

# SUN SENIOR NEWS

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## Mary Jordan — Pieces of Mary

BY RUTH MORSE

Mary Jordan's first book was published in the fall of 2022. Her book is titled "Pieces of Mary." It offers a personal and intimate look at the disjointed mental health care treatment of a registered nurse who has sixty years of field experience. Chronicling her life as it turned upside down when diagnosed with bipolar depression at the age of seventy-eight, Mary presents her harrowing story of mental illness treatment in our "broken mental health system of care." Mary had three medical hospitalizations as a direct result of complications from the care she received in the inadequate and limited services available in today's for-profit healthcare system. Chronicling her experience as a patient, Mary's memoir demonstrates how "access to the patient-centered care model has been left behind." Now in her early eighties, she has reclaimed her life and wants people to benefit from what she has learned, sometimes the hard way. She states in her book, "In keeping with



Mary Jordan

PHOTO BY JEFF ANDERSEN

the 11th Tradition of Alcoholics Anonymous to protect my identity as a recovering alcoholic I am writing under a pen name."

Mary Jordan has resided in Lincoln Hills for over twenty years. The house that Mary is

currently living in is her third in Sun City. She explained that she has been fortunate in her involvement in owning real estate over the years. The current home she has, much like her, has been through a total replenishment, both inside and out. The previous owners had the home for a while and were in declining health, so by the time it came on the market, Mary was able to purchase it and give it a new life. A bright and welcoming home, it is her happy place.

Mary's life started out in a family of eleven children. She was the fifth oldest and second of seven daughters and sister of four brothers. The family were renters in a fourplex flat in Cambridge, Massachusetts. The house was a three-bedroom, one-bath railroad flat with both parents present including an alcoholic father. Mary at the age of seventeen enrolled in a nursing training program. After Mary completed her training program in nursing  
(cont' on page 29)

## LH Foundation – Bingo Moved to Tuesday this Month!

BY DENISE BOWDEN

March is a month with numerous days and reasons to celebrate but most important to the Lincoln Hills Foundation is Caregiver Appreciation Day on March 3rd. We tip our hats to those who unselfishly take care of loved ones and we want to remind them that there are organizations such as Del Oro Caregiver Resource Center, that is supported by grants from the Foundation, and where they can get respite support and other services.

Mid-month brings a variety of events that will fill anyone's social calendar. Dress up and celebrate Oscar night even if you haven't seen all the movies and follow it with Pi Day on 3/14, wear the green on St. Patrick's Day and end the month with the start of spring and the vernal equinox on March 20th.

Interested in being a part of an organization providing support and opportunities for our seniors? We are looking for Board Directors or Advisory Board members who would like to serve their community. If you have skills or experience in marketing, fund raising, program management, finance, writing, web skills or just want to be part of an organization that makes a difference in the community you are welcome. Come to our Board meeting on the second Monday of each month at 9:30 a.m. in Orchard Creek Lodge and see what we are all about.

Bingo day is on Tuesday, March 14th this

(cont' on page 33)

## Tap Company

BY ALISON WOLFE

Let's Dance Again! — In just four short weeks the curtain opens in the OC Ballroom for the Lincoln Hills Tap Company's production "Let's Dance Again!". Tickets are selling at a brisk pace. "Let's Dance Again!" showcases in the Orchard Creek Ballroom on Thursday and Friday, March 30 and 31, at 7:00PM, and on Saturday and Sunday, April 1 and 2, at 2:00PM. All seats in the ballroom are reserved! Tickets went on sale January 17th in the lodges and online at <https://schlresidents.com> (Entertainment). \$22 for Premium Reserved seats (front rows); \$19 for Standard Reserved seats (formerly general admission).

Co-directors Kathy Fernandes and Carol Rose are delighted to be working with a number of talented members of the



Left to right, back row: Michelle Dolliver, Janice Walukones, Danielle Pon; Second row: Susan Stecz, Jennifer Carroll, Kathy Fernandes. Front row: Becky Nicholson, Sharon Lefkov.

(cont' on page 33)

## LH Chorus — Groovy Sounds of the 60s!

BY GAY MACKINTOSH

Ready to spring ahead with Daylight Saving Time starting March 12? We'll lose an hour, but the Lincoln Hills Chorus won't miss a minute of rehearsal time for our Spring concerts, "Groovy Sounds of the 60s!" (with a dollop of 50s, 70s, and 80s).



"It's been a long cold lonely winter" but "Here Comes the Sun." Time to leave "Yesterday" and "The Sound of Silence" behind you, just "Blowin' in the Wind." Spring arrives with the vernal equinox on March 20 and "it's green they say on the far side of the hill" ("Green, Green"). Our medleys of memorable melodies will surely put a spring in your step: "Surf's Up (Beach Boys)," "Tribute to the Everly Brothers," and "Forever Doo Wop."

So come "Shake, Rattle," and "Let the Good Times Roll" with us. On your way to "the village, the peaceful village" ("The Lion Sleeps Tonight") you might catch a glimpse of "two cats in the yard" ("Our House") and meet "The Little Old Lady from Pasadena" or

(cont' on page 3)



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## Michelle's Featured Listings



### 100 Deep Springs Court – Sonoma Floor Plan on Golf View

Welcome home to 100 Deep Springs Ct., a stunningly upgraded Estate Series Sonoma floor plan perched on one of the best views the community has to offer overlooking two golf course lakes. Original owner currently resides in the home and is a retired custom home builder so the upgrades are spectacular which include the following: Custom cabinetry throughout with several built-ins (great room, breakfast nook & master bedroom), granite counter tops, over/under cabinet lighting, stainless steel appliances a wine refrigerator, extended dining bar w/wood front, crown molding, custom Travertine flooring, central vac, plantation shutters, skylights, floor heaters in master bathroom, closet organizers, large soaking tub, epoxy floor with overhead storage in garage, Tesla charging plug, and workbench with utility sink. Backyard has covered patio with misters on the extended pergola for filtered sunlight all day long as well as an iron fence with multiple gates. Plus....OWNED Solar for low electric bills. Don't wait, this one is really special!!

Offered at \$1,275,000



### 2084 Caravelle Ct. – Napa Floor Plan on Golf View

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

Offered at \$910,000



### 1203 Overland Lane | Marin Floor Plan on Golf View

This delightful Marin Floor Plan is a favorite among the Estate Series models. Conveniently located within walking distance to Kilaga Lodge, grocery shopping and quaint downtown shops, it's sure to be a favorite amongst today's home buyers. Upgrades include spacious floorplan with open floor concept, formal dining room / living room along with adjoining family room, cozy gas fireplace, neutral color tones throughout, plantation shutters, engineered wood and tile flooring, newer HVAC and water heater, finished 3-car garage AND gorgeous golf course view lot!

Offered at \$845,000



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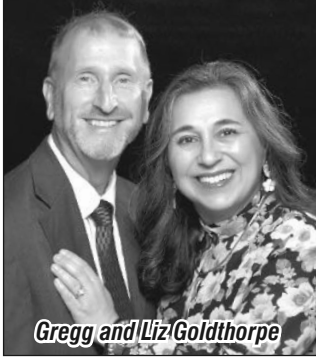
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## Tap Company

(cont' from page 1)

performing arts: Chorus, Players, Tap and Vaudeville. Kathy Fernandes, co-director, noted "I am very pleased to be a part of this wonderful production. It is so amazing how many talented people live in our community. From the performers to the technical and stage crew, we are able to offer you a fun time while attending our show." One of the show's co-producers, Sharon Lefkov, remarked "It's surprising how many people, how much time



and effort go into planning and executing a show like 'Let's Dance Again'. We've waited five long years to get here. We are excited to have the opportunity to bring this upbeat show to Lincoln Hills. Come join us." And for Mary Adamson, the show's other co-producer, this is her first time producing and performing in a show. She thanks all those performers who volunteered to perform in this production. "I'm so impressed with our Directors, amazing Technical Crew, Stage Manager, and Set Designers, and hats off to our Promotion Team. They are all talented beyond words. Thank you, Sharon, for co-producing with me. You have taught me so much. It takes a village to put on a show like this."

Together the program features 20 separate acts. These acts represent a variety of dance genres (not just tap!). There will be Hawaiian, Irish, Mexican, Latin, and Belly Dance – something for everyone!

And MUSIC!! Much of the background

music includes chart-topping songs and Broadway tunes like "Put on a Happy Face", "My Girl", and more. There will be several vocal singers performing nostalgic songs like "When You're Smiling", "Save the Last Dance", and "Sweet Caroline".

Carol Rose, co-director, summed it up nicely: "It's been five years and I'm really excited that we are having another show. Very happy to be a co-director and very happy for the show to be on. I love all the girls in the tap organization. With all of us together, we are going to put on a bosso [sic] show!"

...

## LH Chorus

(cont' from page 1)

even "that gypsy with the gold-capped tooth" ("Love Potion Number 9"). Basses and tenors will serenade "Sherry," while sopranos and altos will "Stop! In the Name of Love."

Tickets are on sale NOW for our performances—for the first time ever offering two weekend matinees: May 5 (Friday evening), 6 (Saturday matinée), and 7 (Sunday matinée). "Monday, Monday" is a good day to get your tickets but "any other day of the week is fine." Get in line (at either Membership Desk) or online to select your favorite seats in the Ballroom: Premium Reserved (first seven rows) \$22; Standard Reserved (back seven rows) \$19.

...

## Ballroom Dance Club

BY ERNIE MICHELI

It was Oscar Night for the Ballroom Dance Club. That was the theme for our February Saturday Night Dance Party. The Kilaga Springs Multipurpose Room featured Oscar statue replicas on the dance floor and table centerpiece. Dessert was an assortment of beautifully decorated and delicious cupcakes which were also part of the table centerpiece.

Attendees were encouraged to dress as a favorite movie star. Ruth Algeri was selected for the best female costume and



dressed as Cruella. Don DeSantis was selected for the best male costume and dressed as John Travolta. John and Laura Kosbau were selected as the best (cont' on page 5)

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## Ballroom Dance Club

(cont' from page 3)

couples costume for their impression of Fred Astaire and Ginger Rogers.

Thank you and congratulations to all the participants that helped create a successful evening. The decorations, desserts, tickets, check-in, music, clean up and master of ceremony all contributed to a memorable Oscar experience.

The Ballroom Dance Club on January 17 experienced the largest attendance ever recorded for a local lesson. Part of this increase can be attributed to several new members. We would like to acknowledge and welcome the following new members: Wally Zahnd, Dan and Kathy Herbert, Phil and Paula Suek, Jan and Terry Naylor, Paula and Darryl Ong, Linna Abbott, Chris Olsen, Debbie Storey, Tom Budny, Marilyn Sturm, Bill McRivette, Marty and Mary Jacobson, Sandra Rushing, Bud Van Cott and Julie Felts.

The month of March will provide instruction for the Waltz. The Waltz is a highly popular ballroom dance that can be danced at weddings and other social activities.

The Ballroom Dance Club Steering Committee for 2023 will be led by Chairman Sal Algeri. The following will serve on the committee: Karen Worley, Treasurer; Cheryl Taylor, Party Organization; Barbara Swerdlow, Party Decorations; Val Elliot, Kitchen Organization; Ernie Micheli, News Articles; Ruth Algeri, Music Coordination.

Annual membership dues are only \$10 a person and is open to all SCLH residents and sponsored guests. Lessons are offered in the Kilaga Springs Lodge Multipurpose rooms each Tuesday from 2:00 to 3:00 PM for beginners and 4:00 to 5:00 PM for more experienced dancers. Open dance is from 3:00 to 4:00 PM during which you can practice the many dance styles including the current month's offering. Contact Sal Algeri at 916-408-4752 for more information.

...

## Country Couples

BY RICH AND DONNA PICK

Country Couples just recently returned from a cruise to Mexico. The cruise provided a wonderful opportunity for our members to get to know each other better in a relaxed, fun setting. In addition to the almost non-stop dining and activities provided on the cruise,



Enjoying a wine pairing dinner on the cruise.

every day we were at sea, we had a two hour dancesession! Fresh from our 10-day Mexican Riviera cruise, we had our first dance of the year at Kilaga Springs. Music was provided by Jim and Jeannie Keener. The dance was a no-frills dance but still lots of energy and laughter.

Next, Country Couples had our first dinner outing on February 15th at Brick and Barrel, located in Lincoln. It was another great evening of friends getting together.

We have a very friendly group of people who would love to welcome new-comers to join our club and learn some dances and have lots of fun. There are many more activities and get togethers coming up in 2023. If you are interested in joining us please contact: April Cederburg at 916-390-3931.

...

## LH Music Group

BY DAN LEHRER

All of us felt the Irish spirit at our March meeting as we sang "When Irish Eyes Are Smiling." After wonderful individual and small group performances, we closed with "I'm Looking Over a Four Leaf Clover." It's always amazing to listen to such a wide variety of musical genres. From Country to Blues to classical we've got it all. All of us are striving to learn new songs and stretch our abilities. It's a team effort each month to make the sound quality, set up and group song choices all work. We keep learning each time and are grateful for the opportunity to be in such a fine venue. We meet on the second Wednesday of the month from 2:00 to 4:00 PM in P-Hall (KS) through October. We love an audience so please come on down. You can find the Lead Sheets for the group songs and more information on our website; the password is musicgroup. The Guitar Ensemble meets Fridays from 1:00 to 3:30PM (OC). Open to Lincoln Hills Residents. Contact Sal Caruso at 916-343-5810 for information. Ukulele Ohana meets Wednesdays, 1:00 to 3:00

PM (OC). Open to Lincoln Hills residents. Contact Ron Peck at 925-788-5869 for information. You can also contact Dan Lehrer at dlehrer72@gmail.com.

...

## SC Squares

BY JACKIE CARLSON

In 1988 the state of California adopted the Square Dance as their official state Folk Dance. And in 1982 and 1983 it was the National Folk Dance.

Sun City Squares is a Beginning SSD (Social Square Dancing), Plus and Advanced Level square dance club. We meet at KS on Mondays 1:15 PM to 3:45 PM for Beginning and Plus Level dancing. Advanced dancers meet at KS on Thursdays 1:00 - 3:00 PM.

Our beginner class began in February and is in full swing. The next beginner group will start in January 2024.

