

SUN SENIOR NEWS

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Virginia Lynam – 98 and Going Strong

BY JENNIFER MARTIN

“I’ve seen a lot of patients your age, but you look 30 years younger than any of them.” That’s what Virginia Lynam’s doctor told her recently and he was right. Maybe it’s genetic or just healthy living, but she has a youthful glow that belies her actual age. It’s hard to believe that Virginia turns 98 in November!

Born in Fresno, California, Virginia grew up with one sister and two brothers. After graduating from Tranquility High School in 1940, she got a call from her high school sweetheart, Bob, who asked her to come visit him in Newport, Oregon, where he was stationed in the Coast Guard. She told her mother she was going to visit Bob with or without her, but naturally, her mother came along. While walking on a beach, Bob proposed to Virginia. The couple married in 1943 and lived in Newport as World War II wound down. Virginia worked in a public utility office until Bob was discharged in 1945 and they moved back to Fresno.



Virginia Lynam

PHOTO BY JENNIFER MARTIN

Bob began studying at Fresno State while Virginia worked at the college’s Registrar’s Office. She liked this job because it wasn’t boring which was a big no-no to her. “Unless I’m busy every minute, I get bored,” she says. Luckily, motherhood kept her busy for the next twenty years.

Her son, Stephen, came along in 1947, followed by daughter Pamela three years later. Stephen graduated from San Jose State University, majoring in Marketing. He is a retired general manager for Meredith company, has three children, and comes out once or twice a year to visit Virginia. Pamela, a graduate of UC Davis and has worked for 30 years as a marriage/family therapist. A resident of Rocklin, Pamela has three sons. One is a lawyer, the second is an engineer, and the third is the pastor of a church.

Virginia was a full-time mom until her children went off to college and she got
(cont’ on page 25)

SCR Foundation 2022

BY LISA CRYAN



The Foundation has a longstanding history of bringing our community together by hosting an annual social event. This year’s event is scheduled on Saturday, November 12 in the Timber Creek Ballroom, doors open at 6:00 pm. Dust off your best cruise wear, gather your friends, and join us for a “Sun City Sails” cruise theme and Hawaiian buffet dinner. Dance music will be provided by the band RM3. Everyone will receive \$1,000 in “Fun-dation” money for a night filled with casino gaming and a chance to win special prizes. Tickets are \$100/person and guests are welcome. Tickets will be on sale at Courier Days in the Lodge Lobby on Saturday, October 1 between 8:00 am and 11:00 am. Please email Nancy Schubach at suncitynancy@comcast.net for tickets or if you have any questions.

The Foundation is once again partnering with SCR’s Activities Department by funding the quarterly Speaker Series. Our next speaker is Dr. Grossman, Professor Emeritus of Visual and Performing Arts, of Fairfield University. Back by popular demand, Dr. Grossman will showcase his unique approach to performing and explaining great music with a focus on the waltz and ragtime musical genres. This event is scheduled on Monday, October 10, 1:00 pm – 3:00 pm. Tickets are \$5.

Need help finding the Foundation’s website? The best and quickest way is to go
(cont’ on page 31)

SR Singers

BY JACKIE PROETT

It’s October and the masquerade begins! Even the shocking September heat wave was cooled and dressed in autumn attire. Parched earth and fire-seared trees tasted cool breezes and perhaps a kiss of rain. Our costume changes include shirts to sweaters, sandals to boots. Kitchens recommend soup instead of salad, Munchers morph cotton candy into candy corn! Ah yes, changes are in the air!

What else is in the air? The Singers love parties almost as much as concerts. So it won’t be a surprise to know that something’s afoot. The Hospitality Committee, headed by Paula Scarpelli, have picked October for an upcoming Fest. The date, price, place, food and game will be announced as soon as all particulars are firmed up. You won’t want to miss it!

The only other thing, not to miss, is our Concert. We’ve titled it, “Oh What Fun” and it should be every bit of that. Gail Hixson has kindly offered to be the ticket Chairman. Her number is 209-479-2981. Tickets will be \$15.00, the time is 7:00 pm, the place is the Timbers Ballroom. Our Christmas Concerts are filled with beautiful carols and fun treats for the ear. Come and bring family and friends.

The Masquerade begins. We may be rehearsing red and green Holiday music, but toward the end of October, is that a cackle that you hear? Are you wearing orange and black, as black as a bat/s wing? Is your mask, not covering your mouth, but hiding your eyes? You must remember that in the calendar year, Witches roost before Angels can soar.

We meet on Monday at 2:30 pm back of the Ballroom. If you love to sing, there is still time to join us. That’s the trick, the concert is the treat.

• • •

Music and Laughter

BY JANE BOHN

What a fun night. Wonderful fans, great entertainers, and spontaneous talent appeared at our “Open Mic” once again. I am ever grateful to you all for continuing to support Music and Laughter. Our entertainers included, Derek Tegg on Piano, Elton Pamplin on Flute, Jean Stephens on accordion, guitarist/singer Ken Roberts, impromptu singer Kim Meier, Joe Given on Violin, Jan Given on piano, singer Ray DeBenedetto, accompanied by his trusty i-pad, and duo Frank and Jane Bohn. Of course we can’t forget our jokesters, Ed Lick, Jan Montero, and Dennis Hellman who kept the laughter coming with all their latest. Our prize winners included Gail McCartney, Janice Schreve, Gini Christenson, Jan Montero, Leora Crenmer and Don Walter. Thank you all for a wonderful hour of fun together. Am also grateful to our helpers, Maria Hajgato, Dennis Hellman, Rebecca Hellman, Kim Meier and Nancy Stetz. Don’t know how I could manage without them.

Our next gathering on October 12, 7pm, doors open at 6:30 at Sierra Pines Lodge. We look forward to entertaining you each month. Come join us for an hour of fun.

• • •

(more Club News cont’ on page 5)

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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*

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Join Us at a Groundwater Well October 22

BY MAURICE CHANEY, City of Roseville Environmental Utilities



Get a closer look behind the scenes at one of our active groundwater wells

Do you know where Roseville's water comes from? Many think that our only water supply comes from Folsom Lake. Thing is, we also have a growing groundwater program that serves as a complementary water source that we can tap into when needed, decreasing our reliance on our primary source.

With our groundwater wells, we have the capability of both extracting water for drinking water purposes and replenishing the groundwater basin with extra surface water when it's available.

How does this process work? This and other questions will be answered as we provide demonstrations for visitors to see.

- Saturday, October 22, 10 a.m. to noon
- Blue Oaks Boulevard at Crocker Ranch Road

You will have the opportunity to meet with Environmental Utilities staff, learn how our groundwater wells work, participate in a blind taste-test, and hear how we manage water resources in Roseville both now and into the future.

Parking is extremely limited onsite. Please consider parking at Veteran's Memorial Park and take a quick walk to the open house by

either crossing the street at Blue Oaks and Crocker Ranch or taking the trail under Blue Oaks. You can also bike or walk since it's near a trail!

Watch the 2022 State of the City Address

If you were unable to attend the 2022 State of the City address by Mayor Krista Bernasconi on August 26, you can watch it or read the text of the speech at Roseville.ca.us/SOC2022.

Mayor Bernasconi dedicated the address to Sgt. Nicole Gee and Corporal Gurpreet Singh, both from Roseville.

Sgt. Gee was one of 13 killed in a terrorist attack in Afghanistan as she evacuated families at the airport in Kabul on August 26, 2021. Corporal Singh died at the age of 21 from injuries conducting combat operations in Afghanistan.

The address was held at West Park High School in west Roseville.



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- Keep our emergency response times low
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- Mitigate local traffic and congestion
- Maintain our beautiful parks and open spaces
- Keep our economy strong
- Protect the quality of life we all enjoy in Roseville

Passing Measure C is critical for Roseville. It's estimated that Roseville will receive over \$3 million annually in additional revenue for emergency responders, parks, trails, local road projects and more.



Photo Credit: Sun City Roseville

These funds are managed locally and can't be taken by the State or Federal Governments. These funds stay in Roseville for Roseville.

Vote Yes on Measure C

All Tuned Up

BY GERRY CAPELLINO

"A Summer Song" has ended and brilliant colored, falling "Autumn Leaves" swirl in the wind, sparkling in the season's "Moonglow". "You May Be Right", it's Fall.



All Tuned Up (ATU) music resident group will host its second show of the year, "October Zest", on Thursday, October 13. The "Goldfinger" of fate points you towards the "Sunny Side of the Street" of Sierra Pines where doors open at 6:30 pm, "For the Good Times".

So, men, if you feel like "Puttin' On The Style", grab that "Black Magic Woman" of yours. Ladies, grab your "Daddy" and prepare to be sent "Somewhere Over the Rainbow". Swoon as Elvis croons his first hit, "Heartbreak Hotel". Of course, you'll go "Crazy" for all the vocals. We'll shift "The Weight" often during

a fantabulous night of "Moondance".

ATU members want to know, "Will You Go, Lassie, Go"?

We won't let "You Talk Too Much" while we harmonize. And, we may not serve "Scotch and Soda" but, we do promise soothing guitar strings and a gorgeous songstress will stir up some "Stardust".

Tickets available at October Courier Days. ATU invites you to come chill with us, cool off from a sizzling summer.

...

SC Harmonicoots

BY LINDA AUG

Hello October! "This is my favorite season of the year. I love the weather, the food, and the music" states Harmonicoot Linda Aug.

Linda has had a "speckled" musical background. Growing up in a large family, Linda's father played the Organ, and her mother played the Concertina and Piano. "Singing with my sisters while Dad played the organ was just what we did!" In school Linda played the clarinet and was in concert band. "When I moved to Sun City five years ago, I enrolled in the harmonica classes taught by Bud Gardner. I've been hooked ever since."

Linda speaks of the support she has received from fellow Harmonicoots. "I was



terrified to play in our weekly jam sessions." Sitting next to her was a seasoned player who whispered in her ear "You should play. We will play with you! That's how you learn." So, Linda played.

Linda has been an active member of the Harmonicoots. She served as past Vice President and currently is a member of the Harmonicoots Council writing for the Courier and Sun Senior News. "Many people are making all the plates spin at one time in the Harmonicoots. That is what makes this group so special."

The Harmonicoots will celebrate "Octoberfest" at the He and She Golf Club social on October 10. Stroll through the lobby on October 18 from 6:00 to 6:30 to hear old time favorites and sing along tunes. December 6 will find the Harmonicoots at the Ladies Golf Club Holiday Luncheon for jingles, carols, and merriment.

A recent jam session found Linda sitting next to a new member. Nervous to play, Linda found herself whispering in her ear "You should play. We will play with you. That's how you learn."

So, she played. "That's how the Harmonicoots roll!" smiles Linda.

Harp's Up!

...

SCR Dance Club

BY LENORA DAVIS

It's going to be groovy, baby. Real far out, man – a trip for sure. On Monday, October 17, from 6:30 to 9:30, the Crystal Image Band is going to sock it to you! So, boogie on down to Funky Town and groove to the beat in the Ballroom. You'll dig the vibes & that ain't no jive. Grab your tie-dye threads and love beads and score a ticket at the door (or any dance class) for only \$10. The tickets are on sale now and all Dance Club members plus guests are invited. It's going to be a blast from the past, so don't be a bum – be there or be square. Call Gerri Junso at 916-865-9793 with any questions.

Speaking of a blast from the past, on August 15 the SCR Dance Club hosted a Hawaiian themed party that included hula dancers performing and providing hula



(cont' on page 9)

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Three Generations Strong

Leadership Academy #2

BY MARY ANN CHITTICK

Residents of Sun City Roseville (SCRCA) have always been very proud to claim that our community is THE Premier Adult Community of Northern California. For many years now, Sun City Roseville has held to this distinction, largely because the people who reside here are ready and willing to accept the responsibilities and leadership roles that a volunteer-driven organization requires.

