

SUN SENIOR NEWS

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



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And Much More . . .

Nancy Whitaker – A Community Icon

BY JENNIFER MARTIN

Herman Melville, the renown American novelist, once said, “We cannot live only for ourselves. A thousand fibers connect us with our fellow man.” Resident Nancy Whitaker, _ is someone who exemplifies that extraordinary ability to connect with humanity in ways that significantly improve the fabric of our lives.

Nancy was raised in a small rural town in Indiana with two brothers and three sisters. Her mother was a stay-at-home parent, while her father founded an Aluminum Foundry in Winchester, Indiana, in the early 1940's. His business extended to a second foundry in Red Key, Indiana, along with a small shopping center, a group of apartments, and a warehouse in nearby Muncie, Indiana.

After graduating from high school in 1960, Nancy enrolled at Mills College in Oakland, California, and obtained a degree in Chemistry and Biological Science four years later. Then she was awarded a scholarship to Indiana

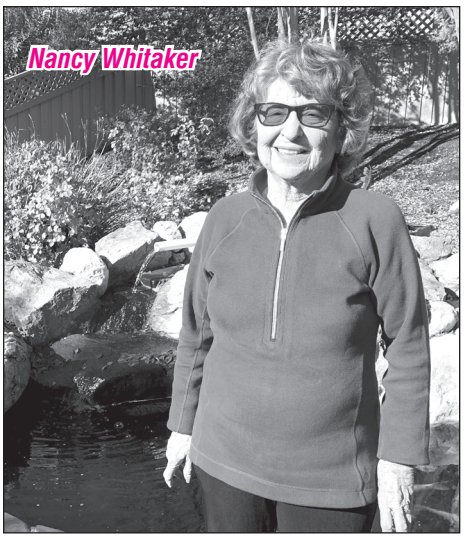


PHOTO BY JENNIFER MARTIN

University Medical Center to do graduate work in the field of Biochemistry. In the summer of 1964, she interned at NASA, Ames Research Center, in Sunnyvale, California, working for

the Exobiology Division, then moved back to Indiana to attend IU.

However, when she felt torn about staying in Indiana, she released her scholarship, moved back to Oakland and married Nelson Pickering Willetts in the winter of 1964. Since he was working on an MBA from the University of California, Nancy became the sole breadwinner, working at Kaiser Foundation Biological Research Laboratory in Richmond, California. A year later, she accepted a job as a lab technician at NASA in their Biological Adaptation Division which researched single cell organisms living in extreme environments.

Then Nancy received an offer to start a doctorate program in Chemistry at the University of Maryland, with the understanding that she would eventually return to NASA. Two years after divorcing her husband, she did return to California and continued to work on

(cont' on page 29)

LH Foundation – Happy New Year!

BY DENISE BOWDEN

The Lincoln Hills Foundation wishes everyone a happy and healthy 2023. January always brings the promise of resolutions and fresh starts along with several special days to celebrate such as Martin Luther King Day along with two days that should go hand in hand, National Compliment Day, and Spouses Day.

Join us as we get back in the ballroom for Bingo on January 26th. Our volunteers will be well rested and ready for the new season. Speaking of volunteers, the Foundation depends 100% on volunteers for the work we do. 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. 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.

On January 26th 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

Happy New Year from Neighbors InDeed!

BY JANET ROBERTS
ARTWORK BY RUDI FRANKE

Its time to wish all our friends and neighbors a healthy and happy New Year. It's already 2023 and we're all wondering how 2022 got by us so quickly.

Let's think about our plans for the coming year. Once we get past our travel plans and visits from family, what more do we want to do? Get fit and improve our eating habits? Learn to play pickleball, take some of the zumba or balance classes, or even learn how to draw or paint (with a glass of wine)? How about painting your home, redoing your landscaping, or remodeling your home? Remember, our houses are 15 to 22 years old and you may want to upgrade where you can.

Some of those plans can be taken care of by registering for the SCLH classes. But Neighbors InDeed can help with some of the other plans. Handy Helpers can do many different maintenance tasks inside and outside your house such as putting Christmas decorations back up on the

shelves, reprograming thermostats and water sprinklers, replacing smoke alarms and their batteries, etc. Information and Referral can provide you with referrals to a wide variety of vendors that have been recommended by other residents. And don't forget about the medical equipment that we can loan you and your visitors – we'll deliver and pick up when you no longer need it.



For all the above, call the number below for assistance.

Our services are free to all residents of Lincoln Hills, both homeowners and renters. If you wish to donate to help cover our expenses, it's always appreciated but never required. We thank everyone for the donations that we do receive.

Volunteering for Neighbors InDeed is rewarding and fun. If you like helping people, are handy with tools, like to fix things, are comfortable using the phone and your own computer, just call our message center at 916-223-2763 for more information. We'll send you an application to complete and provide

(cont' on page 23)

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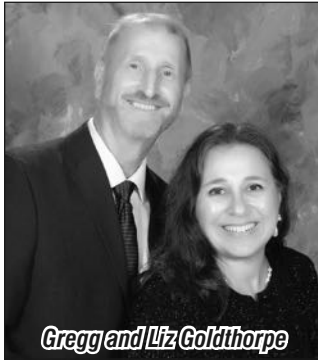
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EDITORS
 Gregg & Liz Goldthorpe

PRODUCTION ASSISTANT
 Madison Goldthorpe-Lewis

ADVERTISING
 Gregg Goldthorpe

CONTRIBUTORS

Jennifer Martin, Denise Bowden, Janet Roberts, Rudi Franke, Doug Brown, Rick & Donna Pick, Jackie Carlson, Gay Mackintosh, Dan Lehrer, Allison Wolfe, Ernie Micheli, Jill Short, Mary Swanson, Tamsen Armstrong, Linda Lucchetti, Diane Margetts, Lionel Rainman, Nancy Switzer, Judy Ganulin, Bill Weaver, Sandi Dolbee, Nina Mazzo, Jeri Di Fiore, Valerie Jordan, Val Singer, Joan Brant-Love, Linda Bevins, Richard Pear, Jacqueline McDermott, Elna Ragan, Patti Kingston, Bill Lewis, Sue Dumas, Don Baylis, Lorraine Immel, Gay Mackintosh, Heidi Mazzola, Carole Eubanks, Stuart Singer, Carol Lopez, Mike McBack, Carl Lynch, Kim Petruzzelli, Diane Ferrari, Pan Flaherty, Rosemary Tanfani, Wayne Buchanan, Teresa Tanin, Mel Switzer, Susan Brenden, Martin Green.

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SUBMISSIONS

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

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Players Club

BY DOUG BROWN

Readers Theater Coming Feb. 4 & 5 — Happy new year to all! The Players Club is delighted to announce FREE Readers Theater shows on Saturday, February 4 and Sunday, February 5, both at 3:00 PM in Kilaga Springs Presentation Hall. Each of the weekend shows will treat audiences to two lighthearted thirty-minute episodes that'll get everyone in the mood for Valentines Day. And, in case you're wondering, Director Joe Nichols wants everyone to know that February 5 is NOT Super Bowl Sunday!

The first of two episodes in each show is from the radio show, "My Favorite Husband," (later aired as a television show) that featured superstar Lucille Ball. In our episode, directed by Joe Nichols, 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, Mr. Dabney gets the wrong idea!

The second episode, directed by Paul Gardner, is an from another popular radio show, "Our Miss Brooks," that starred Eve Arden as high-school English teacher Connie Brooks. In "Valentines Day Date," after sending an unsigned Valentines Day card, 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. Or is she?

Directors Joe Nichols and Paul Gardner are well-known in Lincoln Hills circles for multiple roles in "main stage" shows and as actors and directors in Readers Theater. Paul is one of the Players' founding members, now having served in multiple club leadership capacities. Joe, a more recently arrived resident, directed and appeared in productions of The Golden Age of Radio in northern California and the Bay Area.

Auditions for the two episodes will be Friday, January 6, 1:00-3:00 PM in Kilaga

Lincoln Hills Players



Readers Theatre
 presents



Radio Shows

Saturday & Sunday,
February 4 & 5, 2023

3:00 pm

Kilaga Springs

Presentation Hall

Free Admission

Springs Presentation Hall. The Players Club welcomes all auditioners, with the only two requirements being (1) Lincoln Hills residency, and (2) membership in the Players. For non-members, if you are cast in the show, simply enroll as a new member and pay \$5 [annual] membership dues. For more information, visit our website at www.lhplayers.org or contact Players President Craig Stults at craigstults@sbcglobal.net or 916-543-6782.

The Players always extend a warm welcome to all who are curious about our club to come to our meetings. The next meeting is Monday, January 9, at 4:00 PM, in Kilaga Springs Presentation Hall. You'll meet other members and discover what may be your future in some aspect (acting, directing, costuming, stage building, publicizing, running equipment, and more) of participating in performing arts in Lincoln Hills.

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(more Club News cont' on page 5)

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Michelle's Featured Listings

CURRENT LISTINGS



640 Violet Lane – Santa Barbara with Casita, Solar and Expansive View

Living the good life starts w/ this stunning Estate Series Santa Barbara model w/ large casita on expansive view lot overlooking the nature reserve. Measuring just under 3,100 sq. ft., you'll be taken by the volume of site lines when you step foot into this beautifully maintained home. The chef's kitchen features the signature curved island w/ bar seating, Masterpiece cherry cabinetry w/ pull-out shelving, slab granite counter top & backsplash w/ tile accent, stainless steel appliances, (2) pantry cabinets & center prep island. The great room has a cozy gas fireplace w/ built-in entertainment unit & endless windows showcasing the beautiful view. The master suite features outside access, three closets, soaking tub & dual sinks. Remote second en-suite is located on opposite side of master along w/ 3rd bedroom (currently configured as an office / den w/ divided doors & closet). Escape to the backyard oasis w/ outdoor kitchen, water feature, in-ground 8-seat spa w/ rock waterfall, multiple pergola shade structures and remote screen that encloses the back patio for an instant screened in room. Bonus - OWNED solar, replaced HVAC & water heater and No Kitec! Welcome home.

Offered at \$1,095,000



2084 Caravelle Court – Napa Model on Golf Course View

Stunning Napa model situated on secluded cul de sac golf course view lot. Wow!! This Estate Series home shows pride of ownership both inside and out with its traditional decor. Upgraded features include cherry Merillat cabinetry throughout, center prep island in kitchen, gas cook-top, cozy breakfast nook, spacious great room with gas piped fireplace, ceiling fans, recessed lighting and plantation shutters. The back patio is truly an extension of living space with its soft soothing water fountain, remote retractable awning, lush mature landscape and fantastic golf course views of the 9th fairway. As an added bonus, the exterior of the home was recently painted. This one is a gem!

Offered at \$919,000



2963 Coopers Hawk Loop – Upgraded Alpine Model

This ever-popular Alpine model is ready for holiday enjoyment! Recently updated touches include interior paint, quartz counter tops, newer stainless steel sink and faucet, recently painted crisp white cabinetry. The large entry is perfect for invited guests while the great room concept allows for spacious living. The home features plantation shutters, crown molding, ceiling fans, and boxed/bay window in the master bedroom for added square footage. The master bathroom offers an oversized raised vanity, private water closet and large walk-in closet. The fully covered back patio was a builder upgrade which is perfect for gazing at the beautiful filtered sunsets in the late afternoon.

Offered at \$575,000



1397 Tallac Lane – Remodeled Bridgegate

This charming, newly remodeled Bridgegate floor plan has brand NEW white shaker cabinetry with soft close drawers, granite counter tops with glass subway tile backsplash and stainless steel appliances. The new luxury vinyl plank floors run throughout the home which carries your eyes seamlessly through all the rooms making the home appear larger. A home buyer's choice makes this Bridgegate a favorite due to its many windows making it light and bright especially the cozy breakfast nook positioned in the front of the home for watching all the new neighbors you'll meet after moving in. The master suite is positioned next to the newly updated master bathroom with new vanity and walk-in closet. The guest bath also has a new vanity. The private backyard has an extended patio cover perfect for afternoon enjoyment after a long game of golf or tennis. Come live the Sun City lifestyle!

Offered at \$539,000



2785 Winding Way – Updated Mariposa

This lovingly updated Mariposa floor plan has all the bells and whistles you won't find in a smaller home including Bosch stainless steel appliances, quartz counter tops with lowered dining bar, metallic subway tile backsplash, oversized tile flooring throughout the home, plantation shutters, modern ceiling fans and updated bathrooms also with quartz counter tops. Located in the higher elevation within the community, the backyard experiences the cool delta breezes as you sit under the covered patio. The low maintenance landscape allows for extra time to enjoy all the amenities the community has to offer. If you're looking for "move-in ready" with no work needed, this one is for you!

Offered at \$499,000



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LH Chorus

BY GAY MACKINTOSH

Sing out the old year and sing in the new! The Lincoln Hills Chorus sang out 2022 with three “Swing into the Season” sold-out performances in December. Among the volunteers who kept us swingin’ were the intrepid Doug Brown, producer, and the effervescent Karie Geiger, marketing coordinator (and narrator, with John Baarts)—along with many, many others, unsung but far from unappreciated. A heartfelt sing-out to our talented Tech Crew: Jim Moon, Jeff Hanner, Lew Barnard, Bob Elo, Sharon Lefkov, Chuck Koehler, and Peter Beckett. (See photo by Rick Manness.)

Want to join us as we sing in the new year? We’ll welcome members new and old when we begin rehearsing for our May concert in KS Presentation Hall on Tuesday, January 10. Registration (\$20 dues) and music distribution will start in the Terra Cotta Room at 2:30 PM, with first rehearsal at 3:20. Regular rehearsals are Tuesday afternoons from 2:20-5:00, professionally directed and accompanied by Paul Melkonian and Nina Malone. All you need is a commitment to learning the music



Chorus and Tech Crew, December Concert.

and attending rehearsals, although some choral experience is helpful. Visit our website at lincolnhillschorus.org for more information and contact our membership coordinator, Mari Long, at mlong24sjca@sbcglobal.net, 916-409-9136.

“Stop! In the Name of Love,” “Forever Doo Wop Medley,” and “Green, Green” are just a sampling of songs for our May 5, 6, and 7 performances. Returning and new singers, c’m on down on January 10 ready to “Shake, Rattle, and Let the Good Times Roll” as we discover the rest of our spring repertoire.

Our name has changed to simply Lincoln Hills Chorus, but we’re continuing our 22-year mission of fostering a creative environment for members to develop new talents and skills while bringing the joy of music to both singers and audiences.

• • •

LH Music Group

BY DAN LEHRER

We look forward to a new year of music, singing and fellowship. Our meetings are open to all musicians regardless of your level and all styles of music are heard. Why not dust off and pick up that Clarinet or Sax and join us. 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 3:30 PM (OC). Open to Lincoln Hills Residents. Contact Sal Caruso at 916-343-5810 for information. Ukulele Ohana meets Wednesdays, 1:00 to 3:00 PM (OC). Open to Lincoln Hills residents. Contact Ron Peck at 925-788-5869 for information. You can also contact Dan Lehrer at dlehrer72@gmail.com

• • •



Music Group — Come play with us!

Tap Company

BY ALISON WOLFE

Happy New Year! Hope everyone had a wonderful holiday season.

Now mark your calendars and get ready for the Tap Company’s spring production, “Let’s Dance Again”. The show will take place on March 30 and 31, 2023, with evening performances, and on April 1 and 2, 2023, with matinees. All forms of dance routines are being choreographed and practices are underway. In addition to these dancers, we will have singers and other entertainers to awe you.

