

# SUN SENIOR NEWS

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And Much More . . .

## Paul and Jennifer Carroll — Singing and Dancing through Life

BY RUTH MORSE

Paul and Jennifer Carroll have been married for four years. They originally met while working on a show with The Players. When they married, they brought a large, blended family with children, stepchildren and grandchildren. Paul was interested in music from a young age and Jennifer had a similar passion for dancing as a child. Paul has lived in Sun City for sixteen years and Jennifer has lived here for seventeen years.

Paul Carroll first knew about Sun City because his parents moved here in their retirement. He grew up in the Bay Area in San Lorenzo in a Catholic family and attended parochial school. He started with music early and at age five or six was gifted with a ukulele and toy guitar. That led to guitar lessons at age seven. While still a teenager, he formed a band with nine members that was named Post Raisin Band. The band became popular in the Bay area and was even asked by a General Foods plant in San Lorenzo to do a commercial for Post Raisin Bran. They took a democratic



PHOTO BY JEFF ANDERSEN

vote about the commercial, but it was voted down when seven voted no and two voted yes. Paul was one of the ones to vote yes. The band members who voted no felt like they didn't want to be "a raisin or a flake." They lived to regret the decision since it was before

the time of the California raisins' popularity, and it would have helped the band's visibility. They have at least one song on YouTube. The Oakland Tribune wrote an article about them in the teen section and called them the band that "doesn't go snap, crackle, pop." They were featured in a book about garage bands and played for the City of Leandro Boys Club to an audience of 350 when they were requested for an event. The band was an all-white group, but they loved soul music.

Paul has always been involved in music by teaching guitar and performing in groups. In 1984, he added a different career and joined the Alameda County Sheriff's Department as a Deputy. He stayed with them for twenty years until his retirement at the age of fifty-six. It was a wise decision since it has provided for a good retirement and medical benefits.

Like Paul, Jennifer had a performance passion at an early age, and it was dancing. She started at an early age begging for lessons and (cont' on page 29)

## LH Foundation — Short Month and Lots to Celebrate

BY DENISE BOWDEN

Our shortest month of the year is full of days to celebrate from groundhogs to Presidents with an opportunity to treat friends and sweethearts with something special on Valentine's Day. February 14th also brings us International Book Giving Day providing a good reminder that the Foundation provides grants to the Twelve Bridges Library toward the purchase of large print books and access to ebooks and digital literacy programs.

Interested in being a part of an organization providing support and opportunities for our seniors? We are looking for Board Directors or Advisory Board members who would like to serve their community. If you have skills or experience in marketing, fund raising, program management, finance, writing, web skills or just want to be part of an organization that makes a difference in the community you are welcome. We also need a Bingo Coordinator so if you are looking for a great opportunity and lots of fun please reach out directly to me or join us at one of our Board meetings. We meet the second Monday of each month at 9:30 a.m. in Orchard Creek Lodge.

Join us for Bingo on February 23. Doors open at 12:30 and play starts at 1:00. Twelve cards for \$25, with exact change appreciated. Join us and be one of the first winners of

2023. 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)

## Be Prepared – Save a Life

BY JOAN LOGUE

Recent events in the sports world have highlighted the importance of being prepared for cardiac events. CPR and AEDs (Automatic External Defibrillators) are crucial to saving the life of family, friends, or neighbors. Over the past several years SCLH has had instances where CPR training and the availability of AEDs have resulted in lives saved.

The Lincoln Hills Foundation wants to remind residents that we are offering CPR classes at a reduced rate through the Association. The training includes CPR, AED, and Heimlich instruction with certification upon completion of the half-day course. SCLH residents only pay \$15 per student with a Foundation grant underwriting the balance of the usual \$40 fee. What a great way to start out the new year and be ready in case of an emergency.

Upcoming class dates are February 8th, May 10th, and August 9th. Sign up at the Orchard Creek Wellfit desk. You never know when these skills could be needed. Sign up with friends and make a commitment to

being prepared.

The Foundation is also proud to support cardiac preparedness by supplying our Lincoln police department with AEDs for squad cars.

...

## Tap Company

BY ALISON WOLFE

"LET'S DANCE AGAIN!" The Lincoln Hills Tap Company is thrilled to be presenting our first show since 2018. "Let's Dance Again!" is aptly named after five years with no show at all. It all takes place in Orchard Creek Ballroom on Thursday, March 30 (cont' on page 3)

★ SCLH TAP COMPANY PRESENTS... ★

★  ★

★  ★

★ *Let's Dance Again!* ★

★ March 30—April 2, 2023 ★

- Premium Reserved—\$22
- Standard Reserved—\$19
- Orchard Creek Ballroom

Tickets available at SCLH Activities Desks (OC/KS)  
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**SCLH TAP COMPANY  
 PRESENTS...**



*Dance groups  
 performing*



**March 30 —  
 April 2, 2023**

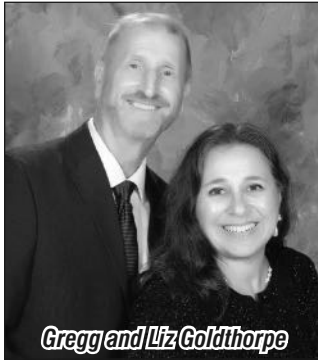
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The Sun Senior News - Lincoln Hills is mailed free to 7,000 homes in the Sun City - Lincoln Hills community. The delivery is targeted for the first week of each month.

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## Tap Company

(cont' from page 1)

and Friday, March 31, both at 7:00 PM, and Saturday, April 1 and Sunday, April 2, both at 2:00 PM. Hats off to over 70 dancers, singers, and choreographers who will delight the audience with their performances.

We've collaborated with many members of the performing arts, Chorus, Players, and Vaudeville, to bring you a variety of dancers, singers, and entertainers. The program features 23 separate acts, representing a variety of dance genres (not just tap!). We'll have Cha Cha, Hawaiian, Irish, Mexican, Latin, and Belly Dance—something for everyone! Much of the background music includes chart-topping songs and Broadway tunes like “Put on a Happy Face,” “My Girl,” “Puttin’ on the Ritz,” and more. There'll also be several vocal singers performing nostalgic songs like “When You're Smiling,” “Save the Last Dance,” and “Sweet Caroline.”

We're especially grateful for excellent overall leadership that has been instrumental

in getting all these acts performance-ready for you: Co-Directors Carol Rose and Kathy Fernandez; Co-Producers: Sharon Lefkov and Mary Adamson. We couldn't ever attain the skill and precision necessary for this performance without a number of expert choreographers for the dances: Alyson Meador for all tap dances; Yvonne Krause for line dance; Carol Rose for hula; Becky Nicholson for jazz dancers; Anna Woods for belly dance; Janice Hanzel for the cloggers; Jaye Tinloy for Tahitian dance; and Ruth & Sal Algeri for ballroom dancers. It takes a village!

And we've appreciated some help “outside” the village: From the Performing Arts Consortium, Stage Manager, Craig Stults; and Publicity Consultant, Doug Brown.

Don't miss this wonderful show! Orchard Creek Ballroom: Premium Reserved Seating, \$22; Standard Reserved Seating, \$19. Tickets are on sale now.

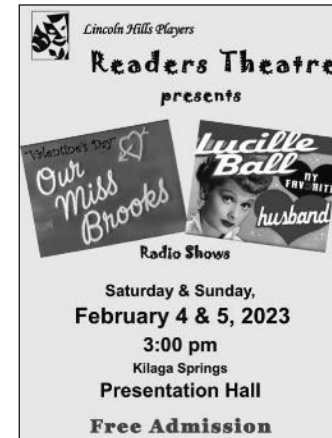
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## LH Players

BY DOUG BROWN

Two free Readers Theater shows are coming up on Saturday, February 4 and Sunday, February 5, both at 3:00 PM in Kilaga Springs Presentation Hall. Co-Directors Joe Nichols and Paul Gardner have chosen their casts, who have been rehearsing to treat audiences to two Valentines-Day-themed thirty-minute episodes of popular radio shows “Our Miss Brooks” and “My Favorite Husband.”

In the first episode, romantically inclined Miss Brooks appears to finally be on her way to a Valentines Day dinner with the object of her affections, bashful biology teacher Philip Boynton. What could possibly go wrong? In the second episode, Katy, the maid, is sweet on Mr. Dabney, the butcher, and lead character Liz offers to help. But when Liz's valentine to husband George gets switched with her check to pay the butcher's bill, what do you suppose



Mr. Dabney thinks?

We'll hope that, on Valentines Day itself, no Players members receive checks payable to a mysterious butcher! On that day, Players members will gather for a festive evening of dining, music, and dancing.

In other Players news, advance planning is underway for our June show, directed by Jane Patton, “Twelve Angry Jurors.” It's a play that'll be sure to entertain as well

as to pique the audience's intellect, as the varied personalities of jurors stimulate heated debate over what might at first appear to be a clear-cut case.

Are you curious about the Players? We extend a warm welcome to all to come to our meetings. The next meeting is Monday, February 13, at 4:00 PM, in Kilaga Springs Presentation Hall. You'll meet members and discover what may be your future in participating in some aspect of the performing

(more Club News cont' on page 4)

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## LH Players

(cont' from page 3)

arts in Lincoln Hills. Opportunities are available for acting, directing, costuming, stage building, publicizing, operating tech equipment, and more—even if you never did any of the above in your pre-Lincoln-Hills life!

If you decide to join, simply enroll as a new member in one of our meetings—and pay a whopping \$5 [annual] membership dues! For more information, visit our website at [www.lhplayers.org](http://www.lhplayers.org) or contact Players President Craig Stults at 916-543-6782.

...

## LH Chorus

BY GAY MACKINTOSH

"Groovy Sounds of the 60s!" Our spring concert features such note-worthy tunes as "Blowin' in the Wind," "Monday, Monday," "The Lion Sleeps Tonight," and "Here Comes the Sun." We'll add in a dollop of 50s favorites ("Tribute to the Everly Brothers" and "Forever Doo-Wop") and even a dash of the 70s ("Our House") and 80s ("Kokomo" from "Surf's Up!" medley). Listen for noted songs from the Five Satins to Simon and Garfunkel, Bill Haley and His Comets to Frankie Valli and the Four Seasons, the Beatles to the Mamas and Papas.

Our note-able director Paul Melkonian and accompanist Nina Malone will inspire us to sound our best as we get in the groove with these tuneful memories. In addition to lots more full chorus selections, basses and baritones are learning our notes for "Sherry,"



while sopranos and altos will "Stop! In the Name of Love."

Take note! Tickets go on sale February 17 for our spring performances May 5 (Friday evening), 6 (Saturday matinee), and 7 (Sunday matinee). So be ready to "Shake, Rattle, and Let the Good Times Roll" with us. Get in line (at either Membership Desk) or online to reserve your seats in the Ballroom: Premium Reserved (first seven rows) \$22; Standard Reserved (back seven rows) \$19.

Visit our website at [lincolnhillschorus.org](http://lincolnhillschorus.org) for more information or contact our membership coordinator, Mari Long, at [mlong24sjca@sbcglobal.net](mailto:mlong24sjca@sbcglobal.net), 916-409-9136.

...

## LH Music Group

BY DAN LEHRER

The New Year started off with a Group sing-along to "Mrs. Brown You've Got a Lovely Daughter". Wonderful solo performances followed and we closed with "Proud Mary" and a Chuck Berry Jam. All of us are striving to learn new songs and stretch our abilities. It's a team effort each month to make the sound

(cont' on page 5)

# See's CANDIES Valentine's Sale

January 31st – February 14th 11am – 5pm Daily



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## LH Music Group

(cont' from page 4)

quality, set up and group song choices all work. We keep learning each time and are grateful for the opportunity to be in such a fine venue. We



meet on the second Wednesday of the month from 2:00 to 4:00 PM in P-Hall (KS) through October. We love an audience so please come on down. You can find the Lead Sheets for the group songs and more information on our website; the password is musicgroup. The Guitar Ensemble meets Fridays from 1:00 to 3:30PM (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 Club

BY ERNIE MICHELI

The Ballroom Dance Club has begun another year of dancing. Instructors Sal and Ruth Algeri offer excellent instruction in eight ballroom dances. One ballroom dance is the instructional focus each month. For example the East Coast Swing will be taught in the month of February. Each lesson introduces new steps and provides repetition and review. Additionally, an hour is provided each week to practice each dance.

The schedule of dance instruction for 2023 is as follows: January, Fox Trot; February, East Coast Swing; March, Waltz; April, Cha Cha; May, West Coast Swing; June, Tango; July, Waltz; August, Night Club 2 Step; September, East Coast Swing; October, Rumba; November, Cha Cha.

In addition the Ballroom Dance Club will provide a number of dance parties throughout the year. The schedule for dance parties includes the following: Oscar Night, February 11; Springtime in Paris Pot Luck, April 29; Hot August Nights, August 5; Halloween Saturday Night, October 28; Christmas Pot Luck Party, December 12. All the parties are great fun and provide an opportunity to try out new dance skills and enjoy time with friends.

Annual membership dues are only \$10 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 Sal Algeri at 916-408-4752 for more

information.

• • •

## Sun City Squares

BY JACKIE CARLSON

Our beginning square dance class has started! This weekly class is held at KS, 1:15 PM to 4:00 PM. The cost is \$5 per person/per class. Regular attendance recommended as new steps are learned weekly.

Advanced dancers meet at KS Thursdays, 1:00 PM to 3:00 PM. The cost is \$10.00 per person/per class. If you are an advanced dancer, please stop by and check us out!

Beginning Round Dance (Rumba ballroom cued calling) is held on Thursdays 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. The cost is \$5 per person/per class.

Come join the fun!

• • •

## Country Couples

BY RICH AND DONNA PICK

With the holidays behind us, some of our Country Couples celebrated the New Year by taking a 10 day Mexican Cruise with 6 days at sea and 4 days in ports which included Manzanillo, Mazatlan, Puerto Vallarta, and Cabo San Lucas. Thanks to the organization of Jim and Deborah Christie, our cruise included dances every day we were at sea. What fun! Prior to the cruise, the Christies also arranged a bon voyage party at Kilaga Springs, with dancing, of course! We also were able to ask questions and get details about the cruise.