Here are some of the accomplishments that have made this Association a distinctive example of a well-run organization: It has—

- Maintained financial stability, with only modest assessment increases, reserve funds at approximately 100 percent, and no debt,
- Provided a modern and socially interactive restaurant and lounge,
- Made a wide variety of amenities available—golf, tennis, pickle ball, needle and creative arts, singers, to name only a few,
- Offered a resort-type lifestyle; and finally, though there are probably more, it has
- Created a safe environment through Citizens Patrol and Neighborhood Watch.

In early 2022, the first class of Academy students successfully completed a six-session program from January through March. All of them are now actively involved in Association committees, services, or the Board of Directors. But, it doesn't end there. The Leadership Team is beginning its recruitment efforts to fill 16 seats for the Second Academy. The program will be much the same as described below with

one exception—

An opportunity for the entire community is being offered to hear the unabridged presentation on the early history of Sun City Roseville. Judy Bennett, Club and Community Organizations chair when Del Webb was developing the community will be the presenter. She gave this widely praised presentation at the 10-year SCR Anniversary and more recently gave a modified version to the Leadership Class of 2022. To be sure not to miss Judy's presentation, you may wish to mark your calendar now for Tuesday, January 10, from 10-11:30 in the Aspen-Birch rooms.

Regular class sessions for the Academy will begin on Wednesday, January 11, and will meet on alternate Wednesdays through March 22 with graduation on Friday, March 24. Those with an interest may pick up an application form in the Administration Office; upon completion return it to the same office. The Leadership Team is looking forward another successful year with the new Second Academy participants.



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Neighborhood Watch/Citizen Patrol

BY LINDA VINCENT

Our next Neighborhood Watch Quarterly meeting is scheduled for October 10th, at 10:00am in the Timbercreek Ballroom. You don't want to miss a questions & answers presentation on "Cruising with Safety in a "Covid/Post Covid" World by Gail George.

We still are looking for several Team Links to continue our communication links. Team Links needed in Village 2 (need 3), 6 (need 4), 8 (need 1), 10 (need 1), 12 (need 3), and 13 (need 4) plus a Village Communicator. Call our office if you are in one of the needed areas because we need you!

Safety Tips while driving inside and outside of our community - Slow down and enjoy your surroundings

Drive slowly. By driving at or under the reduced speed limit in our neighborhood, you can prevent an accident. Exercise caution at intersections and turns and look in all directions

STOP at the stop signs - cars and golf carts - just because we live in a senior community, doesn't mean we shouldn't follow driving rules. Come to a complete stop at all stop signs. Some people are tempted to roll through stop signs whether in a car or golf cart, especially on quiet residential streets where they think no one will notice.

Be polite towards bicycles and golf carts - they have their own lanes here in Sun City and we need to keep a safe following distance until

you can clearly pass them. Give pedestrians the right of way. Look for people in the road or people who are looking to cross, and slow down or stop for them.

News from Citizens Patrol -

Our Citizens Patrol volunteers are awesome! We continue to have our two vehicles filled with volunteers to keep a watchful eye when patrolling each night. Checking on open garage doors, burnt out street lights, house lights and unusual activity that may be present. Here are some stats from last month's patrolling our community:

226 volunteer driving/patrolling hours; 93 Shift Captains hours (2.5-3 hours per night); 207 garage doors left open and notified by a phone call or a friendly knock at the door; 2 street lights reported out; and 12 Couriers delivered to the shut-ins in the community; No Crimes reported in our community on the police blotter!

We are always looking for more Citizens Patrol drivers/riders! Pick up your application outside administration, on the Sun City website or our office. We love to get you out in a car to patrol our community.

Sunshine Services "We're Here to Help"

BY PAT TEILH

Need a Dial-a-Ride Ticket: Call Donna 916-952-0510 or Pat 916-521-9729 and we will deliver the ticket to your home.

Sunshine Services Meeting Change: The October 20 Sunshine Services meeting has been moved to Sierra Pines at 8:30am. Please feel free to join us!

Foundation Maintenance Crew: We are so fortunate here at SCR to have the volunteer Foundation Maintenance crew ready to help with minor home repairs. This most worthwhile group of volunteers is headed up by Foundation member, Doug Smoot. These volunteer residents are truly here to help their neighbors with small repairs such as smoke alarm batteries, replacing light bulbs, replacing clean furnace filters, service thermostat or irrigation controllers, and minor plumbing and electrical repairs. Thank you to these most helpful volunteers.

Highlighting another important program: The Medical Equipment Loan program which is part of Sunshine Services is here to help any resident who needs a loan of equipment. Our medical equipment is loaned out for a three-month period free of charge to our residents. We have 2- and 4-wheel walkers, wheel chairs, canes, transport chairs, ice machines and other types of equipment that may be needed. If a piece of medical equipment is needed call and leave a message at 916-367-1695.

This program is run by volunteers who are willing to help their community. New monitors for this Medical Equipment Loan Program are always needed. These positions involve being on call for possibly one week at a time every one and one-half to two months. The more monitors there are, the less frequently your call week will come up.

The work would involve taking calls from residents who need to borrow medical equipment from the Sunshine Services Support Group. You will be trained for this position, and it gives you an opportunity to give back to your community by helping others in need. If you are interested in helping this worthwhile group please email Amy Cho Amytcho@yahoo.com or Rebecca Hellman Rebeccahellman@sbcglobal.net.

Remember these volunteers are "Here to Help".



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SCR Dance Club

(cont' from page 5)



instruction. Everyone had such a great time that we may do it again next year.

On September 19, Bill Swayne's Line Dance I party was well attended and everyone was out on the dance floor having a good time, as always. On September 27, Sandy Gardetto hosted an afternoon session with Line II, III, IV plus an Introduction to Line Dance. It was a fun event for all and it was nice to see beginners participating.

If you missed the very Beginning Tap class, it starts again on Tuesday, October 4, from 9:30 to 10:30 am at Sierra Pines; Beginning Clogging will be on Fridays, from 9:00 to 10:00 am at the Pines as well. And, as always, see you on the dance floor!

• • •

Second Act Studio Drama Club

BY LENORA DAVIS

There is a naked man on the couch! See what happens when Mildred wanders out into the kitchen one morning to pour herself a cup of coffee and finds an unknown naked man on her couch. Hint: the chaos begins, and it is hilarious fun. Don't worry - no actual nudity.

Moving on, what possibly could a couple of older ladies have up their sleeves when a new, single man moves into their retirement community? Have I piqued your interest yet? Heck, yeah, you say?

Then, just to mix it up a bit, we include and

old-time radio show, western style. A couple of cowgirls ride into town to save the day.

Our cast members have been preparing for months and are highly excited to perform in this, our inaugural production. If all of this sounds like something you won't want to miss out on, you must plan on attending our performance on November 21 at 7:00PM. All Sun City residents and guests are invited. Tickets, at \$10, will be available at Courier Days on November 1, or from any cast member. More details will follow next month.

Please plan on joining in to support us. For more information you can call Susan Glover (530-388-6367) or Lenora Davis (707-350-1357).

• • •

Creative Arts Group

BY CAROL KOVACH

Rita Zanzinger fell in love with California history and the California missions in her 4th grade class. She is proud to say that she has visited all the California missions and served as a docent at the Monterey Mission (San Carlos Cathedral) while living in Monterey County before moving to Sun City in 2019.

Rita, a native Californian, was born and raised in the beautiful small town of McCloud near Mt. Shasta, where she lived until leaving for college. She received her teaching credential from Chico State and taught primary grades in the Bay area. In 1968 she and her husband Ron moved to Sacramento and later to El Dorado hills to be part of a small community.

For retirement they moved to the Monterey area where she took up pottery enthusiastically. She enrolled in pottery classes at Monterey Peninsula College two days a week. Rita credits a young teacher called Rocky who made her think outside the box, which has led to her always experimenting with slab and coil hand-built pieces. She has developed a wide variety of building techniques and enjoys using glazes creatively. Rita also enrolled in a fused glass class one day a week at the college making her welcome member of Creative Arts since moving to Sun City. But, tired of the increasing traffic around Prunedale (where they lived) they moved to Sun City.

Rita has a son who lives in Placerville and daughter in San Diego, as well as several relatives in the Sacramento area. She loves gardening, especially flowers. Rita appreciates

the friendships she has developed in the Creative Arts group.

And she also loves good cheese. After class on Friday at Monterey college she would go to Whole Foods and smell the cheeses and treat herself!

• • •

Fine Arts Club

BY NANCY VAVUL

It is harvest time! This is true for pumpkins and corn as well as for harvesting our own work. Check out the fall-themed little works in our display window this month on your way to the fine arts room to sign up for the many events coming up.

There are plenty of opportunities to create art under the guidance of our talented instructors. Donna Self will be teaching classes in acrylics on Mondays from 2:00 to 5:00, and Pat Abraham will be teaching watercolor classes on Tuesdays from 1:00 to 4:00 throughout October. Donna Self will conduct an alcohol ink workshop on October 7 from 2:00 to 5:00, and Tracy Owens will lead a painting project workshop on October 19 from 12:00 to 3:00. More details for these classes and workshops can be found in the room by the signup sheets. Be sure to stop by, sign up for whatever interests you, and pay by check using our new Fine Arts Club stamp.

For our October 13 general meeting, Pat Abraham will be doing critiques. This will be a great time to get some feedback on your unfinished work and help you plan what pieces to show at the Holiday Craft Fair on November 5. We are now looking for helpers for Friday, November 4 and Saturday, November 5, so be sure to contribute art and to sign up to help at this event.

Looking ahead, signups are also now available for our holiday luncheon on December 8 from 11:30 until 2:00 at Sierra Pines. The menu, catered by Elenas Kitchen Catering looks positively scrumptious! Add fun and friendship to a good meal and you have an event that you cannot miss. Checks for the holiday luncheon must be in by December 2.

• • •

Needle Arts Club

BY CJ KIDD

Although it is important to have enough material wealth to meet your needs, loved ones and friends are the real treasures of life and happiness is the real wealth. (Douglas Pagels)

Save this date: Saturday, November 5, 2022. Our Needle Arts Club Craft Fair will turn the Lodge into a flurry of vendors, activities and holiday joy. The festivities begin at 9:00AM and continue until 2:00PM in the Ballroom, Needle Arts Room, Fine Arts Room, and the Creative Arts Room. The lobby will also be filled with holiday arts and crafts. There will be over 60 vendors, both resident and non-resident. I'm sure you will find some holiday treasures. The Needle Arts Room will offer homemade baked goods for your purchase to take home and enjoy.

Needle Arts Club members will be called upon to bake items for the Bake Sale. I hope you will share one of your favorite sweet recipes. It can be small bread loaves (zucchini, banana, carrot), cookies, cakes, pies, muffins or brownies. Your choice.

While you are marking your calendar, highlight the first Wednesday of every month. Our general meeting and programs take place in the Ballroom at 1:30. Our Vice President has wonderful programs planned throughout the year. Come and enjoy an inspiring afternoon on the first Wednesday of every month at 1:30PM in the Ballroom at the Lodge.

Dues are payable now. Dues are \$15 per year. The year runs from July 1, 2022 through June 30, 2023. Fill out membership form (found on our website or in the Needle Arts Room on the counter). Checks should be made payable to SCR NAC.

Hope to see you at our General Meetings on the first Wednesday of every month at 1:30PM and at the Craft Fair on Saturday, November 5, from 9AM to 2PM

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(more Club News cont' on page 10)

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Cinema Group

BY BRIAN SUTTON

To get you in the mood for Halloween, the October movie is a thriller.

