

SUN SENIOR NEWS

Your Community News Source — Serving Sun City Roseville — Online at: SUNSENIORNEWS.COM



IN THIS ISSUE

Harmonicoots	3
Music and Laughter, All Tuned Up.....	5
Dance, Singers	5
Creative Arts.....	6
Neighborhood Watch, Sunshine Services.....	7
Fine Arts, Needle Arts.....	8 - 9
International Social, Cinema	9
Stamp, Jewish Fellowship, Solo Friends.....	11
Ambassador, Website.....	12
Governmental Affairs.....	12
Boomer Generation, Socrates Cafe	15
Mantra Meditation, Healthcare.....	15
Democrats, Computer.....	15
Conservative Action, Repulican, Travel	19
Rods & Relics, Corvette, Birders, Garden	20
Hiking, Cycling	21
Cornhole, Bocce, Softball.....	22
Croquet, Tennis.....	23
Pickleball, He & She Golf.....	26 - 27
Sierra Pines	27
Timber Creek Women's Golf.....	27
Golden Niners, Billiards, Bridge	28
Mah Jongg, Bunco	28 - 29
Safe Charitable Giving for the New Year!.....	29
Observations on Sports.....	30
Sun Senior News Classifieds.....	31

And Much More . . .

PRSR STD
U.S. POSTAGE
PAID
ROSEVILLE, CA
PERMIT NO. 70

Sun Senior News
5098 Foothills Blvd., #3-405
Roseville, CA 95747

ECRWSS
RESIDENT
ROSEVILLE, CA 95747

Randy and Jane Julian – Enjoying Family, Flying and Fun

BY JENNIFER MARTIN

When Jane Julian laid eyes on her future husband, Randy, for the first time, she thought to herself, “He doesn’t stand a chance!” They were both in the Air Force on the same base and she was able to conduct some “reconnaissance” on him before she made her move. She went over to his house, knocked on his door, and when he answered, she told him, “I’m making plans for the weekend. Would you rather go out with me Friday night or would Saturday be better?” He laughed and said, “Do I know you?” She replied, “No, but you will after you go out with me.” The direct approach must have worked because they’ve been married for 46 years.

Randy was born in 1948 in Lynwood, California. He has an older sister, Phyllis, and two younger brothers, Tom and Doug. He spent his youth in Southern California, excelling in high school football and track. After winning the California State 440 finals his junior year, he was recruited by many colleges offering



Jane and Randy Julian

full scholarships and eventually decided on the University of Kansas. While at KU, his track team was Big 8 Conference champs (indoor and outdoor) all four years and won

the NCAA National Track Championship his junior and senior years. During his junior year, after completing a relay, the announcer said the KU team had just set a world record in the distance medley. Randy was astounded. “Did he say world?” he asked his teammates.

Jane hails from Caledonia, Minnesota, the second oldest of 10 children. Surrounded by lots of relatives, her summers were consumed with swimming, hiking, fishing, boating, playing baseball, and picnicking. When she was in the seventh grade, her family moved to a small town in Wisconsin where they ran a Mom-and-Pop grocery store and everyone helped out. Jane recalls, “The rule was, ‘Whoever came in latest on Saturday night had to get up early on Sunday, go to early Mass and open the store afterwards!’”

Jane joined the Air Force right after her 18th birthday. After basic training, technical school and assignments in Washington, (cont’ on page 25)

SCR Foundation 2023

BY LISA CRYAN

The Foundation is once again partnering with SCRC’s Activities Department by funding an extra special guest for the January Speaker Series. Chef Martin Yan, host of the cooking show Yan Can Cook is sure to entertain and educate with his unique sense of humor and passion for Chinese cooking. Remember his motto, “If Yan Can Cook, So Can You!” The event will be held in the Timber Creek Partial Ballroom on Monday, January 16, 1:00 pm – 3:00 pm. Tickets are \$5.

The Foundation’s monthly article is usually focused on the programs and services we offer but this month we’d like to ask you, as a neighbor, to consider contributing some of your time and talents by volunteering for a position on the Foundation’s Board of Directors. The positions of Chairperson and Events Director will be available starting in August 2023. Each position has well-defined roles and responsibilities that require certain talents and abilities. Job descriptions are posted to the Foundation’s website, or you can reach out to our current Chairperson, Nancy Schubach at scrchair2@gmail.com.

On Saturday, January 28, the Foundation’s Board of Directors will host a special presentation to educate the residents of Sun (cont’ on page 31)



Second Act Studio

BY LENORA DAVIS

According to feedback we have received, our sold-out crowd of 400 residents greatly enjoyed our November 29 inaugural performance, and in December we had another production. A small troupe of 5 actors presented the play Santa Flunks Retirement to three different SCR clubs



Pam Wingo, Judy Ball, Jennifer Martin and Logan Whiteagle.



Some of “Tina Latigo” cast and crew.

(see photo in December Courier/Sun Senior News). This production was also enthusiastically enjoyed by those who saw it. Part of our forward-looking plans are to be able to continue to provide small venue plays such as this. If your Club or Group might be interested in having us perform for you, please contact us: Susan Glover (530-388-6367) or Lenora Davis (707-350-1357).

We are in the planning stages of our next performances scheduled for May or June. We are inviting new members who might be interested in such activities as readers

theater, pantomime, improv, acting lessons and workshops, or touring troupe. We also have non-acting positions such as stage and lighting crews. If you are interested, plan on joining us on January 10 at 6:00 in Sierra Pines where we will be conducting our general meeting.

We are excited to see where our imagination will take us next. Because most of us are new to theater production, we had to start from scratch in every aspect of our first production. This included selection of plays, directors, actors, sound effects, stage crew and (cont’ on page 3)

Wells Fargo Bank, N.A.

4.72%

Annual percentage yield*

Maturing 9/25/2023

Coupon 4.70%

Priced at 100

\$1,000 minimum investment

Interest paid at maturity

Rate as of 12/15/2022

**WELLS
FARGO**

Advisors

**9 Month
Non-Callable CD****Eric Schott**

First Vice President Branch Manager

1504 Eureka Road, Suite 300, Roseville, CA 95661

916-787-2179

Eric.Schott@WFA.com

Investment and Insurance Products: ► NOT FDIC Insured ► NO Bank Guarantee ► MAY Lose Value

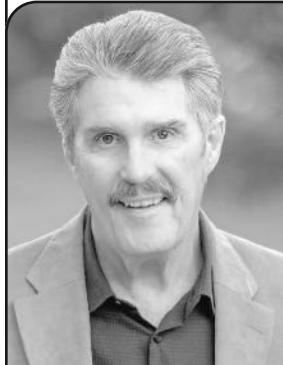
Wells Fargo Advisors is a trade name used by Wells Fargo Clearing Services, LLC, Member SIPC, a registered broker-dealer and a non-bank affiliate of Wells Fargo & Company. © 2016 Wells Fargo Clearing Services, LLC 1221-01599 IHA-7392124

* The Annual Percentage Yield (APY) represents the interest named through each eligible call date (or per annum for non-callable securities) based on simple interest calculations, an investment price of 100. As with any other investment, bonds sold prior to maturity are subject to market risk and may be worth more or less than original investment and will be subject to federal and possibly state taxes. Additional information is available upon request. Additionally, liquidity in the secondary market can be limited. CDs are FDIC insured up to \$250,000 per depositor per insured depository institution for each account ownership category. While not obligated to do so, Wells Fargo Advisors will try to maintain a secondary market upon completion of the distribution that allows you to sell your CD at current market prices that may be more or less than the face value of the certificate along with accrued interest to the settlement date. If a CD is purchased at a premium in the secondary market, the premium over the face amount is not covered by FDIC insurance.

expTM
REALTY

- 28 years in real estate and lending
- Over 20 years serving the Del Webb communities
- A resident of Sun City Roseville

I will provide you with a professional service that will get your home market ready. Getting top dollar for your home is always our number one goal. I advertise on top real estate internet sites to insure you receive maximum exposure.

Your Needs Will Always Come First with Me.**Rick Grove**

Masters Club Member

Email: rickgrove@sbcglobal.net

Website: rickgrovereadtor.com

PH: 916-296-7752

DRE #01177945

WOODCREEK DENTISTRY

We Are Accepting New Patients!

Doctors Brian and Ling Ralli are a husband and wife dental office dedicated to high quality dental care for patients of all ages. We are preferred providers for many dental plans and look forward to meeting you.

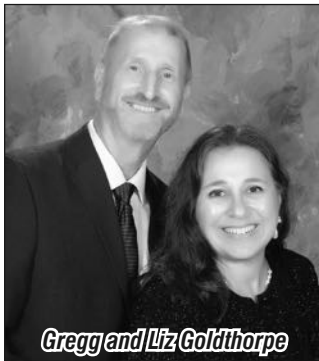
**WOODCREEK
DENTISTRY****www.DrRalliDDS.com**

Visit us online!

773-0800

7456 Foothills Blvd., Suite 14 • Roseville
(Corner of Pleasant Grove & Foothills)

The Sun Senior News - Roseville is a monthly publication, published by EGnews Inc.
916-727-6383 • Email: SunSeniorNews@gmail.com
Advertising: Ad rates are available online at www.SunSeniorNews.com or
Email: SunSeniorAD@gmail.com



EDITORS
Gregg & Liz Goldthorpe

PRODUCTION ASSISTANT
Madison Goldthorpe-Lewis

ADVERTISING
Gregg Goldthorpe

CONTRIBUTORS

Jennifer Martin, Lisa Cryan, Lenora Davis, Linda Aug, Jane Bohn, Gerry Capellino, Jackie Proett, Carol Kovach, Linda Vincent, Pat Teilh, Bob Eggerts, Nancy Vavul, CJ Kidd, Cynthia Sindrey, Brian Sutton, Tim Miles, Cathy Schimansky, Lois Arlen, Karen Levine, Linda Nelson, Charlyn Ross, Steve Cho, Elen Dyda, Kathi Stopkai, Steven Gustafson, Ed Cervantes, Linda Gordon, Linda Warzecha, Barbara Eichten, Gwen Myers, Andrea Norcia, Elna Ragan, Vikki Clark, Janet Morelli, Suzette Austin, Doris Merchant, Suzette Austin, David Moore, Bob Montalvo, Gail Dailey, Diane Barnett, Bob Verzello, Marisa Bernetti, Julie Harris, Debbie George, Nancy Labrada, Ralph Friend, Don Warden, Brence Davis, Cathy Fluellen, Pat Oberlander, Rob Baquera, Martin Green.

CIRCULATION

The Roseville Sun Senior News is mailed monthly to 3,600 homes in Sun City Roseville + The Club monthly. The delivery is targeted for the first week of each month.

READ ONLINE - DIGITAL ISSUES

The Sun Senior News - Roseville is available to download each month as a PDF at: www.SunSeniorNews.com Back issues are available to download there as well.

ADVERTISING

Visit www.SunSeniorNews.com or Email: SunSeniorAD@gmail.com for advertising information.

CLASSIFIED ADS - EMAIL

Classified Ads should be emailed by the 12th of each month to: SunSeniorCA@gmail.com. See the Classified page towards the back of this issue for more information.

All content and letters to the editors represents the opinion of the various authors and all content and letters should be considered as opinion and editorial in nature. Any representations expressed by the various authors are not necessarily shared or verified by the publisher.

Advertisers are solely responsible for all representations made by their advertisements. EG NEWS INC. is not responsible for the content or accuracy of any advertisements. The presence of an ad within our publications or electronic communications does not imply endorsement of the advertised company, product, or service. Readers should use all due diligence regarding representations, products or services before a transaction is preformed.

EGnews Inc. publishers of the Sun Senior News - Roseville and Sun Senior News - Lincoln Hills
Sun Senior News is not associated with Del Webb Corporation.
Del Webb's Sun City is a registered trademark of Del Webb Corporation.

Second Act Studio

(cont' from page 1)

even ticket sales. In our November production we were fortunate to have a member that could understand and implement the ballroom sound system. We all worked together, and I can say with certainty that we are proud and thankful for what we were able to do in the 3 months since our inception.

Sun City Harmonicoots

BY LINDA AUG

He plays golf, bridge, bocce and serves on Government Affairs Committee. He volunteers for Citizen Patrol, Sunshine Services and Evening Host! Add to that a lovely wife Cheryl and a blended family of 4 grown children and 8



grandchildren. How can he add another activity to his robust retired lifestyle? Well just ask Michael Welch, now a full-fledged and active member of the Sun City Harmonicoots!

Six months ago, Michael signed up for lessons provided by the Harmonicoots. Joining the strong fellowship of the Harmonicoots, Michael states "Meeting the Coots has been a great experience. Everyone plays at different levels and are all so encouraging and fun! I played a solo "Old MacDonald", and they enjoyed it— even when I hit a wrong note!"

Practicing at home, listening to melodies, and working on scales has helped Michael improve quickly. After a few sessions Michael played in a show and was HOOKED!

Michael best describes being a Coot by using the lyrics to a Kenny

(cont' on page 5)



Holiday Jingles at Ladies Golf Luncheon.

WE BUY GUNS

BUY • SELL • CONSIGN

FREE FIREARM APPRAISAL

Fast, Friendly Service • Gun Smith
Gun Transfers & Registration

LINCOLN GUN EXCHANGE

NEW & USED

916-MR 1-GUNS

(671-4867)

607 5th Street, Lincoln
lincolngunexchange.com

Wed - Sat
10 - 5

State Farm

Julie DeCarlo, Agent
www.juliedecarlo.com
916-783-4010

*Get to a better state.
Contact me 24/7 for a quote today!*

1402 Blue Oaks Blvd #120
Roseville, CA 95747
N/W Corner of Blue Oaks & Foothills
License #0B98828

SAM'S GARAGE DOORS

NEW INSTALL
REPAIRS
BROKEN SPRINGS
OPENER INSTALL
OPENER REPAIR
DOOR OFF TRACK
MOST ANY GARAGE
RELATED PROBLEMS

**\$55 SERVICE CHARGE
PLUS ANY WORK
PERFORMED
& ANY PARTS**

916-769-8345



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

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

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

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

knit the edges back together.

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

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

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

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

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

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

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

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

Have questions or ready to schedule a new patient consultation? Call our office at **916-884-0398** where a Vitality Coordinator is waiting to help you achieve optimal health and wellness.

Visit AcuLincoln.com to learn more or call 916-884-0398

Sun City Harmonicoots

(cont' from page 3)

Chesney song "Who Lives Like We Do?" We gather tonight for a celebration. We come down from the mountains, come up from the coast. Yeah, we laugh, and we love. And we can't get enough. As loud as we're livin' man, we still TURN IT UP!

Thank you to the Ladies Golf Club for the opportunity to "turn it up" with holiday jingles at their Christmas luncheon on December 6th. December 7th found the Harmonicoots at Pearl Harbor Day, hosted by the Veterans Club. The Sun City Harmonicoots would love to perform for your club or group in 2023! Contact Rebecca Hellman at 916-834-3241 for more information.

Come to the Pines on Thursdays at 1:00 where the Harmonicoots gather and see if you agree with Michael and Kenny that "we still TURN IT UP!"

Harps Up!

...

Music and Laughter

BY JANE BOHN

We are excited and getting ready to entertain you once again in this wonderful New Year. We hope by how you have heard of this fun group that has been around for over 20 years. We started out as Humor for Health and after discovering the musical talent here in Sun City, we changed the format and became Music and Laughter with an "Open Mic" format. You will love the "sing-a-longs" and spontaneous fun atmosphere that always seems to prevail. We gather once a month on the second Wednesday evening at 7pm at our Sierra Pines Lodge. It's truly a fun hour spent with our talented neighbors who come to perform for you all for the cost of \$1 for a raffle with prizes at the end of the show. We hope you will ask around about us and mark your calendars for January 11th at 7pm. For those of you who are new here, our gatherings each month are held at our Sierra Pines lodge located at the corner of Del Webb Blvd., and Whistlestop Way. This is a fun hour you won't want to miss. Many of our fan club will agree it's a great way to lift one's spirit and head home on a happy "high."

