

SUN SENIOR NEWS

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



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Marcia Van-Wagner — Upstate NY to SCLH

BY RUTH MORSE

Marcia Van-Wagner lost her husband, Larry Wilson, four years ago this month. The couple was featured in an interview in Sun Senior News in 2006. They were some of the first people to move to Sun City Lincoln Hills and Marcia still lives in the same Fremont model home with a casita (or cottage) that she and Larry purchased in 2001. Life can bring many challenges and different stages and, when Larry died, Marcia entered a period in her life like no other she had previously experienced. For the first time, she started to live alone. She finds that she loves it.

The story of how Marcia and Larry landed at Sun City Lincoln Hills in the first place is interesting. They took a cruise over the period of the Christmas and New Year's holidays during the Y2K transition from 1999 to 2000. Their table mates were from Sun City Roseville and invited them for a visit the following summer. Marcia and Larry visited, found out about Lincoln Hills, bought a home



PHOTO BY JEFF ANDERSEN

in the next month. Both couples remained fast friends. While Barney and Larry have both passed away now, Joann and Marcia are still soul mates and attend B Street Theater

together in Sacramento.

Before Marcia and Larry's move to Sun City over twenty years ago, they both had careers in the Army. Marcia was in the Nurse Corps and Larry was in the Dental Corps. They met in 1986 and married in 1989. Larry also had a dental private practice and that came to a crashing halt in 1996 when Larry became paralyzed as a result of a skiing accident. Larry made the best of it, especially in Sun City. His gregarious nature endeared him to many as he visited and conversed with people from his wheelchair. The handicap made the couple very active in accessibility awareness in the community. When Larry died in 2018, in addition to his friends from far and wide, forty staff members attended his Celebration of Life since he had been such a fixture there and so friendly. They were surprised like many others to discover that Larry suffered from dementia before his death since his friendliness had

(cont' on page 27)

LH Foundation – October Bingo

BY DENISE BOWDEN

We are officially into fall as October begins. This month is not just Halloween and too much candy, it is also Breast Cancer Awareness month, a month designated to increase awareness of the disease and to raise funds for research into its cause, prevention, diagnosis, treatment, and cure.

As a long-time supporter of the Bosom Buddies group here in Lincoln Hills, we would like to acknowledge their 20th Anniversary as an active support group in our community.

CPR classes are coming back. The Lincoln Hills Foundation underwrites part of the cost for residents to take the class. November 11th is the next opportunity for training before the new year. Cost for the class is \$40 with the Foundation paying \$25. Final cost to residents is \$15 when they sign up at Wellfit.

Mark your calendars for our next Bingo game on Thursday, October 27th. Come in costume and join in the fun. 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.



Players — “Death by Chocolate” Tickets On Sale Now!

BY DOUG BROWN

In about six weeks, the curtain opens in OC Ballroom for the Lincoln Hills Players' latest madcap murder mystery, “Death by Chocolate.” If you're among the millions of chocolate lovers out there, prepare to be very cautious about your next nibble on those tempting morsels of sweetness.

“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 went on Sale September 17 in the lodges and online at <https://sclhresidents.com> (Entertainment) – \$21 for Premium Reserved seats (8 front rows); \$18 for Standard Reserved seats (formerly, general admission).

As the curtain opens, Lady Riverdale, proud owner of the recently remodeled Meadowbrook Health Resort, and her new manager John Stone are anxiously preparing for tomorrow's “Grand Reopening” festivities. Could anything possibly dampen the spirits of the resort staff as they spruce up the place for the festivities? How will the previous night's torrential downpour affect them? How did one of Lady Riverdale's boxes of chocolates end up



A moment of mirth from “Death by Chocolate” auditioners Mary Beth Quallick, Rudy Schneider and Joe Nichols.

on John Stone's desk? When the unimaginable happens—a mysterious death on the premises—will a secretive butler, a nosy gossip magazine writer, a flamboyant aerobics instructor, and a self-assured mystery writer figure it all out?

Director Julie Africa is delighted to be working with another small cast of talented characters, and with rehearsals now well underway, the characters are developing well. Julie noted, “I feel, in these times, we need to be silly, giggle, and let loose, but most of all have fun, and this play has all of that! Goofy characters, funny bits, just plain good humor. Add an old-fashioned ‘whodunit’ and I think this play fits the bill. I laugh whenever I read this script and I think of all the funny things the actors can do to make this a very entertaining production for the audience.”

Producer Craig Stults reminds everyone, “Make sure you're settled into your seat when the curtain opens or you'll miss a juicy opening that could be the first inkling of ‘whodunit.’

(cont' on page 5)



**Lincoln United
Methodist Church**
Sunday Worship 10 AM

Our historic chapel was established in 1890 and has been an enduring legacy to God's faithfulness in our local community ever since!

*Pastor Vinny's sermons available on
YouTube.com Lincoln UMC*

Join us Wednesday, October 5th from
5:00 - 7:00 pm for EZ Dinner Nite!

See upcoming events on our Facebook page

Lincoln United Methodist Church

629 "I" Street, Lincoln CA 95648

For more information visit us online at
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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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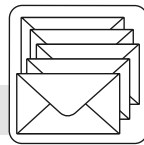
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Letters to the Editors...

Authors are solely responsible for the content of their letters.

No on Measure G

Western Placer Unified School District's proposed Measure G would place an unprecedented and expensive annual assessment on Lincoln homeowners if passed in November. WPUSD's proposal opens the door to assess local homeowners based on a sliding scale of \$54 for every \$100,000 of a home's taxable value in lieu of current and less expensive flat parcel assessment.

The school district explains typical homeowners would pay about \$235 annually; however, the annual assessment is more like \$324. Both estimates are excessive and inappropriate. Of nine parcel assessments currently on Lincoln homes, seven are for education: 1) WPUSD (total annual amount \$166.08; highest parcel assessment \$44.62); and 2) Sierra College (total annual amount \$46.68; highest parcel assessment \$38.62). This proposed creative financing strategy would place an unreasonable burden on the shrinking middle class, including elderly homeowners with fixed incomes.

As Lincoln and South Placer County increase population continuously, aforementioned school and community college district, along with city and county governmental agencies, plan to use our homes as their ATM revenue stream unless stopped by voters. Vote no on Measure G.

Laura Lawrence

• • •

Shanti Landon for County Supervisor

Shanti has become very familiar with county issues since 2017 while serving as the District Two Director to the Placer County Board of Supervisors for retiring Supervisor Robert Weygandt. She's ready to take on the challenge of setting policy for our region. A key to effectiveness as an elected official is the ability to communicate positively with neighboring elected officials. If you check the website endorsements for candidates Shanti Landon and Scott Alvord it immediately confirms that a strong majority of the officials have decided to endorse Shanti as the Supervisor that they prefer working with on local issues.

Since early 2022 we have had the opportunity to observe the daily energy and commitment that Shanti has devoted to the challenges associated with a County election. She and her family have made it a point to knock on as many doors as possible in order to introduce themselves and present Shanti's platform. That commitment paid large dividends during the June election, and has not stopped as the November 8th election draws near.

Please visit Shanti's website at <https://shantilandon.com> and feel free to call her at 916-672-2077 with any questions or concerns.

(cont' on page 36)



Holiday Craft Faire and Bake Sale

November 4 & 5, 2022

9:00 am — 3:00 pm

- Featuring 40+ Quality Crafters from Northern California with beautiful handmade, unique gifts and holiday items available.
- Proceeds from the Craft Faire and Bake Sale will go to the Women's Ministry Charities.

Chili, chowder and soup will be served both days from 11 am to 2 pm for a nominal cost.

Lincoln Community Church

950 E. Joiner Parkway, Lincoln, CA 95648

(916) 408-3800

For further information, contact Cindy Jacobs (916) 764-7954



Julie DeCarlo, Agent

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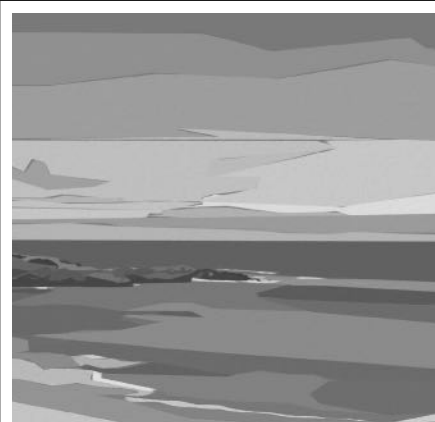
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 Reception: Saturday • Nov. 5th • 5:00 - 8:00 pm
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PlacerArtistsTour.org



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15 DAY HAWAII from SFO! Princess	Oct 23, 2022	\$1,049	\$1,138	\$2,359
Ruby Princess ~ 3080 Passengers	Nov 27, 2022	\$1,099	\$1,699	\$2,459
Royal Princess ~ 3560 Passengers	Jan 16, 2023	\$1,799	\$2,254	\$2,254
	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!				
7 DAY CA Coastal from SFO! Princess	Oct 1, 2022	\$449	\$569	\$729
Ruby Princess ~ 3080 Passengers				
Sail round trip from San Francisco, California to; Santa Barbara, California; Los Angeles, California; San Diego, California; Ensenada, Mexico; San Francisco, California.				
*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	\$1,599	\$1,999	\$3,199
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.				
94 DAY AUSTRALIA & NEW ZEALAND Holland America	Jan 3, 2024	\$16,999	\$18,699	\$42,499
Volendam ~ 2200 Passengers				
INCLUDES ROUND TRIP SACRAMENTO AIRFARE!				
Sail round trip San Diego, California visiting Honolulu & Lahaina, Hawaii; Fanning Island, Kiribati; Pago Pago, American Samoa; Suva, Fiji; Lautoka, Fiji; Port Vila, Vanuatu; Noumea, New Caledonia; Brisbane, Australia; Arlie Beach, Townsville, Cairns (Great Barrier Reef) & Darwin Australia; Komodo Island, Indonesia; Broome, Exmouth, Fremantle, Albany, Port Lincoln, Kangaroo Island, Adelaide, Melbourne, Port Arthur, Australia, Hobart, Tasmania; Sydney, Australia; Milford Sound, Port Chalmers (Dunedin), Akaroa (Christchurch), Wellington, Napier, Tauranga, Auckland, New Zealand, Nuku Alofa, Tonga, Rarotonga, Cook Islands, Bora Bora, Moorea, Huahine, Papeete, Fakarava, French Polynesia; San Diego, California.				

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

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Players

(cont' from page 1)

And you won't want to miss the surprises and twists of this show that Julie Africa brings to all her masterpieces as a director here in Lincoln Hills!"

In other Players club news, at last month's meeting, the members gave heartfelt thanks to outgoing Steering Committee members: David Africa (President); Karol Mendez (VP); Karen Hardage (Secretary); Paul Gardner (Treasurer); Ann Stults (Membership Coordinator). This month a new Steering Committee takes the reins: Craig Stults (President); Doug Brown (VP); Jennifer Carroll (Secretary); Sarah Lambrose (Treasurer); Ann Stults (continuing as Membership Coordinator).

The Players' next monthly meeting is in Kilaga Springs Presentation Hall on Monday, October 12 at 4:00. All are welcome to attend!

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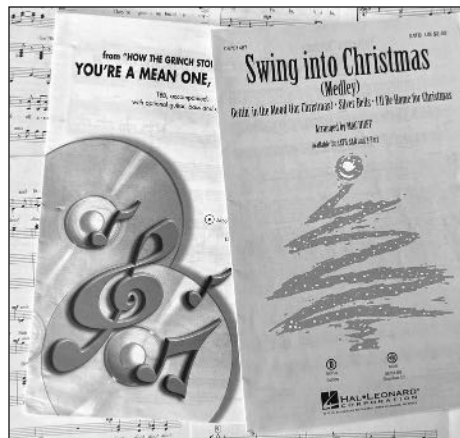
Community Chorus

BY GAY MACKINTOSH

We're getting ready to "Swing into the Season"! Our concert title reflects two of our songs, "Swing into Christmas" and "The Holiday Season."

Raising our voices in the shortening days "How Like a Winter," we'll seek a "Candle in the Night" and wish for "Peace, Peace" everywhere.

We'll "Follow That Star" to where "Mary Sat A-Rockin'." We know "It's Christmas"



soon, so hurry and "Text Me Merry Christmas" because "Santa Claus Is Comin' to Town."

Rounding out our seasonal treats old and new, we'll sing "Mozart's Fa-La-La" and "The Christmas Waltz." Tenors and basses will regale you with "You're a Mean One, Mr. Grinch," and sopranos and altos will melodize "At Christmas." Two new a cappella ensembles will sing "Patapan Fantasia" and "The Twelve Days After Christmas."

We'll be swingin' in Orchard Creek Ballroom on December 8 (Thursday matinee), December 9 (Friday evening), and December 10 (Saturday matinee). See this month's Compass for information about tickets, going on sale October 17 online and at the membership desks. NEW this season: ALL RESERVED SEATS! Premium Reserved (first 8 rows), \$21; Reserved (back 7 rows), \$18.

For more about the Lincoln Hills Community Chorus, visit our website at

lincolnhillschorus.org, and contact our membership coordinator, Mari Long, at mlong24sjca@sbcglobal.net or 916-409-9136.