THE OTHERS
(2001), Starring Nicole Kidman

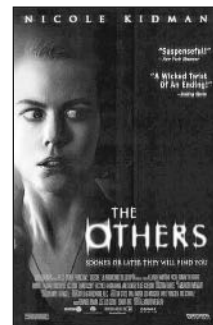
Grace (Nicole Kidman), the devoutly religious mother of Anne and Nicholas, moves her family to the English coast during World War II. She awaits word on her missing husband while protecting her children from a rare photosensitivity disease that causes the sun to harm them. Her daughter claims she sees ghosts. Grace initially thinks the new servants are playing tricks, but chilling events and visions make her believe something supernatural has occurred.

According to the Hollywood Reporter, this is one of the most elegantly suspenseful ghost stories in years.

The Los Angeles Times commented, "Kidman has thrown herself into her role as if it were Lady Macbeth on the London stage, with formidable results".

The online Internet Movie Data Base (IMDB) rated it a high 7.6. The other movie rating website, Rotten Tomatoes, reported "The Others" is a spooky thriller that reminds us that a movie doesn't need expensive special effects to be creepy.

Join us for this thrilling movie — Friday, October 21, 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.

...

International Social Group

BY CYNTHIA SINDREY

The friendly social group with members from all over the world is alive and kicking. We are attracting new members and receive kudos for the fun events we put on every other month. The next event will take place on November 2 which is the second Wednesday instead of the 4th. Wednesday which would conflict with Thanksgiving. We will meet at 6pm at Sierra Pines to celebrate our Asian countries with a catered Chinese dinner and entertainment. Moving on to 2023 a "Bringing in the New Year" party is planned, so put Saturday, January 21, 2023 on your calendar to attend the most popular party which is held at Sierra View Country Club in Roseville. Along with an incredible cocktail hour and dinner there will be music provided by one of the Timbers favorite groups - John & Krysty Cocuzzi.

Please be advised that flyers are now available on the Sun City web site so instead of being mailed to you an e-mail will be sent to members. Please inform either our President or Co-President if you would prefer to receive a mailed copy of the flyer or you can always

(cont' on page 11)

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International Social Group

(cont' from page 10)

pick one up from the rack in the Lodge.

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

• • •

Solo Friends

BY CATHY SCHIMANSKY

Welcome October and hopefully not only cooler weather but hopefully an abundant rainfall season. October is also month where we look forward to spending more time socializing indoors.

How do we enjoy the holiday months and still maintain a healthy lifestyle? A healthy lifestyle is a combination of making good food choices coupled with being physically and socially active. The keeping socially active part is what Solo Friends is all about. When you meet with and actively participate in group meetings and events like those offered through Solo Friends, you develop opportunities to enhance your social wellness.

By definition social wellness focuses on building and nurturing meaningful and supportive relationships with individuals and groups. It enables you to create boundaries that encourage communication and trust. Social wellness also includes showing respect for others and making an effort to keep in

touch with supportive friends. In addition our members agree that when we work together on a team to host our third Saturday of the month social events it really is fun to be actively involved with positive thinking people.

The first Mondays of the month are called Solo Friends "general" meetings. Our general meetings featuring guest speakers provides opportunity to participate in group discussions and practice active listening. So



Solo Friends Rummikub September meeting.

a more descriptive name for our general meetings is "Good to Know meetings" because all general meetings feature informational and inspirational guest speakers. This year's new vice-president, Laura Holeman scheduled a great lineup of 2022 monthly speakers. Laura encourages all of our Solo Friends members to contact her with any requests for topics that they think might be beneficial to our members in 2023.

In addition to our general and social meetings Solo Friends has four game groups which are currently Rummikub, Canasta, Hand-and-foot, and Mexican Train. This month's article feature photo was taken at

one of the September Rummikub meetings.

If you're a Sun City Roseville resident and not yet a Solo Friends member, you might want to drop in at one of our last two general "Good to Know" meetings in October or November this year and experience a new opportunity to improve your social wellness.

While writing this article I noticed on a box of crackers the term "just that good", it's time to discover your new favorite snack. Solo Friends is also "just that good"; it's time to discover your new favorite fun SCRC group.

• • •

Conservative Action Group

BY SHERRI SCOTT

Our first Monday of the month meeting for members was held on September 5. The turnout was impressive considering it was Labor Day.

Gwen Meyers, President, opened the meeting with two quotes from Mark R Levin. The first: "Conservatism is the antidote to tyranny. It's the only one. It's based on thousands of years of human experience. There is nothing narrow about the conservative philosophy. It's a liberating philosophy. It is a magnificent philosophy. It is a philosophy for the ages, for all times." The other quote: "I realize that conservatism was the philosophy that best suited me, with its emphasis on individual liberty, personal responsibility, and merit."

Conservative candidates running for the Dry Creek Joint Elementary School District Board joined us. These compelling

candidates are Jason Walker, Jean Pagnone and Jon Fenske. They call themselves the J-Team and believe in focusing attention on early education if we are to see a return to the founding principles of this country. They



believe parenting should be left to the parents and not the political agendas of the teacher's union and state government, stopping gender identity indoctrination and sexualization of children in elementary and middle school, improving reading, writing, and math as these skills are in a downward trend in the district, and many other issues.

Laurie Wallace, Secretary of the Placer County Republican Committee was invited to speak on the role they play in the electoral process. She is also CAGOP Vice President of the Northern Counties. More importantly than being a Republican, Laurie represents Grassroots Conservatism.



By the time you read this our members will have delivered candidate flyers to your homes.

If you can post candidate signs in your front yard, send email to: scrcag@earthlink.net

Our next meeting will be October 3, 6:30 pm, Sierra Pines.

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(more Club News cont' on page 15)

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Compliance Committee

BY GERRIE GOHR

Welcome to fall and cooler weather with time to think about what we need to do to keep our lawns healthy, green and beautiful. Proper yard maintenance adds to your home value and with a few relatively simple steps a lawn can be lush and green, even with our current water restrictions. Refer to your CC&Rs Section 7.02 Owner Maintenance Responsibilities.

Following are some inexpensive tips to renovate your lawn. Have your lawn aerated. This will put small plugs or holes in your lawn allowing water, fertilizers, and oxygen to reach the roots which promotes root growth. Dethatching your lawn with a power dethatcher or simply rake and this will remove old organic material and help to break the soil surface providing a space for new grass seed to root. Mow your lawn a little taller to reduce evaporation and produce hydration. Once your soil is loosened through dethatching and aeration spread a good quality grass seed over the lawn followed by a light application of starter fertilizer and finally a light coat of reseeding peat to hold the moisture in and protect the seed from drying out. These steps are relatively simple and economical and even though some of our lawns are more than 20 years old they should not need to be replaced.

Also, take a look at your trees and shrubs. Trim your trees and prune your bushes as needed which will complement your yard as neat and attractive. Applying bark and deep watering will maintain your bushes and shrubs

and still save water. Try deep drip irrigation stakes that slowly deliver water down low, encouraging deep roots.

A well maintained yard not only adds value to our homes, but makes our community a welcoming and desirable place to live. Thank you to each resident who makes the effort to maintain a beautiful yard, it is appreciated by all.

Just a reminder with Halloween coming quickly, remember decorative items to celebrate the event are allowed two weeks before the holiday and must be removed two weeks following the holiday.

Enjoy your yard and Happy Halloween,

If you have questions or want more information, please contact Ryan O'Connell, Assistant Director of Community Standards, at 916-774-3863.

Governmental Affairs Committee

BY STEVE CHO

Last month's Governmental Affairs Committee (GAC) article talked about "changing of the guard" for all Sun City Committees. It wasn't known at that time, but a big change included Exec Dir, Earl Wiklund. Earl announced his retirement from SCR in early August and the search went on to find a replacement for him. It was just announced

that the new ED will be Goeff Browne. More to come from SCR Admin for this monumental change... stay tuned.

The end of August also marks the end of the California legislative session for 2022. No more bills can be introduced at this time. Part of GAC's role is to monitor and review legislative bills that could affect HOAs. While we can take a rest from the daily monitoring of state bills, there are other factors that may affect us in Sun City.

Roseville Deputy City Manager Meghan Schied spoke about Measure C at our August meeting. Measure C would increase the Transient Occupancy Tax (TOT) rate from 6% to 10%. This tax would apply to hotels/motels and some B2B rentals. In September, Erin Frye from the City of Roseville will speak on rate increases for Roseville utilities.

It should be no surprise to everyone in Sun City that traffic along Pleasant Grove Blvd (PGB) is bad and getting worse. This is especially true at the Rose Creek Rd intersection. Cars are speeding along PGB and sometimes run a red light. Cars for sure speed up when the yellow light appears. Even though the light is green for you, be sure to look both ways before entering the intersection. FYI, City of Roseville increased their traffic patrol.

GAC meetings are held at 2pm on the 2nd Tuesday each month in the Aspen/Birch room. All are welcomed and encouraged to attend.

Website Work Group

BY CHARLYN ROSS

October Has Arrived—This month is not just special because of Columbus Day, October 12th, and Halloween, the 31st. There are some other holidays we should be celebrating.

October 1, International Day for the Elderly—In 1990, the United Nations General Assembly established this day as a result of the World Assembly on Aging, formed in 1982 to explore and tend to the needs of the world's elderly population.

October 17, Clean Your Virtual Desktop Day—Designated by the Personal Computer Museum, Ontario, Canada, it reminds us to make sure to review and clean items on our computer desktops.

October 20, National Sloth Day—Celebrate by "just hanging out, doing nothing".

How about using any day in October, to not only "clean" your computer, but check out what else you might no longer need around your residence. Then, take advantage of the Resident Website's popular Classified Ads feature to dispose of it.

Our Classified Ads—This feature gets a lot of action and is easy for residents to use. You can submit your ad online and add a photo. It will be posted for 14 days. You can even extend the time, if necessary.

The Classified Ads feature is in the "Community" menu. Its webpage provides the details of the "terms of service". The

(cont' on page 13)

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Website Work Group

(cont' from page 12)

submission form can be accessed by clicking on the "envelope" icon.

Near the bottom of the submission form is the link to add a photo/image of the item. The photo must be in "jpg or jpeg" format, and must be located on the device you are using to place this ad. When the link "Choose files" is clicked, you will be able to locate the photo on your device, and click "Upload" to add it to your ad. It is best to add a photo/image of the article at the time the ad form is completed. If you decide to exit before submitting the ad, you need to click "CANCEL" to avoid submitting an incomplete ad.

Changing Your SCR Directory Profile — You can access your "SCR Directory Profile" by clicking on your name at the top right of the Resident Website screen.

If you need to change the email address that you are using to receive notices from the Association, Clubs, or Groups or change your personal information on your "SCR Directory Profile", you will need to contact Julia Schmunk, our Website Designer, by email at julianns@scrc.org.

You need to specifically indicate the correct email address and personal information you wish to have in the Association's data base and on your "SCR Directory Profile". The change in email address will not change your Resident Website password.

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@scrc.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.

Ambassador Committee

BY NANCY GREEN

The Ambassador Committee is embarking on another year with our new Chair, Mary Onodera, new Ambassador's and goals for the coming year!

One of the main objectives of the Ambassador Committee is to be a "Welcoming" committee into Sun City Roseville! The goal is to present to the new and prospective residents a "community" experience! Not just a "neighborhood" where no one gets involved!

We, as Ambassador's, achieve part of this goal by arranging a personal tour for any interested prospective resident. They are met in the Timber's Lodge and taken around the facility to show them what is offered by Sun City Roseville. Our community has a lot to offer and questions from us that have lived here for a while are valuable tools. It is interesting hearing where they are moving from and how they discovered Sun City Roseville!