...

All Tuned Up

BY GERRY CAPELLINO

In 1988, singer, Bobby McFerrin, had a huge hit entitled "Don't Worry Be Happy." First verse lyrics are:

"Here's a little song I wrote. You might want to sing it note for note.

Don't worry, be happy. In every life we have some trouble. When you worry you make it double. Don't worry, be happy"

How many times have you made a New Year's Resolution only to break it? Let All Tuned Up (ATU) help you with your 2023 resolution to "Be Happy". Some of our members share why they look forward to ATU's weekly gathering.

Joe and Jan Given – "It's so uplifting to be a part of such a talented group of singers and players. It thrills the soul to hear such beautiful music and harmony."

Bruce Ahnberg – "I get an emotional lift from watching my fellow ATU'ers sing, stretch their wings and grow."

Dale Mellberg – "I joined about 5 years ago. Some of the nicest people in Sun City are a part of our group."

Jane Bohn – "It's wonderful to be surrounded by musicians and singers who continually lift my spirit."

Peggy Wells – "Everyone is there just to have fun making music - no pressure, no judgment."

Charlie Kidd – "It provides an opportunity for me to gather with a thoughtful and gracious group of people who share their talent and our collective passion for music."

Cory Blasser – "I love the community connection. It transports me to another happy place."

Ray DeBenedetto – "I'm thankful to be among talented musicians in Sun City Roseville. If you enjoy music and want to be with fun-loving people, ATU is the place to be."



"Don't Worry, Be Happy" each Thursday at 9 AM, Sierra Pines, Ponderosa Room. Happy New Year.

...

Sun City Singers

BY JACKIE PROETT

It's January and the slate is wiped clean. Remember when we were kids in school and because we had finished our project early, we got to go outside and bang the erasers together to get rid of the chalk dust. The slate had been wiped clean and the dust was all that was left of the day's assignments. Now, in January, it is a new year and all that is left of 2022, the good and the bad, is chalk dust. It's time to move on.

The Singers can happily examine the white powder and be reminded of two very successful concerts, fun parties and the addition of new members and, lucky for us, Awesome Andre Andrievsky, our new Accompanist.

Our doors will be opened on Monday January 9 at 3:00 pm in the back of the Ballroom, come early. Now is the time to join, or at least, check us out. You will be the first to see what assignments we have in the way of spring concert music, to scribble on the new slate.

Some of that music might be accompanied by a picture of a Birthday cake, reminding us that The Singers will be twenty-five years old in 2023. Now that is something to celebrate. It would be fun to review some of the music that we sang in that first concert.

Like all new year's we must be careful of what we write on the slate. If we make a terrible mistake we can always erase it and watch the dust fly, but it is better to think carefully before we write. No matter what, we have a strong Counsel and Paul and Andre to make sure that we have a wonderful year ahead.

Belated Happy New Year!

...

SCR Dance Club

BY LENORA DAVIS

Happy New Year everyone! I hope it is starting off on the right foot for you. It's funny that I should say that, as there are a few of our dance club members that think they have two left feet. At least they do in the beginning, but quickly learn that, in fact, all they need is a few lessons. Before long they are picking up the steps and having fun doing it. Just look at the fun



we had last month at our Holiday Dance Party. We had performances by our Performing Tap, Intermediate Tap, Performing Jazz, Line 4, and

(cont' on page 6)

Lambert

Funeral Home

A Family Tradition Since 1934
400 Douglas Blvd. • Roseville

783-0474

FD#734

BONHAM ELECTRIC, INC.

REMODELING - REPAIRS - NEW CONSTRUCTION

- * Kohler Generators
- * LED Lighting
- * Electric panel Upgrades

- * Smart Devices
- * P. V. Solar & Repairs
- * Senior Discounts Available

COMMERCIAL - INDUSTRIAL - RESIDENTIAL

916-564-3530

EMAIL: BONHAMELECTRIC@GMAIL.COM

www.bonhamelectric.com

Lic#905104

ARE YOU TIRED OF SITTING AT HOME?
\$\$\$ NEED SOME CASINO CASH? \$\$\$

If you have experience in tax return preparation or experience in financial audits, consider a part time position at:

Skowron & Bunning LLP

Competitive compensation, fun place to work
Call us at 916-728-1040 to schedule an interview



OLIVIA LARRABEE
Realtor® | DRE #02056059

CENTURY 21

Cell: (530) 520-3169
Email: Olivia.Larrabee@c21selectgroup.com
WWW.C21SELECTGROUP.COM | DEFT mediocrity + DELIVER extraordinary experiences

SCR Dance Club

(cont' from page 5)

Clogging classes. After their performance, the cloggers invited everyone up to join in and learn some basic clogging steps. Many were laughing and stomping and ready to sign up for our beginning clogging class. This will be starting on Friday, January 6 at 9:00am at Sierra Pines. Come and give it a try – it is fun and easy. Of course, the first class is free. Also, Bill Swayne will be having an introductory Line Dance 1 class on January 7 from 1:00 to 2:30 at Sierra Pines. This class will be easy basic line dance steps and will have a fee of \$4.

The Dance Club has an exciting year



planned for 2023. Mark your calendars to hold these early dates:

January 16: Line Dance I social – all dancers invited

February 20: Square Dance social – lessons offered

March 20: Dance Club Showcase – see the great variety of dancing we offer

More details to follow about these events.

• • •

Creative Arts Club

BY CAROL KOVACH

Who can boast that they love to jump into a cold mountain lake for a refreshing and stimulating swim?

Creative arts member Tom Ikelman can. He loves seeking adventure – whether hiking, mountain biking swimming, or other sports. An avid outdoorsman, he enjoys the biking paths in and around Roseville.

Before becoming homeowners in Sun City just a year ago Tom and his wife Wendy rented for a couple of years to make sure they

really liked it here, making friends near the two locations in which they rented. And a year ago they took the plunge and bought their house. Married for ten years, Wendy worked as an environmental consultant for the airports.

Tom is an active participant in the stained-glass group, as evidenced by the varied creations he has made in just the past year. Never having taken any art in school he had always liked stained glass and joined June Evans' class where a small group work

(cont' on page 8)

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

Amy, Daughter of a CountryHouse resident

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

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

Discover care exclusively designed for those with Alzheimer's or other types of dementia.



Schedule a tour today!

 **COUNTRYHOUSE**
RESIDENCE *for memory care*
by Agemark Senior Living

2005 Iron Point Road, Folsom, CA 95630 | (916)-836-8022
8485 Barton Road, Granite Bay, CA 95746 | (916) 899-6565

RCFE #342700902
RCFE #312700033

Neighborhood Watch/Citizen Patrol

BY LINDA VINCENT

Here's to a New Year – 2023!

What Are Your New Year's Resolutions?

Tis the season of resolutions, so here are some you can adopt to make you safer—year after year. Hopefully, they convey that many safety practices are just plain simple, involving stuff you already know, but merely don't practice, or stuff that just never occurred to you. So, lets repeat together – I resolve -

- to promptly call the police if I think something is suspicious
- to put outgoing mail in the box shortly before the letter carrier arrives, and retrieve incoming mail shortly thereafter
- to look for packages on my neighbors' porches, (because the porch pirates are looking) and to call them if I see one, which could lead to mutual alerts and securing of packages
- to exchange travel plans with my neighbors
- to seek parking spaces which allow me to pull through to the space ahead, such that later I can nose out, rather than back out
- to look around for people lingering in public parking lots
- to secure in the trunk, or hide in the back, any purse, briefcase, package, or backpack which I will not be carrying after I park before I drive to any public place
- to keep my garage door closed except

when I am in it

- to look back to ensure the garage door did not bounce back up
- to leave outside lighting on overnight
- to never leave valuables, or the garage door opener, in my car when parked in the driveway

You will also want to attend our next quarterly meeting at 10:00am on January 9th in the Timbercreek Ballroom to hear very informative Public Safety Program Coordinator, Nina Phelps presenting Home Security.

Don't forget, lets make one more resolution to help the communications of the Neighborhood Watch Program (if you are not receiving any information, maybe you can help) and of course, we are always looking for volunteers for Citizens Patrol – our eyes and ears of the community.

Have questions? Call me at 916-774-3817 or 916-774-3853 – we are here to help.

Linda and Heather
NW/CP Program Coordinators

Sunshine Services

"We're Here to Help"

BY PAT TEILH

Happy New Year!

Important Sunshine Services Phone Numbers: Please keep these phone numbers handy in case you need them in an emergency.

• Caregiver Relief/Individual Care please call Linda at 916-886-2717. Linda will help you contact the agency who accommodates our residents.

• Medical Equipment loans call 916-367-1695, leave a message with name, phone number and type of equipment needed.

• Dial-a-Ride tickets are delivered to your home. Call Donna at 916-952-0510 or Pat at 916-521-9729. Tickets sell for \$10, good for 10 one way rides.

Sunshine Services hosts a guest speaker on various topics of interest to seniors. These general meetings are held in February, May, August and November at 10:00 at Sierra Pines and refreshments are served. The next Sunshine Services speaker will be on February 15, 2023 at Sierra Pines. Please join us.

The Sunshine Services council meeting for this month is on January 19 at 10:00 in the Cedar Room. Bring your innovative ideas to the meeting. We are always looking for ways to expand service to the Sun City Roseville community.

As always, a huge thank you to the Foundation for continuously providing

financial support to Sunshine Services programs such as Caregiver Relief/Individual Care, Dial-a-Ride tickets and the Medical Equipment Loan Program. And don't forget to attend the Foundation Informational meeting on January 28 in the Timbers Ballroom beginning at 10:00, please join us. This meeting is open to all Sun City Roseville residents.

"We're Here to Help"

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.

Specializing in the Western Placer Area

- Active in Real Estate and Lending for over 35 years
- Consistent Placer County Top Producer

FREE HOME MARKET EVALUATION
FREE PARTIAL STAGING
VIRTUAL TOURS ON A NEW LISTING!

*Let Me Help You Find
Your New Home!
And Sell Your Current One!*

Donna Judah



916-412-9190
djudah@sbcglobal.net
CalBRE #00780415
1500 Del Webb Blvd. #101
Lincoln, CA 95648



SUN RIDGE REAL ESTATE

Former Del Webb Sales Associate in Both Lincoln Hills and Sun City Roseville

35 Years in the Business

Wise Villa Winery
A World Away... Minutes from Home

OPEN DAILY AT 11:00AM

Full Menu Available 5 Days a Week

916-543-0323
www.WiseVillaWinery.com
4200 Wise Rd. Lincoln, CA

REBARK TIME, INC.

Tree Care – Planting- Irrigation- Fertilization



916-764-7650

Licensed/Insured
#23559/03224



- * Thinning/ Pruning of all plants shrubs and trees
 - * Tree Training/ Maintenance
 - * Weed Abatement
 - * Planter Beds
 - * Pathways/ Walkways/ Walls
 - * Boulders/ Stream Beds
 - * Bark Installation
- FREE ESTAMATES!**

www.rebarktime.com

RC Painting

Interior & Exterior Painting

www.rcpaintingcompany.com

- Quality Workmanship and Materials
- Competitive Rates
- Small Jobs Ok
- Excellent Local References

Please call for your free estimate

530-305-2943

lic# 1004744.

Creative Arts Club

(cont' from page 6)

on different projects. He enjoys the technical aspect of stained glass, from finding the right glass to make his pieces come alive to foiling and soldering. He draws on Facebook for ideas.

Tom grew up in Dixon and has always been interested in agriculture, earning his degree in agricultural management from Cal Poly. After college he worked for a couple of fruit marketing companies in the Marysville area but wanting control over his life and have more flexibility 23 years ago, he struck out on his own founding Fantastic Produce, an organic produce supply company. He wanted to stay in the Valley and specializes mostly in kiwi fruit with sales around the world. He says his success is due to providing good, honest service; and his cell phone is his office!

...

Fine Arts Club

BY NANCY VAVUL

Happy New Year! We hope your holidays were happy and bright with lots of warmth and cheer. This new year promises to be a good one in the Fine Arts Club and we hope your will join us often. Let's all make a resolution to create art and make this world a better place.

We are starting off the year running. Starting Friday, January 5, Susan Edie will be teaching a class in oils from 9-12:00, and Sherry Bleiweiss will be teaching alcohol ink as a regular class from 1-4:00 with lots of new ideas. The acrylics class led by Donna Self will



Holiday luncheon.



resume on Monday, January 9 from 1-4:00, and Pat Abraham will again teach watercolors starting Tuesday, January 10 from 1-4:00. Be sure to check the room for sign-ups and to pay for these classes. As always, any time that is not reserved for meetings or classes will be open

(cont' on page 9)

Sun City Roseville Specialist

Call when You Need Your Home Sold Right

... and at the **BEST PRICE!**

Take the Hassle Out of Moving!

Our Showcase Listing Service includes:

- FREE Donation Service
- FREE House Cleaning
- Professional Photography and Virtual Tours
- Estate Sale Assistance
- FREE Carpet Cleaning



Don Schlaegel
Broker DRE# 00647027
Donschlaegel@gmail.com
916-926-9511



Martin Schlaegel
Transaction Coordinator
mschlaegel@comcast.net
916-765-5172

Fine Arts Club

(cont' from page 8)

studio time for the mavericks in our club who prefer to do their own thing

We will install a new gallery wall on January 5, so members should bring in work to be exhibited between 2-2:30 that day. Our first general meeting of the year will be January 12 at 1:00 and will feature a presentation by Blue Line Art Gallery. We will be voting on our newly installed works at that meeting. Also, since February will be our month to fill the display case across the hall, please bring in small works at 10:30 on January 28. Winter themes for this case would dress it up nicely.

Yes, there will be lots going on during the dreary month of January, but we will brighten things up with art and creativity. So, let's resolve to have an "art attack" this new year!

...

Needle Arts Club

BY CJ KIDD

Happy New Year 2023!

May you rise each day with sunlight in your heart, success in your path and that smile that everyone loves to see.

The Needle Arts Club has a wonderful, exciting busy year planned for our Needle Arts Members. Be sure to mark your calendars for the Friday, May 5th, 2023 Fashion Show and Luncheon featuring Chico's Fashions modelled by our very own Needle Arts Club members. Mark your calendars for the Needle Arts Craft Faire on Saturday, November 4, 2023. We are

also scheduling our Holiday Home tour in December, 2023.

The first general meeting will be on Wednesday, January 4, 2023 at 1:30 in the Ballroom. The program will feature the renowned author, Nancie Wiseman Attwater, Nancie is a retired nurse and has written many books on sewing, knitting and crocheting. She has also taught sewing in prisons "Jail Journey Sewing Behind Bars". It should be a very unique and interesting program.

If you would like to get more involved in the Needle Arts Club activities, meetings and events, I would highly recommend you do so. Check our Newsletter for future meetings, programs and events. Also, get involved in a Special Interest Group, donation group, knitting group, beading group, an applique group, Home Dec group, quilting group, clothing group or consider a Council position, or be part of the Newsletter team. This will heighten your enjoyment and add to the camaraderie of the Needle Arts Club.

Once again, Happy New Year, 2023. I hope to see each and everyone of you at our meetings, programs and events.

...

