

SUN SENIOR NEWS

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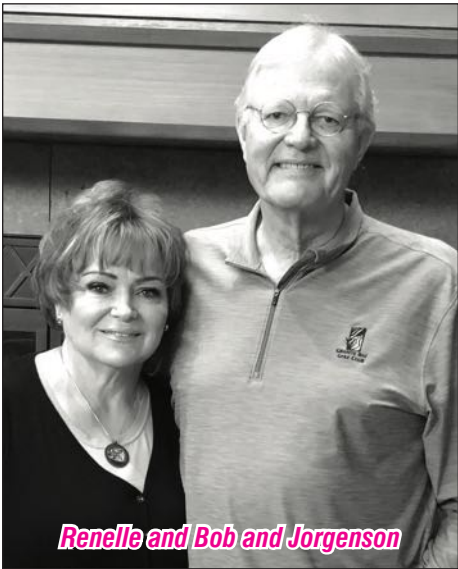
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Bob and Renelle Jorgenson — Savoring the Sweetness of Life

BY JENNIFER MARTIN

Count your lucky stars if you belong to a club whose membership includes Renelle Jorgenson because she'll inevitably bring freshly baked chocolate chip cookies and other delectable treats, like little Mason jars filled with candy, nuts and pretzels, to the meetings. Her thoughtfulness and concern for the comfort of others, along with her sweet personality, were some of the many attractions that her husband, Bob, found appealing when they met on an online dating site, Match.Com, in 2015. They married two years later and have been savoring the sweetness of their life together ever since.

Born in 1949, Bob grew up on a farm in western Minnesota in a predominantly Norwegian community of 500 people with two brothers, Dick and Joe, and a sister, Linda. His first farm work was driving a tractor cultivating corn at 9 years old. In high school, he played basketball, played trumpet in the concert band, and sang in the choir. He remains very grateful



Renelle and Bob Jorgenson

for growing up in a stable environment where everyone knew each other. He still enjoys lifelong friendships from his boyhood days in Minnesota. Bob recalls, "It was here where I learned the value of hard work, honesty,

integrity, decency, and humility."

Renelle was born in 1957 to depression era parents, Robert and Irene Kellen, who met in Eureka, California. She was the third of four siblings, two older brothers, Ron and Randy, now both deceased, and younger sister, Richelle. She went to elementary school in Rancho Cordova and middle school in Fresno, so having endured many moves in her childhood, she didn't get a chance to gain lifelong friends like Bob did.

During her early years, Renelle took up ballet, tap dancing, baton twirling (with the Rancho Cordova Cadets), and square dancing which took her to many exhibitions. She also had a strong interest in drama and theater.

After graduating from Moorhead State University in Minnesota in 1972 with a degree in Marketing, Bob went to work in the truck leasing industry where he spent most of the next 40 years with companies such as Ryder (cont' on page 25)

SCR Foundation 2023

BY LISA CRYAN

The Foundation's Home Maintenance Program is one of our most widely used and well-known services and we have the numbers to prove it! In 2022, our Home Maintenance Team made 1,193 house calls and provided 1,580 different maintenance services. The most popular service requests included changing batteries in smoke alarms, replacing non-functioning smoke alarms, replacing light bulbs, and replacing address light bulbs. The Foundation stocks the Maintenance Team's van with basic supplies and our resident volunteers provide the service at no cost, although a donation is always appreciated. Please note, this program relies heavily on volunteers so if you are interested in helping, please contact Doug Smoot at scrhomeservices@gmail.com.

Ready to play some BINGO? The Foundation's next Bingo event is scheduled for Sunday, March 12 at 1:00 pm in the Timber Creek Ballroom. You can purchase your bingo cards at Courier Days in the lodge lobby on Wednesday, March 1 between 8:00 am and 11:00 am. Or, on the day of the event, doors will open for bingo card sales at 12:00 pm. Purchase one bingo card for \$20 or two for \$25. Bring your friends, your snacks, and your lucky charms as there will be a \$100 prize per (cont' on page 27)



Bingo! Bingo!!!

BY NANCY SCHUBACH

Join in the fun at the Timber Creek Ballroom on Sunday, March 12, 2023. Win CASH - \$100 per game plus \$250 for the final special game. Cost is just \$20 for 15 games plus \$2 for the final special game. Or get two 15 game packages for one player for only \$25! Cards go on sale at 12:00pm on game day with the games beginning at 1:00pm. Or avoid the lines and get your presales ticket at the Lodge on Courier Days – Wednesday, March 1 between 8:00am and 11:00am. Must be 18 to play. Support the Foundation while having an afternoon of fun. For more information, e-mail scrchair2@gmail.com.



SC Singers

BY JACKIE PROETT

It's February and time to think of love. In days of yore, it was all about boxes: the Valentin Box, the candy box, the flower box and the jewelry box. As we grow older, the boxes are not for opening, but for wrapping and giving. Sometimes they are imaginary boxes of hope, prayer and even charity. The main thing is that they should always be filled with love.

The Singers know all about love. Music is at the top of the list. Our Valentines are always the packet of Spring Concert music we receive, when rehearsals are started in January. The picture you see is of our Christmas Concert and it reminds us that we love to perform. If you liked our Concert, come join us now. We meet on Mondays at 2:30pm in the back of the Ballroom.



Photo by Linda's Koality Photography

We love to celebrate, and here's a champagne toast to the Singers who have been a chartered club for 25 years this year! All sorts of exciting things are going to happen. We will enjoy an anniversary luncheon on February 3 in the Ballroom. Great food, décor and entertainment, plus the fact that our Concert will contain some of the music we sang at that first concert 25 years ago.

We love being back together. January was

(cont' on page 5)

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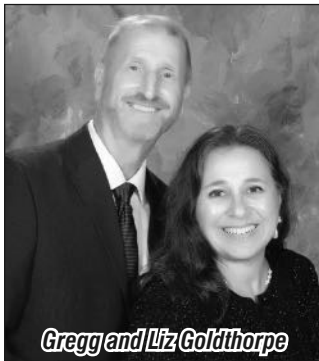
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Sunshine Services "We're Here to Help"

BY PAT TEILH

The Foundation and Sunshine Services Relationship — A Bit of History

Caregiver Relief/Individual Care

After the Foundation was created Lew Ritter, then president of Foundation, contacted the SCR nurses group seeking support for the creation of the caregiver relief program. The Nurses group declined-citing personal legal responsibilities concerns.

The Foundation supported the establishment of the Caregiver Relief Program but did not want to administer it. So a volunteer group of coordinators was established by a group called Sunshine Services.

Foundation invited interested caregiver agencies to interviews. They then selected agencies for residents to choose from. In the beginning there were five agencies. Foundation asked Sunshine Services to handle the administration of the new program. The new Caregiver Relief Coordinators interviewed residents to establish their eligibility. Eligible residents selected the agency among the several agencies listed on their list. The residents only paid a minimum amount and the agency submitted a bill to the Foundation for the rest of the payment. The Caregiver Relief Program was officially launched in 2001.

Today, The Caregiver Relief program

continues to run in that same manner except there is only one outside agency servicing our residents and qualified residents are eligible to receive 4-12 hours of service per week.
 "We're Here to Help"

A Special Presentation from Sunshine Services

BY PAT TEILH

FBI Special Agent (SSA) Jamil Hassani, will be presenting on February 15 at 10:00am at Sierra Pines. Jamil Hassani currently leads the squad responsible for Cyber-Enabled Complex Financial and Healthcare Fraud investigations at the Federal Bureau of Investigation (FBI) Sacramento Field Office.

Jamil Hassani will let you know how to avoid becoming a victim on other frauds as well. Gina Swankie, from FBI Public Affairs will also accompany Agent Hassani.

Don't miss this most important presentation. Refreshments will be served. Please join us!



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Ambassador Committee

BY LINDA NELSON

As I write this article a month ahead of time it is raining and raining outside. Of course we love it related to helping the drought, and hopefully it has continued by the time you read this article in a manner that has been good for the environment and for our safety. Here we are in February of 2023 already; we hope your new year has gotten off to a good start. We are halfway through the winter season and will be welcoming spring in 6 weeks or so. In the meantime, the Ambassador Committee is getting ready to host a New Resident Welcome, on February 25, for those folks who have moved into Sun City within the last several months. We host this welcoming event 3 times a year to help new residents feel the warmth of this community and to help them get aquatinted others and with information that helps getting settled here. There will be several informal speakers to introduce all to how the HOA works, some detail about the CC&Rs, what the Fitness Center has to offer, how to access the Sun City website for Residents and other communication avenues, and how to stay informed about the activities, speakers, entertainment and trips that are organized through the Activities department for those who want to participate. In addition we host the event with a little wine and cheese to encourage folks to meet each other. The 15 members of the Ambassador Committee will continue also to be involved with other activities representing Sun City by attending

the Chamber of Commerce meetings and conducting tours for real estate agents and prospective buyers and doing welcome phone calls. So, until next month, Happy Valentine's Day.

Website Work Group

BY CHARLYN ROSS

Time To Go To Work! January gave us a chance to "catch our breath" after all the activity in December. Now, February, by its name, is coaxing us to "get to work". February was named for "Februalia", a Roman festival of purification and atonement that took place during this time of year. For our Resident Website, www.scrs.org, that means February is a good time to begin working to improve on what we have.

Recent Improvements—

FitnessCenterWebPage: The "Amenities" menu contains the link to the Timber Creek Fitness Center (FC). Recently, "gadgets" (additional links) have been added to provide information on FC hours, as well as upcoming wellness events and classes.

Golf Courses Web Pages: Also in the "Amenities" menu, the link to "Timber Creek & Sierra Pines Golf" now has a right-side link (bump out) to "Resident & Member Golf Information". That web page is maintained to provide the golf course information a resident may seek, including "Upcoming Golf Cart Inspection" dates.

Important Website Hints —

• **Forgot your Resident Website Password?** You will need to click on the login screen link, "Forgot password". The new password that you enter must adhere to the following:

- Contain 12 characters or more
- Use both upper and lower case letters
- Contain at least one number
- Contain at least one of the following characters: #?@\$%^&*-

To avoid this problem, it is strongly suggested that you keep a secure, written record of all your passwords.

• When entering a new password, you may be prompted to identify yourself as "Not A Robot", by choosing a certain object in several pictures. This feature, known as "reCAPTCHA", is common for many websites. It is used to keep automated software (bots) from engaging in abusive activities on the website. It helps keep our Resident Website information more secure.

• The instructions on our popular "Classified Ads" feature now contains a reminder that ads can be renewed to appear for longer than 14 days, if a request is submitted before the 14 day deadline, using the original confirmation email.

• A "Contractor & Vendor Referral Resources" link has been added to the "Hamburger Button" (far right on the black menu bar). It provides external links to websites that offer referrals and ratings for such services.

Activities Events Schedule —

To plan your entertainment and trips for the coming months, take advantage of the

Activities Department web page, which can be accessed from the "Community" menu in the black menu bar or by the button at the bottom of the Home screen. Scrolling down, at the right side are the ACTIVITIES AT-A-GLANCE links (light green text) to the next four events. Directly above this area is the link to the "Activities Calendar", which contains information about all the future activities. On the calendar, by clicking on the title for a particular date, you can access the details for this event.