After they settle into their new home,

we follow up with them and they are invited to a "Welcoming New Resident Social". The social event is held four times a year and will include new residents that have moved into Sun City within the prior 3-4 months. At the event, we invite a representative from the staff, a member from the Foundation and members from other clubs. Information is gathered from these speakers and residents will have a chance to ask questions. Refreshment and beverages are served, prizes are given out and it is a wonderful way to meet new neighbors! Evites will be sent out for the next event which will be held on November 5.

Please be sure to sign up with the Sun City resident website, www.scrs.org, so you can keep up with all the news in our community. Every month the Sun City Courier magazine is available at Timbers Lodge for all residents with additional information.

Boomer Generation

BY SUZANNE CROWDER

Who would have thought that after all these years we still have some dance moves. The Disco Ball September 21 and 22 was a huge success! We all walked away unscathed, no broken hips or tweaked backs as well as; Boudin's did not disappoint with their Chili Bowls.

September SIGs also had some great fun. Dining Out, Game Night and Bunco. The Book

Clubs and Walking Group are going strong. Be sure and visit the website and check out all the SIG's (Special Interest Groups) Boomer's has to offer. If you don't see something you like, let us know and we'll be happy to help you get it up and running.

October has some fun SIG events as well, so mark your calendar. October 1 Wine SIG and October 20 Trivia Night. Remember you must be an active member to participate in any Boomer functions. If you have not renewed your membership, there's still time. The forms are in the lobby or on our website.

Don't miss the second General Meeting of the year, October 24 at 7:00 pm at Sierra Pines. We'll be working on the next six months and want the member's input. So don't forget and BYOB.

November has the last Boomer Event of 2022. Our Pasta Bingo will be November 16 or 17, and Olive Garden will be catering. Watch your email for eblast or check out the lobby for further information towards the end of October. Signups will start November 1 at Courier Days.

We look forward to seeing you at the Events or meeting.

Enjoy your fall season!

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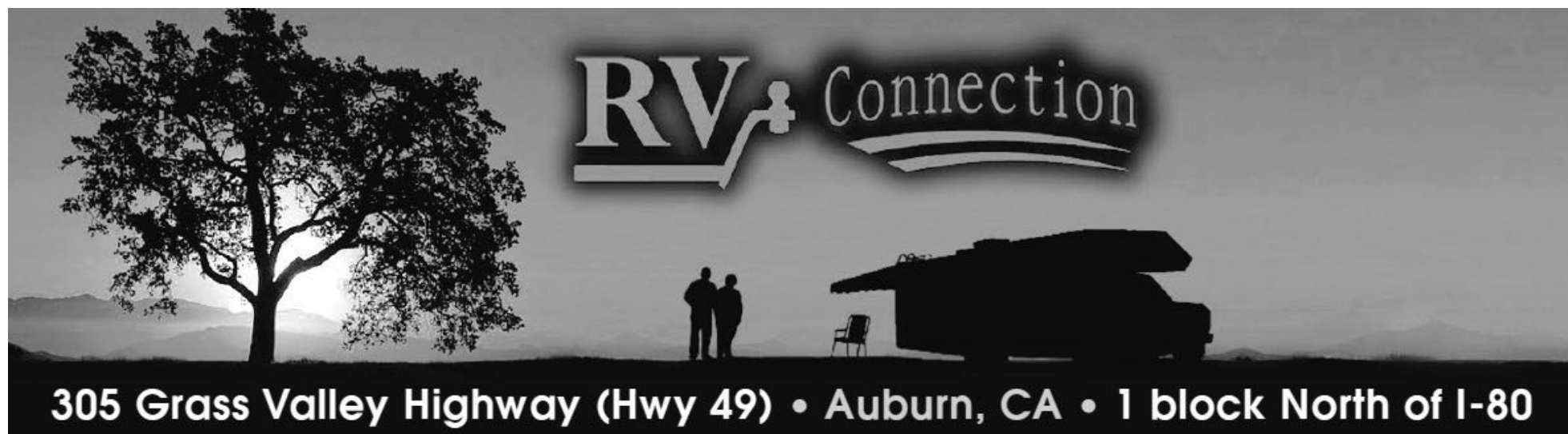
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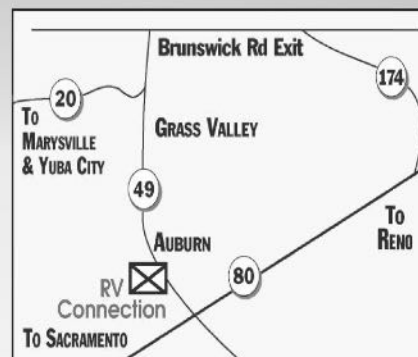
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SCR Computer Club

BY BARBARA EICHTEN

Changes! Watch for the new scheduled meeting/workshops in the Club Room! We will no longer be in the “Computer Room.” We will have limited time for questions and “help” so make an appointment or attend one of the scheduled interest group meetings.

Special Interest Groups (SIGs):

Genealogy - Will meet on the 2nd Thursday, October 13 at 2:00 – 3:30 in the CLUB room. PJ Palmer will present a workshop to get everyone involved in the process of documenting your genealogy. She would like input by knowledgeable members. There will be no dues at this time.

iDevices – Meets on the 1st Wednesday, October 5 from 12:00-2:00 in the Club room, members will be present to assist with questions and “Tips and Tricks.”

PC Forum – To Be Announced, but meets on the 1st Tuesday from 1:00 – 3:00 in the CLUB room.

Photo SIG - PhotoSIG will be meeting on the 3rd Friday, October 21 at 10:00 am in the CLUB Room. All Computer Club members may join the Photo SIG. Submission of a maximum of 3 photos sent to PhotoSIG916@gmail.com are due by Monday,

October 17, 2022. October's theme is “Landscape in Nature.” The photos must be taken between January, 2019 and the photo submittal date. Contact Dennis Studer or Jennii Ramirez for additional information.

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

All 'Bout Apple – Will meet on the 2nd Thursday after the 2nd Tuesday, October 20 from 2:00 – 4:00 pm in the Club Room. Contact Charlyn Ross (916-772-1447).

New SIG!! Card Making - Will meet on the 3rd Tuesday, October 18 in the Club room to make Christmas cards with Rubberstamps. Make four cards for \$20. Bring your favorite adhesive. Call Cathy Fluellen (623-256-0280) to reserve a spot.

Matt Oberlin, our speaker for “Tips and Tricks of Computer Safety and Online Security,” will be speaking on October 24, at 10:00 in the Ballroom.

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Roseville Stamp Club

BY TIM MILES

We're coming into the holiday season and our future meeting dates are impacted by the coming events. Our October meetings are set for Tuesday, October 11 and Tuesday, October 25, both at the starting time of 6:30 pm. However the November meeting is Monday, November 14th at 6:30 pm because of Tuesday Election day. Additionally, this will be our last meeting together in 2022 because of the demand for space at the Lodge by various Sun City clubs for holiday get-togethers. We won't get together as a group until January of 2023.

Make sure that Al Raub (acraub.cal@gmail.com) has your email address and he will issue any timely alerts as to meetings, “open garages”, etc.

Additionally, be advised that the Sacramento Stamp Club will have their Sacapex Stamp Show at the Scottish Rite Temple on the first weekend in November. This is always a great show with all sorts of merchandise for sale and an auction of various albums and stamp paraphernalia of all sorts on Sunday.

Any questions can be directed to Al Capparelli (916-771-8288). He can advise you as to what is available there. Additionally, he stands ready to appraise any album that anybody might want updated as to value. Any reader who has any philatelic material (albums and associated gear) they might want upgraded as to value can attend any of our meetings or call Al and somebody will be assigned to help you out at no cost to you.

Many members receive Kelleher's Stamp Collector's Quarterly which is a colorful and fact-filled magazine at no cost to them. See them at www.kelleherauctions.com and request to be put on their mailing list. During the winter months, it is a great collection source to have available.

• • •

SCR Democrats

BY TONI FISHER

We're in the homestretch, the last lap, of the midterm elections, now just weeks away, and our members have taken on a number of duties to inform voters of the slate of excellent Democratic candidates. We are fortunate to support this qualified group and have never been more active as we worked for

candidates in such ways as phone banking, text banking, writing supportive postcards and either hosting or attending fundraising events. Several members wisely avoided the recent heat as they canvassed neighborhoods in the cooler morning hours, speaking with those neighbors who are registered as no party preference voters. These residents welcomed the information and many expressed their support for the candidates.

Of the state level candidates, SD6 candidate, Paula Villescaz, and AD5 candidate, Rebecca Chenoweth are both very impressive, each having good experience which will serve them well once elected. At the national level, we are fortunate to have Dr. Kermit Jones running to serve as our representative for Congressional District 3. Growing up on a farm in southwest Michigan, he learned the benefits of hard work which helped him in medical school. After receiving his degree, Dr. Kermit, as he is known, thought a law degree might help his career. But as he studied the law, he instead joined the military as a flight surgeon on a ship off the coast of Iraq during the Gulf War. His training and experience developed a true commitment in Dr. Kermit to the citizens he now hopes to serve in Congress. He often expresses his plan to do what helps everyone, not just those in his political party. It has been a pleasure working in support of these candidates and we are looking forward to having them in office.

• • •

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. 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. By the simple process of mantra meditation, our mind and heart are gradually purified of all kinds of worry, hankering, anger and deep-seated fears. We begin to experience an ever-deepening inner peace and happiness and increasing insights into life. The meditations will be practiced seated in chairs and the program is presented free of charge.

Bring a friend and come make new ones! Here are the dates, times and locations for our

upcoming meetings.

Tuesday, October 11th, 11:30am to 12:30pm at the Aspen Room in the Lodge.

Monday, November 14th, 10:30am to 11:30am at the Aspen Room in the Lodge

Mark your calendar and we look forward to meeting you. Ed Cervantes, mantramedclub@gmail.com

• • •

Rods & Relics

BY ELNA RAGAN

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

- Gigi's Playhouse (An Achievement Center for children with Down Syndrome)
- Assistance League of Greater Placer's "Drive to Thrive Program."
- Lincoln Police Department's "Project Life Saver – Bringing Loved Ones Home"

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

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

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

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

Contacts: Tom Indrieri, President 916-645-2035.

Mike Carvidi, Membership Director 707-849-2834.

Web Site: www.rodsnrelics.net

• • •

(more Club News cont' on page 16)



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SCR Travel Club

BY ANDREA NORCIA

The Sun City Roseville Travel Club (TC) meets on the fourth Monday of each month at 3:00 pm, in the Timber Lodge Ballroom. On September 26, 2023 our guest speaker will be Sharon Mowry, Sun City Activities Director.

Last month TC members had their annual Hot Dog Summer Social. Phyllis Melberg chaired of this event and everyone who attended had a great time! Phyllis invited the Sun City Clogging Dance Group to perform at our Social. They were very entertaining and our members had fun learning a basic Clogging Dance.

The TC is excited to offer several domestic and international trips to our TC members. Below is a list of trips that are currently scheduled in 2023.

February 22-28: Alaska's Northern Lights

March 6-18: Shades of Ireland

April 3-11: Mississippi River Cruise

April 28-May 11: Cultural Treasures of Japan

July 2023: Cowboy Country (Northern National Parks)

June 2023: Switzerland Hidden Hills and Majestic Parks

August 2023: Northern National Parks (Jackson Hole, Tetons, Yellowstone, Mt. Rushmore)

August 2023: Iceland, Windstar Cruise

September 2023: African Safari

October 2023: Fall Foliage

December 2023: New York City

Christmas Lights

Upcoming guest speakers include —

October 24, 2022: Elaine Zilonka, Sun City Fitness Director

November 28, 2022: Jay Fehan, Collette Vacations

For more information on the TC visit our website on the SCres.org website. Look for the "Travel Club" tab for the most recent information on trips, activities, helpful hints on navigating the TC website, as well as interesting travel tips.