As you know, no show can go on without behind-the-scenes help. We are still looking for technical and backstage assistance. If you have any interest in these areas, please contact Kathy Fernandez at kathyfern50@gmail.com, 916-434-7195, or Mary Adamson at maryadamson719@gmail.com, 916-253-7699.

It’s going to be a great show!!

• • •

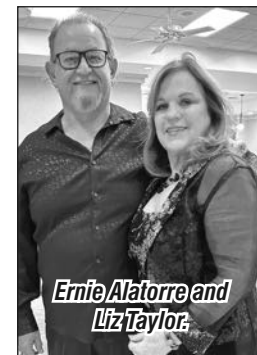
Ballroom Dance Club

BY ERNIE MICHELI

The Ballroom Dance Club held its Christmas Potluck Dance on December 10, 2022. The participants brought a plethora of delicious dishes that included, salads, main dishes and desserts. The Kilaga Springs Multipurpose Room was seasonally decorated with Poinsettia table settings and a Christmas tree that brought to life a winter-scene mural. The music played during the dance portion was cued from many of our favorite Christmas melodies.

The decorating committee led by Barbara Swerdlow transformed the Multipurpose Room with a Christmas mural along the mirrored wall. In front of the mural was a lighted Christmas tree with wrapped packages beneath it. The tables for the participants were fitted with a white table cloth. Each table’s center piece consisted of a Poinsettia centered on a green runner. There were other beautifully decorated tables within the room including the control table near the sound system and the buffet counter and dessert tables that contributed to the Christmas theme. Barbara’s committee included Cheryl Taylor, Mark Worley, Fernando Russell, Janet Zimmer and Chet Lelio.

The kitchen committee organized and



Ernie Alatorre and Liz Taylor

arranged the many dishes as they arrived. They also provided plates, utensils, coffee and tea. The participants should be commended for the delicious assortment of food and desserts. The kitchen committee was led by Val Elliott and consisted of Karen Worley, Sharon Micheli, Millie Lelio and Janet Zimmer.

The music was organized by Ruth Algeri and included an assortment of seasonal songs. Her selection of music fit the dances learned during instruction and included the following: Waltz, East Coast Swing, Cha Cha, Fox Trot, West Coast Swing, Rumba, Tango, Night Club Two Step, Samba and Merengue.

The clean-up committee consisted of Jim and Dixie Parker, Patty and Van Van Oosbree, Tom and Michelle Breckon, Kamen Voroedov, Sharon Micheli, Mark and Karen Worley and Robin Anderson. This group boxed, packed and returned the Multipurpose Room to its pristine condition.

Mary Kirkwood oversaw the ticket sales and door prizes. The door prizes included the Poinsettia center pieces and Meridian gift certificates.


Sal Algeri acted as the Master of Ceremony. He provided programs at each table that listed the order of activity and a dance list. Sal also introduced and recognized the many committee members that helped with the evening’s activity. He also introduced the Ballroom Steering Committee which included current, outgoing and incoming members. Current

Steering members are: Karen Worley (treasurer), Cheryl Taylor (new party coordinator), Val Elliott (new kitchen coordinator), Ernie Micheli (article writer), Sal Algeri (new chairperson), Ruth Algeri (outgoing chairperson), Ruth Woodmencey (outgoing steering committee member).

Dance activity will continue in January, 2023 and will feature the Fox Trot. Lessons are offered in the Kilaga Springs Lodge Multipurpose rooms each Tuesday from 2:00 to 3:00 p.m. for beginners and 4:00 to 5:00 p.m. for more experienced dancers. Open dance is from 3:00 to 4:00 p.m. during which you can practice the many dance styles. Contact Sal Algeri at 916-408-4752 for more information.

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(more Club News cont’ on page 6)



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Country Couples

BY RICH AND DONNA PICK

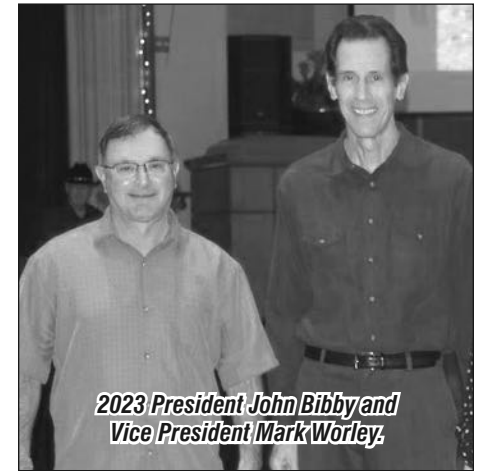
Oh My. 2022 is now over. We've had a great year. We finally got back into dancing and getting together with fellow dancers and friends. We've had a year of dancing and practicing

our country couples dances and added in some line dancing, too. We ventured out to dance with the ballroom group at the Structured Dance nights and also attended the Free Style Dance nights in the OC Ballroom. Our final dance was our Holiday Dinner Dance, catered by Meridians. Lots of dancing, and lots of music provided by Gordon Hunt to celebrate the festive holidays. We got quite a bit of dancing under our belt this year.

We also added some wonderful social nights of dinners at near-by restaurants. In November

Country Couples met at Katrina's Biergarten in Rocklin for some wonderful German infused food and beverages. The food, the service and friends made an excellent endeavor for our last outing of the year.

Winding down the year we had last meeting to, as they say, "pass the baton" to new leaders. Outgoing officers President Jim Christie and Vice President Gary Moulton passed their batons to incoming President John Bibby and Vice President Mark Worley, while Carroll Cederburg, Treasurer, Deborah Christie, Secretary, and April Cederburg, Public Relations remain in office for one more year.



We eagerly anticipate 2023, which begins with a Country Couples cruise in January!

For more information about Country Couples, contact April Cederburg at 916-390-3931. Website: sclhcc.com

• • •

Sun City Squares

BY JACKIE CARLSON

Our new classes are beginning! The first informational meeting of the beginning Square Dance class was held on January 9th. Partners are not required although some dancers will be asked to learn both the men's and women's dance moves if necessary.

A Round Dance class (Rumba ballroom cued calling) has started. Partners are required as this is danced as a couple. This meets at KS

(cont' on page 7)





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Sun City Squares

(cont' from page 6)

on Thursdays, 11:30 - 1:00 PM.

Regular attendance is highly recommended as new calls are learned weekly and the class should learn at the same pace.

Square dancing meets at KS on Mondays 1:15 PM to 3:00 PM for beginners and Plus Level. Advanced Level dancers meet at KS on Thursdays 1:00 - 3:00 PM.

The cost is \$5 per person, per class.

Contact Jackie Carlson for information: Jackie3po@icloud.com, 925-207-9415.

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Mixed Media Club

BY JILL SHORT

Welcome to January 2023! How many of you made New Year's Resolutions? Ready to try something different this year? The practice of choosing a Word of the Year is a way to select one single word to be your focus for the year. You can use that word to set goals or intentions for areas of your life that relate to that word. Artist's love to choose a Word of the Year. Throughout the year the word can influence art creativity. Some examples of word possibilities are: authentic, available, bold, calm, brave, centered, compassion, dream, focus, giving, joy, love, and listen. Those are just a few words. Think about a word that represents how you would like to feel, or like to be or like to live for the entire year. You can incorporate your word in your art journaling or mixed media art. It was 2 years ago when

I decided to give it a try after hearing many artists share the Word of the Year they chose and why. I ventured out and chose the word, "Balance." I needed to Balance all the things in my life. It took me a while to really live a balanced life so that word ended up as my word for 2 years. The idea of Balance and the word itself appeared scattered in my art for the last couple of years. This year I am moving on to a new Word of the Year, "Shine." I want the words I write and speak plus all that I do to be a shining light of encouragement. Of course, my word, "Shine" will influence my art. Now the question is, do you have a 2023 Word of the Year?

January 18th will be the Mixed Media Club's first meeting of the year. We want to make sure that everyone gets to know each other so we will be working on artsy name tags. The art challenge for January is to use the prompt word, "winter" or if you have a Word of the Year use it and create a piece of art. Come and share your completed art challenge at our January meeting.

Mixed Media Club meets the 3rd Wednesday of the month in the Fine Arts Room (OC) at 1:00 PM. For more information, questions or want to visit us, contact Chris Fetter at 916-276-7895 or email at: mixed.media.chrisf@gmail.com

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Needle Arts

BY MARY SWANSON

Happy New Year! NA wishes everyone a happy and productive 2023.

We ended the year with a fun filled winter luncheon at the OC Ballroom. A good time was had by all as we joined together in singing several traditional Christmas songs along with a visit by Santa. The 2023 NA Board was introduced and includes: Jeanne Helland, President; VP Travel, Pat Barnhill; Secretary, Linda Moran; Treasurer, Sue Beresh; along with several other appointed positions. We are still looking for a VP Programs an integral part of our board.

Monthly general meetings resume on Tuesday, January 10, 2023 at 1:00 PM in Presentation Hall (KS). Join us as we welcome Marjan Kluepfel and her trunk show of quilts and fabric sculptures. Her talk titled "Evolution of an Art Quilter and Fabric Dyer" will include the techniques used, how she dyes her fabric and where her inspirations come from. Check out her website www.marjankluepfel.com.

The NA Community Service group has once again stepped up and outperformed previous years. While the lack of long-arm quilters has created a challenge for CS, a total of 317 quilts were donated in 2022. Most recently, the Loomis Basin Christmas Basket program received 30 baby quilts and 36 adult quilts; St. Vincent DePaul received 32 children and adult quilts; the Beale AF Base Hearts Apart program received 78 children's quilts and Acres of Hope received 5 twin size quilts.

Many, many thanks to all who worked so hard to meet the increasing demand.

It's time to renew your membership for 2023. You will find the membership form on the NA website (sclhna.com).

Reservations are being accepted for the Spring Retreat at Mercy Auburn which is scheduled for April 24-28, 2023. Space is still available.

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Painters' Club

BY TAMSEN ARMSTRONG

Can you believe it's the year 2023 already! That number sounds so impossibly futuristic to these old ears. My hope is that we all greet the new year with a song in our hearts and a paintbrush in our hands.

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 Orchard Lodge kiosk, at our next General Meeting, or online in the files folder of our Facebook site. We will be collecting forms and dues at our meetings or by mail. The exception is for those who have recently joined our club.

We anticipate a large group of enthusiastic painters to attend our annual Holiday Luncheon and Show & Tell at the Turkey Creek Grill on December 20th and hope everyone in our community has a healthy and happy new year.

Current Art Show: Simple Pleasures Cafe

(cont' on page 9)

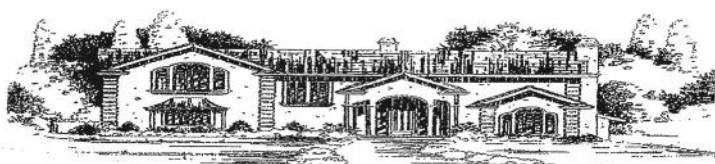
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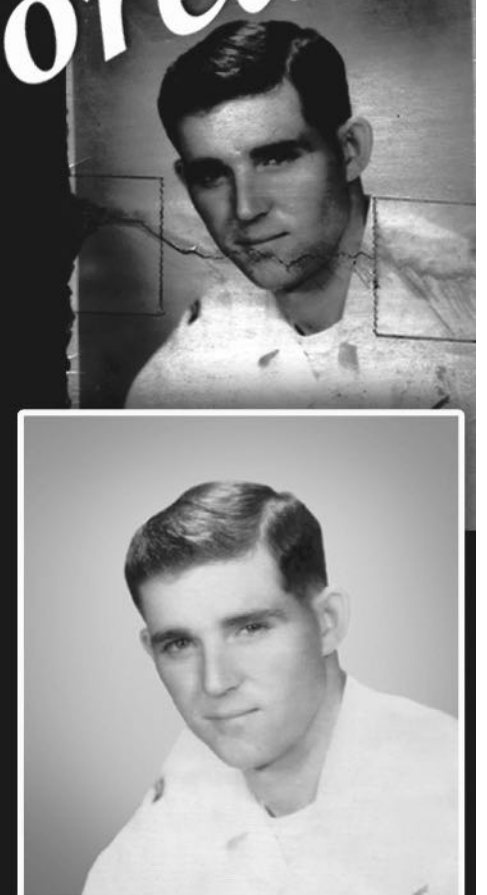
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LIVING LIFE AFTER COVID

"Covid was rough on everyone, but I was one of those unlucky ones and my cough caused me to tear muscles in my chest and sides. I've pulled muscles before but never had I been in so much pain, and the area was really swollen. Obviously, I kept coughing so I imagine that didn't help because long after my covid symptoms disappeared, I was still in pain. Months went by and I wasn't healing. I mean, how do you rest an area that you use to breathe?" shares Joseph M of Sun City.

At Lincoln Acupuncture, we have been successfully treating Covid "long haulers" since the early days of the pandemic. We have protocols and treatment alternatives that really help to combat lasting fatigue, shortness of breath, and muscle weakness. Joseph was the first person I saw whose infection caused a severe injury shares Acupuncturist RaeAnn Salvador.

"Normally with acute injuries, I instruct my patients to ice, take an ibuprofen and come see me if the pain persists for more than a week or two. Joseph had been suffering for months, his body was simply refusing to heal."

The human body is a self healing organism. When you scrape your knee, your blood will quickly work to clot and scab. Your liver has a unique ability to regenerate after injury. If you break a bone, there are specific cells that work to

knit the edges back together.

Unfortunately, there are also a number of factors that prohibit those regenerative cells from completing the task they were designed to do including stress, age, lack of sleep, and suffering from serious infection or disease.

In Joseph's case, his battle with Covid really affected his muscle tissue's ability to heal and repair. Beyond the body just being terribly fatigued from fighting a very challenging infections, his cells were nearly depleted of oxygen. At Lincoln Acupuncture, we have several cutting-edge therapies to treat conditions of this nature, and at the forefront of those is O3 Regenerative Therapy.

"I'll be honest, I was skeptical at first, jokes Joseph. "It's just all so different from what I'm used to in a doctor's office and I'm sure my eyes bugged out of my head. But I was out of options and too many people have had incredible results at her hand, that I couldn't say no. With each treatment, I felt better and better. Not 10 treatments in and I was back to playing pickleball! I'm definitely living life again.

Lincoln Acupuncture is the premier provider of O3 therapy in the area. As an energized form of oxygen, O3 is far reaching tendons, cartilage, ligaments and tissues. When performed by a licensed professional, of which Lincoln

Acupuncture features the best, O3 has been proven to not only reduce inflammation but regrow new tissue, making it a viable option for pain management and an optimal alternative to surgery. The result is enhanced and effective healing!

Other common symptoms amongst those in recovery from Covid include: digestive issues, low energy, brain fog, changes in heart rate, tremors, blood clots, joint discomfort or even immune compromise.

"I go back to Lincoln Acupuncture for almost every ailment and condition since," shares Joseph. "Now I check in every few weeks for maintenance. I know I make it sound like changing the oil on your car but that's exactly what it is. Unfortunately, I don't have the luxury of ordering custom new parts for my body, so I plan on taking care of the one I have."

Lincoln Acupuncture specializes in treating chronic pain and complicated conditions. The conditions that Western medicine professionals deem untreatable then send you on your way with a prescription in hand - that's where we do our best work. There are real solutions to your suffering, and they start here at Lincoln Acupuncture.

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Painters' Club

(cont' from page 7)

in downtown Lincoln continues to feature our paintings, which will be on sale for reasonable prices through February 6th. Congratulations to Marianne Oliphant, Bob Green and Linda Morley for selling their work.