If you have previous experience, drop in and join the group! The drop in cost is \$8.00 per person per class.

...

## LH Players

BY DOUG BROWN

We kicked off the month of February with Readers Theater, two delightful Valentines Day radio shows from 1948 and 1950. Our thanks to Directors Paul Gardner and Joe Nichols for their guidance, and to Readers Theater Coordinator Alan Lowe, who will oversee the next Readers Theater performance in August.

Speaking of Valentines Day, Players members celebrated the day appropriately with a love-ly dinner and dancing party in Orchard

Creek Ballroom, with heart-warming (get it?) musical entertainment by PC Memories with Paul and Jennifer Carroll.

Advance planning is underway for our June show, "Twelve Angry Jurors," directed by Jane Patton. Jane offered a quick synopsis the play: "Twelve Angry Jurors" is based on the classic dramatic movie "Twelve Angry Men," updated to feature women as well as men in the cast. A young person has stood trial for the murder of his father. While it first appears to be an open and shut case, as the jurors begin to dig more deeply, we witness their sometimes-heated debate. Guilty? Innocent? We shall see!

When I asked Jane what we're going to like about the play, she said, "We chose this timeless play because, with a small cast and one setting, it's perfect for KS Presentation Hall. You will feel like you are right there in the room with the jury!"

Auditions will be held Wednesday, April 5 and Thursday, April 6 at 5:30 in OC Fine Arts Room. To prepare for an audition, scripts may be obtained on the Players website at: www.lhplayers.org You don't have to be a Players member to audition, but if you're cast, you're then asked to join the club for the outrageous club dues of \$5 a year.

Performances will be in KS Presentation Hall on Thursday, June 8 and Friday, June 9 at 7:00 PM, and Saturday, June 10 and Sunday, June 11 at 2:00 PM. Ticket sales information will be available next month.

We extend a warm welcome to all to come to our meetings. The next meeting is Monday, March 13, at 4:00 PM, in Kilaga Springs Presentation Hall. For more information, visit our website at www.lhplayers.org or contact Players President Craig Stults at 916-543-6782.

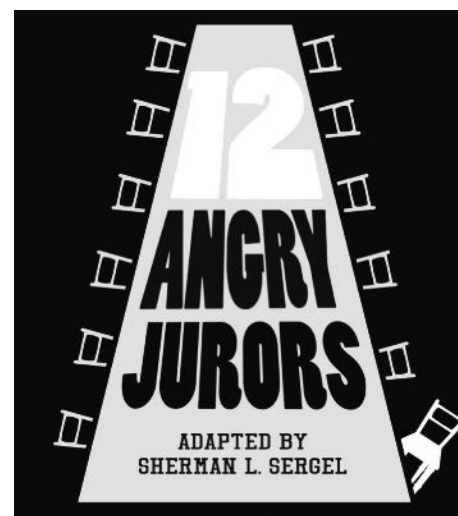
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## Mixed Media Club

BY JILL SHORT

Ready for some spring fun? The Mixed Media Club is the place to be. I hear the question all the time, "Is your club part of the Paper Arts Club or Painting Club?" Let me say we are not part those great clubs, but we do use all the materials that these clubs use, such as ink pads, stamps, hole punches, paints, pastels, brushes, paper, canvas and more. Mixed media let's go of rules such as using the right kind of paint or paint brush. Did you know that you can even paint with a credit card or a paper towel? We are a club where you do not have

(cont' on page 7)



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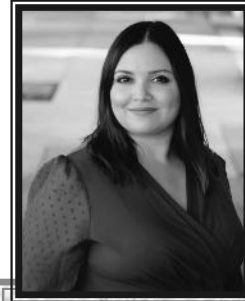
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## Mixed Media Club

(cont' from page 5)

to be good at drawing, and you do not need to have a lot of supplies to get started. What you need is a desire to have a lot of fun playing with various mediums and tools. Sadly, during our childhood many of us were told what "Good" art is, color inside the lines, or use the right colors when making things like sky, water, or trees. All this contributed to making us feel that our art was never good enough. The creative imagination that we were born with was buried inside of us. This caused a fear of trying new art. None of us are born with that fear. Take a look at very young children, they have freedom to take crayons or markers and scribble with no restraint. In mixed media you can do anything you want. The Mixed Media Club is a place where you can bring your inner young child back out to have the freedom to experiment and you get plenty of encouragement while you are enjoying yourself. It is as easy as cutting, gluing, and making marks on paper. Wait! You can even tear paper! We love the uneven edges. We invite you to come and try out the club.

Mixed Media Club meets the 3rd Wednesday of the month at 1:00 PM in the Fine Arts Room (OC). At the March meeting we will be making a fun collage project. Our President, sends out more information before the club meeting about supplies. Make sure you get on the list. Do not worry if you do not have supplies. The club has supplies and other members are always willing to share. You can bring scissors and glue. A glue stick will work for this. At our

meetings we have a time of sharing the art we have done at home, including our voluntary monthly art challenge. The art challenge for March is to use the prompt word, "Time." Let the word inspire you in an art piece.

The Lifestyle Expo is happening on March 21. Stop by the Mixed Media table and see some of our projects and learn more about us. Our club contact person is Chris Fetter at 916-276-7895 or email at: mixed.media.chrisf@gmail.com

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## Needle Arts

BY MARY SWANSON

Presentation Hall was a sea of red at the February monthly meeting as we celebrated Valentine's Day. It was a festive meeting with ladybug chocolates, door prizes and a fun presentation by Susan from Swifty Stitches. Mark your calendars and be sure to attend our March 14th meeting at 1:00 PM in Presentation Hall (KS). SCLH resident and NA member Hollis Bischoff will share her expertise and assortment of projects showcasing various needle arts mediums.

The first in-house, week-end retreat for 2023 was held in early February in the sewing room at Orchard Creek Lodge. It was a great success with a full house and lots of comradery. This event was a prelude to the spring get away retreat being held April 24th through 28th at the Mercy Retreat Center in Auburn. There are only a few spots that remain available so make your reservation as soon as possible. All the details are available on the NA website

(selhna.com) as are the reservation forms.

Workshops which will take place in the sewing room will begin in April. The first Friday of each month will be a workshop and an open workshop will follow on Monday. Details are still being finalized so watch for the Constant Contact emails for specifics, which will also be available on the NA website. Do you have an idea or special project you'd like to share with other NA members? Betty Kisby, workshop coordinator, is always looking for ideas and individuals to share their expertise along with volunteers to monitor workshops. Contact her if you are interested.

Both the NA spring luncheon and December luncheon are in jeopardy of being cancelled due to the lack of a chairperson. The dates and locations have been secured and there are members who are willing to help the chairperson. Contact NA President Jeanne Helland for details on what being chairperson entails.

Member check-in for our monthly meetings will continue so make sure your membership is current. Over fifteen membership applications were handed out at the February meeting. You will find the membership form on the NA website (selhna.com) with instruction on where to send your dues. Please sign up and take advantage of all the NA activities.

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## Painters' Club

BY TAMSEN ARMSTRONG

March Art Supplies Auction. Do you have any usable art supplies you don't want or need

anymore? Please bring them to our March 21st meeting where they will be auctioned or donated to Recreate, the Rocklin thrift store and studio. Attach price tags and any other labels you think might be helpful. Proceeds will benefit our club programs. For those interested in acquiring supplies, there will be a nice selection of watercolors, oils, brushes, paper, easels, etc. to bid on.

Current Art Show: Check out our paintings at Lincoln's warm and inviting Buonarroti Ristorante on Lincoln Blvd. Thanks to Joan Musillani who coordinated the show, which will stay until June 3rd. Interested in showing your work? Members are encouraged to participate in our many calls to artists, so keep your eye out for the next ones coming up: Kilaga Springs in May and Simple Pleasures in June. Congratulations to the artists who sold paintings at our last show at Simple Pleasures Café. This includes Marianne Oliphant, Linda Morley, Tracey Bolton, Bob Green and Margo Flanagan.

Have you visited the Art League of Lincoln lately? The excellent gallery and gift shop on Sixth Street is bursting with new ceramics, jewelry, paintings and photographs from local artists, including members of the Painters' Club. Consider becoming a member of ALL where you receive discounts on art, classes and exhibit fees.

Our next Paint Challenge is on the theme of Fairy Tales, which could be from any culture or era and will be presented at our May 16 meeting. Gift certificate prizes are given to 1st,

(cont' on page 9)



## Lincoln United Methodist Church Sunday Worship 10 AM

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

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

**EZ Dinner Nite, Wednesday 3/1/23**  
from 5:00 pm to 7:00 pm

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

See upcoming events on our Facebook page

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

(cont' from page 7)



2nd and 3rd place winners in the categories of Beginning, Intermediate and Advanced levels.

Our Artist Spotlight for February was Barbara Vance, whose beautiful paintings of animals, flowers and landscapes have been shown in numerous regional galleries and the cover of International Artist Magazine. She works in watercolor, pastel, and collage and hopes to someday get back to oil paints and sculpting tools. She is actively involved in local art groups and provides motivation, encouragement, and education to her fellow artists.

Check us out on Facebook! Our private group is for you to download forms and newsletter back issues, post your latest masterpiece, ask a question or share some good painting tips. Our general meetings are on the 3rd Tuesday of every month at 1:30 in the OC Art Room, and dues are \$15 a year. Contact Linda Shields at linda\_c\_s@yahoo.com for more information 916-761-4549.

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## Paper Arts Club

BY LINDA LUCCHETTI

Our February project made us shake off winter's chill and think about spring. New members Pat Murphy and Susan Naleway shared a "pull-up" card as a basket of flowers. Thanks Pat and Susan!

And, thanks to Mina Bahan for leading our March "Create a Card" project, three cards with a variety of greetings, including one which we could design ourselves. Our March window theme is brought to you by the color green, with a focus on St. Patrick's Day and springtime. Stop by the OC window and enjoy our latest creations.



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

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

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## LH Photography Club

BY DIANE MARGETTS

In February, we enjoyed an excellent presentation by Glenn Fidler. Glenn is an event photographer with a photojournalistic style all his own. He also enjoys fine art photography. His refreshing style is an inspiration to all!

Beth Young will join us in March. Beth's love is landscape photography. Beth's specialty is focused on creating nature photography for healthcare environments to help alleviate the stress of patients, their families and caregivers, provide positive distraction, and improve patient outcomes and clinical settings.

The Club's approach to field trips is modifying a bit to offer more local destinations. Our February destination was the Sacramento Zoo. One such venue was an excursion to the Sacramento Zoo which turned out to be a thoroughly delightful experience for all involved! In early March we again stayed local with a field trip to the wonderful Crocker Art Museum, the primary regional resource for the study and appreciation of fine art. The Museum welcome photographers and encourages pictures. There are certain constraints regarding photography and we were happy to abide.

The Club now has its first solo exhibit in the Kilaga Springs Library. The exhibit will change quarterly. When you visit Kilaga Springs Lodge, check out the current works by Photography Club members.

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

Thinking about joining the Photography Club? We always welcome new members. You can sign up at any of our monthly General

or Photography Special Interest Group Meeting. For information of meeting times and schedules, please check out our website.

Contact: Diane Margetts; 916-955-1809

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

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## Woodcarvers Club

BY LIONEL RAINMAN

As in every craft, there are some carvers that can raise it to an art form. The reality is that most all our members are hobbyist wood carvers. That is not to say they can't turn a piece of wood into something artistic and unique. Many carvers find working on a piece of wood with a carving knife quite peaceful and relaxing. They carve when they have free time on their hands and they may give finished carvings to family or friends as gifts. There are times when that truly unique and artistic item is entered in a carving show and an award may be presented to the carver. We are proud to report that some of our members were presented with an award at a carving show.

Please come by and visit and you might see that next award winning carving in the hands of the carver.

The Woodcarvers Club is here to help get you started. We have tools, books and friendly members to help you along the way.

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

Contact: Lionel Rainman 916-253-9534.

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## LH Italian Club

BY LINDA LUCCHETTI

Come join us and commemorate the world famous "Carnevale di Venezia" or Carnival of Venice, on March 19 at the Orchard Creek Ballroom. Be part of the colorful celebration. Costumes and masks are encouraged, but not required. There's still time to sign up - no later than March 10. See the website for the flyer with more details.

Learn about Italy's southern region of Campania during our next regional event set



for April 29 at the Kilaga Springs Lodge.

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

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## Apple User Group

BY NINA MAZZO

Our website contains many helpful hints and tips for iPhones, iPads and your Mac. Under the Document bar you will find past presentation handouts. Speaker Andy Petro recently presented helpful tips for the newest iOS16 in our iPhones.

The following is a tip I learned about how to search my iPhone with iOS16. From your unlocked home screen, tap the search button, located in the center of the screen, just above the dock. The search screen will open with the keyboard already up and ready to enter something into the search field. Then type whatever you are looking for and the results will automatically be displayed as you type.

March happenings include: Thursday, March 2nd in person at KS Presentation Hall Ken Silverman will present: "Handy Tips on the iPad Including iOS16". Your iPad has many features, interactions and customizations you might be overlooking. Ask the Tech begins at 6:45PM followed by the program at 7:00PM.

Tuesday, March 14th in person at KS Presentation Hall Ken Spencer will explore Ventura the latest operating system for our Mac. Program details will be emailed and available on our website. Ask the Tech begins at 6:30PM followed by the program at 7:00PM.

Monday, March 27th in person at KS Presentation Hall Andy Petro will present "Let's Have Some Fun with iOS16 iPhone Photos." In this seminar Andy will discuss and demonstrate how to create slideshows and memories, then review how to turn a slideshow into a video. And as Andy wants to be sure you will learn two new things, he will also take a closer look at the various types of photos you can create with your iPhone camera. Ask the Tech begins at 10:15AM followed by the program at 10:30AM.

Club website: [www.lhaug.org](http://www.lhaug.org). If you do not find the information you need at our club website please call our general information line at 916-913-6833.