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

Governmental Affairs Committee

BY STEVE CHO

Now that we are in a new year and all the festivities have subsided, it is time to get back to basics. For us at GAC, that means keeping abreast of new laws and letting you know what they are.

What's new in 2023? Here are a few:

- Minimum wage increases to \$15.50/hr. (SB 3)
- Increases the share of paid family leave provided to lower-income Californians.

(cont' on page 5)

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Governmental Affairs

(cont' from page 4)

Extends increase in benefits from 55% of wages to 60% to 70% depending of income. In 2025, the bill requires an increase of the benefit to 70%. (SB 951)

- Prohibits law enforcement agencies from using the DNA collected from a sexual assault victim from being used in the investigation of unrelated crime. (SB 1228)

- Provides free phone calls to people detained in Calif prisons and jails. (SB 1008)

- Limits the use of creative expression, such as rap lyrics, as evidence in criminal cases. (SB2799)

- Sets up a section on the state Attorney General's office website to report stolen items. (SB 1700)

- Gives law enforcement the ability to keep those in custody who are accused of organized retail theft. (SB 2294)

- Prohibits disclosure of a person's immigration status in open court in a criminal case by any party unless approved by a judge. (SB 836)

- Allow pedestrians to jaywalk (or cross the street outside of an intersection) without being ticketed, as long as the crossing is done when it's safe to do so. (AB 2147)

- Boost housing production and affordability by turning unused retail space into homes and communities. (AB 2011)

The GAC meets on the second Tuesday of each month, 2-4pm in the Aspen/Birch rooms at Timber Lodge. You are welcome to attend.

SC Singers

(cont' from page 1)

a bit wet, (you can stop the rain dances now, kids) but we loved every drop. We are sorry to lose members but we are so happy to welcome new people who love music as much as we do. Please do join us. Each person will receive that packet of Valentines or Concert music. We promise not to box you in, but remember, the only thing better than chocolate is music!

...

Music and Laughter

BY JANE BOHN

The Music and Laughter gang got 2023 off to a rousing start in the Sierra Pines Lodge on Wednesday, January 11. Festivities began with a robust "Happy Birthday" singalong for Frank Bohn, who turned 90. To mark the occasion, Frank and his wife Jane sang "I Can't Give You Anything but Love, Baby." Fellow nonagenarian Elton Pamplin played the familiar classic "You'll Never Walk Alone" on his trusty saxophone. Cory Blasser sang "Sixteenth Avenue" accompanied by Ken Roberts on guitar. Ed Lick kept us laughing at his most recent jokes, newcomer Greg Grothaus recited a poem about his life here, which he used an artificial intelligence website to create, and Peggy Wells sang a lovely rendition of "Send in the Clowns." Cory and Peggy also treated us to a rendition of "Sentimental Journey" accompanied by Ken Roberts on guitar. The entertainment concluded with a fun impromptu singalong medley in harmony led by vocalists Cory, Peggy, and Jane backed once again by Ken's guitar. Elated prize winners included Allene Grandey, Greg Grothaus, Jim Grandey, Linda

Landefeld, and Jill Aggersbury. Heartfelt thanks to all who braved the stormy weather to help spread some hearty M&L joy this month.

Music and Laughter's next amateur extravaganza commences at 7pm sharp on Wednesday February 8, (doors open at 6:30 for a good seat) so come out and join the fun in the Sierra Pines Lodge at the corner of Del Webb Boulevard and Whistlestop Way.

...

SC Harmonicoots

BY LINDA AUG

"Jump right in!" is Cory Blasser's advice to anyone who may be interested in learning to play the harmonica. Through Cory's involvement with All Tuned Up (ATU) she learned of beginning harmonica classes being offered by the Sun City Harmonicoots. And "Jump right in" is just what Cory did.

Blending her vocal talents with her harmonica skills, Cory is an enthusiastic and multi-talented member of the Sun City Harmonicoots. "Learning the harmonica has helped me with my singing, reading music and most of all it brings me joy." Joy is just what you can see on Cory's face at 3:00 in the Sierra Pines parking lot as she walks to her car. "This is a very fun and caring group of people. I smile going in on Thursday afternoons and I leave with an even bigger smile."

Cory warmly speaks of the Harmonicoots "This is a group of people who enjoy gathering



Cory with sons Bill and Scott

together to play music, sing, and perform. We let the music take our troubles away." Cory speaks of a treasured moment when asked to sing "Desperado" while several fellow Coots provided accompaniment to her vocals. "I've always loved the harmonica and having them back me up was a real thrill."

"There is nothing like music to take you to another time and place." Speaking of other times and places, you can find Cory "jumping into" many other activities in Sun City. She is an active member of ATU, Golf and Bocce. She volunteers for Citizen Patrol and the Sunshine Services.

Cory enjoys all the music and shows in Sun City especially when Charlie and Bruce play in the bar on Mondays. Cory states "We have a great place here with the lodge, gym, and the pool!" I bet Cory jumps right in!

Harps Up!

...

Dance Club

BY LENORA DAVIS

The Dance Club has some exciting events lined up for you. On Monday, February 20, Bill Swayne will host a square dance party (including lessons) beginning at 6:30. First offered last year, everyone enjoyed it so much we decided to do it again. Open to couples and singles, tickets are only \$5 and will be available from Dance class monitors and at the door. Be there and be square.

On Monday, March 20, we will be having a Dance Club Showcase. This will, no doubt, be an evening you will not want to miss. Beginning at 6:30, in the Ballroom, each Dance class will perform a dance number. This will be followed by clogging, line dance, and tap teachers

(cont' on page 6)



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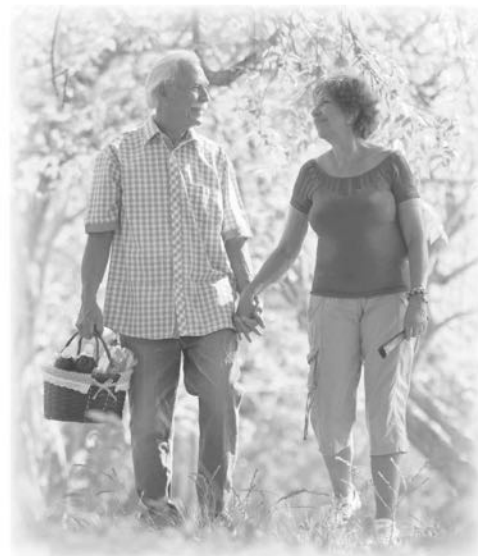
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Dance Club

(cont' from page 5)

holding beginning workshops so everyone can give these dances a try. Sounds like fun, right? Tickets will be \$5 and will be available from Dance class monitors and at the door.

If your New Year's resolutions include starting to branch out more, meet new people, and get more exercise, this is the perfect place to start. And, it will be easy to continue. Class schedules are on our website so check them out and join us soon.

...

Drama Club

BY LENORA DAVIS

February is off to an exciting start with new members and events planned for the near future. Our next performance is already scheduled for May 29, so mark your calendar now. We have selected our playlist and auditions have begun.

Our meetings are on Tuesday evenings (except the first Tuesday each month) from 6:30 to 9:30 at Sierra Pines. Plan on attending our Social on February 14, during that same time period. If you are not a member, look for more information on activities and events at the Lodge kiosk – under Second Act Studio Drama Club.

Let me introduce two of our more creative talents and, dare I say, colorful Club members.

Dave Tennies and his wife, Linda (who is also in the Drama Club) moved to Sun City from the Club at Westpark in 2020. They



Dave Tennes

had both been members of the drama club there and, "despite the fact that Sun City did not have a drama club" they moved here anyway. When our Club was first forming, they immediately joined in. Although he had minimal acting experience, his performance as Santa's fairy godmother (see photo) was nothing less than hysterical. He is definitely one to watch.



Pam Wingo

If you do not know Pam Wingo, let me say she is not just a pretty face. After working for the City of Roseville for 18 years, where she met her husband, it was time to retire and have some fun. She enjoys pickleball, swimming, yoga, and bakes

cakes of professional quality. She joined our club with no prior acting experience, but you would never know it if you saw her star in two of our November plays. She's a natural and you have to love her attitude – "I joined the club, so I might as well try acting".

...

Creative Arts Club

BY CAROL KOVACH

Meet the consummate treasurer. Darlene Miller has been the treasurer of almost every organization she has been a member of, including for 16 of her 32 years with Beta Sigma Phi, and since 2020 the Creative Arts Club.

Darlene is born and bred Northern Californian. Born in Chico the eldest of three girls, the family moved to Sacramento and then to San Carlos where she attended high

(cont' on page 7)

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Creative Arts Club

(cont' from page 6)

school. Now married for 59 years, Dar met her husband Floyd in a company bowling league (where she was, of course, treasurer)! After school, Dar went to Comptometer school in Palo Alto and then worked for Varien Associates, one of the first high-tech companies in Silicon Valley.

Darlene and her husband adopted a son, Derek. Throughout his childhood, Dar was involved with his education, being a room mother, even dressing up as an Easter Bunny! She later continued to work with children, especially those with Downs syndrome.

Floyd and a friend started their own manufacturing company in Santa Clara, working there until he retired. Living in Placerville since 1986 after moving from the hustle and bustle of the Bay area (Sunnyvale) Dar worked part time at Randorf Jewelers, the oldest continuously running jewelry store west of the Mississippi (with origins in the gold nugget era). Floyd loved being close to the golf club, but for health reasons they moved to Sun City so he could drive his golf cart rather than car and still enjoy the companionship of golf.

In Sun City Dar enjoys playing bunco and is a fair-weather golfer. She is a ceramics member of the club and works on smaller pieces of yard art like fairy houses and indoor pieces such as frog mugs. Dar is also a member of the Boomers club.

• • •

Fine Arts Club

BY NANCY VAVUL

February is the month for love, and we love how our membership has grown and are participating in our classes, workshops, and special events. The walls of our room and display case are adorned with beautiful works of art, and friendships abound.

This month members may continue classes in acrylic led by Donna Self on Monday afternoons, watercolor classes by Patricia Abraham on Tuesday afternoons, oil classes on Friday mornings by Susan Edie, and acrylic ink classes on Friday afternoons by Sherry Bleiweiss. The room is available for open studio time on Wednesdays, Saturdays, and Sundays, as well on any Thursday when there is no meeting in session. Members, please take advantage of our wonderful facility and be sure to sign in when you do.

February ninth will be our general meeting at which we will be selecting the nominating committee for officers who will be elected in May. At this meeting we will also welcome Karen Cahill as our speaker. Karen is a professional artist who has won many awards and exhibited her work extensively. She uses oils as her medium of choice and prefers a rigid yet smooth substrate. Her techniques include glazing and heavy impasto. Her philosophy is to get the painting to the point of realism yet retain a "painterly effect." Be sure to join us to meet this impressive artist from Mendocino.

Looking ahead, March 17 and 18 will be our annual art show. In addition to all types of art and subject matter, there will be a special focus on children this year. We still have time to get our creative juices flowing and our works completed for this show, but we should start

now so that we can make this show another great success.

