

# SUN SENIOR NEWS

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## Pauline Watson – Keeping Careful Watch

BY JENNIFER MARTIN

Before she first joined Neighborhood Watch in 2007, Pauline Watson had never volunteered for anything, content to tend her garden and stay at home. But, she soon realized how much she had missed being around people and came away from the meeting with a renewed sense of purpose while SCLH gained a dynamic infusion of energy and leadership that's lasted for years.

Born in 1940, Pauline lived with her parents, one sister and five brothers in Woonsocket (Indian name for waterfall), Rhode Island, until she was twelve and the family moved to Massachusetts. She attended St. Claire's High School, an all-girls Catholic school. She recalls the nuns "having a fit" when the boys from the local all-male Mt. St. Charles Catholic High School would circle around in their cars during the lunch hour, flirting with the girls. "The nuns would tell us to stay six feet away from the fence," she says with a laugh.



PHOTO BY JENNIFER MARTIN

Following graduation, Pauline got a job with Grace Holmes Club Plan in Ashton, Rhode Island, a catalogue company, typing address labels used to mail customers' orders. Five years later, in 1963, her bosses were sad to see her go because her typing accuracy was phenomenal. But, it was for a good reason. She married Andy Thibodeau on October 5, 1963, a week after he graduated from RI Radio and Electronics School. Immediately following the wedding reception, they left for San Jose, California, where a boom in electronics was taking place in Silicon Valley.

The couple lived off their savings for three months until Pauline applied for a position at San Jose College (now San Jose State University). On the day they planned to return to New England if no jobs were to be had, Pauline got the call she'd been waiting for at 5 minutes to 5 pm. She was hired as a

(cont' on page 29)

## Lincoln Hills Foundation – Happy Holidays!

BY DENISE BOWDEN

December brings cooler weather, the Winter Solstice, and the shortest day of the year and some great-to-celebrate fun days such as Gingerbread House Day and Poinsettia Days. Don't forget to break out those unique gifts received over the years and wear them with pride on National Ugly Sweater Day on December 16th.

Another special day is International Volunteer Day on December 5th. The Lincoln Hills Foundation is 100% volunteer run and if you are interested in getting involved in your community, we would love to have you as a member of the team.

The holiday season is a time to reflect back and the Lincoln Hills Foundation highlighted the great work and support we have been able to provide over our 20 years in our fall mailing. You will never know exactly what impact you had on someone's life through your donations but looking at all the programs we are able to support through donor generosity will give a warm, holiday good feeling.

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

Whatever your beliefs we wish everyone a happy and healthy Christmas, Hanukkah, or

(cont' on page 34)

## "Swing into the Season" with LH Chorus

BY GAY MACKINTOSH

It's not too late to "Swing into the Season" with Lincoln Hills Community Chorus performances on December 8, 9, 10! Hurry and get your tickets NOW because "Santa Claus Is Comin' to Town" before you know it. Even that mean ole Mr. Grinch will be a-singin' with us. And you may just get a chance to join us in a carol or two.

Choral treats will include "How Like a Winter" with lyrics from a Shakespearean sonnet, "Candle in the Night" in celebration of Hanukkah, and "Peace, Peace," interweaving themes from "Silent Night" and Handel's "Hallelujah Chorus." Then we'll "Follow That



Star" to where "Mary Sat A-Rockin'." We'll be "gettin' in the mood" with the medley "Swing into Christmas." Two new ensembles will also serenade you. Our mixed-voice octet evokes the sounds of flute and drum to "make a joyful holiday" in "Patapan Fantasia." The all-male

(cont' on page 30)

## Village 33 Luminarias

Village 33 invites you to come and see our 19th Annual Christmas Eve Dazzling Display of over 2,000 Luminarias. The luminarias will be lit at dusk on December 24.

Happy Holidays from Village 33.

Directions: Village 33 is located off Spring Valley Parkway between Elmhurst and Garganey.

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## LH Music Group

BY DAN LEHRER

Our Holiday Party was a wonderful evening filled with music, fine potluck food, delicious desserts and most importantly, the Spirit of the Season. The Guitar Ensemble treated us with two beautiful numbers. As always, the variety of genres and talent inspired all. We will resume our meetings in January and are looking forward to another year of song and friendship. We meet on the second

(cont' on page 5)

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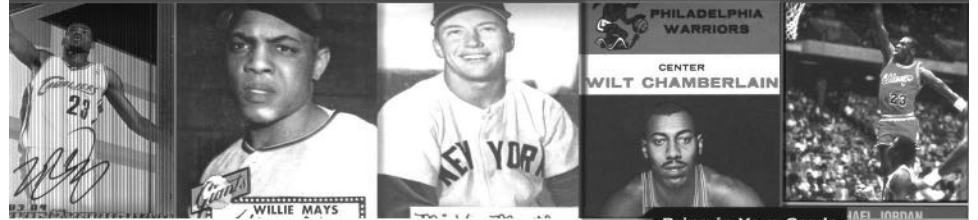
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# From the Editors

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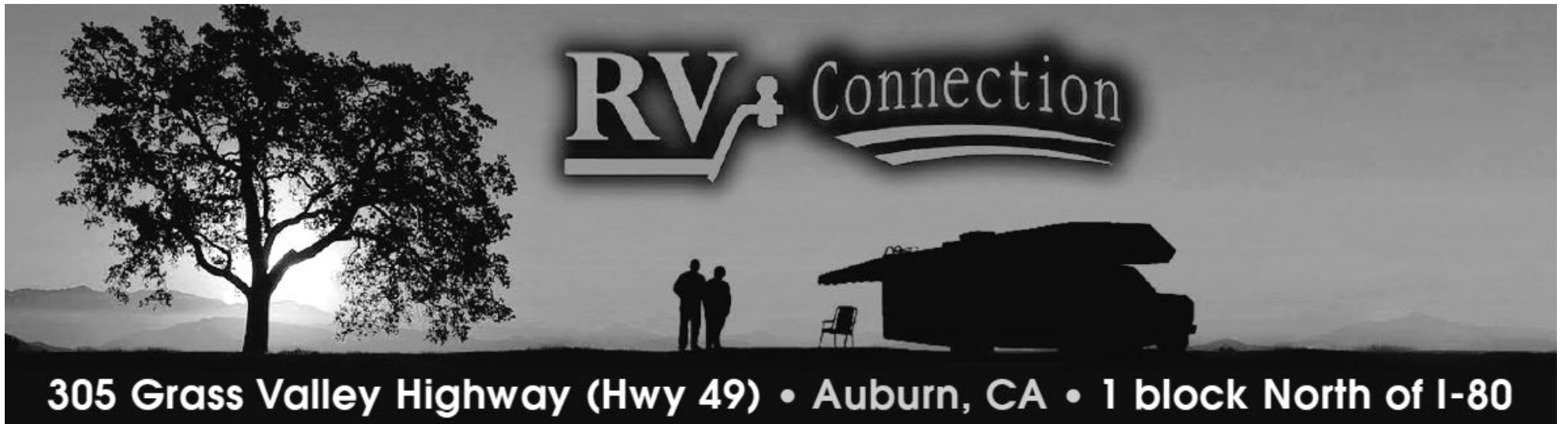
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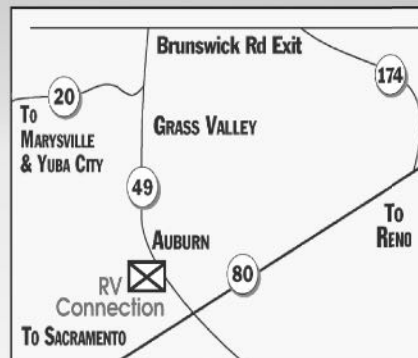
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## LH Music Group

(cont' from page 1)



Holiday Party 2022.

Wednesday of the month from 2:00 to 4:00 PM in P-Hall (KS) through October. We love an audience so please come on down. You can find the Lead Sheets for the group songs and more information on our website; the password is musicgroup. The Guitar Ensemble meets Fridays from 1:00 to 3:30PM (OC). Open to Lincoln Hills Residents. Contact Sal Caruso at 916-343-5810 for information. Ukulele Ohana meets Wednesdays, 1:00 to 3:00 PM (OC). Open to Lincoln Hills residents. Contact Ron Peck at 925-788-5869 for information. You can also contact Dan Lehrer at dlehrer72@gmail.com.

• • •

## Ballroom Dance

BY ERNIE MICHELI

The Ballroom Dance Club held its Halloween Dance on October 29. The dance was held in the Kilaga Springs Multipurpose Room. The decorations emphasized the seasonal orange and black colors of Halloween



Patty Meniatis and Jeanne Cervantes.



Barbara Swerdlow, Mary and John Kirkwood and Millie and Chet Lelio.

and were displayed with a mural that featured a haunted house, a witch flying on a broom, bats, spiders and trickier treaters. The table settings included a jack-o'-lantern, seasonal flowers and black and orange garland. The kitchen crew provided pumpkin and apple pie, cheese cake, cookies, and halloween candy.

The decoration crew was led by Barbara Swerdlow and assisted by Cheryl Taylor, Mark Worley, Charlie Schuman, Peter and Josie Vandermat. The kitchen crew was led by Val Elliot, with helpers Sharon Micheli, Lia Dresner, Jim Smyrak, Kathy McCuiston and Millie Lelio who displayed and served the desserts. The cleanup crew returned the Multipurpose Room to its original state and was completed by Jim and Pat Gabriel, Gordon McKenzie and Ann Link. Ticket sales was handled by Mary Kirkwood. The music playlist was compiled by Ruth Algeri. John Kirkwood served as master of ceremonies.

The evenings activities also included dress up contests. John Kirkwood was selected as the best dressed male with his Spider Man costume. Barbara Swerdlow was selected as the best dressed female in her pirate outfit. Gordon McKenzie and Ann Link were selected as the best couple dressed in their Egyptian outfits. Congratulations to all that participated by dressing in a costume for the dance. There were many excellent costumes that made judging very difficult.

The Christmas Potluck Party is scheduled for December 10 in the Kilaga Springs Multipurpose Room from 5 to 9 PM.

There will be no dance lessons for the month of December, but beginning in January instruction will be provided for the foxtrot.

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

• • •

## Country Couples

BY RICH AND DONNA PICK

It has been a busy month! In October, Country Couples members (31 of us) met at Oliver's Brewhouse and Grill in downtown



Lincoln on a beautiful warm evening. As usual, we met at Happy Hour to get good seating, good prices, and good choices. The Happy Hour menu is outstanding. The hit of the restaurant was the fish and chips. Many of us had this choice and were impressed with the presentation and the size of this tasty dish.

Halloween was not forgotten with our annual party at the Timber Lodge in Del Web Sun City Roseville. There were 40 attendees. Many were in costumes which included a cow, a farmer girl, referees, hippies, cats, pumpkins, witches, hobos, and even a muscle man with

his Dolly Parton wife.

Then on to the last Structured Dance of the year on November 2nd. We danced from 6 to 9 pm. The dance list was extensive, and we all went home with tired legs.

Our last social gathering for dinner out

was at Kathrin's Biergarten in Rocklin. This restaurant has a large selection of beers, especially German beers, a good wine list, plus lots of German food. Their specialty is large pretzels with different dipping sauces, and the largest one is enough for dinner!

We invite anyone who is interested in dancing some country dances, going out to dinner, and socializing with friends to join us.

See you all next year!

Contact April Cederburg at 916-390-3931, www.sclhcc.com

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## Sun City Squares

BY JACKIE CARLSON

A new beginning Square Dance class will start Monday, January 9. This weekly class is held at KS, 1:00 PM to 3:00 PM. Regular attendance recommended as new steps are learned weekly.

Advanced dancers meet at KS Thursdays, 1:00 to 3:00 PM. The cost is \$5 per class, per session.

New this year is beginning Round Dancing (Rumba ballroom cued calling). This will start Thursday, January 12, 11:30 AM to 1:00 PM. A caller directs the movement of the

dancers by saying the cues as the dancers move around the floor. This is similar to ballroom dancing. The cost is \$5 per person, per session.

Come join the fun! For more information contact Jackie Carlson at 925-207-9415 or JackieC3po@icloud.com.

• • •

(more Club News cont' on page 6)



2022 Sun City Square Dancers

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## Tap Company

BY ALISON WOLFE

We are all set with a great line up for our Spring Production, "Let's Dance Again". Produced by the Tap Company, the show will be March 30, 31, and April 1, 2023. We have a great lineup of dancers, singers and entertainers. Volunteers are still needed for tech and backstage assistance. If you have interest or skills that can help with our production, please contact Kathy Fernandez at 916-434-7195, kathyfern50@gmail.com, or Mary Adamson at 916-253-7699, maryadamson719@gmail.com. We would like to wish everyone a wonderful Holiday Season and a very Happy New Year.

• • •

## Players

BY JANE PATTON

The Players: Opportunities Abound! I think it's safe to say that moving to SCLH brought us all many surprises, especially the abundance of activities for every taste. (It seems to me that if you're bored here, it's not due to lack of opportunities!). For me, moving here brought the best possible activity: the Players! I had majored in drama, but that was a very long time ago. Theatre was my first love, but over the years

my family life with my late husband and my demanding career made it difficult to continue regularly performing in community theatre. As an educator, I predominantly taught communication, mostly public speaking, so I continued to practice the principles of performing.

But I longed to get back on stage, and when I moved here in 2021, during the pandemic, Murder on the Orient Express (Fall 2021) was my first chance to audition. I was fortunate to be cast as "Greta," the Swedish nanny. Suddenly I had new friends in my new community.

I've continued to be very active in Players, directing two Readers Theatre shows and acting in two "main stage" shows. In Damn Yankees, a classic of American musical theatre, I had great fun as "Lola," a character very unlike me but a real challenge. And just

(cont' on page 7)



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## Players

(cont' from page 6)

last month in "Death by Chocolate," my role as Lady Riverdale, owner of a chocolate company and a newly-acquired health resort, required her to try to keep hush-hush two scandalous deaths by poisoned chocolate! (See photo).

I could not be happier in my new home with my favorite pastime. While performing and directing is my joy, the Players offers many opportunities for involvement. If you're not interested in being IN the spotlight, you could...help SET the spotlights! Or build the sets, work on the backstage crew, or help with publicity, props or costumes. You don't need a theatre background! Are you musical? Our plan is to present a musical play next November. Please consider joining us.

The next Players Club meeting is on January 9, 2023 at 4:00 PM in Presentation Hall (no December meeting). We welcome visitors and new members. For more information, check out our website at [www.lhplayers.org](http://www.lhplayers.org)

• • •

## Mixed Media

BY JILL SHORT

Time to wrap up in cozy blankets while sipping something hot because it is looking colder outside as we welcome the month of December. I love this time of the year. The sights, sounds and scents bring out the child in me and allow me to create some fun playful mixed media art projects. Making snowmen come alive in a lighthearted picture using all

kinds of mediums is one my favorite things to do. All those wonderful holiday napkins that are found everywhere can be used as focal images in your art. If you use a napkin, remember to separate the napkin ply's so that when you glue it down it will stay where you put it. Most napkins have 2 or 3 plies. Do you have a favorite holiday song? Let that song inspire as you create. You can even include some of the words into your art piece. 'Tis the season to have a little fun!