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(more Club News cont' on page 11)

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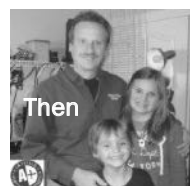
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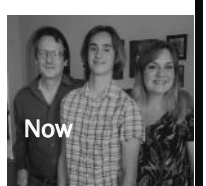
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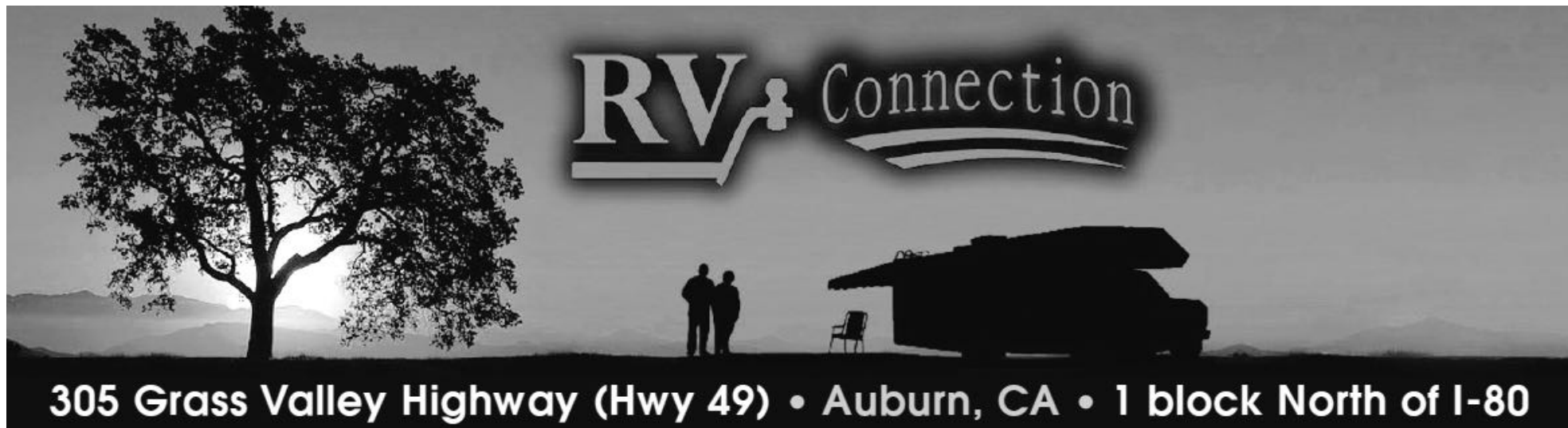
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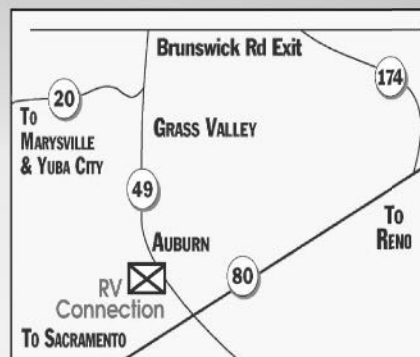
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## LH Travel Group

BY LINDA BEVINS

Spring is here! Yellow daffodils are peeking out between the new green sprouts. Time to grab the bucket list and start planning your getaways!

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

2023 —

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

Australia's Outback to New Zealand's South Island - September 6 - 25

with optional 3 night Fiji post tour extension available.

The Ozarks - October 11-18

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

Plains of Africa - Kenya Wildlife Safari — November 2 -15

Spotlight on San Antonio Holiday - November 30 -December 4

2024 —

Spotlight on the French Riviera - March 7-15

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

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

To get the full itinerary on all the Lincoln Hills Travel Group tours and sign up go to the Travel Club website: [lincolnhillstravelgroup.com](http://lincolnhillstravelgroup.com)

Please consider officially joining the Lincoln Hills Travel Group membership. The Membership form is on the website and the cost is only \$10. You will be entitled to the Club's monthly newsletter highlighting new and exciting tours and upcoming information on the Club's travels. And our next newsletter to our members will include an update on Collette insurance.

Lincoln Hills Travel Group Committee Member Contacts: Sheron Watkins 916-849-9504 [sheron55@att.net](mailto:sheron55@att.net); Louise Kuret Auerbach 916-408-0554 [louisekuret@att.net](mailto:louisekuret@att.net); Lyle Auerbach 916-847-6544 [lea925@att.net](mailto:lea925@att.net); Linda Bevins 916-666-7627 [djbevin17@gmail.com](mailto:djbevin17@gmail.com); Joanne Schumacher 415-999-1242 [jkschumacher1@gmail.com](mailto:jkschumacher1@gmail.com)

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## Democratic Club

BY JUDY GANULIN

LincolnDemocraticClub members heard an interesting and informative presentation from the Sacramento Bee's Marcos Breton and Jack Ohman. Our March 16 speaker is Kerry Callahan, Western Placer Unified School District Superintendent. She will give an overview of the District and particular issues and problems it faces. We look forward to hearing next month from Nevada Irrigation District General Manager Jennifer Hanson. We continue to volunteer at the Placer Food Bank. Our Political Action Team is looking at new ways to support our candidates and issues. For more information please visit our website, <https://democraticclublincolncal.org>. We welcome new members. Join us!

• • •

## LH Astronomy Group

BY BILL WEAVER

The Lincoln Hills Astronomy Group (LHAG) will hold its general membership meeting on Wednesday, March 1, 2023, in the Kilaga Springs Presentation Hall. The meeting will begin at 6:45 PM and include a presentation by guest speaker Tim Pinkney, NASA Solar System Ambassador, who will present and overview of "Artemis, the first three missions".

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

The CIG is a sub-group of the LHAG and focuses its meetings through lectures and discussions on astrophysics, the branch of astronomy concerned with the physical nature of stars and other celestial bodies. The CIG meetings are currently led by guest speaker Charles Hunt, retired astronomy and physics professor at American River College. Interested parties are welcomed to join in the often lively and multi-layered discussions about the origin and workings of our universe.

For the March 20 meeting, Professor Hunt will give a crash course in nuclear physics as you explore what makes stars shine. Zero in on the Sun, working out the mass it has consumed through nuclear fusion during its 4.5-billion-year history. While it's natural to picture the Sun as a giant furnace of nuclear

bombs going off non-stop, calculations show it's more like collection of toasters; the Sun is luminous simply because it's so big.

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

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

The TIG Star party telescopes are set up prior to sunset in the upper tennis courts of the SCLH Sports Pavilion. The next star party is scheduled for Tuesday, March 21st (sunset at 7:40 PM). Future star party dates can be found on the LHAG website at [www.lhag.org](http://www.lhag.org). Star party sessions are subject to weather and seeing conditions.

Observations on this date will take place during a new Moon, allowing improved observations of prominent interstellar objects such as the Planet Mars, Orion Nebula, Andromeda Galaxy, Pleiades and Beehive star clusters, the beautiful double star of Aldebaran, and many open and globular star clusters.

For further information on this group please contact the Group Coordinator Bob Collins at [bobpcoll@community.net](mailto:bobpcoll@community.net).

Astronomical Events for the Month of March —

March 7: Full Moon — "Worm Moon"

The March full Moon is known as the Worm Moon, and it was originally believed this was due to the earthworms that would appear in the soil at this time. However, more recent research has indicated that some Native Americans gave the Moon this name when beetle larvae could be seen emerging from trees.

March 20: March Equinox — The March equinox is the first day of spring in the Northern Hemisphere and the start of fall in the Southern Hemisphere, by astronomical definitions.

March 21: New Moon — Dark nights a

few days before and after the Moon reaches its New Moon phase on March 21 are the best nights to do some night sky watching.

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

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## Genealogy Club

BY NANCY SWITZER

"If at first you don't succeed, search, search, search again. That is why we call it re-search!"

I found this fun quote while doing "research". Have you ever been searching for a certain name, and just can't find it? When I first joined the Club, we had a very interesting presentation on Names. The presenter, Tamara Noe, gave some pointers on how to find missing names. The most important thing she suggests you do (after talking to your family) is Make a List. Start thinking of all the ways that name might have been spelled, taking in consideration misspelling, poor handwriting, switched letters, pronunciation, nicknames i.e., Elizabeth could be Bess, Betsy, Betty, Libby. Also the person writing the information down could have heard it wrong or misheard the names.

The lesson for me was to search, search and search again, and eventually I found the person I was looking for, but the spelling was definitely the challenge.

We welcome our new Team members: Janet Motta — President, Bill Kress — Acting Vice President, Dawn Noonan — Recording Secretary and Mary Gott — Treasurer. We still need a Vice President and Membership officer. Please consider volunteering for one of these positions.

Our General Meetings are held on the 3rd Monday of each month except November and December. We meet in Kilaga Springs Presentation Hall from 6:30 to 8:30 PM. Please check the website for more information: <https://www.suncitylhgc.com/>

Contact: Bill Kress, [wckress@gmail.com](mailto:wckress@gmail.com)

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(more Club News cont' on page 12)

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## Lavender Friends

BY SANDI DOLBEE

Our executive team has two new faces this year. Sandi Dolbee and Patti Croft were elected the new president and secretary, respectively, at the club's biannual business meeting Jan. 28. Mary Jo Semmelmayr was re-elected vice president and David Black continues his first term as our treasurer.

The new officers replace outgoing president Marilyn Kupcho and secretary Lynde Rammelsberg, who were given rousing ovations at the meeting for their outstanding service these past two years.

Meanwhile, club members are reminded to watch for their weekly emails about upcoming new events as the activities committee continues scouting out ways to keep bringing us together.

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## Shalom Social Group

BY JUDY GANULIN

Shalom Social Group continues its varied activities. The Anti-Defamation League's Seth Brysk updated us on the fight against anti-Semitism. Dr. Tracy Skolnick and Sally Garrison, Sutter Care at Home Hospice Medical Director and Social Worker, respectively, informed our Women Together about "End of Life Care with Comfort and Dignity." On March 21 Felicia Juntunen, MA, CMC, Director of Care Management for Elder Care Management, serving four counties, will explain "Successful Aging." We volunteer at

the Placer Food Bank. Our focus is on Jewish tradition, culture and food, but membership is open to everyone. For more information contact Margie Gulko, 916-543-5303.

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## SCHOOLS

BY PATTI KINGSTON

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

The dedicated SCHOOLS volunteers are appreciated by the teachers they help. It's not too late to sign up to spend time in a K through 5 classroom or at Phoenix High. Teachers always need the help and it doesn't matter when you join in.

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

(cont' on page 13)



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## SCHOOLS

(cont' from page 12)

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

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## Veterans Group

BY B.L. LEWIS

The Lincoln Hills Veterans Group St. Patrick's Day Luncheon will be served at Noon in the Orchard Creek Ballroom on March 16, 2023. There will be no regular meeting in the month of March. The No-Host bar opens at 11:30 a.m., the cost is \$30 per person and there will be three Entrée choices; Corned Beef and Cabbage with boiled potatoes, carrots, and cabbage; Lemon Caper Chicken, presented with mashed potatoes and seasonal vegetables; Mushroom Lentil Cabbage Rolls served with lentil, bulgur, mushrooms, rice and roasted pepper tomato sauce. All meals include rolls, butter, iced tea, coffee, and cake for dessert. Be sure to make a reservation by March 9, 2023. For questions, please contact Jim Mikacich at 916-543-3354 or Shirley Schultz at 916-645-7539

Fly your flag proudly on March 29, 2023 in honor of National Vietnam Veterans Day and it is the anniversary of the United States

withdrawal from Vietnam in 1973. It was first observed as a one-day event on March 29, 2012 when President Obama issued a proclamation calling on all Americans to observe the day with appropriate programs and ceremonies. It became an annual event in 2017 when President Trump signed the Vietnam Veterans Recognition Act.

March is also the month that we honor the "Hidden Hero's: America's Military Care Givers" to recognize and honor them for their sacrifices and successes. They accomplished a difficult job which resulted in faster and improved rehabilitation and recovery for many wounded veterans.

The community of Lincoln Hills is doing a very good job of maintaining and flying their United States of America flag. It makes all of us feel proud to see those flags flying on Holidays and some of them all year. It is our Lincoln Hills Veterans Group that provides, sells and retires the flags and unfortunately, at times some of the flags are not retired when they began to show signs of wear and they become a disgrace to the community. Also, some of our friends and neighbors may need assistance in replacing their flag. When you see a flag that should be replaced, please ask the owner if they need assistance in replacing it. Also, notify the Flag Sales Chair, Richard Fuller at 916-409-9209 or Chaplain, Bill L. Lewis at 916-408-3771 so that we can provide the assistance. The Flag Table will be open on March 15, 2023 in the Orchard Creek Lodge Lobby for the sale of Flags at a price of \$36.

Welcome Aboard, New Members: Frank

Boucher, U.S. Army; Mike Collins, U.S. Navy; Bake Van Oosbree, U.S. Army; Bob Owens, U.S. Army; Richard Polar, U.S. Army, CA National Guard; Daniel Scheeper, U.S. Air Force; and Evelyn Steadman, Associate Member. The next general meeting will be held on April 20, 2023 at 1:00 p.m. in the Kilaga Springs Presentation Hall. The guest speaker will be LHVG Treasurer, Jeff Davis, speaking about U2 Spy planes and other tales of the Cold War

In Memoriam —

Judge Robert G. Eckhoff, U.S. Army

The Veterans Group extends its deepest Condolences to his families and friends.

• • •

## LH Republican Club

BY SUE DUMAS

March winds bring change... A new awareness of issues, now being addressed by stellar Republicans; Kevin Kiley, Joe Patterson, Shanti Landon, George Dykstra, to name a few of the 51 candidates we helped get elected in the last election. And, we are still building momentum! We have more at stake in 2024! We are working toward a more and better informed public.

How are we doing this? Knowledgeable speakers for our meetings. We also speak with people at local events throughout the year. Volunteers to make phone calls, pass out info, text, etc.

Please be sure to stop by our table at the All Club Expo at Orchard Creek Ballroom on Tuesday, March 21st, 10 am to 1 pm and

find out more!

Reminder: Deadline for 2023 dues is March 31st. \$15 per person/per year. Everyone, needs to submit completed new application which you can find on our newly designed website: [www.RepublicanClubSCLH.org](http://www.RepublicanClubSCLH.org)

• • •

## Bosom Buddies

BY VAL SINGER

Yes, we are looking at Spring again. Lincoln Hills is always a delightful place to live when the streets are lined with trees in full blossom. Aren't we the lucky ones to live here?

