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By the time this article is published, a  
(cont' on page 5)



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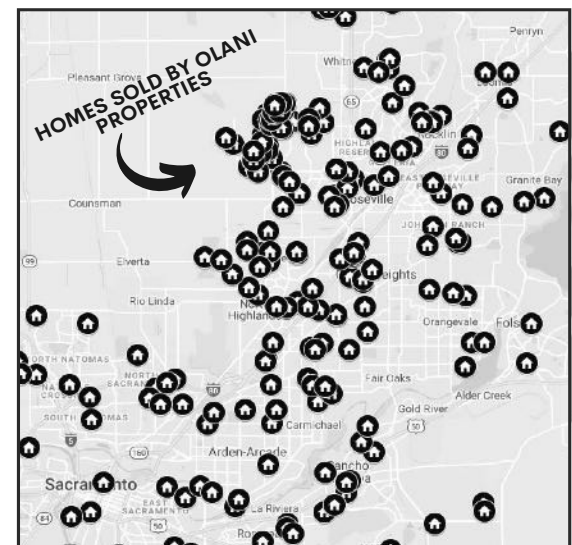
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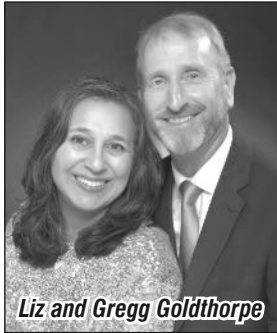
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#### SUBMISSIONS

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

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## Thanksgiving Holiday Parade Leads Off City's Holiday Event Lineup

The City's lineup of holiday events begins with the Thanksgiving Holiday Parade along Vernon Street in downtown Roseville, starting at 9 a.m., Thursday, November 19. Then start your Thanksgiving off right with the annual Turkey Trot in downtown on November 24.

The Downtown Holiday Celebration Week begins Wednesday November 30 with the opening of the Tree Grove in the Vernon Street Town Square. The Christmas Tree Lighting in the Town Square begins at 6 p.m. the next evening Thursday, December 1.

Get a full list of City holiday events going on through December at [Roseville.ca.us/Events](http://Roseville.ca.us/Events)

## Watering Days Shift To One Day Per Week

As we move into the fall and winter months, watering days have changed from two days a week to one. Both commercial and residential customers can water on Mondays before 10 a.m. or after 8 p.m.

Remember to check your soil moisture before you water. Research tells us that people often decide to water their yards just by looking at their plants or if the weather is hot and dry. The result is that often people overwater, applying more than their lawn and plants need. The only way to know is to check soil moisture with a moisture meter or dig down with a hand shovel to determine soil moisture.

Learn more at [Roseville.ca.us/drought](http://Roseville.ca.us/drought)

## Game Day Express: Riding with Roseville Transit Is A Slam Dunk

Are you tired of navigating busy downtown Sacramento traffic and parking lots? Make Roseville Transit part of your game plan! Join fellow Kings fans on non-stop bus service from Roseville to Sacramento for the Kings 2022-23 home games at Golden 1 Center.

Game Day Express is a safe, clean, and comfortable way to travel downtown and be treated like an MVP. Buses depart from Vernon Street in Downtown Roseville and stop a short walk away from the Golden 1 Center. Round-trip fares are as little as \$6.50 for Roseville residents.

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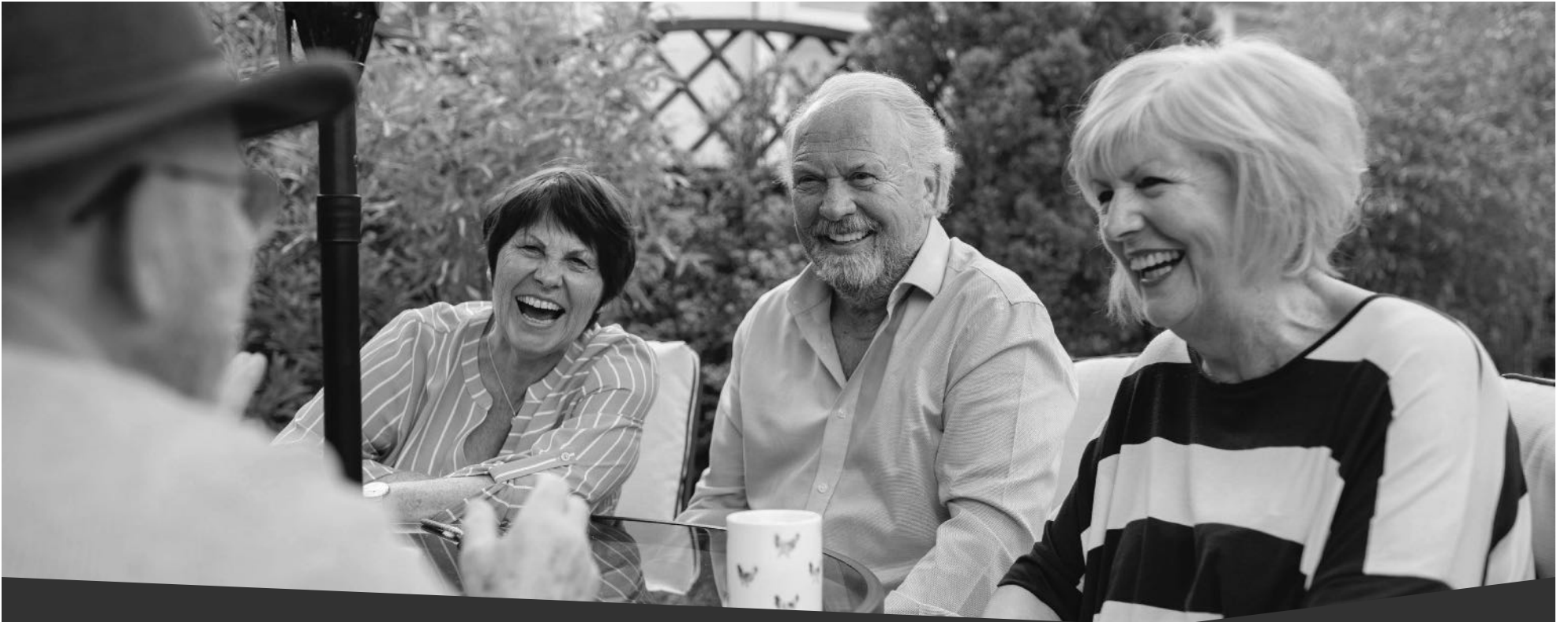
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## All Tuned Up

(cont' from page 1)

lot of "leg breaking" will have occurred at the last All Tuned Up (ATU) show for the year, "October Zest". We hope you enjoyed another sold-out show. We'll have more on that spectacular night, with pictures, in our next article.



Joe Lopez and Anne Becker.



Bill Muncy, Kenny Giorgi and Glenn Burleson.

No one creates a show program alone. ATU thanks those members and supporters who are just as important to producing a show as its performers.

We are grateful to everyone who allowed us to disrupt their living or family rooms and dens to hold endless practices at all hours of the day. We appreciate those who offered their expertise or suggestions for peak performance, better sound systems, stage set-up, recording and preserving our performances.

Thank you Pidge and Bill Muncy, Cory Blasser, Charlie Kidd, Jean Duffin, Bruce Ahnberg, Kenny Giorgi, Barbara and Gary Mills, Shirley and Ken Roberts, Gerry Capellino, Rebecca Hellman, Lem Llapitan, Sandy Blaisdell, Carolyn Winter, Frank and Marie Vanacore, and Anne Becker, mom to our sound man, Scott Holbrook.

And, thank you to our Sun City Roseville audience for your enthusiastic support over the years and sharing our love of music.

...

## SC Singers

BY JACKIE PROETT

It's November and time to give thanks. When many of us were children, an artist, named Norman Rockwell, painted pictures that depicted many emotions. Thankfulness was shown with a Grandma and Grandpa placing a huge platter of turkey on a table surrounded by a loving, smiling family. Rockwell's paintings adorned the cover of The Saturday Evening Post for many years. He gave us hope, humor, courage and thankfulness all through World War II.

Now, as adults, we need to find thankfulness on our own. We are so blessed. We just need to see.

The Singers are thankful for a caring group of Officers, for new members who are ready to jump in and join committees that do the work. We are most of all thankful for Paul and Andre who make music special.

Something else special was our October Fest party which was a great success. The food was good, and catered all by the Hospitality Committee. Thanks to Chair, Paula Scarpelli and her crew, who, bought, cooked, decorated and served. Hope you all learned how to play Corn Hole.

Now we are thankful to have tickets and flyers in our hands, so that we can go out and start filling a yawning Ballroom. Our concert, "OH WHAT FUN!" takes place in the Ballroom on December 5, 7:00pm. Ticket Chair is Gail Hixson---209-479-2981. Ticket price is \$15.00. Our concerts please every age. Grandma will love "The Hallelujah Chorus" and kids will be partial to "Rockin' With Santa".

Remember to give thanks. Oh, we may still have Covid 19, Shingles and Flu, but we also have the sun, moon and stars every day!

...

## Music and Laughter

BY JANE BOHN

Its always fun to give out the prizes at the end of our show. Hooray for guitar player/singer and first prize winner Bruce Ahnberg (also known professionally as Bruce Barley.) Other prize winners included Sue Pamplin, Susan Edie, saxophone player extraordinaire Elton Pamplin, Janet Mohr and Jun Mariano. Our audience and fan club were enthusiastic and ready for another hour of fun. Once again, we were all blessed to have fabulous

entertainers arrive ready to perform. These included, singer/guitarist Ken Roberts, saxophone player Elton Pamplin, saxophone player Jean Stephens, singer/guitarist Bruce Ahnberg, virtuoso singer Judy Hackett, and our great comics Ed Lick and Jan Montero. It was especially fun for the audience to be included with several sing-a-longs, thanks to Bruce and Ken accompanying on guitar. Needless to say, we all enjoyed another fun hour of Music and Laughter. Here comes a huge thank you to our attentive audience, our entertainers and of course, our steadfast helpers Maria Hajgato, Arlette Bennett, Jill Aggersbury and Nancy Stetz. We hope you will mark your calendars for our next show (and possibly last show of this calendar year) held at our Sierra Pines Lodge, Wednesday evening 7pm on November 9. Doors open at 6:30. Don't forget to bring your \$1 for the prize raffle at the end of the show. Now you have to agree this is a fun way to incorporate more Music and Laughter in your life.

...

## Second Act Studio Drama Club

BY LENORA DAVIS

It is November, the season of fall colors, family gatherings, and pumpkin spiced everything. One question that is always asked this month is: What are you grateful for? The Second Act Studio Drama Club is grateful for finally becoming a Chartered Club. We are also grateful for our very talented and experienced casts, crew, and directors.

Our Council has accomplished a lot in the past few months, and we are thankful to them as well. Our goal is to produce 2 performances



Top: Charlie, Lenora and Greg,  
Bottom: Tina, Susan and Judy.



Jennifer and Judy.

each year with a variety of acts sure to please all that attend. So, without further ado, let me introduce our council and 2 of our directors.

\*\*\*Photo: 1

Our Club president is Susan Glover, vice president is Lenora Davis, secretary is Greg Davis, and treasurer is Charlie Baughman. Our Council members are Judy Ball, Tina Kinghorn, and Chris Poppelreiter (not in photo). Two directors we are featuring this month are Jennifer Martin and Judy Ball.

\*\*\*Photo 2

Jennifer Martin: "I minored in drama in college and was president of Masquers, my college drama club. As a former high school drama teacher, I have directed theatrical productions for over 20 years. I have authored 3 books, 7 screenplays, 7 short plays, and a dozen short stories published in various anthologies."

Judy Ball: Has always loved acting from early childhood. She taught drama to junior high school students, and later, in Auburn, she was recruited by a friend into the Old Time Melodrama, where she performed for 2 years. She has also been in many other plays throughout the years.

Tickets for our November 21 production are selling out rapidly – do not to hesitate to get yours now.

For tickets contact Linda Vincent at 206.794.9089. Tickets are not available at the lodge information desk.

...

(more Club News cont' on page 9)



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**Bridge Preventative Maintenance Begins Around Roseville**

Preventative maintenance has begun to treat and seal more than eight miles of bridge surfacing throughout Roseville.



The improvements will repair the driving surface for 16 bridges and protect against winter weather. The project is expected to run through early 2023.

The estimated total cost of the project is \$1.8 million, which includes design, construction management and staff time. The program is being paid for with Highway Bridge Program Grant Funds and City Roadway Funds. No City General Fund resources will be used for the project.

Lane closure hours are subject to change. Watch for digital message boards to display current work schedules in each area.