• • •

Needle Arts Club

BY CJ KIDD

A beautiful smile is often enough to brighten the world around you. You have that Smile.

We are already into the second month of 2023. Life in Needle Arts Club is filled with friendships, new endeavors, and success stories. I love each and every one of the Needle Arts Club members. Each one of you has a special quality and you share that special quality with those around you. I want to thank each of you for sharing your time, talent and energy to make belonging to the Needle Arts Club a privilege and a pleasure.

We have many activities and programs planned in 2023. I am sure you will enjoy each one of them. The general meetings are on the first Wednesday of every month at 1:30 in the Ballroom. At the general meeting, an inspiring program is provided every month. The topics range from knitting, quilting, home décor, etc., etc., etc.

One of my favorite programs is the Tea and Tables event. The event is in the Ballroom on Wednesday, March 1, 2023 at 1:30 in the afternoon. Needle Arts members decide to decorate a table of ten with a theme of their choice. Any member can come to the event and sit at the table of their choice. It is an exciting and inspiring afternoon. You may want to be part of the event by decorating a table with a theme of your choice. Some themes in the past have been: Birthday Parties, Halloween, Easter, Holidays, Tea and Cookies at the Beach, An English Tea Party, A Garden Party,

or a Sporting event. Call myself or Shirley Conzelmann if you would like to host a table. It really is a fun event.

• • •

Cinema Group

BY BRIAN SUTTON

Join us for the February movie, "Cast Away" (2000).

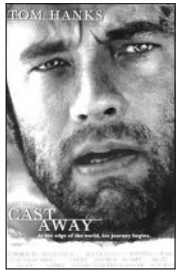
FedEx executive, Chuck Noland (Tom Hanks), is on route to an assignment in Malaysia when his plane crashes over the Pacific Ocean during a storm. As the sole survivor of the flight, Chuck is washed ashore, on a deserted island.

Tom Hanks is in nearly every frame of Cast Away. He is literally the only human being on the screen while on the island. However, you never grow tired of watching him. He paints a face on a volleyball and names it Wilson, a device which provides an excuse for his talking out loud. Hanks proves again what an effective actor he is, never straining for an effect, always persuasive even in this unlikely situation, winning our sympathy with his eyes and his body language when there's no one else on the screen. He was Oscar nominated for Best Actor in a Leading Role.

Critics indicated that "Cast Away" offers an intelligent script, some of Director Robert Zemeckis' best work, and a showcase performance from Tom Hanks. Internet Movie Data Base (IMDB) rates this movie at a very high 7.8 out of 10.

Join us for this most interesting movie: Friday, February 17, 1:30 pm at Spruce Room,

(cont' on page 9)



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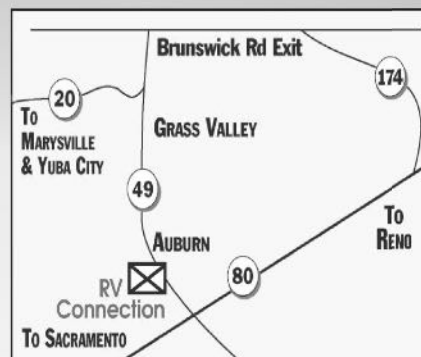
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Cinema Group

(cont' from page 7)

Sierra Pines. As always, Admission is Free!

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

...

Roseville Stamp Club

BY TIM MILES

As we swing into February, 2023, we are still digging out of the heavy storm damage that hit the region. Our Jan dinner had to be postponed due to the storm's impact on everyone's lives. We had a healthy signup for dinner but the weather didn't cooperate so we will reschedule as soon as possible. Al Raub will notify everyone via email of the changes as they develop.

Also, please be aware that 2023 Stamp Club dues are due and payable at \$20.00 and is really a deal, given what is made available as a member. We have access to just about any kind of stamp needed, albums, pages, accouterments, club dealers with big discounts, door prizes, and free use of catalogs and research material needed. Contact Al Capparelli (916-771-8288) for anything you are after in the hobby. Non-members are free to contact Al if you need an update on the value of that "old" album gathering dust up on the closet shelf.

Our February meetings are scheduled for Tues Feb 14 and Tues Feb 28 (both start at 6:30 pm) at the Sun City Roseville Lodge (7050 Del Webb Blvd). We were forced to cancel the Jan meetings due to the weather.

...

International Social Group

BY CYNTHIA SINDREY

The International Social Group is excited to be planning events for the events for the 2023 year. The annual "Bringing In The New Year" dinner and entertainment started our year and now it is time to plan for the March 22nd event which will be held at Sierra Pines starting at 6pm. We will be honoring the Greek Islands with dinner catered by a local Greek caterer followed by entertainment. Flyers with more details will be e-mailed and mailed to our members and also available on the rack at the Lodge.

The May event was discussed at the recent board meeting as to which country we should honor. One of the suggestions was Argentina as we have new members from that area. There will be more details in March.

We are purely social and enjoy meeting

people from all over the world, eating and being entertained. What more could you ask for?

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

...

Socrates Café Group

BY STEVEN GUSTAFSON

Socrates Cafe (Philosophy) Group

Groucho Marx (the famous comedian) once said "Those are my principles, and if you don't like them...well, I have others".

So, how important is it to have principles — fixed rules that govern your personal behavior? Your rules might require you to be virtuous and to have high moral standards. But can you switch to "alternative" principles to achieve financial gain or power over others?

Socrates, who lived over 2400 years ago and who is widely acknowledged to be the founder of Western philosophy, would say "absolutely not". Socrates famously said, "Be as you wish to seem", that is, be the person you want others to see you as. Apparently, many politicians and business tycoons want you to see them as virtuous and principled persons but not as they really are — hungry for power and money.

Our philosophy discussion group is named for Socrates. We have lively discussions at 10:00 on the first Monday of the month in a meeting room at the Timbers lodge. You are welcome to join us.

...

Solo Friends

BY CATHY SCHIMANSKY

It's February and Roseville residents have finally "gotten what they wished for": Rain! And with so much rain that many are eagerly-awaiting sunny and DRY days now. With February being labeled as the "love month", hopefully we will love the February 2023 days with a better balance of sunny and rainy days.

Twice-a-month the Solo Friends group offers guest-speaker educational meetings and catered dinner socials to our Sun City resident members. The attendance at our once-a-month Monday evening general meetings remains steady at approximately 50 members. Attendance at our catered dinner and activity Saturday evening socials has grown to approximately 75 members.

January's general educational meeting was well attended. More than 50 members actively participated in the "Body, Mind and Spirit" presentation. Solo Friends members eagerly contributed both verbally and physically in joining in the exercises and discussions that help us achieve a happy and



healthy lifestyle regardless of age.

Solo Friends is now 151 members strong. The smaller special activities groups have increased in size as well. One special activity group has so many participants that they now transferred their meetings from members' homes to the Timber Creek card room.

All Solo Friends members are encouraged to save a copy of this article to remember the dates for the Timbers Ballroom general meetings and the Sierra Pines socials. Tuesday, December 12, 2023 will be the year-end holiday catered dinner and dancing celebration in the Timber Creek ballroom. The upcoming eight Solo Friends informational/educational general meetings will be held in the Timbers partial ballroom on March 6, April 3, May 1, July 10, August 7, September 11, October 2 and November 6. The nine Solo Friends catered dinner events will be held at the Sierra Pines clubhouse on February 18, March 18, April 15, May 20, July 15, August 26, September 16, October 21 and November 18.

...

Mantra Meditation

BY ED CERVANTES

Mantra Meditation – A Deeply Relaxing Experience... You are cordially invited to join us for a peaceful hour of mantra meditation, music and good company. By the simple process of mantra meditation, our mind and heart are gradually purified of all kinds of worry, hankering and deep-seated fears. We begin to experience an ever-deepening inner peace and happiness and increasing insights into life.

The meditations will be practiced seated in chairs and the program is presented free of charge. Bring a friend and come make new ones. Here are the dates, times and locations for our upcoming meetings.

Friday, February 3rd 1:30pm - 2:30pm in the Spruce Room at Sierra Pines.

Friday, February 24th 1:30pm - 2:30pm in the Ponderosa Room at Sierra Pines.

Friday, March 3rd 1:30pm - 2:30pm in the Spruce Room at Sierra Pines.

Friday, March 24th 1:30pm - 2:30pm in the Spruce Room at Sierra Pines.

Mark your calendar and we'll see you soon. Ed Cervantes & The Heart of Gold Meditation Group: mantramedclub@gmail.com

...

Democrats

BY TONI FISHER

We planned to take a short break from politics as we entered the new year since our hard work for the midterm elections could justify some down time before the 2024 General Election activities started.

While we will keep an eye on the House and Senate activities, we now plan to host a variety of speakers at our monthly meetings aimed at enlightening our members on a number of topics. Since we have welcomed many new members who have recently moved to Sun City, we plan to inform them of many local services and programs which might also be of interest to many of our longtime members who may learn something new as well.

We will be assisted by Marty Boyer, a talented member who has offered to assist us in finding speakers. Our January speaker, David Metz, provided proof of Marty's recruiting talents as he described his work. As President of one of the most respected research and polling firms, David and their twenty-two employees have worked on behalf of hundreds of top candidates, local ballot measures and nonprofit organizations. His very engaging manner held the attention of the attendees who enjoyed learning about this aspect of dealing with the public and politicians.

We look forward to the program for our upcoming meeting which will be announced soon.

...

Boomer Generation Club

BY SUZANNE CROWDER

And who said Boomers are old! From the pictures of the January Event, it looks like the Boomers definitely know how to party. Let your grandkids see how it's done. The pictures will be uploaded on the website soon so check them out. We've got a lot going on for the first six months of the year so be sure and check out the calendar.

The SIGs (Special Interest Groups) are quite busy so reach out to the SIG leaders to get on their email list. Here's what February has in store for the Boomers. Starting with the Wine SIG-Feb 11, Trivia SIG-Feb 16, Progressive Dinner Feb-18, Dining Out SIG Feb-tbd and Bunco SIG Feb-20. Our first council meeting of the year is February 13, 10:00 am in the Cedar room at the lodge. This is where we decide the events for the year. We'll be firming up the events for March and May so feel free to join us and bring your ideas.

Our General Meeting is April 24, 7:00 pm at Sierra Pines. We'll be asking for members to toss their hat in the ring for President, Secretary

(cont' on page 11)

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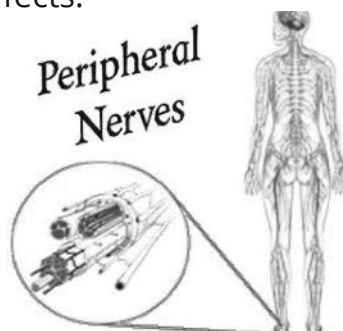


Figure 1: Notice the very small blood vessels surrounding each nerve.

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

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

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

Three Factors to consider for Effective Neuropathy Treatment:

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

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

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

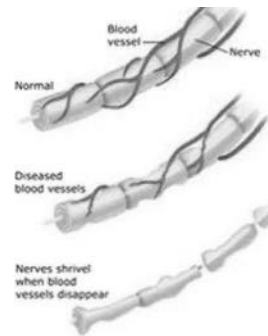


Figure 2: When blood vessels become diseased, they shrivel and are no longer able to provide nourishment to the surrounding nerves.