Our February Challenge is on the theme of Architecture, which will be presented at our meeting on February 21. All levels are welcome to enter, so now it's time to get painting!

Our Artist Spotlight for December was pastel artist Jane Barry, who was lured by the beauty of Lincoln Hills to move here with her husband from Central California in 2002. As a former CPA and financial advisor, Jane



Jane Barry's pastel landscape.

relishes the slower pace of retired life that has made it possible for her to focus her interest and talent on painting. She enjoys painting because it allows her the opportunity to view and portray things in her own way. She uses vibrant colors to express her passion when painting nature's beauty.

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

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Paper Arts Club

BY LINDA LUCCHETTI

Happy New Year! We are looking forward to many more projects and fun times ahead. Stay tuned to learn more about what's in store for the upcoming months.

Our next general meeting is January 5. Don't forget, Open Lab is on January 19. This

is a chance for members to gather informally together, share ideas, and work on projects. Often, there are demos led by Dottie Macken, our Open Lab leader, who presents tried-and-true tips and techniques for card making. So, if you feel like leaving your craft room for a spell, come on down!

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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LH Photography Club

BY DIANE MARGETTS

In December, members enjoyed our annual Holiday Buffet Breakfast at Orchard Cree Lodge. As always, the food was as wonderful as the socialization. Thank you once again to Truman Holtzclaw and Larry White for setting up their holiday studio in the lobby and taking photos of all members that were willing!

Following the success of the Show and Tell Extravaganza in November, we will continue the Show and Tell in January as time simply ran out at the Extravaganza! Be sure not to miss it—our Club is home to some spectacular photographers!

To enjoy some of this wonderful photography, check out our Facebook Page. The Club Facebook page is open to all residents of SCLH who are interested in photography. Members post photographs, suggestions, answer questions, and add ideas for local places to try out your skills with the camera. Beginners are especially welcome. To participate go to: <https://www.facebook.com/groups/SCLHPhotographyClub/?ref=bookmarks>.

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

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

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Woodcarvers Club

BY LIONEL RAINMAN

You do not have to be an experienced artist or craftsman to enjoy woodcarving. All that is required is natural curiosity, a desire to learn and a little time. All you need to get started can be as simple as a pocketknife and a piece of wood. One of the joys of working with wood is seeing your ideas taking on a physical form.

The woodcarvers in our club have various carving and creative abilities and are always available to assist or advise other members or new carvers as well. Woodcarvers Club members have a large library of carving books, magazines and DVD's for plans and ideas. If you are curious or have an interest in carving please stop by and see what we are doing. We have carving tools that you can use.

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

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Genealogy Club

BY NANCY SWITZER

Have we got a New Year's Resolution for you! Come join our Genealogy Club! It is simple, go online to: www.suncitylhgc.com and at the bottom of the Welcome Page, click on the button to "Become a Member." At the bottom of the Membership page, you can click on the PDF button and it will take you to the application. Just follow the information you will find there. You can mail the application, along with your \$20 dues to Lodge Carlton at the address listed or bring it to our first meeting on January 16th. We always have great and informative speakers, who can help spark your interest in finding out more about your ancestors. Don't you have a burning curiosity as to where you got your different talents? How about your hair color or height, or do twins run in your family? How about the skeletons in your family tree? Maybe you know them and your family members do not, but might like to know???

Other benefits of Genealogy Club membership are the subscriptions to different genealogy programs that you can access at the Orchard Creek Computer Lab. They are available to use whenever the room is not being used by another organization. These programs are Ancestry, Fold 3, Newspapers and HistoryGeo. There are also great resources in our club members—there is always someone

who has had the same question as you, but they have found the answer and you can benefit from it.

As an added bonus, you may be the lucky one to win our prize drawing at the General Meeting.

We will announce some new members on our Steering Committee but we are always looking for more help! Hope to see you there! Happy New Year!

Contact: Carole Moore 916-543-4762
Website: www.suncitylhgc.com

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Shalom Social Group

BY JUDY GANULIN

Shalom Social Group is having a flurry of activities! Our annual Hanukkah party on December 19 featured latkes (potato pancakes) and other delicious food, music, camaraderie and fun. Our Women Together luncheon attendees heard a speaker from the Sacramento Refugee Resettlement Circle, which is helping a family fleeing the war in Ukraine. One of the family members also spoke. We have donated to the Circle. Our next Men's Club event is scheduled for this month, as is our next general membership meeting. For more information about our group, please call Margie Gulko, 916-543-5303, or Deanne Iliff, 530-518-3704.

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LH Astronomy Group

BY BILL WEAVER

After a two-year postponement due to the Covid-19 pandemic, LHAG members gathered on December 4th in the Orchard Creek Lodge Solarium for an enjoyable and informal catered luncheon. The event included vying for door prizes, competing in the annual Astronomy Quiz and a great opportunity to better know one another.

General membership meeting

The LHAG will hold its general membership meeting on January 4, 2023 in the Kilaga Springs Presentation Hall. The meeting will begin at 6:45 PM and include a special presentation by member and astrophotographer Ron Yelton who will discuss and display his recent work in photographing and processing interstellar images using telescopes located around different parts of the Globe.

(cont' on page 10)



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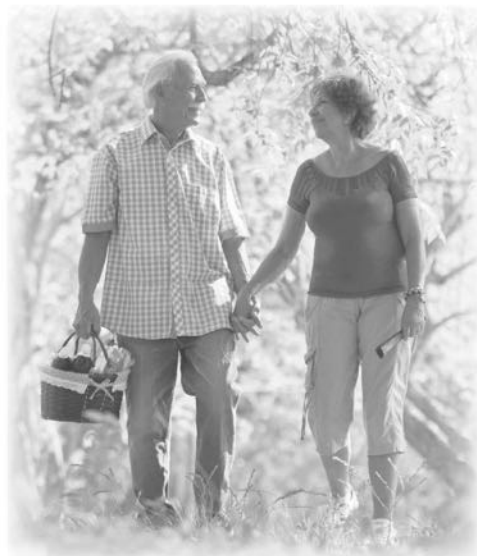
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LH Astronomy Group

(cont' from page 9)

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 \$10.00 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 of 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.

The 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.

The TIG Star parties are set up prior

to sunset in the upper tennis courts of the SCLH Sports Pavilion. The next star party is scheduled for January 19th (sunset at 5:30 PM). Future star party dates can be found on the LHAG website at www.lhag.org. Star parties are subject to weather and seeing conditions. For further information on this group please contact the Group Coordinator Bob Collins at bobpcoll@community.net.

Astronomical Events for the Month of January

January 3, 4 - Quadrantids Meteor Shower

The Quadrantids is an above average shower, with up to 40 meteors per hour at its peak. It is thought to be produced by dust grains left behind by an extinct comet known as 2003 EH1, which was discovered in 2003. Unfortunately, this year the nearly full moon will block out most of the fainter meteors.

January 6 - Full Moon

The Moon will be located on the opposite side of the Earth as the Sun and its face will be fully illuminated. This full moon was known by early Native American tribes as the Wolf Moon because this was the time of year when hungry wolf packs howled outside their camps. This moon has also been known as the Old Moon and the Moon After Yule.

January 21 - New Moon

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

For more information about the LHAG, contact Bill Weaver, LHAG President at hamweaver@wavecable.com.

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Lavender Friends

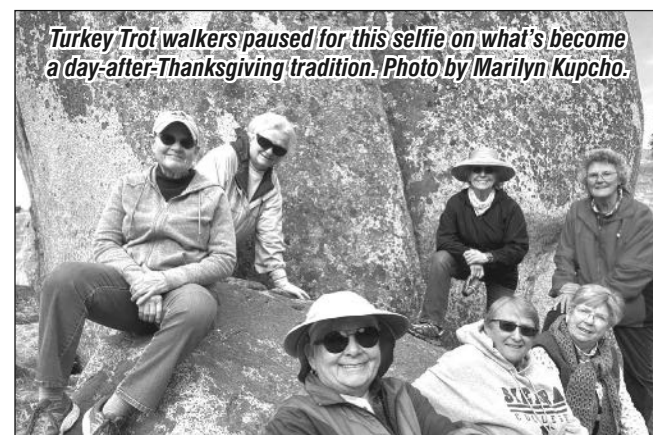
BY SANDI DOLBEE

Twenty-seven with one on the way. That's the number of new members who joined Lavender Friends in 2022, according to a tally by Sara Vega, our membership chair.

In farming terms, you might say it's a bumper crop — and it's kept her pretty busy. As new members join, Sara hosts meet and greets in her home to hear more about them, talk a little about the club and introduce our president, Marilyn Kupcho. She has another gathering planned for this month.

One of our club's main commissions is to provide social activities and events for our members and guests. To that end, as we emerged from the pandemic last year there was a parade of outings — from visiting back-country wineries and trying out local restaurants to getting up close and personal with a fascinating mandarin ranch in Penryn. We ended the year on two annual high notes: our Turkey Trot, when we gather to walk one of our beautiful trails on the Friday after Thanksgiving, and our December dinner-dance, which as of this writing was on target to draw upwards of 100 people.

Lavender Friends is a club of LGBTQ



Turkey Trot walkers paused for this selfie on what's become a day-after-Thanksgiving tradition. Photo by Marilyn Kupcho.

residents — and their allies. Allies are what we call men and women who join the club to show their support. "It's a measure of acceptance that is so important to us," says Sara. It's also a reminder that we all are part of the same community.

And we aren't done yet. We will officially kick off the new year with a party later this month to celebrate each other and usher in 12 more months of adventures that bring us together and provide new opportunities to give back.

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(more Club News cont' on page 11)

LH Italian Club

BY LINDA LUCCHETTI

Felice anno nuovo! Happy New Year! We wish everyone a prosperous and healthy year ahead. We'll kick off our events this year with the popular annual Crab Feed on Friday, January 13. The planning of more monthly activities is in the works, like: Movie and Social on February 8; Venetian Carnevale on March 19; another regional event, this one featuring Campania, on April 29; and, of course, to kick-off summer, BBQ and Bocce on May 21. Keep checking the website for additional details and how to



2022 Christmas Dinner and Dance.

sign up for these fun-filled events.

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

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Apple User Group

BY NINA MAZZO

Want to kick off the New Year by learning something new on your iPhone or Mac? We have three meetings this month. On Thursday January 5th Ken Spencer will present in the Kilaga Springs Presentation Hall. Ask the Tech begins at 6:45 followed by his program at 7:00PM. (Details on his presentation will be announced through club emails and club calendar)

The club general meeting will be on Tuesday January 10th also in the KS

Presentation Hall.

Ask the Tech begins at 6:30PM followed by the program at 7:00PM (in person only) Speaker Nina Mazzo will present "Exploring the Mac's Dock". Located on the Mac desktop, the Dock is a convenient place to access apps and features that you are likely to use each day. Nina will discuss the functions of the apps and features that come with the Mac. As this is the general meeting there will be prizes.

Our enthusiastic and knowledgeable speaker Andy Petro prides himself on encouraging his audience to try to learn at

least two new things from each and every presentation. Join Andy on Monday January 23 in the KSPresentation Hall (in person only). Ask the Tech begins at 10:15AM followed by the program at 10:30AM. Andy will present "iOS 16 New Features and Other Good Stuff". Features like managing your photos, editing sent Messages, undo emails that have been sent, manage Wi-Fi passwords and other good stuff on your iPhone.

The monthly calendar of events including open labs as well as membership form for renewals and new memberships will be found at our club website.

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

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Multiple Sclerosis Group

BY JERI DI FIORE

Enjoy all those Holiday goodies. Bet you did!

Zoe Edwards, Nutritionist Mercy MS Achievement Center, will help us get back on track with healthy eating and snack ideas, on Tuesday, January 17, 1 PM, Kilaga Springs, Sierra Room.

New Members and newly diagnosed are welcome to our casual, friendly group. Have a family member or friend with MS? You are also invited. Want to Volunteer? We love our Volunteers!

See you on January 16!

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Alzheimer's - Dementia Caregivers Support Group

BY VALERIE JORDAN

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

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

The Women's group meets the first Wednesday of every month in the OC Multi-Media room; the next meeting is January 4 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 January 19 from 10AM-noon. Contact Ernie Drake (916-543-3482).

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(more Club News cont' on page 12)

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Bosom Buddies

BY VAL SINGER

Bosom Buddies has lost five members: Patti Barnes in December 2021; Rita Wilks, Loretta Banducci, Sue Carden, and Cindy Redhair in 2022. Bonnie Haggard lost her husband, Rich, as well. All will be missed greatly.

Hopefully, 2023 will be a much healthier year.

Happy New Year!!!

Bosom Buddies' Christmas party was a huge success. The tables were decorated by Dee O'hara and Cheryl Hansen with real pink roses and white daisies (pic). And each member received a candle, made by Kay Brady and decorated by Sharon Peck and Sue Blankenship (pic). Once again, these ladies have outdone themselves. Thanks so much.

We were entertained by Lori Redhair and Yvonne Krause. They sang Christmas songs we all knew which allowed us to sing along. It



made for a lively afternoon. Thanks so much Lori and Yvonne.

2023 should be a bountiful year for Bosom Buddies. Even though we are still battling viruses of one kind or another, with the vaccines, we are able to have the freedom to get out and mingle.

January's speaker is Jennifer from Coldwell Banker Real Estate with ideas on how to downsize. Should be interesting. You do not have to be a member of Bosom Buddies to come to our meetings. The meetings are on the second Thursday of the month at 1:00 pm in the Multiple Purpose Room, OC.

Please let Patty McCuen (530-575-2889) know if you have an idea for a speaker. Your doctor, pharmacist, therapist, etc., who would come and talk to us.

Welcome to all the new members. I have Bosom Buddies pink shirts in all sizes available for sale. They are \$20.

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.

We end each meeting by holding hands and saying: "Together we are strong; together we will make a difference; together we will survive!" And, we will, hopefully with a little fun...

• • •

Low Vision Support Group

BY JOAN BRANT-LOVE

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

Pat Togstad, President of Neighbors InDeed, will be our speaker. Pat will review the various services of Neighbors InDeed including Handy Helpers, Medical Equipment Loans and Information and Referrals. She will also discuss how the NID list of resources is constructed and maintained. There will be ample time for Q&A so bring your questions with you.

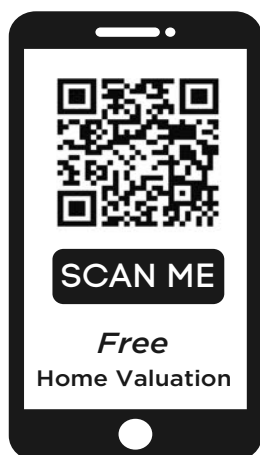
Meeting – Tuesday, February 7, 2023, 2:00 to 4:00 PM, Fine Arts Room, Orchard Creek Lodge

Come Learn About Dial-A-Ride! Jaime Wright, Placer County Public Works Manager

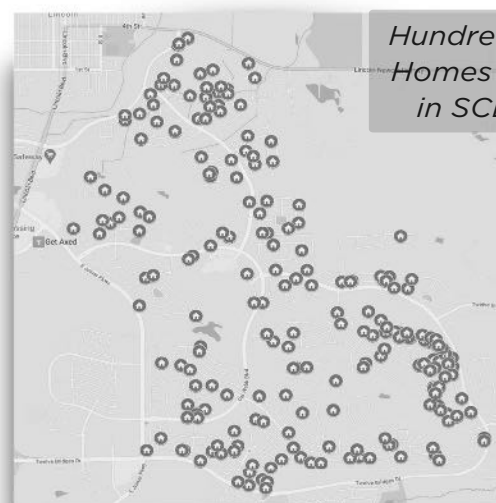
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Low Vision Support Group

(cont' from page 12)

– 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.