• • •

LH Music Group

BY DAN LEHRER

What fun we have at our "Sing & Play" Jams! The latest venue was the "Secret Garden" at the OC. Members can watch their emails and visitors can contact Dan at dlehrer72@gmail.com for future places and times. If you play an instrument, sing or just like to listen, consider joining in the fun. Our regular meetings have an opening and closing Group sing/play along, followed by individual, duos and small group performances. September's theme was dedicated to the wonderful songs of Carol King. Our opening number was "Chains" and the closing number was "Will You Still Love Me Tomorrow." We love an audience so please come on down. Our October meeting should be very "Spooky" with a special guest performance, come in costumes. We have resumed meeting on the second Wednesday of the month from 2:00 to 4:00 PM in P-Hall (KS) through October. You can find the Lead Sheets for the group songs and more information on our website; the password is musicgroup. The Guitar Ensemble meets Fridays from 1:00 to 3:30 PM (OC). Open to Lincoln Hills Residents. Contact Sal Caruso at 916-343-5810 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.

• • •



Tap Company

BY ALISON WOLFE

Let's Dance Again, our first tap show in four years, is scheduled for March 30, 31, and April 1, 2023. We will have a lot of different dance groups performing and a few singers as well. Auditions will be held in the Fine Arts Room of Orchard Creek Lodge on November 1 from 5:30 PM to 7:30 PM and on November 2 from 5:30 PM to 7:30 PM. We are also looking for technical support and all types of backstage assistants. If you're interested in volunteering your time, talent and skills, please contact either Kathy Fernandez, kathyfern50@gmail.com, 916-434-7195, or Mary Adamson, maryadamson719@gmail.com, 916-253-7699.

• • •

(more Club News cont' on page 6)

Lincoln Hills Players



Buy Early for Best Reserved Seats

DEATH BY CHOCOLATE

ON STAGE

Nov. 17—20, 2022

Orchard Creek Ballroom

Directed by Julie Africa

Humorous murder mystery!

Tickets available on-line at www.sclhresidents.com—"Online Enrollment"



Amazing Grace Seventh Day Adventist Church

(English)

**Saturday Mornings
Bible Study 11:15 am**

— • —

Worship Service 9:30 am

Pastor: Gresford Thomas

**Join us at
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Country Couples

BY RICH AND DONNA PICK

At this time of year we're usually thinking, "It's summertime and the living is easy." But not this year, it's down right HOT!! It's hard to think about exercising and dancing, so we slow it down - enjoy country music, dance a little, and still get together with our friends.

This past month we continued practicing on Fridays and Saturdays, so we were in good dancing form for our No Frills end of summer dance on September 10.

Yes, there was air conditioning! We also love our dinners out together, and on Tuesday the 13th we met at Lucille's BBQ during happy hour for good food and a great time.

Many of us attended the second Structured Dance of the year, held by the Lifestyle Department, on September 6th in the OC ballroom. This format featured 2



Dave and Nancy Millican

Ballroom dances alternating with 2 Country Couples dances, and when requested, line dances were added.

We encourage any couples interested in learning country couples dancing and who enjoy socializing and going out for dinner together to contact April Cederburg at 916-390-3931 for more information.

website: <http://www.sclhcc.com>

• • •

Ballroom Dance Club

BY ERNIE MICHELI

The Ballroom Dance Club hosted its annual Hot August Nights Party on August 20, 2022. The evening was filled with best theme-dress contests, games, raffle, ice cream sundaes, root beer floats and dancing.

There was a "Twist Dance" contest won by Mary Swanson (see photo). There was also a "Freeze Dance" contest that eliminated dancers who moved after the music stopped. The "Freeze Dance" contest was won by Kathy McCuistion and Wood McCann (see photo). There was a "50's Theme Dress" contest for females, males and couples. The winners in each category were Ann Link (female), Mark Worley (male), Tony Magdaleno and Cheryl Taylor (couples) (see photo).

Music for the dancing was organized by Ruth Algeri and included songs from the many ballroom dance genres (Waltz, Cha Cha, East Coast Swing, West Coast Swing, Nite Club Two Step, Tango, Rumba and Fox Trot). In addition there were a couple of Line Dance numbers and a very special Stroll Dance led by Tony Magdaleno.

Fifties themed decorations surrounded the dance floor and included a mural, wall decorations and table decorations.

The Decorations Committee was chaired by Barbara Swerdlow and included help from Mark Worley, Cheryl Taylor, Rob Ryerson, Dani Wall, Charlie Schuman and Rolf and Beate Fromm.

The Kitchen Crew organized and facilitated the serving of ice cream sundaes and root beer floats. Karen Worley, Sharon Micheli, Cheryl Taylor, Millie Lelio, Lea Dresner, John Kirkwood and Fred

(cont' on page 7)



*Twist Winner
Ruth Algeri and
Mary Swanson.*



*Freeze Dance Winners:
Ruth Algeri, Kathy McCuistion
and Wood McCann.*



*Dress Up: Tony Magdaleno,
Cheryl Taylor, Ann Link and
Mark Worley.*

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Ballroom Dance Club

(cont' from page 6)

Locsin helped in the kitchen.

Music and overall coordination was orchestrated by Ruth Algeri with significant help from Sal Algeri.

Mary Kirkwood sold tickets, attended the check-in table and distributed the raffle prizes with help from Ruth Algeri.

Every successful activity needs to have a dutiful Clean-Up Crew. The Clean-Up Crew consisted of Pat and Jim Gabriel, Ann Link, Gordon McKenzie and Van Van Oosbree.

On September 6 the Orchard Creek Ballroom hosted the second Dance Night, Structured Style. Ballroom dancers joined with Country Couples dancers to alternately share the dance floor. The event was well attended by members of both groups.

The Waltz will be the taught during the month of October. The Waltz can be danced at many social events. Join us to learn how to properly Waltz.

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.

• • •

Mixed Media

BY JILL SHORT

When you hear the word "October", what comes to mind? Fall leaves, black cats, trick or treat, scary things, owls, yummyscents like cinnamon, vanilla, or pumpkin spice? Have you ever thought about drawing some of your thoughts? Mixed Media Club is the perfect place to have fun with the month of October. In fact, for those who want to do our art challenge, use the prompt word, "October" for inspiration and create an art project. No rules, or right or wrong ways of doing things. Bring the finished project to our next club meeting and let's see how the word, "October", spoke to you.

Are you new to mixed media and are feeling hesitant? Throw away the idea of having to be perfect or needing experience. Did you know that many of us in Mixed Media have been told at one time in our life that what we created was not good enough? We have had to push aside those words and learn to let our inner child out to enjoy art again. Mixed Media Club will show you that there are no rules, no perfection, no comparing your art to others and no judgement. We get excited experimenting with all kinds of art mediums that include acrylic paints and collage, learning new techniques, playing, having fun, laughing



Kerry Dahlin was our August guest mixed media artist.

and encouraging each other. What happens if you make something and you don't like it? Of course, there are times when we make something we don't like and then we have some choices. One thing that works is to walk away from your project for a while. Sometimes taking a break from our art piece gives us a new perspective. Many times, we come back and like what we see or get an idea on what we want to do next. Of course, if you still don't like it cover it up. Sometimes even using white gesso (which is an acrylic) can soften things if our art creation has colors to bright or to overpowering for us. When you make a mistake, another option is to say "oops oh well" and embrace it. It is also good to keep the art pieces you don't care for so that in the future you can see where your art journey has taken

you and how you have changed.

Mixed Media Club meets the 3rd Wednesday of month in the Fine Arts Room (OC) at 1:00 PM. As a reminder, we started collecting our annual \$20 dues in September. Emails are sent out to club members before each meeting. The email lets members know what the club will be doing and what materials to bring. If you have questions, contact Club President. Chris Fetter at 916-276-7895 or email at: mixed.media.chrisf@gmail.com

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Needle Arts

BY JEANNE HELLAND

October will be a busy month with a program at our general meeting October 11th, featuring wool work by one of our members, Betty Kisbey. Betty is a talented quilter that has shared her expertise by teaching classes and workshops. She has designed patterns, owned a quilt store, and is active in SCLHNA and the Pioneer Quilt Guild.

October 7-10 will be our first, In House Retreat, in the sewing room. This will provide a taste of what a retreat is, time to work on our projects, share ideas, and have fun.

Members have attended the Sierra Nevada Yarn Crawl and the upcoming Pacific International Quilt Festival. Both events provide inspiration, new ideas, and of course, the opportunity to do some shopping to get needed supplies. We will be waiting to see what they have created in the upcoming show and tell at our general meetings.

(cont' on page 9)

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Pastors Mike Bradaric and Jody Shorkey

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.

Becoming a volunteer is easier than you think! 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!

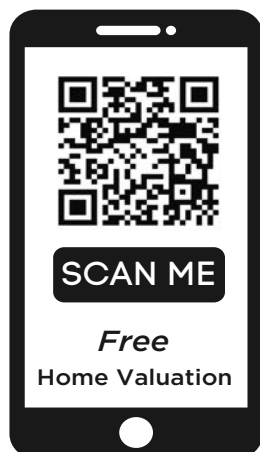
Volunteers are especially needed as preparers to help the client prepare and e-file their returns. Even if you don't have accounting or tax preparation experience, becoming a tax preparer may be right for you if you have a knack for working with numbers. The free, comprehensive training and certification 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.

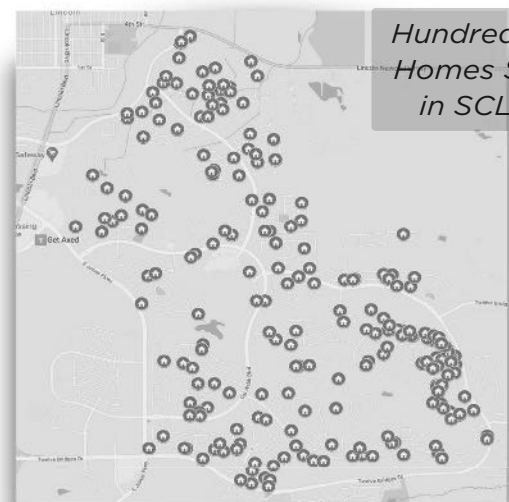
To volunteer or for more information about becoming an AARP Tax-Aide volunteer in Lincoln for the 2023 tax season, please e-mail yorke1946@gmail.com with your name, address, and phone number. Also, please indicate if you are interested in being a scheduler, a greeter, and/or counselor (preparer). We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



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Needle Arts

(cont' from page 7)

Community Service is still in need of long arm or home machine quilting for finished quilt tops. We give many quilts to teens and adults through various programs within Lincoln and the surrounding communities. They have many quilts waiting to be quilted. The design does not have to be complicated. It can be stitch in the ditch, line work, etc. With the fires that have affected so many near us, we know there will be a need for us to fill. As the weather starts getting colder, they are also taking donations for knitted or crocheted hats and scarves for children and adults. Finished items can be left in the basket inside the sewing room door.

Our nominating committee has been formed and we are actively looking for new officers for 2023. A proposed slate of officers will be presented at the October general meeting.

Membership renewals are also starting in October. The price is unchanged at \$20 for the year. A membership form can be found on our website, sclhna.com. Your membership provides a monthly meeting with a speaker, monthly newsletters, break-out groups for various needle art interests, workshops and activities. Needle Arts is an umbrella for many different types of needle work with the goal to promote needle arts, creativity and "Threads of Friendship"

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Painters' Club

BY TAMSEN ARMSTRONG

New Club Exhibit: be sure and visit Simple Pleasures Cafe in downtown Lincoln for breakfast or lunch to sip your latte amid the dozens of new works from our talented members. Art will be on view and for sale at reasonable prices through February 6th.

Our September Meeting featured the Farm theme challenge. Painters displayed their paintings of chickens, barns, cows and fields for a friendly round of voting for the favorites. We have modified our club painting challenges to encourage all levels of painters to give more people a chance to win a prize. Prizes are gift cards for restocking art supplies. Our next challenge is to paint the theme of umbrellas for our November 15 meeting.

Susan Berg, Artist Spotlight: Each month we celebrate a club member's artistic accomplishments to inspire and inform those who have an interest in art. Susan Berg is an award-winning Northern California artist who works in watercolor. You may have seen her recent exhibit at the Art League of Lincoln. Susan's passion for the outdoors and deep respect for nature are the forces that channel her energy, imagination and inspiration to paint. Northern California's diverse people and surrounding forest, vineyards, coastline and pasturelands offer abundant subject matter. "Nature's moods are limitless...a constantly changing interplay of light and shadow,



Jeff Anstrom, 1st place Farm Challenge, beginner category.

atmosphere, color and reflection."

Painting outdoors is fun and challenging and could take your art to a new level. The first Plein Air session of the fall season will take place at 10:00 am on October 14 at Horton Iris Farm in Loomis. The farm has pumpkins, corn stalks, trees and ponds to paint. Newcomers to plein air are welcome to come and paint alongside more seasoned artists for tips and encouragement.

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.

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Paper Arts Club

BY LINDA LUCCHETTI

Our October project, "Beautiful Blooms," will be presented by longtime club member, teacher, and friend, Shirley Rainman. Hope you signed up because Shirley will lead us in making three lovely, cheery cards.



Cards! Cards! Cards! Stop by our window display to view spooky Halloween creations and pretty autumn greetings. Also, if you have some generic cards you'd like to donate for Sunshine greetings, bring them to a general meeting or an Open Lab.