Some changes are coming in 2023. Our long-time Country Couples Western Dance instructors, Jim and Jeanie Keener, are retiring after 14 years of teaching Country Couples Western Dance at SCLH. Before teaching here, they had many more years teaching dance at other locations. In addition, they hosted many events, with their Halloween Dances being especially memorable! Country Couples will always remember their patience, cheerfulness,

(cont' on page 6)



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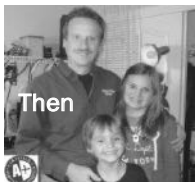
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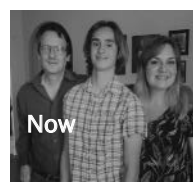
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515	Silverwood	1190	\$440,000	Calaveras
108	Ivy Arbor Ln.	1322	\$499,900	Bridgegate
1107	Fairview	1361	\$480,000	Madera
2061	Stonecrest	1473	\$549,000	Almanor
2125	Prairie View Lane	1491	\$550,000	Pine Hill
1256	Ivy Arbor Lane	1515	\$531,700	Pine Hill
1137	Barnswood Loop	1515	\$543,000	Pine Hill
541	Northfield Lane	1515	\$574,900	Pine Hill
990	Cricket Ct.	1704	\$584,000	Echo Ridge
560	Stockman Lane	1768	\$530,000	Tahoe
638	Orchid Lane	1785	\$620,000	Santa Cruz
1940	Graeagle Ln.	1789	\$575,000	Tahoe
1724	Glenbrook	1791	\$725,000	Tahoe
1142	Barnswood Loop	1791	\$630,000	Tahoe
321	Cupola Court	1887	\$578,000	Orchard Crest
1813	Creekcrest Lane	1910	\$745,000	Fremont*
1571	Summerhill Ln.	1910	\$684,400	Fremont
2000	Stone House	1910	\$700,000	Fremont
2739	Eagles Peak Lane	1967	\$600,000	El Dorado
1193	Magnolia Lane	2025	\$625,000	Annadel
2462	Loon Lake	2240	\$920,000	Napa
130	Boulder Ct.	2264	\$860,000	Napa
536	Belladonna	2390	\$765,000	San Mateo
2195	Walden View Lane	2831	\$1,097,000	Sonoma**
1552	Summerhill Lane	2955	\$950,000	Meadowgate*/**

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Total Homes sold in Sun City per MLS 12/1/22 - 12/31/22

**Country Couples**

(cont' from page 5)

and love of dance. We will surely miss them, but happily we know we'll be seeing them as they are still teaching Country Line Dancing. Their dance shoes will be capably filled by Dennis and Georgi Dawson, who have lived in SCLH for 18 years. They have been members of Country Couples ever since the club was founded in January, 2010. Not only have they been regular dancers for 18 years, they have served our club as practice leaders for many years and as substitute instructors for Jim and Jeanie. We are so lucky to have our friends Dennis and Georgi as our new teachers. Look for the Country Couples Western Dance class in the Compass.

We fondly give our best wishes to Jim and Jeanie for a well deserved retirement - they have given us so many wonderful memories! And now we look forward to making many new memories. We sincerely welcome Dennis and Georgi in their new role.

For information, contact April Cederburg 916-390-3931.

Website: sclhcc.com

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**Mixed Media Club**

BY JILL SHORT

Brr... it is a little chilly and wet this winter. Come on inside and join the Mixed Media Club. We are warm and welcoming so do not be hesitant to join us. Mixed Media is an art club that explores all kinds of art mediums. We leave the idea of being perfect outside the club door and encourage experimenting, playing and just having fun. There is no such thing as "I can't do art" or "I am afraid everyone will be better than I am." The Mixed Media Club meets the 3rd Wednesday of each month in the Fine Arts Room (OC) at 1:00 PM. We start each club with club news and a time of sharing art that we have done at home. There is a monthly voluntary art challenge to be done at home and that is shared at our meeting. The Club Board consists of our President, Chris Fetter plus Nan Griffin, Frima Stewart, Jan Stephens and me, Jill Short. If you would like to teach an art activity or lesson at a meeting, or if you have a suggestion for an outside artist to come and share let Chris Fetter know. We are always looking for ideas.

Time for our February art challenge. A few months ago, one of our members, Sheila Haddad, came up with a great challenge for us. Go into your kitchen and look around. Get into the creative mindset of how things in your kitchen can be used in art. Your challenge is to use mostly items found in your kitchen to make an art piece. You can use any substrate (surface) for your art even if it is not in the kitchen. If

(cont' on page 7)

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## Mixed Media Club

(cont' from page 6)

you think outside the box maybe you can find a substrate found in your kitchen area which includes your pantry. Most of the supplies used for this project should come from your kitchen area in one way or another. Using paint, glue, markers, or some other items to complete your masterpiece is always acceptable. There is no right or wrong way to do your challenge. I am very excited to see what everyone does. Bring your finished piece to the next meeting to share what you did. Ready, Set, go and have some fun in your kitchen!

If you have questions or would like more information about the Mixed Media Club, contact our President, Chris Fetter at 916-276-7895 or email at: mixed.media.chris@gmail.com

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## Needle Arts

BY MARY SWANSON

NA general meetings resumed last month with an entertaining presentation from Marjan Kluepfel. Don't forget to join us on Tuesday, February 14th at 1:00 PM in Presentation Hall (KS) as we celebrate Valentine's Day with another fabulous program and other surprises. Make sure to wear red!

Breakout groups are an integral part of needle arts and there are several groups to choose from including: Applique; Community Service; Cross Stitch/Hardanger; Fiber Arts/Art Quilting; Knit & Crochet; Loose Threads;

Machine Embroidery; Machine Certification; Mixed Needles; Needlepoint and Quilting. The NA website, sclhna.com, is where you'll find the calendar detailing the day, time and location that each of these groups gather. New members are always welcome to join a group.

The first in-house retreat of the year is scheduled for February 11th and 12th in the OC Sewing Room. These fun filled days begin at 9am and end at 5pm and provide plenty of sewing time with the ability to be home for dinner and sleeping. This retreat is limited to 10 participants. Our Spring Mercy Retreat is scheduled for April 24th-28th at the Mercy Retreat Center in Auburn. It's a fun and exciting time to work on your projects in a serene

environment away from TVs, cooking, and with single occupancy sleeping rooms! Registration forms for both retreats are available on the NA website. Be sure to make your reservation soon.

It's time to renew your membership for 2023. You will find the membership form on the NA website (sclhna.com). Please sign up and take advantage of all the NA activities.

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## Painters' Club

BY TAMSEN ARMSTRONG

These dreary, wet days may have you staying home, but there's always painting and sketching to keep you occupied. I like to bring out my brightest colors to dispel all the gloom and remind me that spring is coming.

Membership Renewal Time! We are

asking that everyone please complete a new membership form along with their \$15 cash or check dues payment. Forms can be obtained at the OC kiosk, at our next meeting, or online in the files folder of our Facebook site. Our updated membership roster will be available on the website's files folder as well. We will be collecting forms and dues at our meetings or by mail. The exception is for those who have recently joined our club.

March Art Stuff Auction. Do you have any gently used/newish art supplies you don't want or need anymore? Paper, canvas, paint, brushes, frames, etc. are all welcome. You can bring them to our club's auction at our March 21st meeting. Attach price tags and any other labels you think might be helpful. Proceeds will benefit our club.

Current Art Show: It's time to put up our paintings at Buonarroti. Ristorante. Contact Joan Musillani ( joanmusillani@gmail.com ) who is in charge of the call to artists. The deadline for submissions is February 6. The show will hang from February 9 to June 3rd. Please review the policies for entering our shows.

Our February Challenge is on the theme of Architecture, which will be presented at our



Marlin Anderson at July's Fine Art Show.

meeting on February 21. All levels are welcome to enter, but please review the new policies on entering your work. We accept all mediums of paint/pastel, but no giclees or photos printed on canvas.

Our Artist Spotlight for January was oil painter Marlin Anderson, who moved to Lincoln Hills in 1999. He has been studying

art for 23 years and has continued to take classes to perfect his craft. It was to our great benefit that he spent two years serving on the LH Art Association Board and 15 years on the Fine Arts Show committee. Marlin paints in oil on canvas or Masonite board, loving to apply thick paint and bright colors to the 200 plus paintings he has completed to date.

Check us out on Facebook! Our private group is for you to download forms, 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.

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(more Club News cont' on page 9)

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## Paper Arts Club

BY LINDA LUCCHETTI

In January, a record number of members attended our first project of the new year. We made a perpetual calendar card box, just right for organizing special greeting cards. It was a hit!

The Board of Directors met in January to review our future activities for the year. Do you have ideas for future projects? Would like you to lead or assist in a project? Let us know. Reminder: This is the time of year to join or renew membership in the club.



Our February window theme is from the heart. Stop by the OC window to get inspired by our beautiful Valentine cards.

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

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

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## Woodcarvers Club

BY LIONEL RAINMAN

Maybe you've thought of woodcarving and taking up wood carving as a hobby. Here are some of the reasons why woodcarving may be for you. Woodcarvers enjoy the use of their hands and a few tools to create something unique or useful from a block of wood. Woodcarving is rewarding as you can create something lasting for yourself or as gifts to others. Woodcarving is quiet. If you have a few minutes and want to take a break it lets your hands be busy while your mind can relax. Woodcarving is easy to learn with simple steps to get you started. The Woodcarvers

Club is here to help you. We have helpful knowledgeable members, a huge library and tools you can try. We meet every Wednesday from 1:00 to 4:00 PM in the Sierra Room at Kilaga Springs Lodge. Plan a visit and see what we are doing.

Contact: Lionel Rainman 916-253-9534

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## Apple User Group

BY NINA MAZZO

The Cider Press is a monthly publication found at our club website. It contains tips, tricks and hints for your Apple products. How to check the battery health on iOS? No matter how well you take care of a device, your battery's health will slowly deteriorate over time. A battery that has very low health (less than 80%) will need to be replaced. Here's how to check the health on your iPhone battery. Open settings – tap Battery – tap Battery Health.

Our world traveler, adventurer and ski enthusiast Ken Spencer plans on helping us work smarter with email. His presentation title says it all – “eMail – love it or hate it – we all use it.” Join him Thursday, February 2nd in person in the KS Presentation Hall. Ask the Tech begins at 6:30PM followed by the program at 7:00PM.

The general meeting is Tuesday, February 14th with Bill Smith discussing the “Importance of Health Awareness using the iPhone and Apple Watch.” This will be a Zoom only meeting so you will be able to enjoy those Valentine chocolates while listening to the program in your own home.

Our popular and knowledgeable speaker Andy Petro will present on Monday February 27 in person in the KS Presentation Hall. Ask the Tech begins at 10:15AM followed by the program at 10:30AM. Andy will discuss “How to Clear Out, Clean Up & Delete Stuff You Don't Need in Your iPhone (iOS16).” Improve your iPhone experience and maybe learn two new things.

Looking forward – Thursday, March 2nd Ken Silverman will present information on iPad (OS16). (further details will be sent via club emails and on our club website)

Be sure to check the club calendar for open labs where you can bring your Apple device and meet one on one with someone from our support team. Time to renew your membership or perhaps you want to join - the

form is available at our club website.

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

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## Genealogy Club

BY NANCY SWITZER

Free! In the comfort of your own home! Watch at your leisure! Aren't these words we all like to see?

And how many of us instantly distrust seeing them, wondering what the “catch” is?

Well, there is no catch! RootsTech is coming March 2-4, 2023. It is available virtually for free, or in person for a minimal registration fee. You just need to go online to <https://www.familysearch.org/rootstech/>. I have registered for this the last couple of years, and it is definitely worth the price to watch it from your home, and at your leisure! The classes are for beginners to very advanced researchers, and there are many classes and subjects to choose from. Anyone with an interest in Genealogy should register.

Of course you can always register online to attend in person in Salt Lake City UT, but it gets expensive with travel and lodging.

If you haven't renewed your membership, please do it now. The easiest way is to go to our website, and print out your application at <https://www.suncitylhgc.com/membership>. There are two questions at the end of the form that will help the club plan classes that you would like to see presented.

See you at our General Meeting February 20th! Contact: Bill Kress, wckress@gmail.com

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## Shalom Social Group

BY JUDY GANULIN

At our January meeting Seth Brysk of the Anti-Defamation League told us what ADL is doing to increase community awareness about anti-Semitism and civil rights. Our Men's Group heard Dr. Mark Blum discuss palliative care. At the Women Together luncheon we met the Ukrainian woman who recently moved to this area under the auspices of the Sacramento Refugee Resettlement Circle. The long-delayed cooking class finally happened. We collect non-perishable food for The Salt Mine and the Placer Food Bank; we donated 180 pounds from our Hanukkah dinner alone. For more information please contact Margie Gulko, 916-543-5303.

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## Lavender Friends

BY SANDI DOLBEE

As 2023 unfolds, our eyes turn to dates. No, not the fun kind of dates or the ones you can eat. We're talking calendar dates.

Let's begin with our next big event date: Feb. 25, when we are planning for a gathering in true — though belated — Mardi Gras style.

Another date for club members to keep in mind: May 6. That's when we are planning for an afternoon member-mixer (we'll have to work hard to top last year's catered BBQ). And Dec. 9 will be the annual holiday dance.

Then there are the summer biannual business meetings: Steering Committee on July 15 and general membership on July 29.

And there's much more to come.

A new year also is a time for looking back. Based on one unofficial tally, attendance at our activities, meetings and other gatherings last year (from organized outings, to drop-in coffees and other events) added up to roughly 600, which is not bad considering that's six times our membership.

Finally, by the time you read this, we will have some new leadership, courtesy of an election scheduled for late January (more on that in next month's edition). Lavender Friends is a club for LGBTQ residents and their supporters (for more information, go to [www.lavenderfriends.com](http://www.lavenderfriends.com)).

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## LH Astronomy Group

BY BILL WEAVER

The Lincoln Hills Astronomy Group (LHAG) is beginning the new year by scheduling a lineup of expert speakers for its monthly meetings. This includes retired astronomy and physics professors, NASA ambassadors, Astro photographers, and other special interest and experienced individuals. When the schedule is finalized, it will be included in upcoming articles.