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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LH Travel Group

BY LINDA BEVINS

Happy New Year! Welcome 2023!!

Start your New year by making your reservations for the Lincoln Hills Travel Show in January!

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

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

Place: Via Roma, 2270 Nicolaus Rd, Lincoln

Time: 3:30pm

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

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

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

All trips include airfare and transportation to the airport!

How about a small ship cruise in Europe on the Amadeus ship on the Magical Rhine and Moselle Rivers? Last Call! Deadline coming up! Only 148 pax and beer and wine included each evening on board the ship! Begin in Amsterdam, then cruise through Germany, France and end in Switzerland. Enjoy the castles, wine cellars, medieval fairytale towns learning the history of these picturesque towns.

For more information, check on our website or go to gateway.gocollette.com/link/1131282.

Perhaps you would like to enjoy French food, French architecture and French culture without traveling to Europe! Sign up for our trip to the Best of Eastern Canada and visit Quebec, Montreal and Niagara Falls, a landmark on everyone's bucket list!

Space is limited and the deadline is coming soon. Check on our website or go to gateway.gocollette.com/link/1129932

Or how about an African Safari? This small groups tour is limited to 18 pax who will travel in a 6 person game vans on a real safari out to view the animals but enjoy deluxe accommodations in the evenings with delicious food.

Check on our website or go to gateway.gocollette.com/link/1130205

Maybe a 3 week trip to Australia and New

Zealand. Come along in September (6 - 25) for an incredible tour of Australia from the Outback to the Great Barrier Reef - and New Zealand Queenstown to Mt. Cook National Park and Including a scenic cruise of Milford Sound, viewing the incredible natural beauty. Tour the Sydney Opera House, one the world's architectural wonders. Witness Ayers rock at sunset as you sip champagne. Check on our website or go to gateway.gocollette.com/link/1130309.

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

America's Cowboy Country for May 14-21 is sold out but there is another departure just a few weeks later for anyone interested in this incredible tour visiting many of the National Parks - just contact Joanne Schumacher for date and more information.

The Travel Show will also be the first look at The Ozarks, an October tour featuring 3 nights in Branson and 3 nights at Hot Springs - a must for anyone wanting to visit all the National Parks. Two other tours that will be introduced at the travel show are a Croatian Yacht Cruise (think the lifestyles of the rich and famous!) and Christmas time in San Antonio.

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

You will find all of the other tours that the Travel Group is currently presented on the website too. But do remember if there is a tour you are interested in and it is not listed,

just contact one of the committee members to book you on any other tours of your choice.

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

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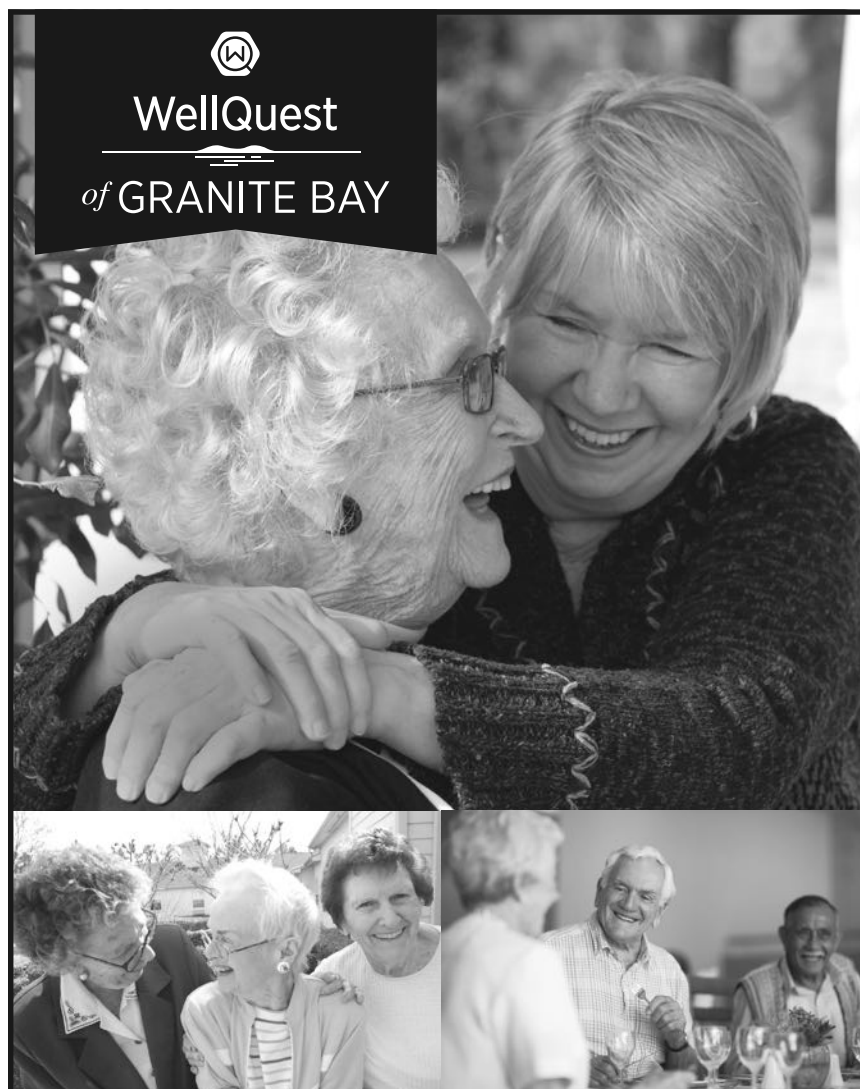
Democratic Club

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>.

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(more Club News cont' on page 15)




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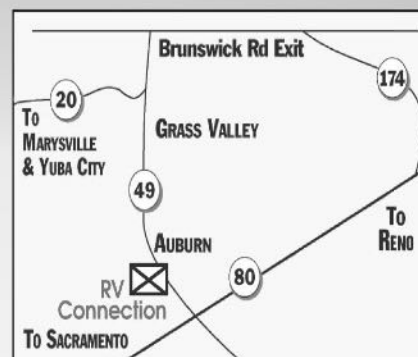
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Sports Cars

BY RICHARD PEARL

There were no trips in December 2022, but planning is underway for 2023 and we're expecting a return of both day trips and overnight excursions. At this time there is nothing planned for January but keep an eye out for emails from the Club as something might pop up at the last minute for a day trip.

The Club had a fabulous Holiday Party December 13th at Catta Vadera Country Club. For many members it was a chance to break out tuxedos and formal gowns. As usual, it was well attended, and everyone had a great time.

New Club officers were installed.

We have a few new members and we're always looking to expand our roster. Most importantly, we need members to step up to become tour leaders. It's easy to "apprentice" with one of our experienced tour leaders, so make your intentions known and join the fun. Trips are the lifeblood of the Club, and we need more members stepping forward.

Happy New Year, and Happy Trails, everyone!

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

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The club's newly installed officers reporting for duty.

RoadRunners Motorcycle Club

BY JACQUELINE MCDERMOTT

The Sun City Lincoln Hills RoadRunners Motorcycle Club enjoyed a wonderful holiday gathering. Members pictured Shawn Klien, Bob Woerlee, Tom Moe, Fred Zachu, Jacqueline McDermott, Dan Harlander, Don Bowden, Jeff Critch, Manny Perez, Doug Sterne, Gene Glaser, Tim McDermott, and Ralph Tonseth accompanied by spouses enjoyed a delicious meal and shared funny stories. Our club is currently dark, and our first

monthly social meeting resumes in February on the Fourth Thursday of each month at -5:30 PM Multipurpose Room (OC). Our first planned group ride starts back up in March on the second Saturday monthly, 8:00 AM at the Twelve Bridges Chevron.

Are you interested in learning more about motorcycles, riding motorcycles, or enjoying friendships with motorcycle enthusiasts? Call our Membership Chairman, Manny Perez, 916-253-9121 Manwil412@wavecable.com to learn more.

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Road Runner Holiday Party 2022.

Rods & Relics

BY ELNA RAGAN

On November 17, Club members caravanned over to Lincoln Fire Station 34 and participated in the Fire Fighters Turkey Donation Day. A new record was set with over 1,000 turkeys being donated!

Over 40 Club members participated in the Club's Annual Christmas Dinner and Dance held on Friday, December 16 at the Orchard Creek Ballroom, Sun City, in Lincoln. It was a very festive occasion with an expanded buffet, games, and music provided by the Steve Evans Duo for our listening and dancing pleasure. Club members brought toys that filled large boxes from the Toys for Tots Foundation that we contribute to every year. As always, everyone had a wonderful time dining, visiting, and dancing the night away!

Chuck Barnhart, Car Show Chairman, will be holding the first Committee Chair Meeting in January. The date for the 2023 Downtown Lincoln Car Show is Saturday, June 3, 9:00 a.m. to 2:30 p.m. It is a huge event, bringing thousands of people to the area to enjoy seeing over 400 vintage and customized vehicles on display. If you come earlier than 9:00 a.m. you can enjoy a Pancake Breakfast hosted by the Boy Scouts from 7:00 a.m. to 10:00 a.m. There will also be food and product Vendors selling their wares. So, save the date of June 3 and come Downtown to join in the fun!

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

Best wishes to all for a safe, healthy, and rewarding New Year!

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

The Group is looking forward to Winter Field Day Saturday, January 28th at 11:00 AM through Sunday, 11:00 AM. Similar to Field Day, operators try to get out and set up outdoors using portable battery or solar powered equipment. This type of event helps

us hone our emergency communications skills and test out our gear. 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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S.C.H.O.O.L.S.

BY PATTI KINGSTON

A Happy and Healthy New Year to all. 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 pkingston@att.net to tell your story. Some volunteers have been profiled in past issues of this newspaper



(cont' on page 16)



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

(cont' from page 15)

and there are many volunteers with interesting classroom experiences.

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

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LH Veterans Group

BY BILL LEWIS

Happy New Year to all. The newly elected 2023 LHVVG Board of Directors are, Dave Taylor, President, Jeff Davis, Treasurer, Richard Fuller, Secretary; Peter Gilbert; Director, James L. Mikacich, Director. We thank the 2022 Board of Directors and the Committee members for their outstanding service during the past year and a special thank you to Jon Hodson for all of his work in revising the LHVVG By-Laws.

The Speaker for the 1:00 p.m. January 19, 2023 General Meeting in the Kilaga Springs Presentation Hall will be U.S. Air Force veteran, Lt. Col Ed Harvey. During his 24-year career, he set up a "hot line" in 2015 connecting the U.S.A. Headquarters in the Persian Gulf and the Russian Task Force in Syria. He speaks fluent Russian and the line still exists, and is used when necessary. He also

flew "Treaty Verifications Missions" in support of the Open Skies Pact, 1998-2006, involving the Warsaw Pact nations and NATO. You won't want to miss this meeting; it is a great way to start out the new year.

The Lincoln Hills Veterans Group's annual Christmas Holiday lunch was a huge success with 114 attending and enjoying lunches of chicken, Salmon and Vegetarian. Also, someone at each table won a gift certificate. (See attached Photo) As always, we are looking for volunteers for the operation of the Group. Presently needed are Chair Persons and Committee members for the Flag Table Committee, Program Chairperson, Social Events Chairperson and committee members. The members of the LHVVG are very skilled and talented in many fields and we encourage all Veterans and Associate Members to volunteer for these chair positions and committee



memberships. Please contact Dave Taylor at 559-281-0868 to volunteer. Thank You.

The Flag Table will be open on January 15, 2023 in the Orchard Creek Lodge Lobby for the sale of Flags at a price of \$30. Fly Your Flag Proudly New Year's Day, January 1, 2023 and Martin Luther King's birthday, January 17, 2023

The next general meeting will be held on February 19, 2023 at 1:00 p.m. in the Kilaga Springs Presentation Hall. The guest speaker will be Jim Skinner.

In Memoriam —
Margie Buhler, U.S. Army;
Richard Hafenrichter, U.S Air Force

The Veterans Group extends its deepest condolences to these veterans' families and friends.

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LH Republican Club

BY SUE DUMAS

Happy New Year!

Our Club is growing, and we are making a difference. We will be having our 2023 Kick-Off, our 3rd Annual Open House in the Kilaga Springs Placer Room (Kitchen). It will be a drop in from 1:00 p.m. to 4:00 p.m. Cookies, coffee and tea. Information tables with relevant guest hosts; Election Integrity Project of CA, 2nd Amendment, City of Lincoln, School Administrators, etc. Great information!

Wednesday, February 22nd KS PH meeting; Guest Speaker Attorney Eric Early. Doors open at 6:00 p.m., program begins with the Pledge of Allegiance at 6:30 p.m.

Our goal is to get as many people as possible involved in making a positive difference in our community. We are politically proactive, in promoting a healthy, safe, happy environment for present and future generations. If not us... who?

If you have not been an active member in the past, we invite you to see how you can become more active. We always welcome volunteers. Each of us has "gifts" we can utilize, and we encourage you to use your gifts to enhance our efforts. An interest sheet will be available at the Kick Off.

We look forward to seeing you at our January 2023 Kick Off, and to a safe and sane New Year!

(cont' on page 17)

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Megan Carolan Martin
916.420.4576
Transaction Coordinator
CA DRE # 01937273

LH Republican Club

(cont' from page 16)

Don't forget! If you want to continue to receive emails, etc., a current membership application and dues for 2023 is required to remain on the roster!

Not a member yet? Go to our website and download the membership application, complete and mail in with your check for \$15/ per person--per year.

www.RepublicanClubSCLH.org

Bird Group

BY DON BAYLIS

December and January are usually the busiest dates on the birding schedule, and this season is no exception. Two birding expeditions will be reported on in this article, with two additional events to go in December. The Sacramento NWR, Christmas Bird Count, and the January Staten Island Sandhill Crane trips will be covered in the February article.

December 12 was the December regular meeting, featuring Michele Dodge with a photo tour of the Great Pacific Flyway. Michele lives on the American River, and her talk centered on that location. Her photos and talk showed the pair of Bald Eagles who nest in the Orangeville area, where they have had seven years of successful nesting, and lay 2 eggs on Valentines Day. Other birds featured were Phainopepla, Bullocks Orioles, Osprey, herons and egrets. An amazing set of bird photos from our region.

The January 9 meeting will feature Cliff Feldheim, speaking on "California Trout Organization — Impacts of Water Management on Fish, Birds and Wildlife. For the February 13 meeting, "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.



Wilson's Snipe by Linda Morley.

On the Friday after Thanksgiving, about 15 birders gathered at Ferrari Pond to check out our shore and water birds. This year, with the ongoing drought and lack of early rain, we did not include the Salt Pond (although there are water and birds there now). Despite the reduced scope of the ponds, it still was a success with 40 species spotted. This is well within the range of previous years and did have some surprises. We saw several dozen Ring-necked Ducks, the first sighting in 10 years on this outing. We also saw 4 Wilson's Snipe (a record number), and a Sora for the



Ring-necked Duck by Don Baylis.

second year.