See more project details, a list and map of the bridges, and stay up-to-date on the project by visiting [roseville.ca.us/bridges](http://roseville.ca.us/bridges)

**Extended Library Hours At All Three Roseville Libraries**

City of Roseville libraries have extended their hours to the public. New hours will be:

**Riley Library – 1501 Pleasant Grove Blvd.**  
Monday-Tuesday – 9 a.m. – 6 p.m.  
Wednesday – 10 a.m. – 6 p.m.  
Thursday-Saturday – 10 a.m. – 5 p.m.  
Sunday - Closed

**Downtown Library – 225 Taylor Street**  
Monday – 10 a.m. – 7 p.m.  
Tuesday-Wednesday - 10 a.m. – 6 p.m.  
Thursday-Saturday - 10 a.m. – 5 p.m.  
Sunday - Closed

**Maidu Library – 1530 Maidu Drive**  
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## Placer County Transportation Planning Agency Seeks Input On Meeting Riders' Needs

In an effort to understand how public transit can be best served throughout the County, Placer County Transportation Planning Agency (PCTPA) is seeking community input from transit riders.

As part of the planning agency's Annual Unmet Transit Needs Report, PCTPA is conducting surveys and soliciting feedback from now through November 18th on ideas to improve local transit services.

To give input as part of this process you can take the online survey at: [pctp.net/utn](http://pctp.net/utn).

.....



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## Neighborhood Watch/Citizen Patrol

BY LINDA VINCENT

Citizens Patrol is in need of more volunteers! If you can give 2-2 1/2 hours a month, it is greatly appreciated to help keep our community and residents safe. In September, we had approximately 248 volunteer hours, 130 garage doors left open and residents contacted to close their doors. The residents contacted express appreciation for the reminder they have left their garage door open or vehicle doors open. We delivered 12 Couriers to those unable to come to the lodge to pick up their Courier. We tracked address lights out, street lights out and water leaks.

We are a safe community by being aware of our surroundings and watching out for our neighbors. If you are interested in participating in Citizens Patrol, please contact Heather Kendall at 916-774-3853 or Linda Vincent at 916-774-3817.

Neighborhood Watch is seeking more team communicators and team links to disseminate information to all our residents. The information comes from Neighborhood Watch, and the team communicators and team links forward the information to their "teams" of neighbors via email. If you are interested, please contact Linda Vincent at 916-774-3817. It's so important for everyone to hear what is going on in our community. Volunteering as a Village Communicator or Village Team Link requires very little time,



predominately forwarding emails.

Thank you to all who volunteer for Citizens Patrol and Neighborhood Watch! Your hours worked are greatly appreciated and help keep us all safe.

.....

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

BY PAT TEILH

Sunshine Services important phone numbers: please keep these phone numbers handy in case you need them in an emergency.

Caregiver Relief/Individual Care call Linda at 916-886-2717. For Medical Equipment loans call 916-367-1695 and leave a message with your name, phone number and what type of equipment you wish to borrow. Dial-a-Ride tickets will be

delivered to your home by calling Donna at 916-952-0510 or Pat at 916-521-9729. Just remember, Sunshine Services is made up of Sun City Roseville volunteer residents ready to help whenever they are able.

You may pick up a yellow flyer with all of the Sunshine Services information you will need. The yellow flyers are located just outside of the Administration office on the left side in the Sunshine Services slot.

Other Important Programs

Solid Waste assistance Program: If you are physically unable to place your garbage and green waste containers at the curb for collection, you may request that the driver retrieve the cans from your driveway, roll them out for service and return them to their original location near your driveway. Call 916-774-5302 for this service. Let them know you are inquiring about the Solid Waste Assistance Program.

How do I request door delivery of mail?: To request door delivery, you need to write a letter requesting this change and attach a statement from your doctor. Send this doctor letter and your request to the post office that delivers your mail for approval. Address the request letter to Postmaster, U.S. Postal Service, Roseville, Calif. 95747.

The Sunshine Services Group wishes a Happy Thanksgiving to all the residents of Sun City Roseville. We are here for you and am thankful to be a part of your community. When you are in need, "We Are Here to Help".



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<b>Royal Princess ~ 3560 Passengers</b>	Mar 12, 2023	\$1,233	\$2,381	\$2,439
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<b>10 DAY ALASKA From SFO! Princess</b>	Jun 6, 2023	\$1,199	\$1,343	\$1,899
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	Aug 15, 2023	\$1,299	\$1,599	\$2,199
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<b>10 DAY MEXICO From SFO! Princess</b>	Dec 12, 2022	\$799	\$1,199	\$1,299
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Prices are per person based on double occupancy and subject to availability at the time of booking. Taxes, Fees, & Port Expenses as well as Travel Insurance are additional. Round Trip Lincoln Shuttle is \$200 per person. Please call for current availability and pricing.				

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CST # 2033380-40 Updated October 2022



## Dance Club

BY LENORA DAVIS

On October 2 the Dance Club performed at the Newcomers Club meeting with routines from Tap, Clogging, Country Couples, Ballroom, and Line dancers – displaying the wide variety of dance classes available to the newer residents here. The dancers were very well received, and everyone seemed to enjoy

We are always welcoming new members to the Dance Club. Just want to try it out? The first class for any of the dances is always free and participation fees are nominal after that – so why not give it a try? Not only do we have many classes to choose from, but also monthly social events. Check out our schedule of classes in the Club section of the kiosk in the main lobby of the Timbers Lodge.

Members - do not forget to get tickets for



Performers from Line II, Tap, Clogging, Country Couples and Ballroom.



Newcomers enjoy Line dance lesson.

the show. At the end of the show, Shelly Winters, our Introduction to Line Dance instructor, had nearly everyone from the audience up and on the dance floor learning a basic Line dance. I was pleasantly surprised to see so many smiling faces ready to give it a try. Yet another reason to move to Sun City – so many opportunities to join in on social activities and wonderful ways to introduce new residents to our community.

yourselves and guests for the Holiday Dinner/ Dance scheduled for December 6. As always, our various groups will put on a series of dazzling performances.

So, EVERYONE, join us to learn something new and have fun doing it too.

• • •

## Fine Arts Club

BY NANCY VAVUL

We have officially begun the holiday season and what better way to begin than to attend the Holiday Craft Faire on November 5, from 9:00 am to 2:00 pm at the Timber Creek Lodge. Needle Arts, Creative Arts, and Fine Arts will be offering up one-of-a-kind gift ideas, books, bake goods, and artwork; and we will also have a multitude of vendors selling unique items such as jewelry, cards, cooking supplies, and dolls, as well. Don't miss this opportunity to get a jump-start on your holiday spirit.

There will be no Monday acrylics classes in November and December, but Donna Self will be leading some paint-along events on November 11, 17, and 28, from 1 to 4:00 pm, as well as a fourth one on December 1 from 6 to 9:00 pm. Donna has also agreed to teach another alcohol ink workshop some time in November. Check the room for specifics. Tracy Owens will again join us for a mixed media workshop on November 9 from 12 to 3:00 pm. This month also features Pat Abraham's "Let's Have Fun with Watercolor" class on November 1, 8, 15, and 29.

The demonstrator for our general meeting on November 10 will be Linda Akers, owner of "The Feathered Nest Gallery of Antiques and Art" in Citrus Heights. Her interesting approach to art and her abstract imaginings are not to be missed!

Finally, looking ahead, remember that sign-ups and payment for the Holiday Luncheon "The Eleven Days of Christmas" are due by December 2. Also, be aware that small works for the December display case window will be received on December 3 at 10:30.

This holiday season is full of wonderful opportunities, so be sure to mark your calendars so you don't miss out!

• • •

## Needle Arts Club

BY CJ KIDD

Keep sharing your smile. Your smile helps others see things in a brighter light.

The Needle Arts Club has the 24th Annual Holiday Craft Faire coming up on Saturday, November 5th in the Timbers Ballroom, Hall and Lobby. The Faire begins at 9:00 AM and continues until 3:00 PM. It will be a great opportunity for you to begin your Holiday shopping. Our famous bake sale will be in

the Needle Arts Room filled with lots of home-made goodies. You really need to stop by, browse and take some home. Hope to see everyone there.

The November General Meeting will be Wednesday, November 2, in the Ballroom at 1:30. The program will be a Show and Tell from our creative Needle Arts Members. You will be inspired by all of the beautiful creations that our members will share with us.

Please be sure you have paid your membership dues for July 1, 2022 through June 30, 2023. Dues are \$15.00 per year. Please make checks payable to SCRAC. Fill out the membership form. Be sure to include your association number on the form. Turn the form and your check into Karen Porter or drop it off at the Needle Arts Club Room. There is an envelope with Membership written on it. It will be on the counter on the right as you enter the room.

Have a wonderful Thanksgiving Holiday with your family and friends. It is a special time of the year. We are all thankful for everything good in our lives. Be sure to tell your family and friends how thankful you are to have them in your life.

• • •

## Cinema Group

BY BRIAN SUTTON

Let's extend the baseball season with our November movie,

*A League Of Their Own* (1992)

Directed by Penny Marshall

As America's stock of athletic young men is depleted during World War II, a professional all-female baseball league springs up in the Midwest. Competitive sisters Dottie Hinson (Geena Davis) and Kit Keller (Lori Petty) spar with each other, with scout Ernie Capadino (Jon Lovitz) and with grumpy has-been coach Jimmy Dugan (Tom Hanks) on their way to fame. Madonna and Rosie O'Donnell co-star as two of the sisters' teammates.

Chicago Sun-Times movie critic wrote, "A



(cont' on page 10)

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126 HOMES SOLD IN SUN CITY JANUARY TO SEPTEMBER 2022

PRICE RANGE	SQFT	NO.	MODEL
\$425,000-\$566,000	964-1176	11	MEADOW
\$455,000-\$550,000	1198	8	TIMBERROSE
\$522,000-\$587,500	1323-1343	9	ORCHARD
\$525,000-\$701,000	1334-1347	13	ROSETREE
\$545,000-\$641,000	1476-1500	11	COUNTRYROSE
\$530,000-\$803,500	1547	16	SHASTA
\$599,000-\$645,000	1560-1578	3	PINERY
\$630,000	1583	1	REGENT
\$550,000-\$700,000	1618-1781	5	CALAVERAS
\$617,500	1638	1	PARKLAND
\$615,000	1658	1	BAYWOOD
\$580,000-\$805,000	1741-1869	18	YOSEMITE
\$635,000-\$688,500	1774	2	IRONWOOD
\$615,000	1799	1	GROVE
\$620,000-\$745,000	1840	4	PLUMAS
\$660,000-\$815,000	1994-2032	4	SUMMIT
\$656,500-\$785,000	2083	3	SIERRA
\$660,000-\$875,000	2287	10	DELTA BREEZE
\$749,000-\$899,000	2362	2	HEARTHWOOD
\$872,000	2375	1	STONECREST
\$730,000	2538	1	TIMBERLODGE
\$1,150,000	2665	1	WILSHIRE



### September Home Sale Averages

Homes Sold: 22  
Days on Market: 31  
SqFt: 1,693  
Price per SqFt: \$373.12  
Listing Price: \$628,873  
Closing Price: \$619,677



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\*All data reflects homes sold in Sun City on the metrolist service taken on 9/29/22\*

## Cinema Group

(cont' from page 9)

warmhearted comedy and a classic baseball movie."

New York Times movie critic reported, "One of the year's most cheerful, most relaxed, most easily enjoyable comedies".

Join us for this delightful movie: Friday, November 18, 1:30 pm • Spruce Room, Sierra Pines

As always, Admission is Free!

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

...

## Roseville Stamp Club

BY TIM MILES

We're into our holiday time of year and that means we only have one meeting in November. The date is Monday, November 14 at 6:30 pm because Tuesday is Election day. The Sun City Lodge location is an election site (7050 Del Webb Blvd) for the community. This will be our last meeting in 2022 because of the need for space for the various get-togethers of the Sun City clubs and organizations who meet for the holidays. Our next meeting will be in January 2023 and the dates will be printed in the December column.

Al Capparelli (916-771-8288) is planning to hold "one-on-one" meetings with members who wish to focus on where their collections

are going and how they can fill in gaps in their individual collections to fill their needs. Contact him and he'll set up time to meet with you at his house. This would take the place of the usual "open garages" and allow him to specifically concentrate with you on your particular collection.

AI is available for anybody, member or not, who wishes to be updated on the value of any collection, small or large. All our members are of service in this manner at no cost to anybody.

We have access to all equipment from albums to stamps hinges and everything in between at reduced prices, should anybody need something.

Once again, we mention that Al Raub (acraub.cal@gmail.com) is your contact person for all club communications and he has everyone's email address and is timely as to any info that needs to be disseminated to members.