Let us look back at what the Mixed Media Club did in October and November. Our in-house artist and club member, Rudi Franke showed the club his fabulous artwork done on tags. Tags are usually made from a smooth cardstock surface that can be altered with inks,



paints, stamps and more. Artists use shipping labels, gift tags, specific mixed media tags, or make their own tags from cardstock or other papers. Tags can be various sizes. These then are made into small art pieces that can be used in many ways, however the artist decides to use them. Rudy led the club in a lesson on how to make some different backgrounds on our own tags and then add more details to have a little piece of art. Rudy provided each of us with a folder full of wonderful items and plain tags to help us make our own tags. At the end we all showed one of our finished items. It was exciting to see how each person took the tag challenge and presented delightful finished art tags. In November, we did a fun round robin project that resulted in everyone taking home a little bit of art from each of the members.

December is here and it is time to party! We are getting together for food, friends, and festive fun at Frima Stewart's home. Members will get detailed information emailed to them about the holiday party.

The Mixed Media Club looks forward to seeing old and new members in January 2023 for our club meetings. We meet the 3rd Wednesday of the month in the Fine Arts Room (OC) at 1:00 PM. The Club yearly membership dues are \$20. For questions or more information contact the club President, Chris Fetter, at 916-276-7895 or email at: [mixed.media.chris@gmail.com](mailto:mixed.media.chris@gmail.com)

• • •

## Needle Arts

BY MARY SWANSON

The holiday season is upon us and during this busy time of the year, it's a great time to give thanks for all the gifts we have in our lives. NA Community Service would like to thank all who help throughout the year creating gifts of warmth and love. This year especially the demand is great for quilts, knitted hats and scarves. Many NA members have stepped up to help with this effort which is ongoing. In particular, there is a need for long-arm quilters to help top quilt larger teen and adult size quilts. Please contact Clareen Bolton or Bev Johnson if you can help in this effort. If you have a quilt to donate or would like to learn more about what Community Service does, please stop by the sewing room any Thursday morning from 9 a.m. until Noon.

Many thanks to all of the NA members who have presented programs during our general meetings list year. It has been a treat to see how many talented members are part of NA and having them share their expertise. We all look forward to new presentations during our 2023 general meetings which are held on the second Tuesday of each month in Presentation Hall (KS) at 1:00 p.m.

Our annual winter luncheon themed "Hats Off to Winter" is scheduled for Wednesday, December 14th in the OC Ballroom. Reservation forms are on the NA website ([selhna.com](http://selhna.com)). Sign up soon and

(cont' on page 9)

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## Needle Arts

(cont' from page 7)

don't miss what promises to be another fun and entertaining luncheon. The luncheon is considered our December general meeting and the newly elected board will be presented at that time.

The Spring Retreat at Mercy Auburn is scheduled for April 24-28, 2023. Reservations are now being accepted. Don't wait to sign up as this retreat always has a full house.

Membership renewal has begun. Membership forms for 2023 are available at the NA website (sclhna.com) and the fee remains unchanged at \$20 for the year. Any new members joining now will have their membership continue through 2023.

• • •

## Painters' Club

BY TAMSEN ARMSTRONG

Why do we paint? Why subject ourselves to the mess, frustration and expense of applying paint to a two-dimensional surface to try and make something that a camera with a computer software program could probably do quicker, cheaper and more skillfully? All you would need is a printer and some ink and voila! A beautiful work of art using precise color and light. Right? Sometimes I think it's for the sheer tactile joy of mixing and brushing carefully chosen colors from a tube then dabbing and stroking and scraping them to make a vision in your mind come alive. We are never guaranteed a pleasing result, but the effort can be stimulating. When it works, it's magic.

Our Holiday Luncheon and Show & Tell will be at the Turkey Creek Grill on Tuesday, December 20th at 11:30. Order from the counter and join the group's table as we celebrate the year together. Bring a painting to share and a table top easel in which to display it.

Current Art Show: Simple Pleasures Cafe in downtown Lincoln is currently featuring our work, which will be on sale for reasonable prices through February 6th. Consider gifting a unique keepsake that will be cherished always.

Our November Meeting was the Painters' Challenge the theme of umbrella. The winning first place entries were: Beginner: Ann Beede; Intermediate: Linda Shields; Advanced: Tom Watson. Congratulations to all for a fantastic show!

Artist Spotlight this month is Lynn

Chapman, who enjoys interpreting nature's beauty and complexity by creating oil paintings of landscapes, waterscapes, still lifes and animals. She works both en plein air and at her home studio. "I paint with oils and use layering techniques with subjects drawn from the lovely surroundings and photos I take. I am in the oil painting class at Sun City and have worked with several master artists in Hawaii. I lived in the Redwood country of Northern California for 35 years and now am retired with time to create art in Lincoln and Hawaii."



Lynn Chapman's oil painting, "Water Lilies".

Our plein air outing will be Friday, December 16. We plan to meet at the Wise Villa Winery. More details in the newsletter.

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

• • •

## Paper Arts Club

BY LINDA LUCCHETTI

Happy Holidays! For members of our club, this season may just be the busiest time of year, with cards, gift card holders, boxes, and so many other items to create! (This is when a few elves would come in handy!)

We'll be taking a break from our usual

general meeting, and also Open Lab, while enjoying the annual holiday luncheon on December 15. At this gathering, together we'll celebrate the past year and look ahead to another exciting year of creating, crafting, and connecting.

At our November general meeting, we had fun making many luminarias for each place setting at the luncheon. Thanks, Rosy for this delightful project!



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

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

• • •

## LH Photography Club

BY DIANE MARGETTS

Heather Cline was our featured speaker for our November General Meeting. Heather is a nature photographer based in the Sacramento area. Her photographic background ranges from food, portraits, weddings, editorial, advertising, real estate, architecture, landscapes, and wildlife. Although her experience covers a wide variety of subjects, but Heather's passion is nature and wildlife.

Her hope is to create images that reflect what She sees, helps others see how awesome the natural world is, and to inspire photographers to visit some of her favorite places.

Heather's presentation did indeed focus on the passions of nature and wildlife but she delved deeper and presented her spectacular images into the categories of viewpoint, creating depth, intimate landscapes, bold

color and macro. As a bonus to aspiring photographers, she included specific information on camera settings used for each photograph.

During November, we also held our very first Show and Tell Extravaganza which featured a potluck luncheon following the presentations. As with all of our Show and Tell events, the creativity and professionalism of our own photographers is breathtaking! The presentations culminated with food and social time enjoyed by all! The event was a spectacular success with over 50 attendees. We look forward to a quarterly repeat. Our next social event is our annual Holiday Breakfast. This is an event we all look forward to every year!

We are also looking forward to the new year with a re-energized membership bursting with enthusiasm! To be a part of this exciting photographic experience, check our website for information on how to join our Club. The cost is only \$20 annually! We always welcome new members. You can also sign up at any of our monthly General or Photography Special Interest Group Meeting.

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

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

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

To enjoy some wonderful photography, check out our Facebook Page. The Club Facebook page is open to all residents of SCLH who are interested in photography. Members post photographs, suggestions, answer questions, and add ideas for local places

(cont' on page 11)

**Happy Holidays to my Neighbors, friends and clients in Sun City Lincoln!**

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# ACTION REALTY





## LH Photography Club

(cont' from page 9)

to try out your skills with the camera. Beginners are especially welcome. To participate go to: <https://www.facebook.com/groups/SCLHPhotographyClub/?ref=bookmarks>.

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

Contact: Diane Margetts; 916-955-1809

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

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## Woodcarvers Club

BY LIONEL RAINMAN

Woodcarvers club stresses safety when carving. Carving tools are very sharp and carvers work to keep them sharp and sharpen them when dull. Dull tools are a possible cause for injury as it takes more force to work with dull tools. We also use a cut resistant gloved hand when holding the wood and a thumb guard on the hand holding the knife. These are small inexpensive safety devices when carving. Other safety items are good lighting, attention to what you are doing, basic knowledge of carving cuts, give yourself room to work so arms and hands are not hindered, make sure your work is secure by firmly holding or clamping. There is no joy to a hobby if you injury yourself.

With these safety thoughts in mind woodcarving can enrich your life by giving you means to create nice things for yourself, friends, or family.

Woodcarvers club meets every Wednesday from 1:00-4:00 PM in the Sierra Room at (KS). We have many books, some CD's, and tools you can use to get a feel for woodcarving. Additionally, members are available to answer questions or help you get started.

Lionel Rainman 916-253-9534, [Lrainman1414@yahoo.com](mailto:Lrainman1414@yahoo.com)

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## LH Astronomy Group

BY BILL WEAVER

The LHAG does not hold a general membership meeting in December. However, the members will attend a group holiday luncheon on December 4th at the Orchard Creek Lodge. This event gives members

an informal opportunity to interact with each other, enjoy competing in the annual Astronomy Quiz, and vie for door prizes

LHAG Cosmology Interest Group (CIG)

The lectures and discussions on astrophysics are not scheduled for December but will resume in January. The sessions are open to all SCLHCA residents. Please contact CIG Coordinator, Ron Yelton, for more information at [ryelton660@aol.com](mailto:ryelton660@aol.com)

LHAG Telescope Interest Group (TIG) Activities — Star parties are not scheduled for December but will resume in January. Star parties are open to all SCLHCA residents who are invited to observe celestial objects through members' telescopes. Future star party dates can be found on the LHAG website at [www.lhag.org](http://www.lhag.org). Star parties are subject to weather and seeing conditions. For further information on this group please contact the Group Coordinator Bob Collins at [bobpcoll@community.net](mailto:bobpcoll@community.net).

Astronomical Events for the Month of December —

Dec 8 - Mars at Opposition

Mars is closest to Earth at opposition when Earth passes between Mars and the Sun. By contrast, at solar conjunction—when Mars is on the opposite side of the Sun to Earth—the planet can be more than seven times farther away. Roughly speaking, Mars oppositions occur every 780 days (about 2 years and 50 days). At this time, Mars is the fourth brightest object in our sky: a fiery red light that has inspired fear and wonder throughout human history.

December 8: "Cold Moon" — In December, winter sets in and the Full Moon is called the Cold Moon. It is also called Long Nights Moon, and the Moon before Yule.

Dec 13/14: Geminid Meteor Showers — The Geminids are considered to be one of the most spectacular meteor showers of the year, with the possibility of sighting around 120 meteors per hour at its peak. Unlike most other meteor showers, the Geminids are not associated with a comet but with an asteroid: the 3200 Phaethon. The asteroid takes about 1.4 years to orbit the Sun.

Dec 21: December Solstice — The December solstice will take place at 21:48 UTC. Also known as the winter solstice, it is the shortest day of the year in the Northern Hemisphere. In the Southern Hemisphere, it is the longest day of the year and is called the

summer solstice.

Dec 22/23: Ursid Meteors — Catch the shooting stars of the last major meteor shower of the year, the Ursids, when it peaks in the night between December 22 and 23.

Dec 23: Super New Moon — This New Moon takes place very close to its perigee—the point on its orbit closest to the Earth.

For more information about the Lincoln Hill Astronomy Group, please visit our website at [www.lhag.org](http://www.lhag.org) or contact LHAG President Bill Weaver at [hamweaver@wavecable.com](mailto:hamweaver@wavecable.com)

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## LH Italian Club

BY LINDA LUCCHETTI

As we close out another successful year of fun and festivities, we wish you Happy Holidays -- Buon Feste, Buon Natale, Felice Anno Nuovo.

Once again, we'll kick off the new year with our annual Crab Feed on January 13, 2023 from 5:00 p.m. – 8:00 p.m. at the McBean Pavilion. This is a popular event whose acclaim is hard to crack, so sign up quickly and claw your way in. We don't want you to be crabby!

'Tis the season -- to go shopping! Don't forget to shop at the Apparel Store. It's easy -- just go to the tab of the same name on the website. Check out what's available and order shirts, hats, and sweatshirts with the club's logo. (These make great gifts and stocking stuffers for club members, family, and friends.)

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

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## Lavender Friends

BY SANDI DOLBEE

Some great things got their start in a garage. Walt Disney launched Disney Studios tinkering with stick figure animations in his uncle's garage. Steve Jobs and colleagues created Apple in his parents' garage. And Jeff Bezos' Amazon empire began by selling books out of a garage.

Ditto for our club's annual holiday dance, which made its debut in the garage of one of our members on a chilly December evening nearly 20 years ago.

From there, the dance moved to an old schoolhouse, which dance committee member

Sharon Kurth remembers was rather dismal. It was too small, didn't have not enough heat and the sound system was "lousy."

About that time, club member Michelle Poirier took over coordination of the dance. She negotiated with a local clubhouse to use its facility and arranged for a catered prime rib dinner. "We rented a dance floor," she adds.

How'd it turn out? "It was such a fun event," she says. "Most of the people there were couples so it was just a fun night to be with your partner."

The dance has been going strong ever since — in the same venue. Each year, on the second Saturday in December, upwards of a 100 people from throughout the region get blinged up to mingle under the festive lights of the season and dance to music provided by well-known Sacramento disc jockey, Jammin' Jo.

There have been some changes. The clubhouse got its own dance floor, the menu has changed to tri tip and Michelle is no longer in charge, turning it over after a couple years to a four-person dance committee.

Lavender Friends is a club of LGBTQ residents and their allies. Check our website, [lavenderfriends.com](http://lavenderfriends.com), for more information. And members are reminded to watch their inboxes for the weekly email of upcoming activities — such as the coffee socials on the first Saturday of the month to honor that month's birthdays.

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## Lincoln Democratic Club

BY JUDY GANULIN

We worked hard for our candidates and at this writing still await final results. We learned a lot about transportation needs and future plans at our November meeting, where Placer County Transportation Planning Agency Deputy Director Rick Carter spoke. Future speakers include representatives from Planned Parenthood, Western Placer Unified School District, and Nevada Irrigation District, as well as Alex Yarmolyk about the situation in Ukraine and Marcus Breton and Jack Ohman from the Sacramento Bee. We ushered in the festive holiday season with our recent dinner. For more information about our activities, please see our website, <https://democraticclublincolncal.org>.

