHSSL members each week for the following week's games. Games will continue as long as the weather permits or until interest wanes. Also, co-ed practice has resumed on Monday mornings beginning around 9:00.

The Women's Division took a little break from playing while the field was being revitalized, but practices and games have started back up on Sunday mornings. A couple of doubleheader games with the Sacramento

(cont' on page 27)



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Senior Softball League

(cont' from page 26)

Area Women's Senior Softball (SAWSS) group are scheduled for November. The women are always fun to watch, so bring your chair to the hill or have a seat in the stands and cheer them on.

Please check the website for game dates and additional information.

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

Website: LHSSL.net

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Mad Hatters Bocce Group

BY KIM PETRUZZELLI

Beginning November 3rd, our start time for the Thursday morning bocce ball games will be 10:00 am, so enjoy your extra 2 hours of sleep. We'll be sticking with this start time until next May when temperatures heat up again.

Our Mad Hatter Christmas Party is booked for Thursday, December 15th, following morning bocce. There will be a sign-up sheet available at the bocce courts on Thursday mornings, and we'll include all the details in next month's article.

The Mad Hatters play bocce ball year-round each Thursday morning, and all skill levels are welcome. Teams of 4 players are formed on-the-fly each week so just show up! The focus is on recreation not competition, and we rotate players and teams with each 20-minute round. Our players usually spend about 90 minutes on the courts.

New, inexperienced, and handicapped players are always welcome. We even have a spare "chicken foot" if you need help lifting up the bocce ball. Don't know how to play? We'll guide you. There is plenty of parking available at the courts. It's a great way to meet new people.

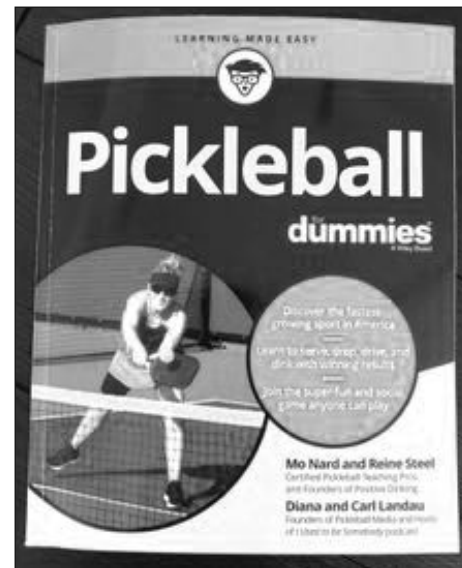
Mad Hatters Contact: Russ Petruzzelli, LHBocce@gmail.com / 408-439-1848.

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Pickleball Club

BY MOLLY MORRIS

Finally!!! A new book, Pickleball for Dummies is now for sale! This book is not just for beginners (or dummies!). Pickleball for Dummies covers everything from the



fundamentals, equipment, and rules to advanced player strategies, avoiding injuries, and playing in tournaments. Of course, it also covers a myriad of topics in between. Pickleball for Dummies was written by local Certified Pickleball Teaching Pros, Mo Nard and Reine Steel. They are the founders of Positive Dinking. The book was also written by Carl and Diana Landau, founders of Pickleball Media and hosts of the I Used to be Somebody podcast. I started reading the book last week and have gleaned many informative tips. Copies are available on Amazon.

You do not have to be a member of the Pickleball Club to play on the courts. Reservations can be made on the WellFit website and drop-in courts are available in the morning. We also offer an Intro to Pickleball class. Reservations for this class can be made at welcometopickleball@gmail.com. The Pickleball Club website has all the information about how to get started, how to join the club, and how to access training videos, find players of the same level to enjoy the sport, and so much more. The site is www.lhpb.com.

If you have any questions, please contact Molly Morris: mollyfmmorris@gmail.com.

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LH Table Tennis

BY CARL LYNCH

Our table tennis sister club, Roseville Sun City, invited us to their place for a fun event and BBQ afterwards. The TT and BBQ were great! Table Tennis is enjoyed by many Sun City Residents! We are a friendly, recreational, active sports group. We play women's men's, mixed, and singles table tennis with 7 tables, beginner to advanced.



We play on a drop-in basis. Reservations are not required. Please wear non-marking tennis shoes. Loaner paddles are available. Play times are Sunday 9:00 AM to 5:00 PM (except the first Sunday of the month when play starts at 12:30 PM), Tuesdays, 6:00 to 9:00 PM, and Fridays 8:00 to 12:00 PM. We occasionally set up a table tennis ball machine on Fridays to use for intensive training and practice.

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(more Club News cont' on page 31)

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Just Call Me A Veteran

BY MALCOLM SINGER

Amongst some people, there is still a misconception that the Veterans Group in Lincoln Hills is an Officers Club. And because of that they won't join. Well. Let's clear that up immediately. There are lots of clubs for officers, but we are not one of them.

The only requirement for joining the Lincoln Hills Veterans Group is the fact that you served for at least 1 day and received an honorable discharge. We don't care if you were an Able Seaman or an Admiral, a PFC or a General. We don't even care if you were in the Army, Navy, Air Force, the Marines, the Seabees or the Merchant Marine. Or if you served with one of our Allied Forces.