International Social Group

BY CYNTHIA SINDREY

The International Social Group is pleased to announce that since we are now able to have our events that we are growing and have enthusiasm from both current and new members. The recent November Asian dinner and entertainment was enjoyed by all

who attended. It is hard to believe that we have already planned our first event for 2023. One of the most popular parties of the year is the "Bringing In The New Year" dinner and entertainment by the Cocuzzi Duet. This will be held on Saturday, January 21 at Sierra View Country Club in Roseville. Rides will be available. This year we will have a Hawaiian theme. You may come dressed in Hawaiian outfits or just dressy casual. Please no shorts or blue jeans. Beside the club subsidizing and Sierra View CC working with us on pricing we have negotiated an amazing price for this fun evening. Flyers have been e-mailed and also sent by regular mail to our members and also available on the rack in the Lodge.

Moving ahead to March we are contemplating honoring Greece with a catered dinner and entertainment. Details will be in the February Courier.

Dues in the amount of \$10 per person are due for January 2023 - December 2023.

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

...

Cinema Group

BY BRIAN SUTTON

Join us for the January movie, "Meet Me In St. Louis (1944)"

The story of young love and childish fears which highlights a year in the life of a turn-of-the-century family".

Oscar nominated for Best Screenplay,

Cinematography, Music Score, and "The Trolley Song", it stars Judy Garland, Margaret O'Brien, Mary Astor, Leon Ames, Tom Drake, and Marjorie Main.

It was directed by Vicente Minnelli.

Critics Reviews: "A disarmingly sweet musical led by outstanding performances from Judy Garland and Margaret O'Brien, it is a treat for all ages."

"Combining some wonderful song and dance routines with a cast of memorable characters, Meet Me in St. Louis is certainly one the best Hollywood musicals ever".

Join us for this delightful movie Friday, January 20, 1:30 pm, Spruce Room, Sierra Pines.

As always, Admission is Free!

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

...

(more Club News cont' on page 11)





Best Wishes For 2023!





Put my 22 years' Del Webb Experience, Legal Education and Marketing Expertise to work for YOU!

Paula Nelson
email: REALTOR@PaulaNelson.com
916-240-3736
DRE lic. # 01156846
www.PaulaNelson.com



COLDWELL BANKER
SUN RIDGE REAL ESTATE
Each office independently owned and operated.

START NEW TRADITIONS WITH US

Truewood by Merrill, Roseville knows how to celebrate — with music, entertainment, and special dining experiences. Join us and enjoy the benefits of our community lifestyle!



**TRUEWOOD
BY MERRILL**
SENIOR LIVING

Ask About Our Special New Years Savings!*

916.547.5999 • truewoodroseville.com
1275 Pleasant Grove Blvd, Roseville, CA 95747

Independent Living

*Limited time offer. Call for details.

LiftMaster®



See and hear what's happening in your garage.

- The LiftMaster Garage Door Opener, with built-in camera and 2-way communication, provides peace of mind your garage is safe and secure. Model 85503
- REAL TIME VIDEO MONITORING
- 2-WAY COMMUNICATION
- SMART PHONE CONTROL
- INTEGRATED BATTERY BACKUP



COMPLETE **Garage Door Installations**

*Many Styles & Colors to Choose From
Less Expensive Than Home Depot & Lowe's
Over 20 Years of Experience*



owner Ivan Garcia
License # 893431

916-708-4225
Bonded & Insured

Roseville Stamp Club

BY TIM MILES

We're into the New Year and things hopefully will start picking up. We have two meetings for January at the SCR Lodge. The dates are Tuesday, January 10 and Tuesday, January 24-both meetings start at 6:30 pm. Bring anything you want to update and access all the supplies needed for your hobby. There are often album pages, packets of hinges and many other accoutrements of the hobby of philately.

Everyone is welcome at our meetings and we usually have somebody who can answer your questions. We're usually on our way home by 8:30 pm.

Our yearly "holiday" get-together is still set for Jan. 19 at the Lodge and the cost is still

only \$20. Contact Al Cap or Bob Bartlett. We need a minimum of 20 people to commit.

Our annual dues are now due for 2023 and are still a modest \$20 (or \$100 for a lifetime membership).

Al Caparelli (916-771-8288) is always available for any technical questions. If anybody needs a collection assessed or updated as to value, Al will be glad to look at it.

We recently were given a wonderful collection of Great Britain, Australia, and New Zealand for dissemination and as it is broken down, the various parts will become available, including a lot of very rare stamps.

Additionally, we have acquired two large boxes of assorted stamps, both US and world-wide, which are being broken down and appraised, and will be available to be acquired.

• • •

Jewish Fellowship Circle

BY LOIS ARLEN AND KAREN LEVINE

As we start the New Year, we wish our Sun City Roseville community an abundance of good health and happiness in 2023.

A big thank you with much appreciation to Karen Levine for leading the Shabbat service and to Allen and Diane Greenberg for hosting the Oneg in November.

On November 9, members of our Jewish Fellowship Circle visited the Kashenberg-Ostrow-Hayward Library and Cultural Center (KOH Library), located on the campus of Mosaic Law Congregation in Sacramento. The services and procedures were kindly explained for checking out their 5,000 volumes of Judaica and more. This little gem is packed with Jewish information. It holds scholarly

texts, reference books, non-fiction and fiction, Jewish literature, videos in English, Hebrew, and even some Yiddish, all for use by anyone in the community. An educational, cordial and worthy visit was enjoyed by all. We appreciate the hospitality and kindness by the KOH. Much thanks to Diane Greenberg for arranging this very interesting event.

Our first event of 2023 will be the monthly Shabbat service which will also include a Shabbat dinner. The Oneg will follow afterwards. This event will be held on Friday, January 6 at Sierra Pines. Details will follow in an email to all members.

• • •

(more Club News cont' on page 15)

Solo Friends Group

BY CATHY SCHIMANSKY

Welcome 2023! Solo Friends was a transformed group (former name of Singles and not referencing money) that achieved numerous successful events in 2022. Our members are definitely looking forward to experiencing the same level of participation and enjoyment starting with the informational general meeting on January 9 and social dinner on Saturday, January 21.



Solo Friends members sharing an elegant holiday feast.

December holiday party.



Group and line dancing was successful in getting many members up and moving

At our annual holiday social more than 90 members enjoyed a delicious individually plated dinner served by Timbers Creek Ballroom Catering. After dinner music was provided by professional D.

J. Sandy Gardetto and many members enjoyed group and line dancing. You can tell members had a great time at dinner and dancing by checking out the two photos attached to this article.

The 2023 Solo Friends calendar is now confirmed for the ten general meetings and ten social dinners. The December 2023 holiday dinner and dance party date will be publicized in the Sun Senior News February 2023 Solo Friends article.

We ended 2022 with a total of 147 members; between 50 and 60 percent of the membership actively participated in the twice-a-month events. We look forward to continued growth in our overall membership. An added pleasant surprise was that the small games and book groups have more than doubled in sign-ups and attendance.

The Solo Friends December holiday party focused on traditional holiday activities; one was that everyone physically rang individual bells while singing the Jingle Bells song. Homemade edible gingerbread houses and three-dimensional gingerbread trees were featured as table decorations and door prizes. In addition to the houses and trees door prizes, there were delicious Teddy Bear cocoa bombs and the last door prize awarded was a dinner certificate provided by the Timbers at the Lodge Restaurant and Lounge. Our Solo Friends members extend a sincere thank you to Jason Smith, Food and Beverage Director

for helping make our annual holiday event a success.

The 2023 first Monday of the month meetings and third Saturday of the month Saturday socials calendar is set. The first 2023 general meeting will be held in the Timbers ballroom on Monday, January 9. The active audience participation program will focus on education and activities to achieving a positive attitude and maintaining a healthy lifestyle.

We encourage our members to save a copy of this article to help remember the general meetings and social dinner dates. The ten Solo Friends informational/educational general meetings will be held in the Timbers ballroom on January 9, February 6, March 6, April 3, May 1, July 10, August 7, September 11, October 2 and November 6. The ten Solo Friends socials will be held at Sierra Pines on January 21, February 18, March 18, April 15, May 20, July 15, August 26, September 16, October 21 and November 18. So Solo Friends members and potential new members, it's time to mark your calendar today for fun 2023 events; let's make 2023 a really "Happy New Year"!

• • •

(more Club News cont' on page 15)



BrightStar Care
A HIGHER STANDARD OF HOME CARE

LET US HELP YOU CARE
FOR YOUR LOVED ONE

We specialize in:

- › Personal Care
- › Companion Services
- › Homemaker Services
- › Respite
- › Hospice Support

- › Alzheimer's
- › Parkinson's
- › Heart Failure
- › Post-surgical Care
- › Multiple Sclerosis

**We assist you with Long Term
Care insurance processing.**

No deposit required.

Nurse oversight included.

Independently Owned & Operated

Insured & Bonded – Roseville, CA • 916 781 6500

YOUR ROSEVILLE HOME FOR REAL ESTATE

- AREA RESIDENT/SPECIALIST
- OUTSTANDING SERVICE
- COMPREHENSIVE MARKETING
- RESULTS

Call today for listing help or up-to-date market information.



Shaun Hilton ~ Broker/Owner, MBA ~ shaun@hiltonproperties.com

CALL TODAY

916.786.9162

www.hiltonproperties.com

BRE #01714579

hilton properties

YOUR HOME FOR REAL ESTATE

Ambassador Committee

BY LINDA NELSON

Happy New Year to everyone! Hope you all had wonderful holidays and good times with your family, friends, and neighbors. We are off to a new year and as I write this article it is raining outside. Let's hope it keeps raining a little more in January to help us get through this drought. Sun City's beautiful landscaping and golf courses can certainly use the rain.

In January the Committees and clubs will be starting up again. This might be a good time for any of us to start a new class or begin to volunteer with one of the activities or groups. The Ambassador Committee is looking forward to our upcoming activities, giving tours, supporting lodge activities and of course welcoming new neighbors. We hope you take advantage of all that Sun City has to offer. Have a wonderful New Year.

Website Work Group

BY CHARLYN ROSS

Here We Go Again!

The start of a New Year offers us that chance to "close the door" on all the negative times from the prior year and look forward to positive times ahead. This universal outlook has led to the tradition of writing New Year's resolutions, which represent our desire to continue good practices, change undesired traits, or accomplish personal goals.

The Resident Website (www.scrs.org) can help with some of the more popular resolutions.

- Exercise more to keep fit.

Our Fitness Center's web page, accessed from the Website's "Amenities" menu, offers information on using the swimming pools, exercise equipment and fitness classes.

- Learn a new skill or hobby.

Fine Arts, Creative Arts, Needle Arts, Table Tennis, and Bocce are just a few of the Clubs & Groups whose webpages can be accessed from the "Community" menu. Or, if you want to play golf on our great courses, look in the "Amenities" menu for the link to "Timber Creek & Sierra Pines Golf" or click on the side link "Resident & Member Golf Information" to learn about lessons.

- Travel more.

Information about Activities Department's trips can be found in the "Community" menu on the Activities Department webpage. Also under "Clubs & Groups", our Travel Club's webpage lists its planned trips.

- Save time and money.

By taking advantage of all the amenities available in Sun City Roseville (SCR), you will spend less time and less gasoline seeking other venues.

- Spend more time with friends and family.

Family members can enjoy many of the amenities like golf, swimming, Bocce, etc. during family hours. As for friends, many of those are your SCR acquaintances.

- Live life to the fullest.

The Resident Website (www.scrs.org) provides all the information one needs to do just that.

Important Website Alert

The Sun City Roseville Association, as well as many Clubs and Groups, use the Resident Website email feature to communicate information to residents.

At the bottom of these emails is the following statement, where the word "unsubscribe" is a clickable link.

"This message was sent to you from Sun City Roseville Community Association.

If you no longer wish to receive ANY Association emails, you can unsubscribe at any time."

Please, do not click the "unsubscribe" link, as this will stop you from receiving all Association emails, including important alerts and updates.

Instead, to stop receiving emails from a specific sender, you need to contact Julia Schmunk, our Website Designer, by phone 916-774-3878, or by email at julianns@scrca.org, and request your name be removed from the specific sender's contact list.

Menu Bar Explained

After logging onto the Resident Website, you view a screen with a header containing a panorama view of our golf course. Below this header is a black menu bar with seven menu titles spread across it, which end in an icon that looks like this . This icon is called a "hamburger button", because it looks like that three-layer sandwich.

The "hamburger button" is used here

and elsewhere on Internet websites, where there is inadequate space on the menu bar to contain links to related web pages. This is very apparent if you access the Resident Website on a smart phone screen, where the menu bar may contain only one "hamburger button".

Governmental Affairs Committee

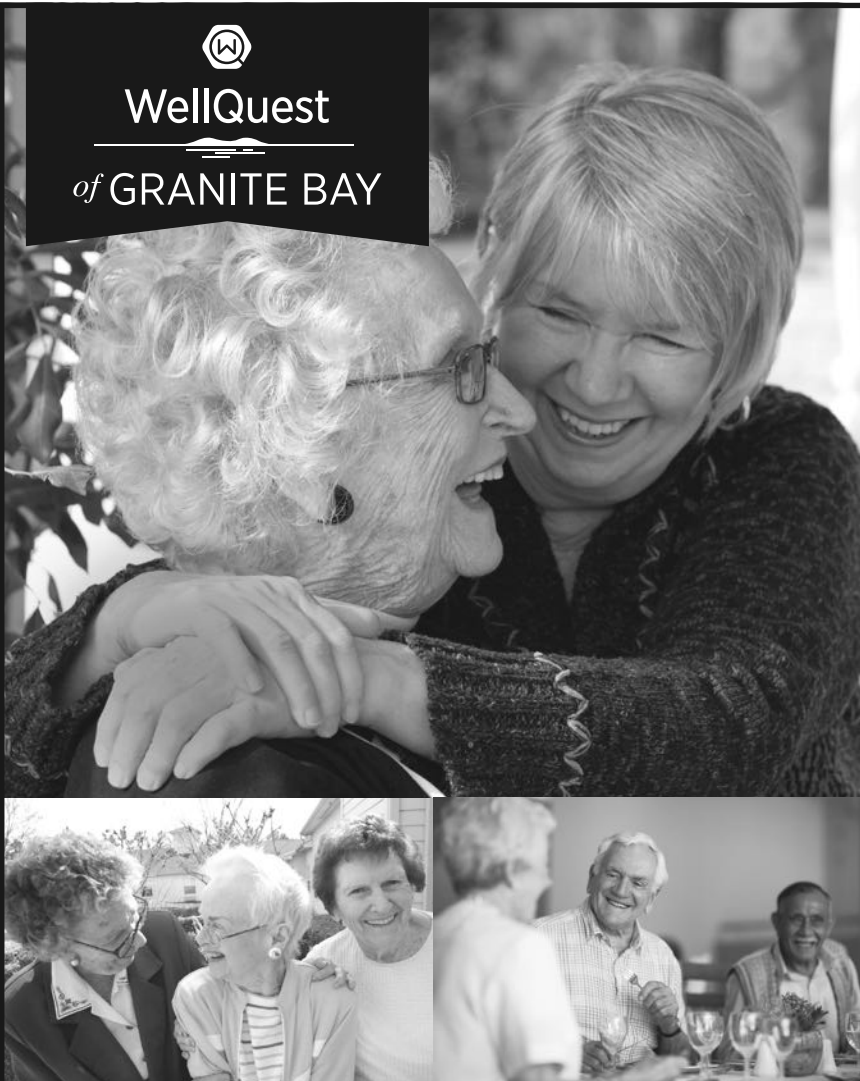
BY STEVE CHO

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

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

Roseville Deputy City Manager Meghan

(cont' on page 13)



Independent Living • Assisted Living • Memory Care

Come and join Wellquest of Granite Bay

Whether you are looking for independent, assisted or memory care, we are the premier senior community within Placer County. We believe that our residents can continue to live life to the fullest and continue to find great joy and meaning with planned, purposeful activities.