February general membership meeting

The LHAG will hold its general membership meeting on February 1, 2023, in the Kilaga Springs Presentation Hall. The meeting will begin at 6:45 PM and include a special presentation by member LHAG member Barbara Swerdlow who will present her research centering around the history and development of astronauts' spacesuits

(cont' on page 10)

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### LH Astronomy Group

(cont' from page 9)

worn both inside and outside a spacecraft, how they've changed with new materials and technology, and what future spacesuits might look like.

Barbara was born in New Haven CT. but spent most of her childhood in Southern Cal. While a senior girl scout, her troop specialized in aviation. Aboard a cargo flight to San Francisco, they had to chart and make a flight plan of the trip. This encouraged an interest in flying and Barbara earned her private pilot license after college. Also, as an ardent Star Trek fan, she developed a deep interest in real space exploration.

Later as an elementary teacher, she developed a science curriculum about the solar system and space exploration where students had to research and design their own space mission. This was directly related to NASA's Apollo and shuttle missions at the time. She now sits on the LHAG Steering Committee, working to expand membership knowledge in astronomy and related subjects.

The LHAG meetings are open to all Sun City Lincoln Hills residents at no charge for up to three meetings. If residents choose to join the LHAG, they must remit an annual membership fee of \$15.00 per household.

LHAG Cosmology Interest Group (CIG)

The CIG is a sub-group of the LHAG and focuses its meetings through lectures and discussions on astrophysics, the branch of astronomy concerned with the physical

nature of stars and other celestial bodies. The CIG meetings are currently led by guest speaker Charles Hunt, retired astronomy and physics professor at American River College. Interested parties are welcomed to join in the often lively and multi-layered discussions about the origin and workings of our universe.

For February's meeting, professor Hunt will discuss extrasolar planets, also known as exoplanets. Calculate the extreme difficulty of observing an Earth-like planet orbiting a Sun-like star in our stellar neighborhood. Then, look at the clever techniques that can now overcome this obstacle. Review the surprising characteristics of many exoplanets and focus on five that are especially noteworthy.

The CIG sessions take place on the third Monday of each month at 6:45 PM in the Fine Arts room of the Orchard Creek Lodge and are open to all SCLH residents. Please contact CIG Coordinator, Ron Yelton, for more information at ryelton660@aol.com

LHAG Telescope Interest Group (TIG)

The TIG is another sub-group of the LHAG and open to all SCLH residents and guests. Most sessions ("star parties") involve members who set up their telescopes for viewing solar system planets/moons and other interstellar deep space objects. LHAG residents are welcomed to join these sessions and experience the fascinating Universe through a telescope. These sessions also allow participants to bring their old or new telescopes and learn how to set up and use them to view the Cosmos.

(cont' on page 11)

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## LH Astronomy Group

(cont' from page 10)

The TIG Star party telescopes are set up prior to sunset in the upper tennis courts of the SCLH Sports Pavilion. The next star party is scheduled for Sunday, February 19th (sunset at 5:45 PM). Future star party dates can be found on the LHAG website at [www.lhag.org](http://www.lhag.org). Star party sessions 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 February FEB 5 - Snow Micromoon

February's Full Moon is also known as Snow Moon in many Northern Hemisphere cultures. For the second month in a row, this is a Micromoon. A Micromoon is when a Full or a New Moon is near its farthest point from Earth, around apogee. It's also known as a Minimoon, Mini Full Moon, or a Mini New Moon.

Feb 20 - Super New Moon

A super new Moon is when there is a New Moon around the closest point to Earth. Take advantage of the darkness during a New Moon to check out the night sky, weather permitting, of course.

'Dog Star,' Orion and a Famous Star Cluster

Orion and its belt are among the more popular constellations. Stargazers can see this in the night sky throughout February as long as the weather cooperates. It will appear in

the southeast sky shortly from sunset until 3 a.m. local time.

For more information about the LHAG, contact Bill Weaver, LHAG President at [hamweaver@wavecable.com](mailto:hamweaver@wavecable.com)

## 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 Barbara Greenfield (916-202-6963). These programs are supported by the Lincoln Hills Foundation.

The monthly general meeting is on the fourth Wednesday at 1PM in the OC Multipurpose room; all are welcome to attend, especially caregivers with recently diagnosed family members. The Wednesday, February 22 general meeting welcomes Stefani Wilson from the Del Oro Caregiver Resource Center who will describe many support services available to caregivers.

The Women's group meets the first Wednesday of every month in the OC Multi-Media room; the next meeting is February 1 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 February 16 from 10AM-noon. Contact Ernie Drake (916-543-3482).

## Bosom Buddies

BY VAL SINGER

Bosom Buddies speaker for January was Jennifer Hilton, a realtor, who specializes in Tips on Downsizing. She gave each of us a brochure on the "15 Things You Can Get Rid Of Today". For example, "the Junk Drawer", that we all have full of things we never use. Her talk was quite enlightening.

February 2nd, 9:30, is the Core Meeting at Patty McCuen's home, 1612 Gingersnap Lane.

The Monthly meeting, February 9th, 1:00 in the Multi-purpose room at OC will be a Meet & Greet session. This gives all of us a chance to get to know our members better. Come prepared to divulge something you did a long time ago, that you never wanted your mother to know. Your first Kiss???

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

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

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

Bosom Buddies t-shirts in all sizes are now available for \$20. Call Val, (916-645-8553).



Jennifer Hilton

## Hearing Support Group

BY JOANNE MITCHELL

Please take note that we have changed our meeting time to the first Friday of the month at 10AM. Our guest speaker for our February meeting on the 3rd will be Ken Spenser, who will discuss hearing assistive technology of the Apple iPod. At our last meeting we did not have a speaker and there was a lively discussion about cochlear implants and other technology.

Our meetings will continue to take place in the multi-purpose room at Orchard Creek.

## Low Vision Support Group

BY JOAN BRANT-LOVE

Meeting: Tuesday, February 7, 2023, 2:00 to 4:00 PM, Fine Arts Room, Orchard Creek Lodge.

Come Learn About Dial-A-Ride! Jaime Wright, Placer County Public Works Manager - Transit Services, will be our speaker. Jamie will describe how the service works and explain the eligibility requirements. Pauline Watson from the Lincoln Hills Foundation will also briefly detail how Lincoln Hills residents can purchase tickets for Dial-A-Ride at half-price.

Meeting: Tuesday, March 7, 2023, 2:00 to 4:00 PM, Fine Arts Room, Orchard Creek Lodge

Laura Kellen, of the Braille and Talking Books Division at the California State Library will be our speaker. The library loans FREE audio books, braille books, and magazines via

(cont' on page 12)

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## Low Vision Support Group

(cont' from page 11)

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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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## Multiple Sclerosis Group

BY JERI DI FIORE

February 21 MS Meeting Important—the Tuesday, February 21, 1 pm multiple sclerosis meeting, location will again be orchard creek lodge's multi-purpose room.

At this meeting, we'll be discussing how to enjoy the April MS Walk right here in sun city, while fundraising.

Why fundraise? Our featured speaker, the National MS Society, No. CA manager, Michere Schott, plans to provide detailed information on how funds are used to find a cure for this debilitating disease and how funds are also used for education, equipment, and outreach through the MS Navigator Resource Center 1-800-344-4867.

As a Motivator/Educator, Michere will

speak on registering for the April SCLH Trailmixers Team. She'll share what other teams are planning and how to exceed our successful 2022 walk, where we came in second place out of 32 local teams with donations of \$7848! We are excited to exceed this amount and bring home bragging rights as the number 1 2023 team!

For more details call or text 2023 team Captain Joni Deutsch, at 916 398-0349, or email deutschjoni@gmail.com. See you at the February 21 meeting!

...

## Italian Club

BY LINDA LUCCHETTI

Bring out the popcorn. The club will present another movie night on February 8, from 5:30-8:30 p.m. at the Kilaga Springs Lodge, Presentation Hall. Let's watch "Benvenuti al Sud," (Welcome to the South) an Italian language film with subtitles that promises to be a hilarious look at Italy's "great divide."

In March, we'll have a Venetian Carnevale on March 19 at the Orchard Creek Ballroom. Stay tuned for more info. In the meantime, start shopping for your costume and mask!

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

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(more Club News cont' on page 13)



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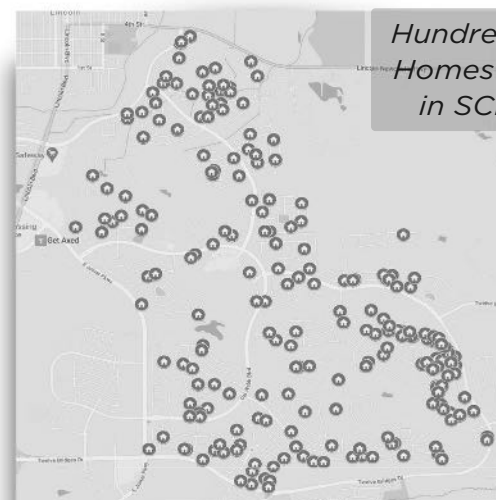
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## Democratic Club

BY JUDY GANULIN

The Democratic Club of Lincoln began the new year as it ended the old year – with a flurry of activity. Our holiday party was enjoyed by all. Our service at the Placer Food Bank and other volunteer activities kept up its pace. Our January meeting heard a speaker from Planned Parenthood. Future speakers include Sacramento Bee reporters Marcus Breton and Jack Ohman; Western Placer Unified School District Superintendent Kerry Calahan; Nevada Irrigation District's Jennifer Hansen; and OLLI's Alex Yarmolyk with Ukraine updates. For more information about our club, please visit our website, <https://democraticclublincolnca.org>. We welcome new members. Join us!

## LH Lions Club

BY NANCY WALKER

The Lincoln Hills Lion's Club will be celebrating their Tenth Anniversary in June. While Covid-19 has had its affect on community projects the last couple of years, we are back to work. Our first project was our Club Level Student Speaker Contest, held in February 3rd, our winner was Danielle Hanes from Western Sierra Collegiate Academy. A student winning the state final will win \$21,000 toward their college education.

The Lincoln Hills Lions Club meets the 1st and 3rd Thursday at 11:30 at the V.F.W. POST, 514 -5th Avenue.

We welcome service minded individuals to visit us during any meeting to see if they might be interested in joining our lions club. We can always use new members for their help and ideas with our community projects such as Veterans Stand-down, Sheridan Elementary School Fundraiser, Ride To Walk, to name a few, and of course our future fundraisers which provides the support for our future community projects.

You may contact either Membership Chairman Dave Evens at 916-267-8425 or Nancy Walker at 916-579-2730 with any questions you may have.

## SCHOOLS

BY PATTI KINGSTON

The dedicated SCHOOLS volunteers are mid-way through the school year and have found creative ways to help our Lincoln school teachers. It's not too late to sign up to spend time in a K through 6 classroom. Teachers always need the help and it doesn't matter when you join in.

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

volunteers are in the classroom 1 day a week for a few hours. They work closely with the teacher and are under her direction.

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

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

## Veterans Group

BY B.L. LEWIS

Veterans Group member, Jim Skinner, U.S. Army Veteran will be the speaker at the February 16, 2023 general meeting at 1:00p.m. in the Kilaga Springs Presentation Hall. In the 1970's he served in the armored cavalry and engineering units in the States and Vietnam. He was assigned to the 18th Engineer Brigade in Dong Ba Thin near Cam Ranh in the central Highlands as brigade statistician and civilian personnel officer. After his release from active duty, Jim began a career in the timber industry, where he was able to utilize his degree in accounting that he had received from the University of Montana in 1969.

Jim's career in the timber industry took him from coast to coast, where he worked through several management positions and becoming the president of a composite panel company. He then retired in 2012.

2023 presents some additional challenges for the Veterans Group; the five-member Board of Directors increases the need for members to volunteers to staff and manage the committees. It has been a common practice for Board members to hold a committee Chair position without causing any major problems. Presently the Board Secretary is also Chairing the Programs Committee and the Flag Sales Committee. Consequently, there is a need for member volunteers to assume the responsibilities of Program Chair and Flag Sales Chair. Interested members, please contact President, Dave Taylor at 559-281-0868 or email [dbtaylor10@comcast.net](mailto:dbtaylor10@comcast.net) and thank you for volunteering to serve your Lincoln Hills Veterans Group.

As residents of Sun City Lincoln Hills, we are not too old to celebrate Valentine's Day with a box of See's Chocolates for that special person in our lives. Former LHVGP President Jack Everett (2015), a Kiwanis member has organized See's for Soldiers with your purchase of Valentine's Day Chocolates. See's Candies can be purchased at the See's store, 150 Lincoln Blvd., #160, Lincoln, CA 95648.

Plan now to attend the Veteran's St. Patrick's Day Luncheon, Thursday, March 16, 2023 in the Orchard Creek Ballroom. The No-Host bar will open at 11:30 a.m. and the

(cont' on page 15)

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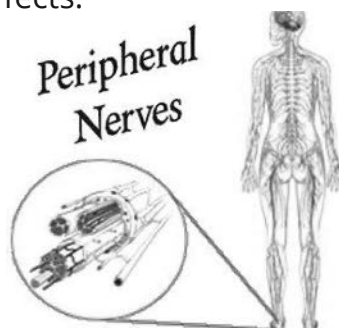
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# Neuropathy Relief Is Possible

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



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

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

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

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

## Three Factors to consider for Effective Neuropathy Treatment:

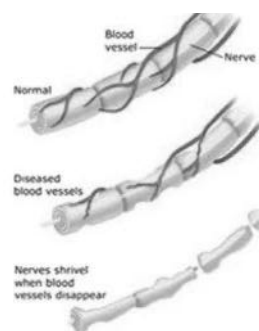
1. Underlying cause?
2. Amount of nerve damage sustained?
3. How much treatment is required?

## Three goals of treatment at Lincoln Acupuncture:

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

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

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



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

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

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

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

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

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

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

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**Schedule A Consultation. CALL: 916-884-0398**

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

## Veterans Group

(cont' from page 13)

luncheon will be served at Noon. The menu and prices are still being negotiated, but it wouldn't be St. Patrick's Day without Corned Beef and Cabbage. We will get the information out as soon as it is available.