...

Garden Club

BY SUZETTE AUSTIN

October traditionally ranks among the best times to make major additions to your garden. It's also a good time to divide perennials or move other plants. The soil is still warm enough to encourage good root development before winter's chill. California native plants, in particular, benefit from an October start.

Jeff Holland, a Sun City resident, will speak at our October 4 meeting since our September meeting was cancelled. "Urban Gardening—Becoming a City Farmer" is his theme. Jeff will share pictures and ideas on the art of gardening, planting and pruning a fruit orchard as well as wine grape growing. He'll show us how to do a backyard remodel using existing walks, yard ornaments and plantings to turn a yard into an outdoor oasis no matter

(cont' on page 17)

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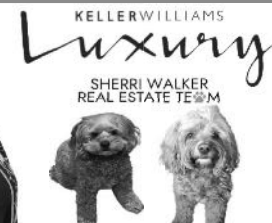
103 HOMES SOLD IN SUN CITY JANUARY TO AUGUST 2022

| PRICE RANGE | SQFT | NO. | MODEL |
|---------------------|-----------|-----|--------------|
| \$460,000-\$566,000 | 964-1176 | 8 | MEADOW |
| \$455,000-\$550,000 | 1198 | 9 | TIMBERROSE |
| \$522,000-\$587,500 | 1323-1343 | 10 | ORCHARD |
| \$550,000-\$701,000 | 1334-1347 | 8 | ROSETREE |
| \$545,000-\$641,000 | 1476-1500 | 16 | COUNTRYROSE |
| \$530,000-\$803,500 | 1547 | 2 | SHASTA |
| \$599,000-\$645,000 | 1560-1578 | 1 | PINERY |
| \$630,000 | 1583 | 3 | REGENT |
| \$550,000-\$700,000 | 1618-1781 | 1 | CALAVERAS |
| \$617,500 | 1638 | 1 | PARKLAND |
| \$615,000 | 1658 | 1 | BAYWOOD |
| \$688,500 | 1774 | 1 | IRONWOOD |
| \$615,000 | 1799 | 4 | GROVE |
| \$620,000-\$745,000 | 1840 | 12 | PLUMAS |
| \$607,500-\$805,000 | 1741-1869 | 4 | YOSEMITE |
| \$660,000-\$815,000 | 1994-2032 | 3 | SUMMIT |
| \$656,500-\$785,000 | 2083 | 7 | SIERRA |
| \$680,000-\$860,000 | 2287 | 1 | DELTA BREEZE |
| \$899,000 | 2362 | 1 | HEARTHWOOD |
| \$730,000 | 2538 | 1 | TIMBERLODGE |
| \$1,150,000 | 2665 | | WILSHIRE |



August Home Sale Averages

Homes Sold: 9
Days on Market: 16
SqFt: 1,704
Price per SqFt: \$373.07
Listing Price: \$635,817
Closing Price: \$626,444



All data reflects homes sold in Sun City on the metrolist service taken on 8/30/22

Garden Club

(cont' from page 16)

what size lot you have. Fruit and vegetable canning techniques will be shared as well.

Georgette Porter will speak at our Club meeting on November 1. Her talk will be on bulb planting, care and on how perennials enhance bulb plantings.

Our annual Holiday Breakfast including a gift exchange will be Tuesday December 6 in the in the Lodge.

Our general meetings are the first Tuesday evening of each month. 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. New members and guests are invited to come and visit with Sun City gardeners and meet new friends. For more information about our club contact Karen Burford at 530-575-8384 or karinab@aol.com.

Dues are \$10 from September through June, 2023. Since our September meeting was cancelled you may pay at the October meeting, or mail or deliver your check to Linda Gordon at 6132 Granite Flat Lane.

• • •

Birders

BY JANET MORELLI

SCR Birders scheduled field trips have resumed after a three-month break for the summer and will continue with at least 2 per month until mid-May 2023. The sightings of the first trip, on September 15, will be reported in this article next month. In October, Birders



will visit Ferrari Ranch Trail (west of Hwy. 65) on October 6 and Woodland-Davis Clean Water Facility (near Woodland) on October

SCR Hiking Group

BY DORIS MERCHANT

Our trailhead elevations will be significantly lower beginning this month as we head into cooler weather. Also, October is the last month that our hikes will begin at 8:00 am. Starting November 3, we will leave the parking lot at 9:00 am!

If you are not a member of our Group and would like to try hiking with us, please check our website or call our President, Pete Grady, for more information. You can hike as a guest three times before joining.

October 6 - Malakoff Diggins, rated 5 (moderate), 7 miles, \$12 carpool ride.

October 13 - Bullards Bar (Vista Point to Dark Day), rated 4 (easy to moderate), 6 miles, \$10 carpool ride.



20. On November 3, Birders are scheduled to visit Gibson Ranch (in Elverta).

SCR residents signed up to receive more information on each of the trips scheduled will be sent an email a week before a trip describing the meeting place and time, estimated duration of the trip and walking distance, and fees and carpool contributions (if any). Residents can sign up for these emails by contacting Janet Morelli at 916-782-6393.

• • •

Cycling Group

BY SUZETTE AUSTIN

What a fun summer it has been! We're hoping for gorgeous fall weather because we still have rides and activities planned.

Our August general meeting included an Ice Cream Social and Gear Swap. It was a huge success with about 60 of our members attending. We had four wonderful Koffee Klatches this summer and will look forward to resuming them in the spring.

In September we had two Cycling Group Rides. We did a 20 mile ride on Roseville bike trails and neighborhood streets to the Pacific Street Cafe where we met some non-riders for breakfast. Another group ride was from the Indian Creek golf course in Loomis with a lunch there afterward.

On Monday, October 10 we're planning a Folsom/Mexquite Ride. This is a 20 to 25 mile ride starting at Mexquite Mexican Restaurant in Folsom and returning there for lunch.

Our annual Monterey Ride is planned for

(cont' on page 19)



October 20 - Yuba River to Humbug Creek, rated 5.5 (moderate to difficult), up to 9 miles, \$10 carpool ride.

October 27 - Bobelaine, rated 2.5 (easy), 4.5 miles, \$8 carpool ride.

• • •

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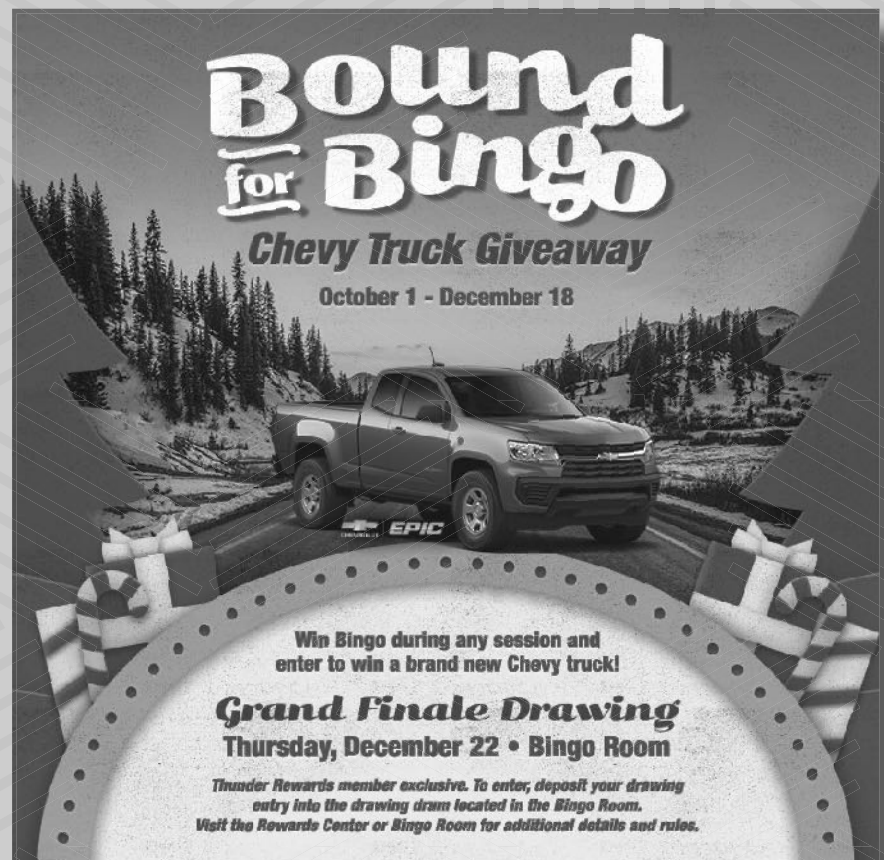
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Admission opens at **4pm** • Games begin at **6:30pm**

SUNDAY

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



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Grand Finale Drawing
Thursday, December 22 • Bingo Room

Thunder Rewards member exclusive. To enter, deposit your drawing
entry into the drawing drum located in the Bingo Room.
Visit the Rewards Center or Bingo Room for additional details and rules.



Saturday, October 15

Power Package \$70

(12) Hot Seat Drawings for (12) bingo bags
with daubers, bingo accessories,
and a \$75 Bingo Gift Certificate.

In celebration of our one year reopening,
each guest receives a birthday cake serving.



Sunday, October 30

Admission opens at **10am**

Games begin at **1pm**

5 starters pay \$500

20 regular games pay \$1,199

All specials pay \$1,000
Excludes Lightning Wheel.

All progressive consolations pay \$1,000

\$100 cash deposit reserves your seat starting
September 22. Deposit applies to initial buy-in.



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Single winner chooses a pumpkin.
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Cycling Group

(cont' from page 17)

October 24-26. It includes three days of riding in the Monterey area. Several group lunches, dinners and happy hours are planned.

Our Oktoberfest is on October 8th at Sierra Pines and our Holiday Party is scheduled for Wednesday, December 14 in the Timbers ballroom.

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

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, lots of pictures from our last year's Holiday Party and of rides and relaxing together in 2022.

• • •

SR Table Tennis

BY SHARON HOPE

Moving to Sun City Roseville in January of this year from our Granite Bay home of almost 50 years was daunting. One of our goals after settling in, was to first get acquainted with the new neighbors and check out the many activities available.

Jim and I have recently joined the table Tennis group and are so glad we did. I was a little apprehensive at first, thinking it had been a while since playing. Would I be able to keep up? Would I be too embarrassed to play? Through the years we played off and on



Jim and Sharon Hope.

with our children, however, I was pretty much starting over as a beginner.

Everyone in our table tennis group has been so patient and kind, saying, "everyone starts out as a beginner." Not only are we getting much needed exercise, but we are thoroughly enjoying getting acquainted with the many wonderful people within our group. Thanks, Sun City Roseville Table Tennis family, for welcoming us with open arms.

We enjoyed the backyard view of our previous home and thought we would miss it. We don't! It is very pleasing to be able to drive through the beautiful tree-lined clean streets of Sun City and view homes with their pleasing color schemes, and immaculate landscaping.

If you are not having fun in Sun City Roseville, it is no one's fault but your own. We intend to take advantage of all that our community has to offer. We are happy and only wish we had moved sooner. Now it is a dream come true.

We are encouraged to venture out to other groups and meeting many more Sun City residents. This is not just a community, but a family. Looking forward to meeting each of you.

• • •

SCR Tennis Club

BY DIANE BARNETT

Fall is a perfect season to play tennis but it seems that fall doesn't last long enough. Soon winter will be here and outdoor sports become more difficult to play. However, the Tennis Club plays tennis all year taking time off only when inclement weather gets in the way. Hoping to take advantage of the great weather that we are still enjoying, the Tennis Club is planning a Tournament to say "goodbye" to summer and to welcome in fall. The "Aloha to Summer" tournament is scheduled to take place on September 24 which includes mixed doubles play at 8:30 am followed by a Luau with prizes. A great time is in store for all. Thank you Janie Monahan, Pati Struble, Claire Barry, Jim Willson, Stu McIntosh, and Frankie Lee Schesser for putting this tournament together. More information will be reported about this tournament in next month's article.