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

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

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(more Club News cont' on page 10)

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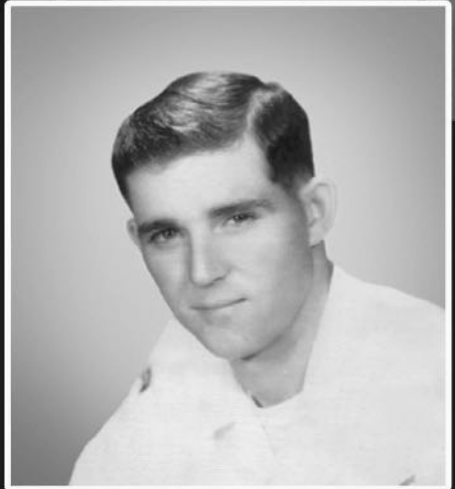
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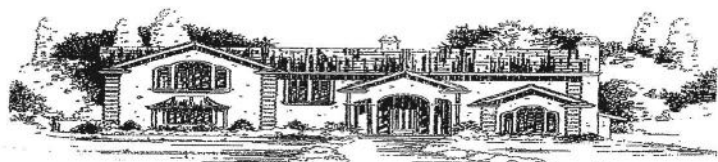

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LH Photography Club

BY DIANE MARGETTS

The photography club is reenergizing is a big way after a long rest through the covid period. Over 20 volunteers have stepped-up to reawaken and substantially enhance some of the club's most popular activities.

Field trips are back on the calendar. The first trip will be from oct 13 – 17 and will focus on fall colors and great adventures in lake Tahoe and the eastern sierra. Photographers from around the world converge on this area in October. We are lucky, this is nearly in our own backyard. We have the advantage of ten years of 'know-how' from our previous trips and the club's master planners. All of this information—including photo sites and times, maps, apps, equipment checklists, and more—will be available for participants.

Complementing field trips will be enhanced and expanded challenges. The challenge program was previously a component of the exhibit program; now a committee has been dedicated to manage challenges independently. The purpose of the challenge program is to encourage members to be more active, take images and have fun! Challenges are topical, such as fall colors, bridges, California Missions, etc. Each challenge will have a specific time frame, ranging from a month to a year, based on its complexity and proximity.

Show and tell has been an all-time club favorite. Previously, show and tell would take over the clubs general meeting twice a year.

The enhanced show and tell program will now be a stand-alone 'extravaganza'!

Show and tell topics are at the discretion of the presenter and, in addition to photos, can include shows with multiple images post to music, reviews of new equipment, post processing software, etc.

Our Sept. presenters were our own president and vice president, Ron Nabity and Truman Holtzclaw. They partnered to give us a wonderful presentation on photographing water. Member photographers were encouraged to think of water creatively. Examples ranged from waterfalls to water droplets after a rain to glasses of water. Truman followed up the next day with an actual photo session at our own Lincoln Hills waterfall.

Tying into the water theme, our scheduled Oct. presenter is Dennis Morgan who will take us into the world of underwater photography. Don't miss it!

Our summer exhibit at simple pleasures in downtown Lincoln started on June 6, 2022 and will run until October 10, 2022.

The following photographers are now exhibiting at simple pleasures: Allen Adler, Bob Baikauskas, Jerry Hall, Pete Henshaw, David Hughes, Truman Holtzclaw, Klara Kleman, Ron Nabity, Tony Fabian, Phillip and Stephanie Huntingdale, Ron Nabity, Stephen Stewart and Larry White. Stop by simple pleasures and look at the great art that is now on exhibit and grab a sandwich or a great dessert.

(cont' on page 11)

Michelle's Featured Listings



2257 Sutter View Lane – Sonoma Floor Plan

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.



2348 Sutter View Lane – Napa Floor Plan

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.

Offered at \$889,000



2785 Winding Way – Mariposa Floor Plan

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



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LH Photography Club

(cont' from page 10)

Our monthly photography sig is cancelled for Oct. Check our website for updates on future photography sigs.

Excited to participate in our re-energized club? We always welcome new members. Member-only benefits include monthly presentations by world-class photographers, organized and spontaneous field trips to photographic destinations in California and beyond and member-to-member mentoring. We also offer a monthly photography sig offering instruction on various photography topics. To join the club, visit our website or attend one of our general meetings.

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

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Woodcarvers Club

BY LIONEL RAINMAN

Inspiration for woodcarving or does the mood strike at the right time? Sometimes after finishing a project or being bogged down with a carving that is not going well one can feel uninspired to carve something else. Possibly other things have come to the fore front such as travel, other activities that are going on here in SCLH, family obligations or I just need a break. So to find that spark here are a few thoughts.

Visit a woodcarving show or art show. Other carvings or subject matter may ignite that spark. Woodcarving books and Woodcarvers

Club. A lot of inspiration is right there. Take a class. To learn or expand your knowledge. Browse for images online. Visual stimulation is an important ingredient for inspiration. Try new subjects, woods, or tools. Look around and take note of tools others are using. This can be a trick that helps you. Carve and visit with others. You may inspire yourself by helping others.

Many of the members of the Woodcarvers Club enjoy the camaraderie and the challenges wood carving provides.

If you are curious or have an interest in carving please stop by and see what we are doing. We have carving tools that you can use.

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

Contact: Lionel Rainman
lrainman1414@yahoo.com

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Shalom Social Group

BY JUDY GANULIN

It was two years late, but it was worth waiting for! Our 20th anniversary gala was super – dancing, good music, great food and camaraderie! Thank you, Debra Skolnick and Hagai Narkis for making this event happen! Our annual picnic was October 9. Our annual Bocce Ball tournament against the Italian Club will be October 23. Our October 24 meeting will feature League of Women Voters members discussing November election ballot issues, and we'll vote on our new slate of officers. For more information please contact Margie Gulko, 916-543-5303 or margie.gulko@gmail.com.

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Lavender Friends

BY SANDI DOLBEE

What do ice cream, diapers and boxes of groceries have to do with each other? At first glance, not much. But for Lavender Friends, it's how many of us spent our time as late-summer temperatures parked themselves in the red zone.

Let's start with the ice cream. Thirty-eight people showed up to make ice cream sundaes on a Saturday night. The club provided the ice cream and participants contributed various toppings — from pots of hot fudge to sliced-up



Jan Barnes makes a Saturday night sundae.

bananas and strawberries and cans of whipped cream. Ice cream maven Denise Webfield, who put the event together, already is talking about a sequel next summer.

And the diapers? Club president Marilyn Kupcho and longtime member Robyn Lock coordinated a diaper drive for Lighthouse Counseling and Family Services, as part of the Placer County Business Alliance Diaper Drive. They filled up Robyn's SUV with 2,028 baby diapers and 344 baby wipes.

Now for the grocery boxes: A half-dozen club members were part of a service project at the Salt Mine recently, packing up produce, meat, dairy, bread and sweets for the needy as part of the charity's Saturday morning food distribution program. Marie Salers was in charge — and we are looking to expand it to an even bigger group in the future.

Later this month, when temperatures (hopefully) are more civil, we will be holding a bocce ball outing. Other future plans include an Adventures in Dining visit to Club Pheasant, a West Sacramento fixture that after 87 years has announced its plans to close its doors at the end of this year. That's one more chance to sample the restaurant's famous raviolis and steak sandwiches. Stay tuned — and keep an eye out for your weekly emails of events and activities.

Lavender Friends is a club of LGBTQ residents and allies. More information is at www.lavenderfriends.com

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(more Club News cont' on page 13)



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Neuropathy Relief Is Possible

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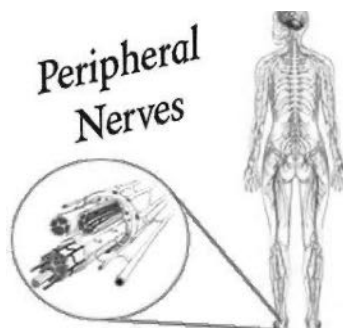


Figure 1: Notice the very small blood vessels surrounding each nerve.

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.

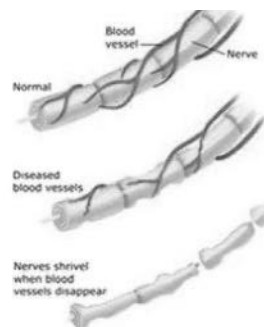


Figure 2: When blood vessels become diseased, they shrivel and are no longer able to provide nourishment to the surrounding nerves.

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.

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YOU DON'T HAVE TO JUST LIVE WITH IT

LH Italian Club

BY LINDA LUCCHETTI

Don't get your feathers ruffled! Don't be in a fowl mood! Instead, come to the club's popular premier event – Turkey Bingo – scheduled for Sunday, November 6, at the Timber Creek Ballroom, Roseville Sun City. For every taste bud, there'll be delicacies from a delicious buffet turkey dinner (with all the fixins') and scores of raffle and bingo prizes. What more could anyone ask for? Fly like a bird or trot on over to the website for the flyer and more details.



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

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Democratic Club

BY JUDY GANULIN

Lincoln Democratic Club members have been very busy lately with both community service and political activities. We recently did one of our regular stints at the Placer Food Bank. We are putting up yard signs, addressing post cards and otherwise supporting our candidates. Our October 20 meeting will feature our candidates in the November election — Dr. Kermit Jones (Congress), Scott Alvord (Placer County Supervisor), Rebecca Chenoweth (Assembly) and Paula Villescaz (State Senate). On November 23 we'll hear Mike Luken, Placer County Transportation Planning Agency Director. For more information please see our website, <https://democrticclublincolnca.org>.

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Apple User Group

BY NINA MAZZO

Christmas might be coming a bit early this year as Apple introduced new iPhones, a rebuilt Air Pods Pro and three new Apple



Watch models! The iPhone Pro and iPhone Pro Max are the newest with updated front design, new Main 48mp camera, longer battery life and safety features. The Air Pods Pro have been reengineered for richer audio along with active noise cancellation. The Apple Watch line now includes Ultra – a rugged watch designed to withstand extreme conditions such as swimmers, explorers and athletes might need. The Series 8 Apple Watch continues to have more health and safety technology with temperature sensing and crash detection.

Our general meeting on Tuesday, October 11, Bill Smith will discuss the Apple Watch. Join us either on Zoom or in the Kilaga Presentation Hall at 7PM (Ask the Tech at 6:30PM).

Check our club calendar for member open labs, new member form and calendar of upcoming seminars and meetings.

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

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

BY PATTI KINGSTON

Kerry Callahan, Superintendent of the WesternPlacerUnified School District was the featured speaker at the annual SCHOOLS meeting last month. She explained where the money for the bond issue would be spent if the bond passes in November. There will be over 17,000 new homes in the district over the next few years, and an additional 10,000 school age children. Existing schools will be updated and expanded in order to accommodate this growth. She expressed enthusiasm for the work of the SCHOOLS program and for the volunteers who help in the Lincoln schools.



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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LH Astronomy Group

BY BILL WEAVER

On October 5, 2022, at 6:45 PM, in the Kilaga Springs Presentation Hall, National Aeronautics and Space Administration (NASA) Solar System Ambassador, Tim Pinkney, will give a presentation on Exoplanets – the latest update from the NASA files on the Exoplanet Exploration Program. This presentation was scheduled for last month but changed to the October meeting because of family illness.

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

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

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

LHAG Cosmology Interest Group (CIG) — The lectures and discussions on astrophysics continues in the Fine Arts room at the Orchard Creek Lodge at 6:45 PM on September 19th. Retired physics and astronomy professor Charles Hunt will consider the problem of gleaning information from the severely limited number of optical photons originating from astronomical sources. Our eyes can only do it so well, and telescopes have several major advantages: increased light-gathering power, greater sensitivity of telescopic cameras and sensors such as charge-coupled devices (CCDs) and

(cont' on page 15)



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LH Astronomy Group

(cont' from page 13)

enhanced angular and spectral resolution.

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

LHAG Telescope Interest Group (TIG) Activities — This group will meet for viewing, through telescopes, the night sky on October 25, 2022, at the SCLHCA Sports Pavilion upper tennis courts. Observations will focus on the planets (Jupiter, Saturn and Mars) and deep sky objects such as the Pleiades, Andromeda galaxy, double stars, open and globular star clusters, Ring Nebula and many more. Night observations will begin after sunset (6:15 PM); however, a solar telescope will be set up after 4:00 PM to view the Sun and see large filament arcs of very dense electrified gas held in place by powerful magnetic fields.

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

Astronomical Events for the Month of

October October 8 - Full Moon

This month's full Moon is known as the Hunter's Moon. Traditionally, this would be the time when people would hunt and stockpile food for the coming winter months.

October 7 - Draconids Meteor Shower.

The Draconids is a minor meteor shower producing only about 10 meteors per hour. It is produced by dust grains left behind by comet 21P Giacobini-Zinner, which was first discovered in 1900. These meteors can be seen mostly in the Northern sky.

October 21, 22 - Orionids Meteor Shower.

The Orionids is an average shower producing up to 20 meteors per hour at its peak. It is produced by dust grains left behind by comet Halley, which has been known and observed since ancient times. Meteors can be viewed mostly in the Southern sky.

October 25 - New Moon.

The Moon will be located on the same side of the Earth as the Sun and will not be visible in the night sky. This is the best time of the month to observe faint objects such as galaxies and star clusters because there is no moonlight to interfere.

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

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SCLH Genealogy Club

BY NANCY SWITZER

It's October! It's almost Halloween! Back in June, Bill Kress gave a presentation on Digital Files, and one of the parts that captured my attention was a program that allows you to animate your old photos. Can you imagine having your great-great grandmother telling you her life story? Spooky yet fun! Bill also reminded us that these types of programs usually go on sale around the holidays...and we all know that Christmas is right around the corner from Halloween!! We learn lots of fun and interesting things at these meetings, so come and join us!