The Flag Table will be open on February 15, 2023 in the Orchard Creek Lodge Lobby for the sale of Flags at a price of \$36, unfortunately we have to raise the price of the flags due to the vender's increase in cost. You can become a member of this dedicated Flag Sales Group by calling or emailing the Flag Sales Committee Chairman, Richard Fuller at 916-409-9209 or email mrrmap@earthlink.net and remember to Fly Your Flag Proudly President's Day, February 20, 2023.

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## LH Republican Club

BY SUE DUMAS

We are happy to report a very successful "2023 Kick Off" Open House on January 21st! Enthusiastic attendees interacted with guest hosts at discussion tables for multiple interests. Newly elected candidates discussed CRT, schools, plus - Lincoln City Council, 2nd Amendment rights, Tea Party News, etc. contributed to the lively conversation.

With an emphasis on making a difference in our community and State, our club is growing at a healthy rate. With that in mind, Carol Wilson, Chairman of the Board, has done an excellent job of bringing high energy, relevant speakers as Guest Speakers for our Speaker Meetings during the year. Guests who enlighten, and broaden our knowledge base of what is going on, and how we can help make a difference.

Eric Early will be our first Guest Speaker at the Wednesday, February 22nd, Kilaga Springs - PH, doors open at 6:00 p.m., program starts at 6:30 p.m.

All Club Expo will be at OC Ballroom on Tuesday, March 21st. Drop by and say hello!

Regularly scheduled activities in 2023 will include five Guest Speaker Meetings, a BBQ in May, a Club Social in July, a Pavilion event (TBD) in September, and a Christmas Party in early December.

Our Club Members will participate as volunteers helping with various Republican fundraising and dissemination of current

information at local, city and county events throughout the year. For more information on what we do, or to volunteer, please contact Carol Wilson cnwilson37@gmail.com or Sue Dumas msdumas1@gmail.com or text at 650-888-7704.

Be part of the change in our community, State, Country. You can make a difference! Annual Dues are \$15/per person, per year. Membership applications on website.

www.RepublicanClubSCLH.org

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## LH Travel Group

BY DON BEVINS

Thank you from the Lincoln Hills Travel Group to everyone who came to our 3-day travel show in January!

It was great seeing our regular travelers and meeting new people interested in traveling with us in 2023/2024! If you were unable to visit us at the shows, please always remember you can view all our trips on our website - lincolnhillstravelgroup.com

Here is a partial list the trips currently on our website. (All trips include airfare and transportation to the airport!)

Niagara Falls, Montreal and Quebec - August 25 - September 2, 2023

Australia's Outback to New Zealand's South Island - September 6 - 25, 2023 with optional 3 night Fiji post tour extension available.

Magical Rhine and Moselle River Cruise (in Europe) - October 14 - 22, 2023

Plains of Africa - Kenya Wildlife Safari - November 2 - 15, 2023

Spotlight on San Antonio Holiday - November 30 - December 4, 2023

2024 —

Flavors of Portugal and Spain (small group tour) - March 10 - 25, 2024

Spotlight on the French Riviera - March 7-15, 2024

Croatia & Its Islands - 18 cabin yacht cruise - April 6 - 17, 2024

To get the full itinerary on all the Lincoln Hills Travel Group tours and sign up go to the Travel Club website.

Please consider officially joining the Lincoln Hills Travel Group membership. The Membership form is on the website and the cost is only \$10.00. You will be entitled to the Club's monthly newsletter highlighting new and exciting tours and upcoming information

on the Club's travels.

Lincoln Hills Travel Group Committee Member Contacts: Sharon Watkins 916-849-9504, sheron55@att.net

Louise Kuret Auerbach 916-408-0554, louisekuret@att.net

Lyle Auerbach 916-847-6544, lea925@att.net

Linda Bevins 916-666-7627, djbevins17@gmail.com

Joanne Schumacher 415-999-1242, jkschumacher1@gmail.com

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## SCLH RV Group

BY VICTORIA WHITE

Happy New Year all RV'ers and lets get rolling! Sign up now for the rallies that are planned for 2023 and don't forget to put your name down to be a Wagon Master, we can't have a rally without one. Get your rigs tuned up and tires checked for our first rally to Lodi and Plymouth in March. Our Luau Dinner Dance will be on May 13th at the Pavilion Building. Black Oak Casino RV in Tuolumne in June then Diamond Lake and Ashland Oregon in July. The Renaissance Fair will take us to Hollister/Gilroy followed by Moss Landing in September. Jackson Rancheria always a fun rally in October then Newport Beach in November.

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. The next meeting will be February 9th. Questions about the RV Group, call President Mary Romo at 707-738-6311 or mromo50170@gmail.com. Want to join, contact Membership Chair Maggie Giuliani at 310-963-2350 or malibumarg@gmail.com.

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## Rods & Relics

BY ELNA RAGAN

Welcome to a new year! Our Club members are looking forward to attending events as the weather clears!

On January 23, Chuck Barnhart, Chair of the Downtown Lincoln Car Show, held his first Committee Meeting. He was joined by seven Club members who are responsible for overseeing critical functions that will ensure

a very successful event. Save the date ... Saturday, June 3!

The recent, relentless rainy weather has put many events "on hold!" We are looking forward to sun-filled days when we can participate in events, put our vehicles on display, and caravan to special Club outings!

The Club is always looking for new members. All car owners with vehicles model year 1979 or before or replicas of such vehicles are eligible to be regular members of the Rods & Relics Car Club. For more information, check 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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## LH Amateur Radio Group

BY DAN LEHRER, KN6DRN

We had a special guest speaker last month, Chris, KK6VZD President of the Yuba/Sutter Amateur Radio Club. Chris described his Club's activities and participated in our Net. Our website has been updated with 2023 schedules for State QSO Parties and ARRL Contests. Our recent addition of Echolink capabilities to our Repeater has enabled members and guests to check in from virtually anywhere in the USA. Former members who have moved away have checked in from as far away as Florida and Kentucky! 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. 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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(more Club News cont' on page 20)



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# Neighborhood Watch

BY TERESA TANIN

Do our Lincoln Hills' residents volunteer to help keep our community a safer place to live? Yes, they do—and many who may take some time off, return and volunteer a second time around. What brings them back? The desire to help of course, but moreover, they missed being a member of the safety and security team, namely, Neighborhood Watch. Our team of volunteers offer their life experiences and bring a myriad of talents to the organization. Some bring their knowledge of management, medical, law enforcement and others bring needed computer skills. All volunteers however, bring their desire to help. Such help can be on a one-to-one basis as in a Village Coordinator showing the “how-to guides” to a new Mailbox Captain. More extensive training sessions are held four times a year for larger groups of volunteers, with sixty plus attending the January 13 training. Either way, Neighborhood Watch offers volunteers new skills as they use their life experiences to help others. We see volunteers helping other volunteers, neighbors helping neighbors, and residents assisting other residents. Our community greatly benefits from those helping others. Neighborhood Watch recognizes its volunteers during the annual Volunteer Appreciation Dessert Celebration, March 3, 6:00 to 8:00 PM, Kilaga Springs Lodge (MP/Kitchen). Coffee, hot tea, and special desserts will be provided. There will be a No host bar. Please email your rsvp by February 24, to [executiveassistant@schwatch.org](mailto:executiveassistant@schwatch.org). Include your name(s), designation (Captain or Coordinator) and your Village and MS#. Come, join us, and consider volunteering for the first time or maybe a second time around! Visit website [schwatch.org](http://schwatch.org) for more information.

Neighborhood Watch Mission Statement:

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



• Encourage emergency preparedness

Visit website [schwatch.org](http://schwatch.org) (Sun City Lincoln Hills Neighborhood Watch) for more safety and security information, including helpful community “links.”

**Strengthening Neighborhood Ties:** If you have not already contacted or been contacted by your Mailbox Captain, please give them a call or email them to share confidentially your emergency contact information. Such would include family members or friends to contact or those you have trusted with your house key or alarm code in an emergency. Also include your pet information such as breed, age, color, and whether chipped or not. Neighborhood Watch offers a pet reuniting team who emails the community Lost Pet Alerts, and provides microchip scanning for found pets. Such information greatly attributes to saving precious time when attempting to reunite pets with their owners. Visit website [schwatch.org](http://schwatch.org) and click on the “link” Lost Pet Alert Team under CONTACTS at the bottom of the home page. Also click on the “Who is my Captain?” to verify your Mailbox Captain. Sign up for direct “Alerts” through your personal computer, iPad or phone to keep informed of incidents in our area. It is up to you to stay informed! Neighborhood Watch welcomes its newest team members! New Mailbox Captain for V 41A MS 1,2 is Teresa Jacobsen. We thank Teresa for taking over for Delores Cherubino. New Mailbox Captain for V 22A MS 2,3 is Carole Edwards. Mailbox Captains taking on additional Mail Stations are Mary Lou Freeman and Gloria Sterns for V 10B, and Patricia Porter for V 30B. Neighborhood Watch depends on volunteers to disseminate information to our residents. Thank you to our new volunteers for joining our safety and security team. The success of Neighborhood Watch depends on its volunteers and the continued support and funding from the Lincoln Hills Foundation, [lincolnhillsfoundation.org](http://lincolnhillsfoundation.org) striving to enhance

the quality of life for senior residents.

**Increase Personal Safety and Security Awareness:** The Neighborhood Watch website [schwatch.org](http://schwatch.org) (top of the home page) provides “Lincoln Police Links.” This link-directed Lincoln Police website is a great tool for residents to review and obtain current information on what is happening in their neighborhoods via a user friendly map, and provides additional links to Vacation Home Checks, Directed Patrol Requests, and Security Camera Registration. “Project Lifesaver” is also a free service offered by the Lincoln Police. Signing up provides a watch-like wearable device for locating your loved ones who may wonder. Send an email to [projectlifesaver@lincolnca.gov](mailto:projectlifesaver@lincolnca.gov) for more information.

**Be the “eyes & ears” of the Police & 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 916-645-4040.
3. Report directly to the Lincoln Police Dept. to [www.lincolnca.gov/en/living-here/report-a-problem](http://www.lincolnca.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:** Visit website [schwatch.org](http://schwatch.org) (bottom of the home page) for helpful short-cut links to “Public Safety,” namely, Lincoln Police, Lincoln Police (Facebook), Lincoln Fire, Placer County Alerts Signup, Placer County Sheriff (Facebook) and Curator Security (Association-Common Area patrol). Special links are offered to Neighborhood Watch “Contacts,” namely, Executive Director; Executive Assistant; Director of Volunteer Records, Alerts Coordinator, National Night Out Coordinator, Lost Pet Alert Team, Webmaster, Training Coordinator, and Welcome Packet Coordinator. Also listed are additional links to community “Assistance,” namely, Adult Protective Services, Animal Control, Meals on Wheels, Neighbors InDeed, Report Scam to FBI, and Seniors First. “Resources” links include, namely, City of Lincoln, Lincoln Hills Foundation, PG&E (Outages), Report

Problem to City, SCLH (Association) Website, and Sun Senior News. Residents can easily receive information in a timely manner using these helpful short-cut links. Save [schwatch.org](http://schwatch.org) as a favorite site or bookmark and find what you may need fast! Additional resources available directly are the Placer County referral service. Dial 2 1 1 and be connected directly to a representative for referrals to helpful services in our area. Need a ride? Thanks to the Lincoln Hills Foundation, discount tickets are available to “Dial-A-Ride.” Contact Pauline Watson at 916-543-8436 for more information.

**Alerts:** Beware of Social Security scams. If you receive a call, text, or email that threatens to suspend your Social Security, even if they have part or all of your Social Security number, do not correspond or talk with them. Hang up. These scammers may warn you about possible arrest or legal action, or make demands or request immediate payment by gift card, prepaid debit card, bank transfer, or by mailing cash. The Social Security Administration will not contact you regarding the most recent increases in benefits as it is done automatically. If you receive a call...it is a scam!

Safety and security is the priority of Neighborhood Watch. Our team of volunteers in cooperation with the local police and fire departments strive to provide the most up to date information and alerts to keep you informed. For current and past “Alerts” including safety and security tips, including volunteer opportunities, please visit the NW website [schwatch.org](http://schwatch.org). Volunteer to help for the first time or perhaps a second time around!

## Letters to the Editors...

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

### Right on...

The story “Loneliness Can Kill” in January by Ron Petitt was right on and outstanding. It really hit the heart of the problem of loneliness. Thanks Ron.

*Geoff Capell*

• • •

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Days & Destination	Cruise Line ~ Sailing Date	Starting Price/ Inside Ocean View Balcony		
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Mar 12, 2023

\$999

\$1,799

\$1,999

**Crown Princess ~ 3080 Passengers**

Nov 26, 2023

\$1,398

\$1,664

\$2,698

Sail round trip from San Francisco, California to Kauai, Nawiliwili Hawaii; Honolulu, Hawaii; Maui, Lahaina, Hawaii; Hilo, Hawaii;

Ensenada, Mexico, San Francisco, California.

**\* ROUNDTRIP LINCOLN SHUTTLE TO SHIP!**

## 10 DAY ALASKA From SFO! PRINCESS

**Ruby Princess ~ 3080 Passengers**

May 17, 2023

\$849

\$998

\$1,468

Jun 6, 2023

\$948

\$1,198

\$1,722

Jul 6, 2023

\$1,098

\$1,285

\$2,088

Aug 15, 2023

\$1,048

\$1,198

\$1,879

Sail round trip from San Francisco, California to Juneau, Alaska; Skagway, Alaska; Hubbard Glacier, Alaska; Ketchikan, Alaska; Victoria,

BC, Canada; San Francisco, California. \*2023 Alaska Voyages visit Glacier Bay

**\* ROUND TRIP LINCOLN SHUTTLE TO SHIP!**

## 10 DAY MEXICO From SFO! PRINCESS

**Crown Princess ~ 3080 Passengers**

Dec 12, 2023

\$698

\$898

\$1,329

Jan 23, 2024

\$748

\$899

\$1,378

Sail round trip from San Francisco, California to Puerto Vallarta, Mexico; Manzanillo, Mexico; Mazatlan, Mexico; Cabo San Lucas, Mexico;

San Francisco, California.