Bosom Buddies' meeting (see picture) was a "round robin" where we exchanged information about each other. Even though we've all had breast cancer, our journeys are all very different.



The "Lifestyle" (Club Expo) will be held on March 21 at Orchard Creek from 10 am to 1 pm. If you wish to participate on our booth, please let Patty know (530) 575-2889. It is always a fun event representing Bosom

(cont' on page 15)

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BROKER ASSOCIATE, SRES

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## Bosom Buddies

(cont' from page 13)

Buddies. All the clubs, including Bosom Buddies, have tables with information as to what they offer to their members. Come join the fun!

Ourspeaker in the March meeting is going to be Elizabeth Klein from "Wellness Within". They provide small group therapy sessions as well as a multitude of other classes to help cancer patients, survivors and caregivers. Several of our members have partaken of their services at no cost and were very pleased.

Bosom Buddies pink shirts are still available at \$20. Please call Val (916) 251-6528 if you would like one. All sizes are available.

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

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

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

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

...

## Alzheimer's/Dementia Caregivers Support Group

BY VALERIE JORDAN

The Alzheimer's/Dementia Caregivers Support Group steering committee includes Mary-Jo Fratessa (916-759-8760), Valerie Jordan (909-625-7443), Barbara Greenfield (916-202-6963) and Mary Lou Taverna (415-606-2201). These programs are supported by the Lincoln Hills Foundation.

The monthly general meeting is on the fourth Wednesday at 1PM in the OC Multipurpose room; all are welcome to attend, especially caregivers with recently diagnosed family members. The Wednesday, March 22 general meeting welcomes Kim Eckert who manages the CountryHouse Residence for Memory Care; she will discuss "Understanding How to Communicate Better with those who Have Dementia".

The Women's group meets the first Wednesday of every month in the OC Multi-Media room; the next meeting is March 1 at 1PM. Contact Mary-Jo Fratessa (916-759-8760). The Men's caregiver group meets the third Thursday of every month in the OC Multi-Media room; the next meeting is March 16 from 10AM-noon. Contact Ernie Drake (916-543-3482).

...

## Hearing Support Group

BY JOANNE MITCHELL

The Hearing Support Group monthly meetings are now scheduled for the first Friday

of the month at 10AM in the OC multipurpose room. In February our guest speaker was Ken Spencer, who filled us in on iPod apps for hearing assistive technology. Arrangements for guest presentations in the future are still in progress. We will once again have Dr. Gaeta of the SacState audiology program speak to our group in June. Watch your emails for updated postings.

...

## Low Vision Support Group

BY JOAN BRANT-LOVE

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

Laura Kellen, of the Braille and Talking Books Division at the California State Library, will be our speaker. The library loans FREE audio books, braille books, and magazines via postage-free U.S. mail. Materials can also be accessed by using your smartphone or tablet. Audio players are also available free of charge.

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

"Let's Look at Devices" will be the topic. Our speaker, Cory Hanosh of Northstate Assistive Technology and Society for the Blind, will bring the latest items for those with Low Vision. Cory will also review OrCam, Portable Magnifier/Readers and the audio programs Jaws, Magic, and ZoomText.

Low Vision Support Group Mission — Our mission is to provide information on current research, new technological equipment

and practical application of daily living skills to enable those afflicted to maintain independence.

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

...

## Multiple Sclerosis

BY JERI DI FIORE

All Multiple Sclerosis Members, Family, and Volunteers are welcome to Join us:

Tuesday, March 21, 1 PM.

Multi-Media Room, Orchard Creek Lodge (Please note our new location)

We hope to have a speaker but, if not, the Multi-Media Room invites for more sharing, conversation, catching up, and reviewing plans for the April MS Walks, in Folsom and in Sun City.

Look forward to seeing you on the 21st of March.

...

## LH RV Group

BY VICTORIA WHITE

As applications are now being sent out for our future rallies, I would encourage members to check with Vice President's Cara Roberts or Roy Deeble for information on the upcoming trips. Our website does not have rally information at this time as it is being worked on. Members, join Robyn Kain, Wagon Master and Assistant Vicki White in Lodi on March 31st and enjoy the Wine Festival along with three nights at Flag City RV Park, followed

(cont' on page 16)

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**Lincoln Hills January Sales Snapshot**

ADDRESS	ORIGINAL PRICE	SELLING PRICE	Square Feet	FLOOR PLAN
891 Slawson	\$489,000	\$470,000	1120	Millpond
1236 Freschi	\$575,000	\$545,000	1531	Alpine
175 Stags Leap	\$585,000	\$550,000	1531	Alpine
1901 Winding	\$595,000	\$529,800	1515	Pine Hill
1287 Hillhaven	\$675,000	\$625,000	1704	Echo Ridge
2308 Pebblestone	\$680,000	\$591,560	1739	Mendocino
2258 Longspur	\$689,000	\$689,000	1858	Plumas
561 Rustic Ranch	\$739,000	\$739,000	2390	San Mateo**
1354 Strolling Hills	\$775,000	\$670,000	1919	Ventana*
1769 Glenbrook	\$790,000	\$705,000	2465	Monterey
1825 Fallen Leaf	\$849,000	\$829,000	2151	Sausalito**
640 Violet	\$1,095,000	\$1,095,000	3077	Santa Barbara**
860 Shire Ct	\$1,100,000	\$880,000	2612	Springcrest
108 Snapdragon	\$1,100,000	\$895,000	2635	Sonoma

**\*\*Former Vacation Villa Office \*\*View**

**Total Homes sold in Sun City per MLS 1/1/23 - 1/31/23**

**LH RV Group**

*(cont' from page 15)*

by four nights at the 49er Village RV Resort in Plymouth, Wagon Master Sharon Skar and Assistant Robyn Kain and Janet Phillips.

If you visited the RV Group at the "Club & Community Expo" at Orchard Creek on March 21st, and you are interested in looking into or purchasing an RV, take the time to visit the Cal Expo RV Show on March 12th-15th. Our members are always willing to give their two cents worth of information on what to look for when purchasing a new or used RV. Our group has a great diversity of RV's from van conversions to small travel trailers to 43" diesel pushers.

Interested in joining or learning about our club, join us at our meetings every fourth Thursday at KS in the Placer Room at 4:30 PM. Call Maggie Giuliani, Membership Chair at 310-963-2350 or malibumarg@gmail.com.

...

**LH Amateur Radio Group**

BY DAN LEHRER

We would like to congratulate Mark, KM6HDI for passing his General License Exam. Also, Jerry, W7SWP has obtained his new "Vanity" call sign, well done gentlemen! Winter Field Day was cold but we had 50 SSB and 15 Digital QSO's. A score of 1,549 points was claimed comprised of extra points for setting up outdoors, using battery power and a portable antenna. These events help the operators practice their emergency skills

by setting up their gear and making as many contacts as possible. It's fun as well. Our Hams & Coffee get together held at KS Café was fun, covering a variety of topics (including Ham radio). We will be getting together again in the future, so consider joining us to rag chew, more to come. We help with programming handheld radios. Meetings are held at the South Tower every Monday night at 6:30 PM. Our club conducts a weekly radio network at 7:00 PM every Monday on the W6LHR Repeater at 147.030 MHz, 167.9 PL. If you are looking for a way to engage in the community and have an interest in Amateur Radio, please check out the LHARG. For more LHARG information visit our Website, the URL is: lharg.us or email dlehrer72@gmail.com

...

**Sports Cars**

BY RICHARD PEARL

New Tour Director Wood McCann is making a great start with planned trips and encouraging members to be trip leaders. His contact information is on the Club roster.

By the time you read this the Club will have returned from February's trip to Red Hawk. We will also have had lots of fun at our Marti Gras Dinner and Dance at Turkey Creek Golf Club February 17th. Pictures of both events will be posted on the web site.

In April the Club will return to Pescatore Winery for a Murder Mystery Dinner and Wine Tasting. We'll also be making our annual run to the Lockford Sausage store and Theresa's

*(cont' on page 17)*

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## Sports Cars

(cont' from page 16)



Place in Jackson for lunch.

June will have us at Lake Tahoe for an overnight trip to Vikingsholm on Lake Tahoe. There's only room for 15 cars. It should fill up but there's always a chance of a last-minute cancellation. Contact Tom Breckon to be put on the wait list.

The Club is definitely becoming more active (again), so if you have a sports car and want to join a fun group that likes to travel, contact me or check the Membership section on our website. Happy Trails, everyone!

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

• • •

## Rods & Relics

BY ELNA RAGAN

The 2023 Grand National Roadster Show just held in Pomona, was a refreshing and optimistic start to get the "new 'rodding season" underway!

We are starting to see local flyers

announcing upcoming Car Show events! Our Car Show Flyer/Registration Form is now available. We have ten Platinum and nine Gold Sponsors that have already signed up in support of the Downtown Lincoln Car Show being held on Saturday, June 3. We are off to a great start!

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

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

Web Site: [www.rodsnrelics.net](http://www.rodsnrelics.net)

• • •

## Garden Group

BY LORRAINE IMMEL

"Garden Myth or Rooted in Science?" is the topic of the General Meeting presentation Thursday, March 23 (KS, 2:00 PM). Horticulturist Marlene Simon, known as "The Plant Lady" will discuss both popular and lesser known facts and fiction that often surround gardening practices.

Marlene shares, "I am lucky to be employed as a horticulturist at the UC Davis Botanical Conservatory where I work with the strange, rare and unusual... and I do mean the plants! I currently own ten acres in Davis, Ca where I have a large "bit off more than I

can chew" garden. Most recently, I became a somewhat regular on CW31's Good Day Sacramento as the Plant Lady. By no means do I know everything about gardening – that person does not exist!! But, I love learning by trial and error while using all the knowledge I have acquired during my 30 plus years of gardening and my degree in Horticulture from UC Davis."

Her home away from home is the magical UC Davis Botanical Conservatory in Davis, California where she is the staff Horticulturalist. Here Marlene grows and cares for over 3,000 species of the world's most exotic/rare plants and flowers. In her spare time between appearing on Good Day Sacramento and work at the Conservatory, she guest lectures on all topics of organic gardening.

Come early to the General Meeting (1:00 PM) if you plan to register for 2023 Membership, Sign-up for the Spring Luncheon, buy plants at the Brown Bag table, get a raffle ticket for the door prizes, and pick up hand-outs. Also...the Master Gardeners will be there to answer your Q & A's starting at 1:30 PM.

Reminder: If any 2022 members have not renewed by March 31 of this year, you will be removed from the Membership and Email lists. Membership 2023 will still be open to all, but you will have to register again. Details and forms are on the website ([lhgardengroup.org](http://lhgardengroup.org)) or contact Marjie Anderson, 916-408-7685.

Save The Dates —



Marlene Simon

April 20-Garden Tour-SCLH This year's theme is "Beyond the Rocks - Great Gardens."

Attendees will enjoy a wide variety of yards on the tour and can gain many ideas helpful in their own gardening. Further details will be available closer to the tour date. Contact: Sue Bolton, 916-409-5220

April 29/30-Rose Show-OC The Annual SCLH Rose Show is coming to the OC lobby April 29-30. Start getting those roses ready! Members bring them between 8-10am on Apr 29. Prizes (SCLH gift cards) will be awarded at 2pm Apr 30. Categories are by color, type and arrangements. They will be on display for all of our neighbors to enjoy. Help us show off our beautiful SCLH roses! Questions--Linda Garrett, 916-409-5944.

May 13/14-Bonsai Show-OC Did you know that you can join the Bonsai Group (a subgroup of the Garden Group) without any additional charge if you are a Member of the Garden Group? (You can also come just to visit and watch!) The Group meets the 3rd Thurs. of the month, 2:00 PM at KS, TerraCotta room. Contact: Paul Lewis 925-393-9772 or email [wood1664@gmail.com](mailto:wood1664@gmail.com).

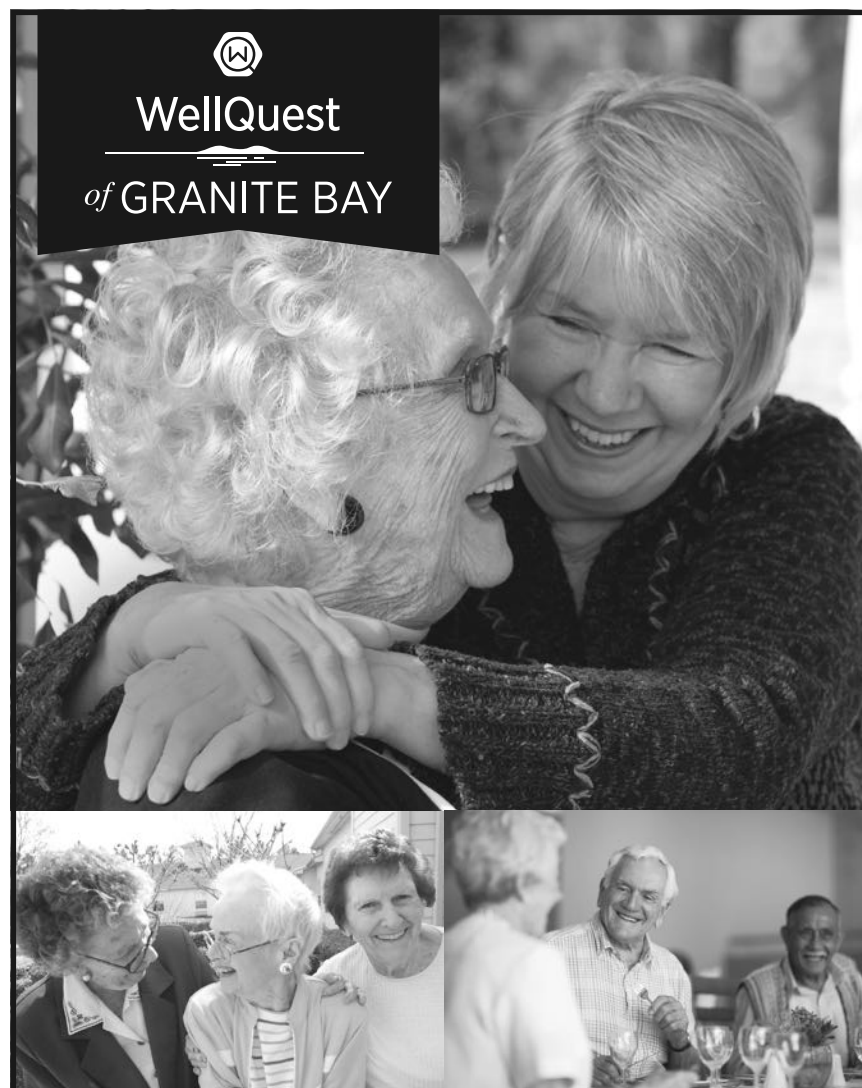
May 20-Plant Sale-Pavilion

Start saving and packaging plants and garden items now to donate to the Plant Sale. Contact: Marie Salers, 916-408-3895.