Our October 17th Club General Meeting will be held at 6:30 PM in KS Presentation Hall. The Subject is "You Tube Genealogy", and will be presented by our Genealogy Club Expert, Bob Ringo.

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

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

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

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

3rd Monday of the month is our general

meeting in Presentation Hall (KS) from 6:30-8:30pm when we have a speaker give a presentation on various genealogy related topics.

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

The last Boot Camp, will be Monday November 7th from 6:30-8:30pm. This will be the "Boot Camp Wrap Up," and Carole Moore will be covering DNA Basics. We have allocated six spaces for those that could not commit to the entire program. If interested in attending, respond to the Club e-mail that will come out shortly before the next scheduled session.

Contact: Carole Moore 916-543-4762

Website: www.suncitylhgc.com

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LH Republican Club

BY SUE DUMAS

Grand Isle Fire Brigade Band entertained us at Oktoberfest 2022 festivities - Sports Pavilion! No-host bar, dancing, singing, and yummy German fair with friends and fellow Republicans, were enjoyed by over 100 members and guests. It was a fun and festive afternoon of socializing. We also had opportunity to chat socially with Shanti Landon and other local candidates.

(cont' on page 17)

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LH Republican Club

(cont' from page 15)

Busymonthforourvolunteers!September activitiesincludedhelpingdistribute candidate information from Republican booth/trailer in Auburn at the Gold Country Fair, and the Hot Chili Cool Cars event in Rocklin. Also, our Club participated in a Roseville Sun City "walk" for various candidates—which included a BBQ.

Volunteers are needed for passing out flyers, phoning, etc. to get out the vote, and to get our conservative candidates elected.

Next RC meeting, Wednesday, October 26, KS doors open 6:00 p.m.

www.RepublicanClubSCLH.org

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Veterans Group

BY B.L. LEWIS

October 19, 1781, British General Lord Cornwallis, surrendered his army of more than 7,000 British and Hessian troops to United States General George Washington. Our fight for Independence from Brittan was over.

The 2022 Octoberfest Luncheon will be held on Thursday, October 13 in the Orchard Creek Ballroom, which is the second Thursday of the month. Due to scheduling conflicts, we were unable to obtain the Ballroom for the third Thursday. Normally this is a social combined with Group business and is held on the third Thursday of month, our regular general meeting date. The No-Host bar opens at 11:30 a.m., the Luncheon will be served at Noon, the cost is \$30.00 and the deadline for reservations is October 6, 2022.

We are still asking for volunteers for the 2023 Board of Directors and Committee Chairs. 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.

Welcome Aboard to six new members, Nicholas Corell, U.S. Air Force; Tom DuPont, U.S. Navy; Stephen Goodman, U.S. Coast Guard; James Hutchinson, U.S. Navy; Kenneth McCormick, U.S. Air Force, and Tim McCormick, U.S. Navy.

Richard Fuller is the Chairman of the Flag Sales Committee and can be reached at 916-409-9209 and email: mrmmap@earthlink.net to volunteer for flag sales duty. The Flag Table will be open on August 15, 2022 in the

Orchard Creek Lodge Lobby for the sale of Flags at a price of \$30. Please Fly Your Flag Proudly and turn in your old flags for retirement when they show signs of wear. There is also a box for flags to be retired in the room next to the Main Desk in the Orchard Creek Lodge. During the month of August, we recovered and prepared 73 flags for retirement.

In Memoriam — William Attwater, U.S. Army; William Ferrari, National Guard.

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

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SCLH RV Group

BY VICTORIA WHITE

We are now completing our rally to Oregon and Washington with Jackson Rancheria RV Resort coming up in mid October. Our season is winding down and we're all anticipating the many holiday parties our clubs will be having. Joining a club or two when you live in SCLH will give you a new group of friends and another purpose for your life. The RV Group has open arms for new members, especially those who would like to get involved. We will have openings this coming year for select positions on our board and what a great way to feel like you're making a difference in your life and others. Nothing is rocket science here. Just a lot of fun.

If you are interested in the RV Group, please be our guest at one of our meetings. We meet every 2nd Thursday, 4:30 PM at KS in the Placer Room. Call our Membership Director, Sharon Skar at 916-434-7799 or marlowensharon@gmail.com for any questions.

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Travel Group

BY LINDA BEVINS

September was a fantastic month for the Lincoln Hills Travel Group. Joanne Schumacher joined the Group as a new committee member. This Sun City Lincoln resident has traveled all over the world and is very active in many of the Sun City clubs.

The three day Travel Fair was filled with our members and friends ready to start planning their future travel escapes. The Travel Group has three Travel Fairs a year - January, May and September and everyone is welcome. The next Travel Fair will be in January - be sure

to watch the Sun City News and our monthly newsletters for the exact dates.

(Membership is free until January just be sure to send your name and e-mail address to Sharon Watkins to be added to the monthly newsletter- travelgroupplh@gmail.com)

For a current update on upcoming tours please go to the club's website

lincolnhillstravelgroup.com. Remember if there is a trip you are interested in an it is not listed, just contact one of the committee members and they can book you on just about anything.

Please note: All the Lincoln Hills Travel Group tours have deadline dates listed on them. These are the final dates to be able to save the discount listed for the tour and also the final dates that the price is guaranteed.

Here are some trips that are nearing their deadline dates, so be sure to get signed up if these are any tours you are interested in. Links for these tours are listed.

Switzerland: Small group train tour - May 12 -23, 2023

gateway.gocollette.com/link/1083545
Deposit due by October 13, 2022

Heritage of America - April 16 -24, 2023
gateway.gocollette.com/link/1083541
Deposit due by October 16, 2022

Kentucky Bluegrass and Smokey Mountains - April 13 -21, 2023
gateway.gocollette.com/link/1130421
Deposit due by October 13, 2022

Cowboy Country - May 14 - 21, 2023
gateway.gocollette.com/link/1131279
Deposit due by Nov 14, 2022

The Azores - small group tour - June 9 - 22, 2023
gateway.gocollette.com/link/1130010
Deposit due by Nov 10th, 2022

Lincoln Hills Travel Group Committee Member Contacts: Sharon 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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LH Amateur Radio Group

BY DAN LEHRER, KN6DRN

We welcomed new member Craig to our Group. Craig successfully passed his Technician exam and is looking forward to

checking in to our weekly Net. 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. Several members helped out at the Annual Hamfest sponsored by the Western Placer Amateur Radio Group. Technical advice is shared by our members both at the meetings as well as privately between members. We help with programming handheld radios. Regarding the Ham Bands, we have noticed an increase in contacts on both the 17 and 20m Band with contacts made in Angola, Sweden, Puerto Rico as well as the continental US and Canada. 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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Bosom Buddies

BY VAL SINGER

October is breast cancer awareness month. We bring out the pink ribbons on everything, including plastic glasses and billboards. But somewhere in between is lost the real reason for everyone to be aware. For as long as I can remember, the statistics have been that for every eight women one will have breast cancer. All the research doesn't seem to have changed that figure, so I'm thinkin' more awareness is needed.

For members of Bosom Buddies, awareness is not a problem. All we need to do is look in the mirror to see the scars waged by breast cancer. Some of our buddies are still fighting and some have lost the battle.

Bosom Buddies is unique in that we are much more than a social club. We are a support group. Listening is a gift we can give to each other no matter the month. So, be aware of your fellow members and, when they say they are fine, probe a little further to be sure. As one of our speakers said, "Fine means Feelings I Never Express"!

Bosom Buddies lost another member in

(cont' on page 19)

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In celebration of our one year reopening,
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Sunday, October 30

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Bosom Buddies

(cont' from page 17)

August. Sue Carden was a member for many years and she will be missed by all. A tree will be planted by the Arbor Society in her honor.

The American Cancer Society Relay for Life in Auburn was a huge success. Many, many, thanks to Peggy Ryan and her team for all the work they did throughout the year to make this a huge success. The picture below shows all the Bosom Buddies trying to get up on a giant purple chair at the Relay. We all got to giggling so hard that we couldn't pull Peggy up, hence she just laid down on the job! It was fun. And to make it even better, Bosom Buddies exceeded their goal in donations.



Bosom Buddies celebrated our 20th anniversary by going to Mimi's for lunch on September 8th. As the picture shows below, we had a great turnout. Bonnie Haggard spoke of the founder, Linda Williams. Linda started Bosom Buddies in 2002 shortly after she and her husband arrived in Lincoln Hills and it has flourished ever since.



Also, at the luncheon the new officers were voted in. Patty McCuen will be our new president, with Kathy Woodward, vice-president. Verity Gould has offered to be our new Treasurer and Mary Shelton will be the

temporary secretary.

Many thanks to our former president, Kathy Woodward. She has done a marvelous job during her tenure and Bosom Buddies will be forever grateful for her creative ideas and enthusiasm.

Our October speaker will be Nurse Dina, a Certified Lymphedema Therapist. In 2013, Nurse Dina started her practice as The Lymphatic Whisperer. Let's have a great turnout to hear more about treating this very fascinating and mysterious lymphatic system.

Sally Bogolur has graciously volunteered to be the contact person for the lunch reservations before the meetings.

So if you wish to come to lunch at the Meridians before a General Meeting, please call Sally Bogolur, 650-996-3163 to make your reservation. Call Sally no later than Tuesday morning before the meeting so she can confirm the number attending with Meridians.

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

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

We end each meeting by holding hands and saying:

"Together we are strong; together we will make a difference;

Together we will survive!" And, we will, hopefully with a little fun...

...

Alzheimer's/Dementia Caregivers Support Group

BY VALERIE JORDAN

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

The monthly general meeting is the fourth Wednesday at 1PM; all are welcome to attend, especially caregivers with recently diagnosed family members. The Wednesday, October 26 meeting will host Mark Wolff, Owner of Senior Care Authority, who will speak about how to navigate local senior living options and share costs of care in Placer and Sacramento County.

Because of the upcoming 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 October 20, 10AM-noon. Contact Ernie Drake (916-543-3482).

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Glaucoma Support Group

BY BONNIE DALE

The Glaucoma Support Group will meet on October 10 at 4:00PM in the Multimedia Room (OC). It is time to start thinking about how we change our lifestyle in anticipation of the change of seasons. Such points for consideration include remembering driving in wet weather and ways to stay safe. Other ideas we think about are humidity in our homes. We also need to take care of dry eyes. Please bring your thoughts and ideas to share as we approach the Fall and Winter months. For more information, please contact Bonnie Dale at 916-543-2133 or Bjdale@aol.com

...

Low Vision Support Group

BY JOAN BRANT-LOVE

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

"New Developments in Eye Diseases" will be presented by Dr. Glenn Yiu, Associate Professor of Ophthalmology at the UC Davis Eye Center.

He will discuss the major eye diseases and new treatments. He will also provide some updates on clinical trial opportunities. Q&A to follow.

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

Seniors First is tentatively scheduled for this meeting. Their representative will describe the various services they provide to seniors in Placer County. Confirmation will be announced.

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

Ten Questions to Ask Your Doctor about Macular Degeneration

American Macular Degeneration Foundation

<https://www.macular.org>

Learning you have macular degeneration can be a surprise. The best thing to do now is get the facts. Your doctor is your best ally.

Here are a few important questions that you should ask your doctor if you are diagnosed with macular degeneration.

1. Do I have "wet" or "dry" macular degeneration? Does it affect both eyes?

2. What stage is it in, early, intermediate, or advanced?

3. What is the likelihood that my AMD will progress?

4. What are my treatment options? Do they include injections and are there new studies of other treatments?

5. Can diet, exercise, supplements and other lifestyle changes help slow the progression of macular degeneration?

6. Are my children and siblings at risk? Should they be examined?

7. What can I do to stay independent? What should I tell my family?

8. How often do I need to get checkups?

9. Can you recommend a retinal or macular degeneration specialist, a vision rehabilitation center, and support groups?

10. Am I legally blind? Should I register with the Commission for the Blind*?

*(Editor's Note: In CA that would be the Department of Rehabilitation. More info at BlindInfo@dor.ca.gov)

Questions prepared by William Sweet in consultation with Dr. Johanna M. Seddon M.D., Sc. M., Tufts Medical Center as Professor of Ophthalmology, Tufts University School of Medicine, Founding Director of Ophthalmic Epidemiology and Genetics Service at the New England Eye Center.

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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(more Club News cont' on page 21)

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Hearing Support Group

BY JOANNE MITCHELL

Our last two meetings have been social gatherings and we have managed to find much to discuss about a number of concerns. For our October meeting, we are pleased to have Ann Thomas meet with us via Zoom to discuss rights of those with hearing loss. Ann is president of the Diablo chapter of the Hearing Loss Association of America and she will be speaking about advocacy for those with hearing loss.

• • •

Multiple Sclerosis Group

BY JERI DI FIORE

Tuesday, October 18, 1 PM, Kilaga Springs, Sierra Room, will again be an opportunity to enjoy each other's company!

The September meeting was delightful catching up with many members' stories. Sad moments included the recognition of the recently passed John Hersch, who didn't let MS interfere with sharing his exceptional piano ability, no matter where he was in life. John was one of our first members and most loyal. Jean Ebenholtz was also remembered for her kindness in navigating grants with the Lincoln Hills Foundation. Jean was our "unofficial" Treasurer, as she didn't like titles. The good news is we now have an Official Treasurer, Paula Marchand, who Jean mentored. And more good news, New Member, Linda Tinsman volunteered to carry on as our liaison with the Lincoln Hills Foundation.