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(more Club News cont' on page 13)



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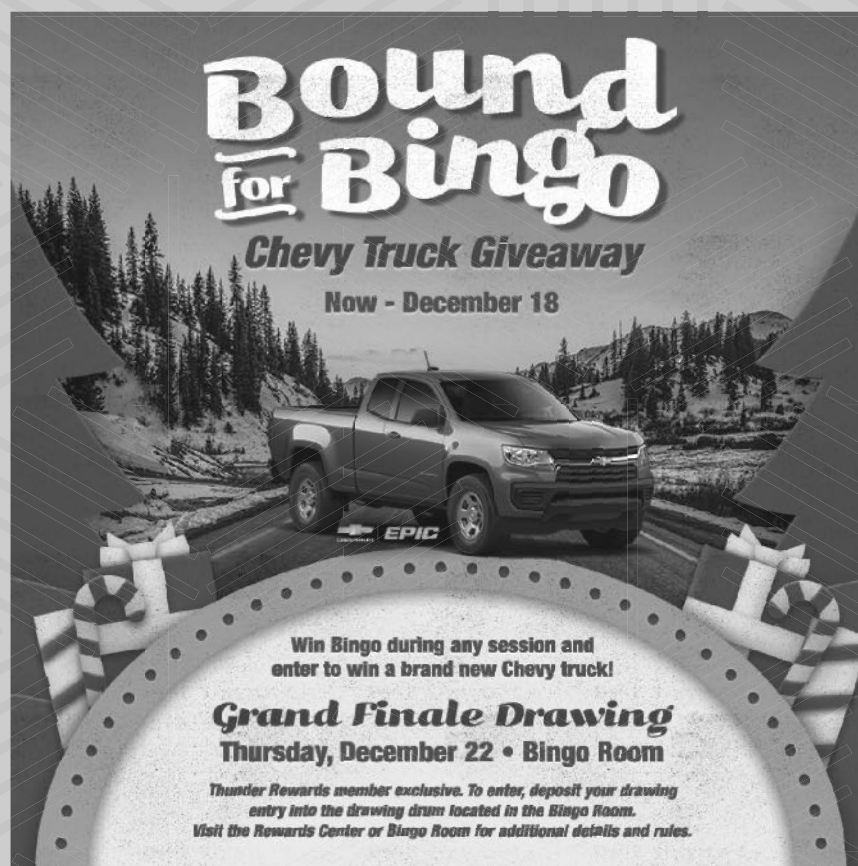
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## SCLH Genealogy Club

BY NANCY SWITZER

Memories of holidays past: Decorating the house, and putting up the cardboard fireplace...Santa can't fit down there, and we live in the desert, so where does he land and how does he get in?

Cleaning our house for relatives, fun times since we were all working together and excited for them to get there.

Finding the perfect tree, and arguing about which one is the best...every year.

Decorating the tree, excited to see the bubble lights bubble, and hanging tinsel...every single strand separately. (or were you the one to throw the glob to be done with the job?)

Practicing carols with your bossy older sibling, and then caroling the neighborhood.

Opening one gift the night before, which was always matching nightgowns.

Checking out your stocking on Christmas morning.

Running outside to see what gifts your friends got.

Your holiday season may not resemble mine, but these are things you could record as part of your family history. It will make you more real to your future generations!

- We are still looking to fill some positions on our board. We still need volunteers for Vice President and Communications/Tutor Scheduling

- No General Meeting this month, and no Coaching meetings are planned at this time.

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

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

Contact: Carole Moore 916-543-4762

Website: [www.suncitylhgc.com](http://www.suncitylhgc.com)

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## Shalom Social Group

BY JUDY GANULIN

Shalom Social Group's November included a hike to Roseville's Miners Ravine and our always popular Game Night. We look forward to our Hanukkah party December 19. Our new officers, effective January 1, 2023 are: co-presidents Joni Deutsch and Hinda Weber; activities vice presidents Harriett Kroot, Lorraine Katz and Mike Scriven; membership vice presidents Margie Gulko and Deanne Iliff; treasurer Alan Gulko; recording secretary Pat Macht; corresponding secretaries Judy Zolotar and Suzy Wilcoxon; and members at large Judie Panneton and Vida Morrison. For more information about our group, please call Margie Gulko, 916-543-5303, or Deanne Iliff, 530-518-3704.

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## Apple User Group

BY NINA MAZZO

Our Apple User Group tech support team has asked members to hold off on installing Ventura, the newest operating system (OS) for the Mac. The tech support team will review changes and identify potential problems as they test the newest OS and we will then notify you when to install. Membership in the Apple User Group remains at \$15 per household. It is time to renew your membership for 2023 and you will find the renewal form at our club website. Membership provides you with a tech support line and open labs where you can bring your Apple device.

Many thanks to Vicki White our outgoing President. Vicki has worked many hours helping our club run smoothly. There are many moving parts within our organization and Vicki assists the volunteers who oversee the various segments including general meeting and seminars; open labs; member information and technical support; the club website and



coordinating weekly emails to our membership and more. Thank you Vicki!

The following are some MacOS tips from our monthly publication The Cider Press.

Activate Spotlight for Searching—to bring up a handy search interface that will let you find files on your Mac, just press Command + Space. Spotlight can help you locate files or answer basic questions. Save photos—want to save the photos you receive in the Messages app to your Photos library? MacOS Monterey makes this easier than ever. Simply click the Save to Photos button to the right of the image. Want to learn more? Check out our website or attend a meeting.

Club website: [www.lhaug.org](http://www.lhaug.org). For general club questions call 916-913-6833.

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## LH Republican Club

BY SUE DUMAS

Merry Christmas, Happy Holidays, and Happy New Year!



Our "3rd Annual January Kick-Off" meeting will be on Saturday, mid-January, 1:30 to 4:00 pm at Kilaga Springs – Placer Room. See January Newsletter or check our website for additional information, photos, etc.

[www.RepublicanClubSCLH.org](http://www.RepublicanClubSCLH.org)

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## SCHOOLS

BY PATTI KINGSTON

Several SCHOOLS volunteers spend time in more than one school. On such enthusiastic volunteer is Nancy Lane. She does prep work for her fourth grade teacher at Scott Leaman Elementary. She is able to pick up the work, do it at home and bring it back to school. At Twelve Bridges Elementary she helps students with math and language arts for a couple of hours and in a third-grade classroom she works with a little girl who is learning to read and speak English. She takes on special projects like making name tags for field trips. Her duties are varied, and she is able to adjust her time spent to suit her schedule.



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

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

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

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(more Club News cont' on page 14)

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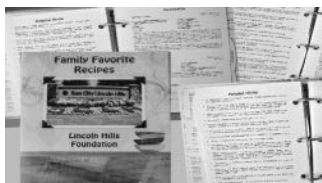
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## LH Veterans Group

BY B.L. LEWIS

December 13, 2022, Lincoln Hills Veterans Group will start the Holiday season with their annual Christmas Luncheon in the Orchard Creek Ballroom. The no-host bar will open at 11:30 a.m. and lunch will be served at Noon. The three entrée selections include, #1 Sliced Turkey Breast with traditional turkey gravy and dried cranberry-sage dressing. Served with mashed potatoes and roasted vegetables; #2, Roasted Atlantic Salmon topped with Sauce Bearnaise. Presented with toasted grain pilaf, garlic spinach sauté and roasted vegetables. The #3 selection is Roasted Butter-nut Squash, charred shallots and sun-dried tomatoes with pine nuts, sautéed spinach, garlic white wine sauce and shaved parmesan. This will be followed by Flourless Chocolate torte with Raspberry Sauce.

There will be no general meeting in the month of December, but the Board of Directors will meet on December 12, 2022 at 9:00 a.m. in the Fine Arts room. The 2023 Board of Directors, Dave Taylor, Jeff Davis, Richard Fuller, Peter Gilbert, and James Mikacich will meet briefly during the Holiday Luncheon to vote on the officers for the following year.

Morning coffee with the troops on Mondays, Wednesdays, and Fridays at the Kilaga Springs Café gives you an opportunity to solve the problems of the world. Richard Fuller is the Chairman of the Flag Sales Committee and can be reached at 916-409-9209 and email: [mrmap@earthlink.net](mailto:mrmap@earthlink.net) to volunteer

for flag sales duty.

The Flag Table will be open on December 15, 2022 in the Orchard Creek Lodge Lobby for the sale of Flags at a price of \$30.00. Please Fly Your Flag Proudly on Pearl Harbor Day, December 7 and Christmas Day, December 25, 2022 and turn in your old flags for retirement when they show signs of wear. There is also a box for flags to be retired in the room next to the Main Desk in the Orchard Creek Lodge. During the month of November, we recovered and prepared 29 flags for retirement.

The Membership of the Lincoln Hills Veterans Group are the Greatest and I thank all of you for a wonderful and successful year. You make yourselves Proud, Keep it going!

In Memoriam —

Hyatt Holt, U.S. Army; James D. Pirkle, Jr. U.S. Army

Louis Zulaica, U.S. Army; David Jenkins, U.S. Navy

James O'Donnell, U.S. Navy; Bob Crisp, U.S. Air Force

Don Dargan, U.S. Air Force; Dick Hafenrichter, U.S. Air Force

Robert Lazaga, U.S. Air Force; Bill Roberts, U.S. Air Force

Mike Sisemore, U.S. Air force; Donald A Spiess, U.S. Air Force

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

• • •

*(more Club News cont' on page 15)*



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## LH Travel Group

BY LINDA BEVINS

Wishing everyone Happy Holly Days! December is a joyful month to visit old friends and make new ones. Share your travel adventures as you get ideas of other places to put on your 2023 bucket list. And be sure to make your reservation for the Travel Show in January!

The Lincoln Hills Travel Group invites everyone to the January Travel Fair.

Dates: January 17, 18, 19 (Tuesday, Wednesday, Thursday)

Place: Via Roma, 2270 Nicolaus Rd, Lincoln

Time: 3:30pm

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

E-Mail Linda Bevins for reservations (djbevins17@gmail.com)

Include the number of guests, their names and the date you are requesting.

Trips in the works include The French Riviera, the Ozarks which includes Branson and in 2024 a Commemorative 80th Anniversary of WWII to France. All trips include airfare and transportation to the airport!

A survey taken of all our travelers ranked the most requested trip was to Australia/New Zealand. Come along in September (6 - 25) for an incredible tour of Australia from the Outback to the Great Barrier Reef - and New Zealand Queenstown to Mt. Cook National Park and including a scenic cruise of Milford Sound, viewing the incredible natural beauty.

Tour the Sydney Opera House, one the world's architectural wonders. Witness Ayers rock at Sunset as you sip champagne. Enjoy a hosted dinner with a Kiwi family. Visit the Victorian city of Melbourne, sample some New Zealand wine, or perhaps choose to go on an optional tour to see the largest colony of Little Penguins on Philips Island. This incredible tour contains all the sights and sounds for a memories of lifetime.

Check on our website or go to gateway.gocollette.com/link/1130309.

Or perhaps a leisurely 9 day cruise on the Magical Rhine and Moselle Rivers. Begin in Amsterdam, then cruise through Germany, France and end in Switzerland. Enjoy the castles, wine cellars, medieval fairytale towns learning the history of these picturesque towns. Delight in the comfort of the ship and the exquisite dining with your traveling companions. For more information, check on our website or go to gateway.gocollette.com/link/1131282.

Please be sure to check deadlines dates listed on the website for sign ups and to get the discounts. Most are 6 months before the beginning of the trip date.

To get the full itinerary and sign up go to the Travel Club website: lh-travelgroup.com

You will find all of the other tours that the Travel Group is currently presented on the website too. But, do remember if there is a tour you are interested in and it is not listed, just contact one of the committee members to book you on any other tours of your choice.

LH Travel Group Committee Member

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

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## RV Group

BY VICTORIA WHITE

With 2022 nearing its end, I reflect back on all the many places our group has visited this year starting off with Desert Hot Springs in February, Pismo Coast in April then to Fort Bragg in May. We enjoyed Truckee in June and were off on the long trip in September to Oregon and Washington. Our final rally was to Jackson Rancheria in October. There were plenty of different rallies to pick everyone's interest, see and do new and diverse activities, meet new members and connect with friends.

Our Officers for 2022 have done a great job. Thank you President - Mary Romo, Vice President and Social Chair - Vicki White, Treasurer - Maureen Williams, Secretary - Robyn Kain, Membership Chair - Sharon Skar, Sunshine Chair - Gerri Samsil and Historian - Ron Darville. New and returning Officers for 2023 are President - Mary Romo, Vice Presidents' - Cara Roberts and Roy Deeble, Treasurer - Maureen Williams, Secretary - Robyn Kain, Membership Chair - Maggie Giuliani, Sunshine Chair - Gerri Samsil and Historian - Ron Darville. Remaining also, Social Chair and writer for Compass and Sun

Senior News, Vicki White.

It's a wonderful experience to travel in an RV but a lot more fun when you have a group of friends to share and explore with. We welcome new members and guests to our meetings which are held every 2nd Thursday of each month, 4:30 PM at KS in the Placer Room. Next meeting will be January 12, 2023. Questions about the RV Group call President Mary Romo at 707-738-6311 or mromo50170@gmail.com. Want to join, contact Maggie Guiliani, Membership Chair at 310-963-2350 or malibumarg@gmail.com.

web: www.lhrvg.com

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## LH Amateur Radio Group

BY DAN LEHRER, KN6DRN

We are excited to recognize a newly licensed Ham Operator and member, Claude, KN6WGH. All new members get a "Welcome Package" which contains information on local Repeaters, LHARG Brochure outlining our Mission and activities and articles of interest such as "How Propagation Works." Our Hams & Coffee get together held at KS Café was fun, covering a variety of topics (including Ham radio). We will be getting together again in the future, so consider joining us to rag chew, more to come. We help with programming handheld radios. Regarding the Ham Bands, we have noticed an increase in contacts on both the 10 and 17m Band. One of our members had a confirmed Digital contact with a station on 17m

(cont' on page 17)

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## LH Amateur Radio Group

(cont' from page 15)

in Antarctica! Meetings are held at the South Tower every Monday night at 6:30 PM. Our club conducts a weekly radio network at 7:00 PM every Monday on the W6LHR Repeater at 147.030 MHz, 167.9 PL. If you are looking for a way to engage in the community and have an interest in Amateur Radio, please check out the LHARG. For more LHARG information visit our Website, the URL is: lharg.us or email dlehrer72@gmail.com

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## Sports Cars

BY RICHARD PEARL

There were no trips in November or December, but that doesn't mean the Club didn't/won't be having fun!

Late October saw the Club at Turkey Creek Golf Club for a Halloween party. Virtually everyone came in costume and a great time was had by all.



December 13 will see the Club at Catta Vadera Country Club for its annual Holiday Party. This is a dress-up affair and evening attire is suggested. If you have a sports car and are wavering on whether to join the Club, definitely join just for this party... and for all the upcoming trips, of course. The Club expects to be back traveling the highways and byways after the first of the year.

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

• • •

## Rods and Relics

BY ELNA RAGAN

On November 8, 16 Club members enjoyed a great lunch and socializing at the Waffle Farm. Our monthly get-togethers there are a lot of fun!

What did Club members do on a cool, crisp November 12? They caravanned behind "Fearless Leaders" Chuck and Barbara Barnhart as they led us around Lincoln's countryside to three local breweries! First on the list was The Goat House, complete with a "Goat Sanctuary." It was a time to visit with several of our new members. The second stop was at the Dueling Dogs Brewery. Our final stop was the Hillenbrand Brewery. Everyone enjoyed sampling various brews, mead, wines, and some food truck faire.