JUNE 5-Spring Luncheon-Secret Garden. Details are available in the Member emails. Registration will be available at the March 23 General Meeting.

• • •

(more Club News cont' on page 21)



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Mar 12, 2023

\$749

\$1,299

\$1,699

**Crown Princess ~ 3080 Passengers**

Nov 26, 2023

\$1,198

\$1,464

\$2,698

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

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

## 7 DAY CALIFORNIA COASTAL From SFO! PRINCESS

**Royal Princess ~ 3560 Passengers**

Apr 16, 2023

\$349

\$604

\$629

**Crown Princess ~ 3080 Passengers**

Oct 22, 2023

\$498

\$598

\$948

Sail round trip from San Francisco, California to Santa Barbara; Los Angeles; San Diego; Ensenada, Mexico; San Francisco.

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

## 10 DAY ALASKA From SFO! PRINCESS

**Ruby Princess ~ 3080 Passengers**

May 17, 2023

\$849

\$968

\$1,468

Jun 6, 2023

\$948

\$1,198

\$1,722

Jul 6, 2023

\$1,098

\$1,285

\$2,088

Aug 15, 2023

\$1,048

\$1,198

\$1,879

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

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

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

## 10 DAY MEXICO From SFO! PRINCESS

**Crown Princess ~ 3080 Passengers**

Dec 12, 2023

\$698

\$898

\$1,329

Jan 23, 2024

\$748

\$899

\$1,378

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

San Francisco, California.

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

## 16 DAY PANAMA CANAL PRINCESS

**Ruby Princess ~ 3080 Passengers**

Apr 14, 2023

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\$2,299

\$3,499

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

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

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

## 17 DAY SOUTH AMERICA REPOSITION CELEBRITY

**Celebrity Eclipse ~ 2850 Passengers**

Dec 7, 2023

\$1,930

\$2,128

\$2,427

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

## 73 DAY GRAND AFRICA HOLLAND AMERICA

**Zuiderdam ~ 1964 Passengers**

Oct 7, 2023

\$12,599

\$13,699

\$19,999

**INCLUDES ROUND TRIP SACRAMENTO AIRFARE!**

Sail round trip from Fort Lauderdale, Florida visiting Funchal, Madeira, Portugal; Arrecife, Lanzarote, Canary Islands; Agadir, Morocco;

Casablanca, Morocco; La Goulette, Tunis, Tunisia; Souda, Chanis, Greece; Limassol, Cyprus; Suez Canal; Sharm el Sheikh, Egypt; Aquaba,

Petra, Jordan; Safaga, Egypt; Victoria, Mahe, Seychelles; Zanzibar, Tanzania; Mamoudzou, Mayotte; Nose-Be, Madagascar; Maputo,

Mozambique; Richards Bay, South Africa; Cape Town, South Africa; Luderitz, Namibia; Luanda, Angola; Takoradi, Ghana; Abidjan, Ivory

Coast; Dakar, Senegal; Mindelo, Cape Verde; San Juan, Puerto Rico; Fort Lauderdale, Florida.

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

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CST # 2033380-40 Updated February 2023



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<b>Zaandam ~ 1432 Passengers</b>	<b>INCLUDES ROUND TRIP SACRAMENTO AIRFARE!</b>		
Sail round trip from Fort Lauderdale, FL visiting Cayman Islands; Costa Rica; Panama Canal; Ecuador; Peru; Chile; Strait of Magellan; Beagle Channel; Ushuaia, Argentina; Drake Passage; Antarctic Experience; Falkland Islands; Montevideo, Uruguay; Buenos Aires, Argentina; Punta del Este, Uruguay; Rio de Janeiro, Brazil; Fortaleza, Brazil; Cruising the Amazon River; Manaus, Brazil; Devils Island, French Guiana; Trinidad and Tobago; Barbados; Dominica; Bahamas; Fort Lauderdale, FL. Call for full itinerary and details.			
<b>111 DAY WORLD CRUISE PRINCESS</b> Jan 18, 2024	\$19,498	\$21,498	\$29,498
<b>Island Princess ~ 2200 Passengers</b>	<b>INCLUDES ROUND TRIP FIRST CLASS SACRAMENTO AIRFARE!</b>		
Sail round trip from Los Angeles visiting Hawaii; Samoa; New Zealand; Australia; Bali, Indonesia; Singapore, Kuala Lumpur, Malaysia; Colombo, Sri Lanka; Aby Dhabi, UAE; Dubai, UAE; Oman; Aquaba (Petra), Jordan; Suez Canal, Egypt; Nazareth/Galilee(Haifa), Israel; Kusadasi, Turkey; Greece; Malta; Italy; France; Spain; Portugal; Morocco; Canary Island; Bermuda; Florida; Columbia; Panama Canal; Costa Rica; Nicaragua; Mexico; Los Angeles. Call or email us for the full itinerary and details. Free First Class flights and airport shuttle.			
<b>36 DAY EUROPE REPOSITION CUNARD</b> Aug 20, 2023	\$5,448	\$6,248	\$7,688
<b>Queen Elizabeth ~ 2081 Passengers</b>	<b>INCLUDES LINCLON SHUTTLE TO SHIP &amp; SACRAMENTO AIRFARE RETURN!</b>		
Sail from San Francisco to Barcelona, Spain visiting the Los Angeles; Cabo San Lucas, Mexico; Puntarenas, Costa Rica; Transit the Panama Canal; Aruba; Ft. Lauderdale; Hamilton, Bermuda; Madeira, Portugal; Seville (Cadiz) Spain; Barcelona, Spain, Capri/Naples, Italy; Ajaccio, France; Mallorca, Spain; Barcelona, Spain.			
<b>80 DAY GRAND REPOSITION CUNARD</b> Feb 7, 2024	\$15,499	\$17,499	\$22,499
<b>Queen Victoria ~ 2061 Passengers</b>	<b>INCLUDES LINCLON SHUTTLE TO SHIP &amp; SACRAMENTO AIRFARE RETURN!</b>		
Sail from San Francisco to London visiting Honolulu, Hawaii, Apia, Western Samoa; Suva, Fiji; Auckland, New Zealand; Wellington, New Zealand; Christchurch, New Zealand; Sydney, Australia; Arlie Beach, Australia; Cairns (Great Barrier Reef), Australia; Bitung, Indonesia; Puerto Princesa, Philipp8nes; Manila, Philippines; Hong Kong, China; Ho Chi Minh City, Vietnam; Singapore; Colombo, Sri Lanka; Port Louis, Maritius; Port Elizabeth, South Africa; Cape Town, South Africa; Walvis Bay, Namibia; Tenerife, Spain; Funchal, Madeira, Portugal; Southampton (London), England, UK.			
<b>30 DAY AUSTRALIA &amp; NEW ZEALAND Seabourn</b> Mar 2, 2024	\$13,799	\$13,799	\$15,499
<b>Seabourn Odyssey ~ 450 Passengers</b>	<b>INCLUDES ROUND TRIP SACRAMENTO AIRFARE!</b>		
Sail from Auckland, New Zealand to Sydney, Australia visiting New Plymouth, New Zealand; Nelson, New Zealand; Wellington, New Zealand; Lyttelton (Christchurch) New Zealand; Port Chalmers (Dunedin), New Zealand; Oban, Stewart Island, New Zealand; Fjordland National Park, New Zealand; Milford Sound, New Zealand; Melbourne, Australia; Batemans Bay (Canberra), New South Wales, Australia; Sydney, Australia; Port Arthur, Australia; Hobart, Tasmania; Portland, Victoria, Australia; Penneshaw, Kangaroo Island, Australia; Port Lincoln, Australia; Adelaide, Australia; Phillip Island, Victoria, Australia; Eden, New South Wales, Australia.			
<b>94 DAY AUSTRALIA &amp; NEW ZEALAND Holland America</b> Jan 3, 2024	\$16,999	\$18,699	\$42,499
<b>Volendam ~ 1432 Passengers</b>	<b>INCLUDES ROUND TRIP SACRAMENTO AIRFARE!</b>		
Sail round trip San Diego, California visiting Honolulu, Lahaina, & Hilo Hawaii; Fanning Island, Kiribati; Pago Pago, American Samoa; Suva, Fiji; Lautoka, Fiji; Port Vila, Vanuatu; Noumea, New Caledonia; Brisbane, Australia; Arlie Beach, Townsville, Cairns (Great Barrier Reef) & Darwin Australia; Komodo Island, Indonesia; Broome, Exmouth, Fremantle, Albany, Port Lincoln, Kangaroo Island, Adelaide, Melbourne, Port Arthur, Australia, Hobart, Tasmania; Sydney, Australia; Milford Sound, Port Chalmers (Dunedin), Akaroa (Christchurch), Wellington, Napier, Tauranga, Auckland, New Zealand, Nuku Alofa, Tonga, Rarotonga, Cook Islands, Bora Bora, Moorea, Huahine, Papeete, Fakarava, French Polynesia; San Diego, California. <i>This is a hosted cruise with lots of free perks and benefits on board. Don't miss the boat!</i>			

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## Bird Group

BY DON BAYLIS

March is here, and our feathered friends (and their observers) are getting ready for spring. Birds are pairing up, whether for raising a new family here, or migrating to distant grounds first. Migrating birds who winter here often arrive in flocks, then split apart for the winter. Now, many, such as Cedar Waxwings and Northern Flickers, are gathering together to feed up before heading north or into the mountains to breed.

I have two outings and one meeting to report on. The first outing, perhaps our longest driving trip, was into the foothills east of Stockton, and the second was a local walk in the 12 Bridges area up a new trail east of Coyote Pond.

For many years, we have traveled south to the town of Linden to head into the foothills. This is a sparsely populated area, and so often provides us with views of shy raptors and open area birds. The afternoon brings us to Copperopolis Reservoir and Salt Spring Valley Reservoir, with waterfowl and surrounding woodland birding. Our trip this year was on January 27, and the recent storms seemed to reduce our numbers to only three carloads, which proved handy when our normal return route was blocked by storm damage. We did view 44 species, which is on the lower side of average for this trip. Highlights included Lewis's Woodpecker, Ferruginous Hawk, Loggerhead Shrike, Osprey, Burrowing Owl, and Common Goldeneye.

On February 10, great weather and a local trip brought out a large crowd for Coyote Pond and Upper 12 Bridges/Whistler Pond walk. Historically, we have combined Coyote Pond and the walking path along South Orchard Creek to 12 Bridges Middle School. New trails east of Coyote Pond have been installed by the city of Lincoln to serve the new homes in the area, and this is what we explored. In terms of species, we got 53 species, very similar to the previous walks. This despite the exchange of riparian woodlands and vernal pools for open valleys and additional ponds. Less common observations were of Hooded Merganser, Common Merganser, Common Gallinule, Wilson's Snipe, and Acorn, Downy and Nuttall's Woodpeckers.

Our February 13 meeting was a photo show of Sal Acosta and Suzanne Hutchinson's trip to the penguins last fall. This extensive trip,



with 3500 miles of ocean travel after 8500 miles of air travel, included landfalls at the Falkland Islands (and its penguins), then South Georgia Island (and its penguins), and finally multiple stops on the Antarctic peninsula, returning to Ushuaia, Argentina. They viewed 8 species of penguins, plus albatross, skuas and other sea birds that skim the sea surface, landing only to breed.

On March 13, Dr. Vickie Joseph, renowned avian veterinarian, will speak on "Rehabilitation of the Fledgling Golden Eagle". She plans to bring a Golden Eagle with her. On April 10, Deb and John Kirkpatrick will speak on "Hummingbirds and Fun Facts". She also hopes to bring rehabilitating hummingbirds.

Scheduled birding trips are: February 24, car pool to Bridgeway Island Pond in West Sacramento, where we usually see Cinnamon, Green-winged, and Blue-wing Teal, plus other waterfowl. March 10 is scheduled for Bobelaine Wildlife Preserve. Bobelaine, owned and managed by Audubon, is a low island in the Feather River just off of Highway 99. This involves a hike along trails in mature woodlands, which is flooded in very rainy years by the river.

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

Contact: [suncitybirders@schbirders.org](mailto:suncitybirders@schbirders.org)  
Web Site: [schbirders.org](http://schbirders.org)

• • •

## Hiking-Walking Group

BY GAY MACKINTOSH

Put some spring in your step to welcome the first day of Spring March 20! Lace up your boots and c'mon out with Lincoln Hills Hikers and Walkers to enjoy the chorus of birdsong and emerging wildflowers.

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

- 1st Tuesday, March 7. Hidden Falls Creeks, Pools, and Waterfalls (Auburn). New route features connecting loops to Seven Pools Vista, Canyon View Bridge, and Hidden Falls Overlook. Moderate 5.1 miles, some steep sections.

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

- 1st Tuesday, April 4. Table Mountain Waterfalls and Wildflowers (north of Oroville). It's been six years since we hiked at this ancient lava-flow mesa. Rainy winter should create spectacular wildflower displays. Note you must obtain a F&W lands pass in advance (or show hunting/fishing license). Watch website for details. Moderate/strenuous, mileage TBA.

- 3rd Thursday, April 20. Buttermilk Bend/Point Defiance. Another great site for wildflower-watchers. Trek along a grand bend of the South Yuba River and marvel at the restored covered bridge, then continue on a scenic loop to Lake Englebright. Easy 2.5 miles OR moderate 5.5 miles.

You can also enjoy lots of Spring flowers right here in Lincoln Hills! Walkers meet at 8 AM every Wednesday at different trailheads for invigorating 2½-3-mile treks. Call Walking Group Coordinator Debbie Schryver, 916-666-1741.