What we do ask is that you take part. Come along to meetings or events. Come along to morning coffee at Kilaga Springs. Why not help on the flag table each month, or at the ceremonies on Memorial Day or Veterans Day?

We are running out of WWII vets. We don't have that many from the Korean era. And all too soon we will start losing Vietnam vets. Despite this, our membership is holding up quite well.

If you are interested, why not give us a call? The Membership Secretary is now Malcolm Singer.

He can be contacted on 916-251-6413 or online at singerfamily1@icloud.com.

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

Alyce Stanwood

(cont' from page 1)

Recognition Program. And, in 2003, she was one of four teachers nationally to receive the JEA's Medal of Merit, which recognizes educators who have made substantial contributions to JEA and to scholastic journalism.

As stellar as her teaching career was, it pales in comparison with the magnitude of what Alyce accomplished at SCLH. She and her mother, Helen (past director of the Women's Nine Hole Golf Association) formed the first 9-hole ladies golf group at Lincoln Hills in 2001. It was no easy task.

"As with any new golf course and golf organization," says friend and fellow golf enthusiast, Darlyne Giorgi, "there were many, many obstacles and challenges which Alyce diligently worked through with perseverance and dedication."

It was only the year before that the Pro Shop even allowed the ladies to play together. Finally, the Lincsters (combining "Lincoln" and "links") was formed and had their first general meeting in September of 2002. Alyce was elected Captain of the group, a position she held for four years.

Over the years, Alyce created and/or chaired at least 25 Lincster tournaments such as the Home/Home, GoAwayGals, Adam/Eve, Rally for a Cure, Tin Cup, Punch Bowl, Grandmother's, Charm Girl, Boobie Tournaments and the County Fair Invitational. The Boobie Tournament was started to raise money to support research on breast cancer when several members of the Lincsters had been diagnosed with breast cancer. Their subsequent yearly Breast Cancer Tournaments were called "Rally for the Cure" and donations benefitted the Susan G. Komen Foundation to help find the cure for breast cancer. This year, the combined tournament with Lincsters and the Lincoln Hills Lady XVIII Golf Group raised \$45,800. Awesome, right?

Alyce also created and/or chaired such events as the Big/Little Sister Program, Annual LH Parade, digital Newsletter, Rules Seminars, Auction, Guest Days, Night Stalkers (night golf), Golf Swap and The Avengers. Tournament donations went to such organizations as Corena Green, Lincoln High



School Girls' Golf and several cancer-cure programs.

In addition, Alyce has been on the Lincster Board nearly every year in various positions. She's also served on the Women's Nine Hole Golf Association Board between the years 2008-22 as Secretary, Team Play Director, Communications, Corena Green, Photographer and Open Days Director.

How did Alyce end up in SCLH? She and her mother, Helen, who had belonged to Del Rio Country Club, Modesto, and had introduced Alyce to golf, took a tour through both Sun City Roseville and Sun City Lincoln Hills. When Helen saw the golf course, she was sold on SCLH and became the fifth person to move here. At the time, the Lodges weren't built yet and there were only two 9-hole golf courses, but her mother envisioned how everything would expand and flourish and knew she'd made the right choice. Alyce bought a house, too, in 1999, but had to commute back and forth to her job in Cupertino to finish her 31-year career in teaching before retiring permanently in 2000. Not to be left out, her brother moved from Colorado to Lincoln in 2000.

No longer married, Alyce became active in

Bridge, Mah Jongg, and, of course, golf, a sport that lends itself to connecting with people and forming lasting friendships. In SCLH, Alyce has found the perfect environment for her retirement years. "Everyone's close, friendly and supportive," she says.

When asked what she's most proud of, she answers, "My two sons." Why? "Because they're kind and considerate. Always forgiving." Her oldest son, Shaun McNerney, owns a computer tech company in Colorado which he runs with his wife, Janet. They have one son, adorable Cameron. Alyce's youngest son, Patrick McNerney, is married to a psychologist, Jennifer, and is a real estate developer in San Francisco. They live in Tiburon with their two beautiful children, Ryder and Kasen.

Alyce gets together with Shaun's family at Pismo Beach once a year and enjoys monthly get-togethers with Patrick and his family.

In 2012, Alyce went on a 36-day trip around the world with her friend, Marie Bossert, traveling 2700 air miles on 15 different flights which included 70 hours in the air and 50 hours in airports. The trip, covering 8 countries and 5 continents, included 80+ buses, 7 boats, 2 trams, 1 Tuc Tuc, 1 rickshaw, 6 Land Rovers, 1 Trishaw, 1 golf cart, 2 limos and lots of walking. One of her favorite memories was of Dubai with the Nomads in the desert living in tents that had satellite dishes attached to the tops. Another memory was of a hillside escalator a half-mile long from residential areas to congested downtown Hong Kong.

Happily ensconced for now in her home with Coco, her Shih Tzu, Alyce looks forward to future travels that include more golf with friends in Pismo Beach, Thanksgiving in Santa Barbara and a golfing trip next February in Mexico. She believes in living life to the fullest with no regrets. "Enjoy life," she says. "Don't live in the past. Live for the future."

With her outgoing personality, strong leadership, and winning attitude, Alyce Stanwood has created a dynamic and lasting legacy in our community.

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

Just let us know!