We pride ourselves in bringing you the latest technology for older adults to make lives simpler, safer and easier for our community members. Wellquest is the only community to offer CarePredict's preventative senior care solution which provides easy ways to help residents and assistance is always close at hand.

At Wellquest Granite Bay we try to remove social isolation with the help of LifeLoop, a platform which enhances the lives of residents and keeps them connected to their families, friends and staff who care for them.

We offer luxurious amenities and living options, with spacious well-appointed apartments with full baths, full kitchens or kitchenettes. Choose from studios, 1 or 2 bedrooms apartments

We invite you to come for a complimentary lunch and tour of our gorgeous community in Granite Bay. Ask about our specials when you visit.

Call 916-755-6553 to set up a tour today!

Governmental Affairs

(cont' from page 12)

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

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

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

**Happy
New
Year!
2023**

Roseville's Economic Strength Earns City National Ranking

BY HELEN DYDA, City of Roseville Economic Development Public Information Officer

Roseville has been named eighteenth among the top 100 economic growth cities in America in a recent study by SmartAsset.

Strong business and housing growth fueled Roseville's ranking. During the last five years, the community saw more than 12 percent growth in the number of businesses, 14 percent rise in population, and 18 percent increase in much needed housing units.

"Roseville continues to be recognized as one of the best places to live and do business in California. Affordable and reliable community-owned utilities, innovation, safety and livability make Roseville a community of choice for investment," said Melissa Anguiano, Roseville Economic Development Director.

The City of Roseville takes a thoughtful approach to planning for growth. A comprehensive look at land use accounts for the city's needs and plans for the right balance of residential, commercial, office, and industrial land. It also examines parks, open space, and other municipal operations like utilities, traffic and public safety. This planning ensures economic health and that future city services are available as the population grows.

Because Roseville is a full-service city, effective coordination of these services and infrastructure happen more easily than many

other communities. These efforts help fuel a healthy economic environment and create a place where residents and businesses invest in the future.

SmartAsset analyzed data for 494 of the largest cities across topics measuring growth of the population, income, GDP, businesses, housing and changes in unemployment.

The Do's and Don'ts of paint disposal

Each year, millions of gallons of leftover paint are generated from households and businesses. In the state of California, it is prohibited to dispose paint in landfills. Proper handling is required to ensure unwanted paint is safely discarded.

If you are curious how to properly recycle your leftover paint and recycle your paint cans, check out some of our do's and don'ts before taking the next steps:

Don't: Throw away a can with wet paint into the trash can.

Do: If a paint can is empty and dry or completely hardened and dry, it can be placed



in the regular trash can.

Don't: Pour leftover paint down a sink or storm drain.

Do: Take leftover paint to any Paint Care location in Roseville, free of charge. Find a drop-off location near you at paintcare.org.

Do: Paint can also be taken to the Household Hazardous Waste (HHW) drop-off area at the Western Placer Waste Management Authority (WPWMA).

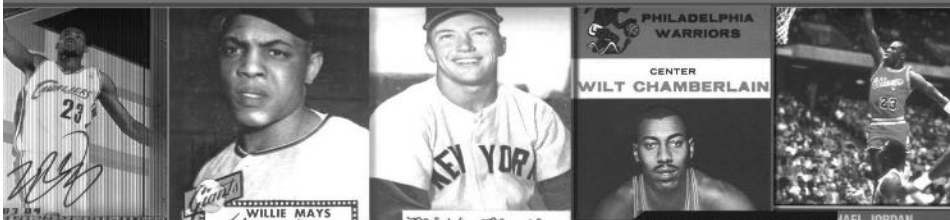
Don't: Miss out on free assistance with hazard waste removal. Visit Roseville.ca.us/doorpickup.

Do: Schedule a pickup appointment by calling (916) 774-5780. Roseville residents can schedule an HHW Collection appointment for paint. Up to 5 gallons per visit can be scheduled. Gallons are measured by the container size, not the contents.

Do: Consider donating your leftover paint to those in need such as a community center, charity or even a local theater. Together let's paint a picture of properly disposing of hazardous waste to keep our California clean.

Sports Cards RoadShow™ Is Buying!

YOUR OLD SPORTS CARDS COULD BE VERY VALUABLE!



Bring in Your Cards
To the Roadshow!

GET YOUR VINTAGE & MODERN CARDS EVALUATED
Reserve Your Spot
Call (916) 626-0642 Today!

Local Family-Owned Business | SportsCardsRoadShow.com

FREE ON-SITE SPORTS CARDS EVALUATION

Do you have sports cards & memorabilia collecting dust in the attic? Or maybe you have rookie stars from the 1950's, 60's, 70's, stars from 80's & 90's, or auto cards from 2000's?

THE SPORTS CARDS FROM YOUR CHILDHOOD MAY BE WORTH A FORTUNE!

Sports Cards Roadshow is looking for raw & graded cards, packs, hobby boxes, partial and complete sets, and binders of sports & non-sports cards. We also buy vintage sports memorabilia and graded comic books!

Other Options Available If You Can't Make the Roadshow.
Large Vintage Collections - We Can Come to You!

We're here to answer your questions! The Lenora Harrison Team

Here for you since 1996. Here for you today.



facebook.com/LenoraHarrisonTeam

www.WeSellSunCity.com

*Don't just hire an agent.
Hire a team.*



Lenora Harrison

Broker Associate

- ◆ Senior Real Estate Specialist
- ◆ Certified Negotiation Expert

DRE #01229917

916.765.4188

Larry Pearson

Realtor®

- ◆ Senior Real Estate Specialist
- ◆ Certified Negotiation Expert

DRE #01938527

916.521.6516

happy new year

Dear Friends & Clients -

As we reflect on 2022, we continue to count our many blessings! Being an active part of our tight-knit community and preserving relationships with friends and clients, like you, is the core of our business foundation. We would like to thank you for entrusting us to help you, and those you refer, navigate the Sun City Roseville real estate market. It was truly our pleasure. Let's make 2023 a wonderful and productive year, together!

Warmly - Lenora & Larry



COLDWELL BANKER
SUN RIDGE
REAL ESTATE

lenorasellssuncity@gmail.com

youragentpearson@gmail.com

SELL YOUR HOME
IN 72 HOURS®

Get 100% Full Market Value

72SOLD®

AS FEATURED...

Forbes



CBS



Inc. 5000

TOP 10 Fastest Growing In Real Estate

2022

#260 FASTEST GROWING COMPANIES ^{USA}

CHOOSE YOUR
CLOSE DATE

NO DAILY
SHOWINGS

NET \$1000s
MORE

CALL FOR OUR PRICE ON YOUR HOME
916-562-1223

VALUATIONS COURTESY OF: TERRI CICCHETTI (DRE#02075629) & KW FOLSOM (DRE#01406150) • TERRI CICCHETTI GROUP

Boomer Generation

BY KATHI STOPKAI

Happy New Year Boomers! Hope your holidays were everything you wished for and everyone stays healthy for the upcoming year.

There's excitement in the air because Boomer's are already reaching out to purchase their tickets for the upcoming event, "Starry Night Ball" January 28, 2023 in the Timbers Ballroom. Tickets go on sale Monday, January 2, 2023 at 7:30am in the lobby at Courier Days. The menu selections will be, Pasta Primavera, Breast of Chicken, Pan Seared Salmon, or New York Steak. We'll have the No-Host bar in place and you can bring your own wine but you must pay the corkage fee at the bar. This year's event will feature Planet Groove Band, from El Dorado Hills. Planet Groove is a high energy band designed to get everyone dancing and having a good time. Planet Groove plays music from a variety of genres from the 60's up to current hits. Vocals, Bass, Drums, Guitar, Keys, Trumpet and Saxophone allow them to play many styles of music with authenticity. We have a fun way to capture your memories of the night, so be sure and stop at the Mirror Photo Booth and take your picture. It will print out then, so be sure and take it with you. This years' ticket price will range \$38 - \$50 per person depending on meal selection. So, dust off your dancing shoes and get ready to start 2023 with a fun night of dining and dancing.

Remember to check the website frequently to see where the SIG groups are meeting and what they're doing as well as click on the Save the Date Icon and check out the year at a glance. Looking forward to a fun filled 2023!

Your Boomer Council.

• • •

Socrates Café

BY STEVEN GUSTAFSON

Socrates Cafe is Sun City's philosophy discussion group. You may think that philosophy is "too hard" or "not fun". But our discussions tend to be delightfully friendly and inspiring.

For example, at our December meeting we discussed climate change. Can humanity survive it? Can (or even should) we do anything about it? Are we morally obligated to preserve our world for future generations?

Instead of severe reductions in our use of fossil fuels, could we cool our planet by orbiting large mirrors to shade us from the Sun? Will a new Ice Age cancel out the effects

of human-caused global warming?

Typically over a dozen of us meet at 10:00 on the first Monday of each month in the Birch or Card room at the Timbers lodge. You are welcome to join us.

• • •

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. Come learn a simple method of meditation that uses soothing mantras and music to ease the stress and anxieties of daily life and emotional situations. The practice of mantra meditation is as universal as the sunrise. Everyone can enjoy the beauty of a sunrise and be warmed by its golden rays. Likewise, through this meditation everyone can find spiritual love, warmth and comfort.

The meditations will be practiced seated in chairs and the program is presented free of charge.

Here are the dates, times and locations for our upcoming meetings.

Friday, January 6th
1:30pm - 2:30pm in the Spruce Room at Sierra Pines

Monday, January 23rd
11:30am - 12:30pm Aspen Room in the Timber Creek Lodge

Mark your calendar and we look forward to meeting you.

Ed Cervantes and The Heart of Gold Meditation Group
mantramedclub@gmail.com

• • •

Healthcare Professional Group

BY LINDA GORDON

As we enter the Second Year of our Healthcare Professionals Group we are growing nicely. We are open to all residents with a Healthcare Background, past or present, from Doctors, Nurses at all levels, X-ray or Lab Technicians, all Ancillary Units or anyone who has worked in hospitals or Patient Care fields.

We meet from 11-1 in Sierra Pines Ponderosa Room bi-monthly on the first Wednesday of the odd numbered months for socialization, lunch & a speaker.

Our next meeting will be on Wednesday, January 4, 2023 in Sierra Pines Ponderosa Room. Carolyn D'Agostino LCSW will be

our speaker. She will talk about "Palliative Care – The Philosophy of Care providing care & comfort all the days of your life". She will also have & discuss the POLST forms we learned about at the previous meeting. Cost for lunch is \$10. RSVP required to Linda Gordon information below.

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 January 11.

Remember: The club is being resurrected and transformed. Now is a good time to join us, give your input and get involved, all suggestions gratefully received and discussed – continue your healthcare identity!!

For more information, to get yourself on the mailing list and RSVP to the meetings contact Linda Gordon at garlind77@gmail.com or 510-813-7815 (call or text).

• • •

Democrats Club

BY LINDA WARZECHA

As of this writing we have enjoyed our 2022 holiday season with friends and family with lots of laughter and (possibly) too much eating. We look forward to doing this again next year.

On December 14th the Sun City Democrat Club had a holiday luncheon catered by Dickey's Barbeque and member potluck donations. This luncheon was a social event and not a regular club meeting. It was very well attended by our members. Rather than a ticket for attendance at the luncheon, we requested and received gift cards for Walmart in the amount of \$10 for each attendee. We then donated these gift cards to Woodbridge School here in Roseville.

The mid-term election results have been certified with disappointment for some but on the whole Democrats did very well. We would like to thank all those that donated their time and effort volunteering as well as financial donations to our candidates.

We look forward to 2023 with grateful hearts.

• • •

Computer Club

BY BARBARA EICHTEN

After a busy holiday, we are ready to resume Open Session hours, and all of the SIGs. Our speaker in January will be Judy Taylour, a member of the Santa Clarita Valley Computer Club, presenting "The Cloud is here, Don't Be Left Behind." She will discuss how we can keep our date files in sync on all of our devices, and how we can share files with family and friends. Join us January 23, 2023 at 10:00 in the Ballroom.

Photo: PhotoSIG will meet on the 3rd Friday, January 20 at 10:00 am in the Club Room. 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, January 16, 2022. January's theme is "Black and White." 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, January 17, 2023 at 1:00 - 4:00 in the Club Room. Cathy Fluellen (623-256-0290) will host a session with Rubberstamps. We welcome new and previous participants! Make some great cards for family and friends!

Genealogy: Will meet on the 2nd Thursday, January 12 at 2:00 in the Club room for "Meet and Greet."

All 'Bout Apple: Will meet on the 3rd Thursday, January 19, 2023 at 2:00 in the Club Room

iDevices: Will meet on the 1st Wednesday, January 4, 2023 at 10:00 in the Club Room.

Open sessions will be available on Friday, January 6, 13, 20 and 27 from 1:00-3:00. This is designed to give individual assistance with devices. Check the scres.org website for many additional OPEN sessions.

• • •

(more Club News cont' on page 19)



Student SERVICES

A+ HOME SERVICES

LEAVE THE LADDERS TO US

Gutter Cleaning


Window Cleaning

Solar Cleaning


Christmas Lights


 (916) 500-4314

 studentservices.biz



Lincoln Podiatry Center





Dr. Brian P. Keller, DPM

Board Certified in Podiatric Surgery by the ABMSP

On Site X-Ray & Diagnostic Ultrasound

• Ingrown Nails

• Heel Pain

• Bunion Surgery

• Custom Orthotics

• Corns & Callouses

• Ankle Injuries

• Hammer Toes

• Diabetic Foot Care

• Foot Pain

• Plantar Fasciitis

• Nail Care

• Painful Diabetic Neuropathy

916 434-6410

LINCOLN PODIATRY CENTER

841 Sterling Parkway, Suite 130 • Lincoln



CLUB CRUISE & TRAVEL

FREE Round Trip Shuttle on our San Francisco offers!

Call for details! Call our travel experts and let's start planning your next vacation! Call 916-789-4100 or stop by 851 Sterling Parkway, Lincoln ~ M-F 9-5:30



Amazing travel deals are happening now!