Lastly, the Roseville Stamp Club wishes all our readers a healthy and happy holiday season.

...

## SCR Computer Club

BY BARBARA EICHTEN

There will be no General Meetings in November and December. Check out our website for scheduled SIG meetings and "Frequently Asked Question Sessions!"

Check out our Website for programs in January and February!

Special Interest Groups (SIGs):

(cont' on page 11)

# "They truly gave my mother moments of joy"

Kathy, Daughter of a CountryHouse resident

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

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RCFE #312700033



## SCR Computer Club

(cont' from page 10)

Genealogy - Will meet on the 2nd Thursday, November 10, 2022 at 2:00 - 3:30 in the CLUB room. PJ Palmer will continue the workshop to add forms and information to your family tree. Input by knowledgeable members is encouraged. No dues will be collected at this time.

iDevices - Meets on the 1st Wednesday, November 2 from 12:00 - 2:00 in the CLUB room. Members will be present to assist with questions and suggest "Tips and Tricks" you may not know.

Photo SIG - PhotoSIG will meet on the 3rd Friday November 18 at 10:00 in the CLUB room. Submission of a maximum of 3 photos, sent to PhotoSIG916@gmail.com, is due by Monday, November 14, 2022. November's theme is "Plant Life." Contact Dennis Studer or Jenniii Ramirez for additional information.

Digital Imaging and Editing - Will meet on the 1st Friday, November 4, 2022 at 10:00 - 12:00 in the CLUB room. Use Elements to edit, process images, and improve taking your photos.

All "Bout Apple - Will meet on the 2nd Thursday after the 2nd Tuesday, November 17 from 2:00 - 4:00 in the CLUB room. Contact Charlyn Ross (916-772-1447).

New SIG - Card Making - will meet on the 3rd Tuesday, November 15, 2022 at 1:00 - 4:00 to make cards with Rubberstamps. Call Cathy Fluellen (623-256-0280) to reserve a spot.

• • •

## Conservative Action Group

BY SHERRI SCOTT

In the last days of September, Conservative Action Group members delivered materials and held discussions with interested Sun City residents. On one of these days, after delivering materials, the volunteers joined the candidates and other volunteers in a BBQ. The BBQ was fun, and the attendees were extremely energized about the upcoming election.

Three conservative candidates running for three different seats on the Roseville City School District Board were at our meeting on October 3. Alisa Fong, an existing Board member, Kent Meyer, a military veteran, and Jonathan Zachreson, a father of three in Roseville are fully committed to keeping the highest quality of K-12 education already achieved by this district.



The rest of the meeting was dedicated to election integrity. The Election Integrity Project California or EIPCa is an organization of U.S. Citizen volunteers to ensure that



every legal vote is accurately counted. It is a non-political group that does not support any political campaign or endorse any candidate. Through their efforts they have uncovered the weaknesses in California's election laws and processes which have allowed for fraud to take place. Please visit their web site at eip-ca.com to see all of their activities. For the November 8 election they are recommending the following as The Safest Way to Vote:

1. Take your Vote-By Mail ballot and envelope to your assigned precinct
2. Do Not put your ballot into the Ballot Drop Box
3. Hand your Vote-By-Mail ballot with envelope to poll worker, make sure they stamp the ballot and envelope with the "Spoiled/ Surrendered" stamp
4. Sign the register next to your name
5. Receive a "Poll Ballot" from the poll worker
6. Mark your ballot
7. Insert ballot directly into the Scanner

Our next meeting will be November 7, 6:30 pm at Sierra Pines.

• • •

## Healthcare Professional Group

BY LINDA GORDON

The Healthcare Professionals Group is open to all residents with a Healthcare Background, past or present. We meet bi-monthly on the first Wednesday of the odd numbered months for socialization, lunch and a speaker. We meet in the Ponderosa Room in Sierra Pines at 11:00am-1:00pm.

Due to unforeseen circumstances it was necessary for us to cancel our September meeting but we hope to have Carolyn D'Agostino LCSW back in January to give her presentation on Palliative Care.

Our next meeting will be November 2. Our presenter will be Darlene Cullivan Senior Director of the Gathering Inn. For those not familiar with the Gathering Inn, it is a multifaceted, multi-location agency serving over 185 homeless men, women, and children each and every day right here in Placer County through programs at four separate locations. Their vision is to end homelessness in our community. Cost is \$10. RSVP by October 28 to Linda Gordon information shown below.

For those who wish, there will be an opportunity to make a donation to the Gathering Inn at this meeting.

Blood Pressure Clinic 2nd Wednesday of each month from 9:30-10:30am in the Fitness Center. No appointment is necessary. Next clinic is November 9.

Remember: The club is being resurrected and transformed. Now is a good time to join us,

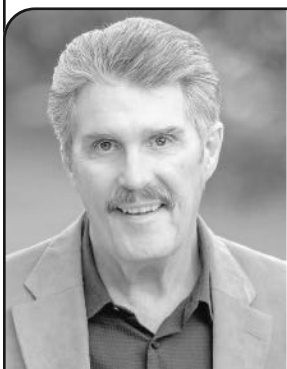
(cont' on page 13)



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## Ambassador Committee

BY LINDA NELSON

Time for Thanksgiving. We are grateful for this time of year when the air is clear and the leaves are changing, for time to be spent with family and friends during the upcoming holiday season, and for living in Sun City Roseville. We are now fully launched into the 2022-23 year and have gotten off to a wonderful start with beautiful weather and an open season of clubs and activities in full active mode. We are grateful for the environment and the neighbors with whom we live.

As most of you may be aware the Ambassador Committee, in being the “face of Sun City Roseville”, gives tours to potential new residents and to realtors, and gives new resident orientation three times a year. In addition we represent Sun City Roseville at

the monthly Roseville Chamber of Commerce where we promote the facilities and functions which are open to the public. These include the catering and reception services, the golf courses, and the restaurant. We also support other activities upon request from the Activities Department, like greeting folks and taking tickets at some of the entertainment events.

We had a Party to say thank you for the Ambassadors on the committee who have reached the end of their term and to say welcome to the new 5 new Ambassadors: Susie Ladas, Carol Roden, Paula Hau, Lee Schaefer and yours truly Linda Nelson. The party was a big success with lots of appetizers and desserts and well wishes for all.

Our Ambassador Committee meetings are open to all Association members. The meetings are held on the third Tuesday of every month at 2 pm. Happy Holidays!



Lee Schaefer, Carol Roden, Susie Ladas, Paula Hau, and Linda Nelson.

## Website Work Group

BY CHARLYN ROSS

30 Days Hath November — Julius Caesar is blamed for adding ten days and a leap day to the calendar, and giving November only 30 days. Nevertheless, November is an important month as it features Election Day, Veterans Day, and Thanksgiving, along with lesser known holidays, “World Kindness Day” (13th), “World Peace Day” (17th) and “Black Friday” (25th). “Black Friday” originated in the 1950s, when employers noticed on the day after Thanksgiving, many workers called in sick, so they could begin their holiday shopping.

Volunteer Opportunities — Even though November may be a busy month, Sun City Roseville (SCR) residents need to give some time to the many, important volunteer opportunities. The colorful VOLUNTEER button, located midway to the bottom of the Resident Website’s home page, [www.scrs.org](http://www.scrs.org), provides information about the various committees which allow residents to be involved in SCR’s day-to-day operation. Each committee name is a link to its web page. Every month a committee is highlighted, and a description of that committee’s function is displayed on the Resident Website’s home page, just above the VOLUNTEER button.

Scrolling down the VOLUNTEER page you will find a list of other opportunities, such as Citizens Patrol/Neighborhood Watch, Lodge Library, Sunshine Services, Chartered Clubs & Resident Groups, and, for our golf courses, “Evening Host”, “R.A.M.P.”, and “Goose

Patrol”. You may have not heard of some of these, but the link for each one will provide their specifics.

All of these VOLUNTEER opportunities are important to maintaining Sun City Roseville’s great lifestyle.

Strategic Plan Implementation (SPI) Work Group

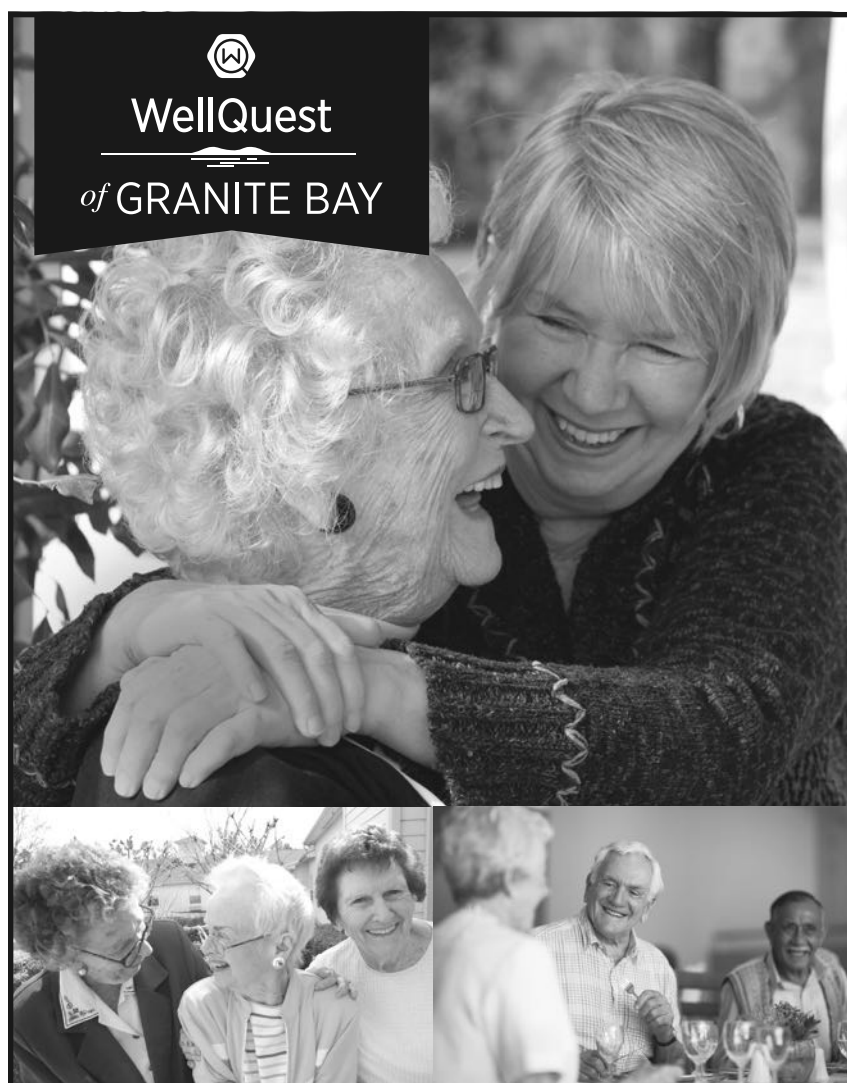
This important Work Group was established to help maintain our community’s facilities and to continue to meet the needs of its residents. Using resident surveys, the SPI obtains information to help define and prioritize what projects are needed.

During the past year, we have seen Phase A-1 projects completed, which included a door to secure the Library, as well as changes to the Wall Street Room and Catering Offices, which permitted the addition of a much needed Bride’s Dressing Room. In addition, Master Improvement Plans for the Common Areas and Golf landscapes have been adopted.

As we proceed into the new year, we will be seeing more construction activity, as SPI continues its goal of maintaining and improving our facilities with Phase A-2, the renovation of the Fitness Center locker rooms and expansion of the Fine Arts and Creative Arts Room.

The SPI Work Group welcomes residents to its meetings, and perhaps, to become involved in their work, especially residents with construction related experience.

A link to SPI Work Group information can be found on the Resident Website home page, [www.scrs.org](http://www.scrs.org), below the featured photo. Additional information on SPI Phase A-2 and



  
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## Website Work Group

(cont' from page 12)

the recent survey are available to the right of the featured photo.

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

Our Website Needs You!

The Website Work Group meets 9:00 – 10:00 am, the first Wednesday of each month, in the Aspen Room. The meeting is open to all residents. Staff is interested in your views of the Resident Website, [www.scrca.org](http://www.scrca.org)

## Governmental Affairs Committee

BY STEVE CHO

Summer is over and Fall is here. That might be a mixed blessing for some but you can't fool mother nature. We get into a habit of assuming the change of seasons is a natural phenomenon as it has been for the past hundreds, thousands of years.

Just as seasons change, there will be a changing of government officials. By the time you read this, the November general elections will be in process. Perhaps you have voted already but for many, their votes are waiting

to be cast. Voting is a freedom that we, as Americans, enjoy under our Constitution. The ability to vote should not be taken lightly and all citizens should exercise their option to vote. Remember, every vote counts!