**\* ROUND TRIP LINCOLN SHUTTLE TO SHIP!**

## 16 DAY PANAMA CANAL PRINCESS

**Ruby Princess ~ 3080 Passengers**

Apr 14, 2023

\$1,899

\$2,299

\$3,499

**INCLUDES FLIGHT TO TEXAS & SHUTTLE FROM SHIP TO LINCOLN!**

Sail from Galveston, Texas to San Francisco visiting Cartagena, Columbia; Transit the Panama Canal; Fuerte Amador, Panama;

Puntarenas, Costa Rica; San Juan del Sur, Nicaragua; Cabo San Lucas, Mexico; San Francisco, California.

## 17 DAY SOUTH AMERICA REPOSITION CELEBRITY

**Celebrity Eclipse ~ 2850 Passengers**

Dec 7, 2023

\$1,130

\$1,428

\$1,727

**INCLUDES ROUND TRIP SACRAMENTO AIRFARE!**

Sail from Los Angeles to Valparaiso, Chile visiting Cabo San Lucas, Mexico; Huatulco, Mexico; Puntarenas, Costa Rica; Manta, Ecuador;

Lima, Peru; Pisco, Peru; Valparaiso, Chile. Stay on board for the next cruise or explore Machu Picchu before flying home. Call for details.

## 32 DAY CAPE HORN GRAND ADVENTURE Princess

**Sapphire Princess ~ 2670 Passengers**

Mar 5, 2023

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\$4,078

CALL

Mar 4, 2024

\$4,848

\$5,448

\$6,748

**INCLUDES ROUND TRIP SACRAMENTO AIRFARE!**

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. Please call for current availability and pricing.

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Cruise Line ~ Sailing Date	Starting Price/ Inside Ocean View Balcony		
<b>10 DAY CARIBBEAN &amp; CANAL HOLLAND AMERICA</b> Mar 8, 2023	\$449	\$749	\$1,199
<b>Eurodam ~ 2104 Passengers</b>			
Sail round trip from Fort Lauderdale, Florida to Half Moon Cay (Private Island), Bahamas; Aruba; Curacao; Partial Transit the Panama Canal; Gatun Lake, Panama; Limon, Costa Rica; Fort Lauderdale, Florida. This SHORT NOTICE offer will not last long. Call for more details.			
<b>15 DAY AZORES, SPAIN Reposition ROYAL CARIBBEAN</b> May 1, 2023	\$772	\$943	\$1,171
<b>Voyager of the Seas ~ 3114 Passengers</b>			
Sail from Galveston, Texas to Barcelona, Spain visiting Nassau, Bahamas; Ponta Delgada, Azores; Malaga, Spain; Alicante, Spain; Barcelona, Spain. Stay on board for the next voyage or spend some time in Europe before flying home. Call or stop by for more details.			
<b>73 DAY CIRCLE SOUTH AMERICA HOLLAND AMERICA</b> Oct 7, 2023	\$8,999	\$10,999	\$23,999
<b>Zaandam ~ 1432 Passengers</b>			
<b>INCLUDES ROUND TRIP SACRAMENTO AIRFARE!</b>			
Sail round trip from Fort Lauderdale, FL visiting Cayman Islands; Costa Rica; Panama Canal; Ecuador; Peru; Chile; Strait of Magellan; Beagle Channel; Ushuaia, Argentina; Drake Passage; Antarctic Experience; Falkland Islands; Montevideo, Uruguay; Buenos Aires, Argentina; Punta del Este, Uruguay; Rio de Janeiro, Brazil; Fortaleza, Brazil; Cruising the Amazon River; Manaus, Brazil; Devils Island, French Guiana; Trinidad and Tobago; Barbados; Dominica; Bahamas; Fort Lauderdale, FL. Call for full itinerary and details.			
<b>111 DAY WORLD CRUISE PRINCESS</b> Jan 18, 2024	\$19,498	\$21,498	\$29,498
<b>Island Princess ~ 2200 Passengers</b>			
<b>INCLUDES ROUND TRIP FIRST CLASS SACRAMENTO AIRFARE!</b>			
Sail round trip from Los Angeles visiting Hawaii; Samoa; New Zealand; Australia; Bali, Indonesia; Singapore, Kuala Lumpur, Malaysia; Colombo, Sri Lanka; Aby Dhabi, UAE; Dubai, UAE; Oman; Aquaba (Petra), Jordan; Suez Canal, Egypt; Nazareth/Galilee(Haifa), Israel; Kusadasi, Turkey; Greece; Malta; Italy; France; Spain; Portugal; Morocco; Canary Island; Bermuda; Florida; Columbia; Panama Canal; Costa Rica; Nicaragua; Mexico; Los Angeles. Call or email us for the full itinerary and details. Free First Class flights and airport shuttle.			
<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 Princessa, 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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## Sports Cars

BY RICHARD PEARL

The Club will go to Red Hawk Casino in February for a buffet brunch followed by electric go kart races. The indoor go kart track at the casino is brand new, 3 levels so some ups and downs, and a lot of fun. Check the club's website for further details.



*Posing Before a fun evening at the 2022 Marti Gras.*

Planning is now underway for the rest of the year under new Tour Director Wood McCann. He's always in the hunt for trip leaders, so please reach out to him. Contact information on the Club roster.

Social Events, under the direction of Linda Snyder, are well established for the year. The FUN calendar kicks off February 17th with the Marti Gras Dinner and Dance at Turkey Creek Golf Club. If you haven't already signed up, do so ASAP! In April the Club will return to Pescatore Winery for a Murder Mystery Dinner and Wine Tasting. July will see a Luau, back at Pescatore Winery. We'll have a Rhinestone Country Dinner & Dance at Turkey Creek in

October, and the year will conclude with the Holiday Party at Catta Vadera Country Club. Happy Trails, everyone!

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

• • •

## Garden Group

BY LORRAINE IMMEL

"How to have an Edible Landscape in a Small amount of Space" is the topic for the General Meeting (Thursday, February 23, 2:00 PM, KS). What an appropriate presentation for growing our own produce in our gardens-in the ground, raised beds, tubs, etc. Not only can you defray the rising prices of produce, but it will be gratifying!

Don't have much space? No Problem! Greg Gayton will share his tips and tricks on how to enjoy growing berries, citrus and fruit trees in a limited space, including espalier (living fence) techniques and using multi-grafted varieties. He is a knowledgeable and "down-to-earth" speaker and has been requested by our members to speak on these topics.

Greg is a California Certified Nursery Professional and Certified Plant Nerd!

He is manager of the Green Acres Nursery and Supply, Sacramento location for over 30 years, and for the last 12 years, has specialized in Community Outreach,

Garden Talks, and answers the garden solutions emails for all seven locations.

Also included at this meeting are:

- Brown Bag Sales (new/used garden items and plants)-sales support Lincoln City Garden Projects

- If you want to meet with a Master Gardener for Q's and A's, come early by 1:30 PM

- Membership Drive for 2023...Any member, who has not registered for the 2023 membership by March 31, will be dropped from membership and email lists.

\*If you are new, go to our website and print out the Membership form, get your check and info ready, and your Liability form signed-this will help you get through the line faster.

\*If you are a renewal member, have your check written for \$20 (per household)-we have all your other papers unless you changed an address or email

\*If you can't print it out, we will have the needed papers on hand for you...checks are best because they are immediate receipts!

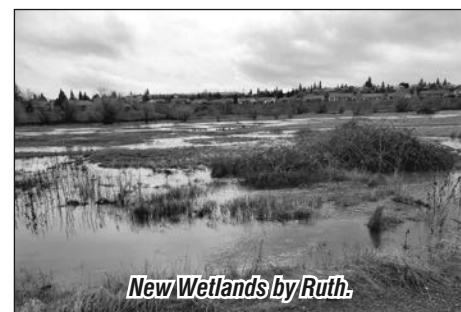
\*If you just want to be a guest on this day, just sign-in on the guest list. (Guests are not able to receive a door prize ticket.)

• • •

## Bird Group

BY RUTH BAYLIS

The rains have arrived and water has been pouring into our ponds. Meadows have turned into wetlands filled with vernal pools. In our 20 years that we have lived here we have not seen this much water. To witness this, take a walk along the Ferrari Pond Trail between Ingram Parkway and Violet Lane. I think the water will not disappear soon. Waterfowl are



*New Wetlands by Ruth.*

spread out now enjoying new feeding areas.

Our December trip to Sacramento and Colusa NWRs was very productive. Highlights were seeing Bald Eagles, 2 Sora, and a Loggerhead Shrike at Sacramento NWR, and the Black-crowned Night Heron Colony still at its location at Colusa. There was speculation that they had moved to another location because of human disturbance. Snow Geese and White-fronted Geese were in great number, especially at Colusa. Our species count this trip was 60, about average.

The intermittent rain on Christmas Bird Count Day, Dec 29, likely affected the number of birds sighted. Only 2,189 individuals were counted for our Lincoln Hills area, our lowest total ever, but it was consistent with recent years. Species count was also slow at 66. This was the 20th year for the Lincoln count of which we are a part. The total species for Lincoln hit a new low of only 129 species, the average being 135. Hopefully, after all of this rain the birds will find returning here more attractive next year. Despite this low number of species

(cont' on page 21)

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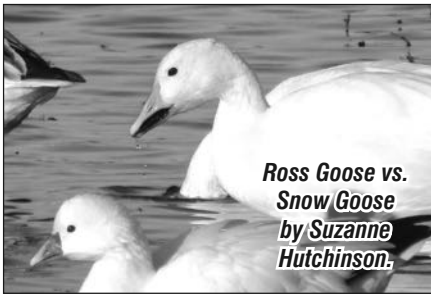
## Bird Group

(cont' from page 20)

there were new high counts of individuals for several species including Ring-necked Duck, Northern Pintail, Common Goldeneye, Sandhill Crane, White-faced Ibis, Cedar Waxwing, and Cal Towhee. New lows were recorded for Bufflehead, Pied-billed Grebe, Red-tailed Hawk, Ruby-crowned Kinglet, American Goldfinch, and Dark-eyed Junco.

Our January meeting featured Cliff Feldheim, who spoke on "California Trout Organization--Impacts of Water Management on Fish, Birds and Wildlife". Cliff has worked as a fish and wildlife biologist in the Sacramento Valley since 1997. His work focuses on habitat restoration and management, or in his words "My work focuses on bringing together bird and native fish management. Primarily Waterfowl, Shorebirds, and Salmon." It was interesting to learn about some of the habitat restoration programs that Cliff has been involved with and their effects.

Below is a schedule of upcoming events, but keep in mind that due to weather and flooding all trip dates are tentative. Our Bird Group website and emails will provide updated information. 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



Ross Goose vs. Snow Goose  
by Suzanne Hutchinson.

trips consider bringing lunch or snacks and water. We sometimes gather at a restaurant for lunch or plan a picnic..

- Feb 10, Fri, 8:00AM: Ferrari Ranch Pond Trail (Lincoln Crossing, end of Ferrari

Ranch Road). This is a pleasant level walk on a paved trail of whatever short distance we choose to cover. Should be plenty of water to support a variety of waterfowl. Raptors frequent the area too.

- Feb 13, Mon, 1:30PM: Monthly meeting, Kilaga Presentation Hall. "Birding at the End of the World — Falkland Islands, South Georgia Island, and the Antarctic Peninsula" will be presented by Suzanne Hutchinson and Sal Acosta, reporting on their November trip.

- Feb 24, Fri, 8:00AM: Bridgeway Island Pond, West Sacramento. This site is an eBird Hotspot. One recent checklist posted on eBird noted 36 species, including Blue-winged Teal (45), Cinnamon Teal (10), Black-necked Stilt (100), and American Avocet (13). You will very likely see all of these. A past Bird Group trip saw Bald Eagles and an Osprey.

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)

...

## Hiking-Walking Group

BY GAY MACKINTOSH

New Year's Resolution to up your fitness level? Lincoln Hills Hiking and Walking Group is here to help! New hikers and walkers are welcome to give us a try before becoming members. Start small with Wednesday walks or easy hikes and you'll be ready for the Sierras come summer.

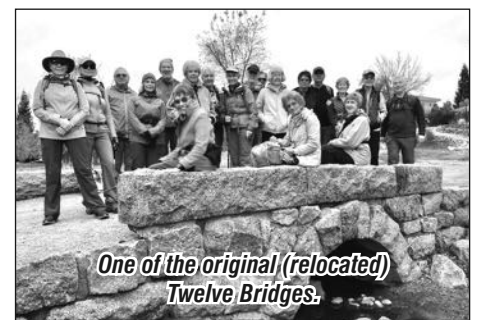
Walkers meet at 8 AM every Wednesday at different trailheads right here in Lincoln Hills for invigorating 2½-3-mile treks. Call Walking Group Coordinator Debbie Schryver, 916-666-1741, and check the website for meeting locations and route maps.

Hikes are scheduled the first Tuesday and third Thursday of each month so you can plan ahead (plus look for additional hikes on other dates). Come on out to explore these amazing places with friends old and new:

- 1st Tuesday, February 7. Big Hill Preserve Docent Hike (Auburn)--Special treat! Placer Land Trust docents will lead our group in exploring a newly protected area not open to the public. Moderate 4.5 miles, fine views of the foothills and the Sierras. RSVP required by February 4—check website.

- 3rd Thursday, February 16. Joel Parker Whitney Heritage Hike (Rocklin). Visit the site Whitney set aside to build his mansion "The Oaks," his "Pyramid Tomb," and one of the twelve bridges he built on his Spring Valley Ranch. Moderate 8 miles OR easy 3.8 miles.

- 1st Tuesday, March 7. Hidden Falls Creeks, Pools, and Waterfalls (Auburn).



Hike several connecting loops to Seven Pools Vista, Canyon View Bridge, and Hidden Falls Overlook. Moderate 5.1 miles, some steep sections.

- 3rd Thursday, March 16. Sacramento River Bike Trail (Sacramento, Pocket area). Enjoy this mostly paved trail along the levee with river views. Easy 5 miles (or just do 3 on this in-and-out route).

The website has a wealth of information on every hike, including photographs. Call the listed hike leader for details. We meet at the stated time in the far righthand rear corner of the OC parking lot. Carpools are organized on the spot, with suggested donation to drivers. Be sure to check the website the morning of the hike for weather cancellations or other changes. Rained-out hikes may be rescheduled.

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.

...