October is also the month that the Tennis Club votes in a new slate of Officers for the upcoming year, so come to the general meeting and cast your vote. This

meeting takes place on Monday, October 3 following a club social that includes drinks and snacks. After the social, meeting and the election, we will continue to celebrate fall with an Oktoberfest where members and guests will enjoy brats, sauerkraut, potato salad and a special dessert. Thank you Linda Gordon and the Tennis Club Social Committee for the fun socials and delicious dinners that you continue to plan and serve the Tennis Club. If you are interested in joining in the tennis fun and/or the social events, we invite you to join the Tennis Club Contact Ray Barnett at 916 759-2578 and he will get you pointed in the right direction.

• • •

Court and Water Volleyball

BY MARISA BERNETTI

Court Volleyball: Yes! We have co-ed court volleyball at SCR. Court ball is played on Friday mornings, 8:00 – 10:00 am, at the pickleball court #1, closest to Del Webb Blvd. Give it a shot! It's good exercise and fun too. High school play experience is helpful, but not required! We're all rusty at first, but one's ability returns rather quickly (thank you muscle memory!). It's time to dust off those shoes and try it out; no fees to join!

Water Volleyball: Indoor pool - Mondays, Wednesdays and Fridays (including holidays) from 11:30-1:00 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.



Doug Hull and Pat Beck.

In order to maximize play time, everyone helps to set-up the court. Then, to allow the pool for others' use at 1:00 pm, the group tears down and stores the equipment accordingly (it takes just 2-3 minutes).

Group Socials: The Group has quarterly meetings (very short) followed by dinner, BYOB and games. These socials are a good opportunity to mingle with all of our volleyball family. Our last social was on September 19, with dinner and Cornhole as the game; cash prizes were awarded to the 1st and 2nd place winners.

Our next social will be a Christmas breakfast at Pacific Street Café on Wednesday, December 7th at 9:30 am.



Greg Umberg — Ace VB player.

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

• • •

Pickleball

BY BOB VERZELLO

The Pickleball Club continues to grow. Welcome to new members Richard Muentner, Rich Forhan, Diane Slusher, Richard Forhan, Jim Burkett and Irma McClure.

Some of our growth comes from the beginner clinics being offered by Wayne Miller with help from Mary Burns. (Check the club kiosk in the lodge for information about future clinics.) Clinic attendees have the opportunity to play three times during club hours before deciding if they want to join the club. Obviously, many have. As members, they receive emails about upcoming club events.

(cont' on page 23)

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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.

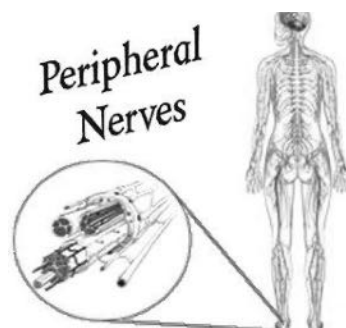


Figure 1: Notice the very small blood vessels surrounding each nerve.

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.

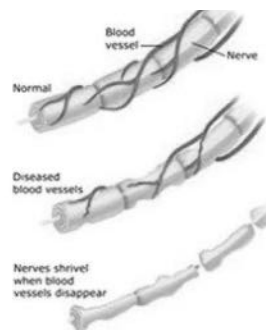


Figure 2: When blood vessels become diseased, they shrivel and are no longer able to provide nourishment to the surrounding nerves.

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

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

BY ALAN LOWE

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

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

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

In the “People Are Funny” category

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

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

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

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

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

do we beam.

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

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

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

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

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

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Pickleball

(cont' from page 19)

We'll have our first "Sadie Hawkins" tournament Sunday, October 16th. Women will choose male partners, changing them throughout the tournament! Also in October, our club will host a mixed round robin with Heritage Natomas with "dinks and drinks" afterwards. Watch for date.

Tips on poaching: To poach is to move onto your partner's side of the court to cut off an opponent's return. If done infrequently, it can surprise the opponents and make it difficult for them to return. It is usually done when opponents hit a floater and partner is back near the baseline or otherwise not in a good position to make a return. It is also done by a stronger partner to interrupt repeated shots directed at a weaker partner.

Our Anne Burney warns to carefully time the shot by starting the poach when the ball leaves the opponent's paddle. That also prevents you from going too far onto partner's side of the court. Going too far can leave the poacher's side of the court open for a return. That's when partner can switch sides to cover the open area. A poach shot need not be a power shot to be effective. It can be a simple, well-placed, shot and always should be a high percentage (put away) shot.

• • •

Softball

BY BOB MONTALVO

The hibernating Sun City Roseville Senior Softball Club is slowly beginning to stir, as the late summer heat finally gives way to the cooler days of fall. Softball gloves are being cleaned and oiled, worn bat handles are getting new leather grips and anticipation grows for the start of practice sessions at Mahan Park, where once again we'll throw, run, and prepare to play the game that we've enjoyed for most of our lives.

Our new slate of club officers is looking ahead to the 2023 season, securing sponsor commitments, ordering new team jerseys, and hoping to increase the number of active players on the club roster. Any Sun City resident, man or woman, interested in joining the SCRSSC can find an application form on the club website: www.rosevillesseniorsoftball.org.

With more than six months before opening day, there's ample time to lose a bit of that

weight gained over the summer and strengthen those core and leg muscles, in order to avoid injuries when play begins. Although it's very often neglected, stretching arm and leg muscles is critical before beginning to run or throw. Even less often practiced is stretching after physical activity, which is essential to avoid the soreness that we older athletes suffer after playing seven innings. Just imagine the benefits of having a group stretch session with your teammates after teams congratulate one another at game's end. It's unlikely to happen, but still an innovative idea.

Up until the 2020 season the Sun Dogs, a privately sponsored traveling team, played in the Sierra Valley Senior Softball League. The team traveled to play teams such as Elk Grove, Yuba City, Sacramento, and Folsom. If you are interested in forming a new Sun Dogs team and playing in that league again, please contact Bob Montalvo (psybobm@yahoo.com).

• • •

Bocce

BY DAVID MOORE

As this report was being written several of the first mini-league games were being postponed because even the most dedicated Bocce aficionados weren't eager to play when the temperatures were soaring up to 115 degrees.

However by the time you read this the leagues should be in full swing with 432 Sun City residents having signed up to play in 9 different leagues in a well organized signup



Bocce — Mike Johanik, Jerry Green, Greg Worth and Bill Dunk took first place in the "For Fun" Tournament.

party at Sierra Pines on August 31. The leagues include a number of newbies who turned out for an 8 a.m. instruction session with several of our more experienced club members.

In other Bocce news, Medina Lane, Aud Bair, Linda Fredericksen, Bobbi Dunk and June Woodland qualified as finalists and will compete against the reigning women's champion, Bev Lewis for the title of Womens Sun City Bocce Champion. The mens qualifying competition was after the deadline for this report.

Mike Johanik, Jerry Green, Greg Worth and Bill Dunk took first place in the "For Fun" tournament on August 20.

Second place was taken by Vivian Friedman, Roger Jacobson, Linda Fredericksen and Pete DeLonardo. Michael Foote, Paul Keck, Darlene Flora, Susan Moore came in third.

• • •



Bocce — The finalists in the womens qualifying tournament on September 10 were (left to right): Colleen Howard, June Woodland, Linda Fredericksen, Debbie Landrum, Susan Moore, Aud Bair, Judith Shively, Medina Lane, Arlene Lizotte, JoAn Guistert, Sandy Hanford and Bobbi Dunk.

He & She Golf Club

BY JULIE HARRIS

As we get into the cooler days of Fall, it's a perfect time to play golf with the He & She Golf Club. There's fun to be had and money to be made!

The He & She Fall Banquet will be October 10th at 5pm at Sierra Pines in the Ponderosa Room. This Octoberfest Banquet will most certainly guarantee good food, good cheer and good entertainment. Watch the website and your email for more information and sign-ups. You must be a member of the He & She golf group in order to attend.

Results of a recent Monday tournament are as follows. Congratulations to all the winners at both Sierra Pines and Timber Creek along with the closest to the pin winners.

9 Hole at Sierra Pines

1st place tie: Bob & Pat Horning, Wayne Berger & Jahna Holmes \$7 each

1st place tie: Michael & Pam Hemingway with two blind draws \$7 each

2nd place: Leonard & Vikki Clark, Jim Hackbarth & Arlene Lizotte \$6 each

3rd place tie: Jay Dameron & Hideko Gongaware, Fred Amador & Geri Womack \$5 each

3rd place tie: Jack Moskewich & Toni Ulloa and Bill Pagano & Jeri Smith \$5 each

4th place: Don & Marilyn Meyers and Bobbie Hostler & Gail Dailey \$4 each

5th place: Mike & Clare Buchanan and Lou Steck & Pam Cabezas \$3 each

Closest to the Pin:

Ladies – 1st place Pam Hemingway – 39' 1" \$5

(cont' on page 24)

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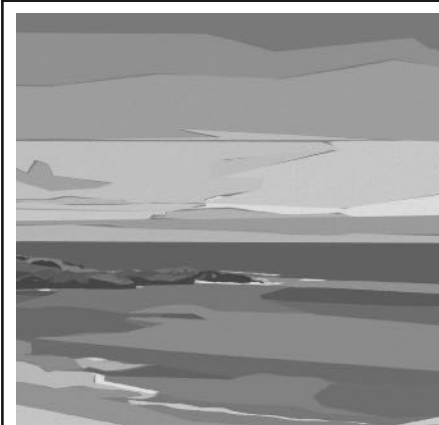
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He & She Golf Club

(cont' from page 23)

Men – 1st place Lem Llapitan – 31'7" (won straw draw) \$5

2nd Jim Ryan – 31'7" \$3

18 Hole at Timber Creek

1st place: Cal Conley, Sandra Morea, John Raniseski, Yolanda Lawrence \$9 each

2nd place: Bill Thyekn, Don Brooks, Jo Anne & Mark Gregson \$7 each

3rd place: Jim Lynch, Carol Norris, Connie DeBlaquiere, Paul Niebank \$6 each

4th place: Jim Sherrard, Vernita Hillwig, Jim Dachauer, Shirley, Libis \$5 each

5th place: Sol & Nancy LaBrada, Don Cook, Raquel Godfrey \$3 each

Closest to the Pin

Ladies - Tena Johnson – 15' 10" \$4.50

Men – Joe Ramos – 10' 6" \$4.50

Remember when playing in a He & She tournament to keep up with the foursome in front of you so that there is less waiting for all the groups behind you and therefore less frustration.

...

Sierra Pines Ladies Golf

BY DEBBIE GEORGE

Welcome to October and some great fall weather. We had way too many days this summer in triple digits.

Our most improved players for the month of August are the following. First flight – Kristi McGushin; second flight – Kathy DeVito; third flight – Gwen Myers; and fourth flight – Kathy

Westcott. Congratulations ladies.

Lots of chip-ins were recorded in August. On August 3 Bev Warrington chipped in on hole # seven; August 10 Carol Ditty on hole # six, Sharon Hearden on hole # nine, Charlotte Johnson on hole # eight, Dana Eggerts on hole # one, and Arlene Lizotte on holes # one and nine; August 17 Kathy Fowler on hole # four; August 24 Linda Osgood on hole # six; and August 31 Pam Skarg on hole # five, Linda Slaven on hole # seven.