Another change that will be affecting us is an increase in utility rates. A team from the City of Roseville was present at our last meeting in September. They came to explain why an 8% increase in utility rate was necessary. Coupled with an already approved increase of 4% that will take place, the net utility rate will be increasing 12% effective January 1. In comparison to PG&E and SMUD, utility rates in Roseville will still be lower than PG&E and SMUD.

The guest speaker for the Oct GAC meeting featured Don Perkins. Don has a combined 60+ years of fire service experience. He founded the firm Fire Cause Analysis. He presently provides an oversight role to a team of highly qualified fire investigators. Mr. Perkins has conducted or supervised over 4,000 fire investigations and has over 45-years of specific experience and continuing education in fire/arson investigations involving commercial and residential property, vehicle and marine vessels, arson and fraud, and has given expert witness testimony in both State and Federal Courts, involving both Criminal and Civil litigation cases.

The next GAC meeting will be on November 8, 2pm in the Aspen/Birch room.

## Healthcare Professional Group

(cont' from page 11)

give your input and get involved, all suggestions gratefully received and discussed – continue your healthcare identity!!

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

## Jewish Fellowship Circle

BY LOIS ARLEN AND KAREN LEVINE

The potluck event and the annual Break the Fast were a great success. The "Jewish food" specialties were exceptional. The desserts were sumptuous, and everyone had a great time. We are still looking for volunteers to help run our services which are the first Friday of each month. The service is brief and can be mostly or completely in English. The Board has prepared two different scripts to make it very easy for anyone to contact a service. Our group is very willing to help and support anyone who is willing to do this "mitzvah". As always after the service there is an oneg with delicious desserts.

We have nominated our Officers for 2023 which include a new President, a new Vice President, continuing Secretary and Treasurer and five Directors.

An upcoming event with our Jewish Fellowship group is in the process of being arranged by Diane Greenberg. It is a day trip to the Kashenberg Ostrow Hayward Library and

Cultural Center (KOH) in Sacramento. KOH, which is open to the public, is a place of Jewish learning and cultural enrichment for reading, learning and gathering among an increasing collection of Jewish books and media.

As we are now in the Fall season and approaching soon the end-of-the-year, our last event for this year is our annual Hanukkah dinner at the Sierra Pines. It will be held on December 18, 2022. Details will follow in a flyer. Please watch for the flyer in your email.

## International Social Group

BY CYNTHIA SINDREY

The November event for the International Social group was changed to the first Wednesday in November instead of the third Wednesday in November due to the conflict with Thanksgiving. A catered Chinese dinner along with entertainment is planned. It is hard to believe that 2022 is almost over and now we are planning the traditional "Bringing In The New Year" party at Sierra View Country Club in Roseville on Saturday, January 21, 2023. Please put the date on your calendar and join us for what has proved to be the best event we put on. Flyers will be sent either by e-mail, regular mail or on the rack in the Lodge. Rides are always available.

We wish you all a "Happy Thanksgiving".

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

(more Club News cont' on page 13)

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## SCR Democrats

BY TONI FISHER

We have spent recent months working in support of those candidates whom we have determined to be the best choices for the positions they are seeking. Our support is not based solely on the political party they represent. We support these candidates because they have shown themselves to be intelligent, ethical and without egos. They are highly experienced and committed to serve all residents of their area, no matter their political preference. Our vote expresses our preference for the best one to serve us in the coming years. We look forward to viewing the results in the coming days.

Another group that is committed to an ethical, nonpartisan approach to their work is the Placer County Board of Elections. Our group has staffed two precincts in the lodge for many years as a service club. As we raised funds for our activities, we have also come to appreciate the hard work of the County staff. Led by Ryan Ronco, the Clerk-Recorder/Registrar of Voters, the entire staff works tirelessly to prepare, conduct and record the election results with integrity, showing their work to be focused solely on conducting a fair election with reliable results. While California is generally known for this, we are especially happy to highlight and show our gratitude for the work of the Placer County staff.

• • •

## Solo Friends

BY CATHY SCHIMANSKY

November and December are two favorite months because we can participate in multiple November and December gatherings in addition to planning for “the sooner than you think” upcoming New Year social opportunities.

Solo Friends membership continues to grow as our Sun City residents realize that sharing time together and planning ahead makes the holidays and group events much more emotionally gratifying than being alone.

Formal studies evidence that spending time on experiences such as participating in group activities instead of buying tangible items is more likely to buy happiness. Simply speaking, sharing time with others over “buying stuff” creates happiness and is especially true for seniors. Research shows that when we

connect with people around us whether they are friends or even unfamiliar to you helps you experience joy and gratification.

The Solo Friends last regularly scheduled third Saturday of the month social catered dinner of 2022 will be on Saturday, November 19 at the Sierra Pines clubhouse. The always highly attended festive December holiday social will be in the evening on Tuesday, December 13 in the SCRCA Timbers Lodge. The December holiday social includes a Timber Creek Ballroom catered dinner, holiday singing, and music provided by a local DJ company. Both the November and December dinner events are limited to members and their guests.

Solo Friends council members have already planned the 2023 dates for both the first Monday of the month general meetings and third Saturday of the month Saturday socials. Our members can plan on sharing time together at our successful educational and entertaining meetings in the coming year. The general meetings will still be at the Timbers lodge and the catered dinner and entertainment socials will still at Sierra Pines. This is just a quick reminder that there is no general meeting in December, 2022; the next general Solo Friends meeting is scheduled for Monday, January 9 because the first Monday in January 2023 is celebrated as a national holiday. All residents and guests are welcomed to attend the general educational/informational meetings free of charge. The third Saturday of the month catered dinner socials are members and their guests only.

So current and future Solo Friends members, it's time to “boost your happiness and gratification score” by participating and planning for the social events made possible by Solo Friends now and in the coming New Year.

• • •

## Mantra Meditation

BY ED CERVANTES

Mantra Meditation – A Deeply Relaxing Experience...

You are cordially invited to join us for a peaceful hour of mantra meditation, music and good company. Come learn a simple method of meditation that uses soothing mantras and music to ease the stress and anxieties of daily life and emotional situations. The practice of mantra meditation is as universal as the sunrise. Everyone can enjoy the beauty of

a sunrise and be warmed by its golden rays. Likewise, through this meditation everyone can find spiritual beauty, warmth and comfort.

The meditations will be practiced seated in chairs and the program is presented free of charge.

Here are the dates, times and locations for our upcoming meetings.

Monday, November 14th • 10:30am to 11:30am, Aspen Room in the Timber Creek Lodge.

Monday, December 5th & Monday, December 19th • 1:30pm - 2:30pm in the Ponderosa Room at Sierra Pines.

Mark your calendar and we look forward to meeting you.

Ed Cervantes and The Heart of Gold Meditation Group, mantramedclub@gmail.com

• • •

## Socrates Café

BY STEVEN GUSTAFSON

You may remember from the Star Trek television series that Vulcans, such as Spock (Leonard Nimoy), are exceptionally rational and capable. Also, you may remember that the Vulcan salute is “Live Long and Prosper”.

But some members of Socrates Cafe, Sun City's philosophy discussion group, have asked “Why should we strive to Live Long? Perhaps any length of life is sufficient if it is lived compassionately and wisely? Seneca, the famous Roman stoic philosopher who was a contemporary of Jesus, answered this question affirmatively in his essay “On the Shortness of Life”.

Typically over a dozen Sun City Residents have intriguing discussions on such questions when we meet at 10:00 on the first Monday of the month in the Timbers Lodge. The questions we discuss are often “down to earth”. For example, at our October meeting we discussed “It isn't possible to be slightly pregnant, but is it possible to be slightly Fascist?”

You are welcome to join our discussions.

• • •

## Rods & Relics

BY ELNA RAGAN

October saw a huge local event at the Lincoln Airport Open House. Members from our Club had their vehicles on display along with other classics and exotics. There were over 65 aircraft ranging from home-built

experimental aircraft, WWII War Birds, and sleek modern aircraft. The event was highly successful with approximately 4,000 residents enjoying it.

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

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

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

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

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

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

Web Site: [www.rodsnrelics.net](http://www.rodsnrelics.net)

• • •

## Republican Group

BY GWEN MYERS

We were pleased to have a number of candidates for our October meeting. Dry Creek Joint Elementary School Board Candidates, Jon Fenske, Jason Walker and Jean Pagnone spoke about why they are running and what their goals are. Jonathan Zachreson, candidate for the Roseville City School District, told of his interest in being a member of the school district and the knowledge he has obtained by volunteering with educational organizations. City of Roseville District 2 Council Member and Candidate Pauline Roccucci discussed her long and outstanding record serving on the City Council as she seeks another term.

(cont' on page 17)

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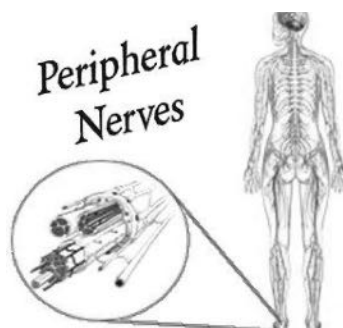
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# Neuropathy Relief Is Possible

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



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

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

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

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

## Three Factors to consider for Effective Neuropathy Treatment:

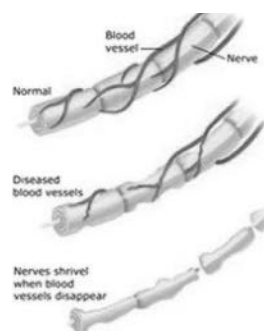
1. Underlying cause?
2. Amount of nerve damage sustained?
3. How much treatment is required?

## Three goals of treatment at Lincoln Acupuncture:

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

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

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



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

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

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

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

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

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

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

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



## Republican Group

(cont' from page 15)

President Carole Vallaincourt announced the annual Christmas Brunch to be held Thursday, December 8 at 9:30 am in the Ballroom. There will be entertainment and a drawing. Cost is \$26 for members and \$28 for guests. You will be able to pay at the November meeting. Contact Carole for more information.

Our next meeting is Thursday, November 3 at 6:45 in the Ponderosa Room. We look forward to having representatives of the Roseville Police Department discuss types of crimes that are occurring around the city and how officers are protecting us. Let's honor our police!

• • •

## Birders

BY JANET MORELLI

In mid-September, SCR Birders got started on their planned 2022/2023 scheduled field trips with a walk in SCR Oak Grove Park and the Central Preserve across the street. After several weeks of hot weather, the Birders were treated to a cool morning, perfect for bird watching. Twenty-three species were identified, including three Warbler species (Wilson's, Yellow and Orange-crowned), a Black-chinned Hummingbird, and a Black-headed Grosbeak.

Early in October, the Birders visited the Ferrari Ranch Preserve Trail west of Lincoln and spotted 20 species including dozens of Northern Mockingbirds, a Ring-necked Pheasant, Northern Flicker, and Common Gallinule. Later in October, the Birders will visit the Woodland-Davis Clean Water Facility located in Woodland where they sighted 27 species the last time they visited this site.

The Birders' Field Trip Schedule covers the period from mid-September this year through mid-May next year. In general, trips are planned for the first and third Thursdays mornings of each month. A copy of the schedule can be found on the Birders Group website. An eBlast email is sent to SCR residents on the Birders' email roster a week before each trip that provides the meeting time and place for the upcoming trip plus information on carpool fees and site fees (if any). To be added to the email roster, residents should contact Janet Zeitman (916-771-5235) or Janet Morelli (916-782-6393).

November 3 will be the first scheduled

field trip for this month. The destination will be to Gibson Ranch Regional Park in Elverta, a 355 acre county park with a large pond and several trails. The last time SCR Birders visited this park, they recorded sighting 34 species, including Yellow-billed Magpies, Ruby-crowned Kinglets, Double-crested Cormorants, and Great-tailed Crackles. On the third Thursday of November, Birders will visit the Nimbus Fish Hatchery in Rancho Cordova.

• • •

## Garden Club

BY SUZETTE AUSTIN

At our October general meeting we welcomed Jeff Holland, a Sun City resident, who shared his years of gardening experience as he spoke to us about Urban Gardening. We thank Jeff for his presentation.

Mike Horrell hosted a hands-on workshop his home for club members in mid October. It was a demonstration of pre-planting of seasonal annals into pots to encourage a season-long show of eye-catching flowers.

Georgette Porter, a Master Gardener will speak to our club on our November 1 general meeting at Sierra Pines. Her presentation, "Gardening with Bulbs," is about creating color, variety and interest in your garden using bulbs. She will go over planting tips and techniques, types of bulbs, when to plant, how to plant, and where to plant bulbs that come back year after year. Discover how feeding the soil is the time-tested secret to a beautiful garden. Learn how the location where you live and climate zone affect bulb growing, as well as which bulbs naturalize and which ones need to be replanted every year.