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

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

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YOU DON'T HAVE TO JUST LIVE WITH IT

Boomer Generation Club

(cont' from page 9)

and at least four council members. If we still need to recruit, I will appoint a nominating committee to solicit volunteers. Our election will be in June and the new board will take over July 1. So, if you'd like to get involved in a great social club, please let me know. Remember, Boomers have no age restrictions, if you live here, you are a Boomer.

On another note, we're looking to get the Movie Club and Bowling SIGs back up and running so if you're interested in headed either one up, reach out to me as well.

Looking forward to a great year.

...

Jewish Fellowship Circle

BY LOIS ARLEN AND KAREN LEVINE

A big thank you with much appreciation to Cora and Dave Rose for leading the Shabbat service and to Julie and Andrew Brasch for hosting the Oneg in December.

The Book Club will meet on Monday, February 13 at 7:00 PM (new time) and will be hosted by Ruth Elkins at her home. The title of the book to be discussed is A Pigeon and A Boy by author Meir Schalev.

We look forward to our annual Lox and Bagel Brunch on Sunday, February 19 at Sierra Pines. The brunch is free to paid up members with their annual membership dues of \$12 that were due in January.

This month we celebrate Tu'Bishvat which is an environmental holiday. This year Tu'Bishvat will be celebrated on February 5 to February 6, 2023. It is a minor holiday celebrating the "birthday" of the trees. Many Jews take part in a tree planting ceremony or collect and send money to Israel to plant a tree there. Planting a tree in Israel in memory of a loved one is a most appropriate way to show your sympathy and respect for those in mourning. A gift of a living tree in honor of a birth or special occasion is very meaningful. The Tree of Life, which God placed at the heart of the Garden of Eden, became a symbol of Jewish existence. It is customary to eat fruits from the "seven species" associated with the Land of Israel in the Bible: Wheat, barley, grapes, figs, pomegranates, olive and dates.

...

Healthcare Group

BY LINDA GORDON

The Healthcare Professionals Group completed our first full year in existence as an SCR Group at our meeting on January 4. When our planned speaker needed to cancel



at the last moment due to illness, a member, Amel Whitaker, LMFT, stepped in and gave a very interesting presentation on "Happiness is a Choice in 2023". Amel is a Health & Wellness Instructor at SCLH and has given classes here at SCR. We had 20 members in attendance for the program and lunch.

The Healthcare Professional Group is open to any SCR resident who has worked in any capacity in the Healthcare Field. We meet the first Wednesday every other month on the odd months at 11:00 in the Ponderosa Room at Sierra Pines. We have social time, a speaker and lunch. All this for \$10/meeting. If you are interested in attending our group please contact Linda Gordon at garlind77@gmail.com or 510-813-7815 call or text. You must RSVP for the meetings.

Our next lunch Meeting will be on March 1. Our speaker will be Dr. Bradey Herrgord, D.C. from the Disc Centers of America. He will speak on some new advances in the treatment of back pain. Stay tuned next month for more information.

The group also sponsors a Blood Pressure Clinic on the 2nd Wednesday of each month from 9:30-10:30am in the Fitness Center. As well as checking Blood Pressures we can check your BP units from home and answer questions you may have. No appointment is necessary. Next clinic is February 8.

...

Republican Group

BY CAROLE VAILLANCOURT

Gwen Myers our current Secretary has resigned her position, we hate to see her step down but realize she is a very busy person! A very special thank you to her from all of us!

We continue to participate in monthly Courier days with other resident groups at the lodge; members volunteer to represent our group on the first day. In the past this has help welcome new members. We encourage members to volunteer.

Our next meeting is on 2 February 2023, 7PM at Sierra Pines. We welcome Vice Mayor Krista Bernasconi representing our District (4).

She will give us an overview of issues for the coming year.

Mayor Bernasconi was elected to a four-year term on the Roseville City Council in

November 2018 and was reelected in 2022. She is currently serving as Vice Mayor and had previously served as vice Mayor from 2018-2020. She served as Mayor from 2020-2022.

Council Assignments:

- Naming of Facilities/ Park Naming Subcommittee
- Placer County Indian Gaming Local Community Benefit Committee
- Sacramento Area Council of Government (SACOG)
- South Placer Cites 3X3X3
- Sun City Roseville

We strive to present programs pertinent to current issues (local, State and Federal) that affect us in order to educate our members.

Any interested Residents are welcome!

For further information contact Carole at caroleva@surewest.net

...

SCR Computer Club

BY BARBARA EICHTEN

The Council Meeting will be in the Club Room from 9:00-10:00 and the General Meeting will be at 10:00 in the Ballroom. All are welcome! There will be a workshop on February 23 at 1:00 in the Club Room explaining "Encryption."

Photo: PhotoSIG will meet on the 3rd Friday, February 17 at 10:00 am in the Club Room. Come to the meeting and see how the Photo SIG (camera club) does things. All Computer Club members may join the Photo SIG. Only Photo SIG members may submit photos for the monthly contest. Submission of a maximum of 3 photos, sent to PhotoSIG916@gmail.com, is due by Monday, February 13, 2023. The photos are judged at the regular monthly meeting. December's theme is "Open Topic." Photos must have been taken between January 2019 and the photo submittal date. Contact Dennis Studer or Jenny Ramirez for additional information.

Card Making: Will meet on the 3rd Tuesday, February 21, 2023 from 1:00 - 4:00 in the Club Room. Cathy Fluellen (623-256-0280) will host a session with Rubberstamps. Call to register and for further information.

All 'Bout Apple: Will meet on February 16 from 2:00 - 3:30 in the Club Room

OPEN sessions will be available on Friday February 3, 10, 17, and 24 from 1:00 - 3:00. This is designed to give individual assistance with devices. Other OPEN sessions will be available on Monday, February 7 and 13 at 1:00-3:00 and February 14 from 9:30 -11:00 in the Club Room.

Check the scres.org website for further information.

...

SCR Travel Club

BY ANDREA NORCIA

The Sun City Roseville Travel Club (TC) meets on the fourth Monday of each month at 3:00 pm, in the Timber Lodge Ballroom. Our next meeting is on February 27, 2023.

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

March 6-18 Shades of Ireland
April 3-11 Mississippi River Cruise
April 28-May 11 Cultural Treasures of Japan

July 2023 Cowboy Country (Northern National Parks)

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

August 2023 Iceland, Windstar Cruise
September 2023 African Safari
October 2023 Fall Foliage

December 2023 New York City Christmas Lights

As a reminder, for those of you who are covered by Medicare, which I am sure includes most of us, remember when you travel outside of the U.S. Medicare does not cover your health-related claims. In many cases Covid is now considered a pre-existing condition so it may not be covered, as well. Be sure to check with your supplemental provider and/or any other insurance you may have available to you such as, your Visa or bank related credit/debit card. If you do not have trip insurance through your supplemental provider or credit/debit card company, take the time to go online and search "travel insurance" for information. There are a number of companies who provide various levels of travel insurance. You should be able to customize your coverage based on your trip and health-related needs.

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

...

Veterans and Patriots Club

BY GEOFF MARSHALL

With a focus on the New Year and the opportunities it will bring, the new board of the Veterans and Patriots Club is starting on a quest to increase membership and build upon the events and experience for the members and residents of Sun City Roseville. This will be an exciting year bringing in new dynamic,

(cont' on page 12)

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Veterans and Patriots Club

(cont' from page 11)

recognizable and interesting Veteran and Patriot Speakers from within and from outside the community and increasing the number of fun events that each of our members has grown to enjoy.

This should be an exciting year and if you're a Veteran or a Patriot who loves this country and for which it stands, we want to hear from you. So, please if you are a Veteran or consider yourself to be a Patriot go to our SCR website or contact one of our officers and tell us what we can do to get you involved like the 346 current members who actively support the Club. We meet monthly on the first Wednesday of the month at 10:00am in the Lodge Ballroom. The cost is currently \$30 for Lifetime membership and Applications can be found in the main lobby of the Lodge or on the Club Website.

To all current members, this is your Club, and we need to know what's important to you and what we can do to enhance your experience with the Club. We know that with your continuing support the Sun City Roseville Veterans and Patriots Club is going to gain valuable input and direction to achieve the above goals. If you're a Patriot who loves this Country and as the Military Recruiters said so many years ago, "We Need You"!

...

Conservative Action Group

BY SHERRI SCOTT

Our January 2nd meeting was casual (what can you expect the day after New Year's Day) as a circle of attendees discussed the Group's direction and goals for 2023. Monthly meetings



Sherri Scott, Steve Cho and President Gwen Myers.

will continue to be held on the first Monday of every month at Sierra Pines starting at 6:30 except for the month of October where the location will be the Birch/Cedar room at the Lodge. The success of our actions in getting conservative candidates elected to various positions must now turn into our continued action to support these office holders in their efforts of implementing the ideas upon which they campaigned.

One of the projects we will become involved in is providing support to Californians for School Choice and the Educational Freedom Act Initiative for 2024.

We will continue participating in Courier Days the first Monday of the month so if you are interested in becoming a Sun City member in our Group, please stop by and sign up or just come by and say "Hi."

...

Rods And Relics

BY ELNA RAGAN

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

On January 23, Chuck Barnhart, Chair

(cont' on page 13)

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Rods And Relics

(cont' from page 12)

of the Downtown Lincoln Car Show, held his first Committee Meeting. He was joined by seven Club members who are responsible for overseeing critical functions that will ensure a very successful event. Save the date... Saturday, June 3!

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

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

Contacts: Tom Indrieri, President 916-645-2035, Mike Carvidi, Membership Director 707-849-2834. Web Site: www.rodsnrelics.net
• • •

Birders

BY JANET MORELLI

Audubon leads a Christmas Bird Count (CBC) every year, between the middle of December and the first week of January, in the United States, Canada, Mexico, Latin America and the Caribbean. The results of this count are used by researchers, biologists, wildlife agencies, ranchers and farmers to study the long-term health of bird populations, identify environmental concerns, and devise

strategies to protect birds and their habitats. The December 2022 count was the Audubon's 122nd annual CBC, the longest running science survey in the world.

SCR Birders regularly participate and are assigned to counting the number of birds within the boundaries of SCR on the assigned day

(December 29 last year). Despite the cold, wet weather, they identified 60 species for a count of 1828 birds. Although the species count was nearly the same as recent years' counts, the number of birds was significantly higher. The most counted bird, by far, was the Cedar Waxwing (447) with the American Robin (146) and White Crowned Sparrow (142) in second and third place. Eight species came in with only one sighting each.