Only one birdie recorded on August 24 by Suzie Ladas on hole # three. Also in August Linda Vincent broke 50 by shooting 47. Awesome golf!

New Club shirts were ordered in September. We're hoping to get the shipment sometime in December.

We held our Club Championship in September for the first time in two years. I'll announce the winners next month.

Fall Fest is coming up on October 17. Be sure to sign up for this lovely luncheon. Jan Pilliard and her team have been busy planning this event.

According to our Member Handbook, tee times will be changing in October. Watch for further announcements.

In November Eclectic and Putt 4 Points will be ending. Last day for Putt 4 Points is November 9. Be sure to get those scores posted.

Enjoy these beautiful fall days and happy golfing!

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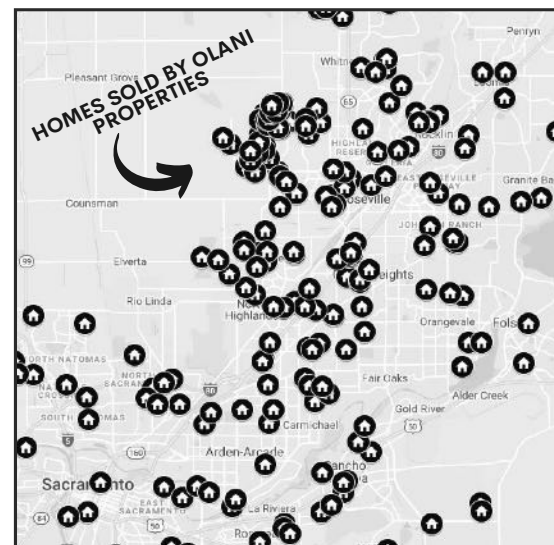
(more Club News cont' on page 27)

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

Virginia Lynam

(cont' from page 1)

bored again. One day she thought it'd be fun to work in a bank because she liked numbers. So, she went to the Bank of America in Fremont, interviewed, and got a job as a bookkeeper the same day. This was before computers, so she did all her entries by hand. One day, the Operations Office asked her to become her secretary. Virginia



Bob and Virginia Lynam on their wedding day — 1943.

Living in retirement at Rancho Murieta, Virginia and Bob had friends there who encouraged them to check Sun City Roseville out. The development had only been announced in the paper and when they drove out, all they saw was an empty field. It wasn't until another couple of friends from Rancho Murieta moved to SCR that they decided



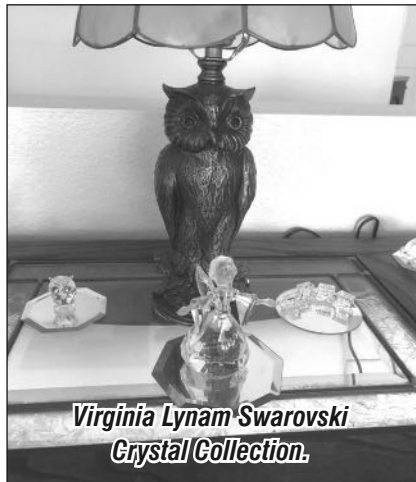
Bob and Virginia Lynam with daughter Pamela Lynam.



Virginia Lynam's son Steve and wife Maureen.

replied that she noticed that position wasn't a busy one and she didn't want the dreaded "b" word (boring) to come up. The Operations Officer asked her to reconsider if she promised to add more duties and she accepted the position.

That job lasted until Virginia, not one to be complacent, decided she wanted to get into lending. So, she took numerous financial classes like Financial Analysis, and finally found her niche in the field of lending. She transferred to the Sacramento area, working at various branches and at the Bank of America Loan Center from which she retired, as assistant Vice-President, in 1997. Her career in banking lasted 26 years.



Virginia Lynam Swarovski Crystal Collection.

to give it another try. This time it took. Bob, an avid golfer, jumped right into golfing every chance he got while Virginia loved working in our library, attending classes in water aerobics and playing bridge three to four times a week. "Moving to Sun City was a great move," she says.

Virginia loves volunteering and for 10 years she delivered food to the residents through the Meals on Wheels program. She and Bob attended Pleasant Grove Community Church and she volunteered to be on its Finance Committee for several years.

Throughout their years together, Bob and Virginia traveled to the Bahamas, Hawaii and

various states in the U.S. They enjoyed going to musicals and concerts, even traveling to New York to take in some Broadway shows. One memorable trip occurred in 2009 when they went with their daughter and grandson to England, Ireland, France and Switzerland. Virginia liked London the best because she loves its history, but she was also happily surprised when she on a double-decker bus in Ireland and pointed out the Lynam Hotel to Bob. Apparently, Lynam is a common Irish name. Who knew?

During his years working in the field of investments, Bob had been a member of every golf club they lived near and SCR was no exception. He had a group of friends he golfed with regularly. When he got macular degeneration and gradually lost his sight, they still escorted him out on the course, propped up his ball for him on the tee, and included him in their play. When it got to be too much for him to play, they insisted that he join them for their customary lunch afterwards, so Virginia would drive him over for their lunch and one of them would drive him back home. When that activity came to an end, Virginia supplied Bob with books on tape which he listened to daily, going through three to four books a week.

Bob passed away in March of 2021, at the age of 97. He and Virginia had been married 77 years. "We've made so many friends at Sun City," she said. "When Bob died, I got 70 sympathy cards from my friends here."

Their daughter, Pamela, notes that her parents are remarkable in that they had made friends wherever they lived and were able to keep them all these years. And they've left quite a legacy. They have six grandchildren and eleven great-grandchildren. Virginia is proud of the fact that both of their children and all the grandchildren have earned college degrees.

These days, Virginia is active in her church's Care Ministries. This involves visiting shut-ins and spending time with people who are lonely. She loves to listen to their stories and keep them company. In return, one lady in particular likes to be reciprocal and loads Virginia up with tomatoes, walnuts and cans of peaches. Not wanting to be only on the receiving end, Virginia presented her friend with her first taste of Starbucks coffee on her next visit. The exchange continues.

When asked if she could do anything over again, Virginia admitted she wished she had been able to attend college, regretting that it was harder back then than it is now for women

to do so. She also would have chosen to be a librarian. "But life has been wonderful," she says. "I'm glad I was raised a Christian. It's made life very easy. Everything's been great."

Over the years, Virginia has accumulated a collection of beautiful Swarovski crystals which grace a table in her living room. The very first piece she accumulated was a delicate angel which sits as the centerpiece of the display. And it typifies Virginia's makeup in many ways. It's sweet, delicate, loving, watchful and caring—the same characteristics found in abundance in Virginia Lynam. May she be our neighbor for many more years to come.

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

Just let us know!

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

Astronomical Events for October

BY BILL WEAVER

October 7 - Draconids Meteor Shower.

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

October 8 - Full Moon

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

October 21, 22 - Orionids Meteor Shower.

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

October 25 - New Moon.

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

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| 15 DAY HAWAII from SFO! Princess | Oct 23, 2022 | \$1,049 | \$1,138 | \$2,359 |
| Ruby Princess ~ 3080 Passengers | Nov 27, 2022 | \$1,099 | \$1,699 | \$2,459 |
| Royal Princess ~ 3560 Passengers | Jan 16, 2023 | \$1,799 | \$2,254 | \$2,254 |
| | Mar 12, 2023 | \$1,233 | \$2,381 | \$2,439 |
| Sail round trip from San Francisco, California to Kauai, Nawiliwili Hawaii; Honolulu, Hawaii; Maui, Lahaina, Hawaii; Hilo, Hawaii; Ensenada, Mexico, San Francisco, California. | | | | |
| *ROUND TRIP LINCOLN SHUTTLE TO SHIP! | | | | |
| 10 DAY ALASKA From SFO! Princess | Jun 6, 2023 | \$1,199 | \$1,343 | \$1,899 |
| Ruby Princess ~ 3080 Passengers | Jul 6, 2023 | \$1,399 | \$1,567 | \$2,299 |
| | Aug 15, 2023 | \$1,299 | \$1,599 | \$2,199 |
| Sail round trip from San Francisco, California to Juneau, Alaska; Skagway, Alaska; Hubbard Glacier, Alaska; Ketchikan, Alaska; Victoria, BC, Canada; San Francisco, California. *2023 Alaska Voyages visit Glacier Bay | | | | |
| *ROUND TRIP LINCOLN SHUTTLE TO SHIP! | | | | |
| 7 DAY CA Coastal from SFO! Princess | Oct 1, 2022 | \$449 | \$569 | \$729 |
| Ruby Princess ~ 3080 Passengers | | | | |
| Sail round trip from San Francisco, California to; Santa Barbara, California; Los Angeles, California; San Diego, California; Ensenada, Mexico; San Francisco, California. | | | | |
| *ROUND TRIP LINCOLN SHUTTLE TO SHIP! | | | | |
| 10 DAY MEXICO From SFO! Princess | Dec 12, 2022 | \$799 | \$1,199 | \$1,299 |
| Royal Princess ~ 3560 Passengers | Jan 6, 2023 | \$699 | \$1,124 | \$1,299 |
| Sail round trip from San Francisco, California to Puerto Vallarta, Mexico; Manzanillo, Mexico; Mazatlan, Mexico; Cabo San Lucas, Mexico; San Francisco, California. | | | | |
| *ROUND TRIP LINCOLN SHUTTLE TO SHIP! | | | | |
| 16 DAY PANAMA CANAL Princess | Apr 14, 2023 | \$1,599 | \$1,999 | \$3,199 |
| Ruby Princess ~ 3080 Passengers | | | | |
| INCLUDES FLIGHT TO TEXAS & SHUTTLE FROM SHIP TO LINCOLN! | | | | |
| Sail from Galveston, Texas to San Francisco visiting Cartagena, Columbia; Transit the Panama Canal; Fuerte Amador, Panama; Puntarenas, Costa Rica; San Juan del Sur, Nicaragua; Cabo San Lucas, Mexico; San Francisco, California. | | | | |

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| Sail round trip San Diego, California visiting Honolulu & Lahaina, Hawaii; Fanning Island, Kiribati; Pago Pago, American Samoa; Suva, Fiji; Lautoka, Fiji; Port Vila, Vanuatu; Noumea, New Caledonia; Brisbane, Australia; Arlie Beach, Townsville, Cairns (Great Barrier Reef) & Darwin Australia; Komodo Island, Indonesia; Broome, Exmouth, Fremantle, Albany, Port Lincoln, Kangaroo Island, Adelaide, Melbourne, Port Arthur, Australia, Hobart, Tasmania; Sydney, Australia; Milford Sound, Port Chalmers (Dunedin), Akaroa (Christchurch), Wellington, Napier, Tauranga, Auckland, New Zealand, Nuku Alofa, Tonga, Rarotonga, Cook Islands, Bora Bora, Moorea, Huahine, Papeete, Fakarava, French Polynesia; San Diego, California. | | | | |

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

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Timber Creek Women's Golf Club

BY BARBARA MILLS

Our Invitational Tournament, "Hot August Days", was a huge success with 144 ladies participating. Tournament Chair Karen Shahoian and co-Chairs Robin Shaffer and Linda Stenvick deserve a huge "thank you" for an outstanding job organizing this annual event! They were assisted by a committee of Barb Wells, Karen Hawkins, Nancy Gould, Sandy Morea, Nancy LaBrada, and Gail Quintel. John Quintel also deserves a big "thank you" for arranging greeters and bag handlers from the men's club when our guests arrived.

There were some great golf visors and hats and a lot of carts were decorated. A nice breakfast buffet was served in the Ballroom before our 8:30 am shotgun start. Ken Shahoian was our photographer so be sure to look at the website for some fun photos.

After the tournament, we gathered in the Ballroom for a wonderful lunch buffet and announcement of winners with great raffle prizes and money payouts; everybody won something!