Days & Destination	Cruise Line ~ Sailing Date	Starting Price/ Inside Ocean View Balcony		
15 DAY HAWAII from SFO! Princess	Jan 16, 2023	\$959	\$1,563	\$1,563
Royal Princess ~ 3560 Passengers	Mar 12, 2023	\$1,099	\$1,954	\$1,999
Crown Princess ~ 3080 Passengers	Nov 26, 2023	\$1,398	\$1,664	\$2,649
Sail round trip from San Francisco, California to Kauai, Nawiliwili Hawaii; Honolulu, Hawaii; Maui, Lahaina, Hawaii; Hilo, Hawaii; Ensenada, Mexico, San Francisco, California.				
* FREE ROUNDTrip LINCOLN SHUTTLE TO SHIP!				
10 DAY ALASKA From SFO! Princess	May 17, 2023	\$849	\$998	\$1,468
Ruby Princess ~ 3080 Passengers	Jun 6, 2023	\$948	\$1,198	\$1,722
	Jul 6, 2023	\$1,098	\$1,285	\$2,088
	Aug 15, 2023	\$1,048	\$1,198	\$1,879
Sail round trip from San Francisco, California to Juneau, Alaska; Skagway, Alaska; Hubbard Glacier, Alaska; Ketchikan, Alaska; Victoria, BC, Canada; San Francisco, California. *2023 Alaska Voyages visit Glacier Bay				
* FREE ROUND TRIP LINCOLN SHUTTLE TO SHIP!				
10 DAY MEXICO From SFO! Princess	Dec 12, 2023	\$698	\$898	\$1,329
Crown Princess ~ 3080 Passengers	Jan 23, 2024	\$748	\$899	\$1,378
Sail round trip from San Francisco, California to Puerto Vallarta, Mexico; Manzanillo, Mexico; Mazatlan, Mexico; Cabo San Lucas, Mexico; San Francisco, California.				
* FREE ROUND TRIP LINCOLN SHUTTLE TO SHIP!				
16 DAY PANAMA CANAL Princess	Apr 14, 2023	\$1,899	\$2,299	\$3,499
Ruby Princess ~ 3080 Passengers	INCLUDES FLIGHT TO TEXAS & SHUTTLE FROM SHIP TO LINCOLN!			
Sail from Galveston, Texas to San Francisco visiting Cartagena, Columbia; Transit the Panama Canal; Fuerte Amador, Panama; Puntarenas, Costa Rica; San Juan del Sur, Nicaragua; Cabo San Lucas, Mexico; San Francisco, California.				
22 DAY EUROPE REPOSITION Princess	Apr 16, 2023	\$2,699	\$3,399	\$3,399
Regal Princess ~ 3560 Passengers	INCLUDES ROUND TRIP SACRAMENTO AIRFARE!			
Sail from Fort Lauderdale to London (Southampton) visiting the Azores Islands (Ponta Delgada); Rotterdam, Netherlands; Brussels/Brugges (Zeebrugge); Southampton (London); Portland, UK; Guernsey (St. Peter Port); Cork, Ireland; Glasgow (Greenock), Scotland; Holyhead, Wales; Southampton (London).				
32 DAY CAPE HORN GRAND ADVENTURE Princess	Mar 5, 2023	\$4,748	\$4,078	CALL
Sapphire Princess ~ 2670 Passengers	Mar 4, 2024	\$4,848	\$5,448	\$6,748
INCLUDES ROUND TRIP SACRAMENTO AIRFARE!				
Sail from Buenos Aires, Argentina to Los Angeles, California visiting Montevideo, Uruguay; Puerto Madryn, Argentina; Port Stanley, Falkland Islands; Cape Horn, Cruising; Ushuaia (Tierra del Fuego), Argentina; Punta Arenas, Chile; Amalia Glacier, Chile; Puerto Montt, Chile; Santiago, Chile; La Serena (Coquimbo), Chile; Pisco, Peru (Optional Machu Picchu Overland Tour); Lima, Peru; Manta, Ecuador; Puntarenas, Costa Rica; Puerto Vallarta, Mexico; Cabo San Lucas, Mexico; Los Angeles, California.				

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

CLUB CRUISE Reservations, Serving Placer County Since 1991
851 Sterling Parkway, Lincoln, CA 95648

We're local, please visit us or call **(916) 789-4100**

Visit us online www.clubcruise.com Email: book@clubcruise.com

CST # 2033380-40 Updated January 2023



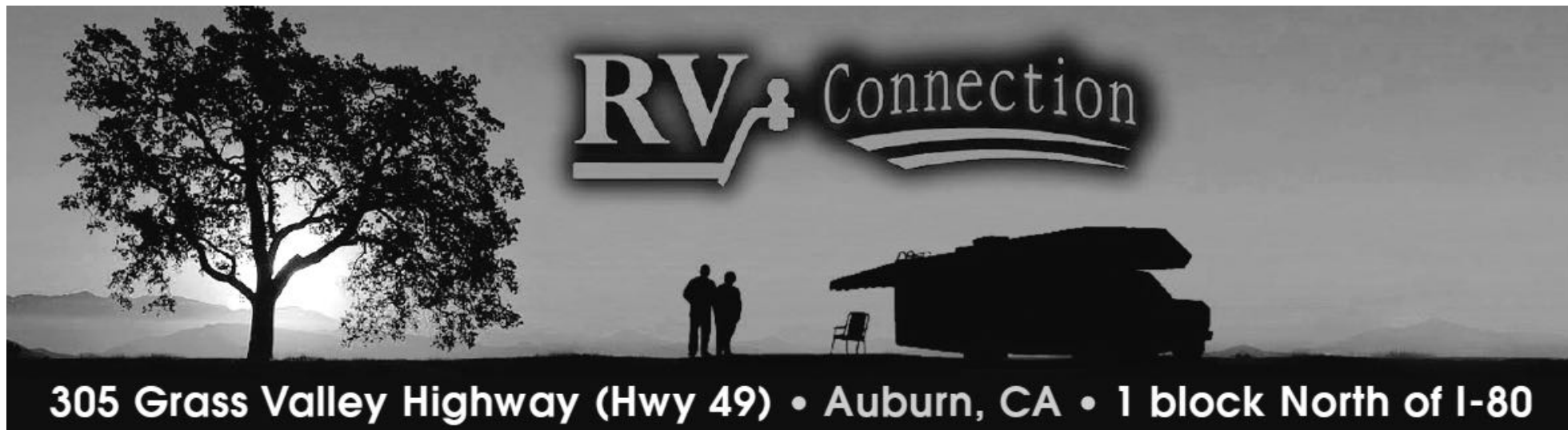
CLUB CRUISE & TRAVEL

Our Special Offers are not limited to this flyer! Please call to find out about our SHORT NOTICE and other specials. Let us stretch your vacation dollars and get you the most out of your trip. Call our travel experts and let's start planning your next vacation! Call 916-789-4100

Cruise Line ~ Sailing Date	Starting Price/ Inside Ocean View Balcony		
11 DAY SOUTHERN CARIBBEAN HOLLAND AMERICA Mar 8, 2023	\$749	\$949	\$1,499
Rotterdam ~ 2668 Passengers			
Sail round trip from Fort Lauderdale, FL to Grand Turk, Turks and Caicos; Amber Cove, Dominican Republic; Kralendijk, Bonaire; Willemstad, Curacao; Oranjestad, Aruba; Half Moon Cay (Private Island), Bahamas; Fort Lauderdale, FL.			
10 DAY SOUTHERN CARIBBEAN ROYAL CARIBBEAN Feb 17, 2023	\$559	\$612	\$1,863
Vision of the Seas ~ 2435 Passengers	Mar 31, 2023	\$387	\$477
	Apr 21, 2023	\$396	\$576
		\$1,507	
Sail round trip from Fort Lauderdale, FL to Labadee, Haiti (Royal Caribbean's Private Resort); San Juan, Puerto Rico; Philipsburg, St. Maarten; Basseterre, St. Kitts; Castries, St. Lucia; St. John's, Antigua; Fort Lauderdale, FL.			
14 DAY PANAMA CANAL HOLLAND AMERICA Mar 4, 2023	\$699	\$799	\$3,499
Zaandam ~ 1432 Passengers			
Sail from San Diego, California to Fort Lauderdale, FL visiting Puerto Vallarta, Mexico; Huatulco, Mexico Puerto Quetzal, Guatemala; Transit the Panama Canal; Cartagena, Columbia, Half Moon Cay, Fort Lauderdale, FL.			
12 DAY AUSTRALIA & NEW ZEALAND HOLLAND AMERICA Mar 11, 2023	\$1,799	\$1,999	\$2,799
Celebrity Eclipse ~ 2850 Passengers			
Sail from Sydney, Australia to Auckland, New Zealand visiting Melbourne, Australia; Burnie, Tasmania; Milford Sound, New Zealand; Port Chalmers, Dunedin, New Zealand; Timaru, New Zealand; Picton, New Zealand; Wellington, New Zealand; Napier, New Zealand; Tauranga, New Zealand; Auckland, New Zealand.			
15 DAY PANAMA CANAL ROYAL CARIBBEAN Apr 21, 2023	\$973	\$1,799	\$3,399
Radiance of the Seas ~ 3080 Passengers			
Sail from Galveston, Texas to Los Angeles, California visiting Georgetown, Grand Cayman; Cartagena, Columbia; Colon, Panama; Transit the Panama Canal; San Juan del Sur, Nicaragua; Puerto Vallarta, Mexico, Los Angeles, California.			
36 DAY EUROPE REPOSITION CUNARD Aug 20, 2023	\$5,448	\$6,248	\$7,688
Queen Elizabeth ~ 2081 Passengers			
INCLUDES 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>			

CLUB CRUISE Reservations, Serving Placer County Since 1991
851 Sterling Parkway, Lincoln, CA 95648

We're local, please visit us or call **(916) 789-4100**



RV Connection

305 Grass Valley Highway (Hwy 49) • Auburn, CA • 1 block North of I-80



BUY • SELL • CONSIGN

**We
Buy**

- Motorhomes
- Travel Trailers
- 5th Wheels
- Campers



**We
Consign**

Trades Welcome

Small town dealership with small town prices! Stop by for a FREE appraisal.

49 YEARS OF LOCAL RV EXPERIENCE

Visit our Website: **www.ShopRVconnection.com**

Open 7 days 9am to 5pm • After hours appts. available

Call (916) 765-1022

Pictures of units are examples only.

Conservative Action Group
BY SHERRI SCOTT

As we look forward to this year of 2023, we plan on staying just as active as we were in 2022. We will continue under the banner of our original Mission Statement which is: The Conservative Action Group is comprised of Sun City Roseville residents. Our Mission is to Inform, become Involved, and Initiate activities that will promote conservative ideals

and values, both locally and nationwide. Our first meeting of the year will be held on January 2, at 6:30 pm at Sierra Pines, where members will suggest and discuss other issues for Group involvement. Any conservative-minded Sun City resident is welcome to attend our meetings without invitation. Our meetings are held the first Monday of every month at the same place and time.

• • •

SCR Republican Club
BY GWEN MYERS

Welcome to 2023! We hope you had a wonderful holiday season! Our Holiday Brunch at the Ballroom was exceptional with good food, The Dickenson Carolers, and many door prizes. The lovely poinsettias table decorations added to the festivities. Mike Welch won the “ugliest sweater” contest judged by Sharon Mowry! It was so nice to celebrate the holidays with our members. We’re starting the New Year with many Republican candidate wins, especially in Placer County! We look forward to having the newly elected winners speak at our



Republican Holiday Brunch.

meetings in 2023. There will NOT be a meeting in January. The next meeting will be Thursday, February 2 at 7:00 pm. Come at 6:45 to enjoy the treats and coffee. Guests and potential members are always welcome.

• • •



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 January 23, 2023. The Travel Club hosted its annual Christmas Brunch on December 4th. Norma Jones and Phyllis Melberg chaired this event.



Travel Christmas Brunch.



The room was filled with beautiful decorations and our Travel Club members enjoyed their brunch and singing along with Charlie Kidd. Rich and Linda Aug were our Santa and Mrs. Claus. Santa took lots of pictures with TC members and Mrs. Claus handed out beautiful gift baskets, which were made by TC members as well as Sun City gift cards. Attached is a picture of the stage with Charlie Kidd playing guitar. The second picture has all of the TC members who helped organize and host the Brunch. Many thanks go to: Norma Jones, Phyllis Melberg, CJ, Diane Scalise, Claudine Odell, Darleen Hegerle and Andrea Norcia.

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)
- June 2023: Switzerland Hidden Hills and Majestic Parks
- August 2023: Northern National Parks (Jackson Hole, Tetons, Yellowstone, Mt. Rushmore)
- August 2023: Iceland, Windstar Cruise
- September 2023: African Safari
- October 2023: Fall Foliage
- December 2023: New York City Christmas Lights
- January’s guest speaker will be Ilene Ferguson, President of Alamo World Travel and Tours.


• • •

(more Club News cont’ on page 20)



We Cancel TIMESHARES for You

Every year 150,000 people reach out to us for help getting rid of their timeshare. In 2019, we relieved over \$50,000,000 in timeshare debt and maintenance fees. We can help.



Get your free information kit and see if you qualify:

855-946-0763



Morgan Oaks
Eternal Preserve
A GREEN BURIAL CEMETERY

Leave a legacy for future generations to enjoy!

OUR GREEN BURIAL:

- Offers minimal environmental impact
- Conserves natural resources
- Forgoes toxic embalming
- Provides an affordable way to say goodbye to your loved ones
- Delivers a lasting legacy for generations to come
- Includes 160 acre nature preserve with 3 miles of walking trails in a park like setting

Start your afterlife journey now with green burial and we will help you every step of the way.

Mention this ad and receive a complimentary processing and recording fee with your plot purchase, a \$250 value!

421 Fleming Road, Lincoln, CA 95648
Located in scenic Placer County.
Schedule your private tour of the property today.

833.667.4266
Hello@MorganOaksGreenBurial.com
www.MorganOaksGreenBurial.com

COA 667

Rods & Relics

BY ELNA RAGAN

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

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

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

The Club is always looking for new members. All car owners with vehicles model year 1979 or before or replicas of such a vehicle

are eligible to be regular members of this Club. For more information, check out our Web Site listed below.

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

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

Web Site: www.rodsnrelics.net

• • •

SCR Corvette Owners!

BY VIKKI CLARK

Looking for any SCR Corvette owners that would like to get those cars out once a month or so to blow the dust off, meet other Corvette enthusiasts, and caravan to lunch or dinner. This would be an informal group that loves corvettes, food, and friends. Plan on meeting January 9th at 5 PM at 117 Roadhouse Ct to see how many are interested. Refreshments will be served. Please call Vikki at 209-470-2734 to let me know how many are coming or for any questions.

Hope to see you then!

• • •

Birders

BY JANET MORELLI

SCR Birders understand how important rain is to resident and migrating birds so when they get together to do their rain dance, they are careful to exclude just the first and third Thursdays of the months between September and May from their wish for precipitation (SCR Birders' field trip days). So far this

season, Mother Nature has decided to test the Birders' flexibility by letting it rain on 3 of the first 6 scheduled field trip mornings. For two of the trips, the Birders were able to substitute another destination with less rainfall and the third trip was canceled but set aside to possibly fill in for another scheduled field trip later this birding season.

Year 2023 will start out with a field trip on January 5 to the Lincoln Water Treatment Plant on Fiddymont Road about 6 miles from SCR. Here we will bird by auto and expect to see many migrating geese and ducks as well as resident raptors, shore birds, song birds, ducks, and flycatchers. The trip should last about 3 hours.

On January 19, the Birders are scheduled to go to Gray Lodge Wildlife Area near the town of Gridley. We will be birding mostly by auto on this trip and on foot for 2-3 miles. After birding, lunch will be at a local restaurant in Gridley. Expect this field trip to last 5-6 hours. Gray Lodge is one of SCR Birders' favorite spots for bird watching. Last year the Birders recorded 41 species at this site.

Two field trip are scheduled for the month of February: one on February 2 to Cosumnes River Preserve and the other to Julie Partansky Pond in Davis on February 16. For more information on any of these trips, contact Janet Zeitman at 916-771-5235 or Janet Morelli at 916-782-6393.

• • •

Garden Club

BY SUZETTE AUSTIN

The new Green Acres store here in Roseville is open! Greg Gayton, of Green Acres, will be our speaker on January 3. He will give us an overview of on their new store and what additions that they have incorporated. Greg usually comes with some "goodies" for those who attend.

Our Garden Club Holiday Breakfast Buffet was December 6. This breakfast was followed by a gift exchange where each participating member brought a wrapped gift.

At this meeting we invited and honored Richard Paine. Richard arrived at Sun City in 2001 and by 2002 he stepped up to be the Program Chair for our Club. He coordinated



Richard Paine

(cont' on page 21)

Are you in Pain? Do your feet hurt? Do your knees or hips hurt?

GIVE US A CALL at 916-961-3434
and one of our Doctors can help you with your
podiatric and orthopedic needs



**Premier
Podiatry &
Orthopedics**

Our office is located in Roseville at
576 N Sunrise Avenue #230
Roseville, CA 95661

Phone **916-961-3434**

Website **www.pposac.com**

Garden Club

(cont' from page 20)

a delightful assortment of speakers and events including Pot Luck Dinners and Wine Making. One of his first programmed speakers topic was "Don't get caught with your Plants Down!"