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LH Tennis Group

BY PAM FLAHERTY

Lincoln Hills Tennis Club is a wonderful resource for all tennis players who use Sun City Lincoln Hills Tennis Courts. Club volunteers report court maintenance issues, do behind the scenes administrative work with the association, advocate for players, organize tournaments and social events, captain teams, run player groups and handle a multitude of issues to keep our courts available to all players. If you use our courts join our club! We value your support.

USTA (captained by Jim Farrel) and SATA (captained by Denise Higgins) teams have been playing this Fall. Be sure to catch home games for great entertainment. You can find dates and times on our website selhtg.com and on the bulletin board calendar at the tennis pavilion.

Live Ball for all levels continues Sundays from 9AM-10:30AM through November 13. This is an exciting tennis game, set to music and a great way to meet other players and have some fun. Just show up with your racket! (Usually Courts 5 and 6.)

Our annual holiday luncheons will be held as follows: Men's luncheon on Friday Dec 9 at Old Town Pizza and Women's luncheon on Wednesday, December 14 at Catta Vadera.

Free tennis instruction offered by Steve by contacting stevebringman@yahoo.com and club orientations offered by Val who can be contacted at vlaugtug@gmail.com

See you on the courts!

• • •

Lincsters 9-Hole Golf Club

BY CAROLE EUBANKS

Tournament News — Sponsored by the Brandenburg Family Foundation, dozens of donor groups ranging from \$1000 to \$100, and underwriters Sue Pharis and the Lincsters Parking Lot Sale, the October 12th Breast Cancer Foundation Golf Tournament was splendid! 100% of monies raised goes to the Placer County Breast Cancer Foundation, which fights breast cancer and promotes education and outreach throughout the Placer/Sacramento County area.

Special thanks to tournament chairs Ingela Butters, Kim Hall, and XVIII Liaison Linda Mann, as well as Ambience Floral, RMF, Leatherby's, Starbucks, Safeway, and



Walgreens Print Discount. Not to mention the organizational skills of the Cart Guys and Husband Helpers and the generosity of dozens of residents and local business donors who contributed to the awesome gift baskets auctioned off at the post-tournament lunch.

The committees that were tasked with getting things done did a top-notch job. The tournament chairs were busy for several months planning and recruiting for this event. They were ably assisted by the Lincsters Co-captains Susan Mox and Sue Pharis, the Ladies XVIII Captain Donna Sanderson and Co-captain Barbara Grant, and Steering Committee members Marcia Bush, Barbara Parsons, Marnie Badgley, Alyce Stanwood, Marie Bossert, Judy Josse, Jan Varin, Margie Jewett, Kim Schutz, and Jane Hall.

The Tin Cup tournament was held on September 14th. Thanks to Carol Sexton for heading up this event. Winners were as follows:

- Low net, first flight: Lynn Hanman
- Low net, second flight: Ginny Cyphers
- Low net, third flight: Jane Steffes
- Low net, overall: Marie Bossert
- Low gross overall: Chris Jacobson

2023 Dues — Dues for a combination of North California Golf Association (NCGA) and Lincsters are the same as they were in 2022:

- NCGA \$39.00 – Renewal
- NCGA \$49.00 – New Members
- Lincsters Membership – \$25.00
- Social Members – \$20.00

To renew your Lincsters membership, send one check made out to Lincsters for \$64.00 before November 30th. Forms are available on the website (www.lincsters.com) under the Membership link.

Dropping out of a Play Day Round — Some participants in our regular Wednesday Play Day event women dropped out before completing the round to protect their handicap index from being affected by a disappointing score. USGA has put in place the Net Double Bogey rule that allows for those blowup holes so they don't drastically affect your index. The

only valid reasons for dropping out are: 1) you become injured or sick, 2) it becomes too dark to play, or 3) weather conditions cause suspension of the round. Dropping out early in a Play Day event should not be used for a bad (blowup) hole or two.

Update on 2023 Board Selection — The 2023 Lincsters slate of officers is coming together. However, there are three vacancies: Secretary, Social Chair, and Monday Mamas. Please consider stepping up to fill one of these positions.

Upcoming Play Days — We change from morning play to that afternoon at 1:00 PM starting November 2nd. Play Days are scheduled for:

- November 2, Orchard Creek 1:00 PM
 - November 9, Hills (Turkey Trot Tournament) 1:00 PM
 - November 16, Orchard Creek 1:00 PM
- September Winners —
- Closest to the Pin (CTTP): Meredith Nelson, Beth Rader
 - Chip-Ins: Margie Jewett, Lora Finnegan, Brenda Cook, Kate Gold, Kim Hall, Linda Mann

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Ladies Golf - 18 Holes

BY CAROL LOPEZ

The Club Champion for 2022 is Rosie Warren, winning her seventh Championship here in Lincoln Hills and her 14th overall in her golfing career. She was especially emotional about this win as she spent four months at the beginning of the year in a wheelchair with a broken hip. Patti Tilton was the 2nd low gross winner. The announcement for the Low Net Winner over-the-field, was met by leaps of joy from Sandy Tamanti. She was over-the-moon with excitement as this was her biggest win at anything. Although she thought she had a good chance to win after scoring in the mid-90's in round one, the anticipation of hoping to hear her name was exhausting. She won by three strokes. Linda Chappellear was runner up.