The Club's annual Christmas Dinner and Dance will be held on Friday, December 16 at the Orchard Creek Lodge Ballroom in Sun City Lincoln. Cocktails from 5:00 p.m. on will be followed by a buffet-style dinner at 6:00 p.m. Steve Evans will be providing music for our listening and dancing pleasure.

The Club is always looking for new members. All car owners with vehicles model year 1979 or before or replicas of such a vehicle are eligible to be regular members of this Club. For more information, check out our Web Site listed below.

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

Web Site: www.rodsnrelics.net

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## Low Vision Support Group

BY JOAN BRANT-LOVE

No monthly meeting in December.

Holiday Luncheon Scheduled for December 9

Reservation forms have been sent to all members and must be returned by December 2. We are looking forward to a delightful luncheon in the Solarium at Orchard Creek Lodge to celebrate this holiday season.

Next Regular Meeting—Tuesday, January 3, 2023, 2:00 to 4:00 PM, Fine Arts Room, Orchard Creek Lodge

Pat Togstad, President of Neighbors InDeed, will be our speaker. Pat will review the various services of Neighbors InDeed including Handy Helpers, Medical Equipment

Loans and Information and Referrals. She will also discuss how the NID list of resources is constructed and maintained. There will be ample time for Q&A so bring your questions with you.

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

Low Vision Support Group Mission

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

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

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## Alzheimer's/Dementia Caregivers Support Group

BY VALERIE JORDAN

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

The monthly general meeting is the fourth Wednesday at 1PM; all are welcome to attend, especially caregivers with recently diagnosed family members. Because of the upcoming holidays, our next general meeting will be on Wednesday, January 25, 2023. Our speaker will be Mark Wolff, owner of Senior Care Authority, who will discuss how to navigate local senior living options and share costs of care in Placer and Sacramento County.

The Women's and Men's groups will hold their last 2022 meetings in December. The Women's caregiver group meets the first Wednesday of every month in the OC Multi-Media room; the next meeting is December 7 at 1PM. Contact Mary-Jo Fratessa (916-759-8760). The Men's caregiver group meets the third Thursday of every month in the OC Multi-Media room; the next meeting is December 15, 10AM-noon. Contact Ernie Drake (916-543-3482).

A happy and safe holiday season to all!

• • •

## Bosom Buddies

BY VAL SINGER

The November meeting's speaker was Dina, the Lymphatic Whisperer. Dina was kind enough to return for a second time to give our members more information on the importance of the lymphatic system and its importance in our immune system. Lymphatic massages help the lymph nodes carry away cellular debris and is helpful for not only cancer patients but addresses a number of issues. Thank you Dina.

Bosom Buddies' Christmas party is at Kilaga at 11:30 a.m. on December 8th. We will have lasagna and all the trimmings plus goodies. Boxes for "Toys for Tots" will be available at the party, so each person with an unwrapped toy can help to fill them. Further information will be coming your way.

The Lincoln Hills Veterans Club had a Veterans' Day ceremony in the Orchard Creek ballroom. One of the speakers was our very own, Mary Shelton. Mary spoke about the military dog, Zephyr, a Belgian Malinois who spent his last days in Lincoln Hills. Zephyr was a bomb sniffing dog whose handler unfortunately was killed. According to Mary, the dog was going to be put down when one of the soldiers rescued him. Zephyr lost one eye and was deaf when he passed at age 13. Mary and Cheryl are going to see if they can get a plaque in his name on the Placer County Veterans Memorial in Lincoln. Thanks, guys...



If you have any ideas for future speakers, please let Patty know, 530-575-2889.

Please be sure your dues are paid. Only \$12 a year which entitles you to a free lunch for your birthday.

(cont' on page 18)

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## Bosom Buddies

(cont' from page 17)

Many thanks to the Foundation for their continuing support.

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

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

We end each meeting by holding hands and saying: "Together We Are Strong; Together We Will Make A Difference; Together We Will Survive!" And, we will, hopefully with a little fun...

...

## Multiple Sclerosis Group

BY JERI DI FIORE

Party Time!

All Members, Volunteers, and guests are invited to Celebrate the Holidays on Tuesday, December 20, from 1 to 4 with a light lunch and Bingo in the Lincoln Room, Kilaga Springs.

Lunch will be Panera's Turkey and Cheese sandwich, chips, and a cookie for \$10. Bingo is included in the \$10 and hosted by Volunteer, Tupperware Barbara Araujo, who has gathered lots of great prizes!

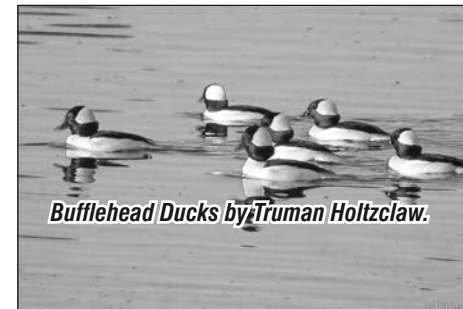
Reservations by December 10, please. For details call Hostess Joni Deutsch, 916 398-0349 for details.

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## Bird Group

BY RUTH BAYLIS

By now, you should have noticed our old friends the Bufflehead Ducks are back diving in our ponds, and Hooded Mergansers are making themselves more visible. A recent drive out west of Lincoln found thousands of Snow and White-fronted Geese and to a much lesser degree Tundra Swans. Looks like winter birding season is here, but I am sure that the waterfowl are also hoping that more rain arrives soon.



*Bufflehead Ducks by Truman Holtzclaw.*

Our hummingbird speakers scheduled for our November meeting, Deb and John Kirkpatrick, again had to delay their presentation describing their efforts at rescuing and rehabilitating hummingbirds. We are not giving up, the presentation is now being rescheduled for spring. In its place, we featured a replaying of the recent PBS Nature Series program on Woodpeckers, "The Hole

(cont' on page 19)

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## Bird Group

(cont' from page 18)

Story". This is a beautifully photographed and illuminative video and if you have not seen it yet, I strongly suggest you look for a recording on your TV. Here are some facts about woodpeckers. Current count is that there are 239 species in all, worldwide except for Australia, New Guinea, New Zealand, Madagascar, and the extreme polar regions. The largest woodpecker, and noisiest, that we are likely to see in North America is the Pileated Woodpecker; crow sized at 16-19 inches long. Our smallest is the Downy Woodpecker, at only 5 ½ to 6 ½ inches. We see the Downy occasionally here in Lincoln Hills, but the Pileated prefers denser, old growth hardwood forests like in the Sierra. There it is more likely heard drumming, than seen. The most common woodpecker that we see locally is the Acorn Woodpecker with its white cheeks, and which you will see storing or removing its stash of acorns in holes in trees. They have an interesting social behavior in



Acorn Woodpecker by Linda Morley.

many respects. They live in social groups of about 15 individuals occupying a territory which they aggressively defend, even against its own kind. Most woodpeckers prefer forests but a couple of species are exceptions. The Gila Woodpecker is found in the Sonoran Desert of the Southwest and carves its nest in the towering Saguaro Cactus found there. The Andean Flicker lives in the treeless open alpine meadows of the Andes Mountains in Argentina "where no woodpecker should live at all". It carves out its nest in clay cliffs. So now, have I piqued your interest in watching this excellent program?

We postponed our Gray Lodge visit, scheduled for Nov 11, because the ranger there said that the usual masses of Snow Geese had not yet arrived. We hope by Dec 2, and after recent rains, things will be better. We did tour Vic Fazio Yolo Wildlife area in late October where the fields were still being flooded. There was enough water to attract many species but not in great numbers. Some of us also went on to the Woodland wastewater treatment plant, which again was not as productive as past visits. Total number of species sighted was 48, on the low side compared to past trips.

Below is a schedule of upcoming events. A complete schedule is available on our Bird Group website. Unless otherwise noted, our away birding trips meet for carpooling at the far western end of the Orchard Creek parking lot, near the fitness center indoor pool. For longer trips consider bringing lunch or snacks and water, although we sometimes gather at a restaurant for lunch.

• Dec 2, Fri, 8:00AM: Gray Lodge Wildlife Area, Gridley (Butte County). Gray Lodge is known for its large number of Snow Geese but has a great and plentiful variety of other waterfowl, shorebirds, songbirds, and raptors. It is not unusual to sight a Peregrine Falcon. This trip was rescheduled from Nov 11.

• Dec 12, Mon, 1:30PM: Monthly meeting, Kilaga Presentation Hall. Michelle Dodge will be speaking about bird migrations along the Pacific Flyway (which includes the areas we bird).

• Dec 16, Fri, 8:00AM: Sacramento and Colusa NWR. This is our annual all day trip to these refuges and they never disappoint. Very often we sight multiple Bald Eagles at Sacramento NWR as well as a Peregrine Falcon (no promises!). There is always a large array of species and quantities of birds at both refuges and it is not unusual to see a Eurasian Wigeon at Colusa NWR. We stop for lunch between the refuge visits.

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

You can communicate with the Lincoln Hills Bird Group at email address: [SunCityBirders@sclhbirders.org](mailto:SunCityBirders@sclhbirders.org)

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## Garden Group

BY LORRAINE IMMEL

Merry Christmas, Happy Holidays, and Happy Hanukkah! May your Spirit be filled with all the Joys of the Season!

We do not have a General Meeting in December. Membership Chair, Marjie Anderson, announced that new and renewal residents may register for the 2023 Garden Group starting December 1, 2022 through March 31, 2023.

The Membership application is on the Garden Group website. ([lbgardengroup.org](http://lbgardengroup.org)). Also, you can sign-up at the first General Meeting, January 26, 2023 - \$20 per year, per household. Contact: Marjie: 916-408-7685. New members must sign a "Waiver of Liability."

We end this year with a Thank-You for the Steering Committee members who presented a wonderful year of General Meetings, Garden Shows, Socials, Plant Sales, etc. President: Robin Juhasz and her team: Carol Caruso, Penny Grmolyes, Ursula Neil, Julie Africa, Marjie Anderson, Arden Bendorf, Sue Bolton, Linda Bringle, Nora Charles, Virgil Dahl, Mark Forry, Linda Garrett, Lorraine Immel, Victor Jew, Paul Lewis, Bud Soto, Tree Justesen, Diane Johnson, Halina Loew, Cherie Lyle, Aggie Marsh, Marian Reeder, Debbie Schryver, Marie Salers, Al Sores, Lois Wagner, Vickie White, all their co-workers and volunteers!

We say "goodbye" to Linda Bringle (Plant Sale Chair, Treasurer, Publicity etc.), Al Sores (cont' on page 22)



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Days & Destination	Cruise Line ~ Sailing Date	Starting Price/ Inside Ocean View Balcony		
<b>15 DAY HAWAII from SFO! Princess</b>	Jan 16, 2023	\$898	\$1,500	\$1,500
<b>Royal Princess ~ 3560 Passengers</b>	Mar 12, 2023	\$1,148	\$2,218	\$2,218
Sail round trip from San Francisco, California to Kauai, Nawiliwili Hawaii; Honolulu, Hawaii; Maui, Lahaina, Hawaii; Hilo, Hawaii; Ensenada, Mexico, San Francisco, California.		<b>* FREE ROUNDTrip LINCOLN SHUTTLE TO SHIP!</b>		
<b>10 DAY ALASKA From SFO! Princess</b>	Jun 6, 2023	\$1,199	\$1,343	\$1,899
<b>Ruby Princess ~ 3080 Passengers</b>	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		<b>* FREE ROUND TRIP LINCOLN SHUTTLE TO SHIP!</b>		
<b>10 DAY MEXICO From SFO! Princess</b>	Dec 12, 2022	\$749	\$1,099	\$1,299
<b>Royal Princess ~ 3560 Passengers</b>	Jan 6, 2023	\$598	\$998	\$1,299
Sail round trip from San Francisco, California to Puerto Vallarta, Mexico; Manzanillo, Mexico; Mazatlan, Mexico; Cabo San Lucas, Mexico; San Francisco, California.		<b>* FREE ROUND TRIP LINCOLN SHUTTLE TO SHIP!</b>		
<b>16 DAY PANAMA CANAL Princess</b>	Apr 14, 2023	\$1,899	\$2,299	\$3,499
<b>Ruby Princess ~ 3080 Passengers</b>	<b>INCLUDES FLIGHT TO TEXAS &amp; SHUTTLE FROM SHIP TO LINCOLN!</b>			
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.				
<b>22 DAY EUROPE REPOSITION Princess</b>	Apr 16, 2023	\$2,699	\$3,399	\$3,399
<b>Regal Princess ~ 3560 Passengers</b>	<b>INCLUDES ROUND TRIP SACRAMENTO AIRFARE!</b>			
Sail from Fort Lauderdale to London (Southampton) visiting the Azores Islands (Ponta Delgada); Rotterdam, Netherlands; Brussels/Brugges (Zeebrugge); Southampton (London); Portland, UK; Guernsey (St. Peter Port); Cork, Ireland; Glasgow (Greenok), Scotland; Holyhead, Wales; Southampton (London).				
<b>32 DAY CAPE HORN GRAND ADVENTURE Princess</b>	Mar 5, 2023	\$4,748	\$4,078	CALL
<b>Sapphire Princess ~ 2670 Passengers</b>	Mar 4, 2024	\$4,848	\$5,448	\$6,748
<b>INCLUDES ROUND TRIP SACRAMENTO AIRFARE!</b>				
Sail from Buenos Aires, Argentina to Los Angeles, California visiting Montevideo, Uruguay; Puerto Madryn, Argentina; Port Stanley, Falkland Islands; Cape Horn, Cruising; Ushuaia (Tierra del Fuego), Argentina; Punta Arenas, Chile; Amalia Glacier, Chile; Puerto Montt, Chile; Santiago, Chile; La Serena (Coquimbo), Chile; Pisco, Peru (Optional Machu Picchu Overland Tour); Lima, Peru; Manta, Ecuador; Puntarenas, Costa Rica; Puerto Vallarta, Mexico; Cabo San Lucas, Mexico; Los Angeles, 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. \*FREE Round Trip Lincoln Shuttle is for new bookings only. Please call for current availability and pricing.