Our annual Holiday Breakfast including a gift exchange will be Tuesday, December 6 at 8:30 am in the in the Lodge. This will be our December meeting and we will not have an evening speaker.

We are planning lots of interesting topics for our club meetings in the new year.

Our general meetings are on the first Tuesday evening of each month and our next first meeting in the New Year will be January 2. Doors open at Sierra Pines at 6:15 pm for social and cookie time. Meetings begin at 6:45 pm and will end by 8:15 pm. For more information about our club contact Karen Burford at 530-575-8384 or karinab@aol.com.

• • •

## SCR Hiking Group

BY DORIS MERCHANT

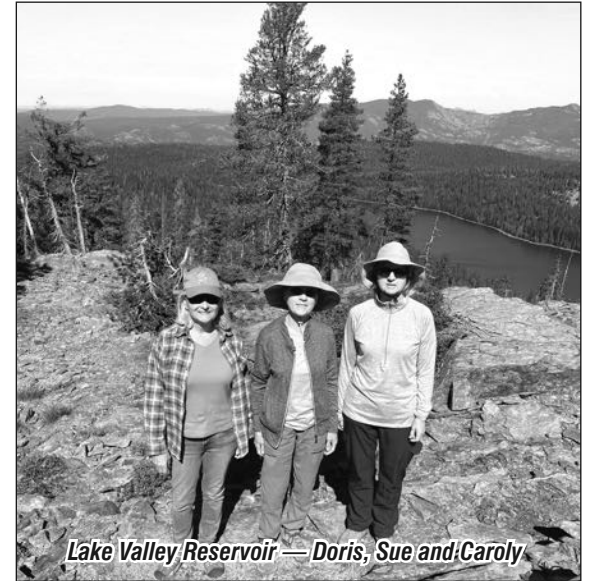
Important: Please note that our hikes now leave the parking lot at 9:00 am, so plan to arrive by 8:45. Since the hikes are closer to home, the drives to the trailheads will be shorter.

At the last Group Meeting, it was announced by our organizer, Dori, that our yearly Christmas dinner will be held on December 13 in the Solarium at the Timbers Restaurant. Menu choices will follow. Ten ladies volunteered to bake cookies for our annual goodie bags to be given to each attendee. They are always a hit!

November 3: Magnolia Ranch & Dave Moore Nature Area, rated 4 (easy), 5.5 miles, \$8 carpool ride.

November 10: Nimbus Hatchery to Sunrise/Sacramento Bar, rated 3 (easy), 7 miles, \$8 carpool ride.

November 17: Weimar, rated 5 (moderate), 5.5 miles, \$8 carpool ride.



Lake Valley Reservoir — Doris, Sue and Caroly

November 24: Thanksgiving - No Hike.

November 25 - Robbie Point (if there is sufficient interest), rated 3.5 (easy), 3 miles, \$8 carpool ride. We will be back to the cars before noon, so just bring a snack.

• • •

## Cycling Group

BY SUZETTE AUSTIN

October was a beautiful time for cycling in our area, and our club has taken advantage of that both in terms of rides and other group activities.

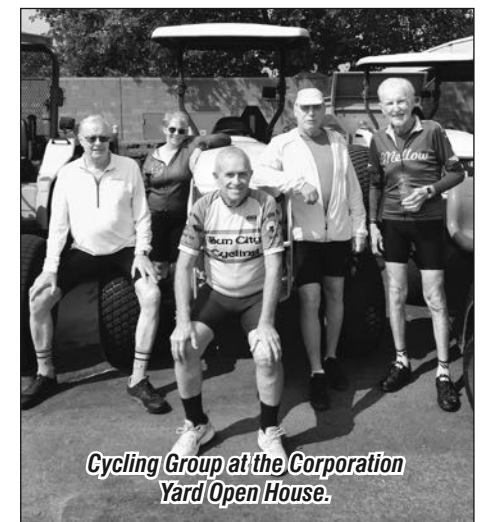
On October 10 we had a Folsom/Mexquite Ride. This 20+ mile ride started at Mexquite Mexican Restaurant in Folsom and returned there for lunch.

Our Oktoberfest Celebration was on October 8 at Sierra Pines. We started the evening with live accordion music and Cornhole on the patio and then dined on barbecued brats and

chicken and served with homemade sauerkraut and all the fixings.

Roseville's Lead Planner for Bicycling, Suzanne Engelke, was our guest speaker at our October 17 general meeting at Sierra Pines. She spoke to us about Roseville's bike trails and cycling lanes as well as the new devices that trigger signal lights to change for cyclists.

Mark your calendar for our Cycling Group Holiday Dinner Celebration in The Timbers Ballroom on December 14. As entertainment



Cycling Group at the Corporation Yard Open House.

we will have a short skit by the new SC drama club titled "Santa Flunks Retirement".

Take a moment to check our Cycling Group website. Details of all our rides and upcoming events are updated regularly. Photos posted on the Cycling Group website include vintage photos of our group and of rides and relaxing together in 2022.

• • •

(more Club News cont' on page 19)

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## Cornhole Group

BY STEVEN GUSTAFSON

The photo shows Jan Gregson, a talented member of Sun City's Cornhole Group, holding both a cornhole bag and a sand wedge.



Why? Because Jan knows that tossing a bag in cornhole and making a chip shot in golf have a lot in common — both require you to follow through with your lead arm toward the target. So playing cornhole could be the practice you need to improve your golf game!

Our Cornhole Group plays on Tuesdays at either 9:00 or 3:00 on the Sierra Pines horse lanes. We're flexible — we play at the time that has low winds and 70 ish temperatures. You're welcome to join us.

...

## SC Bocce Club

BY DAVID MOORE

The tournament season is over for this year thanks to the hard work of Ron Onodera in managing these fun events.

As Sun City Bocce Club president Kenny Smith said on our club Facebook page: "It's an unbelievably difficult just placing first in a tournament to even qualify, but to have 15 men and 15 women qualify and then make it to the finals by eliminating all but five men and 5 women, then have to participate in 5 back to back games on a very warm morning



**2022 Bocce Club  
Men's Champion  
Jerry Fredericksen.**



**2022 Bocce Club  
Women's Champion  
Bobbi Dunk.**

is incredibly difficult. After all that Jerry Fredericksen had a perfect day with 50 out of 50 possible points. Bobbi Dunk had 43 out of 50 to win the women's championship (edging Bev Lewis by 2 points).

We have some incredible talent in Sun City.

Congratulations...

Jerry Fredericksen and Bobbi Dunk (First place).

Pete DiLonardo and Bev Lewis (second place).

Rob Schroeder and Medina Lane (third place).

Everyone involved was a winner."

The Bocce Fall party: Pumpkin Spice and Everything Nice" was held October 29 featuring Marinated Tri-tip, herb chicken and a pumpkin decorating contest.

By the time you read this the 2022 Fall leagues will be completed with 432 Sun City residents having competed in nine different leagues.

The Monday afternoon Winter Mini League begins November 7 and will continue until 5 games are played (allowing for possible rainouts).

...

## Softball

BY BOB MONTALVO

Roseville's fall weather has finally arrived, and our softball club's newly elected officers are President - John Woodbury, Vice President - Frank Tom, Treasurer - Richard Epting, and Secretary - Gary Gregson. The new council members are Rules Committee Chair - Ken Miller, Communications Chair - Patrick Maglione, and Member-at-Large - Bob Beckenhauer. President John Woodbury stated that he plans on maintaining the high standards set by our 2022 leadership. Softball practice sessions are being held at Mahan

Park on Monday and Wednesday mornings through early November, and they've been well attended. After a few months without hitting or throwing a softball, taking care of your "honey do" list, and maybe taking a vacation or two, it feels good to swing a bat again. With our 2023 season still four months away, these sessions are meant to keep our muscles active, before we start our winter break, when we can heal any injuries or recuperate from any medical procedures we've endured.

At the October Membership Meeting it was announced that the club will end 2022 with a bank balance that will cover the cost of new jerseys and hats for our five 2023 teams. We would love to grow our club membership, so that more Sun City residents can enjoy this game that we love. If you, or someone you know, would be interested in joining us, visit our website ([www.rosevillesseniorsoftball.org](http://www.rosevillesseniorsoftball.org)) or the lobby of the Sun City Lodge for an application form. Registration for the 2023 season opens on November 1, 2022. Our 2023 season will start with practices in January, the player draft will be held in mid-February, and league games will start in late March. Bringing back the annual All-Star game in 2023 is being considered. If you have an opinion on this, let our officers or council members know.

...

## Croquet Club

BY GAIL DAILEY

Interesting times for our club. The Socials on Thursday afternoons, weather permitting, are back, but under review as attendance

has not been as great as in the past. At the same time, the lawn is under reconstruction. President Bert Donlon and Ken Coyne had many discussions with Steve Kimbrough, Golf Course Superintendent and Director of Landscapes and came to an agreement that the recent devastation caused by the extreme heat burn out, invasive weeds and then the sand treatment had resulted in unplayable conditions. On September 22nd the new plan began with stripping the sod from the courts and the courts will be closed as pre-plant prep will take a week. Installation was scheduled for Friday, September 30th. Pure bentgrass with a 3 foot collar of rye around the outside and through middle to separate courts was installed. Staff will monitor the courts and begin mowing at a height of .400" twice per week. The collar will be mowed at 1". In short our courts will be cared for going forward as a golf course green. Unhappily for us, the courts were closed from September 22nd to October 24th but we are assured it will be greatly improved in the long term better than ever.

Debbie Phillips is planning a celebration to welcome back play on the beautiful lawn.

Come to the socials, check on the progress and look forward to playing in even better conditions than ever. If there are weather delays President Bert will keep us updated via email. See you on the lawn.

...

(more Club News cont' on page 20)



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## Pickleball

BY BOB VERZELLO

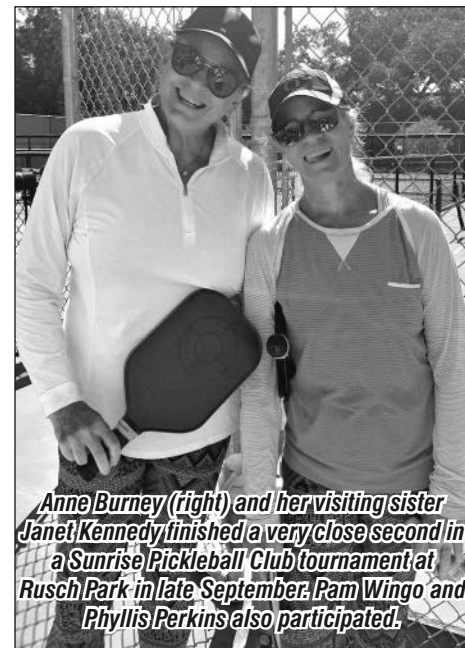
Welcome new members Gloria Oates, Steve Aphugh, Leonard and Vikki Clark, Jim Jordan, Annette Pettersen, Bob Reich, and Marsha Suter. Several of these newcomers participated in the October beginners' clinic conducted by Wayne Miller with help from Randy Julian and Jeff Robinson.

The top three winners of our September Newcomers Tournament, in order, were Gloria Oaks, Greg Worth, and Diane Slusher. Organizer Pam Wingo thanks her many helpers: Sandy Block (who made delicious sandwiches), Phyllis Perkins, Linda Sanders, Roberta Campbell, Suzanne Crowder, Frank Patch, and Judy Garcia.

On September 23, our club gained access to two additional, dual-use courts on M-W-F during a three-month trial period. Trial results will be evaluated by Activities and Fitness Directors plus representatives from the Tennis and Pickleball clubs.

Frank Patch, Rich Muentner, Joe Albert, and Bob Verzello were first to play on the new courts. They readily adjusted to the combination of pickleball and tennis lines. Thanks to all those who helped us gain access to these courts

Changes are proposed to pickleball rules in 2023. One likely change prohibits spinning the ball with your hand before hitting it with the paddle. Returner can demand re-serve. Spins caused by the way a paddle strikes the ball will still be allowed. (See more at rules.



*Anne Burney (right) and her visiting sister Janet Kennedy finished a very close second in a Sunrise Pickleball Club tournament at Rusch Park in late September. Pam Wingo and Phyllis Perkins also participated.*

usapickleball.org.)

Playing tip from Gary Pyle: Move up to the kitchen line as soon as you can. Try to stay there and avoid back-peddling into mid-court during fast exchanges with opponents

Reminder: Our Christmas dinner is 5:00pm, December 9 at the Sierra Pines and our general membership meeting is 4:30pm, December 12 in the Timbers Club room.