On February 2, Birders are scheduled to go to Cosumnes River Preserve near Galt. The last time Birders visited this site, they identified 34 species, including the Northern Pintail, Northern Shoveler, Gadwall, White Pelican, Marsh Wren, and Lesser Yellowlegs. This trip should take 4-6 hours. Another trip

in February will be to the Julie Partansky Pond in Davis on February 16 where 32 species were recorded the last time the Birders visited, including the Ruby-crowned Kinglet, American Coot, Wood Duck, Song Sparrow, and American Wigeon. This trip should take 4-5 hours. The first trip in March will be on March 2 to Veterans Park in Roseville. For more information on these trips, call Janet Zeitman (916-771-5235) or Janet Morelli (916-782-6393).
• • •



Garden Club

BY SUZETTE AUSTIN

The new Green Acres store in Roseville is open and Greg Gayton, of Green Acres, along with Julie Barbour, a Master Gardner were our speakers at our first meeting of the year in January. They were a charismatic team who gave us an overview of the new store, what additions have been incorporated and answered many gardening questions. Additionally Greg brought a number of plants and gift certificates that he gave generously to many of those attending.

Michael Stark, president of the Dry Creek Conservancy (Roseville), will be the speaker at our next meeting on February 7th. Dry Creek Conservancy collaborates with local communities to promote healthy creeks and watersheds. The group organizes various projects such as native plantings, salmon barrier removal and the removal of invasive plants from the creek beds. The work of the Conservancy is a critical part of protecting and replenishing the water in the Roseville Aquifer which we depend on for our domestic use and for irrigating our gardens.

Our general meetings are on the first Tuesday evening of each month. Doors open at Sierra Pines at 6:15 pm for social and cookie time. Meetings begin at 6:45 pm and end by 8:15 pm.

We are planning lots of interesting topics for our club meetings in the coming year. For more information about our club check out our website or contact Karen Burford at 530-575-8384 or karinab@aol.com.
• • •



SCR Hiking Group

BY DORIS MERCHANT

Our Christmas dinner in the Solarium was enjoyed by all! Awards were given to Jean Hays for making the most hikes for the year, and to Sue Andreasen for second-most hikes. Also, Trailmaster Don Stoye was presented with "thank you" gifts.

You'll see that Carolyn Purdy is scheduled to lead a hike this month. Let's encourage her to join the leaders team!

Watch your email for any cancellations or changes in the schedule due to weather.

February 2: Empire Mine, rated 4.5 (easy to moderate), 6 miles, \$8 carpool ride.

February 9: Cascade Canal - rated 2.5 (easy), 6 miles, \$8 carpool ride.

February 16: Round Mt. to Yuba River, rated 6 (difficult), 7.5 miles, \$10 carpool ride.

February 23: Stagecoach/Manzanita Loop, rated 4.5 (moderate), 5 miles, \$8 carpool ride. (Parking pass or parking fee required.)
• • •



Pres. Pete Grady with Jean Hays and Sue Andreasen.



(more Club News cont' on page 17)

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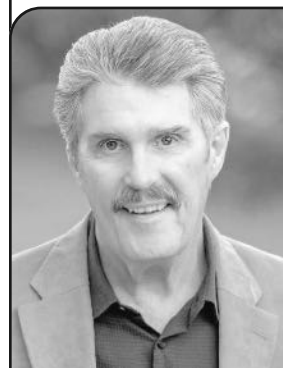
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Royal Princess ~ 3560 Passengers

Mar 12, 2023

\$999

\$1,799

\$1,999

Crown Princess ~ 3080 Passengers

Nov 26, 2023

\$1,398

\$1,664

\$2,698

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

Ensenada, Mexico, San Francisco, California.

*** ROUNDTRIP LINCOLN SHUTTLE TO SHIP!**

10 DAY ALASKA From SFO! PRINCESS

Ruby Princess ~ 3080 Passengers

May 17, 2023

\$849

\$998

\$1,468

Jun 6, 2023

\$948

\$1,198

\$1,722

Jul 6, 2023

\$1,098

\$1,285

\$2,088

Aug 15, 2023

\$1,048

\$1,198

\$1,879

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

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

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

10 DAY MEXICO From SFO! PRINCESS

Crown Princess ~ 3080 Passengers

Dec 12, 2023

\$698

\$898

\$1,329

Jan 23, 2024

\$748

\$899

\$1,378

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

San Francisco, California.

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

16 DAY PANAMA CANAL PRINCESS

Ruby Princess ~ 3080 Passengers

Apr 14, 2023

\$1,899

\$2,299

\$3,499

INCLUDES FLIGHT TO TEXAS & SHUTTLE FROM SHIP TO LINCOLN!

Sail from Galveston, Texas to San Francisco visiting Cartagena, Columbia; Transit the Panama Canal; Fuerte Amador, Panama; Puntarenas, Costa Rica; San Juan del Sur, Nicaragua; Cabo San Lucas, Mexico; San Francisco, California.

17 DAY SOUTH AMERICA REPOSITION CELEBRITY

Celebrity Eclipse ~ 2850 Passengers

Dec 7, 2023

\$1,130

\$1,428

\$1,727

INCLUDES ROUND TRIP SACRAMENTO AIRFARE!

Sail from Los Angeles to Valparaiso, Chile visiting Cabo San Lucas, Mexico; Huatulco, Mexico; Puntarenas, Costa Rica; Manta, Ecuador; Lima, Peru; Pisco, Peru; Valparaiso, Chile. Stay on board for the next cruise or explore Machu Picchu before flying home. Call for details.

32 DAY CAPE HORN GRAND ADVENTURE Princess

Sapphire Princess ~ 2670 Passengers

Mar 5, 2023

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\$4,078

CALL

Mar 4, 2024

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\$5,448

\$6,748

INCLUDES ROUND TRIP SACRAMENTO AIRFARE!

Sail from Buenos Aires, Argentina to Los Angeles, California visiting Montevideo, Uruguay; Puerto Madryn, Argentina; Port Stanley, Falkland Islands; Cape Horn, Cruising; Ushuaia (Tierra del Fuego), Argentina; Punta Arenas, Chile; Amalia Glacier, Chile; Puerto Montt, Chile; Santiago, Chile; La Serena (Coquimbo), Chile; Pisco, Peru (Optional Machu Picchu Overland Tour); Lima, Peru; Manta, Ecuador; Puntarenas, Costa Rica; Puerto Vallarta, Mexico; Cabo San Lucas, Mexico; Los Angeles, California.

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

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Cruise Line ~ Sailing Date	Starting Price/ Inside Ocean View Balcony		
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Eurodam ~ 2104 Passengers			
Sail round trip from Fort Lauderdale, Florida to Half Moon Cay (Private Island), Bahamas; Aruba; Curacao; Partial Transit the Panama Canal; Gatun Lake, Panama; Limon, Costa Rica; Fort Lauderdale, Florida. This SHORT NOTICE offer will not last long. Call for more details.			
15 DAY AZORES, SPAIN Reposition ROYAL CARIBBEAN May 1, 2023	\$772	\$943	\$1,171
Voyager of the Seas ~ 3114 Passengers			
Sail from Galveston, Texas to Barcelona, Spain visiting Nassau, Bahamas; Ponta Delgada, Azores; Malaga, Spain; Alicante, Spain; Barcelona, Spain. Stay on board for the next voyage or spend some time in Europe before flying home. Call or stop by for more details.			
73 DAY CIRCLE SOUTH AMERICA HOLLAND AMERICA Oct 7, 2023	\$8,999	\$10,999	\$23,999
Zaandam ~ 1432 Passengers			
INCLUDES ROUND TRIP SACRAMENTO AIRFARE!			
Sail round trip from Fort Lauderdale, FL visiting Cayman Islands; Costa Rica; Panama Canal; Ecuador; Peru; Chile; Strait of Magellan; Beagle Channel; Ushuaia, Argentina; Drake Passage; Antarctic Experience; Falkland Islands; Montevideo, Uruguay; Buenos Aires, Argentina; Punta del Este, Uruguay; Rio de Janeiro, Brazil; Fortaleza, Brazil; Cruising the Amazon River; Manaus, Brazil; Devils Island, French Guiana; Trinidad and Tobago; Barbados; Dominica; Bahamas; Fort Lauderdale, FL. Call for full itinerary and details.			
111 DAY WORLD CRUISE PRINCESS Jan 18, 2024	\$19,498	\$21,498	\$29,498
Island Princess ~ 2200 Passengers			
INCLUDES ROUND TRIP FIRST CLASS SACRAMENTO AIRFARE!			
Sail round trip from Los Angeles visiting Hawaii; Samoa; New Zealand; Australia; Bali, Indonesia; Singapore, Kuala Lumpur, Malaysia; Colombo, Sri Lanka; Aby Dhabi, UAE; Dubai, UAE; Oman; Aquaba (Petra), Jordan; Suez Canal, Egypt; Nazareth/Galilee(Haifa), Israel; Kusadasi, Turkey; Greece; Malta; Italy; France; Spain; Portugal; Morocco; Canary Island; Bermuda; Florida; Columbia; Panama Canal; Costa Rica; Nicaragua; Mexico; Los Angeles. Call or email us for the full itinerary and details. Free First Class flights and airport shuttle.			
36 DAY EUROPE REPOSITION CUNARD Aug 20, 2023	\$5,448	\$6,248	\$7,688
Queen Elizabeth ~ 2081 Passengers			
INCLUDES LINCLON 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 LINCLON 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. <u>This is a hosted cruise with lots of free perks and benefits on board. Don't miss the boat!</u>			

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Cycling Group

BY SUZETTE AUSTIN

January has not been the best month for cycling but we're thankful for the rain and hoping for some clear days to ride in the near future. Some of our members continue to meet at Panera on Friday mornings for coffee. Most of us have been driving there but Steve Gustafson has ridden there in shorts when it is less than 40 degrees!



Steve Gustafson

Our Four Score & More group (those members who have reached their 80th birthday) met at the Timbers on January 16 to enjoy a delicious breakfast and to share stories of their times riding bikes. Over thirty members of this group attended. Does that say something about the health benefits of cycling?

Weather permitting, we'll do a ride soon to the Pacific Street Cafe and then enjoy breakfast with both riders and non-riders. Watch the web page for details.

On March 10 we will have a Spaghetti and Card Bingo social at Sierra Pines, and Elaine and her volunteers are planning a Barbecue on May 26.

We meet on the third Monday of each month at 8 am in Sierra Pines. Our next meeting will be February 20.

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

...

Cornhole Group

BY STEVEN GUSTAFSON

If you ask Google for definitions of "cornhole", you'll find among them "a lawn game" and "the dried corn cobs used in outhouses before the commercial availability of toilet paper".

So, the word "cornhole" has an unpleasant association. Some have suggested that this name be changed to "bago", "bagz", etc. But, "cornhole" is entrenched as the name of the popular bag toss game — it's used in tournaments you can see on ESPN, and it's used on Amazon to describe the many brands of boards and bags you can buy.

Sun City's Cornhole Group (over 180 members) currently plays every Tuesday at 3:00 on the Sierra Pines horseshoe lanes. Our group has no dues or meetings, so you are welcome to join us (about a dozen play if the weather is nice).

...