The Most Improved Players for August are: Maggie Altnow (1st Flight); Cheryl Welch (2nd Flight); and Kathy DeVito (3rd Flight). Congratulations!

We are happy to welcome another new member, Theresa Howard, who also belongs to the Sierra Pines Ladies golf club. She moved here with her husband, Ron, about eight years ago. Her Big Sister is Nancy LaBrada.

October is Breast Cancer Month and our Club will be supporting Play for P.I.N.K. each Wednesday. Ladies are encouraged to wear pink, play with a pink golf ball, and for a donation will receive a gift bag. Barbara Mills will again Chair this worthy fundraiser assisted by Paula Hau, Nancy Gould, and Lois Habein.

October is the last month to post Birdies/



Invitational Tournament Committee



*New Member
Theresa Howard*

Chip-Ins and EC. Also, membership renewal starts this month with a November 1 deadline to be included in the 2023 Member Directory.

...

Timber Creek Men's Golf Club

BY TERRY DOOLEY

Hot, Hot, Hot! As of this writing, the heat is in full "bloom". Stay hydrated and play a round early in the day to avoid the heat.

The courses were closed for three days, August 29-31 for aerification. The maintenance team did an excellent job of aerifying all three nines during these three days. Tees, fairways, and greens were "punched", sanded, and watered to promote growth as Fall approaches. While they are recovering from the aerification, they are still being played.

The annual TCMGC/Club Championship tournament(s) were played and completed in the month of August.

Results of "TCMGC/Club Championship": Club Championship Flight (Black Tees/no handicap flight) Winner – Roger Exline; Crenshaw/Blue Flight (with handicap) Winner – Tom Marks; Faldo/Gold Flight (with handicap) Winner – Paul Niebank; Feherty/Red Flight (with handicap) Winner – Jon Read. Roger Exline is this year's "Club Champion" – Congratulations to Roger for winning both the medal play and match play tournaments in 2022. Congratulations to all the winners for each flight of this tournament!

In September the Member/Guest Tournament was held on September 30th. This tournament had many great prizes, including a Ford vehicle for a hole in one accomplished on #14-hole Timber Creek course. Stay healthy and "Go Golfing!"

...

Golden Niners

BY RALPH FRIEND

This month's article features Golden Niner member, Robert Schroeder. He has been a member of Golden Niners for over 24 years. He claims he was an "on again - off again" golfer when he moved to Sun City. He now belongs to the Golden Niners and often plays multiple times a week. Robert started playing golf in his 20's as a weekend/beer drinking activity!

When asked how he came to Sun City, he talked about working for the US Bureau of Reclamation and the Department of the Interior. He had previously lived in Loomis, California for about 15 years and in Billings, Montana for about 12 years. Robert is married; he has 5 children and 9 grandchildren. His children live in Roseville, Rocklin, Ukiah, Phoenix and Bozeman, Montana. They have to "get around" to see all their grandchildren!

Robert and his wife both belong to the Golden Niners (men and women), He/She golf, and Bocce. They are very happy here and they are usually very busy! Robert joined the Golden Niners after a couple years of "encouragement" from his neighbor and he has never regretted that decision! Welcome Robert...

...

Cornhole Group

BY STEVEN GUSTAFSON

The picture shows the President of our Cornhole Group attempting to demonstrate the proper bag toss posture. It's only an attempt because he's not a very good cornhole player



— many Sun City residents who play each week have defeated him.

However, the National Cornhole League says that top Cornhole professionals (the ones you see on ESPN) tend to do two things shown in the picture: (1) They plant their right foot and step forward with their left foot as they toss, and (2) They release the bag when their throwing arm is parallel to the ground.

These two tips could improve your cornhole game. We hope you can join the dozen or so Sun City residents who play cornhole at 9:00 Tuesdays on the Sierra Pines horseshoe lanes.

...

SCR Bridge Club

BY BRENCE DAVIS

Dawn Beck was born in San Francisco, but when she was only 15 months old, she got pneumonia, and her family was told she would never survive another winter there. So they moved to warmer Los Gatos where she attended a Catholic school from grades 1 through 12.

She got a scholarship in to study music at a Catholic college, but, as she says, "I'm no musician," and she went to UCLA. While there, she also taught ballroom dancing where she met John, soon to be her husband. In the Air Force, they spent a year and a half at Edwards Air Force Base and then a similar tour in Maryland.

After the Air Force, John worked at North American Aviation, Lockheed, and the U.S. Geological Survey in Menlo Park and in Portland, Oregon. And along the way, they had six children. When they returned to the Bay Area, Dawn went back to school at San Jose State where she finished her degree and got her teaching credential. She taught grades 1 through 4 for 22 years!

Dawn was fortunate to have a friend who took her on many familiarization travel tours. Between those and her own travels, she has visited Europe, Asia, Africa, and South America: Brazil, China, Dutch Guiana, Egypt, France, Germany, India, Italy, Japan, Kenya, Morocco, Poland, Russia, Scandinavia, Spain, Thailand (three times), and Tunisia, just to name a few.

(cont' on page 30)



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Safety First—Take Precautions When Using Zelle

BY ROB BAQUERA — Public Information Officer, Roseville Police Department

It happens daily. Someone somewhere has become victim of a scam. You may even know someone that has lost a lot of money to scammers, maybe it's even a family member. You might be thinking, "I would never fall for a scam." Criminals today, however, are sophisticated, relentless and conniving.

Recently, Zelle scams have been in the news. Zelle is a peer-to-peer (P2P) payment method. Zelle is an easy way of sending money from one person to another in just minutes. Let's say you want to send money to your grandson for his graduation. All you need to transfer the money is his mobile phone number or email address. Last year 1.8 billion payments were made using Zelle. With so many people using Zelle, it's no wonder that criminals are targeting their users. Criminals are tricking users into sending them money. Once you send money using Zelle you have very little recourse in getting your money back. Since scam victims willingly send money to the scammers, banks and credit unions are not responsible for money lost.

Take precautions when using Zelle and other peer-to-peer payment methods.

- Only send money to people you know and trust. Never Zelle yourself. Once you send money through Zelle you cannot cancel it. It's like sending cash.



- Make sure you have the correct email address or mobile phone number for your recipient. Double check to make sure the recipient hasn't changed their email or phone number before you hit send.

- It's best not to use Zelle to purchase goods or services from someone you don't know. For example, you purchase San Francisco Giants' tickets from a stranger on Facebook. What happens if you never get the tickets? You have no recourse. You are better off using a credit card. If you don't receive the tickets, you can dispute the charge with your credit card company.

- Be wary of unexpected communication claiming to be from your bank, utility company, or any service provider. Anyone demanding payment from P2P, a gift card, or via Western Union are likely scammers. No legitimate company would require those types of payment methods.

- Sense of urgency payments should raise a red flag. If someone claiming to be a person that you do business (your bank, utility company, doctor's office, etc.) demands immediate payment, stop your communication with them. Contact that company with the phone number you know to be legitimate.

- Never click on a text link from an entity you don't know, and never answer a

(cont' on page 29)

"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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Observations on This and That

BY MARTIN GREEN

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

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

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

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

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

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

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

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

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

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

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

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

Safety First

(cont' from page 28)

call from an unfamiliar number. Remember, scammers can spoof numbers so that it looks like it's really coming from your bank, credit card company, etc.

- Before initializing a large transfer of money, talk to a family member or friend.
- Guard your personal information.
- Maximize your safety settings. Most popular payment apps allow users to enable multifactor authentication. It's a way to safeguard your personal information and protect yourself from fraud and scams.

Zelle is offered by banks and credit unions all across the United States. It's a fast and easy way to send and receive money from people you know and trust (your babysitter, coworker, or family member). Technology has made life easier, but it has also given criminals new tools to perpetuate new scams. So, the next time you get a call or text that seems a little off, realize that it may be a scam.

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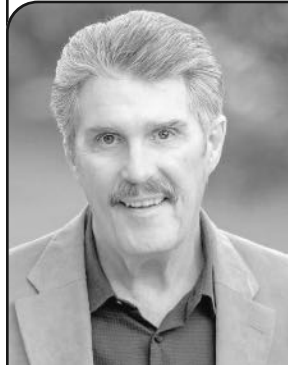
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SCR Bridge Club

(cont' from page 27)

Another "adventure" for Dawn was taking a tour guide class and being a tour guide in Monterey, Napa, and San Francisco. While in Sun City, Dawn has been a member of the Investing Club, the Literary Club, the Dance Club (still), and the Bridge Club, among others. We're certainly glad she's in the Bridge Club where she is a popular partner.

Mah Jongg Club

BY LAURI MOORMAN

Everyone is really looking forward to our Fall Mah Jongg luncheon, which will be held on Friday, October 28 at 11:30 am at Sierra Pines Clubhouse. The food is being provided by Sourdough & Co. We will have a choice of a 4" Sandwich and Chips or a Chicken Caesar Salad. Cookies and water will also be provided. The cost is \$14, by check made payable to SCRMCJ. There will be a sign-up sheet in the Card Room on Mondays and Fridays during Mah Jongg play. The last day to sign-up and choose your lunch will be Friday, October 21 at noon. These luncheons are such a great opportunity to see many of the members of the Mah Jongg Club all in one place and get to play with different people. Everyone seems to enjoy the comradery, the food, and the play, since we usually have 6-10 tables of 3-4 ladies.

After a long, hot summer, all of us are looking forward to the beautiful fall here in Roseville. 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.

Socrates Cafe

BY STEVEN GUSTAFSON

Socrates Cafe is Sun City's philosophy discussion group that meets at 10:00 on the first Monday of each month in the Timbers lodge. A facilitator presents questions, and the resulting discussion is always interesting.

Some questions we've discussed in the past involve ethical dilemmas. For example, we've discussed two versions of the famous trolley problem: 1. A runaway trolley will kill five people on the track unless you push a button that diverts the trolley to another track, in which case it will kill one fat man. Should you push the track-diverting button?

2. The only way to save the five people is to derail the trolley by pushing the fat man off a bridge onto the tracks, in which case he will be killed. Should you push him off the bridge?

Most of us said that we would push the button which would save five persons and kill one, but would not push one person to his death to save five, even though the outcome would be the same. Why is there a difference?

If you find this ethical dilemma and similar philosophical problems interesting, you are welcome to join our discussions!

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SCR Foundation 2022

(cont' from page 1)

directly to www.scrfoundation.org. You can also log into SCR's website www.scrs.org, then navigate to the Foundation's website by clicking the three white horizontal bars in the upper righthand corner, then clicking on "SCR Foundation" from the drop-down menu. Once on the Foundation's homepage, you will find tabs across the top of the page with information about all our programs and events.

Hats off to the Foundation's Home Maintenance Team! With over 800 house calls and more than 1,000 maintenance items completed this year, it is clear to see the benefit this team brings to our community. If you have a knack for performing minor home repairs, please consider joining this vital team. Members are teamed in pairs with at least one able to climb a ladder. Six teams rotate on a weekly basis and substitutes are available if needed. If you are interested in volunteering, please contact Doug Smoot, Director of Home Maintenance, at scrhomeservices@gmail.com.

The Pioneer Quilters Guild 2022 Quilt Show and Sale!

The Pioneer Quilters Guild is back after two years to host their 2022 Quilt Show and Sale — November 12-13, 2022 • Saturday 10-5, Sunday 10-4 at the Roseville Sports Center, 1545 Pleasant Grove Blvd., Roseville.

Quilt Show, Vendors, Boutique, Quilts for Sale, Raffle Baskets, Door Prizes and Lunch Available.

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

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

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| 7036 Windchime Way | Timberlodge | \$730,000 |
| 124 Pony Bob Court | Hearthwood | \$749,000 |
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