If you have MS and are new to Sun City, have a family member or friend with MS, you are welcome to visit our friendly, relaxed group. Even join some members in Kilaga Cafe before Tuesday's meeting on 10/18, 11:30 for chat and chew.

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

• • •

Rods & Relics

BY ELNA RAGAN

In August, Club members suggested the names of charities to be voted on to receive the proceeds from the June 3, 2023 Downtown Lincoln Car Show. Three charities were chosen from those suggested at September's General Business Meeting. They are:

- Gigi's Playhouse (An Achievement

Center for children with Down Syndrome)

- Assistance League of Greater Placer's "Drive to Thrive Program."
- Lincoln Police Department's "Project Life Saver – Bringing Loved Ones Home"

Chuck Barnhart, Chair of next year's Car Show, is working on staffing key positions on his team. It takes a large group of volunteers who work behind the scenes, to organize all the details that ensure a successful event.

The Downtown Lincoln Car Show has grown over the years and has become one of Lincoln's most successful events. Last year, over 400 classic vehicles parked on the tree-lined streets and thousands of spectators enjoyed the Car Show and also the many restaurants and shops in the area.

When not working on the upcoming Car Show, Club members also attend many local Car Show events. They enjoy showing their vehicles and talking with other owners.

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

Contact: Tom Indrieri, President 916-645-2035; Mike Carvidi, Membership Director 707-849-2834. Web Site: www.rodsnrelics.net

• • •

Roadrunners Motorcycle Club

BY JACQUELINE MCDERMOTT

In searching for a club that will fulfill your adventurous inner child and enhances your motorcycle knowledge and riding experience, this club does an excellent job of fostering a way for mature riders to get together and enjoy their passion.

The joining criteria are pretty simple. It would help if you were interested in



motorcycles. You must also realize growing old is inevitable but growing up is optional. You can ride anyway you like and get unfathomable joy as we cross Placer county lines biking the backroads and feeling the freedom of the open road. This club also caters to the motorcycle enthusiast living with an inward eye which no longer rides but enjoys the camaraderie of link-minded adventurous spirits. Enjoy the photo of the best-looking motorcycles in Lincoln, Ca. Don't see yours? Join us next time.

There is the opportunity to make life-long friends with similar interests and have a calendar that features regular riding and related events to look forward to throughout the year. This fun group plans social events like Bocce Ball BBQs, impromptu ride-outs, cafe meet-ups, and monthly meetings to keep in touch with old friends – or make new ones!

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

Where has the year gone? When you read this column there will be only three months left to the year... and we typically don't have any rides/tour scheduled in December. In September we had a great ride through the back country to The Willo Restaurant in Nevada City. We max'ed out the ride with club members and the food was extraordinary, as always. Also after this column goes to press, the Club will make a one-day excursion to one of our favorite Sierra foothills restaurants – Teresa's Restaurant, in Jackson – so pictures will have to wait until next month. October 6th will see us at the Dancing Tomato Café. November is still open.

On October 8th, club members will converge on the Lincoln Regional Airport to participate in the first community event out there since the 2017 Lincoln air show. This year's event will be much more low-key, but it should be great fun to show our cars nestled among unique aircraft, and alongside classic cars, exotic cars, and WW II vehicles.

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

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Garden Group

BY LORRAINE IMMEL

Recently, at one of our General Meetings, guest speaker Julie Balbour gave a most impressive and timely talk about "Fall Planting for Success!" She stated, "Plant in Fall and give the gift of time to mature before next summer." This October will be a great time for you to put in plants, trees, bulbs, etc. You can find more information on her presentation on the Garden Group's website: lhgardengroup.org. Go to the section under "Speakers & Presentations!"

"All About Growing Mushrooms" is the topic of our guest speaker-Brendan Linnane from Foggy Dew Fungi, Newcastle. (General Meeting, October 27, 2:00 PM, KS.)

Brendan shares: We are a small family mushroom farm, mainly operated by father and son, but everyone likes to help out when they can! I grew up right here in beautiful Placer County surrounded by some of California's most pristine landscapes. Naturally I pursued a degree in Horticulture and began my career as a landscaper. Having spent most my life in the outdoors I was always fascinated by gnarly old trees, out of this world looking flowers, and of course the most mysterious of them all... mushrooms. My true passion for growing mushrooms spawned while reading Mycelium Running, by Paul Stamets-a book about mushrooms saving the world. I could not believe what I was reading! Mushrooms not only have beneficial nutrients our bodies need, but they also are actively engaging our environment, and play a key role in our ecosystems! For more information, check out their website. <https://www.foggydewfungi.com/shop-mushrooms>.

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Bird Group


BY RUTH BAYLIS

I am writing this from Nehalem Bay, Oregon, on the last leg of our tour of the Northwest in our RV. Not a birdy trip, totally off season, which we knew in advance but we had a commitment to an RV campout with our

(cont' on page 23)



Brendan Linnane



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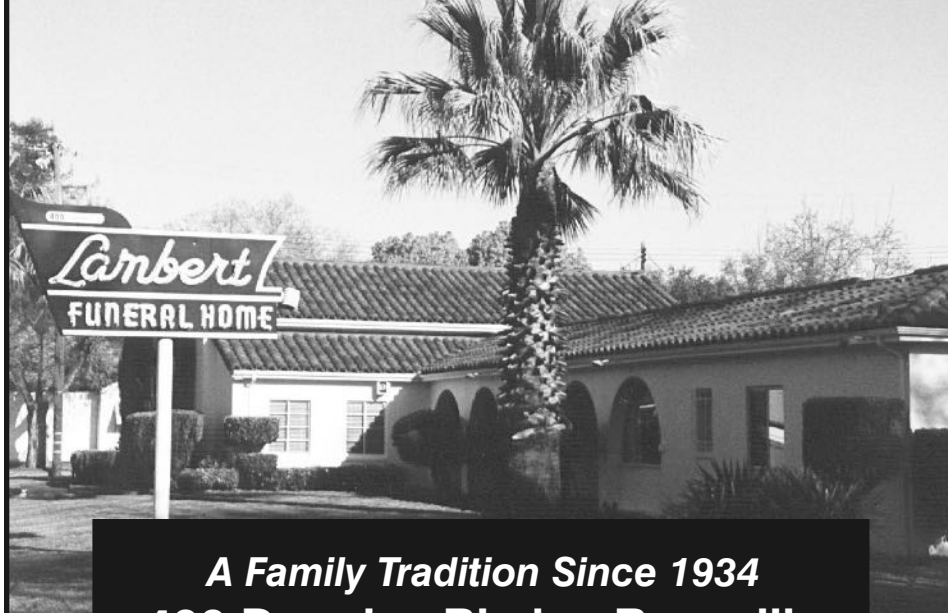
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SCLH Ceramic Arts Group To Join Placer Artists Studio Tours

BY EILEEN MOFFATT

For the first time, the Sun City Lincoln Hills (SCLH) Ceramic Arts group will be on the Placer Artists Studio Tours this November 11-13, 2002 between 10 am and 5 pm. As a gallery/school entry, and one of seven tour stops in Lincoln, the ceramic arts program will be showing near the main entrance of Orchard Creek Lodge.

Beginning and advanced ceramic classes are offered twice a week to the residents of SCLH, students can learn various methods of hand building, from coil and extrusion construction to slab and pinch methods as well as learning how to throw on the pottery wheel.

With instructor-led demonstrations and assignments, students are exposed to a variety of projects that are both functional and decorative—and always highly creative. The studio is also available for open workshops three days a week where students pursue their own projects from tile making and sculpture and creating everything from beads and totem poles to bird baths and more.

The expertise of students ranges from first-time clay users to highly acclaimed artists whose work is featured in local galleries and art shows.

Celebrating its 29th year, the Placer Artists Studios Tour is the largest and longest-standing Visual Art Studio Tour in the region.

Councilmember Scott Alvord is not *just* talk:

- ✓ **Public Safety** - he has *proven* his support for public safety by expanding the police department multiple times and filling the fire dept to full capacity, not just talking about it. Plus, he's the father of a police officer.
- ✓ **Business and Economic Development** - he has *real* business experience and leadership, not just words or establishment endorsements. As the 4-year Chair of the Placer County Economic Development Board (and related positions), Scott helps attract, retain, and grow businesses in the region. He has an MBA, teaches business at Jessup, and knows firsthand what it takes to sign the front of a paycheck.
- ✓ **Not Afraid to Hold Developers Accountable** - has *real* experience working collaboratively with developers and community while ensuring adequate water, wider roads, preservation of natural resources and our rural heritage. He is *not* heavily backed by developers while they helped his opponent raise a quarter-of-a-million dollars for the June primary!
- ✓ **Fiscal Accountability** - He has *proven* that he's fiscally conservative instead of just saying it. He has made difficult budget cuts and has maintained a balanced budget of \$788M leading Roseville to reach #1 Best Place to Live in CA. His opponent has *never* been responsible for taxpayer's dollars.
- ✓ **Listens and responds** to constituents and all stakeholders. Known for being one of the most approachable, trustworthy, and responsive public servants in the county. **Many testimonials on his website confirm this!**

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Placer County Supervisor (Dist 2)



www.TalkToScott.org

Scott advanced to the November election to serve as your next County Supervisor across Lincoln, west Roseville, and rural areas!

Scott Alvord's opponent, Shanti Landon, lives in rural Newcastle with no city government experience. Unlike Scott, she has never served on a county commission or board, yet "the establishment" has heavily backed her for the most important nonpartisan position in the county.

Come "Talk to Scott" and bring your questions at:

Location: **Solarium Room**
Orchard Creek Lodge at Sun City Lincoln Hills
965 Orchard Creek Lane
Wed, October 12th 3pm - 5pm
(please arrive at 3pm)

Find out:

- What a county supervisor does and why you should care
- Why this position is important to everyone in the county
- Why Scott's background and experience is *ideal* for this position

Paid for by Friends of Scott Alvord, Campaign ID 1443711

Bird Group

(cont' from page 21)

RV group here in Nehalem. Several years ago we had a better timed RV trip, mid June, to Montana where we visited many of the National Wildlife Refuges. That trip was awesome! This trip, we have missed the horrible heat and smoke in Lincoln, but still have had our share of smoke from fires in the Northwest. All and all, it has been a good trip covering the Snake River, Lake Wallowa, Grand Coulee Dam, the North Cascades, and a barely visible Mt. Saint Helens through smoke. We had no visibility to Mt Rainier and Mt Hood because of the smoke. Only birds of mention would be White Pelicans, Stellar's Jays, an American dipper, Ospreys, Great Horned Owls, White-crowned Sparrows, and Black-capped Chickadees. Especially interesting was watching the bright red Kokanee Salmon spawning in the Wallowa River.

We did miss a very interesting September meeting of the Bird Group, which I hear had a great turnout including more new members. Matthew Matthiessen gave an outstanding presentation on dragonflies and damselflies. These insects fall into an order of flying insects called Odonata, of which there are 116 different species in California including one that is endemic only to San Francisco. Matthew also showed photos of his trip to the Pantanal in Brazil. This area, home to 460+ species of birds and 236 mammalian species is the world's largest tropical wetland area. The beautiful Hyacinth Macaw can only be found here.

Members of our steering committee met recently and came up with a tentative schedule for walks and trips for our new season. Below is a schedule of activities for the next couple of months. A complete schedule is available on our Bird Group website. Unless otherwise noted, our away birding trips meet for carpooling at the far western end of the Orchard Creek parking lot, near the fitness center indoor pool. For longer trips consider bringing lunch or snacks and water, although we sometimes gather at a restaurant for lunch.

- Oct 10, Mon, 1:30PM: Monthly meeting, Kilaga Presentation Hall. Stephanie Ambrosia, California Department of Fish and Wildlife, will talk about Nimbus Fish Hatchery, its operations and impact on nature/birds.

- Oct 14, Fri, 8:00AM: Lincoln Wastewater Treatment Plant, Fiddymet Rd. Wastewater treatment plants are often gold mines for waterfowl, and sometimes raptor, sightings. The Lincoln plant is usually quite productive.

- Oct 28, Fri, 8:00AM: Vic Fazio/Yolo Bypass Wildlife Area, Davis. Hopefully the fields can be flooded this year to welcome returning waterfowl, which can be very abundant here.

For a full listing of future events, birding tips, a photo gallery, bird lists from trips and more, visit our website: <http://www.sclhbirders.org>

You can communicate with the Lincoln Hills Bird Group at email address: SunCityBirders@sclhbirders.org

• • •

LH Cyclists

BY TOM FRADY

Unlike most other Lincoln Hills Clubs, the Cyclists have only two business meetings a year, instead of monthly. The officers, including ride leaders, get together more often at a breakfast meeting to discuss club business, plan events and work toward the general good of the club.

In January, the membership will meet (typically at the Kilaga Theater) where there is an actual agenda with entries such as "treasury report", "Election Committee" and we have to listen to the President for a few minutes. Our "dollar-a-month" dues are also extracted at this time.

Our second meeting, a pot-luck at the Sports Pavilion, was held August 8th this year. A short business meeting occurred, the highlight of which was Fred Higgins' report on May is Bike Month. Those who participated know the new website and registration were "unusual" and difficult to comprehend. It is my take the new rules were designed to be sure our little club didn't beat everyone else. Nonetheless, LHC acquitted itself well and we have the T-shirts to prove it. The meeting was full of bike riders and spouses (not a mutually-exclusive set), albeit it may have had something to do with the presence of macaroni salad and cookies.