These were the final words of Candice Koropp who for the past nine years has written our articles. We wish her all the best in her

new community and as she continues to pursue her love of golf. Fortunately, she isn't going far so we can look forward to seeing her in the Roseville area.

The Club Championship theme was appropriately "Let The Games Begin". Chairwomen, Deb Dunipace, Pat McNiff, Bonnie Hing & Sylvia Feldman planned a very successful event! An enjoyable luncheon, in the Secret Garden, was provided for the 37 participants and other members who came out in support.

A Cha-Cha-Cha on the Orchard course was chaired by Mikie Briggs for the last game of September. The top three teams had a net of 60 and the last three teams had a blind draw, namely Ronnie Link. First place: Nancy McDonald, Maureen Senn, Peggy Carr & Kathie Sutter. Second place: Donna Sanderson, Donna Brinkerhoff & Nancy Jenkins. Third place: Betty Blaney, Mitsuko Cameron & Nancy Gadsby. Fourth place with a net score of 61: Candy Koropp, Karen McGraw & Lissi Bedford. Closest to the pin was Patti Tilton at 17'8".

October's Breast Cancer Tourney on the 11th was a huge success! The Lincsters chaired the event this year, Linda Mann was our club's liaison and 44 of our members participated in the field of 124. Many community members contributed financially and physically to this extremely important fundraiser. Thank you to all for your efforts and support of this very worthy cause...it takes VILLAGES!

Ladies are getting their foursome together for the last tournament of the year...November 17th Turkey Trot. It's that time of the year when you need to start renewing your membership and

keep your GHIN up to date. For those new to the community, we'd love to have you join us and you may contact our Membership Chair: Linda Chappellear, 916-409-0151, linda_chappellear@sbcglobal.net. Members, please sign in to <https://lincolnhillsladiesgc.memberplanet.com/v2app/#/register> to make your \$80 payment.

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(more Club News cont' on page 32)

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LH Men's Golf

BY MIKE MCBACK

Only 2 more tournament remaining for 2022. Next is the Fall Favorite a 4-man scramble on November 15 and the Holiday Challenge a 2-man Pinehurst on December 13. Make sure to get your name and teams in fast these will fill up quickly.

Per the October 2022 Volume 19/Issue 10 LinksLetter, the MGCLH is now accepting 2023 Membership Renewal payments online. You must be a current member to participate in MGCLH tournaments and to be eligible to sign-up for CVS.

To renew your membership online today, simply click here: <https://MGCLH.memberplanet.com/app/#/register>

The 2023 membership renewal rate is \$95.00, if paid before 1/1/23. After 1/1/23 renewal is \$105.

To complete the 2023 Renewal Process, you must:

- 1) pay your 2023 dues, and
- 2) print, sign, and return the MGCLH – (only new members)

If you want to pay by check, please complete the 2023 Renewal Form (available at the Club House. Remember to include the signed Event Release Form (new members only) with your payment (also available at Club House or via webpage).

Reminder: Keep carts 60 feet (Handicap 30') away from all greens.

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(more Club News cont' on page 33)



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At Wellquest Granite Bay we try to remove social isolation with the help of LifeLoop, a platform which enhances the lives of residents and keeps them connected to their families, friends and staff who care for them.

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We invite you to come for a complimentary lunch and tour of our gorgeous community in Granite Bay. Ask about our specials when you visit.

Call 916-755-6553 to set up a tour today!



LH Billiards Group

BY RANDY FANN

"Hi. I wanted to play in your tournaments but I haven't played since I was a kid."

"We all can relate to that. Let's get you involved in the Rookies Tournament on Monday mornings. It is specifically for players, like yourself, that haven't played for a while or ever. Tournament Leader Bob Soriano leads players through a series of six games. He will help explain the rules." (We use the APA rule book.)

"Well, I'm not very good."

"I would suggest checking out our Mentoring sessions on Tuesdays. Just to help develop your skills. Come join us and we'll have some fun."

Mentoring

On Tuesday, September 6th, our Cue Stick Giveaway was a hotly

contested trial between four players. Tournament Director Dave Polvi created a game where each player had to sink three balls. The winner would be the contestant that accomplished that in the fewest strokes. The first three players were tied at four shots. The final contestant, Shirley Rasuscher, stepped up and, under intense pressure, sank the three balls in three strokes and won. Congratulations, Shirley!

LH Billiards Group Dues —

Club dues are \$10 a year. Membership year is January 1 through December 31 of each year. Dues for current members are collected January 1 to January 31. Members not paid by



Shirley Rasuscher and Dave Polvi.

Feb 1 are delinquent and not eligible to play in tournaments. Membership forms are available on the Billiards Room Bulletin Boards at both Lodges and on our website below. Provide the completed membership form with cash or check to your tournament leader, or mail to the address on the bottom lefthand side of the membership form. All equipment needed furnished to players. All you need to bring is your interest in Billiards. See what we have to offer and make new friends.

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

or atfelice3@gmail.com for information on the below listed tournaments.

Tournament Schedule by Day of the Week —

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

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

Rack-N-Roll: 2:00 PM to 5:30 PM. Teams play straight 8 Ball, 8 ball with 1/15, or 9 ball. Entry fee is \$2.00. 100% of the fee returned to players as a prize. The type of game to be played will be announced by the tournament leader (TL) before the tournament starts.