The following week, on December 2 four carloads journeyed north of the Sutter Buttes to Gray Lodge State Wildlife area for our annual trip. The weather cooperated, providing a pleasant, sunny day amidst rainy days. The birds also cooperated, with 77 species viewed, an all-time record count. Over the previous ten trips, we had a total of 102 species, of which we saw 74, plus spotting White-breasted Nuthatch, Savannah Sparrow, and American Avocet for the first time on this trip. Sightings of Downy Woodpecker, Wilson's Snipe, and American Bittern were also uncommon over the years. With the nice weather, birds were scattered and ponds were not carpeted with Snow Geese and White-fronted Geese, but there were more than enough to view. Ponds bordering our route to Gray Lodge provided most of the shore birds seen, along with Tundra Swans.

Scheduled birding trips are Staten Island/ Cosumnes on January 13, leaving at 8:00 AM. Subsequent trips to be announced via email

and the web site.

Our programs are held in KS Presentation Hall at 1:30 PM on the second Monday of the month. Most day trips leave from the Orchard Creek parking lot west of the pool at 8:00 AM unless otherwise specified. Please check Events on our sclhbirders.org and your email for updates and weather cancellations. Bird lists for each trip are posted on the website under Lists.

Contact: suncitybirders@sclhbirders.org

Web Site: sclhbirders.org

Garden Group

BY LORRAINE IMMEL

Happy New Year!

Our kick-off New Year Speaker for the General Meeting (4th Thursday, January 26, 2:00 PM, Kilaga Springs) is Kevin Marini. He is a very interesting and knowledgeable presenter whom we have asked to return on many occasions. Kevin's topic: "Top 10 Tips for Ornamental Trees."

Planting trees is an investment in the future and ornamental trees can add property value for homeowners, shade for energy savings, beauty for aesthetic appeal and habitat for a myriad of wildlife. Trees are prized for all of these things; however, many homeowners do not have the crucial knowledge necessary for tree success. From planting to pests to pruning, Kevin Marini will discuss his "Top 10 Tips for Ornamental Trees" and he guarantees

(cont' on page 19)

"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.

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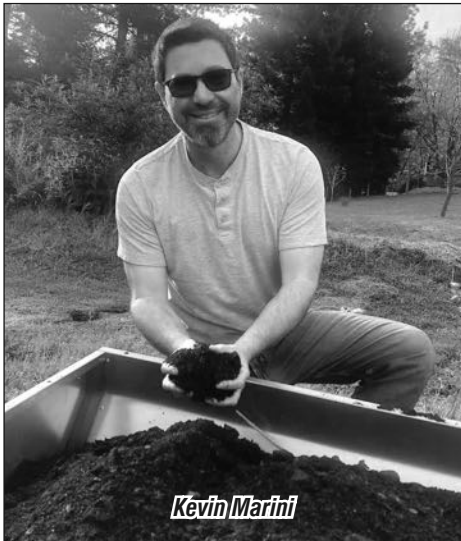
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Garden Group

(cont' from page 17)

all attendees will learn something new."

Kevin Marini started growing food in college and upon graduating with a degree in Ethnobotany, he was involved for two years



building school gardens throughout Oakland Unified School District (14 elementary schools). This amazing experience led to a commitment to teaching people about growing food and to an overseas adventure learning to farm in the heart of Tuscany, Italy. Upon returning from Italy, Kevin became the Program Manager for the University of CA Placer and Nevada Counties' Master Gardener program and has been for 20 years now. He has trained over a thousand Master Gardener volunteers up and down the state and also teaches the public through workshops and speaking engagements. His areas of expertise are soils, vegetable gardening, composting, fruit trees, and, as a Certified Arborist, tree care.

This meeting will include:

- Membership Registration for the Garden Group 2023 (renewal and new) will be available at the Jan. General Meeting starting at 1:00 PM. (Have cash or a check for \$20 per household made out to Lincoln Hills Garden Group ready... a check is best as it is an auto receipt for you and us!) If you are a renewal from 2022, you do not have to fill out a form as Membership Chair Marjie Anderson has your form. (Do make sure you let her know if

you have changed your address, phone, and/or email.) It is suggested for new members to go to the website: lhgardengroup.org and fill out the forms before this meeting.

- If you have pre-registered and already paid the dues and signed a liability form before this meeting, you can check-in at the EXPRESS line.

- Brown Bag sales of donated plants and garden items will be available at a table—good prices!

- Master Gardeners will have a Q & A session for 20 min. before the 2:00 PM meeting.

- Door prizes!

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Hiking-Walking Group

BY GAY MACKINTOSH

Happy New Year to all! Research shows getting some exercise while enjoying the Great Outdoors will make you even happier. So come join Lincoln Hills hikers and walkers as we welcome 2023 with lots of opportunities to explore the delights of nature.

Only have an hour to spare? Walkers meet at 8 AM every Wednesday at different trailheads right here in Lincoln Hills for invigorating 2 ½- 3-mile treks.

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). Bundle up and come on out to share these amazing places with friends old and new:

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

- 3rd Thursday, January 19. Cronan Ranch (Cool)—6+ miles through foothill grasslands with some oak and riparian woodlands and views of the South Fork of the American River.

- 1st Tuesday, February 7. Big Hill Preserve (Auburn)—Special treat! Placer Land Trust docents will lead our group in exploring a newly protected area not open to the public. 4.5 miles, great views of the foothills and the Sierras. Check website for how to sign up.

- 3rd Thursday, February 16. Surprise! Keep an eye on the website for details to be revealed.

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

for Wednesday walks. Weather cancellations or other schedule changes are also posted on the website.

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

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

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

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LH Senior Softball League

BY HEIDI MAZZOLA

A new year... a change in leadership. At an election last November, a new Women's Division Steering Committee was decided for 2023. The new committee consists of Kathleen Wilens, Jean De Simone, and BJ White. They will be taking over from outgoing committee members Karin Richter, Marilyn Duncan, and Linda Hanley. These founding members worked hard to make the Women's Division of the LHSSL a huge success, and we owe them a debt of gratitude for their dedication. When not playing softball, they will be traveling, participating in other athletic activities, and enjoying their family and friends.

Speaking of the women, they held their annual Holiday potluck party in December. About 25 ladies attended the event. The food was delicious, and the gift exchange was spirited with much laughter.

Fun Ball was well attended in 2022, and although we had several rain outs, we managed to play 20 games in October and November.

Moving ahead, the 2023 Player Application will soon be available, John Moran's Conditioning Clinic occurs in February, and practices start soon after. The Co-ed Division player draft is slated for March, and Opening Day is scheduled for April.

As always, please visit the website for event dates and the 2023 Player Application.


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

Website: LHSSL.net

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(more Club News cont' on page 24)






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Days & Destination	Cruise Line ~ Sailing Date	Starting Price/ Inside Ocean View Balcony		
15 DAY HAWAII from SFO! Princess	Jan 16, 2023	\$959	\$1,563	\$1,563
Royal Princess ~ 3560 Passengers	Mar 12, 2023	\$1,099	\$1,954	\$1,999
Crown Princess ~ 3080 Passengers	Nov 26, 2023	\$1,398	\$1,664	\$2,649
Sail round trip from San Francisco, California to Kauai, Nawiliwili Hawaii; Honolulu, Hawaii; Maui, Lahaina, Hawaii; Hilo, Hawaii; Ensenada, Mexico, San Francisco, California.				
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10 DAY ALASKA From SFO! Princess	May 17, 2023	\$849	\$998	\$1,468
Ruby Princess ~ 3080 Passengers	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				
* FREE ROUND TRIP LINCOLN SHUTTLE TO SHIP!				
10 DAY MEXICO From SFO! Princess	Dec 12, 2023	\$698	\$898	\$1,329
Crown Princess ~ 3080 Passengers	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.				
* FREE ROUND TRIP LINCOLN SHUTTLE TO SHIP!				
16 DAY PANAMA CANAL Princess	Apr 14, 2023	\$1,899	\$2,299	\$3,499
Ruby Princess ~ 3080 Passengers	INCLUDES FLIGHT TO TEXAS & SHUTTLE FROM SHIP TO LINCOLN!			
Sail from Galveston, Texas to San Francisco visiting Cartagena, Columbia; Transit the Panama Canal; Fuerte Amador, Panama; Puntarenas, Costa Rica; San Juan del Sur, Nicaragua; Cabo San Lucas, Mexico; San Francisco, California.				
22 DAY EUROPE REPOSITION Princess	Apr 16, 2023	\$2,699	\$3,399	\$3,399
Regal Princess ~ 3560 Passengers	INCLUDES ROUND TRIP SACRAMENTO AIRFARE!			
Sail from Fort Lauderdale to London (Southampton) visiting the Azores Islands (Ponta Delgada); Rotterdam, Netherlands; Brussels/Brugges (Zeebrugge); Southampton (London); Portland, UK; Guernsey (St. Peter Port); Cork, Ireland; Glasgow (Greenock), Scotland; Holyhead, Wales; Southampton (London).				
32 DAY CAPE HORN GRAND ADVENTURE Princess	Mar 5, 2023	\$4,748	\$4,078	CALL
Sapphire Princess ~ 2670 Passengers	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. *FREE Round Trip Lincoln Shuttle is for new bookings only. Please call for current availability and pricing.

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Cruise Line ~ Sailing Date	Starting Price/ Inside Ocean View Balcony		
11 DAY SOUTHERN CARIBBEAN HOLLAND AMERICA Mar 8, 2023	\$749	\$949	\$1,499
Rotterdam ~ 2668 Passengers			
Sail round trip from Fort Lauderdale, FL to Grand Turk, Turks and Caicos; Amber Cove, Dominican Republic; Kralendijk, Bonaire; Willemstad, Curacao; Oranjestad, Aruba; Half Moon Cay (Private Island), Bahamas; Fort Lauderdale, FL.			
10 DAY SOUTHERN CARIBBEAN ROYAL CARIBBEAN Feb 17, 2023	\$559	\$612	\$1,863
Vision of the Seas ~ 2435 Passengers	Mar 31, 2023	\$387	\$477
	Apr 21, 2023	\$396	\$576
		\$1,577	\$1,507
Sail round trip from Fort Lauderdale, FL to Labadee, Haiti (Royal Caribbean's Private Resort); San Juan, Puerto Rico; Philipsburg, St. Maarten; Basseterre, St. Kitts; Castries, St. Lucia; St. John's, Antigua; Fort Lauderdale, FL.			
14 DAY PANAMA CANAL HOLLAND AMERICA Mar 4, 2023	\$699	\$799	\$3,499
Zaandam ~ 1432 Passengers			
Sail from San Diego, California to Fort Lauderdale, FL visiting Puerto Vallarta, Mexico; Huatulco, Mexico Puerto Quetzal, Guatemala; Transit the Panama Canal; Cartagena, Columbia, Half Moon Cay, Fort Lauderdale, FL.			
12 DAY AUSTRALIA & NEW ZEALAND HOLLAND AMERICA Mar 11, 2023	\$1,799	\$1,999	\$2,799
Celebrity Eclipse ~ 2850 Passengers			
Sail from Sydney, Australia to Auckland, New Zealand visiting Melbourne, Australia; Burnie, Tasmania; Milford Sound, New Zealand; Port Chalmers, Dunedin, New Zealand; Timaru, New Zealand; Picton, New Zealand; Wellington, New Zealand; Napier, New Zealand; Tauranga, New Zealand; Auckland, New Zealand.			
15 DAY PANAMA CANAL ROYAL CARIBBEAN Apr 21, 2023	\$973	\$1,799	\$3,399
Radiance of the Seas ~ 3080 Passengers			
Sail from Galveston, Texas to Los Angeles, California visiting Georgetown, Grand Cayman; Cartagena, Columbia; Colon, Panama; Transit the Panama Canal; San Juan del Sur, Nicaragua; Puerto Vallarta, Mexico, Los Angeles, California.			
36 DAY EUROPE REPOSITION CUNARD Aug 20, 2023	\$5,448	\$6,248	\$7,688
Queen Elizabeth ~ 2081 Passengers INCLUDES LINCOLN SHUTTLE TO SHIP & SACRAMENTO AIRFARE RETURN!			
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.			
80 DAY GRAND REPOSITION CUNARD Feb 7, 2024	\$15,499	\$17,499	\$22,499
Queen Victoria ~ 2061 Passengers INCLUDES LINCOLN SHUTTLE TO SHIP & SACRAMENTO AIRFARE RETURN!			
Sail from San Francisco to London visiting Honolulu, Hawaii, Apia, Western Samoa; Suva, Fiji; Auckland, New Zealand; Wellington, New Zealand; Christchurch, New Zealand; Sydney, Australia; Arlie Beach, Australia; Cairns (Great Barrier Reef), Australia; Bitung, Indonesia; Puerto Princesa, Philippines; Manila, Philippines; Hong Kong, China; Ho Chi Minh City, Vietnam; Singapore; Colombo, Sri Lanka; Port Louis, Mauritius; Port Elizabeth, South Africa; Cape Town, South Africa; Walvis Bay, Namibia; Tenerife, Spain; Funchal, Madeira, Portugal; Southampton (London), England, UK.			
94 DAY AUSTRALIA & NEW ZEALAND Holland America Jan 3, 2024	\$16,999	\$18,699	\$42,499
Volendam ~ 1432 Passengers INCLUDES ROUND TRIP SACRAMENTO AIRFARE!			
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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	\$700,000	\$17,500	\$10,500	\$7,000
	\$800,000	\$20,000	\$12,000	\$8,000
	\$900,000	\$22,500	\$13,500	\$9,000
	\$1,000,000	\$25,000	\$15,000	\$10,000

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Saved by the Ball: A Story of Baseball as Medicine

BY STUART SINGER

When an individual's will to survive is being severely tested, sometimes the most unexpected of events can dramatically change that trajectory.

3:00 a.m., September 26, 2019

The loud thudding sound my wife Sherry heard was my body ramming headlong into a wall in our home. The force of my collision broke a toe on my left foot.

As it turned out the broken toe was the least of our worries.

It was the day after my 73rd birthday and though I had been running a fever between 103 and 104.5 degrees for two days, the advice nurses Sherry contacted on three separate occasions consistently advised her that there was nothing to freak out about, a little more Tylenol and some rest should fix me up. But the sound of my body slamming squarely against that wall changed all of that. Sherry had seen and heard enough. After finding me leaning, disoriented against the wall she contacted 9-1-1. Soon I found myself surrounded by EMTs at the top of the eighteen-step staircase leading to my front door. A gurney was not an option and there was no way I could walk down. It was decided that placing me on a chair and carrying me, Roman Emperor style, was the best solution.

Luckily I was too fever crazed to sense the humiliation.

Determining that I had pneumonia was the easiest task for the doctors during my ten-day hospital stay; finding a way to successfully treat it was far more elusive. Six different antibiotics were tried and failed. Various scans showed the infection roiling through my right lung while the fever persisted. With each passing day despair engulfed both Sherry and me. The nightly ritual of Sherry leaving me alone in my hospital room was taking an increasingly heavy toll.

Enter the 2019 MLB Playoffs.

Despite being residents of Northern California since 2011, my wife and I remained diehard Washington Nationals baseball fans. As lifelong D.C. area residents we were dedicated fans. We even traveled to Florida in March to see our team in Spring Training, a journey that continued after we moved to California.

Being a fan of the Washington Nationals

is not an easy mission. From 2005-2011 they were among the worst teams in baseball. When the club became good—four division titles in six years—the playoffs were a nightmare. Not awful terrible; rather they were just good enough to be soul-sapping terrible. For example in the deciding game of the first round of the 2012 playoffs they squandered an early 6-0 lead as well as one of 7-5 entering the ninth inning.

They lost 9-7.