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Days & Destination	Cruise Line ~ Sailing Date	Starting Price/ Inside Ocean View Balcony		
<b>11 DAY EASTERN CARIBBEAN HOLLAND AMERICA</b>	Jan 14, 2023	\$899	\$1,499	\$2,049
<b>Rotterdam ~ 2668 Passengers</b>	Feb 4, 2023	\$899	\$1,199	\$1,999
Sail round trip from Fort Lauderdale, FL to Half Moon Cay (Private Island), Bahamas; St. Thomas, U.S.V.I.; Phillipsburg, Sint Maarten; Fort-de-France, Martinique; Bridgetown, Barbados; Castries, Saint Lucia; Basseterre, St. Kitts and Nevis; Fort Lauderdale, FL.				
<b>10 DAY SOUTHERN CARIBBEAN ROYAL CARIBBEAN</b>	Feb 17, 2023	\$559	\$612	\$1,863
<b>Vision of the Seas ~ 2435 Passengers</b>	Mar 31, 2023	\$387	\$477	\$1,577
	Apr 21, 2023	\$396	\$576	\$1,507
Sail round trip from Fort Lauderdale, FL to Labadee, Haiti (Royal Caribbean’s Private Resort); San Juan, Puerto Rico; Philipsburg, St. Maarten; Basseterre, St. Kitts; Castries, St. Lucia; St. John’s, Antigua; Fort Lauderdale, FL.				
<b>14 DAY PANAMA CANAL HOLLAND AMERICA</b>	Jan 21, 2023	\$699	\$799	\$3,499
<b>Zaandam ~ 1432 Passengers</b>				
Sail from San Diego, California to Fort Lauderdale, FL visiting Puerto Vallarta, Mexico; Huatulco, Mexico Puerto Quetzal, Guatemala; Transit the Panama Canal; Cartagena, Columbia, Half Moon Cay, Fort Lauderdale, FL.				
<b>12 DAY AUSTRALIA &amp; NEW ZEALAND CELEBRITY</b>	Jan 2, 2023	\$799	\$1,299	\$1,499
<b>Celebrity Eclipse ~ 2850 Passengers</b>				
Sail from Sydney, Australia to Auckland, New Zealand visiting Melbourne, Australia; Milford Sound, New Zealand; Doubtful Sound, New Zealand; Dusky Sound, New Zealand; Dunedin, New Zealand; Christchurch, New Zealand; Wellington, New Zealand; Bay of Islands, New Zealand, Tauranga, New Zealand; Auckland, New Zealand.				
<b>15 DAY PANAMA CANAL ROYAL CARIBBEAN</b>	Apr 21, 2023	\$931	\$1,541	\$2,741
<b>Radiance of the Seas ~ 3080 Passengers</b>				
Sail from Galveston, Texas to Los Angeles, California visiting Georgetown, Grand Cayman; Cartagena, Columbia; Colon, Panama; Transit the Panama Canal; San Juan del Sur, Nicaragua; Puerto Vallarta, Mexico, Los Angeles, California.				
<b>36 DAY EUROPE REPOSITION CUNARD</b>	Aug 20, 2023	\$5,448	\$6,248	\$7,688
<b>Queen Elizabeth ~ 2081 Passengers</b>	<b>INCLUDES LINCLON SHUTTLE TO SHIP &amp; SACRAMENTO AIRFARE RETURN!</b>			
Sail from San Francisco to Barcelona, Spain visiting the Los Angeles; Cabo San Lucas, Mexico; Puntarenas, Costa Rica; Transit the Panama Canal; Aruba; Ft. Lauderdale; Hamilton, Bermuda; Madeira, Portugal; Seville (Cadiz) Spain; Barcelona, Spain, Capri/Naples, Italy; Ajaccio, France; Mallorca, Spain; Barcelona, Spain.				
<b>80 DAY GRAND REPOSITION CUNARD</b>	Feb 7, 2024	\$15,499	\$17,499	\$22,499
<b>Queen Victoria ~ 2061 Passengers</b>	<b>INCLUDES LINCLON SHUTTLE TO SHIP &amp; SACRAMENTO AIRFARE RETURN!</b>			
Sail from San Francisco to London visiting Honolulu, Hawaii, Apia, Western Samoa; Suva, Fiji; Auckland, New Zealand; Wellington, New Zealand; Christchurch, New Zealand; Sydney, Australia; Arlie Beach, Australia; Cairns (Great Barrier Reef), Australia; Bitung, Indonesia; Puerto Princesa, Philippines; Manila, Philippines; Hong Kong, China; Ho Chi Minh City, Vietnam; Singapore; Colombo, Sri Lanka; Port Louis, Maritius; Port Elizabeth, South Africa; Cape Town, South Africa; Walvis Bay, Namibia; Tenerife, Spain; Funchal, Madeira, Portugal; Southampton (London), England, UK.				
<b>94 DAY AUSTRALIA &amp; NEW ZEALAND Holland America</b>	Jan 3, 2024	\$16,999	\$18,699	\$42,499
<b>Volendam ~ 1432 Passengers</b>	<b>INCLUDES ROUND TRIP SACRAMENTO AIRFARE!</b>			
Sail round trip San Diego, California visiting Honolulu, Lahaina, & Hilo 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. <i>This is a hosted cruise with lots of free perks and benefits on board. Don’t miss the boat!</i>				

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### Garden Group

(cont' from page 19)

(Webmaster), Ursula Neil (Secretary) and Nora Charles (Home Garden Tour Chair).

Winter Gardening... why are Amaryllis associated with Christmas? In Victorian times, Amaryllis came to symbolize strength and determination, due to its tall height and sturdiness. Over the last several years, Amaryllis have become increasingly popular Christmas plants, due to their willingness to bloom indoors in winter and their bright, colorful flowers. Their bulbs are available at nurseries now and it's fun to watch them rise to a tall height in December!



*Amaryllis-fun to grow!*

### Hiking-Walking Group

BY GAY MACKINTOSH

Time to ring out the old year and ring in the new! So layer up and join LH Hikers and Walkers for some seasonal treats. Hikes are scheduled the first Tuesday and third Thursday of the month so you can plan ahead (plus look for surprises on other dates). Only have an hour to spare? Walkers meet at 8 AM every



*Hikers on the trail to La Provence*

Wednesday at different trailheads right here in Lincoln Hills for invigorating 2 1/2-3-mile treks.

Cold weather hikes tend to be shorter and closer to home, but there's sure to be something for every "taste" (see December 15!). Come on out to enjoy exploring these trails with friends old and new:

1st Tuesday, Dec. 3: Avery's Pond (Folsom)—4.3-mile hike to a man-made pond adjacent to Folsom Lake.

3rd Thursday, Dec. 15: Pleasant Grove Creek (Roseville)—an annual tradition, 5-6 miles on mostly paved trail past creekside groves and vernal pools, with group lunch at La Provence! Or picnic in the park.

1st Tuesday, Jan. 3: UC Davis Arboretum—4-mile loop to discover botanical treasures among some 4,000 different plants in 18 collections, including 400-year-old Valley Oaks.

3rd Thursday, Jan. 19: Cronan Ranch (Cool)—6+ miles through foothill grasslands with some oak and riparian woodlands and

(cont' on page 23)

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## Hiking-Walking Group

(cont' from page 22)

views of the South Fork of the American River.

New hikers and walkers are welcome to give us a try before becoming members. Check out our website to pick a hike or walk that suits your interests and fitness level. Call the listed hike leader for specific information-walkers call Debbie Schryver below. The website includes detailed descriptions of hikes as well as meeting locations and route maps for Wednesday walks. Weather cancellations or other schedule changes are also posted on the website.

Lincoln Hills Hikers and Walkers Website:  
<http://www.lincolnhillshikers.org>

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

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

...

## LH Cyclists

BY TOM FRADY

Did you know The Lincoln Hills Cyclists have a website? Why don't you meander over there ([lincolnhillscyclists.com](http://lincolnhillscyclists.com)) and check it out.

There's lots of good stuff right there on the Home Page. There's a button for the First Time Visitors. It might be helpful for veterans, too. It will take you right to a page of descriptions of each ride group. We have 10(!) different groups, so you should be able to

find one or two to your liking, whether you're looking for a ride of the flat, 20-mile genre or a more challenging fast-paced, hilly sojourn. Ride an e-bike? Gotcha covered a couple of times over. Even those weird mountain bikers have a group.

Note: While the groups tend to contain a somewhat consistent roster of individuals, you are always welcome to jump from group to group depending on how you feel or where you want to go.

Also on the Home Page is a button to take you to the Official Ride Calendar (Instructions on how to use it are there, too.) Typically, Ride Leaders post a ride the afternoon before, including a downloadable-to-your-Garmin/Wahoo/phone route. You can print a cue sheet, too. This allows you to study the course beforehand and decide if you feel like climbing Baxter. It helps the Ride Leaders to know who is coming on a ride, so sign up the day before.

Of course, there is an application form right there, too, if you're not a member. It's \$1 a month. Yikes.

Take a few moments to read "Cycling Safety", even if you have been riding with LHC for some time. Your author is also your Safety Coordinator, so I can affirm there is important information there, because I wrote most of it. Remember, the club requires a rear-view mirror and encourages bright clothing and day time running lights.

Now, you may be saying "I don't need no stinking By-Laws", but you do, and these are brief and well-written (and necessary for our standing with the LH Association). Take

a gander.

Under the "More" button at the top right of the home page you will find the club roster. It's password protected. The password is... oh, wait, I can't tell you that. If you're a member you can get the password and have access to everyone's name, emergency contact, phone and e-mail. The club encourages everyone to have your Ride Leader's phone number in your phone and I like to suggest you also have your buddies' numbers and emergency contacts, in case something happens on the road.

Also under the "More" button are the names and addresses of several local bike shops, albeit it is a little out-of-date because there have been many changes recently (thanks Trek). I think we should add every donut shoppe and public bathroom, too.

Did I mention there is a direct link to the club's Facebook page? (No, I didn't.) There's some fun stuff there, too.

There's more on the website for you to discover. It will be like a treasure hunt. You're retired. What better have you got to do (if you're not on your bike.)

...

## LH Swimmers and Water Walkers Club

BY ROSEMARY TANFANI

New club member, Carolyn Shama has been swimming since she was 7 years old, and continued her swimming activities thru high school.

She moved to Lincoln Hills in 2012, and



Carolyn Shama, out of the pool... and getting ready to go in the pool.

got back into the pool in 2018, water walking with friends in the outdoor pool. At some point she decided to try swimming with snorkeling equipment. It took her a half hour to swim 25 pool lengths. Gradually she started adding a variety of equipment, short pool fins, hand gloves, eye goggles and different face masks and found herself doing faster pool lengths.

Today she swims a mile plus (72+ lengths) in the OC pool, four days a week. She finds swimming excellent for meditation, thinking about different ideas and composing stories. "But then, I forget the stories," she quips. She goes at her own pace and varies her strokes. Due to multiple shoulder surgeries, she was timid to do the crawl stroke, but eventually worked it in to her workout.

The health benefits for Shama have been tremendous. She's lost 40 pounds and has stronger legs and arms. The water exercise improved her lung function, since she has COPD. Another benefit is the fun of mixing and matching her swim attire. "I have several

(cont' on page 24)



## Lincoln United Methodist Church Sunday Worship 10 AM

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

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

**EZ Dinner Nite, Wednesday 12/7/22**

from 5:00 pm to 7:00 pm

**Christmas Eve Candlelight Service,**

**Saturday, 12/24/22, 5:00 pm**

See upcoming events on our Facebook page

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Address	Street	SqFt	Original Price	Selling Price	Model
1769	Alpenglow	900	\$425,000	\$425,000	Woodleaf
220	Saddlehorn Loop	1130	\$549,000	\$449,500	Sequoia
2115	Stonecrest	1449	\$599,000	\$594,000	Almanor
1233	Secret Lake	1593	\$599,900	\$595,000	Quail Cove
204	Saddlehorn	1595	\$695,000	\$540,000	Quail Cove
2254	Lamplight	1626	\$549,000	\$545,000	Lassen
1980	Mary Rose Lane	1705	\$625,000	\$555,000	Echo Ridge
1005	Shadow Glen	1728	\$648,500	\$640,000	Echo Ridge *
920	Wagon Wheel	1775	\$639,000	\$630,000	Tehama
2657	Woodacre	1791	\$699,000	\$685,000	Tahoe
1380	Periwinkle	1855	\$628,000	\$615,000	Plumas
1195	Leavell Park	1910	\$749,000	\$729,000	Fremont
1569	Carnelian Ct	1967	\$730,000	\$650,000	El Dorado
1314	Hawthorne	1967	\$747,000	\$675,000	El Dorado
1723	Cottage Rose	2068	\$715,000	\$533,200	Tahoe*
865	Yosemite Lane	2145	\$735,000	\$590,000	Orchard Crest
2348	Sutter View	2258	\$889,000	\$889,000	Napa
504	Sawmill	2258	\$1,100,000	\$1,130,000	Napa**/**
201	Whippoorwill	2281	\$825,000	\$825,000	Shasta
475	Shadow Lake	2801	\$1,010,000	\$1,000,000	Meadowgate***

\*Casita \*\*Pool \*\*\*Golf Course

Total Homes sold in Sun City per MLS 10/1/22 - 10/31/22

## LH Swimmers and Water Walkers Club

(cont' from page 23)

swim suits, cap, gloves and ear plugs, so I coordinate my swim gear. It's an addiction I am proud of," says Shama.

Shama has been out of the pool for the past two months, due to a long anticipated surgery. She hope to be back in the pool by the holidays and adds, "the best time of any day is being in the water,"

Holiday greetings to all, in the water or out, from the Swimmers and Water Walkers Club. If you are making an end of year resolution, consider adding water exercise as one of your goals for 2023.

...

## LH Senior Softball League

BY HEIDI MAZZOLA

The League's Board election took place in November at our General Membership Meeting. Karl Hess, Steve Wallraven, and Virgil Dahl were the top vote getters and will join Bruce Briggs, John Moran, and Heidi Mazzola as Board officers in 2023. Leaving us after many years of service is Karl Wenzler. The League thanks him for his hard work and dedication, and we expect to see him managing and playing in the upcoming season.

Fun Ball continues as we work in games between storms. Games are on Wednesdays and Saturdays. The start time has changed due the cooler weather. The games now start at 10:00.

Nominations for the 2023 Hall of Fame will close December 31, so if you want to nominate a worthy individual, get that application in. All pertinent information and the application is on our website.

In October, the Women's Division held their 2nd annual Go Girl Golf Tournament sponsored in part by Carolan Properties, Intero Real Estate, and Impact Sales Coach. Tournament winners were Karin Richter, Kelly Tipton, Dusty Hoetger, and Cynthia Horne. Second place went to Kathleen Wilens, Ronnell Schuler, Terrie McDonald, and Rachelle Manning. Ally Goodwin had the longest drive of the day on hole #6. A party was held afterwards, and a good time was had by all. Thanks to Marilyn Duncan, Patty Snyder, and their group of dedicated volunteers for making it another successful tournament.

The Women's Division played a couple doubleheaders against the Sacramento Area Women's Senior Softball (SAWSS) group recently. Both teams were missing key players, but there was still plenty of offense and some sparkling defensive plays to entertain spectators who braved the chilly weather.

As 2022 comes to a close, the Board thanks everyone for their participation and support of the softball program in Lincoln Hills. We look forward to another successful season in 2023 and hope you join us. Happy Holidays everyone.

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

Website: LHSSL.net

...

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## LH Mens Golf

BY MIKE MCBACK

Only 1 more tournament remaining for 2022 it's the Holiday Challenge a 2-man Pinehurst on December 13. Make sure to get your name and teams in fast these will fill up quickly.

Remember to get your renewal in before January 1 2023 to save \$10. Times running out fast.

Have a wonderful Holiday Season and see you in the new year.

...