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

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

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

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

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

Wednesday —

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

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

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

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

Ted Komaki 916 543-7158 tedevkom@sbcglobal.net

Co-Ed: 4:15 PM to 6:30 PM. Must have a player number by 4:10 PM. Play from 4:15 PM-6:30 PM for Straight 8 Ball. Beginner to intermediate and above. Each team plays at least six 16-minute games. Advance signup weekly.

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

Thursday —

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

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

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

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

Friday —

Challengers: Friday 9:30 AM-12:00 PM (cont' on page 37)

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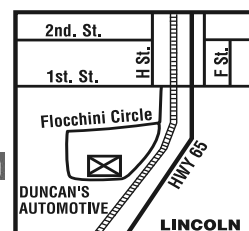
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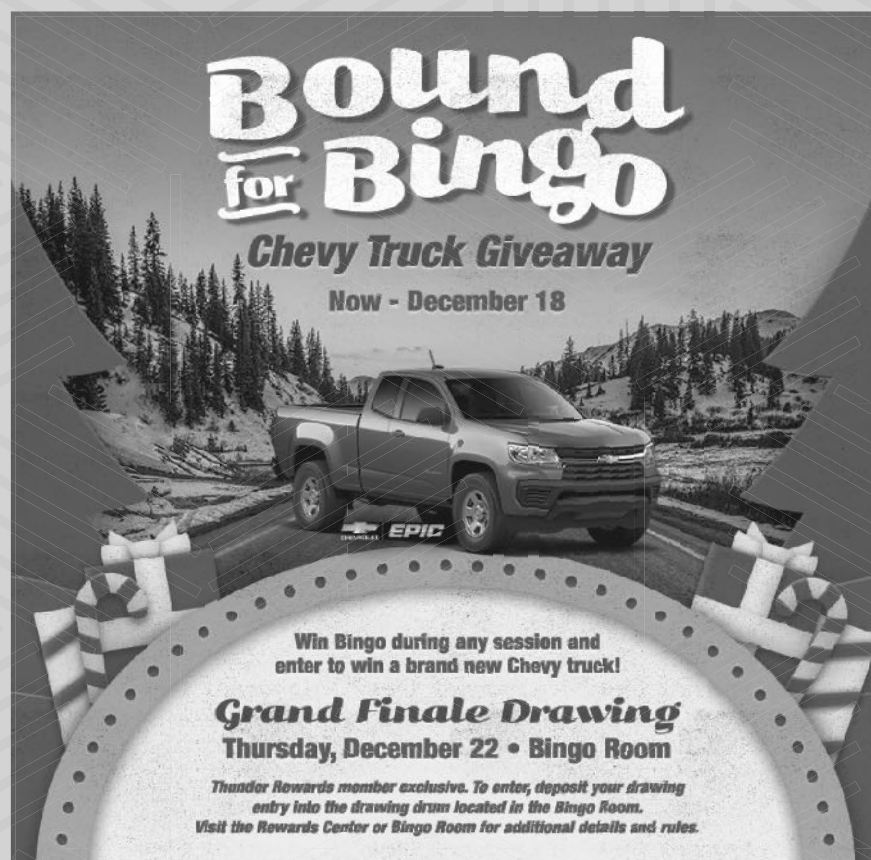
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THURSDAY, FRIDAY & SATURDAY

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

SUNDAY

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



THURSDAYS

Hot Seat Drawings, 10 random players will be selected to win a \$140 Power package.

Bingo closed on 11/24.



FRIDAYS

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

Bingo winners earn **DOUBLE** entries into our Chevy Truck Giveaway.



SATURDAYS

Present your Thursday receipt and double your Super, Mega, or Power Package Buy-In for free.



SUNDAYS

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

Sunday, January 1, 2023

Admission opens at 10am
Games begin at 1pm

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\$100 cash deposit reserves your seat starting November 1. Deposit applies to initial buy-in.

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Neighborhood Watch

November — A Time For Giving!

BY TERESA TANIN

Thank you to all who celebrated National Night Out! Residents gathered together in their own neighborhoods and many attended the first community wide event at the SCLH Sports Pavilion. It was a wonderful time to recognize and give thanks to our first responders. The NW Executive Director, Linda Minor, pictured, gave thanks to our county probation officers, Borba, Ruiz and Schultz, while promoting crime prevention. The fire truck arrived for all to see while The Salt Mine truck welcomed donations. The count for attendees was at least 170, not counting the event volunteers or the following county agencies/organizations: Placer Protects, Lighthouse Services, Placer Health and Human Services, Placer County Probation, and our own Lincoln Hills Foundation, who all provided helpful information to our residents. The food vendor "Cowabunga BBQ" was a delicious addition enjoyed by all. To view photos of this event, please see NW website schwatch.org—you may see someone you know! For those residents who donated to The Salt Mine, it was our largest donation collection ever. Thank you for giving!

Reminder: Hope you have RSVP'd and will be able to attend the Annual Meeting and Potluck, November 5, 9:30 - 11:30 AM, Multipurpose Room-Kitchen, Kilaga Springs Lodge. Bring a potluck breakfast finger food to share with ten others. Coffee, tea, and water provided. Coordinators will be voting for Directors. For questions please email: executiveassistant@schwatch.org—Come join us for breakfast!