During those “good” years they never won a playoff series. Consequently Sherry and I had few delusions about Washington's chances in 2019 as a lowly wildcard team in the National League postseason. Our low expectations of the team were on par with our less than positive outlook for my health. But we reasoned the one-game winner-take-all contest would at least serve as a three-hour break.

Sadly the television in my room could be charitably described as 1980s quaint. It hung from the ceiling in the far corner of my room and had a volume limit that could barely surpass the nightly ruckus of the hospital's hallways. Watching at home Sherry would give me her input of the event by phone. The 2-0 deficit in the 8th inning was no surprise. Only six outs remained before yet another first-round elimination.

What is this?

While the Nats loading the bases in the bottom of the 8th should have been encouraging, such diabolical teasing by the baseball gods had happened to us too many times before. But then Juan Soto, a 19-year old rookie, smacked a single to right that should have tied the game. But then something bizarre occurred.

The ball bounced away from the opposing right-fielder and a third, tie-breaking run scored. Sherry shrieked into my ear; I coughed then shrieked as well. Miraculously Washington held on to win. A glorious surprise to be sure. This victory had qualified the team to play the LA Dodgers, owners of the best record in the league, in a five-game series. Despite the low chance of success, at least we now had a nearly nightly distraction from the events punctuating my daily life in the hospital.

A Familiar Script with a Surprise Twist

Washington lost two of the first three games of the series but, hey, this was the second round of the playoffs, pure gravy for a victory-starved D.C. fan. Even better news was on the way. My doctors decided to send me home with two new, powerful antibiotics. While Washington again faced elimination at least now Sherry and I could watch the game together.

After a full day of monitoring my

temperature, taking pills, testing my blood oxygen level and moderate walking within the house, baseball time in the evening was a welcome relief. Remarkably Washington won the next two games; the Nats were moving on to the first Championship Series in their history.

The daily battle with pneumonia was taking an emotional backseat to the craziness of the MLB playoffs.

The next two weeks were filled with positive benchmarks. My fever disappeared, the side effects of my meds were survivable and our baseball team flourished. They flattened the St. Louis Cardinals in four straight games and a World Series against the best team in the American League, the Houston Astros, was up next.

“Now this REALLY is all gravy”, I told Sherry sharing my sincere belief that it was wonderful if not miraculous that a Washington baseball team was in the Fall Classic. After all the last time a team from D.C. won the World Series was 1925. The teams split the first six games setting up a decisive game 7.

These games had become a wonderful distraction. Mornings were spent reading the voluminous news stories in the Washington Post detailing the previous night's game while the evenings were spent in front of the tube. The medical toil of each day was reduced to a palatable bridge from the morning dispatches and the evening telecasts.

The final game was a classic. Trailing, as usual 2-0 in the late innings, Washington's Howie Kendrick—a man who could have easily been elected Mayor of the city in a landslide—hit a homer that clanged off the right field pole. As he rounded first base Fox's Joe Buck calmly announced “And the Washington Nationals take the lead.” Remarkably three years later when I see replays of that moment I still get chills.

Honest.

When the final out was recorded in Washington's 6-2 victory Sherry and I sat speechless on the couch. It took at least a minute before we could mount even a muted response. We watched in near silence as the new champs celebrated on the field. We had followed these players for years, traveled thousands of miles to see them play and now they were at the pinnacle of their domain.

For some this entire saga may make little or no sense. But for the two of us there is no doubt about one component of the story. The mental pain resulting from the life-threatening battle that had been fought to conquer my pneumonia had been kept at bay by the joy of watching “our” guys win a most unlikely championship.

Two Roads Diverge

From that nadir of late September, 2019, my health has been steadily improving. By March of 2020 I was declared cured. Despite the threat of COVID-19, my medical chart has been spotless.

For our beloved Nationals, however, life has not been so kind.

In 2020 and 2021 they finished last in their division. In 2022 they were by every measure the worst team in all of baseball. As one Washington sportswriter stated, “These guys are not only bad, they are even hard to watch.” People ask me how can you still so passionately care, why do you torture yourself day in and day out rooting in vain for the lousiest team in MLB?

The answer is actually quite simple.

When I was mentally at the lowest point of my life, the Washington Nationals were there to help me through, allowing me the breathing room to regroup emotionally and affording me the strength to take on and conquer what had been an extraordinarily rough physical patch. Now they are at the low point of a three-year decline, a time when they could certainly use all the support anyone could muster for them.

When you think about it, it is the least that I can do.

We welcome your submissions such as humorous observations and poetry.

Please see page 3 for submissions information.

Neighbors InDeed

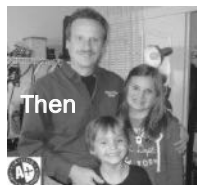
(cont' from page 1)

training. Volunteering with Neighbors InDeed gives back to this community that has given us so much.

Speaking of volunteers, at our Annual Volunteer Picnic in October, we honored three volunteers who have been with us for 15 years – Lynn Newhall, Joyce Clark, and Janet Roberts. We thank them and all our volunteers who work so hard to help our friends and neighbors.

Happy New Year!

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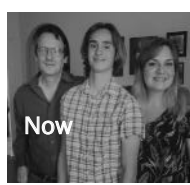
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Lincsters 9-Holers

BY CAROLE EUBANKS

Happy 2023! Let's hope the world is a little quieter this year.

General News

• Remember that play days resume in January at 1 PM.

• Seems that creating a combined list showing the total of sweeps due each member is not possible for 2022, so it falls to each Lincster to track their own winnings. One reason may be that the pro shop directory is filled with duplicate addresses. Please let a staff member know your current email so that they can clean up duplicates. You can use sweeps towards a Resident Pass or one of the other discounts, as well as merchandise. Remember, use your sweeps before the end of the year!

• Nancy Hastings collects any and all used golf equipment and donates it to girls' golf teams in our area. If you have a donation, please contact Nancy (nhast38@yahoo.com).

• The Lincsters organization is always in need of volunteers for their Big Sister program. Consider signing up! You will be paired with a new member to provide a general introduction by playing a few rounds and answering questions.

Tournament News — The Turkey Shoot Scramble was the perfect way to end 2022. Thanks to Darlynnne Giorgi. Winners: 1st Place— Alyce Stanwood, Nancy Dame, Barbara Gorden, and Marisue Flannigan; 2nd Place — Linda Coolidge, Ruth Pennington, Gunilla Christon, and Jane Steffes; 3rd Place — Ginny

Cyphers, Pattie Wolsey, Fran Ribera, and Carmen Farrington. CTPP #4— Sara Cannon (6' 2"). CTPP #7— Michelle Carson (11' 1"). Lucky Turkey Finders: Jan Nelson, Marie Bossert, Barbara Gorden.

Get ready to celebrate the 21st anniversary of the Grandmother's Tournament! Qualifications? You are a Grandmother, you want to be a Grandmother, or you had a Grandmother. The tournament is scheduled for Wednesday, January 18, 2023. Past winners include: Barbara Mumma, Kate Gold, Margie Jewett, Ann Beede, Ingela Butters, Colleen Connell, Brenda Cook, and Linda Salmon.

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

The Rules Chair reminds you that there are five key changes in the USGA Rules of Golf beginning January 2023. Be sure to look for these important changes at www.usga.org.

2023 Board of Directors — The 2023 Lincsters Board of Directors was sworn in at the December luncheon. Please thank and welcome: Directors: Captain - Susan Mox, Co-Captain - Jane Hall, Secretary - Susan Friedlund, Treasurer - Kim Schutz, Past Co-Captain - Sue Pharis.

Appointed Board Members: Awards Chair - Ranny Eckstrom and Meredith Nelson;

(cont' on page 25)

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Lincsters 9-Holers

(cont' from page 24)

Pairings/Sweeps Chair - Marie Bossert/Margie Jewett; Handicap Chair - Linda Salmon; Membership Chair - Nancy Hastings, Sharon Herlihy, Patty Alderete (Badges), Brenda Cook/Judy Josse - New Member Liaison;

Photographer - Carolyn Conyers; Social Chair - Vacant; Tournament Chair - Jane Hall; Publicity Chair - Carole Eubanks (New); NCGA Representative - Sue Pharis; Webmaster Chair/Golf Genius Chair - Sharon Winslow; Edna Linville (Web Support); Sunshine Chair - Nancy Dodgion; WNHGA Representative Chair - Alyce Stanwood; Rules Chair - Laura Niles, Linda Salmon, Judy Josse; Monday Mamas - open.

...

Ladies Golf - 18 Holers

BY CAROL A. LOPEZ

As the new Year begins, we extend a warm welcome to new members Mary D'Agostini, Dee Grimm, Kathy Kimura, Maddie Krochak, Sherrill Slotsve and Ginny Smith. We are a fun bunch of women who enjoy playing golf and socializing and are always looking for additional ladies to join our group. Please contact our Membership Chair, Linda Chappellear (linda_chappellear@sbcglobal.net 916-409-0151, with any questions if you are interested in joining our club.

The 2022 year was topped off by a fantastic Holiday Party! Our captain, Donna Sanderson, chaired the event and Social/Catering Chair,



2023 Executive Board and Extended Board Members.

Shari Loyd, planned a yummy lunch consisting of an entrée choice of Turkey Breast, Salmon or Pasta Fusilli with Pumpkin Pie for dessert. Sandy Tamanti and her committee did a great job decorating the Orchard Ballroom. A slide show capturing moments throughout the year of all the fun and special times we shared was shown and holiday music was enjoyed during the affair.

A highly anticipated part of the luncheon was the presentation of awards for the year. Patti Tilton was awarded the coveted Most Improved Player with a handicap index of 11.6 down from 14.4. The total of all Chip-ins, Birdies, Eagles, and Holes in One accumulated throughout the year was calculated on a point basis for each player and three positions were awarded in each of three flights. First place winners: Flight 1 Kathi McCoy; Flight 2 Tamanti; Flight 3 Cathy McWilliams. Eclectic (best score throughout the year on each hole)

score awards for each course, again with three positions awarded in three flights, and first place went to Orchard: Flight 1 tied for first, Sanderson and Mitsuko Cameron; Flight 2 Kelley Royball; Flight 3 tied for first, Elizabeth Phillips and McWilliams and Hills; Flight 1 Candy Koropp; Flight 2 Barbara Grant; Flight 3 McWilliams. As announced last month, Linda Blackburn was our Net Chix Player of the Year and Rosie Warren was remembered as our Club Champion and Tamanti as Low Net Over the Field.

As is customary, Sanderson passed the gavel to incoming Captain, Barbara Grant, who presented her with a gift in thanks for her outstanding service to the club in 2022. Some executive and extended board members continue with duties in 2023, perhaps in different capacities, and we thank outgoing members Judy Emge, Gay Wold, Koropp, Royball and Debbie Dunipace for all their

service which was greatly appreciated! For 2023 Grant is joined by Co-captain-Wendy Seagraves, Secretary-Eileen Boore, Treasurer-Nancy Sartor and Sanderson as our new executive board. Extended board members are Tournament Chairs-Edda Ashe and Judy Dong, Handicap Chair-Blackburn, Membership Chair-Chappellear, Sunshine/New member Chair-Cheryl DeWildt, Web Administrator-Nancy Jenkins, PWGA/NCGA Ambassador-TBD, WGAN/NCGA Ambassador-Karen Thom, Social/Catering Chair-Loyd, Photographer-Carol Tilley, Publicity-Carol Lopez, Rules/Pace of Place-Boore, Eagles, Birdies and Chip-ins-Georgia Richie-Lynch and Eclectic-Tilton.

We are happy to support the Lincoln and Twelve Bridges High School Girls Golf Teams. Donations made at the Holiday luncheon and earlier in the year allowed \$400 checks to be given to each group. Continued support of women's golf is on the 2023 agenda as we look forward to this pleasurable sport, our friendships and new adventures. Happy New Year!

...

(more Club News cont' on page 26)

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LH Men's Golf Club

BY MIKE MCBACK

Happy New Year Everyone!

We're excited to announce our first two tournaments of 2023. First up which will be played right around the corner. It's the Winter Slossfest a 4-man scramble and is on January 17. It will be played on the Hills course (Orchard if needed) as a shotgun starting at 9 am. The second tournament 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.

Lots of things were happening at the course in December of 2022. Lincoln Hills now has new golf carts, and they are snazzy. The course itself is coming along great and the improvements are outstanding. Stop by and let Chad/GM and let him know how it looks.

...

LH Table Tennis

BY CARL LYNCH

Olympics and Table Tennis—Table tennis first became an Olympic sport in the 1988 Seoul Olympics.

Olympic table tennis currently consists of four events: men's singles, women's singles, men's team, and women's team, and was expanded for the 2020 Tokyo Games to include mixed doubles, thus bringing the number of events to a total of five, with each event competing for a (gold) medal. Singles matches are best-of-seven games, with the first player to 11 points (by a margin of two points)

winning each game.

Teams consist of three players and team matches consist of four singles matches and one doubles match, each played as best-of-five games.

Only three men and three women can qualify and be fielded from each Country. The maximum number of players who can play in the Olympics is 86 men and 86 women.

The format for the singles tournament is 64 individual players, with no more than two from each Nation, and the team tournament consists of 32 teams, 16 men's and 16 women's teams.

In order for only the best play in the Olympics, all players must participate in Olympic qualifying events.

For the 16 teams, one team in each continental qualification event, Africa, Asia, Europe, and Oceania will qualify. Two teams will qualify from the Pan America qualifying event. Nine teams will qualify from the World Team championships, and one team is automatically qualified from the host country.

Singles and the 16 Mixed Doubles teams follow a similar qualification process

In singles, all events follow a knockout (single elimination) format. Each match consists of the best four out of seven games to 11 points, where the winner must win by at least two points. Players have two serves in a row, except when the points score reaches 10 all, after which the serve alternates each point. At the end of each game the players will swap sides.

The Team competition is held in 2 stages.

The teams are divided into groups of 4 and each group of four plays a round robin. The following stages are knock-out rounds. The first-place teams of the round robin flights proceed to the next knock out round and eventually play the semi-finals and finals for the gold and silver medals. The second-place teams of each group and the semi-final losing teams continue on to play knock out rounds for the bronze medal.

Olympic Table Tennis was most recently played at the 2020 Tokyo Summer Olympics which took place in 2021, with the following results: Men's Singles: China Gold & Silver, Germany Bronze, Men's Team: China Gold, Germany Silver, Japan Bronze, Mixed Doubles: Japan Gold, China Silver, Taipei Bronze, Women's Singles: China Gold & Silver, Japan Bronze, Women's Team: China Gold, Japan Silver, and Hong Kong Bronze.

The 2020 Tokyo Countries represented were: Australia, Brazil, China, Chinese Taipei, Croatia, Egypt, France, Germany, Hong Kong, Hungary, Japan, Korea Republic, Poland, Portugal, Romania, Serbia, Singapore, Slovenia, Sweden, and USA.

The 2020 USA Men's table tennis Olympians were Kanak Jha, Nikhil Kumar, and Zhou Xin. USA Women's Olympians were Lily Zhang, Liu Juan, Wang Huijing.

Our table tennis sessions here in Sun City look a lot like the Olympics we also Here in SCLH, the Lincoln Hills Table Tennis Club (LHTTC) look a lot like the Olympics! We also play women's men's, mixed, and singles table tennis, just like the World Table Tennis

Championships!

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

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

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

Our annual club meeting: Please mark your calendars for January 29, 2023, at 2PM at (KS). Please plan to attend and vote for our new steering committee nominees and hear all about our plans for 2023.

...