Hey, if you have read this far and haven't signed up for The Tour de Lincoln, to be held on October 15, 2022, get on over to Active.com and do it right now. As always, there is a stylin' T-shirt to purchase. This is the 20th Tour,

which means there is also a great Jersey for sale. There are rides of 25, 50 and 100 Kilometers, something for every rider. You do the math to convert each route from miles to kilometers.

New club jerseys will be here soon. We hope you got your order in and are anxious to represent the Lincoln Hills Cyclists on the road.

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LH Water Volleyball


BY DIANE FERRARI

As Fall approaches, the warmer weather and early evenings, makes a perfect combo to get into the indoor pool and play Water Volleyball! We enjoyed Hot August Dancing in the Streets here in Sun City Lincoln Hills and on October 7th Fall Festival at the Pavilion. You know you want to come out for our monthly fun filled Ladies Night with lots of laughs. Interested to just try out water volleyball? Join us on Free Play Saturdays. Every Saturday at Kilaga (KS) Indoor Pool starting at 9:00 a.m. It's easy to learn and great to meet new people. Don't know how to play? We provide Training and Mentorship. We welcome all levels of interested players. We provide a Skills and Drills class each month so you can improve your skills and learn more about the game. Stay tuned for more fun adventures in Water Volleyball for the coming months. We have as much fun on land as we do in the pool. Find us at LHWaterVolleyball.com. Or Call Jerry Grisler 209-648-9534 for more info. Come on in, the water is fine!

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(more Club News cont' on page 25)

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LH Swimmers and Water Walkers Club

BY ROSEMARY TANFANI

The first annual Hot August Splash event was held at Orchard Creek Lodge outdoor pool area on August 28. The first hour of the event had members giving demonstrations on power water walking, freestyle swimming, the use of swimming training aids and swimming with a snorkel.



Showing off our new club T-shirts.



Pizza Time



The next two hours had members eating pizza, getting to know each other and sharing swimming/water walking stories. Membership is now over 200 members.

The next club meeting is October 17, at 3 PM, in the Fine Arts Room at Orchard Creek Lodge.

...

LH Tennis Group

BY PAM FLAHERTY

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

Live Ball (energetic tennis game set to music) returns Sundays, October 2 through November 13 from 9AM-10:30AM. Contact Steve Bringman at stevebringman@yahoo.com for information and to sign up. Also you may want to try out free Drop-in Ball Machine Practice on Saturday mornings from 8:00AM-9:20AM

Women's and Men's Double tournaments are being held September 10th. Find your



Joel Baynes (far left) and ball machine operators.

partner now and be prepared for some fun tennis! Spectators welcome!

If you are new to tennis, haven't played for awhile, or are just curious about the game, sign up for a free introductory lesson with Steve at stevebringman@yahoo.com. Lessons are offered on Thursdays at 11:00am. For club orientation and to find players contact Val at vlaugtug@gmail.com

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

...

LH Table Tennis

BY CARL LYNCH

We had a wonderful event against the Table Tennis Club of Roseville Sun City on the 28th. It was great fun for all, and the pizza and camaraderie afterwards was great! The game of 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. Please come out and join us.

...

Mad Hatters Bocce Group

BY KIM PETRUZZELLI

We are loving these cooler fall temperatures, and look forward to switching to our 10am start time on November 3rd. Until then, we'll still see you at 8 am.

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.

Special thanks to Norm Cherubino, who has been writing our bocce articles for many

years. We appreciate all the time you've spent giving us a piece of your mind.

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

...

LH Senior Softball League

BY HEIDI MAZZOLA

The Co-ed Division regular season ended with Siino's Pizza, Pasta & Grill, led by Dar Galloway having the best record at 20-8-2. Mary Olsen Century 21 was a close second at 19-10-1, and the McDonalds team was third with a 17-12-1 record.

At the annual double-elimination tournament held in late August, playing out of the winner's bracket, a strong Mary Olsen Century 21 team led by Gary Russ edged the winner of the loser bracket, Mike Hazelhofer's Coldwell Banker Sun Ridge team, to take the Championship. Final score was 20 to 14. It was a hard fought tournament. All the teams were competitive and treated spectators to some well-played softball.

In Women's Division news, the ladies hosted the 1st Annual LHSSL Women's Invitational in late August. Participating teams included Diamonds in the Rough, managed by Marilyn Banks, Bat Intentions led by Karin Richter, Ballin' Broads managed by Marie Hogue, and Dugout Divas managed by Ronnell Schuler. The LH Dugout Divas met the Ballin' Broads in the Championship game with the Divas winning 7-4 in seven innings. A large enthusiastic group of spectators cheered on all the women who participated.

Upcoming is Co-ed Fun Ball in mid-October and the November election for openings on the LHSSL Board for 2023. Please check the League's website for additional information and updates.

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

Website: LHSSL.net

...

Ladies Golf—18 Holers

BY CANDICE KOROPP

We wrapped up August with lower turnouts, averaging under 40 players, due to the heat and humidity. Peggy Carr presented a team game on the Orchard on the 18th. The first place team of Graybill, McCoy, Sams

(cont' on page 29)



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Q & A WITH LENORA & LARRY



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In Memory — James D. Pirkle Jr.

James D. Pirkle Jr., a retired VP of Bay View Credit and resident of Lincoln, Ca died unexpectedly on August 29, 2022 at the age of 81 while on vacation in Kauai. He is survived by his wife Arlene, children Kelly Hall and husband Michael, Randy Pirkle, Dean Adams and wife Kristine, and Jeff Adams, sisters Janet Budd and Linda Pirkle, Grandchildren Angie Adams, Matthew Adams, Brittney Verduzco, Nicole Allimann, Sophia Hall and great grandchildren, Chris Gremich, Sutton Adams Dao, Brynn Verduzco, Charlie Allimann, Brooklynn Verduzco.

Jim was born in San Bernardino September 23, 1940 to James Dayton Pirkle Sr. and Cleora Donson Pirkle. He graduated from Temple City High School in 1958 and went on to serve in the US Army in Germany.

Jim lived life to the fullest! He has been scuba certified and skydiving, he has ridden an elephant on an African Safari, a camel in the Holy Lands, he has seen the Great Wall of China, and most recently held a baby alligator in Florida as well as so many adventures in between. He and Arlene have been fierce travelers visiting every state in the US and over 40 countries.

Jim Pirkle was a man of integrity. He was authentic in his words and actions. He honored commitment. He served others. He helped his kids and grandkids with everything from school, financial advice, how to purchase a home, and of course how to remodel it. He donated his time to Neighbors in Deed and the Lincoln Police Department for the past 7 years and was there to assist others with action or his kind words.

Jim was an inspiration to all, he gave his great love always and we are very proud to call him Husband, Father, Grandfather and Friend.



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

Marcia Van-Wagner

(cont' from page 1)

neverwaned. Larry was the Executive Director of Neighborhood Watch and Chair of the Election Committee and loved to attend the classes that Marcia has taught for years.

Marcia has always liked to stay busy and when she moved to Sun City, she became a director on the LH Foundation Board and continues to serve. She was one of the founders of Neighbors Indeed. In 2011, she decided to run for the Association Board of Directors and was successful. She served for a total of six years during 2012-2019—first for four years, then a year off, then two more years. She had excellent mentors and became the President of the Board for her last year of service. She still assists in the background as one of the “Old Guard,” a cadre of former board members with experience. She spends about forty hours a week volunteering in her local community.

When Marcia reminisces about her work life, she recalls her time in civilian work as a pediatric oncologist nurse. Her favorite time in the Army as a nurse was when she deployed to Riyadh, Saudi Arabia, during the First Gulf War, as Chief Nurse of a overseeing a thousand-bed general hospital. She likes to be challenged and the experience gave her great satisfaction.

Marcia also teaches a series of classes several times a year—Going Out in a Box, Getting Your Stuff Together and a class about end-of-life options. She has taught these classes since 2006. Going Out in a Box deals with how to develop plan B and why it is so hard to plan for the future. Getting Your Stuff Together includes a 145-page manual called Legacy Ledger that explains how to organize your documents for life and death. The third class helps the attendees to imagine their best death and face end-of-life decisions that people often do not want to discuss like what happens when someone outlives their money. She loves teaching and updating the classes and she knows they have assisted many people.



Marcia Van-Wagner

Marcia describes herself as a geographic orphan since none of her immediate family members live nearby to Lincoln Hills. When she first moved to California from Portland, Oregon, she had only visited twice before—once to Disneyland and once to San Francisco. She has a daughter that lives in Portland, a son in Cincinnati and a sister in Arizona. Luckily, she visits them, and she has a great social support system that she has developed in Sun City. She believes that the most important thing for a healthy senior life is to have friends. Her pandemic pod social group met on Zoom every Sunday during the lockdown since they were not able to meet in person.

Marcia has always enjoyed traveling and since Larry's death in 2018, she has started to take solo adventures. She put eleven thousand miles on her car in a cross-country driving trip in 2021. One of the stops was Cincinnati where her son married for the first time at the age of fifty-one. This year she is excited about a cross-country month-long Amtrak train adventure that will take her all over the United States including upstate New York where she grew up. She will be visiting Rocky Mountain National Park, Chicago, her alma mater Skidmore College in Sarasota Springs, Denver, Boston, New Orleans and even the NASA Space Center in Houston. She will meet

up with family in Washington D.C. and spend some time with them.

When Marcia travels, she sends out daily stories about her adventures to seventy people on email. She is especially fond of rocks and what they tell us. She has heard and believes that rocks are the gossips that tell us their story. She also likes to write about water features. On one of her trips, she visited Deadwood, South Dakota where she explored information about one of her famous ancestors. David A. Wolff has written a book about the relative which is entitled “The Savior of Deadwood—James K. P. Miller on the Gold Frontier.”

When Marcia is home, she enjoys her house, especially her “Library” that she has decorated in the fashion of MacKenzie-Childs. She first acquired a tufted footstool with felted flowers on the top. She used this as inspiration for the colors and decorations in the alcove near her front

entrance. The MacKenzie-Childs items are made in upstate New York, not too far from where she spent her childhood. She even painted a side table to go with the footstool. She loves to sit in her chair and read. Reading has been a passion for many years. The bookshelves in the area are painted a deep purple.

Marcia has made the best of her life experiences and talents. She is a caring and compassionate person with passions that have served her well. While she is the last original owner in her neighborhood in Sun City, she has continued to grow and change while maintaining a balance in life of self-care, sharing vital information with others, and enjoying her later years. She is a strong and determined person who demonstrates qualities that can be maximized when a vital senior living community is entwined with a determined a knowledgeable individual.

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Ladies Golf—18 Holers

(cont' from page 25)

and Tamanti took the tiebreaker over Knoll, Marshall, McDonald (D) and Tilton. Just two strokes back, Boore, Fitzmaurice, Hur and James finished third. Our Captain, Sanderson, rolled her ball about 12 feet from the cup and was awarded the CTP for the day. Then, on the 26th, Briggs produced the Even Holes Only game for the Hills. Loyd led the first flight in a tiebreaker with Tipton, scoring a net 35. In flight two, Grant was first by one; McGraw took first in flight three by two strokes and Unger held off the competition in flight four to win by four. Cameron was the CTP winner, less than six feet from the hole.

September began with a Stableford format on the Hills, chaired by Dong. Warren, shot an 80, with birdies on one and 12, to finish first in flight one by a stroke; Brinkerhoff led flight two, Tamanti topped flight three and Mann birdied 16, which made the difference in a tiebreaker with Christoff, to win flight four. Hutchinson got the CTP on Hole 16, about 7 feet from draining it and carded a par. The NetChix for the month was played on the Orchard, in warm, smoky conditions created by the Mosquito fire. Cameron took the title, scoring a net 74 to win by a stroke over Wold, who made a rare appearance this year, and who placed first in flight one, two strokes clear of Meske. Cameron's birdies on eight and 11, gave her the edge. Tamanti secured first in flight two, winning the tiebreaker with Royball. Blaney earned the CTP on hole 16.

The next special event will be the annual Breast Cancer fundraising tournament, on Tuesday, October 11th. It will be chaired this year by the Lincsters.

• • •

The Pioneer Quilters Guild 2022 Quilt Show and Sale!

The Pioneer Quilters Guild 2022 Quilt Show and Sale • November 12-13, 2022, Saturday 10-5, Sunday 10-4 at the Roseville Sports Center, 1545 Pleasant Grove Blvd., Roseville. Quilt Show, Vendors, Boutique, Quilts for Sale, Raffle Baskets, Door Prizes and Lunch Available. Admission \$8, Children 12 and under Free. For more information about our Quilt Show and Sale please visit our website: www.pioneerquiltersguild.org

LH Men's Golf Club

BY MIKE MCBACK

The results are in for the second stage Senior Men's NCGA qualifier held on August 27 on the McKenzie course at Haggin Oaks. Jim Kiley and Keith Bergevin teamed up to finish tied for 5th out of a field of 40 teams from around the Sacramento area. They finished with a net 66; the top qualifying team shot 64. The top six teams move on to the finals at Poppy Hills on September 12th and 13th (we'll know the outcome by the time of printing). Jim stated, "It was an honor to represent our fine golf club and community in this event and look forward to our upcoming challenge on the Monterey Peninsula". "We thank all MGCLH for their support". Jim added.

Go Jim And Keith!!

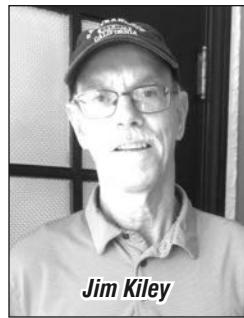
Carts 60' and Handicap Flags 30' From Green!!