Interested in joining our fun group? Neighborhood Watch is always looking for new volunteers to assist in keeping our community safe. Volunteers can offer their talents in many aspects of the organization. Not only as a Mailbox Captain, Village Coordinator, or Director, but also as a support group member, or event helper. During our Neighborhood Watch potlucks, we can always use helpers in the kitchen, at the sign-in table, or greeting the attending residents. This help is welcomed and adds to the success of our events. It's fun and easy! Please email ExecutiveDirector@schwatch.org

schwatch.org regarding the many opportunities available. We are the "eyes and ears" of the police and fire and we have fun doing it!

New Volunteers—oh yes! Neighborhood Watch is excited to welcome our newest volunteers: Jill Eisenhower, Mailbox Captain for MS 8 Village 31C; Patti Sterne, Mailbox Captain for MS 4 Village 25B; Rita Perada, Coordinator for Village 16C and Mailbox Captain for MS 4, 5, & 8; Jim August and Pete Bower, Co-Captains for MS 2 Village 19A. Neighborhood Watch could not provide the mission statement goals of safety and security without our volunteers. Jill, Patti, Rita, Jim and Pete—thank you! You are all a great addition to our team.

Increase Personal Safety and Security Awareness: Sign up to receive "Alerts" directly to your personal email. Go to the NW website schwatch.org from your own personal computer (or phone) and click Add Me to Alerts. No message is required. Just click send. You will then start receiving "Alerts" to help keep you informed—sign up today!

Be the "eyes & ears" of the Police & Fire Departments: If you see something, say something. This is true for reporting unusual activity. You can now report a crime (police report) immediately on line directly to the Lincoln Police Department. Go to www.lincolncalifornia.gov/en/living-here/report-a-problem. Continue to be the "Eyes & Ears" for the Lincoln Police and Fire Departments and always make a police report of a crime first, before making an incident report to Neighborhood Watch. There are three ways to report an incident to Neighborhood Watch after obtaining a police report.

1. Make an online report: go to schwatch.org and click the Report an Incident button. (It's OK for a Mailbox Captain to write the report for someone else.) We need a name and phone number of the victim so Barry Johnson can contact them to get first-hand information. WE NEVER USE NAMES IN OUR ALERTS.

2. Call Barry Johnson, NW Public Safety Liaison, at 916 434-6538

3. Call Mary Cranston, Alerts Program Coordinator, at 916 434-5362

Encourage Emergency Preparedness: Safety Information, Alerts, Scams, and Tip of the Month:

To receive county wide emergency alerts, including evacuation instructions, go to website PlacerAlert.org and sign up for the alerts.

Dial 2 1 1 and you will be connected to a representative ready to help with referrals to community services available in our area.

Thank you Lincoln Hills Foundation! Lincoln Hills Residents: Seniors 60 plus or those under 60 with disabilities, mobility needs (wheelchair walker, scooter) can obtain discount tickets for "Dial-A-Ride" for their next transportation need. Reserve one day to two weeks prior to your trip. Thanks to the donations to the Lincoln Hills Foundation, discount tickets are available by calling the Foundation's Dial-A-Ride Coordinator, Pauline Watson at 916-543-8436. After receiving your discounted tickets, call 916-745-7560 Dial-A-Ride to make your reservations.

Vehicle vs. Pedestrian Alert: A Tragic incident occurred in Lincoln Hills early Tuesday morning 9/27/22. The 93-year-old resident was found deceased in the street. There is an ongoing investigation according to Chief Matt Alves that could take up to 30 days to complete. Residents should be mindful while driving as well as walking. Take the extra few seconds to look all around every time you back out of your driveway. Check twice to be sure when reversing your vehicle as residents may be walking nearby. If you are a walker and your eyesight has declined, try to get a walking partner, or walk on the Orchard Creek track. Don't be distracted with your phone. While wearing ear buds, be careful before leaving the sidewalk. If possible, leave one ear bud out to allow hearing traffic. Being more alert while driving or while walking could be lifesaving.

Phone Call Scam: A resident received a phone call from a scammer asking whether they had approved two very large charges. When the resident said they had not, they were "transferred" to the "fraud department" where a scammer asked for name, social security number and email. They were told that their personal information was used to launder money. Then they were "transferred" to "federal investigators" in Texas. The "US Marshall" gave his badge number and indicated

that it could be checked on the website. Meanwhile the resident's spouse checked the Internet and found that there is no website to check a badge number. They hung up but the scammer called back twice, getting more threatening each time. The resident called their bank and set up additional security with the credit bureaus.

Money Sending Scam: Beware of those tricking victims into sending money via apps such as Zelle or Venmo. Scammers have been known to request payment via Venmo for an item advertised for sale online. If this happens to you, you may not get your money back, so reserve third-party payment apps to those you know and trust.

Apple Computer Scam: A resident was using her computer when it froze. A pop-up appeared saying Apple found a security problem and to call the number on the screen. She was normally careful, but this startled her so she called the number. The scammer told her there was a \$47,000 purchase on her account and that she needed to report it to fraud department. They gave her a number to call, answering "fraud department." They proceeded to give her more instructions and asking more questions, but she became suspicious. She told them she would call them back. Instead, she went to her bank and learned everything was fine. This was an elaborate scheme but was finally avoided by not giving in to the fear.