**Happy
New
Year!**
2023

(more Club News cont' on page 27)

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Mad Hatters Bocce Group

BY KIM PETRUZZELLI

Funny how we were just enjoying those cooler fall days in 2022, and now suddenly we're freezing our bocce balls in 2023. The good news is that the leaves have mostly fallen from the trees, so the bocce courts are nice and clean when we start our games at 10:00 am on Thursday mornings.

Our Christmas Potluck was a fun event. It was difficult to choose only two winners among the holiday sweater competition. Although there were a few pretty ones, the ugly ones were so exceptionally tacky that we decided to just focus on them. After the cheering subsided, we awarded the prized measuring tapes to Connie Lewis and Miles Rodgers. We also took the time to recognize Paul MacGarvey for leading the

Mad Hatters for the past 11 years. Our bocce players honored Paul with a series of limericks describing his talents and achievements. That's our story, and we're sticking to it.

The Mad Hatters play bocce ball year-round each Thursday morning, and all skill levels are welcome. Teams of 4 players are formed on-the-fly each week so just show up! The focus is on recreation not competition, and we rotate players and teams with each 20-minute round. Our players usually spend about 90 minutes on the courts. New, inexperienced, and handicapped players are always welcome, and it's a great way to meet new people.

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

...



Water Volleyball!

BY DIANE FERRARI

William Jessup Ladies Volleyball have been in the pool at Lincoln Hills and played with our Water Volleyball Teams. They provided a high level of competition against our players. We learn skills, new techniques and the Jessup Ladies learn we are a fun, competitive group who take our game seriously. For the first time in program history, our friends from William Jessup University are champions of the Golden State Athletic Conference for Volleyball. In quite possibly their most dominating performance of the season, Jessup swept the competition to win championship gold. Coach Shelton commented that the Ladies were digging, passing and setting the balls excellently! Great skills that we all strive to perfect when we play our games. 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 Out once per month just for fun. If you would like to join, we welcome all levels of interested players. Find us at LHWaterVolleyball.com or call Jerry Grisler 209-648-9534 for more info. Make this your New Year's resolution to try something new: Water Volleyball!

See you in the pool!

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(more Club News cont' on page 30)

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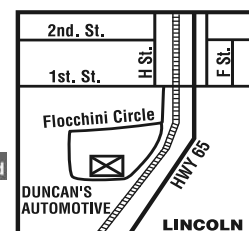
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Nancy Whitaker

(cont' from page 1)

her doctoral thesis. In 1977 she finished her research which was the study of the oxygen requirements of an enzyme of a lipid desaturase, found in a yeast, to possibly relate it to early evolution of life on earth. She had successfully completed the work for her graduate degree and was awarded a Ph.D. from the University of Maryland.

Life as she knew it



Nancy and Larry Whitaker in 2017.



Nancy Whitaker and her horse Cool.

was never the same after Nancy met the love of her life, Larry Whitaker. When they met in 1973, Larry was 31, an electrical engineer, recently graduated from Stanford University, and President of Halcyon Communications, a budding telecommunication company. "From the time I first met Larry my life became a living dream," recalls Nancy. They married in a backyard ceremony in April 1974.

In time, Larry was able to successfully place Halcyon Communications on the American Stock Exchange and their life became a mix of business and pleasure. They were able to travel around the world, conducting business but sight-seeing throughout Europe, Asia, and the far East. They cruised to Singapore, Japan, Indonesia, Bali, Australia and New Zealand.

During these years, Larry's children,

Deborah and Clayton came to live with them. Nancy embraced parenthood and remains close to them and their children.

1989 brought a series of crises. Larry had surgery for a thyroid tumor, his chief engineer in India passed away, and the Loma Prieta earthquake occurred, centered just 11 miles from their house in Silicon Valley. They decided to move.

After moving to Cool, California, they bought acreage, built a large home, and acquired a small herd of Arabian horses. Larry started a small electronics company, VLLaboratories. "I became very active in the company," recalls Nancy. "I became the VP of finance, office manager, receptionist, and technical writer." When their main contract was cancelled, they closed the business, sold the ranch, and eventually moved to Sun City Lincoln Hills in 2003.

Over the years, Larry's participation in the Cameron Park Rotary Club got the couple involved in a humanitarian project in Vladivostok, Russia. Prior communication with the newly formed Rotary Clubs in that region indicated there was an epidemic of hepatitis, type B, among a majority of the health care workers. Although she was not in Rotary, Nancy collaborated with Larry to find a source for funding to purchase enough vaccines to vaccinate at least the youth in the area who, if they were born with hepatitis B, would likely develop liver cancer and die at a young age, like 30 or so.

The Rotary project was able to buy 83,000 doses of vaccine for something like 25 cents per

dose, whereas at normal cost would have been around ten dollars a dose, beyond the budget of Rotary International. The project's aim was to enlighten Russia, which had stopped the health care in that region because of the collapse of the Soviet Union, to promote vaccination, thereby improving their medical practices.

Nancy, recalling the success of the project, says, "Recent pictures of Vladivostok reveal greater development in the infrastructure, like bridges to the islands that we took a ferry to for a picnic held in our honor."

Once they moved to SCLH, the couple got involved with Neighborhood Watch and other clubs while Nancy, recognizing Larry's leadership skills, urged him to run for Board of Directors, a position he held in 2004.

Along came 2008 and a financial crisis throughout the United States. Richard Pearl, currently Treasurer of Lincoln, led a committee to investigate the City of Lincoln's finances. Nancy and Larry were called upon to assist him, so she became the recording Secretary and wrote the section on the Lincoln City library. Together they compiled documents from the committee and presented their findings to the Lincoln City Council, but their efforts were ignored. Nancy thought, "There went a year's worth of work." But the information collected was valuable to the residents who learned more about the operations of the city. And, in time, the city adjusted its financial management and avoided the possibility of bankruptcy.

Meanwhile Larry devoted much of his time to producing websites, first for Neighborhood Watch—the alerts he created are still going out today—and then for the City of Lincoln, a product that lasted for about two years until the city budgeted for their own website.

"There is so much more that I could say about the incredible character of my dear husband," says Nancy. "But I summarize our relationship to say it was exciting and rewarding. He took exceptional care of me for more than 47 years." A charismatic dynamo, Larry piloted his own plane, skied, sailed and enjoyed a 36-hour day, taking Nancy with him on a whirlwind journey through a life of achievement and contribution to humanity.

Sadly, she lost him to pancreatic cancer last year, and SCLH lost what his company newsletter once described as "the dreamer, the doer, the visionary."

Currently Nancy continues to enjoy social activities at SCLH and is planning trips to Europe and Panama with relatives and friends.

"Sun City Lincoln Hills is a perfect place for people of our age," says Nancy, "especially if you've lost a loved one."

Webster's dictionary defines "icon" as a person widely admired, especially for having great influence or significance in a particular sphere. Nancy Whitaker is, indeed, a cherished icon in our community.

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

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2023 Tax Season is Here!

BY GARY STEER

Lincoln AARP Foundation Tax-Aide volunteers are ready to assist you with your 2022 tax returns! This 40-year-old program provides free income tax return preparation and counseling for low to middle-income taxpayers with special attention to those 60 years and older. This joint IRS and AARP Foundation administered program is staffed by volunteers from Lincoln who are trained and IRS certified each year to ensure they know about and understand the latest changes and additions to the U.S. tax code. These returns will be filed electronically (e-file) with the IRS and California Franchise Tax Board, which allow clients to have their tax refunds deposited directly into their bank accounts within two weeks. Nationwide, volunteers are using computers to complete and e-file approximately three million tax returns to meet the April 15th, 2023 filing deadline for 2022 income.

This service will be available by appointment only this year at Granite Springs Church, 1170 E. Joiner Parkway. People can make income tax preparation appointments by calling 916-258-5065 beginning January 16, 2023. The Intake/Interview Sheet is required of all clients and may be downloaded or completed online (locations will be provided when your appointment is scheduled). This form is also available in the Orchard Creek Lodge lobby, Kilaga Springs library, Lincoln City Hall Lobby, and Granite Springs Church.

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LH Tennis Group

BY PAM FLAHERTY

Happy New Year Tennis Fans! Our club topped off 2022 with Women's and Men's holiday luncheons and our last board meeting of the year. Gifts, good-byes and huge thank you's went to outgoing board members preceded by the introduction of our new 2023 board of Directors.

We look forward to a full slate of activities, growing membership and of course great times on the tennis courts. Planning is underway for 2023 tournaments, ball machine practices, live ball, USTA and SATA teams and possibly bringing back LITT (Team Tennis.) Watch for more information as we start scheduling in February 2023.

As we look forward to an exciting year it is important to remember that the real work of our tennis club volunteers goes on behind the scenes. We represent tennis players to

association administrative groups, report maintenance issues regarding club playability, safety; handle member concerns and much more. While participating in any or all club activities is always optional, if you play on our courts the LH Tennis club is working for you. Support the people that advocate and work for your courts. Join our club and remember we always value your membership.

I'd like to take a moment also to say thank you to all of the people who run our weekly tennis groups. Creating and keeping schedules, finding subs, planning and canceling matches often due to weather, maintaining current contact information on players and being that go-to person for any group issues are among these unsung heroes' chores. We can't do it without you and you ARE appreciated! See you on the courts!

...

(more Club News cont' on page 31)



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LH Swimmers and Water Walkers Club

BY ROSEMARY TANFANI

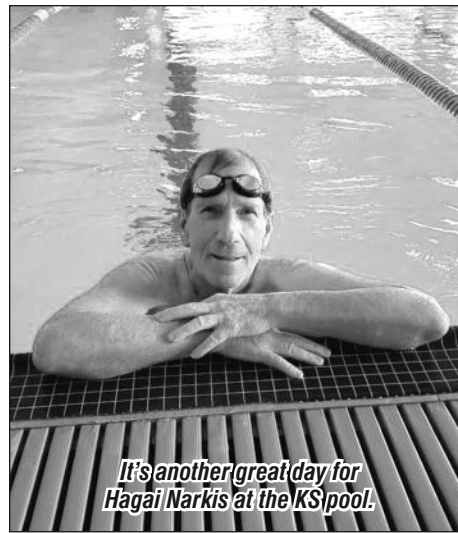
Club member Hagai Narkis has come a long way, since his first swimming adventure, at the age of six, in untreated pool water at a local kibbutz in Israel. "Since the water was used for irrigation, it was common to swim alongside frogs and other wildlife creatures," he says.

He continued his swimming throughout elementary school and high school, and adds, "I was never a fast swimmer, so I focused on long distance events, such as 1500 meters in the pool and 3.5 K in open water. This helped me to develop endurance and love for the water."

Narkis and family moved to Lincoln Hills in 2006, with the lap pool at Kilaga Springs being a motivating factor. He has been a club member since its inception and serves on the Steering Committee.

Today he spends 2 hours at the gym, 5-6 days a week, alternating between the workout room and the pool. Swimming gives him a chance to relax after his gym activities, and the water eases his joints and muscles. He also uses aides, such as paddles and kickboards which help him focus on form and maintain muscle strength and flexibility.

Narkis suggests new swimmers should start by viewing swimming videos online. (Swimming and water walking videos are available to club members in the Club Drop Box.) Once a swimmer is able to complete a few laps, the Swimming and Water Walkers Club



It's another great day for Hagai Narkis at the KS pool.

offers free mentoring sessions to club members. These sessions, are usually scheduled at the Kilaga Springs pool, the first week of the month.

"These experienced club mentors can give one advice on how to improve style, with proper breathing techniques, and proper arm motion or kick", adds Narkis. He plans to continue his swimming activities for a long, long time.

The Swimmers and Water Walkers Club will hold 4 meetings in 2023, the first one on February 20 in the Orchard Creek Lodge. One does not need to be a member to attend, and guests are always welcome. Jim Klein, president, can be contacted at swimmers.walkers@gmail.com

...

LH Billiards Group

BY WAYNE BUCHANAN

Hello, I am taking over this column from my good friend Randy Fann who has been writing it for a few years. Much is happening with the Billiards Club this year and we will be exploring many subjects in future editions.

However, I would like to spend this column writing about a great Christmas party the club held in the Orchard Creek Ballroom on the 11th of December last year.

Our Master of Ceremonies was Dante Jannicilli, who also serves as the club president. He was amply assisted by Ginni Janicelli and Randy Fann. Music, dancing, good food and raffle prizes were the mainstays of the evening. The Conga Line featuring our great friend Scott Artigo in the lead was also very special. I haven't seen that in awhile. Having said all that, the best part of this soiree, as with all of the club events, was the enjoyment of friendships old and new, of fellow members and their partners. It was a great party.



The Ballroom



President Dante.

This club is large and diverse. The membership is a great cross section of our SCLH community. There are both long time residents and relative newcomers like myself. The skill level of the players runs the gamut from beginners to fairly accomplished players. The connecting tissue for all of us seems to

be a love of the game and a taste for spirited competition. The sense of comradeship that permeates this club is amazing and makes all of the club events something to look forward to.

We have a very warm and welcoming group of people. I am fairly new here myself and was surprised to see just how friendly this

(cont' on page 35)

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Neighborhood Watch

BY TERESA TANIN

May This New Year Be A Happy “Fun” New Year—Rejoice!

As we finish taking down our holiday decorations we rejoice in a new year—a happy and fun new year. This is a great time to thank our many volunteers who help keep our community a safer place to live. Volunteers include our dedicated team of Mailbox Captains, our supervising Village Coordinators, the managing Directors, and our Support Group members. Once a year, due February 15, Mailbox Captains update their Mail Station (Cluster Mailbox) residents contact information. Such information is voluntary and confidential, yet provides emergency contact information, including friends and/or family contacts, who may have a key or alarm code, pet information, and who has a “Vial of Life.” While gathering contact information door-to-door, Mailbox Captains are encouraged to wear their official Neighborhood Watch (NW) logo “red shirts.” If you do not know who your Mailbox Captain is, visit schwatch.org NW web site and click on “Who Is My Captain?” Mailbox Captains will also gather emergency contact information through phone calls and/or emails. Help us help you—return those phone calls or emails and look for the NW logo “red shirts.” All of the Neighborhood Watch volunteers strive to make our community a safe, happy, and a fun place to live. Rejoice!

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 for more safety and security information.

Strengthening Neighborhood Ties:

Neighborhoods are only as safe as the knowledge of each resident. Knowing your neighbors is also essential. Mailbox Captains can bring residents together, similar to a



Captain of a ship having a great crew. Mailbox Captains forward safety and security information to residents who share their contact information. Please contact your Mailbox Captain or log into the NW website schwatch.org to find out “Who Is My Captain.” Neighborhood Watch welcomes its newest team members!

New volunteers Judy Ferrera, Mailbox Captain for Village 41BC, Mail Station 9 and Jo Roy, Mailbox Captain for Village 36, Mail Station 1. Returning to our team is Denise Davie as Mailbox Captain for Village 36, Mail Station 6. We welcome our new recruits to our team of volunteers and we are so grateful for returning members who may have taking off some time, but return—thank you!

Each November Neighborhood Watch conducts its annual meeting to elect Directors. Coordinators attending the meeting are voting members. The 2023 slate of Directors (Officers) voted in are: Linda Minor (Executive Director), Suzanne Rosevold (Assistant Executive Director), Renee’ Plummer (Executive Assistant), Stephanie Guillory (Treasurer), Patricia Hammer, Dee Fuggiasco, Denise Hexom, and Teresa Tanin. The 2023 Board of Directors is looking forward to promoting the Neighborhood Watch Mission Statement while serving the Lincoln Hills community. Note that there are openings on the Neighborhood Watch board. The current slate is eight Directors of the possible fourteen. Anyone interested in joining our team of safety and security members, please contact Linda Minor, Executive Director, at email executivedirector@schwatch.org. We look forward to hearing from you!