The website boasts a wealth of information for both walks and hikes, including meeting locations and route maps. Be sure to check for weather cancellations or other changes. Rained-out hikes may be rescheduled.

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

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

• • •

## Swimmers & Water Walkers Club

BY ROSEMARY TANFANI

The Swimmers and Water Walkers Club now has 240 members, evenly split between swimmers and walkers. Kathy McCuiston is one of those swimmers.



McCuiston started swimming as a regular activity when she was ten years old. When her family moved to Arizona from New York, the warmer climate enabled her to swim more often. In addition, her father worked for a major airline, and the family had swimming privileges at various hotels. Water exercise continued to be a part of her life during her three years in the Air Force, with a year in Japan. Then later in life, she lived in Hawaii and was able to enjoy all kind of water activities.

McCuiston moved to Lincoln Hills in 2018 and the pools, courts and golf course were a lifestyle she was looking forward to enjoying.

She recently had back surgery and swimming was one of the first activities recommended by her doctor. "Swimming is low impact and a painless form of exercise," she adds. "It is a fun way to exercise. Everyone should try it."

Next club meeting is in May. Stay tuned for information on our Sierra Splash event, planned for June 2023.

Club contact is President Jim Klein at [swimmers.walkers@gmail.com](mailto:swimmers.walkers@gmail.com).

• • •

## Water Volleyball Group

BY DIANE FERRARI

It's your lucky month! No need to find the pot of gold at the end of the rainbow, as luck may have it, the pot of gold is the Water Volleyball Teams at Sun City! The Water Volleyball group will be at the SCLH Annual

(cont' on page 23)

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## Neighbors InDeed — *Sounds in the Night... Smoke Detectors*

BY PAT TOGSTAD  
ARTWORK BY RUDI FRANKE

The “chirping” or “beeping” sounds of a smoke detector always seem to happen in the middle of the night. If you don’t have a ladder or can’t use one to change the batteries, you won’t be able to sleep and your pets will suffer anxiety and ear pain from the sounds.

You can prevent this from happening by replacing those batteries every year. Make a note on your calendar when you replaced them the last time and then mark your new calendar with the next replacement date. Or use the same scheduling method that you use for other tasks such as changing the furnace filter or having the garage door lubed. When it’s time to replace them, buy a new 9-volt battery for each alarm unit, then call Neighbors InDeed (NID) and we will change the batteries in all the units. Batteries should all have the same expiration date, otherwise they will expire at different times and will begin chirping. (You should also replace the battery in the carbon monoxide (CO) detector at the same time.)

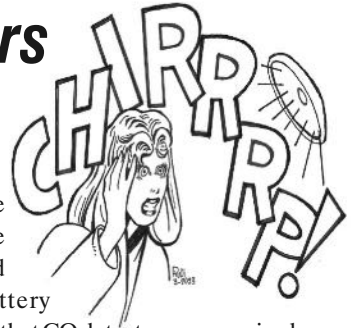
Smoke and CO detectors have a 10-year life expectancy. Some experts recommend that we start thinking of replacements in the 8th year. If you’re not sure of the age of your alarms, ask NID to check them for you.

The California Building Code requires

that smoke detectors be hard-wired with a battery backup and that CO detectors are required in homes with gas heating or appliances. NID recommends using a BRK First Alert (Model 9120B) smoke detector with an Alkaline battery backup or a BRK First Alert (Model 9120LBL) with a 10-year Lithium battery backup. Batteries are included in both models and they are available at Lowes and through Amazon. For a CO detector, NID recommends the First Alert plug-in type, also available at Lowes and Amazon. These units have a backup battery that also “chirps” when the battery needs changing. You can simply unplug them to change the battery - no ladder needed.

If you call NID (916-223-2763) to replace your smoke alarms, we will advise you of the options available and then install the new ones for you once they’ve been purchased.

As always, please remember that we will never answer the phone. If you leave us a message at 916-223-2763, we will return your call as promptly as possible between 9 a.m. and 5 p.m., Monday through Friday.





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## Water Volleyball Group

(cont' from page 21)

Club and Community Expo on Tuesday, March 21, 2023 from 10:00 AM to 1:00 PM at the Orchard Springs Ballroom. Come on out and meet some of the players, talk about joining the fun in the pool and get a feel for the Volleyballs we use. We have activities outside of pool too: Fall Festival, dances and get-together events throughout the year. Want to try playing Water Volleyball before you join? Come on out for Free Play Saturday. Every Saturday in the Pool at Kilaga from 9:00 AM to 10:30 AM. We provide Mentors to help you learn to play, Skills and Drills classes to improve your play and our Monthly Girls Night Out to enjoy spending time with your fellow players! If you would like to join, we welcome all levels of interested players. Find us at [LHWaterVolleyball.com](http://LHWaterVolleyball.com) or call Jerry Grisler 209-648-9534 for more info. Don't let your luck run out, come on and join now! See you in the pool.

• • •

## LH Tennis Group

BY PAM FLAHERTY

The 2023 Tennis Club Board of Directors has been busy planning activities which began February 26 with Live Ball, an exciting interactive tennis game for all levels of play. This will lead up to our first Live Ball Tennis Fun Day with a St. Patrick's Day theme (including lunch) to be held on March sixteenth. Watch emails for more information.

Cinco de Mayo mixed doubles will be



2023 Tennis Board of Directors.

held on May fourth; women's and men's doubles tournament will be held on September fourteenth; and Octoberfest will be held on October 26.

In addition we are planning to bring LITT back (inter-club team play) and even a special Wimbledon Fun Day in July with strawberries and cream. Watch for more information. Be sure to get your membership dues in to keep our courts maintained and to learn about upcoming events.

Contact Steve Bringman for club information and for introductory tennis lessons at [stevebringmam@yahoo.com](mailto:stevebringmam@yahoo.com).

See you on the courts!

• • •

## LH Table Tennis

BY CARL LYNCH

Table Tennis is a perfect sport for you here in Sun City truly and can be played for many years in your retirement. The oldest recorded table tennis player is a man named Ishwar Chandra Bhattacharya from India, who was reported to have played table tennis until the

age of 100. This demonstrates the potential for the sport to be enjoyed by people of all ages, including seniors.

I have included a photo of some outstanding players in our Table Tennis club. Two octogenarians and two nonagenarians! Elliott, Dick, Henk, and Bob all play regularly and are all excellent players. Truly they are all SCLH Table Tennis legends!!



Table tennis is an indoor sport, and we play in the Multi-Purpose Room (KS), where it's nice and cozy on these chilly and rainy days of the winter season. In the summer, your Dermatologist will like this! And you won't need that thick white suntan cream all over your face!

I invite you just to come in, sit down and just close your eyes and listen during one of our play sessions in KS. You will hear a lot of happy sounds and it's a very happy place to be.

We play on 7 tables, beginner to advanced on a drop-in basis. We play women's doubles, men's doubles, mixed doubles, and singles. Reservations are not required. Please wear non-marking tennis shoes. Loaner paddles are available.

Play times are Sundays 8:00 AM to 5:00 PM (except the first Sunday of the month when

play starts at 12:30 PM), Tuesdays, 6:00 to 9:00 PM, and Fridays 8:00 to 12:00 PM.

We set up a Newgy Robot table tennis ball machine on Fridays to use for beginner coaching, warm up, training, and just plain old practice. Players may use it on a "first come first serve" basis, and the signup sheet is located there with the ball machine. When somebody is waiting, your timeslot is limited to 15-minutes.

For more information, check out our webpage: <https://sites.google.com/view/lhttc/>

Happy Saint Patrick's Day — Happy Mardi Gras!

• • •

## LH Senior Softball

BY HEIDI MAZZOLA

Excitement is in the air as we gear up for another softball season! Whether you're a seasoned player or a newcomer, this is a great opportunity to get involved, make new friends, and have some fun on the field. The League offers many options for play and welcomes all skills levels.

To help players get ready for the season, a conditioning drills clinic will be held on the following Wednesdays—March 8, 15, and 22 from 9:30 a.m. to 11 a.m. The clinic is offered at no cost and open to all LHSSL members. It's a great way to start getting back into the swing of things. If you're not a League member, but interested, come to the field and check it out, talk to the players, and catch softball fever.

Co-ed Division players will have their  
(cont' on page 25)

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	\$700,000	\$17,500	\$10,500	\$7,000
	\$800,000	\$20,000	\$12,000	\$8,000
	\$900,000	\$22,500	\$13,500	\$9,000
	\$1,000,000	\$25,000	\$15,000	\$10,000

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## LH Senior Softball

(cont' from page 23)

team assignments shortly after the player draft on March 10, and opening day is Wednesday, April 12. Besides regular division play, the women will play an exhibition game and our almost famous Hot Dog Meal Deal will be available for purchase. The season ends mid-August and playoffs are scheduled the last two weeks of August, so hold off on that vacation until September.

The Women's Division is conducting an informational meeting on March 19, at 10:00 a.m. at Del Webb Field. The meeting will be a great opportunity to get up-to-date information on game and practice schedules, as well as rules changes and special events. Additionally, we'll be discussing social activities and other ways to get involved with the league. We encourage all Women's Division members and anyone interested in learning more to attend the meeting as it's a great way to get to know the players and learn more about the league.

There's never been a better time to get involved with the LH Senior Softball League. Whether you're a seasoned player or just looking for a new hobby, we have something for everyone. Be sure to check our website for the latest information on upcoming events, and we'll see you on the field!

• • •

## Pickleball Club

BY MOLLY MORRIS

This month we would like to introduce our Club Pro: Ian Dickson. Ian gives lessons, clinics and camps here at Lincoln Hills, all available through WellFit.

Ian was a former professional racquetball player who began playing pickleball about 14 years ago. (This is a very long time in the pickleball world!) Like most of us, he was hooked on the game quickly.

He is a 5.0 player and an ITPTA level II teaching instructor and is currently sponsored by Engage Pickleball. He will be holding an Engage Paddle Demo Day near Court 1 on March 18th from 9:00 – 11:30 AM if you want to try a new paddle or just meet our pro.

Ian is a three-time USAPA National champion and has medaled or won numerous prestigious tournaments throughout California and the country.

Ian and his wife Kim (for over 35 years)

live in Roseville and have three adult children. Kim is also a 5.0 national pickleball champion! His favorite part of pickleball is the social aspect because of the lifelong friends he has made throughout the country and the fun he has had along the way.

If you want to join in the fun and learn the game of pickleball before taking a lesson or clinic from Ian, we offer a free Intro to Pickleball class every other week. You need no experience to play this game. To make reservations for this class, send an email to [welcometopickleball@gmail.com](mailto:welcometopickleball@gmail.com)

• • •

## Lincsters 9-Hole Golf Club

BY CAROLE EUBANKS

General News—See the Lincsters website (<https://www.lincsters.com>) for details and questions. You can also send general email questions to the captains at [lh9captain@gmail.com](mailto:lh9captain@gmail.com).

Welcome our newest member, Nancy Martin! Her bio is posted on the website. Contact the membership committee with questions: Nancy Hastings (Chair), Judy Josse, Brenda Cook (Board liaison), Patty Alderete (Badges), and Sharon Herihy.

Remember, paying by check is FASTER for Wednesday rounds. Drop it in the basket on the counter. A member's solution: "I write checks for several weeks in advance and keep them in my purse. Then, I only have to remember to chip in my \$1 for the Putts!"

Club News — The bunker renovation looks awesome. If you've been on the course lately, you have seen the "retaining walls" and the new liner and drainage system. There is even sand in a few bunkers! Note that if the bunker is still under construction, play it as "ground under repair." Work is expected to be completed by early to mid-March.

The new carts are here! As you drive, you may notice that your cart stops if you are too close to a green. They are equipped with a Geofence app, which does not allow an approach to a green or tee box to be closer than 30 yards, and it ensures that you stay on the cart path when passing every tee box. Handicapped players can adjust the Geofence to enforce a 15-yard distance, but not for everyone. If you stray, the cart beeps and switches automatically into reverse until you are back in the correct boundary. You can still use the neighborhood streets to get to a tee, but not external streets like Sun City and Del Web, except in marked

crossing lanes. Use the cart path to return to the clubhouse after a round. The system is a work-in-progress, please be patient.

Private cart owners must now sign a Golf Cart License Agreement and provide proof of insurance before they can use their cart at Lincoln Hills. Duly registered cart owners will receive a sticker as proof of registration. If you are using a club cart, you must sign a liability waiver before you can get the keys. The plan is to have a volunteer hand out the waivers. To streamline this step, the driver of a club cart should:

- Obtain the waiver before checking in
- Write the cart number on the waiver
- Turn in the waiver when you pay the green fee to receive the keys

Lincsters Wednesday Play — We have reinstated the use of Course Marshalls to help players keep up with the group in front of them. Volunteer Marshalls help us keep track of the pace of play. As the Marshall drives the course, she displays a flag as she passes each group: green (you're ok), yellow (speed up), and red (your group is at least a hole behind, pick up the you really pace!). She will not engage the groups directly. It's a gentle reminder to speed up the pace of play (if you need it).

Carts must leave the staging area promptly at 12:45 for a shotgun start of 1:00. Do not tee off before 1:00.

Tournaments— The Big Sister/Little Sister "Step Aside Scramble" is set for Wednesday, March 29th. Prizes will be awarded. You can sign up as a Big Sister/Little Sister team, or as one, two, three, or foursome. You will be paired in teams of four. Details to follow. Brenda Cook & Lorayne Henderson are the co-chairs.

• • •

## Ladies Golf—18 Holers

BY CAROL A. LOPEZ

The ladies were happy to play their first round of 2023 on the Hills course and Maureen Sen hosted "Stroke Play; Throw Out Three Worst Holes". Twenty-seven women participated and were split into three flights with winners paid from first to third place: Flight One – Eileen Bore, Patti Tilton & Katherine Mesko; Flight Two - Maureen Senn, Barbara Grant & Judy Dong; Flight Three – Ilene Marshall, Nancy Gadsby & Wendy Seagraves. Closest to the pin was awarded to Elizabeth Phillips for a shot that was 3' 1.5" from the pin on #16.