Geek Squad Email Scam: An aware resident received an email from what looked like Best Buy Geek Squad. The email stated that the annual premium for Geek Squad services had been renewed at \$413 "against your registered account." The email went on to say "the transaction will soon be reflected in your bank statement. If you did not authorize this charge, call 808 649-2957." The area code of 808 made her suspicious. The current legitimate toll-free numbers are 800, 888, 877, 866, 855, 844, and 833. The resident printed out the email and took it to Best Buy where they told her that they had updated their name and the logo. It was a scam. The logo for now still includes Geek Squad, but the name is different. The new name is "TotalTech."

Tip of the month: If you decide to answer a call and the person is unknown to you, just hang up!

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



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Lincoln Hills September Sales Snapshot

207	Bloomfield	900	\$430,000	Woodleaf
2735	Woodacre	1155	\$500,000	Sequoia
1110	Shadow Glen	1322	\$540,000	Bridgeway
1315	Tahoma	1449	\$565,000	Almanor
1885	Monument	1473	\$575,000	Almanor
2476	Winding	1515	\$640,000	Pine Hill
325	Cloverfield	1515	\$629,000	Pine Hill
531	Gadwell	1531	\$610,000	Alpine
1282	Hawthorne	1549	\$600,000	Alpine
2509	Swainson	1673	\$674,000	Trinity
2490	Walden View	1782	\$695,000	Santa Cruz
340	Shepherds	1791	\$699,000	Tahoe
1255	Hillhaven	1791	\$640,000	Tahoe
2229	Longspur	1836	\$725,000	Plumas
1257	Ivy Arbor	1873	\$685,000	Orchard Crest
2572	Winding	1910	\$775,000	Fremont
1026	Stone Pine Lane	1910	\$635,000	Fremont
113	Snapdragon	1967	\$800,000	El Dorado
1836	Homewood	2073	\$827,000	Annadel
704	Blossom	2151	\$710,000	Sausalito
1440	Dapple Dawn	2187	\$935,000	Fremont*/**
2801	Blackhawk	2504	\$950,000	Marin**

*Casita **View

Total Homes sold in Sun City per MLS 9/1/22 - 9/30/22

Make a Difference this Tax Season? Volunteer with AARP Foundation Tax-Aide in Lincoln!

BY GARY STEER

Do you like talking to people, meeting new people, or working on the computer? Are you looking for a rewarding opportunity to make a difference in your community? Each year, April 15 is widely met with feelings of pressure and anxiety. Some people sweat, many procrastinate – and a few simply deny it. Almost four out of five people who turn to AARP Foundation Tax-Aide are 60 or older, and household incomes aren't high. For many of them, a tax refund could mean they won't have to choose between paying for groceries and keeping the lights on. For the past 21 years, volunteers have been participating in the AARP Foundation Tax-Aide program in Lincoln. We need additional volunteers to join us to help taxpayers complete their 2022 federal and state income tax returns in Lincoln during the 2023 tax-filing season.

Volunteers are needed as schedulers to make appointments for our clients. No class is required; however, all volunteers must pass a ten-question ethics test. Schedulers return the client's phone call to set up an appointment time, explain what information to bring to their appointment, and log the appointments into a Google Calendar; schedulers must be computer literate.

Greeters welcome clients, review and assemble their tax records, make sure they have brought the necessary information so

our tax preparers can complete their returns efficiently, and they manage the flow of clients being served. No computer experience is required to be a greeter!

Volunteers are especially needed as preparers to help the client prepare and e-file their returns. Even if you don't have accounting or tax preparation experience, becoming a tax preparer may be right for you if you have a knack for working with numbers. The free, comprehensive training and certification class for preparers will be held in January, 2023 in Roseville and Lincoln. Computer literacy is required to assist in providing our free e-file service.

All volunteers are asked to commit 4 hours in one day per week during the tax-filing season, February 6th (January 15th for schedulers) through April 15th. Volunteers of all ages and backgrounds are welcome; you do not need to be an AARP member or retiree to volunteer.

To volunteer or for more information about becoming an AARP Tax-Aide volunteer in Lincoln for the 2023 tax season, please e-mail yorke1946@gmail.com with your name, address, and phone number. Also, please indicate if you are interested in being a scheduler, a greeter, and/or counselor (preparer). We have a need for bilingual speakers. Dedicated translators who can assist our volunteers are also welcome.

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Billiards Group

(cont' from page 33)

for 8 Ball (1/15) high intermediate to advanced players. Play seven 16-minute games. Play begins at 10.00 AM and concludes at 12.00 PM. Advance signup last Friday for following month. The advance signup sheets are in the binder on the Kilaga fireplace mantle.

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

Saturday —

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

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

• • •

Cribbage Club

BY MEL SWITZER

Well, you just went to Safeway yesterday and bought the turkey and all of the fixings. But suddenly you remember, it's Tuesday morning and you better get ready to play Cribbage at the Orchard Creek card room at 9:00AM. No need to warm up the oven yet, but you'll pull out the lucky rabbit's foot, just in case.

You're ready to deal yourself a plate full of double runs and flushes. The gravy on the top is the matching Jack. For dessert, how about a five-card straight in the cat? Yes, a 131 skunk would be so sweet.