Holey paddles! When players swing and completely miss a ball, they often complain of a hole in their paddle. We suggest our club ban use of holey paddles and offer free repairs.

• • •

(more Club News cont' on page 21)

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## Table Tennis

BY DON WOODS

For several years the Roseville Sun City Table Tennis Group and the Lincoln Sun City Table Tennis Group have hosted Annual Table Tennis Games with each other. Each Group hosts and invites the other group to their facilities where table tennis matches are played combined with having an enjoyable meal together.

On Sunday, August 28, 2022, the Lincoln Sun City Table Tennis Group invited our Roseville Sun City Group to Kilaga Springs Community Center in Lincoln for some friendly, competitive table tennis matches. This was an all-afternoon Sunday affair with everyone having a very enjoyable time. About 25 table tennis players from Roseville Sun City went to Lincoln for the occasion.

Tim Aquino, the coordinator for the Lincoln group opened up the facility at Kilaga Springs Community Center early so that players could have a time to warm up. Some informal table tennis play began at noon. A delicious lunch was served at 1:00 PM which enabled our groups to share in a good time of conversation.

At 2:00 PM, the formal doubles competitive play began with 2 persons from Lincoln competing with 2 other persons from Roseville.

Frank Tom from Roseville Sun City coordinated our players into pairs and assigned each pair to a specific playing category – the categories were either advanced, intermediate,

or beginners.

Altogether there were six matches taking place at one time with a lot of side activity and laughter during the games.

At 5:00 PM, all activities ceased and goodbyes were said with an anticipation of meeting together again in Roseville.

Our Roseville Sun City Table Tennis Group meets at Sierra Pines every Tuesday and Thursday - 2:00 PM to 5:00 PM and Saturdays - 9:00 AM to Noon.

Newcomers are welcomed to come, learn the game and participate in a time of enjoyment.

• • •

## SCR Tennis Club

BY DIANE BARNETT

The "Aloha to Summer" tournament said goodbye to summer with mixed doubles play beginning at 8:30 am followed by lunch and prizes. Hot pulled pork sandwiches, fresh fruit,



Winners from the "Aloha to Summer" Tennis Tournament: Jim Willson, Kathy Fowler, and Jerry August. Not pictured: Cyndi Davenport.

chips, and tropical fruit popsicles were served. Thank you Janie Monahan, Pati Struble, Claire Barry, Jim Willson, Stu McIntosh, and Frankie Lee Schesser for putting together a fabulous Hawaiian lunch. Special thanks to Ron Houston for stepping in and coordinating tournament play in Patrick Maglione's absence. Tournament winners were Cyndi Davenport and Jim Willson from Team Maui and Kathy Fowler and Jerry August from Team Kauai.

At the October Meeting new members Kenneth Weinstock and Gloria Oates were introduced and welcomed. Tennis Club Officer elections for 2023 were held. Dieter Rohlfleisch – President, Nancy Kacey – Vice President, Carol Delville – Secretary, and Kathy Fowler – Treasurer were elected and will begin their terms in January 2023.

Following the October Social and General Meeting, the annual Oktoberfest dinner was prepared and served by Linda Gordon and the Tennis Club Social Committee. Home cooked brats and chicken apple sausage was on the menu along with sauerkraut, potato salad, apple turnovers, vanilla ice cream, beer, wine and soft drinks.

The Tennis Club annual Christmas party and dinner-dance is scheduled for December



Enjoying the Tennis Club Oktoberfest – Michelle and David Weeks.

12, 2022 in the Timber Creek Ballroom. Crystal Image will be returning for your listening and dancing enjoyment. Remember to bring your donations for The Gathering Inn. Be on the look-out look for your Christmas Dinner invitation that will be delivered to your front door soon.

If you are not yet a member of the Tennis Club, what are you waiting for? The Club has a variety of tennis activities and social fun planned for 2023 that you won't want to miss! Contact Ray Barnett 759-2578 and he will get you started.

• • •

## He & She Golf Club

BY JULIE HARRIS

The October 10th He & She Fall Oktoberfest celebration was lots of fun with good food, great music and awesome comradery. Thanks to all our volunteers for putting together such a fabulous event! Our next social event is the Holiday Party, scheduled for December 2nd in the Timbers Ballroom. Watch your email and the He & She website for more information and sign-ups.

Golf fun facts:

- There's a 12,500 to one chance of making a hole in one! Tiger Woods made his first hole-in-one at age 8.
- The iconic third hole at Gusan Country Club in South Korea, a par 7 hole, measures an awesome 1,097 yards, the longest in the world. The 12th at Meadow Farms Golf Course in

(cont' on page 22)

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**He & She Golf Club**

(cont' from page 21)

Virginia takes the honor as the longest hole in the United States, with the monstrous par 6 totaling 841 yards.

• The maximum weight of a golf ball is 1.620 ounces.

Partial results of recent Monday tournaments are as follows. Unfortunately there isn't room to list all winners but congratulations to all at both Sierra Pines and Timber Creek along with the closest to the pin winners.

18 Hole at Timber Creek —

1st place: Frank Patch, Steve Hennesey, Sandra Morea, Rich Aug \$6 each

2nd place: JoAnne and Mark Gregson, Connie DeBlaguere, Fred Festersen \$5 each

Closest to the Pin —

Ladies: Jo Anne Gregson 14'4" \$3.50

Men: Scott Hammel – 5' 7" \$3.50

9 Hole at Sierra Pines – 3 way tie

1st Place: Bob and Pat Horning, Fred Amador and Geri Womack \$6 each

Dwight and Joan Rose, Darlene Reber and Annette Eastman \$6 each

Ron and Theresa Howard and Denise Gilbert \$6 each

Closest to the Pin —

Ladies: Pat DeCroix 9'10" \$5

Men: Dirk Fowler 38'5" \$5

...

**Sierra Pines Ladies Golf**

BY DEBBIE GEORGE

Our Club Championship, held in September, was a great success. Elizabeth Gustafson earned the title of Club Champion. In first place for flight A was Monica Konkel; flight B was Bobbie Hostler; flight C was Darlene Reber; flight D was Kathy Westcott; and the White flight was Pat Horning. There were many second, third and fourth place winners as well. Well done everyone. The luncheon was also a huge success.



**Flight B winners in the Championship Tournament: Bobbie Hostler, Linda Vincent, Christina Leaman, not pictured Gail Hixson.**

Most improved for the month of September are as follows: First flight Barbara Simon, second flight Debby Huntington, third flight Darlene Reber, and fourth flight Linda Slaven.

Birdies recorded in September were made by Hideko Gongaware on the 14th on hole five,

(cont' on page 23)

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## Sierra Pines Ladies Golf

(cont' from page 22)

and Monica Konkel on the 28th also on hole five. Chip-ins on September 14 were made by Hideko Gongaware on hole five, Claudine Odell hole seven, and Pat DeCroix hole eight; September 26 by Phyllis Melberg hole seven; September 28 by Kristi McCarshin hole five and Shelley Weisman hole six.



*Flight C winners in the Championship Tournament: Darlene Reber, Ellen Thomas, Pay Llapitan and Kathie De Vito.*

Well, the end of Daylight Savings time is upon us. Clocks are turned back November 6. Watch for the announcement of new tee times.

Our club officers for 2023 have been announced. They are as follows: Captain - Wendy Suter, Co-Captain - Janet King, Secretary - Janet Zeitman, and Treasurer - Marilyn Meyers. There are still a few committees with openings. Club dues for the new year are being collected. Linda Vincent is putting together our new Membership Handbook. Check the binder in the pro shop to make sure all your information is correct.

Fall Fest was held October 17. More to

report on that next month.

Upcoming event will be our annual Holiday Luncheon on December 6. Sign ups for that will start soon.

• • •

## Timber Creek Women's Golf Club

BY BARBARA MILLS

Our Club Championship was played on September 21, 26, and 28. Congratulations to the overall winner, Maggie Altnow! The runner-up was Kathi Botelho. Bobbi Dunk was the winner from the White tees. After play on the 28th, we had a fantastic pizza party at the Bocce Court to celebrate our newest Champion. Paula Hau did a great job planning the party and her helpers did a great job serving!

We held Play for P.I.N.K. tournaments on October 5, 12, 19, and 26 with a lot of pink golf shirts, visors, and pink golf balls. Due to the wonderful support of our members, our Club made a generous donation to the Breast Cancer Research Foundation where 100% of the funds donated go to research. Thank you to Barbara Mills and her committee of Paula Hau, Nancy Gould, and Lois Habein for spearheading this worthy fundraiser for the fourth year.

The Most Improved Players for



*2022 Club Champion, Maggie Altnow.*

September: Susan Green (1st Flight); Nancy Gould (2nd Flight); and Kathie DeVito (3rd Flight). Congratulations!

We welcome another new member, Elizabeth Gustafson, who moved to SCR with her husband, Steve, from Ohio four years ago to be close to their grandchildren. Her Big Sister is Jahna Holmes.

Just a reminder to please check the back of the weekly scorecards for Rules of Play. Our Tournament Chair will advise us when they go into effect by noting them on the back of the scorecard. Winter Rules, "mark, lift, clean, and place the ball", are determined by the weather and condition of the course.

We are looking forward to the Holly Jolly Tournament on December 7th, a festive, fun day so sign up, wear your "jolly" golf outfits, and come play in our last tournament of the year.

Wishing everyone a very Happy Thanksgiving!

• • •

## Timber Creek Men's Golf Club

BY TERRY DOOLEY

This time of the year it is especially great to be on the golf course playing. The cool mornings and warm afternoons invite everyone to enjoy a round of golf. The course is in good shape recovering nicely from the aerification



*New Member, Elizabeth Gustafson.*

in late August. Sand traps are receiving special attention from the golf maintenance team and fairways, greens and tees look good.

The annual Member/Guest Tournament was held on September 30th. One hundred and fourteen men played this tournament and enjoyed good play with guests. It was a fun affair with many great prizes. There was even a Ford Explorer up for anyone who accomplished a hole-in-one on #14-hole Timber Creek course. No one made it, but it was fun trying!

Results for the Member/Guest Tournament: Timbers Flight winners - Smith and Taylor with a 65 (-7); Oaks Flight winners - Au and Hanford with a 64 (-8); Lakes Flight winners - Dobson and Ladas with a 64 (-8); Pines Flight winners - Meyers and Meyers with a 62 (-10)! Closest to the pin Hole #4 - Joe May (2'8"); Hole #6 - Jack Dominguez (4'); Hole #14 - Michael Haviland (8" 6.5"); and Hole #16 - Roger Exline (3'5"). Congratulations to all the winners!

Get out and play a fun golf round with friends and enjoy this great weather this season! Stay healthy and "Go Golfing!"

• • •

## Golden Niners

BY RALPH FRIEND

It is hard to imagine that Winter is coming when we are still enjoying 80 - 90 degree weather. However, we know what awaits...the dreaded "cartpath only" days! Well, at least we can sleep in a little longer.

The "big winners" for the month of (more Club News cont' on page 26)

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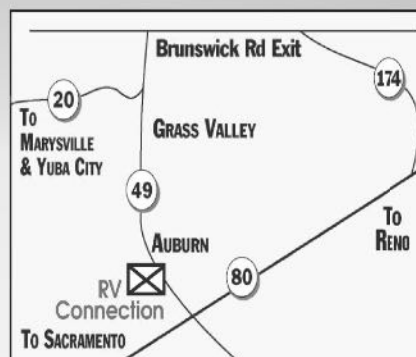
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## SUN SENIOR PROFILES *Getting to know you...*

# Dennis and Rebecca Hellman

(cont' from page 1)

Williams, Juliet Mills and Bud Cort. Dennis liked to sneak on to movie sets, watch the filming, and, if he could, help himself to the catered food provided for the cast and crew.

It was also during this time that Dennis became, in his words, "a rabid Dodger fan." Since the Dodger stadium was only 20 minutes away from where he lived, he went to as many games as possible and bought every kind of Dodger paraphernalia he could. "Every Halloween, he goes dressed as a Dodger fan," quips Rebecca.

On Christmas Eve, 1972, just before Midnight Mass, Dennis slipped a ring on Rebecca's hand and asked her to marry him. There was a dinner after Mass which, in retrospect, served as an engagement party for the young couple. This coming December 2nd, they will be celebrating their

50th anniversary on a cruise whose destination is yet to be determined. When asked the secret of their longevity as a couple, Rebecca didn't hesitate. "Agree to never get a divorce. And never hate each other on the same day."