The Course Care Committee met and here's some long awaited information.

The 2022 Course Care Committee consisting of Bob Schoenherr, Dan Guth, Tom Horan, and Brian Fox met with Chad Bennett on August 16, about general course conditions, and plans for improvement from Columbia Hospitality (this is copied from Bob's email dated August 17. Additional comments were provided by Dan and Brian at the meeting.)

During the meeting, Chad was adamant about asking us to be sure that "Course Care" is first-and-foremost in all of our communications with members. It should be mentioned on every email, every tournament, every flier, etc. We are open to giving Chad a column in the LinksLetter each issue. We will be sure to make "Course Care" a very visible program from here on out.

• A. First Focus for improvement plans are the Bunkers. The Architect has made preliminary drawings for reducing/reshaping/eliminating many of the bunkers and improving drainage. Next step is to obtain quotes from construction companies to complete the work. The plan is to start the project within the next couple of months depending on weather conditions. The goal is to reduce the number of bunkers and/or the size of the bunkers by 50%.



Jim Kiley



Keith Bergevin

November but with supply chain challenges ongoing, there is no guarantee on the delivery date. They will have lithium batteries and include "geo-fencing" to keep the carts out of certain parts of the course, like close to greens. (Can we make all private carts have the same app?). Driving too close to the greens, tee-boxes, par-3's, and beyond the CART Signs is a big problem. This continues to be challenging with Private carts and we need your help to keep carts away from the greens to make sure approaches stay in great shape and free of damage caused by golf carts. There have been suggestions to have a "Wall of Shame" with pictures of violators. Since many violators are residents and have their own carts, they won't be hard to identify. Maybe post pictures on Facebook, Bulletin Board, website? The golf course has the starters, Marshall the golf course throughout their shifts to help monitor this and try their best to keep carts away from the greens.

• E. Pricing of green fees, annual Membership fees etc. 2023 will be known within a few weeks. Increases are expected.

• F. We asked that the tee boxes be mowed more often, and that divot sand be made available in boxes near all restrooms on the courses. They are making sand and seed more available.

• G. As both MGCLH and the Club are interested in Course Conditions, it is important that both entities continue to communicate to all players the need to replace divots or

• B. The Agronomy team is actively hiring skilled workers (including course mowers) to get our team to where Lincoln Hills would like to have it to fully maintain the golf course.

Skilled workers (including course mowers) are competitive right now.

• C. Bridges - The bridges throughout the golf course are always part of the conversation but no major renovations or work is anticipated until the bunker renovation is complete. If there are safety concerns with the bridges, those get addressed right away on an ongoing basis.

• D. Lincoln Hills has signed the contract for a new cart fleet with scheduled delivery by

use sand, fix ball marks on the greens, and keep carts 60 feet (Handicap 30') away from all greens.

The MGCLH Board would also like to share this video for your viewing pleasure. Remember this is our golf course that we love to play on. Let's take care of it.

• • •

Pickleball Club

BY MOLLY MORRIS

Don't we love Fall?! The weather is cooler and new events are happening. The Pickleball Club is joining the fun with our annual Oktoberfest this week. Our Club has grown to over 770 members so we now hold the event in the tent at the golf course. Last year we had our festivity in the tent with costumes, brats, sauerkraut and even a chicken dance! The Beer Club did such an amazing job last year providing the brew that they are joining us again.

For our members, we also begin our competitive ladders and drill classes in October. If you are a member of the club and want to participate, see the "members only" tab on the lhpclub.com website.

Our September tournaments were very successful. We had a skinny singles event for the first time and it was awesome to watch the singles play! We also had an 80+ age event. Congratulations to all who played!

Do you want to join the fun but have never tried pickleball? We continue to hold our Intro to Pickleball classes every other Wednesday morning. If interested, send an email to welcometopickleball.com. The class is free and paddles are provided. Please bring water and wear dedicated tennis or pickleball shoes.

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

• • •

(more Club News cont' on page 31)

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425	Hopkins	1130	\$501,000	Sequoia
1901	Duckhorn	1130	\$510,000	Sequoia
2046	Stonecrest	1130	\$500,000	Sequoia
2047	Stonecrest	1184	\$500,000	Millpond
1168	River Rock	1190	\$532,500	Calaveras
2730	Woodacre	1473	\$560,000	Almanor
279	Lariat Loop	1515	\$585,000	Pine Hill
1285	Sweet Juliet	1515	\$635,000	Pine Hill
1289	Hillhaven	1539	\$615,000	Pine Hill
2945	Black Hawk	1549	\$650,000	Alpine
1400	Ivy Arbor	1626	\$590,000	Lassen
220	Ruddy Duck	1655	\$615,000	Trinity
450	Wood Duck	1673	\$670,000	Trinity
856	Yosemite	1873	\$685,000	Orchard Crest*
405	Kirkwood	1911	\$739,950	Fremont
1868	CARNELIAN	1967	\$823,000	El Dorado
915	Merino	2014	\$720,000	Tahoe*
961	Gold Nugget	2049	\$760,000	Annadel
920	Yosemite	2068	\$760,000	Tahoe*/**
1122	Newhaven	2073	\$695,000	Annadel
1365	Dapple Dawn	2073	\$794,400	Annadel
1137	Lasso Lake	2174	\$846,500	El Dorado*
2365	Granite	2536	\$1,200,000	Sonoma**
2006	Grand Pheasant	2831	\$1,215,000	Sonoma*

*Casita **View

Total Homes sold in Sun City per MLS 8/1/22 - 8/31/22

LH Billiards Group

BY RANDY FANN

TGIS! Thank God It's Saturday!

Why? Because we're playing the Breakers Tournament at 10 o'clock.

Billiard balls clacking and players oooh-ing and ahhhing as shots are made ... and



shots are missed. Players compete through six games of straight 8 ball to earn the coveted, none-Olympic medals awarded to first and second place winners.

Come join us. We'll have some fun.

The winners from our September 10th tournament were too many to be contained in one photograph. But here are first place Bob Soriano, Sue Polvi, Fin Fraser, and Marty Marovich with second place going to Henry Setyadi, Dan Lehrer, (not pictured) Judith Wechter, Wes Hamamura, Dave Polvi, and Larry Lang. On the far right is Tournament Leader Randy Fann.

Mentoring — Our next Mentoring Cue Stick Giveaway took 3 rounds to crown a winner. Nine players started Round One, eliminating 4 players. Five players in Round Two got reduced to the final two competitors. Dan Lehrer, July's runner up, was back ... and looking to take the prize. As you can see in the pre-match stare down, challenger Liz Wilmes was not backing down.

Club dues are \$10 a year. Membership year is January 1 through December 31 of each year. Dues for current members are collected January 1 to January 31. Members not paid by Feb 1 are delinquent and not eligible to play in tournaments. Membership forms are available on the Billiards Room Bulletin Boards at both Lodges and on our website below. Provide the completed membership form with cash or check to your tournament leader, or mail to the address on the bottom lefthand side of the membership form. All equipment needed furnished to players. All you need to bring is

your interest in Billiards. See what we have to offer and make new friends.

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

Not to be forgotten are our Summer Fun Get Together in September as well as our legendary Holiday Party in December. More details to come.

...

LH Cribbage

BY MEL SWITZER

Ah, the turning of the colors!!! It's autumn. The green leaves of spring are now bright red. It's everywhere! But look around and enjoy "indoor changing of the colors" of some of our Cribbage players. Their faces are turning red too!

Here are some phrases you may hear as the pink turns to red. "Three double runs in a row, seriously?" A double-double, no way! Great, 16 points in the crib plus the good Jack, 17 points, I give up! "Getting skunked is the worst." "I got out of bed for this?"

Ah, the color red is upon us. These are just a few samples of the way you can turn your opponent's face "red as a beet", to match the season. It's kind of a way to celebrate autumn, isn't it? The following winners were latest "beet makers", 8/16 Lynn Bell, 8/23 Rae Cook,

8/30 Dory Maske and a tie on between Jack Poshepny and "Champ" Phil on 9/6.

Now, steam coming out of your opponent's ears is truly a rare occurrence, to be sure. It's almost as rare as a harvest moon. But it happens, on occasion. First is the agitated look, then the curled lip, then the sweat comes out at just about the same time as the bright red face. Then the killer skunk move is applied, and presto, the steam level is accomplished. The day is over for this player and they know it. Time to go for the lowest score award, yet again.

And you thought that only time steam comes out of your opponent's ears was on Saturday morning Looney Tune cartoons. No, it occasionally happens on Tuesday morning starting at 9:00AM in the card room at Orchard Creek. Be there to witness this unique phenomenon; truly a sight to see and the admission is only one thin George Washington. No special James Webb telescope needed.

We play every Tuesday starting at 8:30AM in the OC card room for warm-ups and our tournament play starts at 9:00. But beware; the "beet red" faces can occur at any time! Yet we all have fun and laugh a lot. It's proven, you can laugh at yourself after the red face dims a bit. Wait time varies.

Seriously, it seems like we get new players every week, so come join the "fun" and maybe bring some sunscreen, just in case there are an abnormal amount of skunks. That's all folks!

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

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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 lessons and Susan Haynie has agreed to offer lessons to our

players (you do not need to be a Bridge Club member) on Saturday mornings from 930-1130 in the Fall. There will be a lesson and hands played and discussed as time allows. Lessons started Sept. 17, in the Terra Cotta room at Kiloga. Lessons are \$10 per person payable at the time of the lesson. If you are interested in lessons either sign up at one of our regular games or email phlewis399@sbcglobal.net

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Voices of Lincoln Poetry Contest Attracts 91 Poets from 51 Cities in 13 States and 5 Countries

BY ALAN LOWE

The 18th Annual Voices of Lincoln Poetry Contest was very successful again this year. The theme of the contest was "People Are... Everything." We had five new and exciting categories to challenge a poet's imagination and creativity. These included the following: "People Are Funny" "People Are Amazing" "People Are World Changers" "People Are Unreasonable" and "People Are Unpredictable."

The July 21th entry deadline attracted 91 poets. Poets submitted 202 poems in the five categories. Poets came from 31 California cities and from Grover, CO; Meriden, CT; Atlanta, GA; Barnstable, MA; Westfield, MA; Ann Arbor, MI; Carson City, NV; Merrick, NY; Rochester, NY; Canal Winchester, OH; Dayton, OH; Gallatin, TN; Denton, TX; Mansfield, TX; Hampton, VA; and Milton, WI. International submissions were received from London, England; Medellin, Colombia; Tel Aviv, Israel; and Thornhill, Ontario, Canada.

Judges selected 38 winning poems, submitted by 27 poets, including 10 "Young Poets," ages 13 through 17. Two residents from Lincoln, one from Loomis, three from Rocklin, and four from Roseville did very well in the competition. These ten received three 1st places, two 2nd places, and seven 3rd places, as noted below.

In the "People Are Funny" category

(Adult Poets), Jenna Turpin, Roseville, CA, tied for 2nd place with her poem, Miss Interpretation and Linda Reiner Vose, Lincoln, CA, tied for 3rd place with her poem, The Doctor And The Nut.

In the "People Are Amazing" category (Adult Poets), Karen Baxter, Lincoln, CA, placed 1st

with her poem, In The Eye Of The Beholder. (Young Poets) Avery London, Loomis, CA, attending Sacramento Waldorf High School, Fair Oaks, CA, placed 3rd with his poem, Burn This Poem.

In the "People Are World Changers" category (Adult Poets), Karen DeFoe, Roseville, CA, tied for 2nd place with her poem, Beer In A Bar With Walt; Randy Schwartz, Roseville CA, tied for 3rd place with his poem, Writing The Script; and D. Dayne VanPelt, Rocklin, CA, tied for 3rd place with her poem, My Father Knew A War. (Young Poets) Hannah LaRoche, Rocklin, CA, attending Spring View Middle School, Rocklin, tied for 3rd with her poem, Two Souls, One Memory and Charlize Tumalak, Rocklin, CA, Spring View Middle School, Rocklin, tied for 3rd with her poem, Genocide.

In the "People Are Unreasonable" category (Adult Poets), Marilyn Sanders, Roseville, CA, placed 3rd with her poem, Each Day I Wait. (Young Poets) Avery London tied for 1st place with his second poem, why

do we beam.

In the "People Are Unpredictable" category (Young Poets) Avery London placed 1st with his third poem, Letter From Paul Kanner (Budapest: 23 July 1947).

The Voices of Lincoln Poetry Contest special event, at which winning poets will read their poems, will be held on Sunday, October 16, 2022, from 3-5:30 pm, at The Salt Mine, 590

Lincoln Blvd, at 6th Street (Enter building on 6th Street), Lincoln, CA. Everybody is invited. This event is free to the public.

Winners will be presented with a commemorative chapbook of the winning poems.

The Voices of Lincoln Poetry Contest is presented by the Poets Club of Lincoln.

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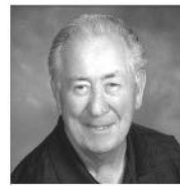
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Neighborhood Watch

Annual Meeting And Breakfast Potluck—November 5!

BY TERESA TANIN

Many activities have been well attended by our residents this year, including the successful National Night Out events October 4. Coming November 5 is another great event where we again anticipate a very large participation. This upcoming event is a crucial voting meeting to elect Directors, where a quorum is needed of participating Village Coordinators. Because this meeting is also a breakfast potluck, residents will bring bite-size breakfast foods to share. We have such great cooks here in Lincoln Hills—the food is always amazing!