(more Club News cont' on page 22)

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**EZ Dinner Nite, Wednesday 2/1/23**

from 5:00 pm to 7:00 pm

*Join us for our Reasonable Faith Group on Thursday, Feb. 2nd at 6:30pm as we explore evidence for the Christian faith.*

See upcoming events on our Facebook page

**Lincoln United Methodist Church**

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For more information visit us online at [lincolnumc.com](http://lincolnumc.com)

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## LH Cyclists

BY TOM FRADY

To quote a line from the 1948 film *The Treasure of the Sierra Madre*, “Policies? We don’t need no stinkin’ policies” (or something like that).

Well, my fellow two-wheel enthusiasts, we do.

If you mosey over to [lincolnhillscyclists.com](http://lincolnhillscyclists.com) and click on “Bylaws” up at the top, you will be taken to two PDFs. One is the bylaws, rules adopted for the management of the members and the organization of our affairs, presented in a succinct 2 pages. OK, it’s a little dry, but it’s a quick read.

To my mind, as weak as it is, the “Operating Policies and Procedures” are more interesting, important and fun for the membership at large.

I will call your attention to the “Member Riders Responsibilities”, all related to safety. Here are some of them.

- Always wear a helmet
- No ear pods, etc.
- Have a rear-view mirror and taillight.
- Follow the ride leaders’ directions.
- Register for rides and know the route.

Next in the OP&P are rules about Resident and Non-resident guests. I think the most important rule is: YOU are responsible for your guest. Be sure to let a guest know about our club rules, a little about the group and be sure to introduce them to everyone. If they fall behind, you fall behind.

Non-resident riders may not be members of LHC, but may ride at any time as a guest of

a member. As you all probably know, there is a small number of “perpetual guests” riding with ride groups on a regular basis.

Article 4 concerns the communication with membership. Greatly summarized, it says that e-mails to be sent to all members will be sent only by the Secretary. Ride Leaders and “support” members also must abide by this rule. Typical e-mails might include information on safety, roster updates or road conditions.

Article 5 contains all you would ever want to know, and more, about the various duties and responsibilities of the officers of the club. I will leave it to you, gentle reader, to review most of this information yourself. I recommend you do it.

You may not be aware the club has what are referred to as “support”. My impression is that most of these positions were developed, for the most part, by the incumbent and worked into the OP&P after the fact.

There is a:

- Webmaster, whose duties are obvious
- Safety Coordinator, who is to be familiar with cycling laws, investigate accidents/make recommendations, publish safety information, etc.

• Community Affairs Coordinator who has established liaison with local government organization, published information on local events and determined opportunities for support of local not-for-profit organizations.

- News Media Writers are to write and publish articles to promote LHC.

“Support” also includes Ride Leaders

(cont’ on page 23)

## “My family is very thankful for the care and kindness given to our Dad.”

Amy, Daughter of a CountryHouse resident

When reflecting on her father’s time at CountryHouse, Amy said knowing he was always in good hands brought the family immense comfort. The little moments of joy each day—like a cooking project or bus ride—are what their dad loved most.

“CountryHouse employees always treated our dad with such love and respect. We will be forever grateful.”

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## LH Cyclists

(cont' from page 22)

who are, in my humble Ride Leader opinion, the heart of the club. Ride Leaders develop our ride routes and make sure they are safe and appropriate for the members of the group and post information about the rides on the calendar. Most rider leaders have duties 2, 3 or 4 times a week.

Finally, there are sections about the dues (what a great deal we get!), the roster (it's real handy) and some boring stuff about contracts.

This is just a summary of the Policies and Procedures. Kudos to the officers and members who have developed and modified them over the years. I strongly suggest you read them all.

• • •

## Pickleball Club

BY MOLLY MORRIS

Are you wondering why pickleball seems to be all the rage right now? According to The Dink, there are now over 36.5 million people who have gravitated to pickleball! CourtReserve recently listed the top seven benefits of playing pickleball. Pickleball helps with mood and mental health by releasing feel-good endorphins, helping with depression. Pickleball burns calories, and improves balance and agility, creating confidence as you get in better shape. The game promotes friendships and social interactions. Physically, the game can help lower your blood pressure, improve cholesterol levels and blood sugar regulation, and help you maintain a healthy weight. Lastly?

It's fun! A common denominator on any pickleball court is chatter and laughter. This is one of the sports that allows a grandparent to play with their grandchildren (and maybe even win!). The number one pro-woman player, Anna Leigh Waters (15 years old) learned to play from her grandparents!

Are you convinced yet? Feel free to come down to the courts, sit in an adirondack chair and watch a game or two.

If you want to join in the fun and learn the game, we have a free, non-intimidating Intro to Pickleball class every other week. You need no experience in sports to play this game. To make reservations for this class, send an email to [welcometopickleball.com](mailto:welcometopickleball.com).

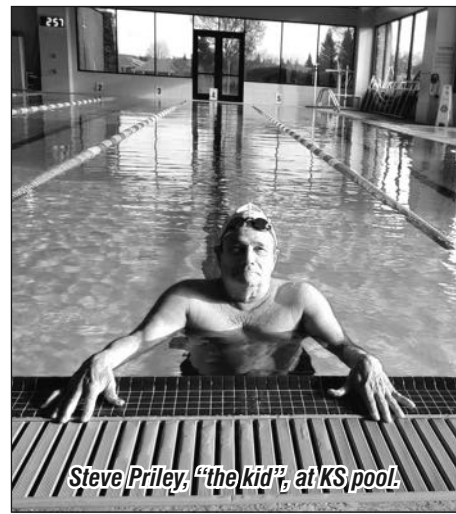
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## Swimmers and Water Walkers Club

BY ROSEMARY TANFANI

Steve Priley is a club member and has served on the Steering Committee since 2018, but was not a pool exerciser when he first moved to Lincoln Hills in 2014. He was just finishing up his 25 years of jogging 10-15 miles per day, but due to bi-lateral hip replacement, had embarked on a new sport: road and trail biking. "I loved our beautiful bike lanes, paths and trails", he says.

After four years of biking, he began experiencing joint soreness and started cutting back on his biking. "But, I remembered that I had swam in Lake Tahoe several years before, and so enjoyed the water," he says. "I realized



that I could minimize impact, and wear and tear on my body, and so I started swimming at the Kilaga Springs Pool."

At first, Priley did not want to put his head in the water, but then a fellow swimmer, (who later became a friend), said; "Hey kid, put your head in the water, turn it to the side and breath!" With that auspicious beginning, and help from other swimmers, Priley began his swimming regime. He now swims up to a mile at KS, 5-6 days a week, and finds the water soothing and relaxing. He leaves the pool refreshed!

If you are a regular exerciser, who wants to try pool exercise, just do it! Reserve a lane at either pool or go to the open area at OC, and like Steve, put your head in the water and breath. When joining the Swimming and Water Walkers Club, you can sign up for

mentoring sessions that help you improve your water exercise technique, both swimming and water walking.

We hope to see members and visitors at the next club meeting, February 20, 3 PM, at the OC Lodge, Fine Arts Room.

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

• • •

## Water Volleyball

BY DIANE FERRARI

Time to share in your passion for Water Volleyball! Come out and fall in love with the fun and excitement of water volleyball. The water is warm and the players are having fun learning and laughing in the water! The year is very exciting with new Board Members for Water Volleyball. Please welcome our new steering committee members Joe Keller chairperson, Carol Critch secretary and Kim Bovee Competitive Play Coordinator. If you are interested in learning how to play Water Volleyball, we have a free play Saturday to try it out. We provide Mentors to help teach you the game, we have Skills and Drills classes to improve your skills and we have a Ladies Night once per month just for fun. If you would like to join, we welcome all levels of interested players. Find us at [LHWaterVolleyball.com](http://LHWaterVolleyball.com) or call Jerry Grisler 209-648-9534 for more info.

• • •

(cont' on page 25)

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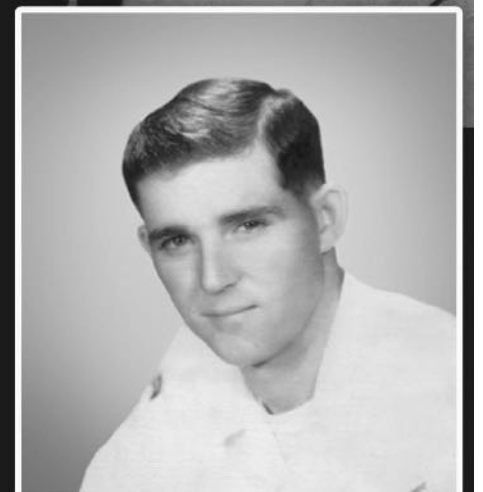
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## SSNLH WRITER...

### Will You Be My Valentine?

BY VAL SINGER

Valentine's Day, while in school, was always a disappointment. The younger years included trading Valentine cards with the other kids. I don't remember much about it other than I never got a card from "that" person.

When my kids were in school, the teachers solved the problem of the "left out" kids by asking every child to bring a valentine for every student. My kids went to school with 25/30 valentines and were supposed to hand them out to all the children. Much like, in sports today, no matter who wins, everyone gets a medal. How do you know you're special if everyone is special?

But, the other end of the stick is that I still remember being left out. So, what's better? Now, I get a Valentine from my kids and my husband because they know if I don't, there's no living with me! Am I special or just vindictive??? What a dilemma!!

Happy Valentine's Day!

...

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

## Februvius

BY JIM FULCOMER

Now in the second month each year, comes a time most grimly fear.

When cold storms rage and bodies chill; the Polar Vortex southwards spill.

Creating ague, coughs and sneezing, chilling outside pipes to freezing.

The Groundhog, if his shadow sees, predicts a much extended freeze.

So in this month the Romans named, to purify those souls defamed,

we now denote to some degree, the status of Black History.

Two Presidents, who framed our nation. Requests from the Heart Association.

Then Valentines, in red or pink, to signify our love, you think?

Tender gifts of flowers or candy, but maybe diamonds, if they're handy.

To compensate for selfish acts and get love back upon its' tracks.

With just four weeks, it quickly passes, but to some, more like molasses.

Old bones, I'm sorry to confess, this cruel month would like much less!

But when the Leap year comes around, every four years, a day is found -

and tacked upon this brief occasion, to force a monthly elongation.

The Horoscope, by Astrolagerians, finds most Februvians as Aquarians.

But if you're born on twenty-nine, your birthday's in the Pisces sign.

...

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*Jim & Liz*



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## LH Senior Softball League

BY HEIDI MAZZOLA

The 2023 Player Application is now available on our website. If you are interested in playing softball and hanging out with a great group of people, get that application filled out and sent in before the February 26th cutoff date. The Application contains a few different playing options—recreational co-ed, women's, traveling tournament teams, fun ball, and weekend practices only. There's even a non-playing volunteer option for those who love the game, but don't want to or can't play. Something for everyone.

As of this writing, the Co-ed Division player draft is scheduled for early March, and the season opener for mid-April. The Conditioning Clinic has been rescheduled to March, weather permitting. It's free and open to all LHSSL members. The sessions focus on getting everyone back into playing shape using a variety of drills. Exact clinic dates and times will be posted on the website and an email notification sent to members.

The Women's Division will play an Exhibition Game at the Co-ed season opener and expect to have their opening day later in April. In addition to their regular Sunday games, they are planning several special events for the season—a Mother/Daughter game, a couple of tournaments, and some fun off-field happenings. The women welcome all skill levels, have excellent coaches, and provide a very supportive environment. Keep an eye on the website for practice times and additional

information. You can also contact Women's Steering Committee member Kathleen Wilens at [lhwmenssoftball@gmail.com](mailto:lhwmenssoftball@gmail.com) or 916-705-0603 should you have questions or need assistance.

As always, please visit the website for the most up to date information.

Contact: [heidimaz72@gmail.com](mailto:heidimaz72@gmail.com) or [lhsoftballweb@gmail.com](mailto:lhsoftballweb@gmail.com)

Website: [LHSSL.net](http://LHSSL.net)

• • •

## Mad Hatters Bocce Group

BY KIM PETRUZZELLI

Neither rain nor snow nor... forget that! We gave serious thought to developing an underwater bocce group, but the Mad Hatters are going to stick with the regular bocce courts on Thursday mornings at 10:00 — at least we are when weather permits.

On a normal day, we form teams of 2 as players arrive. There are 2 teams on each court, and we can spread out over all 12 courts depending on how many players are available that morning. Occasionally we will have someone arrive late or need to leave early, and we just reform teams as we go.

New, inexperienced, and handicapped players are always welcome, and it's a great way to meet new people.

Mad Hatters Contact: Russ Petruzzelli, [LHBocce@gmail.com](mailto:LHBocce@gmail.com) / 408-439-1848.

• • •

## LH Tennis Group

BY PAM FLAHERTY

February is traditionally a sweetheart month and we would like to celebrate all the mixed doubles players in our club! Pictured are Tricia and Sal Zimmitti, club members who have been a tennis playing couple for much of their married life. They are both accomplished singles and doubles league players and Sal holds a number of distinctions as a top singles player.

Mixed doubles began in the late nineteenth century and was initially viewed as a social outing for married couples. Soon single women and men experienced not only the health benefits of tennis but also the social opportunities to meet partners and build relationships outside of tennis. The United States Mixed Tennis National Championships were held in 1892, the French Mixed Championships in 1902, and Wimbledon mixed in 1913. Today mixed doubles is also an Olympic sport.

Players can find opportunities to play mixed doubles through Club groups and through USTA and SATA leagues. Look on our website

([www.sclhtg.com](http://www.sclhtg.com)) or contact any club officer.

Celebrate St. Patrick's Day on March 16 with a tennis Live Ball Fun Tournament and some classic Irish food. This event promises to be loads of fun—all levels, music and laughs!



Sal and Tricia Zimmitti.

Limited to first 36 who sign up so start looking for information via member emails and our website.

Remember to support the volunteers who work many hours to make sure you have a great tennis experience on our courts. How do you do that? Simply join our club.

See you on the courts!