After marrying, Dennis got a job as an assistant manager at Local Loan Company in San Gabriel while Rebecca worked part-time as a dental assistant and attended several schools for design. Dennis graduated from California State University, Los Angeles, with a dual Bachelor of Science degree in Business Administration and Finance. In 1976, Dennis got a job with the Franchise Tax Board in Los Angeles, a job which developed into his lifelong career. Rebecca became a full-time interior decorator, both on her own and working for various companies.

In 1978, their first son Evan was born, followed by Matthew five years later. Evan now lives in Alameda with his wife Hanh, while Matthew lives in Roseville with his wife Lauren. They have two children, Jackson and Brooke.

When Dennis was promoted in 1988 to

work as IT manager with the Franchise Tax Board in Sacramento, they moved to El Dorado Hills where they lived for 30 years. But eventually Rebecca felt it was time to downsize and chose Sun City Roseville for their retirement years.

At first, Dennis was very reluctant to uproot from El Dorado Hills where there were big spaces between houses and intricate designs and large dimensions in the houses there. Dennis thought he'd feel claustrophobic in a smaller house and environment. So, Rebecca worked on him for an entire year, driving down to pick up a Courier once a month so Dennis could gradually acclimate to wanting to have a smaller, but activity-filled lifestyle. After learning about all the clubs and events hosted at SCR,



*Dennis and Rebecca Hellman —  
Circa 1972.*



*Dennis Hellman in his Octoberfest costume for a Harmonicoots' gig last month.*



*The Hellman's grandchildren —  
Brooke and Jackson.*

Dennis finally caved and agreed to move. "I'm really grateful to Rebecca for convincing me to come here," Dennis admits.

At first everything was so new and appealing that the couple jumped into activities right away. But they soon learned, as most newcomers do, to pare back and give themselves free time throughout their busy schedule.

Rebecca had played the ukulele for many years in Folsom, so when she moved here, she immediately joined All Tuned Up playing the ukulele, which became a springboard for Dennis to explore his own musical talents. He had had accordion lessons when he was young, but playing it was something forced on him by his father, and it never really took.

But when Bud Gardner, then president of the Harmonicoots, offered to teach Beginning Harmonica lessons, Dennis jumped at the chance to learn to play a musical instrument of his own choosing. Bud taught Dennis to play both the diatonic and the chromatic harmonica and soon he was a member of the ensemble that played gigs out in the community. After Dennis had played his first gig with the Harmonicoots, he marveled at how much fun he'd had and has been playing ever since.

The Hellman's home is located on Wild Oat Way, a very friendly neighborhood whose members get together socially throughout the year. Several of their neighbors are also in the Harmonicoots and they get together once in a while to play songs together in their house. The neighbors also have a hot dog party once a year when they block off the street and get their grills going. Laughter and conviviality abound.

Dennis and Rebecca's travels include a 2-week trip to Celaya Mexico, a sister city of San Gabriel, cruises to Mexico and Hawaii, travel across most of the United States, and a visit by Dennis to Victoria, British Columbia, where Dennis played in the Pro/Am Canadian Open. But for the most part, they're content to travel to their little place at Pismo Beach which they've enjoyed for 35 years.

"We're pretty goofy sometimes," observes Rebecca. But it's intentional. "Being light-hearted is underrated," Dennis says. "It's important to take life seriously, but not too seriously. After all these years together, we can still crack each other up."

Happily living with their two rescue chihuahuas, Harvey and Lulu, Dennis and Rebecca speak effusively of their love for everything in Sun City Roseville, especially for all the people here. Both are service-oriented, out-going, fun-loving folks whose presence in our lives is uplifting and memorable. We are so fortunate to have such witty and wise neighbors as the Hellmans.

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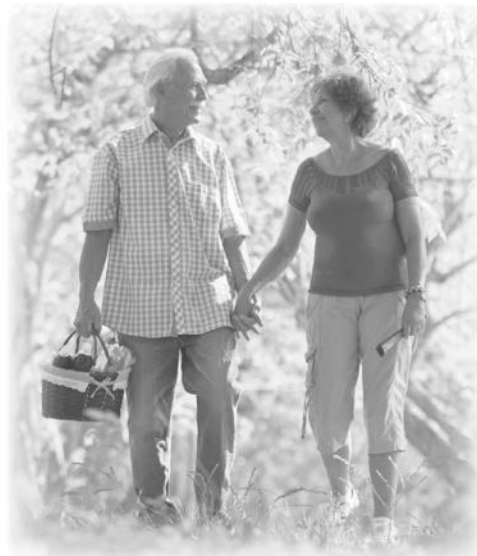


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## Golden Niners

(cont' from page 23)

September: \$33 Brooks Blaskower and Steve Rodriguez - \$32 \$30 Rich Allison - \$29 Bob White - \$28 Howard Frank - \$27 Gordon Rusaw, Mike Cephress and Gary Pyle - \$26 Dwight Rose - \$24 Leitz - \$23 Tom Martin, Gene Martineau and Greg Worth - \$22 \$21 Bill Pagano, Dan Cook and Bud Haddix - \$19 Jerry Frederickson, Gene Norcia and Bob Schesser - \$18 Paul Benjamin, Looking forward to seeing everyone on Tuesday morning!

...

## SCR Bridge Club

BY BRENCE DAVIS

Ginny Taylor is a woman who probably knows more about Sun City Roseville than the rest of us. Not only has she been here since 1997, but she's also never been one to sit by quietly while others do the work.

She joined the Sun City Cycling Group with husband Curt early after their arrival. He took the longer rides, and she joined him for the shorter ones. She still meets with that group socially, long after Curt's passing in June 2014.

She served on the Elections Committee for two years and the Ambassador Committee for four years. Ginny has also been a member



of the Chartered Clubs Committee (COCC), the Home Decorations arm of Needle Arts, and twice—years apart—on the Compliance Committee.

She's a native Californian but has spent many years in Utah while Curt worked there. Together they raised her two sons, Dale and Todd, and his two sons, Taylor and Todd. She also has four grandsons and a year-old great grandson. While in Utah, Ginny worked as the HR manager at an Alzheimer's home with several units, a challenging job most of us couldn't begin to do.

When Curt's job brought them back to Northern California, they bought their house in Sun City. While Curt still worked, their

house had three garages, a golf cart garage, and two bedrooms. When he retired, they converted that third garage to a third bedroom.

Ginny was the president of the Bridge Club for six years, when it first started duplicate games. During that time, she took intermediate bridge lessons from Bob Boggs. Also, she and Marge Duval were partners for 22 years, possibly a record.

One final thing: she is never late to a meeting or gathering because she runs on "Ginny time"!

...

(more Club News cont' on page 27)



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## Mah Jongg Club

BY LAURI MOORMAN

Our Fall Mah Jongg luncheon, which was held on Friday, October 28 at 11:30 am at Sierra Pines Clubhouse, was a great success! The food was provided by Sourdough & Co. All the ladies that attended send their thanks to these ladies, Cindy Faulkner, Karen Levine, Sylvia Marks, and Ruth Nevins, who planned and hosted this event. We had an enjoyable afternoon with lots of challenging Mah Jongg games played. The next luncheon will be in February of 2023.

Mah Jongg is certainly a thinking game, but like all games, a good amount of luck is also involved. That's why even a newer player playing with very experienced players can win, which makes each game played entirely different and interesting. We welcome the eleven new players that took the September Mah Jongg classes, so glad to have you with us!

Some of the Mah Jongg ladies get together for lunch in the Timbers Restaurant at 11:30 am on Mondays, before we play at 12:30 pm, and at 12:00 pm on Fridays, after we play at 9:00 am. Anyone is welcome to join us for lunch, which is a good opportunity to get to know us socially. You can play either day or on both days. Mah Jongg is fragrance-free and name tags are encouraged.

...

## Bunco

BY PAT OBERLANDER

Please join us on the 2nd and 4th Mondays in the card room at the lodge. Sign-in starts at 8:30am and we started rolling the dice at 9am. It's a lot of fun, good way to meet your neighbors. Monday no longer has to be laundry day. Hope to see you soon. My humble apologies for not having an article in September... but here are the winners for



Bunco Winners!



both months. See pictures for your 15 minutes of fame!

Winners for August 8: Magrit Grenier, Debbie Phillips, Jessie.

Winners for August 22: Margrit Grenier, Yoshi Polgar, Cindy Jones.

Winner for September 12: Pat Oberlander, Jackie Spencer, Helga, Jean Saunders.

Winner for September 26: Pat Oberlander, Jackie Spencer, Sandy Goltharp, Terry Lane.

...



## Volleyball

BY MARISA BERNETTI

Quarterly Social: The Volleyball Group enjoys quarterly meetings/socials in March, June and October; plus our annual Christmas breakfast will be Wednesday, December 7th at 9:30 at the Pacific Street Café in old town Roseville. We will have a raffle and Christmas carols sing-alongs. Members' spouses and/or partners are always welcome to all our quarterly events.

You are never too old to enjoy volleyball, at the indoor pool or on the outdoor court. Only played high school volleyball? No problem! Little experience is necessary, just the willingness to have fun and laugh out loud. No fees or annual dues are required to join the "Group". Our regular events are as follows:



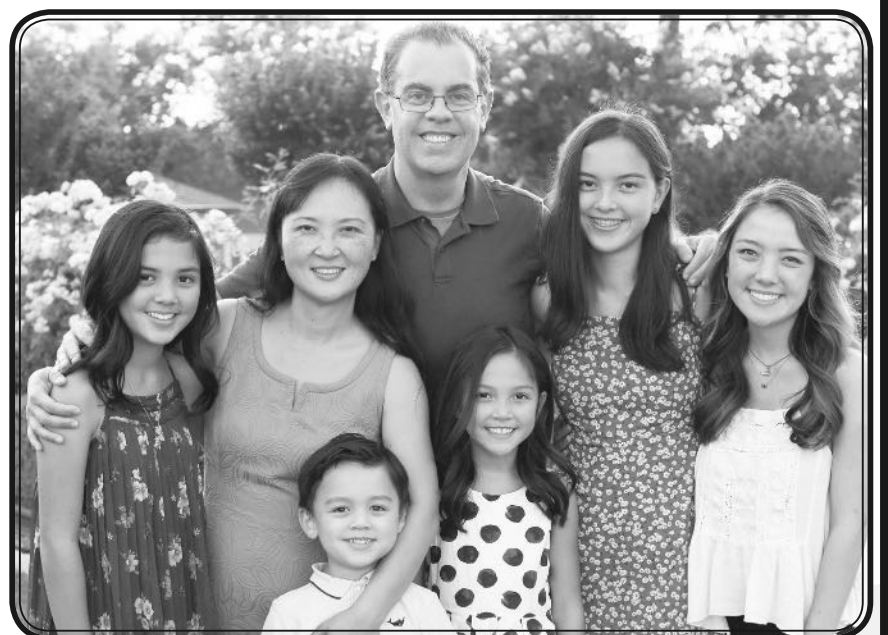
Court Volleyball: Yes, we have court volleyball at SCR! We are calling all able-bodied residents to join our new, more vigorous court volleyball league to be on a grass court,

(cont' on page 28)

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## Safety First — Animal Control Officers Help Keep the Public Safe

BY ROB BAQUERA — Public Information Officer, Roseville Police Department

Did you know Animal Control is part of the Roseville Police Department? Animal Control officers make every effort to keep the public safe, protect animals, and educate the community on how to be responsible pet owners.



As part of their duties, Animal Control officers enforce animal laws and ordinances such as:

- **Leash law / At-large:** Dogs must be on a leash when off the premises of the owner or the person having care, custody, control or possession of the dog. The leash shall not exceed six feet in length and shall be of sufficient strength to restrain the dog and must be held continuously by a responsible person capable of controlling the dog. When on the premises of the owner or the person having care, custody, control or possession of the dog, the dog must be restrained by means adequate and sufficient to prevent the dog from leaving the premises or under the control and in the immediate presence of the owner or person having care, custody, control or possession of the dog.

- **Domestic Fowl:** Roseville residents can keep up to ten (singly or in combination) ducks, chickens, or pigeons on residentially zoned property within the city.

Any domestic fowl shall be kept in a sanitary enclosure and the enclosure shall not be located within 20 feet of any building or

property line. It is important to note that if there is a fenced area around the coop where chickens can walk around, that area is considered part of the enclosure, and its perimeter must be at least 20' away from any property line.

Animal special permits may be granted by the Police Department for coops that are not in strict conformity with the provisions of the Roseville Municipal Code. Special permit applications are available online at the Police Department website and front counter. When received, the application will be reviewed by an Animal Control Officer who will evaluate the plan for the coop and the area where it is proposed. If it is determined the coop will not cause public health and welfare problems, a special permit may be issued. There can be specific conditions imposed with the permit that the permittee must follow. Permits are annual and there is a \$25/year fee.