In 2003, Richard became our president. His communications with the membership included salutations such as "Hi all you Weed Pullers" or "Hi all you Hard Dirt Diggers" as well as "Hi all you Hungry Gardeners". After his term as president he took on the job of Email and Roster Coordinator. Then he was a council member for five years, as well as photographer and website coordinator. The Garden Club want to express our gratitude, appreciation and best wishes to Richard for over 20 years of active involvement.

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 new year. For more information about our club contact Karen Burford at 530-575-8384 or kari-nab@aol.com.

...

SCR Hiking Group

BY DORIS MERCHANT

Congratulations to the winners of the Hiker of the Year Award and Runner-up Award! As of this writing I have no idea who you are!

For hikers joining us this new year for the first time, please arrive at the parking lot near the tennis courts by 8:45. If you have any questions, or for more details, please check our website or call our leader, Don Stoye, at 916-774-1685.

Here are the hikes that will start us off in the new year, weather permitting:

January 5: Sweetwater Creek, rated 4 (easy), 5.5 miles, \$8 carpool ride.

January 12: Cronan Ranch, rated 5 (moderate), 6.5 miles, \$8 carpool ride.

January 19: Foresthill Hill Divide, rated 4.5 or 5 (moderate), 5.7/6.7 miles, \$8 carpool ride.



Along The American River



January 26: Skunk Hollow Loop, rated 5 (moderate), 6 miles, \$8 carpool ride.

...

Cycling Group

BY SUZETTE AUSTIN

Our Cycling Group Holiday Extravaganza at the Timbers was on December 14. A wonderful dinner was served, and we enjoyed a skit by the new Sun City Second Act Drama Club titled "Santa Flunks Retirement." Thanks to Elaine Turnbull and her committee for their hard work that made it a special night.

Winter rides are being planned. Weather permitting, the first will be a ride to the Pacific Street Cafe in January for breakfast for riders and non-riders. Leisurely cool weather riding, even just around Sun City, is an excellent way to get some exercise, see friends and get some fresh air as we await the warmer days of spring.

Our Four Score & More group (those members who have reached their 80th birthday) will meet for breakfast at the Timbers on Monday, January 16, at 9 am. Contact Gerrie Gohr if you'd like to join the group.

On March 10 we will have a Spaghetti and Card Bingo social at Sierra Pines and we're planning a Barbecue on May 26. Our club usually meets the third Monday of each month; however, we will not have a meeting in January. Our next meeting will be February 20 at 8 am in Sierra Pines. Take a moment to check our Cycling Group website. Details of all our rides and upcoming events are updated regularly. Photos posted on the website include vintage photos of our club and of rides and relaxing together in 2022.

...

(more Club News cont' on page 22)



David Rosen Construction

50 plus years in Business
Go with Experience

- ✓ All Phases of Home Improvement
- ✓ Painting
- ✓ Remodeling
- ✓ Handyman Service
- ✓ Construction Consulting
- ✓ Hauling Junk and Debris

DBA David Rosen General Contractor
530-409-5023

Lincoln, CA • CSLB # 329153 Insured
www.DavidRosenGeneralContractorInc.com



PECK
HEATING & AIR
CONDITIONING
CSLB# 566294

- SALES
- SERVICE
- INSTALLATION

www.PeckHeatingAndAir.com 916-409-0768



**Stay Warm and
Toasty in the New
Year with Our Tune
Up Special!**

**Winter
Tune-up
Special!**

\$87

Expires 1/31/23

Three Generations Strong

Compassion, Care, Dignity and Respect

In your time of need, we promise honest, upfront pricing and will never overcharge or mislead you.

We encourage you to compare our services, facilities, and fees with others. We offer pre-planning services with

guaranteed pricing. We have proudly served the families of Northern California since 1999.



from **\$895**
**Dignified
Cremation**

from **\$2995**
**Traditional
Funeral Service**

(Present this ad
to receive these prices)



Call today for Literature and Information



ROSEVILLE
(916)-749-3880

1141 Smith Lane, Suite 4. | FD-1806

Affordablecremationofroseville.com

NORTH SACRAMENTO
(916) 469-0866

4750 Beloit Dr. | FD-2352

Affordablecremationofsacramento.com

Cornhole Group

BY STEVEN GUSTAFSON

In most sports and games, there are ways to cheat. Can you cheat in a cornhole? The answer is yes. At the National Cornhole Championship last year, both of the final competitors apparently cheated by removing some of the "corn" (actually plastic beads) from their bags, making them easier to toss accurately.

This cheating is not too surprising if you know that top cornhole players make about \$300,000 per year tossing bags.

Sun City's cornhole group plays every week, currently Tuesdays at 3:00 on the Sierra Pines horseshoe lanes. We have lots of fun, and you're welcome to join us. But, since no money is involved, we don't cheat!

...

Bocce

BY DAVID MOORE

The winter season is definitely here on the bocce courts as well as in the rest of Sun City and Roseville but that hasn't stopped our members from getting out to play.

Twelve teams participated in the winter league on Monday afternoons. As of the Courier deadline, the Buzzards were leading with 97 points followed by the Rock and Rollers with 91 points with the Rookies in third place with 86 points. Since there was still one game left to play it is possible the final standings may be different.

At the general membership meeting on November 28th at Sierra Pines the new officers for 2023-24 were elected: President, Kenny

Smith; Vice President, Debbie Landrum; Treasurer, Kathy Pippig; Secretary, Linda Fredericksen.

The Bocce Club winter celebration will be a brunch on Sunday, February 5th in the Timbers ballroom. The holiday committee is hoping for some fun special entertainment. If the event is anything like the Bocce Fall Pumpkin Spice and Everything Nice party it should be one of the most awesome events in Sun City in 2023.

If anyone hasn't been out to the bocce courts recently there has been a noticeable change with the addition of rails to help players on the step down to court level. Another change on the horizon is the proposal to add two new courts to accommodate the ever growing number of Sun City bocce players.

...

Softball

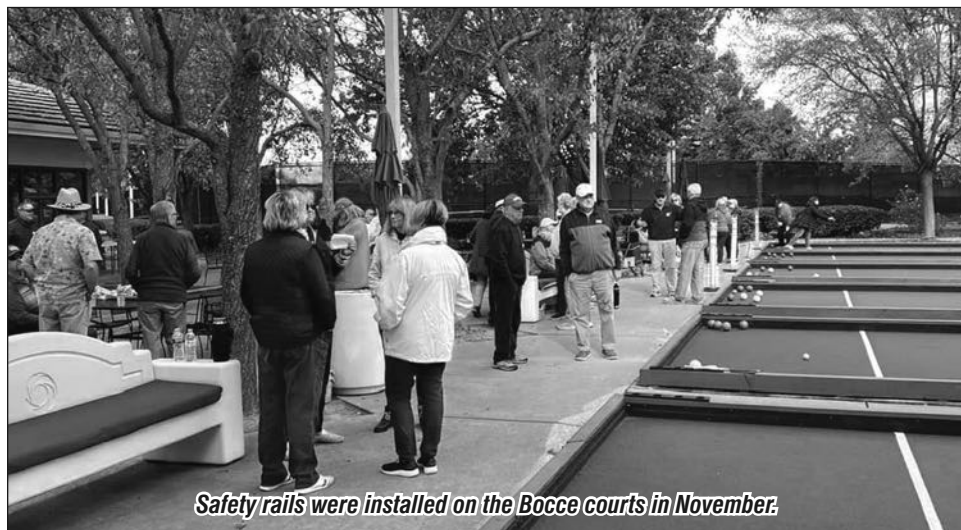
BY BOB MONTALVO

Wishing everyone a Bonne Annee, Feliz Ano Nuevo and a Happy New Year! I hope all of you had a safe and memorable holiday season. If you've managed to maintain your weight through all those delicious dinners, and you've kept your muscles and joints active, then you likely don't need to make any New Years resolutions. Just keep up the good work. If, however, you're hoping to raise your batting average this season, I suggest you talk to "Coach" Jim Bisenius, who is willing to share tips on good hitting. Coach often attends our BP sessions at Mahan Park.

To help you get ready for the upcoming softball season, Richard Epting has scheduled more 10:00 am BP sessions at Mahan Park on January 2, 4, 9 & 12 (weather permitting). Pre-season practice sessions will start later in January (dates & time TBA), with teams to be drafted by mid-February. During those practices, managers will be scouting new and returning players, to help them draft a strong team. If you haven't already, be sure to register for the 2023 season by completing the application form (found on the SCRSS website) and submitting it with your \$90.00 payment. You'll certainly be glad that you did!

Our five SCRSS teams will be sponsored this season by Coldwell Banker, AC Girl, Excel Realty, Eskaton Village, and Oakmont of West Park. Other sponsors will be Sew Cal, Your Roofing Contractor, and Fresh Green Cleaners. When patronizing these businesses,

(cont' on page 23)



Softball

(cont' from page 22)

please be sure to thank them personally for their support. And don't forget that the first SCRSS membership meeting will be on Wednesday, January 4 at 1:30 at Sierra Pines. Plans for the opening day festivities will be discussed. All league members are encouraged to attend, as your input is encouraged and needed.

...

Croquet Club

BY GAIL DAILEY

Happy New Year - with good wishes for a heathy and peaceful time for everyone. I hope you all enjoyed the holidays even with all the preparation and entertaining. 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



Dorothy Tanner, Bente Frydendahl, Gail Dailey and Ken Coyne.

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 to.

...

SCR Tennis Club

BY DIANE BARNETT

Happy New Year from the Tennis Club. On December 12, 2022, nearly 100 people dressed in their finest attire gathered in the ball room to socialize with friends, dine together, listen to nostalgic music and dance into the evening. Thank you, Linda Gordon and the Tennis Club Social Committee, for putting together another wonderful Holiday party and thank you John Desmond for taking memorable pictures as gifts for all in attendance. Year 2022 is behind us now, and it is time to move into 2023 and concentrate on achieving our new year resolutions. For the third year in a row, health and fitness tops the list of being the most popular with those making resolutions to do more exercise or improve their fitness (49%). Another 41% say they want to commit to improving their diet, and 40% want to lose weight – including 34% of men and 44% of women.

As we enter into 2023, we are getting down to crunch time, so if you don't have a specific resolution for 2023, here's one of the best: PLAY SOME TENNIS! Why should playing tennis be on your new year's resolution list? If you are looking for a sport that will help you with all aspects of your mental and physical health, tennis may be the answer for you to stay happier and live a healthier life! Unless you are aiming to play at a pro level, it is not too late to learn how to play tennis. If you want to

(cont' on page 26)



Full court use.

Family Owned – Community Focused




**COCHRANE
WAGEMANN**
FUNERAL DIRECTORS FD305

916.783.7171
www.cochranewagemann.com



Doug and Rita Wagemann
FDR 2864 CA INS LIC. 0149635 



BINGO

THUNDER VALLEY CASINO RESORT

THE BEST BINGO IN THE AREA!

Enjoy specials, progressive jackpots, giveaways and more.

12 Regular Games pay \$1,199 and over

\$24,000

in payouts at every session!

THURSDAY, FRIDAY & SATURDAY

Admission opens at **4pm**

Games begin at **6:30pm**

SUNDAY

Admission opens at **10:30am**

Games begin at **1pm**

TIMES, DATES, SPECIAL EVENTS AND PRIZES MAY VARY.
VISIT THUNDERVALLEYRESORT.COM OR THE BINGO ROOM
DURING NORMAL BUSINESS HOURS FOR DETAILS.



THUNDER VALLEY
CASINO • RESORT

Gambling problem? Call (800) 522-4700.

MANAGEMENT RESERVES THE RIGHT TO ALTER OR CANCEL
ANY PROMOTION AT ANYTIME WITHOUT NOTICE

FREE VALET PARKING
TAKE I-80 TO HWY 65, LEFT ON SUNSET

LINCOLN, CA • 877-468-8777
THUNDERVALLEYRESORT.COM

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

Randy and Jane Julian

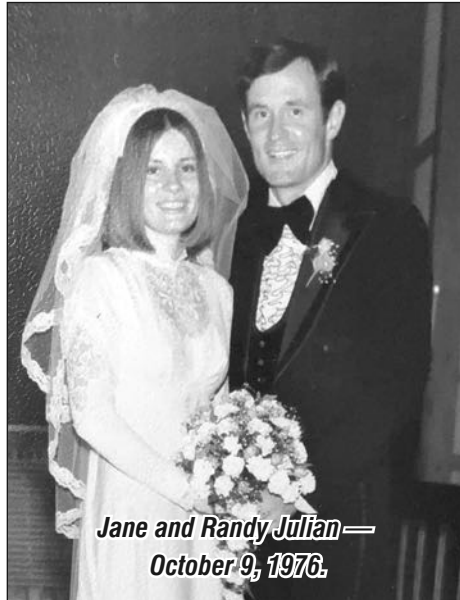
(cont' from page 1)

D.C. and Boston, she ended up at Mather AFB in Sacramento where she was a Career Advisor and Transition Counselor to personnel coming up on their separation dates. She assisted them in re-enlisting, changing career fields, and obtaining bonuses and base preferences. She also coordinated their separation and transitional employment in the civilian economy.

Randy joined the Air Force after leaving KU and became a B-52 pilot, eventually assigned to Mather AFB where he met Jane who was also on active duty at the time. They got married in a beautiful night wedding at Carmichael Presbyterian Church on October 9, 1976.

Randy left the Air Force in 1979 to get into the airline business. His first job was with Swift Air, a small regional airline out of San Luis Obispo. After it went out of business, Randy joined Continental Airlines and was with them until his retirement in late 2008 for a total time of 29 years in the airline business. While with Continental, he flew all over the world: the Far East, Europe, Central and South America, Canada, Mexico, Southeast Asia, Australia, New Zealand, Fiji and Tahiti, as well as the good old US of A. "I have a little over 26,000 flying hours in the B-52, B-737, B-727, B-757, B-767 and my favorite aircraft, the DC-10," says Randy. While he was with Continental, he was also an active member of the Air Force Reserves, where he was assigned to various positions and retired as a Lieutenant Colonel.

After they were married, Jane got off active duty and went into the Air Force Reserves. She went to school full-time and worked approximately 10 days a month as



*Jane and Randy Julian—
October 9, 1976.*

a Career Advisor at Mather AFB. When Randy joined Swift Airlines, Jane enrolled in the Masters program in Counseling and Guidance at Cal Poly and worked part time at EDD in the Veterans Department.

After Swift Air went out of business, the couple moved to the Sacramento area and Jane went to work full time as an Air Reserve Technician managing training for

faces light up when talking about their children and grandchildren. Their daughter, Kristin, graduated from UC Santa Barbara and UC Bakersfield and is a nurse at UC Davis. She is married to a Brazilian, Francisco, and has two daughters, Sophia (15) and Madeline (12). Son Kyle graduated from UCLA and was on the Youth US National Soccer Team. "Needless to say, we ran all over the world attending his soccer games," says Randy. Kyle is married to Jen and they have two children, Jake (9) and Kate (6). Both families live nearby and keep Jane and Randy busy going to soccer games, track events, cheer and stunt team activities, kid's concerts, dances, and basketball, football, and baseball games.

How did they settle on retirement in Sun City Roseville? Their daughter, Kristin and her husband were having a house built in West Park and they would take drives over to see how the house was progressing. That's when they first drove by Sun City. Proximity to their children and the many activities here were the deciding factors. They moved here in 2009 and got active in golf, pickleball, water aerobics

list. If you had to take a poll of who sends the funniest jokes out in Sun City, hands down, Randy would win. He's legendary for it.