So today is the day. I'm going to slice up the competition. If Brian Burns (9/13), Lynn Bell

(9/20) Mel Switzer (9/27) and Cyril Kalbach (10/4) can do it, I can do it too!!

And I don't want to end up like the Thanksgiving turkey, stuffed, cooked and sliced up. Last place does not appeal to me, even though I get my buck back.

But when reality sets in, I come in 12th out of 20 players and the carcass is all that is left on the table. It's time to regroup, reenergize, refocus and know that there will be another chance next week. Maybe a little practice would be a good idea.

So, we invite all of the "Would Be" Cribbage Players to join us and bring your "A" game to slice up the competition. There are plenty of "would be sharks" in the water. Not to worry. The game is 85% luck, I'm told.

OK, fast forward to Thursday and it's now it's time to prepare the stuffing and get the chairs out of the garage. Maybe I can practice a little cribbage during the football halftime! I think Uncle Tom knows how to play. I should be able to pull off a victory!

A turkey sandwich with cranberries inside for the winner!

Yes, cribbage is additive and habit forming.

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

• • •

Duplicate Bridge

BY SUSAN BRENDEN

If you ask yourself "Why do I keep losing at Bridge", then you are not alone. Whether you need help with basic defense, play of the hand or you are just learning... help is on the way. Lincoln Hills Duplicate Bridge club has searched for appropriate learning opportunities and Susan Haynie has agreed to offer workshops to our players (you do not need to be a Bridge Club member) on Saturday mornings from 9:30-11:30. There will be an informational session and hands played and discussed as time allows. Workshops for fall

will be offered on November 5, 12 and 19th in the Terra Cotta room at Kiloga, and will be \$10 per person payable at the time of the workshop. If you are interested in the workshops either sign up at one of our regular games or email phlewis399@sbcglobal.net

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

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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.

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NEW LA-Z-BOY power lift recliner, heat & massage. Grey/light grey, \$950. Paid \$2250. 916-792-3655.

YAMAHA WINTER GOLF CART enclosure, tan, barely used. \$50. Call Wayne @ 916-209-3313.

TWO WHEELCHAIRS like new \$150 each or best offer. 530-488-6951.

ROYOBI PRECISION SURFACE PLANER with stand and mobile base. \$150. 916-543-3132.

HO SCALE MODEL RAILROAD track, board 4'x8'. engine, cars, buildings, \$50.00. obo, Patricia, 916-408-8794 or 916-660-5397.

58-INCH PANASONIC FLAT SCREEN PLASMA TV. \$200. 916-408-4117.

LADIES LEFT-HANDED TOP-FLIGHT GOLF CLUBS w/ bag. Like New. \$200 incl putter. 916-704-3922.

NEW (\$430) ELONGATED BIDET TOILET SEAT. Asking \$320. 916-409-9989.

TERRA TRIKE RAMBLER 8 speed. Helmet, flag and more. Excellent condition. \$1350. Call 916-253-3828.

ELECTRIC RECLINING LOVE SEAT. Console storage. Drink holders(2). Power headrest, lumbar. USB ports(2). Power receptacle. 707-695-2864.

WANTED / RENT

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,

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

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

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

USED TOWELS / BLANKETS for influx of animals at Sacramento SPCA. Call Ann: 916-409-5330.

WANTED: FISHING GEAR OF ALL KINDS. SCLH RESIDENT. CALL JOE: 1-916-813-0895.

WANTED: INOGEN PORTABLE OXYGENATOR with attachments. SCLH Resident, Dave Evans. 916-267-8425.

ANNOUNCEMENTS

GARAGE SALE: Sat., Nov 5. - 8:am-4pm. 1327 Tahoma Ln SCLH. Household items, clothing, TV, etc. 916-834-9822.

GARAGE SALE & Give Away - Nov. 12. 2188 Winding Way. 8a - 1pm.

PMR/GCA Support Group in SCLH. Information- Adrian Felice. Call 916-408-4332 or e-mail adrianfelice55@gmail.com.

LH Chorus Presents

(cont' from page 1)

Answers to quiz:

- 1) d. "Candle in the Night"
- 2) c. "It's Christmas"
- 3) a. "The Holiday Season"
- 4) b. "How Like a Winter"



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

**FREE ADS — INCLUDE

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

BUSINESS ADS

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

Classified Ad Submissions —

WHEN: By the 12th of the month.

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

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

1. Contact name and phone number.
2. Which category to place your classified ad in: (Service, For Sale, Wanted, Announcement)

3. Classified ad text - including the phone number you want readers to call.

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

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

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

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

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

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

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



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Recent Sales in Lincoln Hills

1884 Homewood Lane	Sausalito	\$775,000
764 Rustic Ranch Lane	Napa	\$780,000
900 Yosemite Lane	Tahoe	\$797,000
790 Yosemite Court	Annadel	\$800,000
1850 Duckhorn Lane	Tiburon	\$805,000
1257 Longhorn Lane	Shasta	\$810,000
1836 Homewood Ln	Annadel	\$827,000
1440 Dapple Dawn Lane	Fremont	\$935,000
2801 Blackhawk Lane	Marin	\$950,000
2365 Granite Lane	Tiburon	\$ 1,200,000
2053 Sutter View Lane	Santa Barbara	\$1,245,000

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

George Brown-Broker/Owner