Special permits can be subsequently modified or revoked if violations of permit conditions are discovered or if the chickens become a source of complaints to Animal Control.

Owners of residential chicken coops must also be aware of the animal noise ordinance. If their chickens make continuous/incassant noise for 20 minutes, or intermittently for an hour or more which disturbs the peace of a neighbor, they can be fined.

- **Service dogs:** "Service animals" are

defined as dogs that are individually trained to do work or perform tasks for people with disabilities. Examples of such work or tasks include guiding people who are blind, alerting people who are deaf, pulling a wheelchair, alerting and protecting a person who is having a seizure, reminding a person with mental illness to take prescribed medications, calming a person with Post Traumatic Stress Disorder (PTSD) during an anxiety attack, or performing other duties. Service animals are working animals, not pets. The work or task a dog has been trained to provide must be directly related to the person's disability. Dogs whose sole function is to provide comfort or emotional support do not qualify as service animals under the ADA (Adults with Disabilities Act)." - U.S.

Department of Justice.

Mandatory registration of service animals is not permissible under the ADA (Adults with Disabilities Act) and does not require service animals to wear a vest, ID tag, or specific harness. Therefore, the City of Roseville no longer issues service dog ID tags. If you would like to obtain service dog identification, you will need to contact a private company. Service dogs are still subject to the same licensing and vaccination rules that are applied to all dogs in the City of Roseville and must be licensed with the City of Roseville.

Animal Control officers play a vital role in keeping the public safe. If you have questions or concerns, Animal Control can be reached at 916-774-5090.

## Volleyball

(cont' from page 27)

at School House Park. Its start date and time are TBD (probably Tuesdays or Thursdays at 11:00am). All interested players should contact Marisa Bernetti at 916-745-9571 or at [mjbretiree@gmail.com](mailto:mjbretiree@gmail.com). Current court ball play is on Fridays 8:00am-10am, at the Pickleball



court (closest to Del Webb). Come join us at 8:30am (winter hours). We use a softer ball for easier and safer play.

**Water Volleyball:** Indoor pool - Mondays, Wednesdays and Fridays from 11:30am-1:00 pm. Play is in lanes one to three; so, no deep-water play. One can join play at any time; you'll just rotate in at side out. It's fun and easy, like water aerobics, while volleying n' rallying a ball back 'n forth. Come watch or join the play!

Join us, young, old, experienced or not! For more information, call Marisa Bernetti at 916-745-9571 or email her at [mjbretiree@gmail.com](mailto:mjbretiree@gmail.com). See you in the water or on the court!

• • •

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# Observations on on the 1950's

BY MARTIN GREEN

In last month's "Observations" I wrote of my memories (way back when I was a kid and before washers and dryers) of the clothesline we had going from the back of our Bronx apartment building to the back of the apartment building across the way. I wondered what the people in apartments in front of the building did about their clotheslines but couldn't think of anything. Reader Paul Friedman e-mailed me that where he lived in the South Bronx in the 1950's the people in front apartments had their clotheslines on the roof. I don't think I ever went up to the roof of our apartment building so guess I missed seeing those rooftop clotheslines. Thank you, Paul.

All of this made me think of life back in the 1950's and so I did some Googling and found that the 1950's were quite an interesting time. For one thing, 1950 was the year that the Korean War started. This had an impact on my life as the draft was still on and so I entered the Army in 1952 and this took up almost two years of my life. I can't say I was too thrilled to be in the Army but, looking back, I can't complain as the Army, instead of sending me to battle Communism in Korea, sent me to Stuttgart, Germany to keep the Russians at bay. This enabled me to do quite a bit of traveling in Europe.

I've written elsewhere about my travels, mainly thanks to MATS (Military Airplane Transportation Service or something like

that). MATS, was based in Frankfurt, and you could take a train there from Stuttgart and then hitchhike onto airplanes going to most anywhere in Europe. The most notable trip I made was just before I was discharged and had to use up my leave time, about a month. I caught a plane to London, then from there a plane to Paris and somehow got to Rome and Florence in Italy. I can't remember how I did all this and how I managed to wash my clothes along the way. I do remember that to finance my travel I borrowed money from the Colonel in whose office I worked.

Getting back to the 1950's, I found that washers and dryers became commonplace then and so, I suppose people in Bronx apartments front and back, no longer needed clotheslines. I also found that fridges had become common in middle-class homes in the 1920's and 1930's but I guess we didn't qualify as I remember the icebox we had. I think we graduated to fridges sometime later in the 1950's.

Maybe even more important than washers, dryers and fridges was the introduction of television sets in the 1950's. I recall that when I returned from the Army in 1954 my family didn't have a TV and I had to go to a friends to watch basketball games. Somewhat later we did get a TV, black-and-white of course and with rabbit ears (remember those) that had to be adjusted to get a picture.

I suppose that early television was pretty

crude, but I still remember the Show of Shows, a 90-minute variety show with Sid Caesar, Imogene Coca, Howie Morris and Carl Reiner (father of Rob Reiner). Maybe that show wasn't as good as I recall it, but it still seems to me to be much better than most of the stuff we have on TV today.

Some other things that had a significant effect on our lives started in the 1950's. In 1955 the first credit cards came out, from the Diners Club, whatever that was. It's hard to imagine a life without credit cards now. I suppose we carried around enough cash to pay for stuff way back then. Another thing that we can't do without today was introduced in 1954, frozen TV dinners, by Swanson. What did single guys do about eating back then? I recall that when I had my own apartment in San Francisco I did a lot of eating out.

Still on the eating front, McDonald's started in 1955. There were some other fast-food places back then; one was Nedick's, which featured hot dogs and orange drinks. I remember that when I was a teen and played handball at MacCombs Dam Park in the Bronx every weekend I always went to a nearby Nedick's for lunch, two hot dogs and an orange drink for, I think, 25 cents. Yes, that was a long time ago. I don't know if Nedick's is still around but it's hard to imagine a world today without McDonald's.

Another important event was in 1953 when the first James Bond novel was published. The author, Ian Fleming, probably didn't know that he was inspiring a movie franchise that has lasted even to this day. I wonder if it

hadn't been for James Bond if we would have had Sean Connery?

Another significant event was in 1952 when Queen Elizabeth II took the English throne. As I noted in last month's "Observations," although we knew that Queen Elizabeth couldn't live forever, her passing at age 96 still came as a shock. We had a weeks-long media binge in which the British royal family was minutely examined. I'd say that what is most important about Queen Elizabeth is that she embodied those old-fashioned values of dignity, dedication and responsibility, values that are in short supply these days.

Returning to the present, in last month's "Observations" I noted the start of the NFL season and the 49ers less than stellar performance. The 49ers seem to have righted themselves and I have to note that my New York Giants have started 4-1, showing that anything can happen in sports. Maybe this will be the season the Kings make it to the playoffs.





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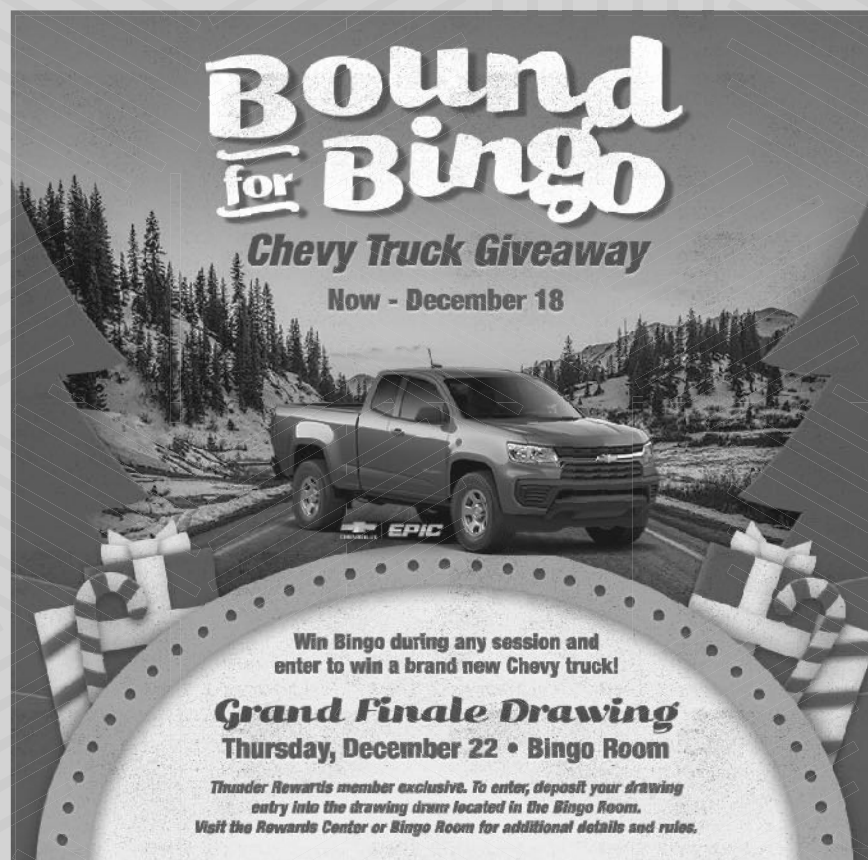
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## SCR Foundation 2022

(cont' from page 1)

so try to work on one topic at a time and enlist the help of a friend or family member. It's also important to revisit this information and to keep it up to date. Lastly, tell one or more individuals whom you trust where this guide is kept. To request your copy, please call the Foundation's Helpline at 916-774-9040.

Thinking ahead to 2023! The Foundation's Board of Directors oversee, organize, and support our various programs, events, and fundraising efforts. Next year, some Directors will be reaching the end of their term and we'd like to start encouraging others to serve our community by joining the Foundation's Board. For a list of job descriptions, please visit our website at [www.scrfoundation.org](http://www.scrfoundation.org). You can also attend the Board's special presentation covering the Foundation's services and volunteer opportunities on January 28, 2023, we hope you'll join us.

Nov 6, 2022 - Daylight Saving Time Ends!



Sunday, November 6, 2022, 2:00:00 am  
clocks are turned backward 1 hour.

## SUN SENIOR NEWS CLASSIFIEDS

### SERVICES

**NOTARY PUBLIC SINCE 1975.** Sun City resident Pat Shook. \$15 first signature \$10 other signatures same person. 916-783-3617 landline

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

**PAINTING PROS PLUS:** Kitchen cabinets, Vanities, Interior, and Exterior Paint Service. Detail work, Honest, and Affordable. Sun City Customers Reference, and Free Estimate. 916-771-8484. Lic#00844372 [www.paintingprosplus.com](http://www.paintingprosplus.com)

**FENCES:** Rebuild, Repair & Painting Many Sun City References. Call 916-505-7674 or email: [RobertLincoln543@gmail.com](mailto:RobertLincoln543@gmail.com)

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

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

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

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

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

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

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

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

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

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

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

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

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**BAR STOOLS:** 4 Bar Stools like new black leather, \$400. Wendy Suter [emailsuterwendy@yahoo.com](mailto:emailsuterwendy@yahoo.com) cell 650-224-2740

**GIBSON CJ-165 ACOUSTIC GUITAR** and case with extra new strings. Excellent condition \$1200.00. Stephen 916.789.1853.

### WANTED / RENTAL

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

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

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

#### \*\*FREE ADS — INCLUDE

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

#### BUSINESS ADS

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

Classified Ad Submissions —

**WHEN:** By the 12th of the month, please email the information below to: [SunSeniorCA@gmail.com](mailto:SunSeniorCA@gmail.com)

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

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

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

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

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

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

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

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

If you have any questions, please email us at: [SunSeniorCA@gmail.com](mailto:SunSeniorCA@gmail.com)





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<b>4301 Coach Whip Way</b>	<b>Yosemite</b>	<b>\$665,000</b>
<b>7012 Windchime Way</b>	<b>Calaveras</b>	<b>\$695,000</b>
<b>4169 Rose Creek Road</b>	<b>Calaveras</b>	<b>\$700,000</b>
<b>5201 Angelrock Loop</b>	<b>Yosemite</b>	<b>\$705,000</b>
<b>7036 Windchime Way</b>	<b>Timberlodge</b>	<b>\$730,000</b>
<b>124 Pony Bob Court</b>	<b>Hearthwood</b>	<b>\$749,000</b>
<b>417 Heller Court</b>	<b>Delta Breeze</b>	<b>\$752,000</b>
<b>333 Rosestone Lane</b>	<b>Stonecrest</b>	<b>\$872,000</b>
<b>7226 Lost Lake Lane</b>	<b>Delta Breeze</b>	<b>\$875,000</b>
<b>5573 Lantern Grove Lane</b>	<b>Timberlodge</b>	<b>\$ 975,000</b>

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