As they enjoy their retirement years at SCR, the couple looks forward to spending more time with their family and planning future get-togethers, whether it's vacationing together on a houseboat in Lake Shasta or renting a cabin in the mountains or seashore. They consider themselves lucky to live close to their grandchildren, to watch them grow up and to interact with them on a regular basis. "We have been incredibly blessed to have such a wonderful family," says Jane, "and to live in beautiful Sun City." Randy agrees. "We have made so many wonderful friends here over the years and we just love it. Both of the kids and their families live nearby. Jane and I love getting together with family members—Sunday dinners, cruising together, birthdays, holidays—and we consider ourselves very lucky to have each other and to live in such a wonderful place as Sun City Roseville." And SCR is equally as lucky to have the Julians, who make it a more vivacious community with their gracious presence.

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

Just let us know!

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



Jane and Randy Julian with their family.

the Air Reserve Unit at Mather. The job involved a lot of overtime and since Randy's job had him gone for weeks at a time, it became too difficult to manage the job and the two children they had by then, so Jane resigned the full-time job and went back to just working AF Reserve weekends and summer camp.

Speaking of children, Jane and Randy's

and softball. Jane also volunteers to do taxes for AARP which she's done for more than 20 years in both Sacramento and Placer counties.

One of Randy's favorite pastimes is to select some of the joke-containing emails he gets from his buddies in the Air Force, fraternity, pickleball club and elsewhere and pass them on to the lucky people on his email

In Memory

Linda M. DeBernardi passed peacefully on November 15, 2022 at her Sun City Roseville home at the age of 74.

Linda enjoyed a rich and happy life. Thanks to her job at United Airlines Linda forged lasting relationships and met the love of her life: her late husband Robert DeBernardi. Linda was gentle and generous to all. She took in every stray and loved unconditionally. She also loved to travel. She never passed up a trip abroad and her last international tour of Portugal and Spain with family and friends was a great joy to her. She enjoyed her bocce ball team and a quick trip to Thunder Valley. She was an avid reader and a ringer at Words with Friends. We will forever miss her contagious chuckle and sweet spirit.

LeafFilter
GUTTER PROTECTION

BEFORE LeafFilter

AFTER LeafFilter

THE NATION'S #1 GUTTER GUARD

BACKED BY A YEAR-ROUND CLOG-FREE GUARANTEE

EXCLUSIVE LIMITED TIME OFFER!

20% OFF + 10% OFF

YOUR ENTIRE PURCHASE* SENIORS & MILITARY!

FINANCING THAT FITS YOUR BUDGET!†

USA

Promo Code: 285

FREE GUTTER ALIGNMENT + FREE GUTTER CLEANING*

1-916-953-5518

CALL US TODAY FOR A FREE ESTIMATE

Mon-Thurs: 8am-11pm, Fri-Sat: 8am-5pm, Sun: 2pm-8pm EST

A COMPANY OF LEAFHOME

*For those who qualify. One coupon per household. No obligation estimate valid for 1 year. **Offer valid at time of estimate only. †The leading consumer reporting agency conducted a 16 month outdoor test of gutter guards in 2010 and recognized LeafFilter as the #1 rated professionally installed gutter guard system in America. *Manufactured in Plainville, Michigan and processed at LMT Mercer Group in Ohio. See Representative for full warranty details. Registration# 036620922 CSLB# 1025795 Registration# HIC 0649905 License# CB0056678 License# RCE-51604 Registration# C127230 License# S59544 Suffolk HIC License# 52229-H License# 2102212986 License# 262000022 License# 262000403 License# 2106212946 License# MHIC111225 Registration# 176447 License# 423330 Registration# IR731804 License# 50145 License# 408693 Registration# 13VH09953900 Registration# H-19114 License# 218294 Registration# PA069383 License# 41354 License# 7656 DOP# #10783658-5501 License# 423330 License# 270516945 License# LEAFNW823J License# WV056912

GARY'S SPRINKLER REPAIR SERVICE

Residential Experts • 28 Years Experience
Troubleshooting & Repairs

- Timers Changed • Wiring Issues • Bad Valves
- Some Drip Work • Broken Pipes
- All Work Guaranteed

916-223-3706 Lic# 869624

OAKMONT SENIOR LIVING Traditions Memory Care



THE BEST CARE. FOR THE BEST LIFE.

Whether your loved one is in the first stages of memory loss or is experiencing more advanced symptoms, Oakmont of Roseville can help.

Call **(916) 297-4512** to schedule a private or virtual tour today!

PERSON-CENTERED CARE

Specially Designed Community
Compassionate Care Providers
Individual & Group Activities
Restaurant-Style Dining

Assisted Living & Memory Care
Oakmont
of Roseville

1101 Secret Ravine Pkwy • Roseville, CA 95661
(916) 297-4512 • oakmontofroseville.com

SCR Tennis Club

(cont' from page 23)

learn how to play or you played tennis “back when,” and want to get back into the game, call Ray Barnett at 916 759-2578 and he will get you started. Join the Tennis Club, meet some new friends and make 2023 one of your best years yet!

• • •

Pickleball

BY BOB VERZELLO

Our club's membership continues to grow as fast as the sport of pickleball. Welcome to new members Larry and Jeanette Abbott, Marlene Grens and Kevin Myers

A big thanks to Eva Freeman and Debra Davies for organizing a great Christmas party in early December attended by more than 85 people, the most ever for our club. Besides a nice dinner, including yummy desserts brought by our members, there was lively music, entertainment, and dancing.

Earlier, six women from our Pickleball Club participated in a Road Scholar pickleball clinic at Hilton Head, South Carolina. Roberta

Campbell, Phyllis Perkins, Mary Burns, Judy Stokes, Dev Corlett and Linda Sanders took part in a five-day clinic to improve their skills and bring back some useful lessons for the rest of the club. When you see them on the courts, ask for a tip or two!

Looking ahead to the new year, Wayne Miller intends to conduct more clinics and Pam Wingo is planning more tournaments. Eva Freeman and Debra Davies will be organizing more social events. Watch for announcements.

Playing tip: Lobbing a ball high and deep can be used defensively by the serving team on the third shot to keep the receiving team back and to gain time to move to the non-volley (kitchen) line. It can also be used when a player is out of position and wants to create time to get back to the non-volley line. An offensive lob is usually used when volleying to force the opponents to move back from the non-volley line and make it difficult for them to return. Lobs are best hit with the forehand and towards opponent's backhand. It is better to aim offensive lobs towards the shorter and/or less mobile player. Lobs are most effective when used infrequently and unexpectedly.

• • •



Judy Stokes, Phyllis Perkins, Mary Burns, Roberta Campbell, Dev Corlett and Linda Sanders.

SCR Volleyball

BY MARISA BERNETTI

The SCR volleyball group wishes all our neighbors and friends a productive, healthy and very happy 2023!



Lynne Mellberg, Karen Hangsleben, Lucy Ashburn and Ethel Nihei.

Annual Holiday breakfast at the Pacific Street Café.



Rick Fischer and Kim Hofmann.

Greg and Cindy Worth, Karen Hangsleben, Kim Hofmann, Luanne and Bill Harold, Lucy Ashburn, Lynne Mellberg, Marisa Bernetti, Rick Fischer, Tania Powers, Tim and Carol Brooks and Dorothy Boylan. All made Santa's “good list.”

As always, volleyball is enjoyed regularly by many of our neighbors. No fees or annual dues are required, just your desire to have fun and get some exercise, on the pickleball court #1 (winter hours, Thursdays 2-4pm) or in the water, indoor pool (Mondays, Wednesdays and Fridays 11:30am-1pm. Quarterly socials are the third Friday in March, June, September and December, at Sierra Pines lodge.

Please join us, young, old, experienced or not! For more information, call Marisa at 916-745-9571 or email her at marisa.bernetti.scrca@gmail.com (this is a new email address).

• • •

He & She Golf Club

BY JULIE HARRIS

The Annual General Meeting of the He & She Golf Club was held on November 14 with a very good turnout. The 2023 officers were elected, and the budget approved. The 2022 Officers have all agreed to return for another year. They are: President – Sol LaBrada; Vice President – Julie Harris; Treasurer – Karen Hawkins; Secretary – Monica Konkel. Rich Aug and Kathy Fowler have also agreed to

(cont' on page 27)

He & She Golf Club

(cont' from page 26)

return as Tournament Captains. Thanks to all of these folks who are volunteering their time and energies for another year.

The December 2nd Holiday party at the Timber Creek ballroom was well attended and fun for all. A Huge Success! We were entertained by the "Crystal Image" band who played all types of fun music to dance by! Compliments to the chef at Timbers restaurant as the steak and salmon entrees were very tasty. The organizers, Linda Ryan and Kathie DeVito worked very hard and did a fantastic job! We appreciate all the effort they put into making it a perfect event.

It's that time of the year to renew your membership for 2023. If you are a returning member with no changes to your contact information you can drop off a check at one of the pro shops or to Julie Harris at 401 Heller Ct. in the envelope behind the front porch pillar. If you are a new member, please complete the membership form that can be found on the He & She Golf Club page on the Sun City Website. There are also forms at each of the Pro Shops. You must be a member of the He & She Golf Club in order to participate in the bi-weekly tournaments and other social activities. Tournaments are the 2nd and 4th Mondays of every month.

Best wishes for a great 2023!

• • •

Sierra Pines Ladies Golf

BY DEBBIE GEORGE

What a lovely Holiday luncheon we had in December. We were able to say "Goodbye" to Derek Zachman and thank him for his years of service. He will be greatly missed. We're also looking forward to working with Ian Glass as the new year gets started. Lots of wonderful prizes were given out. There will be more on this topic next month. And yes, our new Member Handbook and Directory was handed out to those in attendance. If you missed this event, handbooks will be available at our next general meeting in January. Thank you, Linda Vincent, for a job well done.

Most improved for the month of November are the following. First flight – Karen Shahoian; second flight – Pat Llapitan; third flight – Carolyn Foster-Johnson; and fourth flight – Kathy Westcott.

Chip-ins recorded in November, and there were lots, are listed next. November 2 Jean Arase on hole # five and Carol Ditty hole # nine; November 9 Valerie Wilson hole # three; November 16 Gail Riddle hole # 6; November 23 Valerie Wilson hole # 6, Jean Arase hole # 6, Darlene Reber hole # 6, Jan Pillard hole # 6, and Pam Skarg hole # 6; November 30 Cathy Fluellen both holes # two and five, Valerie Wilson hole # nine, Kathy Fowler hole # four, and Debbie George hole # nine. Only three birdies were recorded in November and they were Andrea Norcia on November 2 hole # five, Charlotte Johnson on November 16 hole # five, and Cathy Fluellen

on November 30 hole # five. Congratulations to all of you.

Upcoming events, January 11 is the Council meeting at Sierra Pines. January 18 is our General meeting, also at Sierra Pines. We encourage all members to attend. Staying involved helps to keep our club the great club that it is.

• • •

Timber Creek Women's Golf Club

BY NANCY LABRADA

Happy New Year, 2023! We are happy to announce our new Council: Captain, Barbara Simon; Co-Captain, Susan Green; Treasurer, Karen Shahoian; and Secretary, Julie Harris.

We are happy to welcome a new member, Cindy Gray, who moved here in July from Sacramento. She is happy to be closer to family and to live in an area that is kept up beautifully.

The Most Improved Players for November are: Janet Lasick (1st Flight), Diane Dooley (2nd Flight), and Carol Norris (3rd Flight).

We ended 2022 with our annual Holly Jolly tournament on December 7.

Our Holiday Luncheon was held on December 14th in the Ballroom to celebrate the many accomplishments made this year. Awards were presented for Birdie/Chip-In winners, Eclectic awards, and the most-improved golfer in three flights based on the player's handicap index at the beginning of the year versus their



Barbara Simon

ending handicap index: 1st Flight, Linda Stenvick; 2nd Flight, Diane Dooley; 3rd Flight, Peggy Mucci. The most coveted award was presented to the Most-Improved Golfer of the Year, Barbara Simon.

Congratulations to all!

A big "thank you" to Mary Jorgensen, our 2022 outgoing Captain! And a special "thank you" to our Committee Chairs for their dedication and support in 2021: Joan Meyers, Tournaments; Maggie Altnow, Handicapper; Barb Wells, Membership; Jackie Shook, Rules; Paula Hau, Hospitality; Minell Fredricks, Directory; Kathy Casten, Web Site; Sherill Pahl, E-mail; Barbara Mills, Media; Nancy Gould, Parliamentarian; and Vernita Hillwig, Holiday Luncheon.

As the New Year begins, we are reminded of the wonderful community we live in and all the advantages we enjoy here. We welcome any new lady golfers to play a few rounds as a guest and meet some of our great ladies. We have Big Sisters eager to mentor you.

• • •

(more Club News cont' on page 28)

Forget Mow, Blow, & Go!™

USING THESE PAILS MAKES ALL THE DIFFERENCE.

The only way to provide a manicured look to your yard is to yank, trim, rake, and remove weeds, leaves, and debris BY HAND...AND WE DO IT!



We provide an English-speaking crew member at every visit. • Irrigation systems are regularly checked for proper operation. • FREE Timer Adjustments • (3) Service Plans to choose from. • NO contract required. • Change plans anytime. • Improvement project in mind? We prepare all documentation and submit it for Architectural Approval at NO ADDED COST!



530-740-3592

Martin's Landscape
CA Contractor Lic #1007425
City of Lincoln Lic #06875
BONDED & INSURED



GUTH & CHANGARIS

A Professional Law Corporation

Estate Planning and Elder Law Attorneys



Penelope A. Changaris

Experience
Caring
Professional
Service



John L. Guth

Living Trusts • Wills • Probate • Trust Administration • Conservatorships

Serving Placer, Sacramento, Yuba, & Sutter Counties
916-774-7030 (Roseville Office)
530-674-9841 (Yuba City Office)

See Website: www.guthandchangarislaw.com

JOHN L. GUTH and PENELOPE A. CHANGARIS are both Certified Specialists in Estate Planning, Trust and Probate Law by the State Bar of California, with 70 years of combined experience.

Golden Niners

BY RALPH FRIEND

This month's article features Gene Martineau. Gene is 89 years young! He moved to Sun City in 1998 from San Mateo, California. Gene has been married for 59 years and he and his wife have two children. His daughter is retired from the Kaiser Health Network and his son, who lives in Tijuana, Mexico, is working in San Diego. Gene spent 47 years working at all levels in the banking industry in San Mateo. Gene began playing golf in his early 20's when a bunch of friends convinced him to play a round, and he has never stopped. He has belonged to several country clubs and he has hit a "hole-in-one" at each of them. Gene hit the fourth "hole-in-one" at Timber Creek two days after his 85th birthday! The amazing thing is that he is "sight-handicapped" or blind. He is not able to see out of one eye and barely able to see with the other. He stated that in order to play, a fellow "Golden Niner" drives him in the cart, then takes him to where he hits the ball and points him in the right direction! He was extremely appreciative of all the help he gets from other Golden Niners. He was very happy that his neighbor invited him to join our Tuesday group. Keep hitting the ball straight Gene, we are glad that you joined our club!

The "Top Ten" money winners for the month of November are: Sam Halsinger \$40, Mike Cephress \$32, Doug Peck, Bill Pagano and Sherm Walker \$30, Lloyd Leitz and Bud Haddix \$28, Jack Ramos \$26, Paul Benjamin and Bob Daly \$24.

Come join the fun, become a Golden

Niner... we are a friendly group, and we make the game fun!

...

Billiards

BY DON WARDEN

It was a fairly quiet month in November, though we did have five tournaments due to November having five Tuesdays. The fifth tournament was a two day singles, instead of a team tournament.



The winners:

Nov. 1: Roy Stearns & Tom Gonzales

Nov. 8: Jerry Crosby & Don Warden

Nov. 15: Ken Neal, Roy Stearns, Derick

Tegg & Bob Cecil

Nov. 22: Bob Cecil & Don Warden

Nov. 27-28: Don Warden

...