Croquet Club

BY GAIL DAILEY

The Croquet Club had a real challenging event on a cold, damp day, November 14, when play was on the full court - Talk about Super Sizing. The matches were played at 10 am Ken Coyne, and Bente Frydendahl against Gail Dailey who partnered a newbie to 6 wicket, Dorothy Tanner, who bravely went against the seasoned players on the full court and held her own. She was tied with Bente and the game finished only 2 wickets ahead for Ken. Well done! Dorothy said she had fun and is looking forward to learning and playing the game going forward. At 11:30 Mike Dover, and Roy Stearns lost their match to Jane McNally and Jean Tollis. 1:00 pm Lee Prager and Debbie Phillips won their match against Louisa Maglione and Patrick Maglione. The final match of the day, 2:30 pm was Dale Bailey and Barbara Stearns who lost to Sally Wander and Debbie Philips (subbing for Bert Donlon, who had been injured in a fall).

We were missing Bert Donlon who was down due to an injury, but being the trooper he is was back on the lawn shortly after.

The Socials have been cancelled since the weather is too cold to sit outside these days. But play continues and the new grass has been interesting and challenging to adjust too.

...

Pickleball

BY BOB VERZELLO

Welcome again to all of our new members. Our club's rapid growth has brought new ideas, new energy, and lots of fun.

Check out the minutes from the December Membership meeting on the SCRCA website. You'll see several changes for 2023-24 including Council membership, the way we play on our courts, dues, the annual holiday meeting date, and our club's needs being presented to the Association's Sports Committee.

You'll also see that Pam Wingo is planning several tournaments. Coming up on February 25 is the "Alley-Oop," mixed doubles tournament. For each round, men will be drawing cards to determine which woman will be their partner. The \$15 entry fee includes refreshments, lunch and award trophies. To sign up, contact Pam at wackywingo@gmail.com by February 15.

Playing tip from Anne Burney: Decide where you want your return of serve to go early. Give yourself a target so that you don't have to think about it when hitting your return. Anne also notes that pickleball pro Catherine Parenteau, number 3 female PB player in the world, will be conducting clinics February 9 and 10 at Rusch Park.

Did you know? According to an article in Pickler, the typical life span for paddles used by recreational players is about one to three years, depending on how often you play, how hard you hit the ball and how well you care for the paddle. One indicator that your paddle may need replacing is if you aren't getting the usual power and control from your strokes. Another is sound. Use your knuckle to tap the paddle around edges and center. Edges should sound a little dull compared to a more-hollow sound in the middle.

Health tip from mayoclinic.org: "Try to be in shape to play your sport; don't play your sport to get in shape."

...

SCR Volleyball

BY MARISA BERNETTI

Volleyball at SCR is regularly enjoyed on the court or in the pool. No fees or annual dues are required to join.

Court Volleyball: Many have asked for a more rigorous level of court play. We've heard you! We have Board approval for court volleyball to be played on a grass court at School House Park. Now, all we need is Y-O-U! Calling all interested residents to join our NEW, more advanced court volleyball league at School House. Its start date and time are TBD (possibly Tuesdays and/or Thursdays) but it depends on the new group's preference. So,

if you want a more energetic play, let us know, NOW. With this new level, you will have more choices in fun and exercise. ALL interested contact Marisa now, at 916-745-9571.

Current court ball play is on winter hours, on Thursdays 2:00-4:00pm, at the Pickleball court #1. Summer hours will start May 1, on Fridays 8:00-10:00am. All are welcome.



Water Volleyball: Indoor pool - Mondays, Wednesdays and Fridays, 11:30am-1:00 pm. It's always fun and easy, kinda like water aerobics. We often have five to eight players per side, with lots of room to move around. Come watch or join the play!



Quarterly Social: The Volleyball Group has scheduled quarterly meetings in March, June, September and December. Our next is on Friday, March 17, at 5:30pm at Sierra Pines (mark your calendars now). We will enjoy a "Pizza Nite", BYOB and a cornhole competition with cash prizes! Choose your partner now; each team will have two players! All members and significant others are welcome. Sign up now with Marisa, so that a variety and ample pizzas can be ordered. Contact Marisa on 916-745-9571.

For more information, contact Marisa Bernetti, 916-745-9571 or at marisa.bernetti.scrca@gmail.com.

...

SCR Softball

BY PATRICK MAGLIONE

Congratulations to those of you who have taken down your Christmas decorations, sent out all those "thank you" emails, begun saving for your next vacation, and especially to those of you who have managed to maintain even

(cont' on page 18)

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SCR Softball

(cont' from page 17)

one of your New Year's resolutions. With all of January's storms adding to the Sierra snowpack, it looks to be a better 2023 for recovery from our longstanding drought.

For those of you who may have forgotten, February 1 is the deadline for SCRSSC registration, so if you'd like to play softball in Roseville's best run and most enjoyable league, you'd best get your registration in pronto. The necessary form is available on the club's website (www.rosevilleseniorsoftball.net) and the league fee is \$90. If you have procrastinated and can't meet the deadline, take heart. You can still call John Woodbury, the club president, and let him know you'd like to be included in the league draft, which is set to happen early in February. John's number is 530-518-5594. Otherwise, you'll be placed on our wait-list, and added to a team as needed. Meanwhile, practices are being held at Mahan Park (weather permitting) every Monday and Wednesday morning at 10:00 am.

League games are scheduled to start on Monday, March 27 at Mahany Park, while the league's Opening Day ceremonies will be held on Wednesday, April 5. New team, Oakmont of West Park will be managed by Eric Erickson, Ken Miller will manage Eskaton, Al Bowen will manage Excel Realty, Larry Larson will manage A.C. Girl, and Tom Frank will manage Coldwell Banker. All five teams will be sporting brand new jerseys and hats. It's a sixteen-game season, with double elimination playoffs. So, if you're not part of the action, come on out to Mahany Park for the best free entertainment in town.

...

SCR Tennis Club

BY DIANE BARNETT

We rolled into 2023 with a couple of torrential rain and wind storms. As I prepare this article in early January, we have a small break in the weather today, but more wind and rain are in the forecast to resume tomorrow and continue throughout the week. As tennis players and fans know, high winds and rain put a halt to outdoor tennis as well as waiting for the courts to safely dry following rain storms. But, we know that this will, too, pass, and soon our club members will be back enjoying the sun and resuming tennis games, tournaments, and play days as well as some other exciting additions that are planned for Tennis Club members soon. So, stay tuned.

In the meantime, the Tennis Club would like to welcome and introduce the new officers for 2023. They are Dieter Rohfleisch – President, Nancy Kacey – Vice President, Carol Delville – Secretary, and Kathy Fowler – Treasurer. Kathy is returning to the Office of Treasurer with a smile on her face and a skip in her step as everyone knows how much she loves her job and what a great job she does. Ray Barnett will be returning as Tennis Court Usage Chair and I, Diane Barnett, will return as Tennis Club Publicity Representative. In addition, Bob Buckman will be back to complete his second term on the Sports Advisory Committee, representing the Tennis Club, and Patrick Maglione will continue as our Tennis Tournament and Play Day Coordinator ensuring that our tournaments and play day teams are competitively organized so that all players have a great experience.

We welcome our new members and look forward to what is ahead in 2023 for the Tennis Club. Come join the fun!

...

He & She Golf Club

BY JULIE HARRIS

We're off and running for another year of He & She Golf! Our tournament chairs, Rich Aug for the 18 hole players and Kathy Fowler for the 9 hole players are ready to put together some fun games on the course. We play on the 2nd and 4th Mondays of every month. Our social coordinators, Linda Ryan and Kathie DeVito are also looking forward to organizing some fun events off the course.

Membership renewals are coming in regularly so thanks to everyone who has gotten their checks in. For those who still need to renew, please drop off your check at one of the Club Houses or at 401 Heller Ct. Make it easy on yourself – if you are already a member and your email and phone number have not changed, there is no need to fill out another membership form. Also, be sure to tell your friends about the He & She Golf Club as we love to get new members to join in on all the fun!

Since January was a very wet month our tournament participation was lower than normal but we look forward to drier times and more sunshine. The much needed rain will help to make our golf course greener than ever!

A recent tournament of the 18 Hole players at Timber Creek resulted in the following winners— 1st Place: John Raniseski, Joe Ramos, Steve Hennessy.

2nd Place: Sandra Morea, Cal Conley, Johnice Swallender, Rich Aug.

3rd Place: Ron Galvin Barbara Simon, Steve Proctor, Laura Cason.

4th Place: JoAnne & Mark Gregson, Minell and Bob Fredricks.

Closest to the Pin Men: Fred Festerson 10'1". Closest to the Pin Women: Laura Cason 7'6"

...

Sierra Pines Ladies Golf

BY PAM SKARG

What a wonderful way to kick off the month of December but with the SPLG annual Holiday Luncheon. Thank you, Janet King and Denise Roberts for organizing this festive event and one the ladies look forward to every year. There were prizes galore and ornaments filled with money to be given away to six lucky ladies. The stage was lit up with decorative trees, the center pieces were holiday cookie jars and the delicious dessert all from the creative minds and talents of Claudine Odell and Norma Jones assisted by their committee.

Elizabeth Gustafson, Roxanne Warloe and Pam Hemingway accepting some prizes at the Christmas luncheon.

Carol Ditty, Pat Horning, Sharon Young and Bev Warrington with their winnings at the Christmas lunch.

(cont' on page 19)



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Sierra Pines Ladies Golf

(cont' from page 18)

Great job ladies. Thank you for making this a very memorable afternoon.

Awards were given to —

The most improved player of the year goes to Barbara Simon. Congratulations!

The most birdies was a tie between Heidi Gongaware and Christine Leaman with three each.

The most chip-ins was Heidi Gongaware with six.

Putts for points: Annette Eastman was the big winner and 16 other ladies were in the money as well.

The Eclectic winners were: A Flight: Pam Hemingway, B Flight: Pat DeCroix, C Flight: Kathy Fluellen, D Flight: Carolyn Pittman and White Flight: Sharon Young

Congratulations to all the winners.

The most improved golfers for December 2022 are: First flight: Theresa Howard, Second flight: Ellen Thomas, Third flight: Andrea Norcia and the Fourth flight is Lynda Hammel.

If you are new to Sun City and are interested in playing golf with friendly-fun loving ladies, please go to our website to learn more about us.

Please mark your calendars: February 9 at 2:00 pm for the Council Meeting and February 16 at 2:00 for the General Meeting to be held at the Pines Clubhouse.

• • •

Timber Creek Women's Golf Club

BY NANCY LABRADA

The new Council officers were introduced in last month's Courier: Barbara Simon, Captain; Susan Green, Co-Captain; Julie Harris, Secretary; and Karen Shahoian, Treasurer.



2023 Council Susan Green, Barbara Simon, Julie Harris, Karen Shahoian.

Our Committee Chairs for 2023 are Joan Meyers and Lynne Peaslee, Tournaments; Maggie Altnow, Handicapper; Karen Hawkins, Membership; Donna Weigelt and Sherrill Pahl, Rules; Paula Hau, Hospitality-Sunshine; Minell Fredricks, Directory; Kathy Casten and Vernita Hillwig, Web Site; Sherrill Pahl, E-mail; Nancy LaBrada, Media; Carol Roden, Parliamentarian; and Jahna Holmes, Holiday Luncheon. Kim Aaron and Susan Green will represent our Club on the Golf Committee.

Congratulations to our most improved players in December. Our most improved player in the 1st flight is Marsha Suter. Most improved in the 2nd flight is Barbara Treleven and the 3rd flight most improved is Bev Simpson. Once again, congratulations!