## Lincsters 9-Hole Golf Club

BY CAROLE EUBANKS

Happy Holidays all! Hope you are enjoying this lovely autumn weather and are getting out and playing lots of golf. Don't forget it's also the season for mandarin oranges!

Tournament News — The Turkey Trot tournament kicked off the holiday season on November 16th. Thanks to Darlyne Giorgi for planning this scrambles event. At the publishing deadline, there were no scores available. But we all know that the entire field had lots of Thanksgiving fun regardless.

Club News — Our Christmas luncheon will be held on December 7th at Catta Verdera. The White Christmas theme celebrates the Lincsters' 20th anniversary. Gift donations collected at the luncheon and the lovely silver and white packages will be delivered to the Lincoln Meadows Care Center by our volunteers.

Update on 2023 Board of Directors — The 2023 Lincsters Board of Directors will be sworn in at the December luncheon. As of this newsletter publishing date, the board needed help filling two positions:

- the Secretary records the minutes at the three yearly meetings.
- the Social Chair plans the luncheon for the 2023 holiday party (date already reserved).

Please check the website to see if those positions are still open.

Play Days — Note that there will be no play this month. Play resumes in January, continuing with the 1 PM shotgun start.

...

## Ladies Golf 18-Holer

BY CAROL A. LOPEZ.

Captain Donna Sanderson opened up her home for a membership and social meeting. A great time was had by many members who enjoyed visiting in a different setting, the yummy food and drinks, and trying their hand at a wedge chip-in game.

Mikie Biggs and Edda Ashe chaired the October 13th "Throw Out 3 Worst Holes" Play Day on the Hills course. Four players, named from first to fourth place were paid in each flight with the 1st: Kathi McCoy, Eileen Boore, Betty Blaney and Kelly Tipton; Flight 2: Kelley Royball, Donna Brinkerhoff, Mary Keaney and Maureen Senn; Flight 3: Carol McCann, Karen McGraw, Edda Ashe and Jan Davidson and Flight 4: Peggy Carr, Donna McDonald, Ofra Unger and Mildred Sams. Boore birdied hole

13 and Monica Sperling was closest to the pin with a shot of 10'9" from the pin.

On October 20th a fun team game was played on the Orchard course and arranged by Deb Dunipace. "One Best Gross and One Best Net Ball" (different players) was used on each hole with eleven foursomes participating. First & second place teams tied with a score of 148. The team of Vivian Lim, Carol McCann and Rosie Warren, with Mildred Sams being a blind draw, secured first by a card off on the back nine. Second place was awarded to Gwen Hare, Maureen Senn, Karen McGraw and Bonnie Hing. Patti Tilton, Nancy McDonald, Dell Parker and Marcella Christoff took third place and forth was earned by Linda Blackburn, Karen Thom, Judy Emge and Cathy McWilliams. Mitsuko Cameron took closest to the pin on Hole 4 at 10'4". Birdies were made by Tilton on hole 9 and Kathi McCoy on hole 4.

Closest to the Pin on the Hill's Hole 12, with a shot within 5.5" and birdie, was executed by Candice Koropp on October 27th. What a way to close out her last official ladies play day with our club as we lose her to Sun City Roseville! A "Stableford" format was chaired by Lissi Bedford for the day and Kelley Tipton took honors with a 41 point high. Three places were paid in each flight. Flight 1 was awarded to Tipton, Patti Tilton and Robin Kain, Flight 2 went to Suzanne Hutchinson, Bedford and Judy Dong and Flight 3 was taken by Sandy Tamanti, Barbara Grant & Maureen Senn. More birdies were made by Ida Cicci on #12 and #16, Tipton on #8 and Tamanti on #7.



Maureen Senn—Halloween Golf Spirit.

It must be said that in the spirit of dressing up and acknowledging Halloween, Maureen wore a sign indicating that she was waiting for an offer from LIV and drew laughs from the ladies.

After an hour and half freeze delay forty ladies enjoyed a sunny brisk November 10th round, organized by Judy Dong, on the Hills course. It was a team game using "One Net Best Ball on Odd Holes and Two Net Best Balls on Even Holes". Taking first place with a low net of 95 were Patti Tilton, Liz Phillips, Diana Lilienthal and Bonnie Hing. Gwen Hare's shot on hole 7 was closest to the pin at 17'1" and Tilton had the only birdie of the day at hole 12.

We are winding down the season and reminding everyone to keep memberships

(cont' on page 27)

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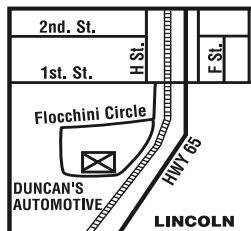
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## SSN WRITER...

### Oak Tree Lane

BY JIM FULCOMER

Just outside of Lincoln, on Hwy. 193, there is a small road sign indicating Oak Tree Lane. Just a small road leading past the Catholic church to the Corporation Yard for Lincoln, where trucks and equipment are stored atop what was once an immense project to counter the USSR and defend our country during the Cold War. Most would never even know it was there, it is so inconspicuous, but fenced off.

What is buried there, at least most of it, is a decommissioned missile silo.

Three, actually, for the second generation of ICBM's that the Strategic Air Command held to deter any Nuclear threat from the then, USSR. The first of these devices was the Atlas missile, but it was not designed to be fired from a silo. The first silo-fired missile was the Titan One, a liquid-fueled, two-stage weapon with a large "throw-weight." This meant it could carry a large thermonuclear warhead at an intercontinental range to any point in the Soviet heartland. There were three silos in Lincoln, three in the Sutter Buttes and three outside of Chico. In the middle of each complex was a huge dome of reinforced concrete which housed all the fuels and

operational controls, living quarters and two massive diesel generators for power. The actual control area was at Beale AFB, underground as well, with secure

communications to all three centers. The Titan One was in the silo, unfueled, but with the warhead atop it. The firing routine was to fuel both tanks, open the huge concrete blast doors, then lift the entire missile up on an massive elevator to await for the encoded "fire" signal from SAC Headquarters. This was a slow and very complex procedure. Too slow...

The irony of it all was, that as soon as they became operational, they were already obsolete. The dynamics had changed when solid-fueled rockets, such as Minuteman and and Polaris, made Titan response time too slow to be effective as a deterrent to Soviet attack. So all that concrete and steel, all the tanks, cables and power lines still remain buried to this day. The missiles themselves, without warheads, were removed but still used as boosters for satellite launches. All that expensive equipment was useless and the cost of removal was too great to consider and never figured in the budget process. We now know that other decommissioned silos are museums and some have been sold to the public as "disaster" bunkers.

How do I know all this? I worked 12/7 as a civilian "critical path" parts manager for the AMF Corporation installing the first silos back in 1962. I knew every inch of those silos...

*We welcome your submissions such as  
humorous observations and poetry.  
Please see page 3 for submissions information.*

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## Ladies Golf 18-Holer

(cont' from page 25)

active in order to retain Golf Handicap Index Numbers. The Holiday Luncheon will be an extra special event as we share good tidings and cheer by announcing and dispersing awards for the year. Happy Holidays to all!

• • •

## Pickleball Club

BY MOLLY MORRIS

Another Margaritaville U.S. Nationals tournament is in the books! What a fantastic year of pickleball play in the Tennis Garden of Indian Wells. This year, there was a new record of over 2,000 tournament players and over 5,000 spectators! Many members from Lincoln Hills and nearby Rusch Park played this year. We want to congratulate all of our players including Sharon Klotz, Andrea Mayorga, Carol Nakao, and LeRoy Weighall for bringing home gorgeous medals. Pickleball has also reached heights in the broadcasting world with the pro medal matches shown on ESPN as well as celebrities showing their pickleball prowess for charity on ABC. We look forward to seeing more and more pickleball on mainstream media.

Closer to home, the Lincoln City Council passed a vote to add six new pickleball courts at McBean Park. This is welcome news and as a Pickleball Club, we are hoping our members will step up to help others learn this amazingly fun game! The completion date for the courts is not yet set.

If you want to be part of the popular, growing sport, the club offers an Intro to Pickleball class. Reservations for this class can be made at [welcometopickleball@gmail.com](mailto:welcometopickleball@gmail.com). The Club provides the paddles and balls. We ask you to bring water and wear court shoes. That's all it takes to get started!

If you have any questions, please contact Molly Morris: [mollymorris@gmail.com](mailto:mollymorris@gmail.com).

• • •

## LH Tennis Group

BY PAM FLAHERTY

Octoberfest was our last tennis tournament of the year and marks the beginning of our holiday events. Our women's christmas luncheon will be held at Catta Verdera December 14 at 11:30AM and the men's Christmas luncheon will be held at Old Towne Pizza on December 9 at 11:30AM. Information and sign ups are on our website and the pavilion bulletin board.

Join us for our annual

December club meeting on December 2, 1:00PM at KS Presentation Hall. This is a great opportunity to meet your new board members, sign up for the tennis club and pay your 2023 dues. Remember club membership even gets you emails if courts are too wet to play! Such a deal! And much more of course.

SATA and USTA teams continue forming and playing through the winter. Look for Live Ball and Ball Machine practice to resume early Spring. Tennis instruction is available by contacting Steve at [stevebringman@yahoo.com](mailto:stevebringman@yahoo.com) and club orientation is available by contacting Val at [vlaugtug@gmail.com](mailto:vlaugtug@gmail.com). See you on the courts!

• • •

## LH Table Tennis

BY CARL LYNCH

Did you know that Table Tennis is a worldwide sport?

58 Countries field National Table Tennis teams which play Table Tennis worldwide, including Team USA.

The 2022 World Table Tennis Team Championships were recently held, it was a 10-day event. The event was shown live on the YouTube World Table Tennis channel. Matches and highlights can still be seen on this channel. Just search for "World Table Tennis" in YouTube to view them. These high-level Table Tennis matches are incredibly entertaining and amazing to watch!

36 Countries fielded teams for the 2022 event (32 men's teams, 28 women's teams).

The first World Team Championships were held in London in 1926 consisting of a Men's singles and doubles competition.

Baroness Swaythling donated the trophy for the first Men's Team competition and is still honored by having the Men's "Team" tournament bear her name as the Swaythling Cup.

It wasn't until 1934 that a comparable Women's team competition took place in Paris. The 1934 French Table Tennis Federation president Marcel Corbillon donated the trophy for the Women's team competition, the Women's "Team" tournament is still called the Corbillon Cup.

The TT World Championships, consist

(cont' on page 31)



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

## Pauline Watson

(cont' from page 1)

receptionist in the Business Manager's Office. In subsequent years she went on to become the secretary to the VP of Business and Financial Affairs until her retirement in July 2000, having spent more than 36 years in her career.

Divorced in 1984, Pauline was asked by a co-worker to join her at the Wutzit Club, a singles group, which held dances in a gym behind the University of Santa Clara. One night, in walked a tall, debonair, gray-haired man, wearing a yellow sleeveless sweater and snapping his fingers to the music. It was Frank Watson, and it was love at first sight. One of Frank's buddies leaned over to him and pointed out Pauline. "See that lady over there?" he said. "That's wifey material." Frank, who had been single for 20 years after a divorce, took a deeper look at Pauline and agreed. They started dating and despite a few break-ups due to Frank's concern about their 16-year age difference, they eloped to Las Vegas on Feb. 22, 1988.

Life with Frank was a breath of fresh air. Having no children of her own, Pauline became a stepmother to Frank's children from a prior marriage: Steve Watson who lives in Sonora with his wife and has three married children and Pamela Mason who lives in Santa Rosa with her husband and has two married daughters. Even though he was older, Frank was very young at heart and encouraged Pauline to cultivate a more active way of life. "He taught me to ski at Dodge Ridge, to golf and play tennis," she recalls. The couple also got into ballroom dancing. "It was a whole new life for me," she says.

They enjoyed traveling to places like Canada, British Columbia, Prince Edward Island, Montreal, Quebec, Halifax and many cities throughout the U.S., especially the East Coast where Pauline's favorite relatives lived.

Pauline and Frank moved to SCLH in 2005 on the recommendation of a relative who said it would be a great place to retire. During her years working at San Jose State, Pauline gained many organizational skills when she managed the University's Annual Employee Service Recognition Award Luncheon and coordinated various conferences for them.



Frank and Pauline Watson in 1988.



Pauline Watson and her recognition award from the Neighborhood Watch.



Remembrance poster Pauline Watson made for what would have been their 34th wedding anniversary.

Knowing this, when attending a National Night Out (NNO) event at the Village Coordinator's house, unknown to Pauline, Frank nominated her as the Mailbox Captain for their street. That was the beginning of Pauline's commitment to Neighborhood Watch (NW). "You can blame Frank," she says with a grin.

Pauline attended a reorganization meeting of NW in January, 2007, because volunteers were needed for certain positions. After learning what NNO entailed, she walked out of that meeting as its Coordinator. Four months later, NW Executive Director, Ken Sheehan, had a long discussion with her about their need for a secretary and based

on her qualifications, Pauline was a great fit. As a Director, she oversaw several villages, a position which lasted 12 years. Frank was very happy for her. "I felt I had a newfound purpose," she says. "I could see where I could help."

One of her talents was her ability to recruit over 100 candidates for Director, Village Coordinator and Mailbox Captain positions. She continues to be a Village Coordinator for 6 villages with 23 "fantastic" Mailbox Captains, who secure and maintain residents' emergency contact information and forward alerts to them.

Throughout her years of volunteering, Pauline has been recognized for her

outstanding contributions to the community. For example, in 2009, she received the NW Spark Plug Award for her efforts as Editor in making it easier to navigate their website, in organizing potlucks and performing board social functions. Especially notable was her participation in SCLH's 10th Anniversary parade and in helping the Association assemble and deliver 6,783 green gift bags for both the 10th and 20th Anniversary celebrations.

She was honored at the Lincoln Hills Foundation Hats Off II ceremony in 2011 which cited her efforts making NW "the best in the city of Lincoln and a model for other neighborhoods that want the program." And she was also nominated for the SCLH Association's Wall of Fame in 2019, in recognition for making a profound impact on the SCLH community. The Wall of Fame praised "individuals who have helped grow our SCLH community, motivated others to get involved, and remained active in the causes that they believed in so passionately."

Sadly, Frank passed away last year at the age of 97 and is buried at the Sacramento Valley National Cemetery in Dixon. On February 22, 2022, on what would have been their 34th wedding anniversary, Pauline invited family and friends to a memorial where she displayed a large posterboard filled with photos of their courtship days and life together. At 2:22 pm, the group went outside and tooted horns in celebration.

Now Pauline fills her days tending to her beautiful garden, adding to her large milk glass collection which she began nearly 60 years ago, and working on jigsaw puzzles which she temporarily displays on her dining room table. She also volunteers as an AARP scheduler, setting up free appointments for individuals when tax time is here.

Someone once sent Pauline a card which read: "Congratulations! You're the kind of person who makes the world a better, brighter place." With her many contributions to SCLH throughout the years, she has, indeed, made our community a safer and more neighborly place.

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

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## “Swing into the Season” with LH Chorus

(cont' from page 1)

sextet will regale you in three-part harmony with what happens “The Twelve Days After Christmas.” There’s something for everyone, from “Mozart’s Fa-La-La” to “Text Me Merry Christmas.”