**Happy Odd/Even Foursome (L to R):  
Kelley Royball, Georgia Richie-Lynch,  
Merri Levin and Rosie Warren.**

Deborah Dunipace hosted our next tournament which was a team event, "Odd, 1 Best Ball & Even, 2 Best Balls" on the Orchard course with forty-three participants. First & second place teams were tied, but based on a card off first was awarded to the team of Donna St. Peter, Maddie Krochak, Elizabeth Phillips & Marcella Christoff with second place going to the team of Gwen Hare, Barbara Grant, Maureen Senn & blind draw Sandra McKeith. Christoff had a great day as her tee shot on Hole 16 at 10' 1.5" from the flag was closest to the pin.

Forty-five players participated in a "Stableford" tournament Pat McNiff arranged on the Hills course with six flights and eighteen paid winners. First place was secured, from first to sixth flight, by Linda Blackburn, Jody Watson, Georgia Richie-Lynch, Elizabeth Phillips, Mikie Biggs and Nancy Gadsby. It was a fun day with surprising results since points (bogeys-1, pars-2, birdies-3, eagles-4 & miraculous albatrosses-5) are accrued based on an individual's net score for each hole.

Congratulations to the February Captain's Challenge Winner, new member Sherrill Slotsve, who correctly identified the monthly newsletter picture as Hole 15 on the Hills course! Don't forget to assemble your team for the April 20th Spring Fling. Ladies club members may invite one or more guests, male or female, for their foursome as long as each player has a current Golf Handicap Index Number. This year's theme is "Margaritaville" and a "Jimmy Buffett" Buffet will be held in the Ballroom after the round. Sounds like the perfect time to toast our friendships with a margarita!

• • •

(more Club News cont' on page 26)

## Amazing Grace Seventh Day Adventist Church

**Saturday Mornings - Bible Study 11:15 am**  
(English)

— • —

**Worship Service 9:30 am - Pastor: Gresford Thomas**

**Join us at**

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## LH Men's Golf

BY MIKE MCBACK

If you've been out on the course lately you have probably noticed the BIG changes in the bunkers. The word from Chad the General Manager of Lincoln Hills Golf Club is that traps should be finished by March. All the rain we received put them a little behind. So, by the next issue, they should have the sand in the traps and back to playable sand.

Up next on the tournament schedule is the Tournament of Champions & Just-for-Fun. It's individual stroke play on March 14 tee-offs start at 8:30. This will be a packed field so sign up fast.

## Mad Hatters Bocce Group

BY KIM PETRUZZELLI

We play a relaxed version of bocce ball on Thursday mornings. Our official start time during the winter and early spring is 10:00 am, but most players show up a little early so we can form teams. Come by yourself or come with a friend. If you don't know anyone when you arrive, you will before you leave. This is a social group that doesn't take itself too seriously, and on a good day we'll have 40 players spread out on the courts.

Our bocce group will have a table set up at the Lifestyle Expo on the 21st. Stop by and say hello if you're interested in our Thursday morning group, or even to learn about the other bocce groups that play on different days and times.

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

## Billiards

BY WAYNE BUCHANAN

Mentoring Every Tuesday Morning—So you are walking through one of the lodges and you see a bunch of people in the pool room looking like they are having a pretty good time. That is because they are. Pool in all of its forms is a great game and can be enjoyed by people of all skill levels. From absolute beginners to accomplished players, our SCLH Billiards Group has a place for everyone..

So how do you get started? Head down to Kilaga Springs around 9:00 on a Tuesday morning for some instruction. All you have to do is walk in and ask where the sign up sheet is and you will be on your way. People will be there to greet you and everybody gets a place at a table

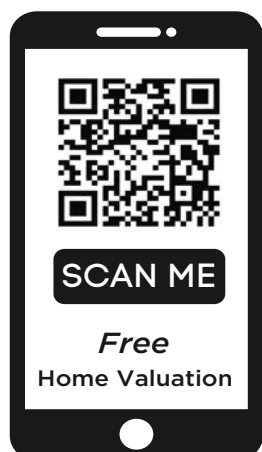
Run by Dave Polvi, Tuesday Morning Mentoring is designed to help you with your game in a pleasant and welcoming environment. The mentors include both women and men who volunteer because they love the game. You need to bring nothing with you other than a desire to have some fun while learning something new.

For more information about mentoring you can contact Dave Polvi at 925-918-5720 or by email at Dpolvi55@gmail.com. For more information on The Billiards group in general please visit our website at <http://lhbilliards.com>.

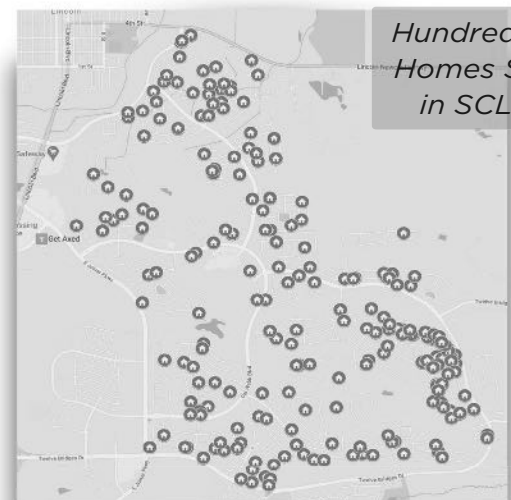
(cont' on page 27)



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## Billiards

(cont' from page 26)

com/ There you will find a list of all of our activities including tournament schedules, parties, rules and regs, membership forms etc.. Check it out



If you enjoy the mentoring and want to join us, a one year membership to the club costs 10 bucks. There is no better entertainment value that I know of anywhere.

I'll see you in the pool room.

Weekly Schedule —

Monday: Rookie Tournament 10:00 AM to 12:30 PM.

Bob Soriano 707-372-1240 bobsfloor27@gmail.com

Rack-N-Roll 2.00 PM to 5:30 PM.

Entry Fee \$2 returned as cash prizes. Generally for advanced players but all are welcome

Wayne Buchanan 925-286-5466 waaane@yahoo.com

Tuesday — Mentoring 9.00 AM-9:15 AM sign in for the first session of 9:15 AM to 10:15 AM. Second session sign is 10:15 AM to 10:30 AM with play from 10:30 AM to 11:30 AM. Dave Polvi 925-918-5720 dpolvi55@gmail.com

Ladies Tournament Check-in 12:45 PM to 1 PM. Play starts at 1.00 PM.

Beginners to intermediate.

Shirley Varner 916-408-7399 jsvarner@att.net

Wednesday — CueMasters 12:45 PM sign in. Start 1 PM to 3:30 PM. Entry fee is \$2 returned as prize money . All levels.

Ted Komaki 916 543-7158 tedevkom@sbcglobal.net

Co-Ed 4:15 PM to 6:30 PM. Must have a player number by 4:10 PM. Play from 4:15 PM-6:30 PM All levels. Advance signup weekly.

Rich Lujan 408-781-5815 rlujan1234@aol.com

Thursday — Upstarts Sign in 11:30 AM to 11:45 AM. Play from 11:45 AM to 2.00 PM.

Intermediate

Rita Rush 503-780-0962 ritaqueenofe@gmail.com

Players 2:00 PM-5:30 PM for Mid-level Players.

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

Friday — Challengers Friday 9:30 AM-12:00 PM

High intermediate to advanced players.

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

Saturday — Breakers 9:45 AM to 12:30

PM. Check in 9:45 AM. Play begins at 10:00 AM.

Beginners to intermediate.

Randy Fann 916-517-7430 randyfann@gmail.com

• • •

## Cribbage

BY MEL SWITZER

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

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

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

The room is filling up each week, so

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

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

Peanuts and popcorn sold separately.

The March Madness of Cribbage — March Madness "Cribbage Style" is a fun way to win some \$\$\$ without a lot of risk. Even if your bracket is completely busted, you may get your initial investment back, which is a better deal than the Lottery!

Try your luck soon because we have a small amount of room for a few more "winners".

You may want to fill out your brackets and pair up with the following past winners, which should give you an advantage, at least in the first round. Lana Venturi 1/17, John Gilmore 1/24, Jack Poshepny 1/31 and John Gilmore yet again on 2/7 were our recent winners. What a blockbuster Final Four. The 30 second clock is ticking, so come and write your name in on a score card and submit it and take a chance at the Big Prize!

121 points is the goal of each match, but 131 points is awarded to the team that "shunks" the losing team. Slam dunks are permitted and "traveling" from table to table is required for the losers. Cards up the sleeves and trash talking is not allowed. But cheerleading and "Dad Jokes" are always encouraged, along with embellished stories and tales from the dreaded Pharmacy.

With some luck, maybe your name will

(cont' on page 31)

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## "I Can Enjoy Walks With My Wife Again!"

Local acupuncture clinic is treating peripheral neuropathy with incredible results!

Pain comes in many shapes and sizes. One of the most debilitating being the burning and tingling that comes with peripheral neuropathy. Neuropathy, a disease that was once classified as irreparable, is a disease that comes with years of shooting, stabbing pain that gradually ends in severe numbness, balance problems and in extreme cases, amputation.

David R. of Sun City was experiencing such a fate:

**"I stopped golfing. I wasn't taking walks with my wife. I was living on Gabapentin and antidepressants and everywhere I went, my doctor, neurologist, the pain clinic, told me there was no cure. How are you supposed to live your life knowing that everyday brings pain and feeling unstable on my feet?"**

Peripheral neuropathy is a result of damage to the nerves, commonly caused by a lack of blood flow to the nerves in the hands and feet. This causes the nerves to begin to degenerate due to lack of nutrient flow. Most peripheral neuropathy sufferers experience a heightened sensitivity to touch, making it almost impossible for those diagnosed to even wear socks or shoes, much less, enjoy life.

"It was like walking on sharp river rocks. I barely left my recliner," shares David, whose experience is not

uncommon for those diagnosed with peripheral neuropathy.

Quality of life for David seemed uncertain. That is, until he found RaeAnn Salvador, LAc, DiplOM of Lincoln Acupuncture Clinic. Lincoln Acupuncture has pioneered a cutting edge, medical solution to treat neuropathy, eliminate, or greatly reduce the symptoms of neuropathy and give people their lives back. And they're doing it without the use of prescription medication or invasive surgeries.

"Acupuncture is incredible at restoring blood flow and stimulating damaged nerves, preventing them from dying off," tells Dr. Salvador. "We take our treatments a step further by integrating ATP Resonance BioTherapy," which targets specific nerves in the body using microcurrent. ATP BioTherapy is like watering a plant. This treatment will stimulate the blood vessels to grow back around the peripheral nerves and provide them with the proper nutrients to heal and repair.

**Three months later, David is thrilled with his progress, "I can enjoy walking my dog around the neighborhood with my wife and I feel more stable on the golf course."**

Success stories like David's are not atypical at Lincoln Acupuncture, "We have a 90% success rate. But only doctors care about the numbers. How people feel and what improves in their lives is what really matters," shares clinic manager, Ann.

The number of treatments needed to allow the nerves to fully recover will vary from person to person and can only be determined after a detailed neurological and vascular evaluation. Lincoln Acupuncture offers hope for neuropathy where there once was none.

While David's neuropathy was idiopathic, meaning the cause is not quite known, treatments at Lincoln Acupuncture can also help people whose neuropathy is caused by diabetes or chemotherapy.

**"We have seen tremendous success in treating neuropathy of all types through very personalized treatments specifically tailored to treat each individual case."**

Neuropathy discomfort should not be the trade off for enjoying your golden years!

To schedule a consultation and complete evaluation, call the office at **916-884-0398**.

**Lincoln Acupuncture & Integrative Health**  
120 F St. Lincoln, CA 95648



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

### Mary Jordan

(cont' from page 1)

at the age of twenty, she worked in Massachusetts and then moved to New York for four years. She was drawn to California for the weather and originally moved to the Bay Area (Sunnyvale, Los Altos) in 1968. Because she was trained as a nurse, she discovered she could work anywhere. She married in California and had one child. Eventually, she divorced but remained close to her daughter in a co-parenting arrangement.

As she pursued her young dreams, including completing associate, bachelor and master's degrees in nursing, she always promised herself she would not follow in her father's footsteps of alcoholism and for many years she was able to keep her promise. But, the genetic disease of alcoholism reared its ugly head after the birth of her daughter and the divorce from her husband. She discovered she had moved from a woman of social drinking to a woman of problem drinking to a woman of alcoholic drinking.

Hitting bottom in 1984 at the age of forty-three, she joined Alcoholics Anonymous and has been sober now for thirty-eight years. Even during her recent bout with mental illness, she did not return to drink. In fact, many of the principles she learned in AA supported her during her bout with deep depression and were integrated into her healing mentally.

Her daughter's family always was and is a large part of Mary's life. Mary is known as Nana. She lives near to her daughter, son-in-law and three grandsons to maintain close relationships.

Mary has been involved in nursing for more than six decades now. Before moving to Lincoln Hills, she lived in the older part of Folsom and even started a drug and alcohol treatment program in two houses—one for men and one for women. When that became financially difficult to continue, she moved to a small house in Sun City.

Mary's unique background as a nurse, recovering alcoholic and someone who struggled with mental illness led her to write her book after a new medical diagnosis developed

late in life. Mary struggled with depression and was seeing a psychiatrist and on medication when she realized her depression was worsening and she needed more help. Her outgoing personality faded, she was not keeping contact and connections with her daughter and her grandchildren and also her own siblings. She lost her appetite, stopped taking care of personal hygiene, had difficulty sleeping, and wasn't leaving her house. It was when she started having suicidal thoughts that she had never experienced before that she decided to go to the hospital. Her experience from the hospital stays and mental health facilities eventually led to a different diagnosis. Instead of a deep depression, she was actually suffering from a bipolar depression and had been taking the wrong medications. Once her medications were changed, she no longer felt suicidal, but it took some more medication changes and another hospital stay before she could eventually return home to a full and active life.

In the process, she came to believe that the mental health system in the United States is fundamentally broken and definitely needs some major changes. It was her healing from her disease and the problems she saw along the way in her recovery that led to her writing her book. The book is both a personal memoir and an exploration into our health care system

and its treatment of mental health. Writing the book was a learning experience and she felt like it was necessary because she wants other

people to understand the difficulties in our current system. She references Elizabeth Rosenthal's book entitled "An American Sickness." Rosenthal points out that three of her ten rules for the dysfunctional medical market are: 1) More treatment is always better. Default to the most expensive option. 2) A lifetime of treatment is preferable to a cure. 3) There is no free choice. Patients are stuck. Jordan in her book highlights how her experiences navigating the mental health system prove the validity of these dysfunctional rules.