Attend this upcoming Annual meeting as a resident and meet other fellow residents. Help elect our slate of Directors as a participating Village Coordinator. Enjoy meeting other volunteers such as Mailbox Captains and support group members. Neighborhood Watch relies on its residents as volunteers and as participants supporting the safety and security goals of our community.

All Lincoln Hills' residents are welcomed 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. For questions or to RSVP please email: executiveassistant@schwatch.org—Come join us for breakfast!

Neighborhood Watch SCLHWATCH. Org Mission Statement:

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



Strengthening Neighborhood Ties:

Informed residents are safer residents. All residents of Sun City Lincoln Hills are automatically members of Neighborhood Watch and benefit from the safety and security programs implemented by our dedicated volunteers.

Learn more about these programs. Visit the NW website

schwatch.org for helpful security information. Interested in volunteering? Neighborhood Watch is always looking for new volunteers to assist in keeping our community safe. We are now looking, however, specifically for someone interested in assisting in the management of the NW website. Email: ExecutiveDirector@schwatch.org if you are interested in helping!

New Volunteers! Neighborhood Watch is pleased to welcome our most recent volunteers: Penny Couser, Mailbox Captain for MS 3, Village 30B; Maggie Weaver, Mailbox Captain for MS 13, Village 22B; and Leah Green, Coordinator for Village 18 and also Mailbox Captain for Mail Stations 2, 3, 4 & 5. Wow! Each volunteer, in their own way, contribute to the success of our organization and to the safety and security of our community. Thank you Penny, Maggie, and Leah—we are fortunate to have you!

Increase Personal Safety and Security Awareness:

Want to change your email address for Alerts? You can do this yourself! If the last “Alert” went to your old email address, scroll down to the end of the message and click on the unsubscribe link. Then go to schwatch.org and click on Add me to Alerts button from your new email address. No message is required. Just click send. You will not receive confirmation. Alerts keep you informed; sign

up today!

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

You can now report a crime immediately on line directly to the Lincoln Police Department. The online citizen police report system allows you to submit a report immediately and print a copy of the police report for free. To file a report go to www.lincolncalifornia.gov/en/living-here/report-a-problem. YOU are the “Eyes & Ears of the Lincoln Police and Fire Departments.”

Encourage Emergency Preparedness including Alerts, Scams-FYI's, and Tip of the Day:

Sign up for “Placer Alerts” to receive county wide emergency alerts, including evacuation instructions.

To receive notifications go to website PlacerAlert.org and sign up for alerts.

For 24/7 Community Referral Services, dial 2 1 1 to be connected to a representative ready to help!

The heat increased in August and so did crime!

Alert-burglary-8-25-22: One of our residents reported that some unknown person(s) entered his residence on the 100 block of Whitehall Lane at or around 1:30 AM. Entry was gained by cutting the screen on an open window in the rear of the house. The perpetrator(s) had apparently gained entry into the backyard by climbing over the locked front gate. Nothing has been reported missing at this time. (V3B backs to golf course, Stags Leap Ln & Hwy 193, entrances are Truchard off Stags Leap, Sawmill off Wagon Wheel)

Alert-theft 8-18-22: Catalytic Converter from a Honda vehicle parked in the Orchard Creek parking lot. This theft occurred between 3:30 and 4:30 PM. If you have any information about this theft contact the Lincoln Police Department at 916 645-4040.

Alert-attempted gas theft-8-14-22: An attempted siphoning occurred on Cupola Ct. The resident reported his gas cap was off, but no gas had been taken. (V38C backs to open space, Parkside Drive & Spring Valley Pkwy, entrances are Stepping Stone & Pebblestone).

Alert-gas theft 8-7-22: Early morning a resident in the 900 block of Yosemite Lane noticed and reported that half of his gas tank had been siphoned. He had just filled the tank the day prior and had parked in his driveway overnight. A police report was made. (V14 backs to golf course, Sports Plaza & open space, entrance is Ingram Pkwy).

Alert-vandalism-08/07/22: Resident parked in the 1900 block of Hidden Hollow Lane reported a smashed driver's window. Nothing was taken from the vehicle. (V31C backs to golf course & Spring Valley Pkwy, entrances are Coldwater Ln & Hidden Hollow Ln off Spring Valley).

Alerts-three fraud attempts-August 2022: There were three attempts to defraud three of our residents. In one case an alleged

“Collection Agency Representative” came to the residents home and tried to collect on an account that was not the resident's. In the second case there were fraudulent charges on the resident's account. In the third case the resident received a false invoice claiming the residents owed money on a fictitious purchase. The residents were all very alert and were able to stop the fraud attempts

Alert-suspicious solicitors (two): One was described as a White male, in his 20's, about 5' 6", & clean-shaven. The second was described as a Latin male, 20 +/- & also about 5' 6". These solicitors have returned to this home in the 2700 block of Blackhawk Lane before but left after hearing dogs barking. (V35B backs to open space & Twelve Bridges Drive with entrance being Eagles Peak off Rossi Lane). Always be aware and alert and don't open your door to strangers. Talk to them through a security screen door, closed front door, or side window. Once you open your door, you lose that physical barrier of protection. If the solicitor becomes confrontational or aggressive, call the police immediately. Non-emergency call 916 645-4040; Emergency: dial 911 or text 911 with your location.

New scam FYI: A very alert resident reported that she received a text message that her Venmo account had been disabled due to a billing problem. Message said to click on the link within 48 hours or the account would be permanently suspended. Venmo accounts are attached to a bank account and used to send or receive cash. She called Venmo directly instead. They never send text messages, only email and there was nothing wrong with the account. Venmo asked for a screenshot of the message. This New Scam Alert also applies to other cash transfer accounts such as Zelle, Paypal, etc. Do not click on links in texts or emails if you have not requested anything. Always go directly to the source. If you are not sure a phone call, email, text or letter could be a possible scam, call a friend or relative and ask for their opinion. Taking a little time to be sure could save you money and/or your identity. Take the time, or better yet, just hang up!

Thefts from garages are w a y too common. Open garages allow access to your home. We strongly suggest keeping your front garage door completely closed when not in your garage. Open even a foot could leave enough room for opportunist thieves, skunks, snakes, and mice/rats. If your garage is too hot, consider purchasing an insulated garage door when your current door needs replacing. Installing a security screen door for your side door could allow cooler evening air to enter your garage, without leaving your front garage door open.

Tip of the Day: When a scammer calls, don't worry about being rude or embarrassed. Scammers want your information to steal your money or identity. Just hang up!

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

Neighborhood Watch welcomes new residents with an informational Welcome Packet. If you have not attended a New Resident Orientation or have not received your welcome packet from your Mailbox Captain, or you are a long-time resident wanting updated information, please send an email to: welcomepacket@schwatch.org. You will be glad you did!



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Shanti Landon for County Supervisor

(cont' from page 3)

Your review will confirm that she clearly understands the issues facing our county. Actions are more important than words and Shanti Landon's job knowledge, energy, and commitment clearly indicates that she should be your next County Supervisor for District 2.

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Bob McCollum, Richard Moore
Don Moura, Chuck Schmidt,
Arnie Schwartz*

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Toys for Tots

The Marine Corps Reserve Toys for Tots celebrates its 75th year of operation as the program will launch on Monday, October 10th at the Woman's Club of Lincoln on 499 E Street at 10 am. Matthew Vidosh, the new Toys for Tots coordinator, has scheduled another great program launch with co-coordinator Heidy Cicogna. Toys for Tots train engineer, Rick McCarter, will be driving



the newly refurbished trackless Toy for Tots train to the ceremony and Tamie Rogers of Tamraloo Studios will be singing the National Anthem to kick it off.

Several Local Mayors, Police Chiefs and Fire Chiefs, will be in attendance. Toys for Tots distributors like the Knights of Columbus at St. Rose of Lima parish in Roseville Lighthouse Counseling and Family Resource Center will be represented and all are enthusiastic supporters.

The last week of October, 20 drivers will deliver hundreds of boxes to retail stores and service organizations to collect toys for deserving children in our local communities. Prior to Christmas, distributors receive the toys and dispense them to the local children. Please help make this a successful program again this year. Put a toy in the Toys for Tots box at a local retailer!

Semper Fi Association — Marine Corps Birthday Breakfast On Us!

Where: Legends at Woodcreek Sports Bar & Grill • 5880 Woodcreek Oaks Blvd., Roseville. When: November 7, 2022 at 9:00 am.

Marines - Come and meet your brothers, sisters, and Navy corpsman. We would like to invite you to join a proud Marine organization with a history of service to the country, community, and Toys for Tots. R.S.V.P. to 858-748-0292 or Vidosh mattv49@att.net

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Observations on This and That

BY MARTIN GREEN

Back When: For Marcel Proust it was a madeleine (kind of a sponge cake) that triggered memories of things past. For my fellow writer and e-mail correspondent Kevin Hughes it was a clothespin. The memory that the clothespin triggered was of the time before washers and driers when clothes were hung out to dry in the sunshine.

When I read this in Kevin's e-mail my own memories were triggered. As readers know, I grew up living in a Bronx apartment building during the Depression years. Our apartment was on the third or fourth floor in the back of the building. As I recall it, our clothesline was hung to an apartment in the back of an apartment building across the way. I don't recall if our end was on our fire escape or next to a window, but it must have been someplace where my mother could reach it.

Our clothesline and others hung over the backyard of our building and the building across the way. We kids never played in these yards; they were the realms of the building janitors. I remember that every now and then a man, usually in ragged clothes, would come into our back yard and sing and our mother would give us a penny wrapped in paper to throw down to him. I guess during those depression days even a penny had some value.

I wondered what people living in the front of apartment buildings did about their clotheslines and couldn't think of anything. I

know they were't hung from the front windows as I'm sure I would remember that. I asked my younger sister, who has a better memory than I, and she couldn't remember either. Anyone out there who has an explanation please e-mail me (mgreensuncity@yahoo.com).

Another memory that came back was of the washboard that my mother used to clean our clothes. I also remember my father sitting on the sill to clean a window and worrying that he would fall out. He never did but it's something I would never do. Other memories somehow came back. I recall the meat grinder that my mother let me use to ground up meat for her. I think I've mentioned here my memories of the iceman coming around in his horse-drawn cart and putting a block of ice in our icebox and the coal truck delivering coal down a chute to the building basement. Then there was the "dumbwaiter" that we put our garbage bags in, to be delivered down a chute to the basement where I guess the janitor did something with them. Such was living in a Bronx apartment way back when.

Sports: I'm writing this on the Monday after the first week of the NFL and the men's final in the US Open tennis tournament, so I spent a Sunday immersed in sports. The 49ers, who should have started with a routine win of the not-exactly-powerhouse Bears, won in all the statistics except the final score. They were undone by penalties and turnovers,

especially penalties. The new quarterback was Trey Lance, who wasn't too impressive and I'm sure the "experts" who were calling for him to replace Jimmy Garoppolo will now call for bringing Jimmy back. One thing I noticed was that tight end George Kittle wasn't playing and he makes, I think, a big difference. So, I'm hoping he'll be back and the 49ers, no matter who their quarterback is, will do better in future weeks.

To show that miracles are still possible my New York Giants actually won their opener. Maybe Sequon Barkley, who had a big game, is really good when he's healthy. Unfortunately for the Giants they have 16 more games to play, and miracles can't happen every week. And Tom Brady, set to become the NFL's first 50-year-old quarterback, led his team to a win. Over at the US Open, which seemed very sedate in contrast to football players smashing into each other, a 19-year-old won the men's final and a few million dollars, which seems ridiculous but that's sports.

Queen Elizabeth: As everyone knows, Queen Elizabeth passed away at age 96. It was inevitable but still a shock as if anyone was going to live forever, she was the one. Our TV news has been minutely examining the fallout from her passing--what's going to happen now, how will Prince Charles--no, wait a minute, King Charles, do? Will the Commonwealth fall apart? And what about Meghan Markle? I suppose we colonists have always been fascinated by the British royals and they have furnished a massive amount of material for our entertainment. Without

them, what would our TV, especially PBS, do?

A Belated YouTube Discovery: Although I'm a fan of sports such as football and tennis the sport I participated in when I was a kid was handball and I remain a devotee. So, I was happy to discover that I could watch handball games, if not on television, on YouTube. My favorite is "YouTube and handball and Vic Herschkowitz." Old handball players out there will know who Herschkowitz is.

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ANNOUNCEMENTS

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

THE LINCOLN BRANCH OF THE SONS IN RETIREMENT (SIRs) will hold a three course gourmet luncheon at Catta Verdera Country Club on Tuesday, October 18th at 11:30AM. This cost of this luncheon is \$25 per person. All attendees must have a vaccination card that shows the last vaccine occurring at least two weeks prior to the lunch or proof of a negative Covid test within 72 hours of the luncheon. All attending must sign a liability waiver upon entry. If you are interested in coming as a guest or in joining the branch please call, David Cesio 925-899-2193.

CRAFT FAIRE AND BAKE SALE IS BACK on November 4th and 5th, 9 AM to 3 PM, featuring 40+ crafters. Lincoln Community Church, 950 E Joiner Parkway, Lincoln. Lunch available for purchase from 11 AM to 2 PM.



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- ◆ *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



Since 1991
CALL US OR EMAIL
FOR MORE
INFORMATION

916-771-4177

FOR A FREE HOME
VALUATION
EMAIL :
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Why pay 6% ?



George Brown

Experience Makes a Difference!!!

Call us for an Expert Home Price
Evaluation

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