We are happy to welcome a new member, Debra Durbin who moved here in July, 2019



Debra Durbin

Although January began with weather challenges for our golf, we can all be thankful for the very much needed rain that the new year brought. Now back to golf!

Happy Valentine's Day!

from the Los Gatos area. She is a full time agent for Lyon Real Estate. She and her husband, Doug, have traveled extensively and love to entertain. Her big sister is Linda Stenvick.

• • •

Timber Creek Men's Golf Club

BY GARY BECKMAN

Along with the celebration of the incoming New Year, the members of the Timber Creek Men's Golf Club have been able to look back at last year and reflect on our good fortune to have had the opportunity to participate in all of the wonderful golfing and social activities which were presented by our club. Our outgoing President, Terry Dooley, did an fabulous job of leading our Club, running the meetings, and making the club, with a lot of support from our Golf Council and members, the outstanding club that it is.

With the sign-ups for our returning members, new members, and social members for 2023 completed, we are looking forward again to another exciting year of golfing tournaments (a mix of fun events in addition to some competitive events), informative monthly meetings, and some interesting golf mixers. Please note that if any past members golfers missed the signups or a new resident is interested in joining our club, either as a golf member or social member, we will continue

to take signups during the year.

At the time this article was written, the rain was ongoing but, hopefully, by the time you read this we will have completed our first golf tournament of the year. It is the New Year's Tournament (aka The Great Card Game) scheduled for January 10. This is a fun golf event that we use to start off every New Year! Results will be posted in the March TCMGC article. All members should watch their emails for upcoming TCMGC events and meetings. Another excellent place to find out more information about the Club, events, and meetings is on the TCMGC site under the Clubs and Groups button on the SCR Resident Website. We are looking forward to seeing our members on the golf courses and at our meetings.

• • •

Golden Niners

BY RALPH FRIEND

This month's featured Golden Niner is Dennis Thompson. He has lived in Sun City Roseville for over six years and plans to be here forever! Dennis is married to Sandy. They will celebrate their 40th anniversary in 2023. He has four children who live in Chicago, San Jose, Pleasanton and Roseville. Dennis previously lived in the Pleasanton-Danville area for 15 years and in Fremont for over 18 years prior to moving to Pleasanton. He worked for the United Parcel Service for over 26 years and he was a truck driver for seven years prior to working for UPS. When asked how he got started in golf he stated that he tried playing a couple times and liked it, so he played more often and now he loves it! Dennis said that he has met a lot of nice people playing golf.

(cont' on page 23)

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Neighborhood Watch/Citizen Patrol

BY LINDA VINCENT

Citizens Patrol 2022 Report Card — Citizens Patrol and Neighborhood Watch are sister programs committed to keeping residents safe, crime low, and property values high. Citizens Patrol is aligned to that mission with three primary endeavors.

First, we provide a high visibility deterrent. Sun City has earned, and we try diligently to keep our reputation as a community with its “eyes and ears open and its antennae up”. Delivery people, contractors, gardeners, etc. see us drive around and the word spreads. When these people see our vehicles out patrolling day and night, they think twice about creating an issue in Sun City.

Secondly, we try to minimize opportunity, such as open garage doors. Thieves can jump out of their cars, grab something from your garage, and be gone in less than a minute. We are also mindful that an open garage door may be an indicator of a medical emergency. We also monitor security measures, such as city street lights and lighted house number boxes.

Third, we look for suspicious people or vehicles. When we see them, we call the police. That is something we all can do, and should do. Our safety, crime rates, and property values could only be affected in a positive manner.

So... how did we do? As you look over our 2022 stats below, please keep in mind that these successes were achieved by your friends and neighbors who volunteer their time to meet the mission of Citizens Patrol and perform these duties. Our mission would be impossible to reach without them. We hope that more individuals will be ready to volunteer this year by becoming a Citizens Patrol volunteer — once a month is all we ask.

We are giving all Citizens Patrol Volunteers an A+ and a huge Thank You for your service!

- 397 Lighted House Number Boxes Found broke or not lit
 - 3 Flashing Porch Lights Found with no emergency
 - 17 City Street Lights Found Not Working/Lit
 - 159 Couriers delivered to Shut-Ins
 - 4 Calls to Police on Suspicious Circumstances/Persons
 - 2653 Volunteer Hours Patrolled — Day & Night
 - 1101 Shift Captain Hours 2-1/2 — 3 per night volunteered for our Citizens Patrol Drivers
- And last, but certainly not least...
- 1502 Garage Doors Found Open — That's Right — over 125 per month! Until next month.

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From City of Roseville: Persistent Rainfall Allows Roseville to Store Water in Underground Aquifer for Use in Drier Times

As California experienced significant rainfall to start the New Year, the City of Roseville began storing water in the groundwater basin using specifically designed groundwater wells.

The heavy atmospheric rivers bringing much-needed rain meant Folsom Reservoir quickly gained a substantial amount of water, and releases were needed for flood control.

Instead of those water releases being lost, Roseville captured an initial water surplus of nearly 60 million gallons from the reservoir to store within the underground aquifers for future use. These aquifers can hold twice the volume of water as Folsom Reservoir.

"Because of our investments in groundwater management more than two decades ago, we are reaping the benefits to start this New Year by accessing water that would be lost otherwise and banking it locally for later," said Sean Bigley, assistant director for Roseville's Environmental Utilities. "Over the past two years, we banked more than 325 million gallons of water and used it to manage drought conditions."

Just a year ago, Roseville banked enough water to fill 160 Olympic-sized pools. Later in 2022, that water was used as drinking water supplies to reduce reliance on Folsom Reservoir.

Using Folsom Reservoir water to replenish the groundwater basin provides multiple benefits, including:

- Capturing water that would have been lost for local use

- Banking water in "underground reservoirs"—like a savings account—to use in a coordinated fashion depending on water conditions and alleviating surface water supplies when surface water is scarce

- Actively replenishing to ensure a healthy groundwater basin as required by state law and as a good steward of our water resources

Depending on the need to create additional winter flood capacity at Folsom Reservoir through the rainy season, there may be more opportunities for the City to store water in the aquifer.

Roseville's actions are part of a regional strategy to adapt the Sacramento area's water system to climate change by storing—or "banking"—excess surface water underground during wet times for later use during dry times.

"Now is the time to be banking this water as this storm series rolls through," said Jim Peifer, Executive Director of the Regional Water Authority, which represents nearly two dozen water providers serving 2 million people in the Sacramento region and is leading efforts to develop the Water Bank. "Roseville is doing its part to build a reliable water system."

For more information about Roseville's groundwater program, visit Roseville.ca.us/groundwater or visit Roseville.ca.us/waterfuture to learn more about Roseville's water resource planning.

Safety First — Safe Winter Driving Tips

BY ROB BAQUERA — Public Information Officer, Roseville Police Department

Winter, without a doubt, is the most dangerous season for driving. Snow, fog, ice and strong winds can all cause hazardous driving conditions. Preparing yourself, and your vehicle, before heading out onto the roads is key to arriving safely to your next destination.



Prepare your vehicle before you travel — Lower outdoor temperatures lead to lower tire pressure. Ensure that your tires, including your spare, are at the vehicle manufacturer's recommended inflation pressure. If you don't know what that is, it's usually on a label on the driver's side door frame. It's best to check tire pressure when the vehicle is cold. (It has not been driven for at least 3 hours.)

Also, check the status of your tires at least monthly, as well as before each major road trip. The tread depth should be at least 1/16th of an inch, and the tread and the side walls should be free of any cuts, bulges or cracks. Make sure to also check your spare tire. If you find any damage, take your vehicle to a professional for evaluation.

On a regular basis, check your vehicle:

- Batteries, along with the charging system, to make sure they're operating efficiently.
- Lights- headlights, turn signals, brake lights, emergency indicators and even interior lights- are all operating.
- Fluids, make sure that you have

enough engine coolant in your system, and your windshield fluid reservoir is topped up.

- And... make sure your gas tank is full and be cautious when it drops below 50% full. For electric vehicles, make sure they are fully charged.

Always have a plan for where you can recharge them on your journey.

Prepare yourself and your family — It's a good idea to carry jumper cables and a flashlight in your trunk, along with flares or other kinds of emergency markers in case of a breakdown.

If you're likely to encounter snow or ice, pack a snow shovel, broom and ice scraper. Inside the vehicle take blankets, a cell phone, car charger, water, food and any prescription medications.

Prepare your route — Check the weather forecast for your journey. If it looks bad, think about delaying until the weather improves, or going before the worst weather hits.

Make sure you let someone know what route you're taking and when you expect to arrive. Call them when you do arrive.

Your driving style — Driving conditions are likely to be more dangerous. Leave a good gap between you and the vehicle in front. Avoid sudden acceleration, especially when pulling away from a stop. This will reduce the risk for wheel-spin especially on ice and after rain.

Most of all, SLOW DOWN! In poor conditions, speed is never your friend.



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Golden Niners

(cont' from page 19)

We know that there are a lot of nice people who play golf with the Golden Niners. He is involved in Bocceball and he has served on the Sports Activity Committee for the last two years. Dennis is a great guy and he loves to play golf. Come on out and meet Dennis as he plays golf with the Golden every Tuesday morning - weather permitting!

Top Winners in December: Allen Greenberg \$31, Bob Paese \$29, Terry Bernardino \$28, Hal Crane and Gordon Rusaw, \$27, Bill Kimura \$23, Bob White \$22, Bob Schesser \$18, Mike Cepress and Lloyd Leitz \$17.

...

Billiards

BY DON WARDEN

December tournaments were another active month for the club. Something about the tournaments draw people in to play. The Billiards room is open seven days a week and there is nothing like practice to improve one's game. Any Sun City resident who is a club member can play in the tournaments. The yearly dues are \$15, prorated, and for this you get a quality meal at the annual meeting.



The tournament winners for December were —

December 6: Ken Lane

December 13: Joe Lopez & Jerry Cosby, Ken Neal & Tim Connolly, Bob Cecil & Chuck Vermette, David Zan & Derrick Tegg.

December 20: Ken Lane & Don Warden

December 27: David Zan & Terry Satchell, Roy Stearns & Jerry Cosby

...

Cribbage

BY MEL SWITZER

Super Bowl of Cribbage???

Did you miss the BIG GAME? If you did, the Super Bowl of Cribbage happens every Tuesday at 9:00AM in the OC Card Room. It is blacked out locally on ESPN because of a contract dispute, but you can see it live, in person, and never miss a moment of the thrilling action. Come see defending champs like Eleanor Jones (12/13) Jean Stefan (12/27) and rookie sensation Paul Winters (12/20 & 1/3) and last but not least, Editor Mel Switzer (1/10).

Come see and participate in the action! There are last minute dives to catch a skunk, nose dives for others, calculated and complex card schemes and then Mr. Lucky sometimes pulls a rabbit out of his hat. If you don't want to play, maybe you can try out for our Cheerleading Squad, lead by Head Cheerleader Rae Cook!