• • •

## LH Table Tennis

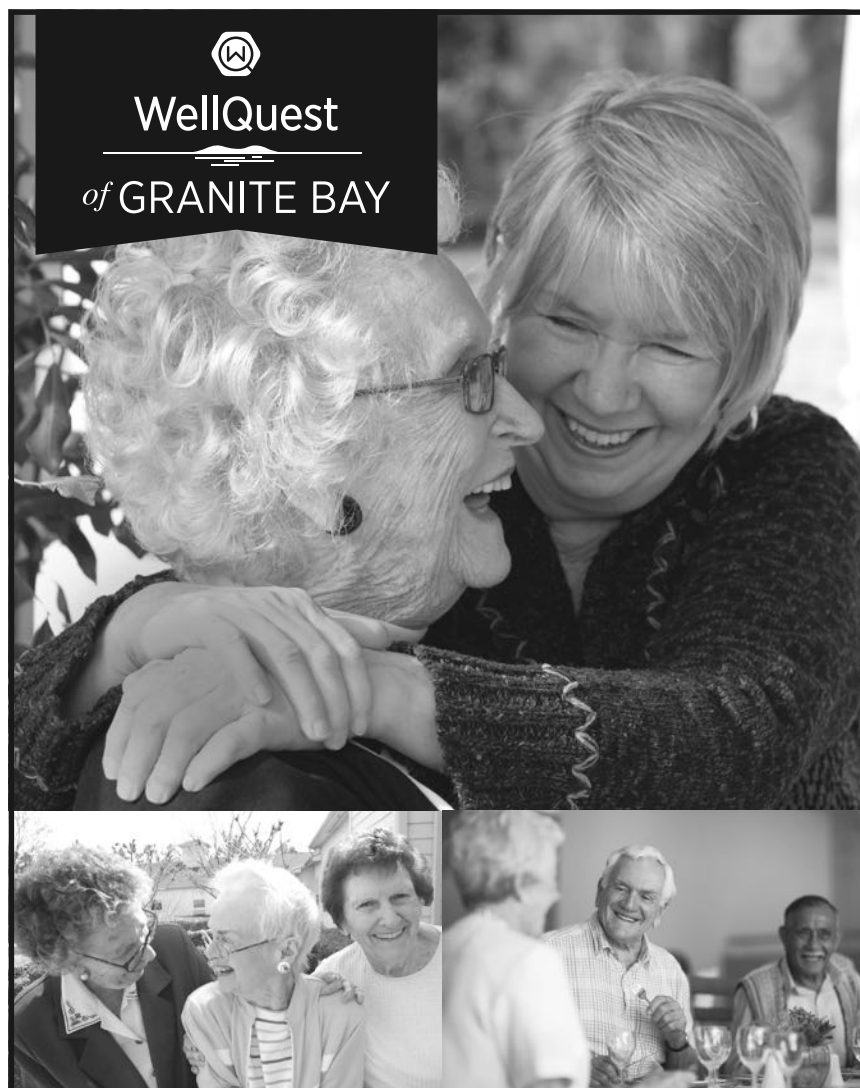
BY CARL LYNCH

Did you know... there are two types of grips for Table tennis paddles, Shake hand or Penhold. Shake hand handles may be either straight or flared. Penhold handles are short and straight, without flare. These attributes are mostly a matter of personal preference. The grip should feel comfortable in your hand but allow you to firmly control the paddle.

The blade is the flat part of the paddle that comes in contact with the ball. Some blades are made only of simple plywood, and others of exotic wood layers, carbon fiber and blends. High end blades may have seven layers or more to improve the paddle's strength and performance.

You might be surprised to learn that the table tennis paddle can be any size, and shape or any weight, as long as the blade is flat and rigid.

To be legally used for competition, the table tennis blade must be at least 85% wood, (cont' on page 26)



  
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LH Table Tennis

(cont' from page 25)

and additional materials must be less than 7.5% of the total thickness or 0.35mm, whichever is smaller. Higher quality materials and craftsmanship increase the cost of the blade.

Sandpaper surface is illegal for competition.

If you have further interest in these topics, we hope to see you at our table tennis sessions. We have several experts and coaches that can help you to pick a paddle that fits your style.

We play women's men's, mixed, and singles table tennis here in Sun City Lincoln Hills.

Table tennis is an indoor sport, and we play in the Multi-Purpose Room (KS), where it's nice and cozy on these chilly and rainy days of the winter season. We play on 7 tables, beginner to advanced 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 set up a Newgy Robot table tennis ball machine on Fridays to use for intensive training and practice.

We have a new steering committee for 2023 with some fun events and activities planned for the year. However, we are still looking for some volunteers to help out with the club. Please let us know if you are interested.

Happy Valentines Day!

...

Lincsters 9-Hole Golf Club

BY CAROLE EUBANKS

General News — A good way to start a new year is to remind you of the Lincsters website. This great resource can be found at <https://www.lincsters.com>. Remember that you can send general email questions to the captains at [lh9captain@gmail.com](mailto:lh9captain@gmail.com).

Welcome newest members! Reta Blanchard, Renee Kohler, Beth Lawrence, and Cheryl McCalla. Bios are posted on the website. You can contact the membership committee with questions: Nancy Hastings (Chair), Judy Josse, Brenda Cook (Board liaison), Patty Alderete (Badges), and Sharon Herihy.

The rates for 2023 play remain at \$27 for both Sierra and Resident memberships. So, for Wednesday rounds, the sweeps for Summit members = \$3. Resident/Sierra sweeps = \$27+\$3. A 9-hole round on weekdays is \$30 and weekend rounds are \$35.

You may want to note that paying by check is FASTER on Wednesday. So just drop it in the basket on the counter. One member had a great idea: "I make out checks for several weeks in advance and keep them in my purse. Then, I only have to remember to chip in my \$1 for the Putts!"

Tournaments — We have a fun year planned, so please consider volunteering to chair or help with an upcoming tournament. It's a great way to get to know people and help do your part for the club. Need advice? Contact Jane Hall ([jmhgolfer@sbcglobal.net](mailto:jmhgolfer@sbcglobal.net)).

net). Tournaments include: "Bring a Friend" (tournament/luncheon), "Red, White, & Blue" (Scramble or team play), and "Turkey Trot" (Scramble).

Note: At the deadline for this article, the Grandmother's Tourney was scheduled for January 18th. This writer does not have a crystal ball... so whether there was rainy or clear sky is unknown.

Rules Review "

Knowing the rules of golf is intended to make the game fair. And that knowledge also makes play easier and faster. Our Rules Committee wants to remind you of the 2023 changes and review some local rules that can affect your play. You can discover the five key changes to the Rules of Golf by going to the USGA website (<https://usga.org/content/usga/home-page/articles/2022/11/key-rules-of-golf-changes-2023.html>).

A local rule that is in force between October 1st and May 31st allows you to improve your lie. This rule helps promote fair play and protect the turf. These "winter rules" allow you to MARK, pick up, clean, and replace your ball up to six inches in any direction, in the same cut of grass, but no closer to the hole.

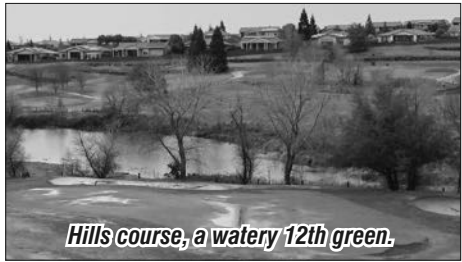
Until further notice, bunkers are considered "Abnormal Course Conditions" due to the extensive upgrades that are in progress. In addition to Lincsters Local Rules, you should read the notes on your scorecard on how to play out of a bunker. Questions? Contact Laura Niles (Chair) or Linda Salmon.

...

Ladies Golf 18-Holer

BY CAROL A. LOPEZ

Rain, rain go away the eighteen holers want to play! We don't play as a club in December and weather forced us to cancel our first two play days in January. Yes, rain is needed to beat the dreaded drought but we "girls just want to have fun".



Hills course, a watery 12th green.

The course and new improvements are being affected by the weather, too, and as responsible members we need to observe some important rules. Namely, cart path only on all Par 3's, carts should not be driven any closer than 30' of a green, 90-degree rule should be observed when necessary and repairs to all ball marks and divots should be made. All new sod replacing a bunker or surrounding a bunker under construction should be treated as ground under repair. This means relief with no penalty and the ball should be dropped within a club length, not closer to the hole, at the nearest point of relief from the ground under repair. Free relief is also an option when your ball is affected by temporary standing water, animal holes or immovable obstructions (cart paths

(cont' on page 27)



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## Ladies Golf 18-Holer

(cont' from page 26)

and sprinkler heads) and is applicable if the condition interferes with not only the lie, but your stance or area of intended swing. The club's rules chair, Eileen Boore (erboore@gmail.com 415-235-7340), is available to answer any questions that may arise.

The new executive board and extended board members met to review their responsibilities, club income, expenses and budgets, and to prepare for the many events enjoyed by the members. Presently, we are 105 members strong. A general membership meeting was also held where among regular matters of discussion new members were introduced, special tournaments for the year announced, a raffle was held to benefit the local girls high school golf teams and a special acknowledgement was made as this year represents the club's 20th Anniversary.

Linda Chappellear, in addition to being our Membership Chair, has assumed the position of PWGA/NCGA Ambassador. Karen Thom remains our WGAN/NCGA Ambassador. Many events are held throughout California and provide us with an opportunity to meet other ladies in golf and to play many enjoyable courses, of which some are private, at reasonable costs. Be sure to watch for schedules and the opening date for sign-ups as some events fill up quickly.

We will continue to play each Thursday, weather permitting, with a 9:00am shotgun start until March when we tee off at 8:30am.

As a reminder, members have been asked to complete a Columbia Hospitality Private Golf Course License Agreement before using their personal cart on either course.

• • •

## Men's Golf

BY MIKE MCBACK

Next up will be the Valentine's Day Massacre, it's a 4 man Lone Ranger format. It will be held on the Hills and Orchard courses as a Shotgun start at 9 am. The new schedule will be mgclh.club soon.

Please help me welcome the new members to the Men's Golf Club of Lincoln Hills Board of Directors, Vince McCalla – Tournament Director, and Douglas Krochak – Social Director. Thanks Guys, and welcome aboard.

Here's the 2023 Board: President – Tom Horan, Vice President – OPEN, Treasurer – Bruce Lyau, Secretary – Jim McGeough, Tournament Director – Vince McCalla, Membership Director – Bob Schoenherr, Communications – Mike McBack, Social – Dan Guth, Rules – Brian Fox, Handicapping – Rob Davies, Sponsors – Doug Krochak, CVS – John DeWildt, Web Master – Jeff Warner.

• • •

## LH Billiards Group

BY WAYNE BUCHANAN

Would you like to spend Thursday afternoon with some interesting people shooting a little pool? Try out Sue Polvi's Players tournament on Thursday afternoon. The tourney runs from 2:00 to 5:30 and is

designed for mid level players, the game is 8 ball.

Last Thursday's event featured Dave Polvi, Steve Marks, Ziggy Brien tying for first with 5 wins each with David Wade and Shawn Klein right behind them with four wins to take second place honors. A very competitive afternoon. Well done all.



Dave Polvi, Steve Marks, Ziggy Brien, David Wade and Shawn Klein.

LH 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://lhbiliards.com> for information about our club policies, individual tournament rules, tournament winners, American Pool Players Association

Information, and printable membership forms. Contact Tony Felice at 916-955-0501 or [atfelice3@gmail.com](mailto:atfelice3@gmail.com) for information on tournaments.

• • •

## Duplicate Bridge Club

BY MONA STRYKER

We are always looking for new players. Please come join us! We are a stratified ACBL club, offering Master Points. Our game fee is \$6 per pair.

A big welcome for our new officers for 2023: Denise Morgan, President; Elise Homer, Vice-president; Diane Schulte, Secretary; Jim McElfresh, treasurer.

Games (reservations need to be made at least two days ahead of game with Elise Homer at [elisehomer@gmail.com](mailto:elisehomer@gmail.com) or 916 303-0751):

Wednesdays: starting at 12:30 in Multipurpose Room (KS). Open and limited sections

Saturdays: starting at 12:30 in Sierra Room (KS). Open section only

For further information, go to our website shown below.

Partnership chairman: Sharon Duley 916 253-3885.

Social: An exchange with Roseville Sun City Duplicate Bridge Club is tentatively being planned in Mid-March.

Contact: Elise Homer ([elisehomer@gmail.com](mailto:elisehomer@gmail.com), 916 303-0751)

Website: [www.bridgewebs.com/lincolnhills/](http://www.bridgewebs.com/lincolnhills/)

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# In Memory

Shirley G. Pretzlaff  
March 23, 1935—Dec. 13, 2022

Shirley was born on March 23, 1935, to Joseph and Minnie Kofender in Detroit, Michigan. Joe and Minnie, both Jewish Eastern European immigrants, created a loving childhood for Shirley that was rich with all the joys of Jewish culture. Detroit and her Jewish heritage remained important aspects of Shirley's identity.

After Shirley graduated from Detroit's Central High School in 1952, she went on to study Education at Wayne State University. Always a bright and capable student with a love of learning, Shirley eventually earned her master's degree at the University of Michigan.

Shirley and Dick met during their first job while both were teaching 6th grade. Shirley continued to teach upper elementary grades, creating an esteemed 32-year career in public education. Loved by her students, their parents, and her staff, Shirley was named Teacher of the Year for the 1990-91 school year.

Shirley is survived by her adored husband, Richard, her treasured children, Dr. Ronda (Michael) Diegel, Dr. Robert (Diana) Pretzlaff, and Renee (Dale) Asher, her cherished three grandchildren, Evan Pretzlaff, Sophie Jorgensen, and Max Jorgensen, and her brother, Dr. Marvin (Jane) Kofender. Shirley and Dick would have celebrated their 62nd wedding anniversary on December 30, 2022.

Shirley and Dick traveled all over the world visiting every continent except Antarctica. Shirley and Dick settled into the Sacramento Valley and created a beautiful home in Lincoln Hill's Sun City. Shirley quickly became an active member in the Lincoln Hills Shalom Social Group where she nurtured deep friendships and an active social life. She was admired for her wit, intelligence, integrity, warmth, style, and ability to bring people together.