Increase Personal Safety and Security Awareness:

A new on-line information service is now offered by the Lincoln Police Department and is also available through the Neighborhood Watch website schwatch.org as “Lincoln Police Links.”

The Lincoln Police Department is now reporting to Citizen RIMS (Records Information Management System) an online tool that integrates with the Police department computer aided dispatch system. This service is FREE to Lincoln residents. Citizen RIMS provides direct access to current information. It allows the public to view near real-time mapped incidents and more. Lincoln residents can view police incidents and sort them by date range and incident type, view lists of vehicles reported stolen, access 30-day history of arrests and daily 24-hour media bulletins summarizing incidents. Lincoln residents can subscribe/enroll to receive daily or weekly Lincoln PD email alerts and much more. The website is a great tool for residents to review and obtain current information on what is happening in their neighborhoods and provides links to Vacation Home Checks, Directed Patrol Requests, and Security Camera Registration. Note: A Link to the Lincoln

Police Department “Project Lifesaver” (a special watch-like wearable device for those loved ones who may wonder) is also available through the Sun City Lincoln Hills Neighborhood Watch website under Security/Resources as “Project Lifesaver.”

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.lincolncalifornia.gov/en/living-here/report-a-problem.
 4. Report an incident/scam to Neighborhood Watch. Go to schwatch.org and click Report an Incident.
 5. Call Barry Johnson, NW Public Safety Liaison, 916-434-6538 leave a message.
 6. Call Mary Cranston, “Alerts” Program Coordinator, 916-434-5362 leave a message.
- Encourage Emergency Preparedness: Referrals, Alerts, Scams, and Tip of the Month: Go to website PlacerAlert.org and sign up for your own personalized countywide Alerts. Go to website schwatch.org to sign up for Lincoln Hills community “Alerts.”

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

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

Alerts: Continue to follow the Holiday Season Reminders. Let’s keep our neighborhoods unattractive to burglars!

- Always roll up the windows and lock your vehicle when parking your car at home or away.

Advise your guests to do the same.

- Never leave anything exposed inside. Place purchases in the trunk before going to your next destination. It is advisable to always park in a location with good lighting.

- Leave a light on in your home at night—too many homes without lights look unoccupied.

- Lock your garage door(s). Do not leave the garage door opener or registration in the car. Carry folded copy of registration in your wallet.

- If traveling, request a Vacation Home Check from the Lincoln Police Department.

- Sign up for USPS Informed Delivery which sends you an email with photos of mail to be delivered that day.

- Do not leave outgoing mail in the mailbox station overnight. Post your outgoing mail at big blue box available throughout the community.

- Ask a neighbor to check on your packages, or

- Have it held at the shipping center: UPS is in Rocklin at 2275 Sierra Meadows Dr (off Pacific St) FedEx is also in Rocklin at 1500 Nichols Dr (off Cincinnati Ave, South of the casino).

- Sign up for Free “UPS My choice” and/or “FedEx Manager” which will send you an email notifying you when a package is delivered. You can also specify to have your packages delivered to your neighbor or a different area of your home exterior.

Rejoice in knowing the Neighborhood Watch priority is your safety and security. 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. Make this a “fun” new year. Stay informed and stay safe!

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LH Billiards Group

(cont' from page 31)

group is. The club has become my second home here in SCLH and I encourage everybody to check it out.

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

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

...

Cribbage

BY MEL SWITZE

New Year's Cribolutions for 2023

#1. I will NEVER lead with a 5 card again

#2. Get to Cribbage early and pick the right partner

#3. Keep more aces

#4. Develop my "poker face".

#5. Watch out for "the ringers".

With the New Year here already, it's time to turn over a new leaf, start a new trend, master the game, blow off their socks, push the envelope, reach for the stars, take it to the house and win the pot, or...

#6. Try not to get skunked AGAIN

#7. Avoid the dreadful sound of "31 for 8".

#8. Try not to peg backwards

#9. Avoid scoring one "19" in every match

#10. And worst of all, avoid getting your dollar back two weeks in a row.

We had 4 winners again last month, mainly due to Mr. Lucky sitting next to them. They were Jean Stefani on 11/15, Howard Beaumont on 11/22, Cyril Kalbach and Henry Williams on 12/6. Congratulations to all four winners!

But yrreJ noslraC and nasuS sregdoR are both looking to turn their games around after streaks of bad luck.

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

Questions? Call Mel Switzer 510-589-7658

...


Duplicate Bridge

BY SUSAN BRENDEN

Happy New Year from the Sun City Lincoln Hills Duplicate Bridge Club. If 2023 finds you wanting to take up a new hobby or you are wanting to play more bridge, come and check our games out. Information about our invitational bridge club can be found in the Compass or on our website found by typing Lincoln Hills Duplicate Bridge Club in your browser. Looking forward to seeing you at the bridge tables in 2023!

...


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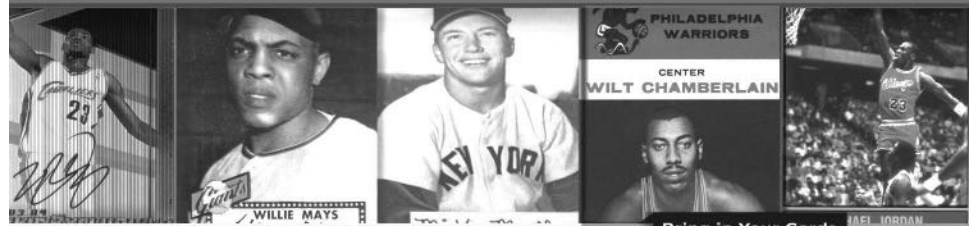
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Observations on Sports...

BY MARTIN GREEN

I've written in this space how happy I was to see the resumption of sports after an interruption due to Covid. Readers will also know that I closely follow the fortunes of the San Francisco 49ers and our own Sacramento Kings. As an old New Yorker I also keep track of the football Giants, once a proud franchise but of late a dysfunctional operation. I'm happy that the fortunes of both the 49ers and the Kings are, at least of this writing, on the rise. The Giants surprised their fans by somehow getting off to a good start this year but have now gone back to their customary losing ways. At least they may have achieved the level of being mediocre instead of being terrible.

The 49ers have been up and down the last few years. Quarterback Jimmy Garoppolo took them to the Super Bowl a few years back, then a series of injuries, including to Garoppolo, set them back the next season, then last season Garoppolo took them to the playoffs. For all of Jimmy's efforts, this season the quarterback reins were supposed to have been passed to a youngster named Trey Lance, who suffered a season-ending injury in the first game. Luckily, the 49ers had kept Garoppolo around and he stepped in and the team was doing well until Jimmy too suffered a season-ending injury.

Enter a rookie QB named Brock Purdy, who led the 49ers to a win over Miami and then, most recently, to a resounding win over

Tom Brady and his Tampa Bay Buccaneers. So, the question is: were those season-ending injuries to Lance and Garoppolo the best things that could have happened to the 49ers and will Brock Purdy be the next Tom Brady and lead them to a Super Bowl win? Time, and the rest of the season, will tell.

The Kings, as all fans know, haven't been to the NBA playoffs in 160, no, 16, years and this season, with new players after some trades and a new coach (still another one) were touted to have a fighting chance. Then they started the season by losing their first four games, then righted the ship and started winning and looking like a good team, and now on an Eastern road trip have stumbled a couple of times again. That, and their best player, De'Aaron Fox, has been hurt. So, Kings fans, like 49er fans, have high hopes but also lingering fears.

So, why is all this so important? First, sports offer a welcome diversion from a world that, to put it mildly, has gone off the rails, and not just because of Covid. Readers will not need me to go into detail but can just tune into TV news at any given time. Secondly, sports give us sports fans an outside interest, teams that we root for; we live and more recently mostly die, with their wins and losses. But what I think is most compelling about sports is its unpredictability, the unexpected emergence

of players like Brock Purdy, the miracle upsets by teams that have no right to win, the feeling when watching that anything might happen.

One more thing, in sports it's the players' skills and characters that matter, not where they come from, who they know, what influence they have. I remember that when I played handball at MacCombs Dam Park, the center of handball activity in the Bronx, we had judges, lawyers, college students, garment district workers, mailmen, even a movie critic. It didn't matter, what mattered was how well they played and how they comported themselves. Were they pros or loudmouths, good winners and losers or braggarts or crybabies?

This is not all. I did a little research, i.e., Googling, and it turns out that watching sports is also good for you. A British study found that "half of respondents (49%) believe that cheering on a team is good for their mental health. Some 51% of men and 46% of women surveyed felt this way. One in two people say that watching a sporting event helps them socialize more with family and friends. More than a third of respondents (35%) feel included as part of a community."

The study concludes that "We can see from these results how essential the presence of sports has been, improving socialization with friends, bettering mental health, and making fans feel part of a tight-knit community."

And this is not all. Science researchers have found that watching sports "hits it out of the park for boosting cognitive health. One scientist explains: "when we're watching sports we begin to begin to place ourselves in

the athlete's shoes thanks to mirror neurons primarily found in the right side of the brain. The activation of these neurotransmitters allows spectators to generate similar hormone production such as feel-good dopamine, which helps with mood regulation. The brain stimulation explains why sports fans get hooked."

So who knew? While cheering on the 49ers my neurotransmitters and hormones were being stirred up and I was getting into a good mood, especially if they scored that touchdown.

And there's still more. Another article says: "Good news for couch potatoes. You don't have to be a star athlete to reap the health benefits of sports, say experts. In fact you may even be improving your brain function by just watching football, soccer or whatever sport you love."

"According to scientists at the University of Chicago, simply watching a sport you enjoy on TV... activates certain areas of the brain that are associated with planning, and controlling, which could ultimately help improve language skills and memory." So, not only was I improving my mood, I was actually getting smarter. Maybe I should start watching soccer as well as football and basketball.

In any case, watching sports is good. Go 49ers. Go Kings. Even go football Giants. And let's hear it for Sac State.



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Address	Street	Approx SqFt	Selling Price	Model
224	Saddlehorn Loop	1020	\$455,000	
2696	Blue Heron	1343	\$520,000	Madera
210	Quail Covey	1531	\$580,000	Alpine
320	Elderberry	1549	\$629,000	Alpine
2224	Lamplight	1578	\$495,000	Quail Cove
1250	Hawthorne	1777	\$579,000	Tehama
2681	Woodacre	1791	\$625,000	Tahoe
1450	Ivy Arbor	1791	\$675,000	Tahoe
695	Stockman	1791	\$585,000	Tahoe
1790	Grand Pheasant	1793	\$498,500	Tehama
2636	Eagles Peak	1793	\$625,000	Tehama
815	Stockman	1823	\$489,000	Orchard Crest
1022	Truchard	1836	\$739,000	Plumas
2621	Black Hawk	1855	\$717,000	Plumas
1778	Creekcrest	1910	\$719,000	Fremont
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2475	Blue Heron	2258	\$865,000	Napa *
104	Sage Hill	2258	\$789,000	Napa
2349	Longspur	2390	\$755,000	San Mateo *
2257	Sutter View	2635	\$1,275,000	Sonoma*

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Letters to the Editors...

Authors are solely responsible for the content of their letters.

Loneless Can Kill

Sadly, it is a fact that many people who cannot cope with loneliness, decide to end their lives, thinking that joining their love ones is a better option than living alone. Unfortunately, that solves nothing. It is just another life lost.

Depression can grasp us and create uncontrollable feelings that make us wonder how we are going to get through it without our loved one.

Death, because of loneliness or a debilitating disease, occurs daily across our nation.

Widows, widowers, veterans and the mentally depressed are often the victims. Bridges have placed suicide nets to catch the fallen. Our own Foresthill Bridge has many notes informing people to seek help, yet many do not and sadly decide to make the leap to their death, solving nothing and leaving family or loved ones behind to grieve.

I have been a law enforcement officer for over 45 years and unfortunately have attended many suicides. Some horrific scenes where guns were used; some hangings; some by carbon monoxide in their cars; some who kill their spouse and children; some we call "suicide by police"; some by self initiated traffic accidents and others by medicines.

Loneless is a reality, here in Lincoln Hills. Our population consists of many people who live alone, because of choice or the loss of a loved one. Once we lose a spouse, what do we do? Do we move to a Senior Retirement Facility? Do we stay in our home of many years? Do we accept the fact we are now alone and will dine alone; sleep alone; eat alone. Can we accept that life, as we knew it, has changed, forever?

Fortunately, Sun City Lincoln Hills has several groups who provide support in grieving and caregiver techniques, but, there is always the night. Many artists sing the song "Help Me Make It Through the Night". Nighttime can be the worse part of the day. Climbing in to an empty bed, next to your partner's side, is traumatic. Sometimes, awaking to the empty house is as traumatic. Having that cup of coffee, in the morning alone, is depressing. Now, how do you plan the rest of the day? Alone? Do you leave the house?

Do you connect with your extended family? Do you connect with neighbors or friends, all of whom are couples. Do you decide to get involved with one of the many clubs and groups, here in Sun City? At this time in your life can you make good, logical, sound decisions? Check out the Singles Club. Volunteer. Walk your neighborhood.

Finding a companion, such as a dog, cat, bird or "pot belly pig" may be the answer.

Animals are great healers. They give unconditional love and accept the same. These animals are available through our local shelters. They need you and you need them! It is amazing the people you meet when walking a dog. If this is not your thing, look into one of the many clubs here in Sun City. Try exercise at one of the club houses. This is a great way to meet people. Remember, you are not alone, thought you may think you are. There are many folks out there just like you. I know, I am one of them.

Hang in there. Better days are ahead. Believe me, I've been there and back, twice!

Ron Pettit

...

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PERFUME BOTTLES-POWDER COMPACTS. Pre-1960. Good condition. SCLH Resident. Call or text: Clare 916-612-3477.

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

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ANNOUNCEMENTS

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

SIRS BRANCH 13: We are a social club for retired men. We meet monthly, for lunch on the third Tuesdays at the Catta Verera Country Club. We have lunch at noon and after lunch, we have our business meeting. Some of the activities you can take part in are golf, bocce, bridge and hopefully more to come in the new year. If this sounds like something you might be interested in, please contact Jay James at either 408-533-3132 or jayj332@gmail.com



Read online at: www.SunSeniorNews.com

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

**FREE ADS — INCLUDE

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

BUSINESS ADS

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

Classified Ad Submissions —

WHEN: By the 12th of the month.

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

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

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

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

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

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

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

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

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

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

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



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

Market Update

The market has obviously changed, and Sun City, while being unique, is not impervious to the overall dynamic of the market. If one were to look at the closed sales from March through June, versus September through December there is roughly a 25% drop in the number of closed sales. While interest rates greatly affect the first time home buyer because they generally put very little money down meaning that interest rates play a much larger role in slowing down this segment. The same is not true in Sun City where buyers usually have large down payments and or pay cash. So there are additional forces at work. One is the inability of sellers who want to move into Sun City to sell their existing home at prices they want. Another is a huge increase in the number of options for those who want to live in an Adult Community. New home builders caught on to the demand and as a result supply of available homes in Adult Communities has shot up. Giving buyers many more choices.

I am the full time Broker and Owner of Thompson+Brown Real Estate and offer my expertise. Call or text 916-297-3500

George Brown

*All measurements and all calculations of area are approximate. All Sales from all