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



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## LH Table Tennis

(cont' from page 27)

of men's singles, women's singles, men's doubles, women's double and mixed doubles.

The Men's and Women's World 'Team' championships are held biannually in even numbered years. 'Individual' World Table Tennis championship competitions are held in odd numbered years.

Many other TT tournaments and events are held worldwide every year and Table Tennis is played at the Olympics every four years, with Tokyo 2024 coming up next.

The 2022 US Open Table Tennis Championships will be held in the Ontario Convention Center in Ontario, California on December 16 – 21, 2022.

Team USA recently won 1 Gold medal, 5 Silver medals, and 1 Bronze medal at the 2022 International Table Tennis Federation (ITTF) Pan American Championships, which were held October 31 to November 6, 2022, in Santiago, Chile

Here in SCLH, the Lincoln Hills Table Tennis Club (LHTTC) also plays women's men's, mixed, and singles table tennis, just like the World Table Tennis Championships!

We play indoors where it's nice and cozy these cold days. We play on 7 tables, beginner to advanced. We play on a drop-in basis. Reservations are not required. Please wear



non-marking tennis shoes. Loaner paddles are available.

Play times are Sunday 9:00 AM to 5:00 PM (except the first Sunday of the month when play starts at 12:30 PM), Tuesdays, 6:00 to 9:00 PM, and Fridays 8:00 to 12:00 PM.

We occasionally set up a Newgy Robot table tennis ball machine on Fridays to use for intensive training and practice.

Important notice about December play sessions: Table Tennis play sessions may be cancelled in Presentation Hall (KS) anytime during the month of December by the Association. Please join the LHTTC to stay informed by email of these play time cancellations. There are no membership dues required to become a member of LHTTC. To join, just sign up on the new member sheet at the play sessions or email pingpongsclh2@gmail.com.

...

## LH Water Volleyball

BY DIANE FERRARI

The Club wants to recognize and thank outgoing Chairpersons Cindi and Ross Underwood. During the summer of 2017, Cindi and Ross Underwood began playing water volleyball instead of watching TV and eating popcorn. Thus began a love for the game and the water volleyball club! Within a year, the couple wanted to give back to the club and joined the club leadership team. Cindi served as Chairperson, enjoying work with the association WellFit Staff, increasing the club membership, and seeing others enjoy the sport. Ross served as Webmaster, replacing the binder and paper forms by expanding the digital footprint of the club. The 2020 global outbreak of COVID-19 presented challenges to the club and although much has changed in four years, the enjoyment of seeing their fellow club members' play like kids has not changed! Ross and Cindi enjoy being a part of the Pickleball Club and play on a regular basis. The joy of pickleball has not only helped to keep them active but has brought many amazing new friends throughout the years. What's next, you might ask? They both will continue to play water volleyball when their leadership roles come to an end in December. The love of the game is very important to them both, but more importantly it's the love of the club members that drives them to play. If you would like to join, we welcome all levels of interested players. Find us at LHWaterVolleyball.com or call Jerry Grisler 209-648-9534 for more info.

...

## Mad Hatters Bocce Group

BY KIM PETRUZZELLI

Our Potluck Christmas Party will be at Kilaga Springs at 12:00 pm on Thursday, December 15, following morning bocce. You can still sign-up at the bocce courts on Thursday mornings, or by emailing us at the address below. We'll have coffee and water for you there, so just bring something to share and your sense of humor. Grab your ugly sweaters, because there will be prizes. I probably should apologize now for the sweater I will be wearing.

The Mad Hatters play bocce ball year-round each Thursday morning, and all skill levels are welcome. Now that it's cold outside, we begin at 10:00 am. Teams of 4 players are formed on-the-fly each week so just show up! The focus is on recreation not competition, and we rotate players and teams with each 20-minute round. Our players usually spend about 90 minutes on the courts. New, inexperienced, and handicapped players are always welcome. Don't know how to play? We'll guide you. There is plenty of parking available at the courts, and it's a great way to meet new people.

If Thursday mornings aren't convenient for you, or you just can't get enough bocce, there's also a fun drop-in bocce group called the Night Owls. No, no, it's not midnight. They play on Tuesdays at 4:00 pm.

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

...

(more Club News cont' on page 33)

## Michelle's Featured Listings



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## Letters to the Editors...

*Authors are solely responsible for the content of their letters.*

### Vote per whatever method...

In the Nov. 2022 edition of the SSN, the Republican Club wrote to advise its readers NOT to drop off a self-completed and signed ballot at any ballot box.

In my opinion this is both a disservice and a deliberate misinformation instruction to the completely legal option of voting in private and dropping off a legal ballot. This partisan talking point supports the assumption that voting by mail ballot is corruptable and ballots can be manipulated unless you vote in person and “surrender” your mail-in ballot.

This conspiracy theory has been debunked over and over in multiple states and, there are a number of ways you can request a verification of your ballot being tallied and verified per our voting process. We should be better rational thinking voters than succumb to this negative, extreme messaging. It does not belong in this publication.

I understand this letter will not be read before the Nov. 8 election date. Hopefully, readers can verify their options before the next election and vote per whatever method best serves them.

*Drew Irby*

...

### The process...

I recently had an opportunity to work as an election clerk in the November 8th elections, after attending a 3 hr. training course. I suggest that anyone who doubts the security of our elections, participate in the process.

The checks and rechecks, locks and sign offs at every step in the process absolutely prohibit “cheating” as has been suggested by some. While I will admit the mail system isn’t as efficient as it had been before Louis DeJoy stepped in, I’m quite certain that the USPS has no ulterior motive in subverting our elections. There has been no credible evidence that drop boxes are not safe and secure.

I will leave the results of the November 8th election speak for itself.

*Kathy Carpenter*

...

## Your Old Photos Restored!

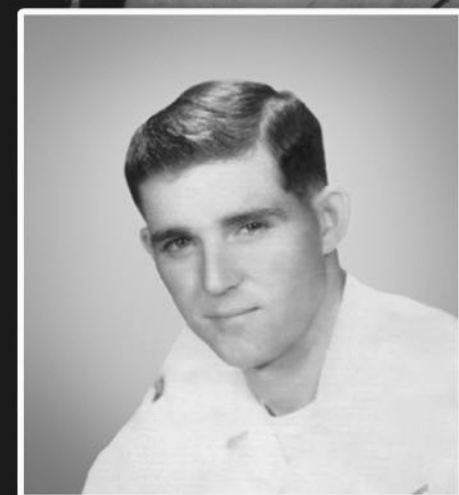
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## LH Billiards Group

BY RANDY FANN

Polish up the tail fins on your '57 Chevy. The fuzzy dice are hanging off your rear view mirror. Between Lou Christie and Chuck Berry you hear the howling of Wolfman Jack.

And you know it's time to Rack-N-Roll!

Master of Ceremonies Wayne Buchanan, assisted by a cadre of able scorekeepers, sets the paces. Whether it is eight ball or nine ball or, good golly Miss Molly, SIX BALL!

So grab your favorite cue and join us. Monday afternoons. Be there at 1.45. Leave your greasy comb and your saddle shoes at home. You need to bring your "A" game to this dance. It'll cost you \$2.00 to join in on the fun. And if the balls fall just right, you could be taking home a little extra bread.

See you there.



Wayne Buchanan along side runner up Scott Artigo.

Mentoring — Our latest winner of the highly desired Cue Stick Giveaway is Peter. Mentoring Director Dave Polvi conducted a contest where players had to sink three balls. The winner would be the player who did it in

the fewest number of shots. After Round One, Peter was tied... but during Round Two, he was able to capture the prize. Congratulations and good shooting, Peter.



Dave and Peter.

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

See our website at <http://lhbilliards.com>

com for information about our club policies, individual tournament rules, tournament winners, American Pool Players Association Information, and printable membership forms. Contact Tony Felice at 916-955-0501 or [atfelice3@gmail.com](mailto:atfelice3@gmail.com) for information on the below listed tournaments.

Billiards Group Tournament Schedule by Day of the Week

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

Bob Soriano 707-372-1240 [bobsfloor27@gmail.com](mailto:bobsfloor27@gmail.com)

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

Wayne Buchanan 925-286-5466 [waaane@yahoo.com](mailto:waaane@yahoo.com)

Tuesday — Mentoring 9.00 AM-9:15 AM sign in for first session of 9:15 AM to 10:15 AM. Second session sign is 10:15 AM to 10:30 AM with play from 10:30 AM to 11:30 AM. All levels of play from inexperienced to advanced players.

Dave Polvi 925-918-5720 [dpolvi55@gmail.com](mailto:dpolvi55@gmail.com)

Ladies Tournament Check-in 12:45 PM to 1 PM. Play starts at 1.00 PM. Six games at 17 minutes each game. Beginners to intermediate. First Tuesday of month straight eight will be

played. Then 8 Ball (1/15) played remainder of month.

Shirley Varner 916-408-7399 [jsvarner@att.net](mailto:jsvarner@att.net)

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

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

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

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

Ted Komaki 916 543-7158 [tedevkom@sbcglobal.net](mailto:tedevkom@sbcglobal.net)

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

Rich Lujan 408-781-5815 [rlujan1234@aol.com](mailto:rlujan1234@aol.com)

Thursday — Upstarts Sign in 11:30 AM to 11:45 AM. Play from 11:45 AM to 2.00 PM. Intermediate for 8 Ball Random Doubles. Advance signup last Thursday for following month. Play six 17-minute games or until 2.00 PM. Rita Rush 503-780-0962 [ritaqueenofe@gmail.com](mailto:ritaqueenofe@gmail.com)

Players 2:00 PM-5:30 PM for Mid-level Players for 8 Ball. Check in at 2.00 PM. Play from 2:30 PM to 5:30 PM. Advance signup last

(cont' on page 37)

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## SSN WRITER...

### Dear Santa...

BY VAL SINGER

Dear Santa,

How you been? It's been a long time since I wrote to you because I really thought I was way too old to believe in you. From the time when a know-it-all classmate decided I was far too innocent for his taste and informed me how the whole Christmas thing worked, I have put you to one side.

It is now Christmas time again and the old sage question is again on my lips. Are you real? I'd like you to be real. I'd really, really, like you to be real. Long before "paying it forward" was a buzz word, we all wanted to know someone who would listen to us and bring us whatever we wanted. Fast forward and are we any different today? I'm not. No matter how long that line might be to talk to you, I'd wait.

So, Santa, I can believe you are real

because I want to believe you are real. No matter what form you might take, (tall, short, fat, skinny) it doesn't matter, in this time of my life, I want to believe such a kind person as yourself exists.

The question you must be asking yourself, Santa, is why I've waited this long to approach you. When I was younger, there was always so much going on that I didn't think of you.

I think now I need you. Not to bring me that bicycle I asked for and you never brought. But I need to know you are out in that chaotic world of today listening to me.

What do you think? If we all believed in just a nice, kind, person who just wanted nothing more than to make our lives special, it might make a difference?

(Oh, by the way, about that bicycle, I could still use one). Just sayin...

Thanks, Santa —

Sincerely, Ever Hopeful

*We welcome your submissions such as humorous observations and poetry. Please see page 3 for submissions information.*

## Lincoln Hills Foundation

(cont' from page 1)

Kwanza as we close out the year.

Bingo is on hiatus in December but mark your calendars for Thursday, January 26th. Doors open at 12:30 and play starts at 1:00. Twelve cards for \$25, with exact change

appreciated. Payouts are \$100 for the first eleven games and \$250 for the final game. Make an afternoon of it and enjoy a special Bingo lunch at Meridians beforehand.

Bringing a group? We are taking table reservations. Email your request to [lincolnhillsfoundation@gmail.com](mailto:lincolnhillsfoundation@gmail.com).

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# Neighborhood Watch

*Wishing Everyone a Safe and Happy Holiday Season!*

BY TERESA TANIN

Neighborhood Watch continues to deliver safety and security information to the Lincoln Hills' residents. How is this information distributed? Open up the postal-delivered Sun Senior News. Turn to the Neighborhood Watch section to read about our event highlights, meeting dates, new volunteers, training sessions, "Alerts", Safety tips, including how to avoid scams. Grab a Compass Magazine. Turn to the Community Profile section or the Clubs section under Neighborhood Watch. Sign up for eNews through the SCLH member's portal website to receive updates on Neighborhood Watch events. To discover even more information, including photo slide shows and helpful community links, visit the Neighborhood Watch website [schwatch.org](http://schwatch.org).

Enjoy Comfort and Joy as you gather to celebrate the holidays. The Comfort in knowing that Neighborhood Watch provides needed security information. The Joy in understanding that safety is the priority of Neighborhood Watch. Have a joyous and safe holiday season from the volunteers of Neighborhood Watch.

Visit website: [schwatch.org](http://schwatch.org) for more safety and security information.

Strengthening Neighborhood Ties —



The Neighborhood Watch safety and security team includes Mailbox Captains who manage emergency contact information for the residents within the cluster mailbox station area on their street. Too many Mail Stations (MS) are lacking Mailbox Captains so more volunteers are needed. Most Mailbox Captains manage more than one MS and some in Villages far from where they live. The goal is to have one Mailbox Captain for each MS. Such Mailbox Captain can then know better their 12 residents within the cluster mailbox area, knowing when a neighbor moves out and when a new resident moves in. Mailbox Captains welcome new residents with helpful information (welcome packet) and continue to pass along safety and security information to their established neighbors. Help us manage safety and security information. Volunteer to be a Mailbox Captain on your street, the most efficient way to manage resident's contact information and the best way to get to know your neighbors.

We welcome new volunteers — Rebecca Rubio-Aliaga, Mailbox Captain for Mail Station (MS) 12, Village 21 and Corene Bennett, Mailbox Captain for Mail Station (MS) 7, Village 31 C. Neighborhood Watch is extremely grateful for our two new volunteers as three volunteers have retired and we must

say goodbye. We thank David Rosenthal, Val Sandusky, and Don Budde for their dedicated years of volunteering and will miss them from our safety and security team. Thank you!

Increase Personal Safety and Security Awareness —

Go to the NW website [schwatch.org](http://schwatch.org) from your own personal computer or device and click Add Me to Alerts. No message is required. Just click send. You will then start receiving "Alerts" to help keep you informed. Enjoy the comfort in knowing you are staying informed.

Be the "eyes and ears" of the Police and Fire Departments —

There are several ways to report a crime or incident:

1. For an Emergency, Call 9 1 1 or Text 9 1 1 with your location.
  2. To report a non-emergency, call the Lincoln Police number 916-645-4000.
  3. Report directly to the Lincoln Police Dept. to [www.lincolncalifornia.gov/en/living-here/report-a-problem](http://www.lincolncalifornia.gov/en/living-here/report-a-problem).
  4. Report an incident/scam to Neighborhood Watch. Go to [schwatch.org](http://schwatch.org) and click Report an Incident.
  5. Call Barry Johnson, NW Public Safety Liaison, 916-434-6538 leave a message.
  6. Call Mary Cranston, "Alerts" Program Coordinator, 916-434-5362 leave a message.
- Encourage Emergency Preparedness: Referrals, Alerts, Scams, and Tip of the Month: Go to website [PlacerAlert.org](http://PlacerAlert.org) and sign up for your own personalized countywide Alerts. Go to website [schwatch.org](http://schwatch.org) to sign up for Lincoln Hills community "Alerts."