Bridge Club

BY BRENCE DAVIS

Ella Bosse was born and raised in Holland. When she went to college, she studied Architecture (and learned bridge on the side). At a campus student party, she met her future husband, Peter. After graduation, they married and moved to Zambia, in the south part of Africa, for his mining work. They had their first two children there, a son and a daughter.

Next, they moved to São Paulo, Brazil, and then—also for Peter's work—to Northridge in Los Angeles, where they had another daughter. After Los Angeles, they moved around the country—Missouri, Alaska, and Colorado.

Then they went back overseas for a time—Switzerland and Hungary. Finally, in 1995, they decided it was time for retirement, so they found their way to Sun City Roseville. They rented a house while theirs was under construction. At the time and after they moved into their home, Ella owned a shop in Old Sacramento, selling many gifts and antiques.

To sharpen her ability, she attended bridge classes taught by Bob Boggs, later studied for and became a director, and then owned a bridge club at the Polish American Community Hall with Kent Smith and Liz Shirai, often with as many as 25 tables.

Outside bridge, you'll find Ella pursuing many other interests. For one example, she has been the treasurer of both Sun City tennis and pickleball. But she is also an incredibly good



Ella Bosse

artist. You'll often find her in the Creative Arts room at the Timbers or presenting her products in a ballroom arts show. She has sold many paintings (even one to someone in India), giclee, jewelry (earrings, necklaces, and pins for instance), and greeting cards. It's amazing to find one of our residents and fellow bridge players who is so diverse and talented.

...

Mah Jongg Club

BY CATHY FLUELLEN

Happy New Year to All. It's time to order our new Mah Jongg cards. Cards are \$14 for the small and \$15 for the large. Cards can be ordered in the card room, or mail or deliver your check to Annette Pettersen 332 Station Court, Roseville, CA 95747. Make checks payable to SCRMJC. Deadline for ordering is January 20. Checks will not be cashed until January 23. We encourage everyone, members and non members alike, to purchase your cards through the club. Last year we donated \$257.00 to the Foundation through the purchase of the Mah Jongg cards.

Membership dues are \$15 and you can sign up in the card room during our play days. Sheets for both membership and card purchase are at the front table.

We play in the card room on Mondays from 12:30pm to 3:30pm and on Fridays from 9:00am to 12:00pm. You can play either day or both. And for a little more social time some of the members meet for lunch at the Timbers

(cont' on page 29)



ANNE WIENS
REALTOR® | BROKER ASSOCIATE

COLDWELL BANKER
SUN RIDGE
REAL ESTATE

BUYING? SELLING? RELOCATING? INVESTING?
Call 916.847.6006 For All Your Real Estate Needs.

- Professional marketing, negotiation, and communication.
- Real Estate Team with 35+ years combined experience.
- Nearly 800 local real estate transactions closed.
- Visit AnnesFanClub.com for reviews from happy clients.

REALTOR® / Broker Associate

• e-PRO® • CNE • SRES®

Outstanding Life Masters Club Member

Coldwell Banker International

President's Elite

Email: Anne@YourAgentAnne.com

CA DRE Broker License # 01425896

www.ActiveAdultPlacer.com
www>YourAgentAnne.com



Sam's Electric

Local and semi-retired 40 years experience
LICENSED ELECTRICIAN

ANY TYPE OF ELECTRICAL REPAIRS:

CEILING FANS

RECESSED LIGHTING

EXTRA / OUTDOOR PLUGS

HANDYMAN REPAIRS

PANEL SAFETY CHECKS

Low rates!

916-521-8319
WE ANSWER OUR PHONE!



Senior discounts
MasterCard / Visa



Lic # 483222

Mah Jongg Club

(cont' from page 28)

Restaurant at 11:30am on Mondays before we play and at 12:00pm on Fridays after we play.

The Mah Jongg club would like to thank our officers for 2022 for all the work you have done to make this a great club, President Cindy Faulkner, Vice President Annette Pettersen, Treasurer Karen Levine and Secretary Lauri Moorman. This year our new officers will be Cindy Faulkner for President, Annette Pettersen for Vice President, Karen Levine for Treasurer and Cathy Fluellen for Secretary.

Mah Jongg is fragrance-free and name tags are encouraged. For more information about membership please call Cindy Faulkner 916-759-7068. And remember, winning isn't everything, there's also the bragging rights.

Bunco

BY PAT OBERLANDER

Happy New Year! Start the year off with a new resolution...

Join us at Bunco on the 2nd and 4th Monday of each month. Sign in starts at 8:30 am and we start playing at 9:00 am. 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 11-28: Sue Moreland, Pat Oberlander, Dotty Thornton and Debbie



Bunco Winners!



Phillips.

Winners for 11-14: Helga Herrington, Debbie Phillips, Linda Solomon, Geri Pankyo and Yoshi Polgar.

...

Safe Charitable Giving for the New Year!

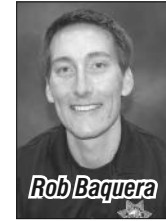
BY ROB BAQUERA — Public Information Officer, Roseville Police Department

Charity scams appear in various shapes and sizes.

Online giving — There's been a lot of growth in online scamming over the past year, many bad-actors are purporting to be charities requesting donations. Even if you recognize a respected charity name, don't assume the request is really coming from them. Take a close look at the name of the sender. Does it really show an email address pertaining to that charity? Charity webmails usually end in ".org". If not, it is probably a scam. Don't click on or open any links on these messages. Doing so may give the sender access to personal information on your computer and in some cases gives the sender control over your computer.

Unsolicited phone calls — Phone scamming continues to increase. It's estimated over 59 million US residents lost money from a phone scam in 2021. Legitimate charities rarely make random calls for donations. The easy way to avoid scam calls is to just not answer calls if you don't recognize the caller. Most of these calls are automated (Robocalls) and never leave a voicemail. Never call a phone number back if they don't leave a legitimate message.

House calls and street collectors — It's relatively easy for scammers to go door to door pretending to be collecting for a charity. Some even have fake IDs they show you, knowing that you don't easily have the capability to check if the ID is valid or not. To help deter door to door scammers, post a "No Soliciting" sign on or near your front door. The same advice exists when you're out around town and someone is



collecting on the sidewalk. Even if they have a compelling story or a legitimate sounding charity, if you're not sure, don't donate.

Tips to follow:

- Don't let any charity rush or pressure you into making a donation, of any kind.
- Look for specifics regarding how your donation will be used.
- Confirm that the charity or organization is legitimate and is a non-profit organization listed with the FTC (www.consumer.ftc.gov/).
- Avoid sweepstakes claiming to exchange winnings for a donation; that's both a scam and illegal.

Some sites to use to search for legitimate and registered charities or non-profit organizations are:

- BBB Wise Giving Alliance <http://www.give.org/>
- Charity Navigator <http://www.charitynavigator.org/>
- CharityWatch <http://www.charitywatch.org/>
- Guidestar <http://www.guidestar.org/>

Taking time to ask questions, gather information, and verify an organization's non-profit status can help make sure that your generous giving will truly go to those that need help. It can also help ensure that your personal information is protected and not compromised by scammers looking for easy targets. If you believe you have been the victim or have had your personal information jeopardized, please contact the Roseville Police Department or file a crime report online.

Reliable
Buick • GMC
Cadillac
Roseville

**OIL & Filter Change
TIRE ROTATION**

Dexos oil and filter change with tire rotation. Up to 6 qts of Dexos synthetic engine oil.

\$67⁵⁵

GM vehicles only.

1-31-23

783-5233

400 Automall Dr. • Roseville

www.ReliableDealer.com



TAKEOUT & DELIVERY

916-749-4157

PizzaStoneRoseville.com

933 Pleasant Grove Blvd.
Suite 130 • Roseville

Monday Closed
Tue. & Wed. 2pm-9pm
Thur. 11am-9pm
Fri. & Sat. 11am-9:30pm
Sun. 11am-9pm

Extra Large 1 topping
\$16.99 + tax
(Pick up Only)
916-749-4157



Expires 1/31/23
Cannot be combined with any other offer.

Large 1 topping
\$14.99 + tax
(Pick up Only)
916-749-4157



Expires 1/31/23
Cannot be combined with any other offer.

2 Large 1 topping
\$28.99 + tax
(Pick up Only)
916-749-4157



Expires 1/31/23
Cannot be combined with any other offer.

Medium 1 topping
\$11.99 + tax
(Pick up Only)
916-749-4157



Expires 1/31/23
Cannot be combined with any other offer.

Observations on Sports...

BY MARTIN GREEN

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

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

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

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

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

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

by teams that have no right to win, the feeling when watching that anything might happen.

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

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

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

And this is not all. Science researchers have found that watching sports "hits it out of the park for boosting cognitive health. One scientist explains: "when we're watching sports we begin to begin to place ourselves in the athlete's shoes thanks to mirror neurons primarily found in the right side of the brain.

The activation of these neurotransmitters allows spectators to generate similar hormone production such as feel-good dopamine, which helps with mood regulation. The brain stimulation explains why sports fans get hooked."

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

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

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

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

CARPET & TILE CLEANING SPECIALS



\$50 Off First Cleaning!!
Upholstery Cleaning
Carpet Cleaning
Tile Cleaning
(minimum charges may apply)

(916)-781-7772

www.CleanMaxUSA.com

Find us on Facebook and Instagram

**Our Famous 30 Day Spot and Spill Insurance
 Included with Every Service!**



FRED FESTERSEN • NICOLE ADELMAN • JOHN LADAS

Proudly serving Roseville & Sun City with over 60 years of combined & dedicated Real Estate Experience! Our success comes from our honest approach, professionalism and integrity.

- Professional photography
- Video tours
- Property websites
- Effective negotiating



BROKER ASSOCIATE/REALTORS

916-223-1826 • 916-223-5776 • 916-716-0317

www.FredandNicoleRealEstate.com

festeresen@hotmail.com

Fred CalDRE#00477890/Nicole CalDRE#01912976

John CalDRE#01944035

Each office is independently owned and operated.



**COLDWELL
 BANKER**
 SUN RIDGE
 REAL ESTATE

SCR Foundation 2023

(cont' from page 1)

City Roseville on the Foundation's unique set of programs and services that benefit our community. We are also excited to share our new Grant request process and highlight our accomplishments of the past year to demonstrate how your donations of time and money have supported our community. This is a great opportunity to learn about volunteer activities, ask questions, and mingle with our Board of Directors and members from our Maintenance and Phone Volunteer Teams. Please join us in the Timber Creek Ballroom at 10:00 am, refreshments will be served.

Bingo lovers – save this date! The Foundation's next Bingo event is scheduled for Sunday, March 12 at 1:00 pm. Tickets will be available for purchase at Courier Days on March 1.

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.



Read online at: www.SunSeniorNews.com

SUN SENIOR NEWS CLASSIFIEDS

SERVICES

CABINET MAKER WOODWORKER, Custom cabinets, New doors, Drawers, Pullouts, Repairs, Retrofits for new appliances. Michel 916-270-7525.

SENIOR CARE FOR MEN: Experienced, Reliable, Compassionate, and Registered. Resume and References available. Dan 831-383-8594.

CABINET MAKER WOODWORKER, Custom cabinets, New doors, Drawers, Pullouts, Repairs, Retrofits for new appliances. Michel 916-270-7525.

FENCE REPAIR, PAINTING & Power Washing: Reasonable, many Sun City references. Please call Josh at 916-307-8430.

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

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

ROOF INSPECTIONS AND REPAIRS. License #758107. Steve 916-997-2749.

LAWN MAINTENANCE, SPRINKLER and drip irrigation installation and repair, Weeding, Trimming, Yard clean ups. Call for a free estimate 831-320-7018.

NON-MEDICAL IN HOME CARE with experience caregivers with reference. Errands, light house cleaning, etc. Please call Nana's Loving Care 916-470-9382.

RETIRED NURSE PROVIDING CARE IN YOUR HOME. I have taken care of many individuals in their home providing any care that is needed. 916-316-1737.

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

IN-HOME caregiving – hourly/daily/weekly. Also, transportation & errands. 12 yrs experience. Jan: 916-781-9651.

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

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

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

GUTTER CLEANING, WINDOW CLEANING, SOLAR PANEL CLEANING, & CHRISTMAS LIGHTS... Student Services Call/Text 916-500-4314.

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

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

NOTARY PUBLIC SINCE 1975. Sun City resident Pat Shook. \$15 first signature \$10 other signatures same person. 916-783-3617 landline.

LAMINATE & LUXURY VINYL - \$2 - \$3 Installation Labor only - Repair & Material quotes also avail. Over 20 yrs. exp. - Randy 916-847-4357. Lic#852123.

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

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

FOR SALE

5 P. BR SET DRK. WD. GD. COND. \$750. 916-397-3028.

RENTAL/WANTED ANNOUNCEMENTS

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

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

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

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

**FREE ADS — INCLUDE	BUSINESS ADS
<ul style="list-style-type: none">◆ First 15 words are FREE (for SCR residents only), additional words \$1 each◆ ONE AD PER HOUSEHOLD, PER MONTH◆ Any Real Estate or Business Ads are not free. Please see "Business Ads"◆ Lost and found items/pets.	<ul style="list-style-type: none">◆ Anything of a commercial nature, including pet sitting, real estate, rentals, timeshare/condos, etc.◆ 15 words for \$25. Additional words \$1 each.◆ \$65 for three months, same ad! (15 words only) additional words \$1 each
<p>Classified Ad Submissions —</p> <p>WHEN: By the 12th of the month, please email the information below to: SunSeniorCA@gmail.com</p> <p>Subject Line should be SCR Classified and your Phone Number (Example: SCR Classified 916-123-4567)</p> <ol style="list-style-type: none">1. Contact name and phone number.2. Which category to place your classified ad in: (Service, For Sale, Wanted, Announcement)3. Classified ad text - including the phone number you want readers to call. <p>SCR residents get FREE non-business Classified Ads; limited to 15 words; one per household per month.</p>	<p>Non-business Ad items include selling personal used items such as furniture, tools, books, rugs, electronics, personal car, golf cart, etc.</p> <p>Business Ads include anything of a commercial nature or service, including pet sitting, real estate, rentals, timeshare/condos, any service etc.</p> <p>Business Ads are 15 words for \$25 for one-month. Additional words \$1 each. (\$65 for three months for the same ad.)</p> <p>If your classified ad is determined to be “business” related, we will email you an invoice that will allow you to pay immediately with a credit card, or mail a check.</p> <p>*HINT on Word Counts: A “word” is anything separated by spaces, or as reported by word-process software like Microsoft Word.</p> <p>If you have any questions, please email us at: SunSeniorCA@gmail.com</p>



Since 1991

**CALL US
FOR MORE
INFORMATION
ON THESE HOMES
OR FOR THE
MARKET VALUE
OF YOUR HOME
771-4177**

BRE #01163699

**PROFESSIONAL REAL ESTATE SERVICES
THOMPSON+BROWN
OLD FASHIONED HARD WORK WITH A NEW ANGLE**



WHY PAY 6%?

Experience Makes a Difference!!!

*Call us for an
Expert Home Price Evaluation*



George Brown

Recent Sales in Sun City

6057 Burnt Cedar Way	Plumas	\$635,000
117 Timberlodge Court	Ironwood	\$640,000
5121 Green Grove Lane	Calaveras	\$645,000
4109 Napa Loop	Sierra	\$650,000
7317 Goose Meadows Way	Yosemite	\$650,000
341 Cope Ridge Court	Yosemite	\$655,000
7437 Goose Meadows Way	Delta Breeze	\$660,000
4301 Coach Whip Way	Yosemite	\$665,000
7012 Windchime Way	Calaveras	\$695,000
5385 Angelrock Loop	Yosemite	\$695,000
5132 Redbud Grove Lane	Yosemite	\$720,000

Market Update

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

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

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