Come see Elliot Levy make his last second entrance and swoop to mediocrity and Sue Cirerol giggle her way to a near miss for last place. And then, don't miss the halftime show, featuring "Action" Jack and his Wisconsin Hot Rods and the two time Grammy award winning opening act of Gary and the Landcasters.

The room is filling up each week, so come early (8:30am), cozy up in your favorite (winning) chair and prepare to laugh and get all warm and fuzzy when you're dealt three fives and a six and looking for a huge hand.

A splendid time is guaranteed for all, and today Mr. S is topping the bill. 736, not bad.

Peanuts and popcorn sold separately.

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

Questions? Call Mel Switzer 510-589-7658.

...

Bridge Club

BY BRENCE DAVIS

Dan Blatt is a fine bridge player, has been a great bridge teacher, and has a wonderful sense of humor. He was born and raised in Brooklyn, New York. He attended Brooklyn College where he was a history major before going on to Harvard Law College. After that he worked on federal contracts in the Virginia Bay Area.

Dan wrote books on economics and in 1972 landed a job as head of government contracts publications: government labor law, antitrust, security, and corporations. He married Olivia ("Livy"), and together they had two boys—Steven and Kevin. (You may have seen Steven at the bridge table with Dan at a luncheon where the two of them came in first.)



They moved to Lake View Hills in the Sacramento area. Always trying to improve the world around her, Livy became sick with an environmental disease that lasted 20 years before she passed away in 1997. Dan worked from 2000 to 2017, publishing two books online at futurecasts.com, all the while helping others to improve their bridge game.

Eventually, when he grew tired of trimming the bushes all around his house, Dan decided to move to Sun City Roseville. Unfortunately, it was at the beginning of COVID-19, so it took quite awhile to hook up with fellow bridge players and play regularly in the Monday duplicate game as well as other games in the area. We're glad he came!

...

Mah Jongg

BY CATHY FLUELLEN

Happy Valentine's Day to all. The February Luncheon and Play Day will be held on Friday, February 24th from 11:30 to 3:00 in the Sierra Pines Clubhouse. The sign-up sheet will be in the Card Room at the Timbers on Monday and Friday. Please sign up by Friday the 9th.

We play Mah Jongg in the Card Room on Mondays from 12:30 pm to 3:30 pm and on Fridays from 9:00 am to 12:00 pm, with lunch in the Timbers Restaurant at 11:30 am on Mondays and at 12:00 pm on Fridays, for whom ever wants to join us. You can play either day or both. Mah Jongg is fragrance-free and name tags are encouraged.

Mah Jongg is a fun and stimulating game requiring strategy, skill and of course a little luck. Anyone is welcome to come by the Card Room and watch the play to see if you're interested in learning the game. So, if you love games and a little challenge come on by and give it a try. Keep calm and Mah Jongg.

...

Bunco

BY PAT OBERLANDER

Hope you will truly celebrate Ground Hog Day by joining us repeating it over and over again on the 2nd and 4th Monday of the month. Sign in starts at 8:30am and we start playing at 9am.



We're in the card room at Timber's Lodge. You don't have to commit to every time, but once you start, you'll be hooked. We are always looking for fun loving players. And if you win, you'll get your 15 minutes of fame! Spread the word to your neighbors and friends

Winners for 12/12 were Helga Herrington, Pat Oberlander, Jackie Spencer, Dorothy Thornton and Nora Bork.

Winners for 12/26 were Debbie Phillips, Pat Oberlander and Norah Bork.

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Bob and Renelle Jorgenson

(cont' from page 1)

and Penske. He was in Sales and Operation in different capacities and continually accolated for his excellent achievements. For example, he won the Penske President's Award—awarded to the top districts in the country for operations excellence—six times.

During his career, because of continual transfers, Bob lived in several states like Texas and Arizona, but it was always California that had won his heart. He recalls that, when he was 12 years old, he heard the Beach Boys singing about the magic of California and the beach and sunshine and girls. "I wanted to live there," he says. After working for Ryder for three years, he felt he had established himself enough to request a transfer. They fulfilled his wish and in January, 1977, Bob arrived in San Diego. "It was marvelous!" he recalls. "I consider California my home."

When Renelle was a junior in high school, she was selected for nurses' training at the San Jose Regional Vocational Center. This involved working in the county hospital in various wards. Then, at age 18, Renelle began working for a home health agency. Her nursing career ended after she had married and had two children, but a totally different opportunity soon presented itself and she spent the next 30 years in the funeral industry in various positions from funeral home general manager to insurance sales and training. "It's hard to describe all the various hats I wore back then," she recalls. "Let's just say I focused on the business management side of funeral and cemetery management." Throughout those years, Renelle traveled the multi-state western region in her capacity as a training and sales representative.

No wonder Bob and Renelle clicked after the online dating site put them together. Each had a background in sales. Each had



Renelle Jorgenson with one of her paintings.

traveled extensively for their job. And both had been previously married with children. Bob has a son, Ben, who lives in Concord with his wife, Junghee, and their 12-year-old son, Sam. He also has a daughter, Trista, who lives in New York with her wife, Stefanie. Renelle's daughter, Jenelle, lives in Citrus Heights with her husband, Steve, and her son, Josh, lives in San Diego.

For as long as they've been together, travel has played an important part in their life journey. They've been to the British Isles, went on a cruise on the Danube River, fell in love with Paris, and most recently visited Greece, Italy, Spain, and Portugal. They've also taken cruises to the Mediterranean, the Caribbean, Mexico, the St. Lawrence Seaway, and Alaska. Domestic travel has included New York, New Orleans, Minnesota, Florida, Yellowstone, the Tetons, and the Grand Canyon. Of course, highest on their joy meter has always been California, especially favorite places like the Mendocino area, the redwoods, Pacific Grove, Tahoe, and San Diego.

Bob moved to Sun City in 2013, then retired the following year. He had lived in Sacramento in the 80's and still had many friends in the area, including some close friends who were living in SCR, so moving here seemed like the perfect fit. "It has been better than I ever imagined," he says.

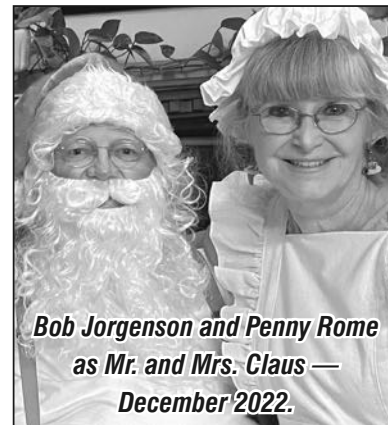
Widowed in 2014, Renelle moved to Roseville to be near her family. When she got on the dating site, Match.Com, she went through the predictable "Starbuck's handshake," meeting potential dates at a restaurant to see if there was any compatibility. She agreed to go on a date with Bob after noticing they had similar profiles and seemed to click when they talked on the phone. On her first date at the Claim Jumper in Roseville, it was love at first sight. After they married in



Bob and Renelle Jorgenson — Montenegro 2022.

2017, she sold her house in Roseville and moved into his Sun City house.

Renelle is a member of the Fine Arts club, the Second Act Studio Drama Club, the Democrats and the Boomers. Her hobbies include acrylic painting, entertaining friends and family, gardening, travel, cooking and baking. In her very first attempt at art



Bob Jorgenson and Penny Rome as Mr. and Mrs. Claus — December 2022.

competition, she won second place at the Art Show last November—quite an achievement given she hadn't ever painted before she joined the club. She also recently organized a holiday luncheon for the Fine Arts Club that was very well received.

Bob is active in the new Drama Club, performing as Santa Claus for their holiday play which was shown to several clubs in December. He received numerous accolades, especially noteworthy since he had never acted on stage before. He's also a member of the Democrats and Boomers.

What's on their bucket list? More travel, of course. He'd like to go to Tahiti, Niagara Falls, and Lake Louise in Canada, while she can't wait to visit Vermont in the fall.

When asked for words of wisdom they've gleaned along life's path,

Renelle says, "I always told my kids, 'Don't say all that you know or recognize all that you see.'" Bob says, "Be grateful. I consider myself the richest man in the world. What more could anyone want than to have a loving wife and family, many wonderful friends, living in a vibrant community like SCR, and the good health to enjoy it all. I'm truly blessed."

Want to share your story or know a neighbor who should be recognized? Just let us know!

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Observations Looks Back Ten Years

BY MARTIN GREEN

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

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

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

story that North Korean dictator Kim Jong-un hasn't been seen in public for a long time so what's happened with him?

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

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

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

Odds are that 2023 will duplicate this.

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

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



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AARP Free Tax Return Preparation

BY BOB EGGERTS

AARP Foundation volunteers will prepare and electronically file Federal and California income tax returns for low-to-middle income Sun City Roseville residents at the Timbers Lodge Club Room on Sundays. There is no charge for these services that are sponsored by the IRS and the AARP Foundation. Appointments are required and can be made by calling 916-741-0506 beginning January 16, 2023. Appointments will be made for Sundays from February 5th through April 16th. This appointment line makes appointments for several sites in Roseville so if you want your appointment to be at Sun City, you must mention that when you leave your appointment request.

Used Book Sale

BY JOAN GOFF

Used Book Sale Saturday, February 4 at the Downtown Library! 10 am to 3 pm at the Downtown Library. Gillions of cookbooks, as well as our regular amazing selection of fiction, mystery, nonfiction, children's books, movies and cds. Dirt cheap prices! Cash, check or charge. Contact the Friends of the Roseville Library 9167461212 or friends@rosevillefol.org

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SCR Foundation 2023

(cont' from page 1)
game. If you can help with this event or have any questions, please email Nancy Schubach at suncitynancy@comcast.net.

If you have any questions about the Foundation, you can call the Foundation's phone number at 916-774-9040 or visit our website at www.scrfoundation.org.

Astronomical Events for the Month of February

BY BILL WEAVER

Feb 5: Snow Micromoon —
February's Full Moon is also known as Snow Moon in many Northern Hemisphere cultures. For the second month in a row, this is a Micromoon. A Micromoon is when a Full or a New Moon is near its farthest point from Earth, around apogee. It's also known as a Minimoon, Mini Full Moon, or a Mini New Moon.

Feb 20: Super New Moon —
A super new Moon is when there is a New Moon around the closest point to Earth. Take advantage of the darkness during a New Moon to check out the night sky, weather permitting, of course.

'Dog Star,' Orion and a Famous Star Cluster

Orion and its belt are among the more popular constellations. Stargazers can see this in the night sky throughout February as long as the weather cooperates. It will appear in the southeast sky shortly from sunset until 3 a.m. local time.

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ANNOUNCEMENTS

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

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

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308 Comstock Court	Plumas	\$615,000
6057 Burnt Cedar Way	Plumas	\$635,000
117 Timberlodge Court	Ironwood	\$640,000
5121 Green Grove Ln	Calaveras	\$645,000
4109 Napa Loop	Sierra	\$650,000
341 Cope Ridge Court	Yosemite	\$655,000
5385 Angelrock Loop	Yosemite	\$695,000
5541 Lantern Grove Ln	Delta Breeze	\$786,250
204 Delta Breeze Court	Hearthwood	\$850,000

Market Update

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

**George Brown
916-297-3500**