Dial 2 1 1. A representative is ready to refer you to helpful services available in our area.

For Dial-A-Ride, call Pauline Watson at 916-543-8436 to obtain discount tickets, sponsored by The Lincoln Hills Foundation.

Alerts — Suspect arrested, November 3, Lincoln Police arrested suspect in 10-29-22 Armed Robbery. During the evening of Saturday 10/29/2022 an 89 yr. old resident on Lariat Loop, Village 6, which backs up to Ingram Parkway, Ferrari Ranch and golf course, entrance is Rustic Ranch. Resident heard a knock on her front door. She went to the door and the listed suspect told her that his daughter's ball had gone into her backyard. She sent him down her side yard while she went to her back sliding door and opened it. The suspect approached the resident, threatened her with a knife and forced her inside where he took her purse, money, and cell phone, and cut the phone line. The suspect mentioned he had a car, but none was seen. The terrified resident went to a neighbor's house and called the police. The police searched the area to no avail, however, suspect has now been arrested and is in custody.

Ongoing Security Tip: Please do not open your doors to strangers!

Holiday Tips: Drive safe, keep your doors locked, and know when you will receive packages.

For current and past "Alerts" including safety and security tips, and volunteer opportunities, please visit the NW website [schwatch.org](http://schwatch.org).



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# "I Have My Life Back."

Roseville resident, Dawn R. had been experiencing the painful effects of Peripheral Neuropathy, "my feet and legs hurt, tingled and burned, all the time and my doctor told me there was nothing they could do. I was told that I would have to take Gabapentin for the rest of my life, that wasn't okay with me." Then she started treatment with acupuncturist, RaeAnn Salvador.

Peripheral Neuropathy is the pain, discomfort and numbness caused by nerve damage of the peripheral nervous system. Dawn explained that daily tasks like opening doors and using the bathroom were overwhelmingly painful. "How can you live for the next 20 years when you don't even want to get out of bed to do simple things?"

She was experiencing the burning, numbness, tingling and sharp pains that those suffering with neuropathy often describe. "The way that I would describe it, it's equivalent to walking on tacks all the time." Dawn hadn't worn socks in five years and was wearing shoes two sizes too big so that nothing would 'touch' her feet.

**Unfortunately Dawn's story is all too familiar for the over 3 million people in the U.S. suffering from Peripheral Neuropathy.**

If you are unfortunate enough to be facing the same disheartening prognosis, you're not sleeping at night because of the burning in your feet, you have difficulty walking, shopping or doing any activity for more than 30 minutes because of the pain.

You're struggling with balance and living in fear that you might fall. Your doctor told you to "just live

with the pain" and you're taking medications that aren't working or have uncomfortable side effects. Just know that there are options.

Fortunately, three months ago, Dawn read an article about Lincoln Acupuncture and the work being done to treat those suffering from Peripheral Neuropathy without invasive surgeries or medications.

She can now share how significantly her life has been changed

**"Now when I go to bed at night I don't have those shooting pains. I don't have that burning sensation. I can let the sheets touch my feet and it isn't painful,"**

**Dawn enthusiastically describes life after receiving treatment. "I can wear socks and shoes and I can enjoy working in my garden."**

At Lincoln Acupuncture, results are achieved using the time tested science of Acupuncture combined with technology originally developed by NASA that assists in increasing blood flow and expediting recovery and healing to treat this debilitating disease.

What differentiates Lincoln Acupuncture is the use of the most cutting edge and innovative integrative medicine. Specializing in chronic cases, specifically those that have been deemed 'hopeless' or 'untreatable', Dr. Salvador consistently generates significant results. What was once a missing link in senior healthcare is now easily accessible to the residents of Placer County.

If you've missed too many beautiful days outside because of pain or you've passed on dancing along to songs of your youth because you're afraid of falling, it's time to give yourself a new opportunity.

**It's time to let your golden years be golden!**



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## LH Billiards Group

(cont' from page 33)

Thursday for following month.

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

Friday — Challengers Friday 9:30 AM-12:00 PM for 8 Ball (1/15) high intermediate to advanced players. Play seven 16-minute games. Play begins at 10:00 AM and concludes at 12:00 PM. Advance signup last Friday for following month. The advance signup sheets are in the binder on the Kilaga fireplace mantle.

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

Saturday — Breakers 9:45 AM to 12:30 PM. Check in 9:45 AM. Play begins at 10:00 AM. Beginners to intermediate for straight 8. Play six 16-minute games. Randy Fann 916-517-7430 randyfann@gmail.com

...

## Duplicate Bridge

BY SUSAN BRENDEN

What a year! The Duplicate Bridge Club is back to playing in person, lessons are available (check the Compass for more information) and we have added new members! Great accomplishments for our club. If you are looking for a new hobby or goal for 2023, give duplicate bridge a try! We have games every Wednesday and Saturday at 1230 at the Kilaga Lodge. Hoping to see you at the table in 2023. Happy Holidays to all!

...

## Cribbage

BY MEL SWITZER

Twas the night before Cribbage, and all thru the hall,

Not a player was stirring, not even old Paul. The boards were kept in the closet with care,

In hopes that St. Lucky soon would be there.

The players were nestled, all snug in their beds,

While visions of winnings swirled in their heads.

Alas, it is time to play, another chance at glory,

But wait, poor scores, and then there's Double Run Dory.

But onward they go, and steadfast they try. I will win today; they say with a sigh.

Then a whirlwind sneaks in, spotting four recent winners,

I helped these fellows win, but your chances are slimmer.

The little old fellow, so lively and plucky, We knew in a moment; it must be St. Lucky.

He called recent winners and with no refrain,

Says now Jerry (10/17), and Lynn (10/25) and Jerry (11/1) again,

I have helped you all, even Rich (11/8) I must say,

But I must help out others, or they'll go astray.

He waves his wand, and it touches on Sue, But second place is the best she can do. The players all know, this is all just for fun, Winning is nice, but the laughing's not done.

Then St. Lucky exclaims, as he speeds down the hall.

Season's Greetings and Happy Cribbage to all!

Cribbage meets every Tuesday starting at 8:30 AM in the OC Card Room.

Questions? Call Mel Switzer 510-589-7658.

...

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

BY GARY STEER

Do you like talking to people, meeting new people, or working on the computer? For the past 21 years, volunteers have been participating in the AARP Foundation Tax-Aide program in Lincoln. Volunteers are needed as schedulers to make appointments for our clients. No class is required; however, all volunteers must pass a ten-question ethics test. Schedulers return the client's phone call to set up an appointment time, explain what information to bring to their appointment, and

log the appointments into a Google Calendar; schedulers must be computer literate.

Greeters welcome clients, review and assemble their tax records, make sure they have brought the necessary information so our tax preparers can complete their returns efficiently, and they manage the flow of clients being served. No computer experience is required to be a greeter!

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

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

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

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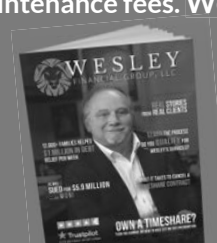
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Observations...

BY MARTIN GREEN

This will be a very short “Observations.” Readers of this column have become acquainted with my wife Beverly. I’m sorry to report that Beverly was diagnosed with acute leukemia, the worst kind. The doctors told me she probably had it for several months before. When it was diagnosed the leukemia moved quickly and Beverly passed very shortly after.

I’m struck that those who have talked or written to me about Beverly have all stressed her sweetness, her kindness, her thoughtfulness, her empathy and much more. Beverly became a talented watercolor artist when we moved to Sun City Roseville and her paintings hang in many houses here. Beverly also joined the Sun City Singers and enjoyed being in the Chorus for some 25 years. Beverly loved to travel, and we were members of the Travel Club. When our youngest son Christopher married our lovely daughter-in-law Flindie and moved to Ireland, we made many trips there.

I’ve received tremendous support from my three sons and their families. Chris, our youngest son, flew here from Ireland. Michael, our middle son who lives closest, drove me to the hospital every day while Beverly was there. David, our oldest, did whatever was needed. I’ve also received tremendous support from friends and neighbors.

I wrote at the beginning that this would be a very short “Observations” and if I put in all the thoughts that my sons and their wives —

David and Laura, Michael and Bridget, Chris and Flindie — have expressed about Beverly they would fill the entire Sun Senior News and more. Just to put in some: David: the heart and soul of the family; Michael: Mom was a wonderful, amazing talented woman; Chris: a constant cheerleader, nothing but love and light, sweetness and grace.

As for me, to borrow words from a song, when Beverly left, she took away the sun. I was a lucky guy to be married to Beverly for 57-plus years

.....

In Memory —

Sue Breakenridge Olin 11/24/1934-10/15/2022

Sue Breakenridge Olin was born on November 24, 1934 in Children’s Hospital in Oakland California to Harold (Breky) Breakenridge and Dorothy (Billie) Smith Breakenridge.

She was a daughter, a mother, a wife and a business woman. She owned Sue-Z-Bee’s Inc., designing creative spaces with live plants for office buildings, restaurants and any place where live plants add to the quality of living.

They were married on June 15, 1996 after Bob proposed by flying a plane of Stanford Stadium during the Big Gam asking Sue to marry him. She said yes. Here dad was a quarter



back and played in the Rose Bowl game of 1929.

Sue was a member of the Walnut Creek Host Lions Club and elected Governor of Lions Clubs International responsible for the area that includes Contra Costa and Alameda Counties. Later Sue was the first woman ever elected to the position of Council Chair I California which included administrative responsibility for all the Lions Clubs in California and Nevada.

Together they organized the Lincoln Hill Lions Club in Lincoln.

They established an annual project called Lions Special Kids Day in the Sacramento area. A day of fun, food, family and friendship for physically and developmentally delayed children. The day had 1000 volunteers and guests.

She leaves behind husband Bob, son Greg Griffin, daughter Beth Griffin Sloan, stepdaughter Charlene Olin, stepson Jason Olin, 6 grandchildren, Blake Sloan, Ryan Sloan, Jay Sloan and Courtney Sloan Christensen, Geoffrey Griffin and Cori Griffin Graham, 10 great grandchildren, Sister Sally Kadell and husband Bill Kadell, and nieces and nephews.

She is at peace with God.

In lieu of flowers please make a donation to the Lincoln Hills Lions Club, P.O. Box 211, Lincoln CA 95648.

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AIRPORT DRIVER SACRAMENTO International. SCLH Residents only Call or text Richard Brady in SCLH 209-499-0497.

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

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

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

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

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

DIANNE DELEON still serving humanity 12 years for SCLH. Driving, Airport, Appointments. Call or text 916-759-8410 Lic#106453.

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

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

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

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

SENIOR HELPER: Services tailored to your needs, SCLH resident Marianne 408-858-8995, text ok.

LAMINATE & LUXURY VINYL - \$2 - \$3 Installation Labor Only - Repair & Material Quotes Also Avail. Over 20 Yrs. Exp. - Randy 916-847-4357. Lic#852123

AT LAST SALON & SPA, 671 First Street, Lincoln: , Nails, Skin Care, Waxing 916-434-6100.

\$\$\$SAVE MONEY WHEN SELLING HOME. LH Resident/RE Broker will list your home for only 1.5%! Full service, less cost! DRE#01195871. SELL n SAVE w/ Cindy. Action Realty: 916-595-2635 . www.sellnsavewithcindy.com

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

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

## FOR SALE

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

WOMENS TREK HYBRID 7100. New tires, seat, pump, safety lights. Well maintained. \$125. 916-622-8966.

PIANO - ONLY \$750 excellent condition Chickering baby grand natural wood finish. Buyer must pay for moving. 415-272-7664 - 2797

8 CLASSIC AVON PORCELAIN FIGURINES. \$10 Ea. Excellent condition, no chips. 279-202-4688.

## FOR RENT

FOR RENT: Almanor 2BR/2BA. Available 2/1/23 \$2400/month, 916-521-5492.

## WANTED

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

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

BUY GOLD coins, bars (\$40 over spot), silver (50 cents over), 20 year LHSC owner. Email to h6as@juno.com.

WANTED: PART TIME, Intermittent Medical Manager, medical background to meet Trust requirements plus pill management, some admin work & minor household tasks if more hours desired. Age 50 - 60 desired. Send Resume, contact phone number & best times to call plus address (must be homeowner in Sun City to historygene@gmail.com

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

WANTED! CARS-TRUCK-SUV’S ALL YEARS ALL MAKES. I pay top dollar! Always more than CarMax 19 yr Lincoln Hills resident: Les Van Pelt 916-837-7659 or lesvp@yahoo.com

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

## ANNOUNCEMENTS

Garage Sale, 916-434-7315, Fri/Sat, Dec. 9/10, 9am-1pm.; 2094 Lavender Hill Ct.: Collectibles, tools, camping, vases, jewelry, designer clothing, Coach, Waterford, silver, H/H.

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

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

### \*\*FREE ADS — INCLUDE

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

### BUSINESS ADS

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

Classified Ad Submissions —

WHEN: By the 12th of the month.

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

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

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

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

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

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

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

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

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

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

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





Since 1991  
CALL US OR EMAIL  
FOR MORE  
INFORMATION

916-771-  
4177

FOR A FREE HOME  
VALUATION  
EMAIL :  
gbrown@thompson  
-brown.com



Why pay 6% ?



George Brown

Experience Makes a Difference!!!  
Call us for an Expert Home Price  
Evaluation

Market Update

*"The only constant in the Real Estate Market is change." I've used that line for better than 3 decades in my Real Estate career. The market is in constant change and this particular change is going to require that home sellers have a full strategy to list and sell their home. If you are thinking of interviewing an agent, my first piece of advice is look for someone who has been through a market in decline. I have been through the housing recession caused by high interest rates in the early 80's, the recession that began in 1990 (which actually resembles what we are seeing now) and the crash of 08. I am the full time Broker and Owner of Thompson+Brown Real Estate and offer my expertise. Call or text 916-297-3500*

George Brown

Recent Sales in Lincoln Hills

2636 Eagles Peak Lane	Tehama	\$625,000
920 Wagon Wheel Lane	Tehama	\$630,000
1005 Shadow Glen Place	Echo Ridge	\$640,000
1569 Carnelian Court	El Dorado	\$650,000
1314 Hawthorne Lane	El dorado	\$675,000
2657 Woodacre Lane	Tahoe	\$685,000
1195 Leavell Park Circle	Fremont	\$729,000
2348 Sutter View Lane	Napa	\$ 889,000
475 Shadow Lake Court	Meadowgate	\$1,000,000
504 Sawmill Court	Napa	\$ 1,130,000
2257 Sutter View Ln	Sonoma	\$1,275,000

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