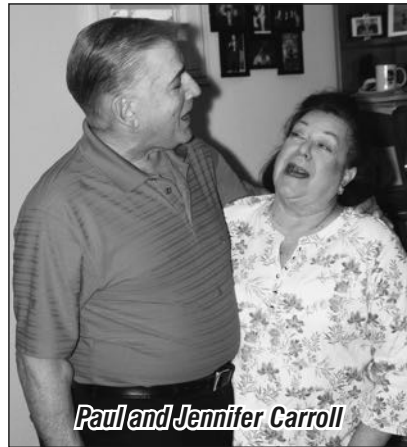
## SUN SENIOR PROFILES *Getting to know you...*

### Paul and Jennifer Carroll

(cont' from page 1)

started with ballet since she was dancing all around the house on her tiptoes. She was in a dance troupe in junior high and high school that was featured on an amateur hour in San Francisco. Jennifer grew up in a Catholic family in Palo Alto. She also attended parochial school. She married, had two children, divorced and moved to Santa Rosa. Jennifer met her second husband at the Fairchild plant in Healdsburg after moving to Santa Rosa. She worked at various jobs in the computer industry including a startup called Convergent Technologies after she moved back to the Bay Area. Her second husband was fifteen years older than her and had children, so they became her stepchildren. The couple discovered Lincoln Hills and moved here in 2006. After thirty-nine years of marriage, Jennifer's husband died in 2015.

Jennifer and Paul are both avid fans of living in Sun City Lincoln Hills. Paul calls it a "country club for the average Joe." In addition to playing matchmaker for the couple, Lincoln Hills has provided numerous opportunities for engagement and giving back to the community. They are involved in the Italian Club, and The Players, where they met. Their wedding was held in the amphitheater and the reception was in the ballroom with "two hundred of their closest friends." The wedding was officiated by Julie Africa who was the Director of the show where Paul and Jennifer originally met. They have gone beyond the regular groups. Paul likes to golf and so Jennifer attends a reading group made up of golf widows called "Reading Between the Wines." She is also part of a remote reading group in the Bay area. She drives a "Lincoln" car in a flashy red color. The couple gives back to the local community



Paul and Jennifer Carroll

PHOTOS BY JEFF ANDERSEN



Jennifer Carroll in her craft/sewing room.



Paul and Jennifer Carroll on their wedding day.

by their involvement at St. Joseph's Church where they volunteer in the flower ministry and the Knights of Columbus. Jennifer is involved in dance groups for Tap Company, Hula and Jazz and she and Paul both participate in the Vaudeville Troupe. When the couple married, they consolidated their belongings, sold both homes and moved into a larger home with a casita. The casita or "man cave" is Paul's music studio with an Elvis vibe (Paul does a great Elvis impersonation) and the den is her "she shed" where she enjoys crafts including sewing. One of Paul's favorite memories about music while he has been in Lincoln Hills was when he wrote new words to the Beach Boys' Surf City song. Instead of "two girls for every boy," it became "eight girls for every boy," since that is the ratio of single women to men in Lincoln Hills. Paul gave new meaning to the term "garage bands" when the couple opened their garage for monthly concerts for the community during the pandemic. There was a tip jar, and they gave seventy-five percent of the proceeds to the St. Vincent de Paul food bank. They were able to provide \$450 in money for food donations. Jennifer and Paul are in a Potpourri Group that visits assisting

living facilities and performs. Even some of the residents with dementia can connect with the music, especially Bob Seger's Old Time Rock and Roll. There will be a tap show in Sun City at the end of March called "Let's Dance Again."

In addition to their passions for performing, the couple also speak passionately of their large extended family. Paul's father and mother were some of the original residents in Lincoln Hills and that is how Paul found out about the community. After Paul retired, he came to Sun City to watch out for his parents. His father died first, and his mother lived to be ninety-three years old. In the end, his mother stated, "I want to go dance with your Dad." When the couple married, the oldest grandson walked Jennifer down the aisle and her oldest daughter was the matron of honor. Paul's brother was the best man. Paul has four children and seven grandchildren. Jennifer has fifteen grandchildren from her children and six great grandchildren from her children and stepchildren.

One of the best parts of the wedding was someone who traveled from North Carolina to attend. The person attending the wedding had been married thirty-seven years before and many years later recognized Paul when he saw him as being part of a band at his wedding. The band was called Papa Joe and the Generation Gap and was one of Paul's bands.

Perhaps one of the best examples of making a marriage in later life work is the story Paul and Jennifer tell about their strengths and weaknesses. Paul came to the relationship with music skills and Jennifer was a pro at dancing. Jennifer tried to teach Paul to dance and eventually Jennifer was able to learn to sing well enough to solo after being in duets. At first, Jennifer felt like she "couldn't drink enough to do karaoke" and that has changed. The Carrolls are an example of thriving from an environment in Sun City that stretches people and helps them to make the most of their retirement time while learning to let new people into their lives.

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## SSNLH WRITER...

### A Most Unlikely Love Story

BY STUART SINGER

Dear Reader: I am about to make a statement which you will find shocking, totally irrational and a tad delusional. I completely understand. Seven months ago I would have thought the same. But please allow me a couple of paragraphs to explain my apparent insanity. Here goes:

I love the California DMV.

I know, I know, I know. No one can possibly love any DMV. I received my first driver's license in 1962 and for half a century every interaction I had with a DMV, whether on the east coast or the west, it was like every one that you had—dispiriting, frustrating and dehumanizing.

That was until the Roseville DMV gave my life back to me.

A Little Background

When my wife and I moved from Northern Virginia to San Francisco in 2011 I possessed a driver's license that was valid until 2019. My decision, however, not to pursue a California driver's license was easy. A freak retinal disease had robbed me of much of my vision. In the space of less than a decade my formerly 20-20 eyesight had eroded to just a touch better than legally blind. That situation paired with my new city's marvelous mass transit—easily accessible buses, taxis and BART—made the idea of driving a car through the urban madness of

skateboarders, cyclists, double-parked delivery trucks and random one-way streets ludicrous.

No one, neither I nor the other inhabitants of SF, wanted my eyes behind the wheel of a 3,000 pound vehicle.

And for the decade we lived in San Francisco that decision proved inspired. Excellent restaurants and grocery stores were within walking distance of my home. So too were the omnipresent taxis, buses and subways. The entire city was at my disposal

But all of those calculations changed dramatically when we moved to Sun City, Lincoln Hills in the summer of 2021. For a non-driver, my beautiful new suburban home quickly became less of a residence and more of a plush prison.

My frustration grew quickly. Sun City was advertised as a "Golf Cart Community" but I was dismayed to learn that to legally drive such a vehicle on the community's assigned lanes required a valid state automobile driver's license. Passing the traditional driving test was inconceivable.

DMV to the Rescue

A light began to emerge at the end of my imprisonment when I attended a Low Vision Support Group meeting at the community center. During the course of that gathering I overheard a man mentioned that he had tested for a "restricted license" earlier in the day. He left before I could ask him for further information. Fortunately at a subsequent meeting, the local California DMV Senior Ombudsman explained a process for people with visual challenges to get a "highly restricted

license".

It is a three-step process. First, one would have to have a DL-62 DMV form completed by an eye specialist attesting that they believed the individual could safely operate a vehicle under certain conditions. After passing a Visual Field Test for peripheral vision and an eye exam, I secured that paper work.

Check

The next step was passing the written driver's test. As most people know this is no easy task even for those with perfect vision. My wife and I spent hours studying the state's 100-page handbook and taking all twenty-four sample online tests. When we decided it was "go time" DMV again was on my side. The person supervising the test enlarged the print on the computer-generated questions. I passed on my first try.

Check

Finally there was the driving test. It was up to me to establish where in Sun City I wanted to drive. Those destinations would constitute the area my license would be legal. I chose four locations—the Lincoln Hills Shopping Center, the two lodges and a friend's home. Next an examiner would come to my home and have me drive through my chosen course. There was one issue—I could only take this test once—the ultimate one-and-done.

Failure was not an option.

Since I had not driven a car in more than a decade, this incredibly narrow margin left me freaked. With my brave but nervous wife in the passenger seat, I practiced these four drives every day for nearly a month. Finally

we were informed that the examiner would be coming in a week at 8:30 a.m. To maximize the effectiveness of our practice drives we began to drive at 9:30 each morning. The one hour delay was because it was still daylight savings time for five more days so we factored that in to the timing.

Nothing could be left to chance.

On test day I was told passing required being assigned less than 20 negative points. As I backed the car out of the garage with a woman and her clipboard sitting in the passenger seat, my wife waved nervously like I was her sixteen-year-old son.

Forty-five minutes and eight negative points later we were back in the garage. As the automatic door rose, there was my spouse standing in the doorway a forced smile on her face. I gave her a subtle thumbs-up as the examiner said to me "I don't know why you were ever worried about this. You did just fine."

The New Me

Three weeks later I was the owner of a shiny, red golf cart. It is a far cry from the Triumph Spitfire convertible I drove in 1988 but then so is my hairline. One thing that was similar to that 1988 version of me—I had a bit of my swagger back. Once again I had some control of the steering wheel of my life.

And who would have thought it is all thanks to a DMV.

• • •

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

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# Observations Looks Back Ten Years

BY MARTIN GREEN

Out of curiosity I looked at what was going on ten years ago, in the year 2013, and saw that one of the major events was an actual shutdown of the government. It was from October 1 to October 17, during which time 800,000 federal employees were furloughed and another 13 million were required to work without a definite payment date. Government-run facilities, including national parks and monuments were closed and, as I recall, White House tours were discontinued. The shutdown occurred under circumstances that were pretty similar to those today and the U.S. Budget Office estimated that it cost taxpayers two billion dollars, not chickenfeed, so I hope our present-day politicians take note.

Another major event, also not a good one, was the Boston Marathon bombing. The blast killed three people and injured 260 others. It also paralyzed the entire city for a while. Two brothers were responsible and eventually one was killed in a shootout and the other one was captured and sentenced to death. Interestingly, that death sentence was vacated by an appeals court and then reinstated in 2022 by the Supreme Court. As readers know, crime is a major problem in our cities today but so far nothing like that bombing.

Overseas in 2013 North Korea had a nuclear bomb test and this escalated tensions with the US and South Korea. There will undoubtedly be something similar in 2023

and also there'll probably be the recurring story that North Korean dictator Kim Jong-un hasn't been seen in public for a long time so what's happened with him?

In sports, none other than the San Francisco 49ers were in the Super Bowl, playing against the Baltimore Ravens. The game was notable in that the two coaches were brothers, Jim Harbaugh of the 49ers and John Harbaugh of the Ravens. The 49ers quarterback was Colin Kaepernick, who became the starter earlier in the season when Alex Smith suffered a concussion. Sound familiar?

This Super Bowl was also notable for a partial blackout when halfway through half the lights went off for 34 minutes and it was feared it might be the work of terrorists. As for the game itself, the Ravens led 21 to 6 at halftime, increased it to 28-6 on a kickoff return for a touchdown to start the second half, then after the blackout the 49ers rallied to cut the lead to 34-29 and drove to Baltimore's 7-yard line before falling short and losing 34-31. Let's hope that's not an omen for this year's Super Bowl.

What about the weather? For California the year 2013, in contrast to what is going on now, was the driest year on record. For the year, Los Angeles received just 3.60 inches of rain and San Francisco just 5.59. Dozens of other California cities recorded new lows that went back more than a century. So, for California it seems to be one extreme or the

other. Worldwide, with typhoons, tornadoes, and wildfires, it was a year of extreme weather. Odds are that 2023 will duplicate this.

A couple of other things about 2013, selfies became the rage and Miley Cyrus made "twerkies" a word. Prince William and Duchess of Cambridge Kate Middleton had a son, Prince George. Selfies and Miley Cyrus are still around. So, is the British royal family but 2023's big new about them may be the tell-all book of Prince Harry.

Well, that's enough of looking back and seeing how our year of 2023 compares with 2013. We'll, let the historians of the future look back and see how their years compare with 2023. I wonder what the Super Bowl story will be: Will it include the name Brock Purdy?



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PARKINSON'S SUPPORT GROUP: Meets the 3rd Tuesday of each month from 10-11:30am. Location: Lincoln Community Church, 950 E. Joiner Parkway, Lincoln. Questions? Call facilitator Christine Grmolys 916-769-0449.

NOTICE TO RETIRED MEN: We are a social club for retired men. We meet monthly for lunch, on the third Tuesday of each month at the Catta Verdera Country Club. Our next lunch will be on the 17th of this month. We have lunch at noon and afterwards we do a little club business. Some of the activities you may want to participate in are golf, bocce or bridge. If this sounds like something you might be interested in, contact Jay James at 408-533-3132 or jayj332@gmail.com or Phil Sanderson at 916-408-4764 or philbridge9@gmail.com

PLAY ABOUT FRONTOTEMPORAL DEGENERATION; CHASING RAINBOWS is a love story. It's funny, hilarious actually. Yet ultimately, it is a story about the journey into dementia, and finally death. It asks the question: how does one go on after the loss of a loved one. Saturday, March 4 at California Stage Theater, Sacramento. To purchase tickets https://give.classy.org/ChasingRainbowsSAC

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

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

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

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

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



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## Market Update

*This is a very interesting market dynamic, Low buyer turnout and low inventory of resale homes. I got a call from a couple in Sun City that I had met with nearly a year ago. It was a difficult conversation, honest, responsible agents tell their clients the truth. We don't give false impressions to get the contract signed, but instead we are willing to lose listings and quite frankly our income, to give our sellers an accurate picture of the market. I don't pretend that I am the only 'good' agent out there. I have had the fortunate opportunity to meet many good agents in my 35+ years in real estate. Right now, if you need to sell, find a good agent who has been through the down turns over the last 30+ years. They will know. Better yet, call me.*

## Recent Sales in Lincoln Hills

2739 Eagles Peak Lane	El Dorado	\$600,000
638 Orchid Lane	Santa Cruz	\$620,000
1193 Magnolia Lane	Anadel	\$625,000
2000 Stone House Cir	Fremont	\$700,000
1724 Glenbrook Lane	Tahoe	\$725,000
1813 Creekcrest Lane	Fremont	\$745,000
536 Belladonna Lane	San Mateo	\$ 765,000
130 Boulder Court	Napa	\$ 860,000
2462 Loon Lake Lane	Napa	\$920,000
1552 Summerhill Lane	Meadowgate	\$ 950,000
2195 Walden View Lane	Sonoma	\$1,097,000

\*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