On the other hand, Jordan's experience with Alcoholics

Anonymous over decades of sobriety helped her immeasurably during her difficult days of depression. Many of the guidelines in AA help with many aspects of life and there is no financial charge in AA.

After Mary's bipolar diagnosis, she realized she had misunderstood the illness for years. There are actually four different kinds of bipolar: Bipolar I (alternating periods of mania and depression), Bipolar II (alternating depressive episodes and hypomanic episodes, but not full-blown manic episodes.), Cyclothymic disorder (hypomanic symptoms and depressive symptoms, but not hypomanic episodes and depressive episodes), and other (bipolar disorder symptoms that do not match the three categories listed above). Medications used for treating depression are not the same and may not work for those with bipolar disorder. In Mary's case, she also had a reaction to one of the common bipolar medications and it landed her in the hospital for the second time.

Mary saw bright spots in her journey. She refers to "Coincidents" which are

"coincidences" that actually point to a divine power's involvement and care in human lives. She is thankful for her daughter, son-in-law, three grandchildren, AA sponsors and friends, and her nursing connections. She enjoys her renewed health and her community in Sun City. As you walk up to her house, engraved rocks in the yard read "joy" and "forgiveness." She has renewed joy and has forgiven those in her life like her father and his difficulties with alcoholism. Her book can be purchased on Amazon and Barnes and Noble. It is featured in the Roseville Barnes and Noble. Mary hopes that her story will encourage and inform. I agree that it does.

**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**

## 2023 Tax Season is Here!

BY GARY STEER

Lincoln AARP Foundation Tax-Aide volunteers are ready to assist you with your 2022 tax returns. This free service will be available by appointment only this year at Granite Springs Church, 1170 E. Joiner Parkway. Clients can make income tax preparation appointments by calling 916-258-5065 beginning January 16, 2023. The Intake/Interview Sheet, Form 13614-C, is required of all clients and will be available in the Orchard Creek Lodge lobby, Kilaga Springs library, Lincoln City Hall lobby, and Granite Springs Church. These returns will be filed electronically (e-file) with the IRS and California FTB.



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## Letters to the Editors...

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

### Life Isn't Always Fun

I wasn't surprised there were so few responses to Ron Pettitt's courageous letter "Loneliness Can Kill" in January. In February there was just Geoff Capell's two sentence compliment on page 17. It might be because Ron described two things few people will talk about here in SCLH—loneliness and suicide.

This place is promoted as resort living for the active adult, a Disneyland of amenities for the last chapter of life. It helps if you are outgoing, are ready with a joke, or laugh easily as the fun types make friends. Well, maybe not real friends. What do we call all those people we know who people our lifestyle choices—the regulars at the games, the clubs, and the entertainment?

It's great to recognize a fellow line dancer, or a poker player, but will they notice when you haven't been there for months because of a loss or a serious diagnosis, or even death. It takes more than casual chit chat to make real friendships.

Ron talked about suicide, another taboo subject here. I've never seen it listed as a cause of death and the suicides that regularly occur are only discussed informally if at all.

Some people object to using the word suicide so you can apply to the State and two doctors might decide you are terminal and give you a potion. It's called Assisted Dying

as if the label makes it more acceptable than the method you create yourself.

Ron Pettitt describes well how loneliness and unbearable grief causes old people to consider pulling the plug when we can't wait for God to do it. It is often physical health issues too—chronic pain, dementia destroying our relationships, or expensive treatments robbing our children of their inheritance. There's nowhere to talk about any of this except maybe a therapist, but be careful. If you admit you are considering suicide and have a plan, the gurney may arrive to take you to the inpatient unit for some drugs and cognitive behavioral therapy.

Doctors who make their money with procedures and treatments are going to espouse the value that life is good at any cost. I know someone who had eight years of chemo off and on and her doctor was all for it. There's no good time to give up. I suggested to the Association we need a forum on death. No one would touch that one. Ron did in his remarkable letter and at least Geoff and I read it.

*Sally Watkins*

...

## Daylight Saving Time Starts on March 12, 2023

*On Sunday, March 12, 2023, 2:00 AM turn  
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## Cribbage

(cont' from page 27)

appear in an upcoming Final Four!

But you can't win unless you play! Get it? Lottery reference.

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

But wait! Stop the Presses!!!

A noteworthy event happened recently. As you may know, 31 is a sacred number in Cribbage and on 2/7/23 we reached an all-time record number of players for one session. That's right, 31 players showed up and we even had to pull out the portable card table to accommodate all of the participants. We are looking into taking down a wall to enlarge the room. Hooray for the Cribbage Club!

Questions? Call Mel Switzer 510-589-7658.

• • •

## Duplicate Bridge Club

BY MONA STRYKER

The Duplicate Bridge Club has been busy! Social chairman, Pat Lewis, recently provided a wonderful Mardi Gras themed bridge game. The decorations and refreshments were spectacular. An exchange with Roseville Sun City Duplicate Bridge Club with refreshments is planned for Weds., Apr. 19, in the Multipurpose Room (KS). Check our website for further information

In February, Education chair Zelna Morrow, with Jack Uppal's help put together a panel to discuss sample bridge hands. The



audience was invited to participate on the best way to bid and/or play them. Check our website for future programs.

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

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

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

For further information, go to our website shown below.

Partnership chairman: Sharon Duley 916-253-3885.

Contact: Elise Homer (elisehomer@gmail.com, 916-303-0751.

Website: www.bridgewebs.com/lincolnhills/

• • •

## SSNLH WRITER...

### The Ides of March

BY JIM FULCOMER

'Twas sometime in the Ides of March, when Caesar's toga lost its' starch.

And now again, as that time nears, it comes with unrelated fears.

Winter ends officially, which most of us regard with glee.

Shedding coats and Winter duds, anticipating flowerbuds- is now a long-awaited thing, a well considered sign of Spring.

The winds of March still cause a chill, but summon up a distant thrill, of top-down drives down Lover's Lane, as April enters once again.

Daylight lingers even longer and creaky joints get ever stronger.

As solar warmth replaces cold and somehow you feel not so old.

Life again renews us all, as we detect the mating call - from feathered creatures of all kind, as they proclaim the ties that bind.

Remember while you plan relaxing, these are times most sorely taxing.

• • •

## March — A Welcome Guest

BY VAL SINGER

Blow March winds blow,  
Blow all the winter woes away.  
Tinybuds are pushing their way into view,  
And the world can give a big sigh  
As the rebirth starts again.  
Ah Spring, we greet you with open arms.  
You are such a welcome guest.

• • •

## It Doesn't Get Any Better

BY PHIL ROBERTSON

She stood a moment in the cool alpine stream --small eddies caressing her bare legs, a whisper of mountain air brushed her cheek. Like a dream, she was one with the universe, one with nature.

She flung sweeping, graceful arcs into the sky, line falling to the water with a dry fly. It doesn't matter if she catches a fish.

Life simply doesn't get any better than this.

• • •

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



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# Neighborhood Watch

BY TERESA TANIN

Neighborhood Watch with Lincoln Hills Community Forum presents the annual "Spring Safety Symposium" April 6, 1:00 to 3:00 PM, Ballroom (OC). Brochures and information handouts will be available one-half hour before and one-half hour following the event.

The Symposium will include Placer PROTECT, a multi-disciplinary elder abuse task force focused on protecting elderly citizens from physical, financial, and emotional abuse. Topics will include Aging Safely, addressing the increase in local elderly scams and targeted frauds. We welcome presenters: Shannon Quigley, Senior Deputy District Attorney; Cassidy Paganucci, Victim Advocate; and Victoria Salas, Client Services Counselor II.

Neighborhood Watch is also very pleased to welcome Lincoln Police Chief, Alves, and his team, who will be presenting an overview of the Police and Fire Department(s) local crime and fire statistics. Information will also be provided highlighting the new active map link revealing past and current incidents. Additional topics will focus on crime and fire prevention, "vial of life", Project Lifesaver, security camera registration, how to handle solicitors, and avoid scams. A question and answer period will follow, so have your questions ready!

Visit Neighborhood Watch website [schwatch.org](http://schwatch.org) for more safety and security information and upcoming events calendar. "It's A Lifestyle" is set for March 21, 9:00 AM to 12:00 PM, Ballroom (OC). Attend and explore the many clubs and activities available in this active lifestyle community. Many thanks to the Lincoln Hills Foundation for their continued funding and support.



Neighborhood Watch Mission Statement:

- Strengthen neighborhood ties
- Increase personal safety & security awareness
- Be the "eyes and ears" of the Lincoln Police & Fire Departments
- Encourage emergency preparedness

Strengthening Neighborhood Ties:

Thank you to all of Neighborhood Watch volunteers for submitting their Mailbox Captain's and Coordinator's Reports by February 15. These reports help keep Neighborhood Watch informed of changes to

the helpful contact information that could save precious time in an emergency. Your Mailbox Captain should have already contacted you regarding your emergency contact information. If not, please visit the NW website [schwatch.org](http://schwatch.org) and click on "Who is my Captain?" to provide you with your Mailbox Captain information.

Neighborhood Watch welcomes new Mailbox Captains: Clay and Jan Wilcox Village 20, MS 14; Eva McKenzie V 20, MS 15; Brenda Knaak V 30, MS 3; Rosemary Tanfani V 25, MS 3; and Co-Captains Melanie Brown and Julie Africa V 34B, MS 1,6. Mailbox Captain, Lorraine Novak, has also volunteered to manage her Village as the Coordinator. Wow, thank you! Neighborhood Watch applauds each and every one of our volunteers who contact new residents and pass along important safety and security information. New volunteers are greatly needed to take the place of those retiring. Please join our safety and security team. Join us in helping to make our community a safer place to live. The success of Neighborhood Watch depends on its volunteers and the continued support and

funding from the Lincoln Hills Foundation, [lincolnhillsfoundation.org](http://lincolnhillsfoundation.org) striving to enhance our senior community. Neighborhood Watch is grateful for your support.

Increase Personal Safety and Security Awareness:

Learn more about services offered by our Police and Fire Departments. Attend the Spring Safety Symposium, April 6. There will be a question and answer session and helpful handouts.

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

Be the "eyes & ears" of the Police & Fire Departments:

Sign up for "Alerts" on your personal device. Visit [schwatch.org](http://schwatch.org) and click on "Add Me To Alerts."

There are several ways to report a crime or incident.

1. For an Emergency, Call 911 or Text 911 with your location.
2. Report a non-emergency by calling the Lincoln Police number 916-645-4040.
3. Report directly on line to the Lincoln Police Dept. to [www.lincolnca.gov/en/living-here/report-a-problem](http://www.lincolnca.gov/en/living-here/report-a-problem).
4. Report an incident or scam to Neighborhood Watch. Go to [schwatch.org](http://schwatch.org) and click Report an Incident.
5. Call Barry Johnson, NW Public Safety Liaison, 916-434-6538 leave a message.
6. Call Mary Cranston, "Alerts" Program Coordinator, 916-434-5362 leave a message.

Encourage Emergency Preparedness:

Visit website [schwatch.org](http://schwatch.org) (bottom of the home page) for helpful short-cut links: Public Safety, Neighborhood Watch Contacts, Community Assistance, and Community Resources. Residents can easily obtain information quickly using these helpful short-cut links. Save [schwatch.org](http://schwatch.org) as a bookmark to find what you need fast!

Alerts: In recent months Lincoln PD officers have observed an increase in golf carts being operated illegally outside Lincoln Hills on city roadways. Only DMV registered and approved NEV's (Neighborhood Electric Vehicles) can be operated on specifically marked routes outside Lincoln Hills. Visit the City of Lincoln Public Safety website to view the maps of approved routes, [lincolnca.gov/en/living-here/golf-cart-and-nev-routes](http://lincolnca.gov/en/living-here/golf-cart-and-nev-routes). Please be aware that the Lincoln PD will be enforcing the laws pertaining to the illegal operation of golf carts outside of the approved transportation routes.

Golf Cart Fire: On January 24, 2023 at approximately 2:30 PM a fire occurred on the 2400 block of Blue Heron Loop. The fire destroyed the golf cart parked in the garage after use. Batteries were not being charged when the fire broke out. The Fire Department advises every resident to have at least one fire extinguisher for immediate access with an "ABC" rating to cover all types of fires. Check your extinguisher for the expiration date or red/green indicator. Shaking the extinguisher monthly keeps the powder from being compacted.

Safety and security is the priority of Neighborhood Watch. We are proud of our team of volunteers who, in cooperation with the local police and fire departments, provide the most up to date information available to help keep residents informed. For current and past "Alerts" including safety and security tips, including volunteer opportunities, please visit the NW website [schwatch.org](http://schwatch.org). Volunteer to help keep our community a safer place to live. Neighbors helping neighbors!

## LH Foundation —

(cont' from page 1)

month so mark your calendars so you don't miss it. Doors open at 12:30 and play starts at 1:00. Twelve cards for \$25, with exact change appreciated. Join us and be one of the first winners of 2023. Payouts are \$100 for the first eleven games and \$250 for the final game. Make an afternoon of it and enjoy a special Bingo lunch at Meridians beforehand.

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



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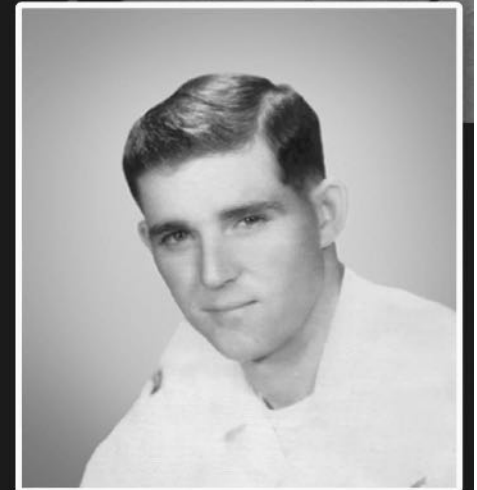
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## ANNOUNCEMENTS

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

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

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

### BUSINESS ADS

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

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

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

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

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

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

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

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

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## Market Update

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

## Recent Sales in Lincoln Hills

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

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