

# SUN SENIOR NEWS

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## Dave and Linda Tennies – Resilient and Upbeat

BY JENNIFER MARTIN

In one of the Second Act Studio Drama Club's productions last year, Dave Tennies cracked everyone up with his hilarious rendition of the Fairy Godmother who visits Santa, trying to talk him out of retirement. Dave's wife, Linda, played Vixen, one of Santa's reindeers, with spicy dialogue sure to get Santa's attention. They're currently in rehearsals for a play called *Head Space* in which two people get together for a blind date. Linda and Dave play their alter egos, delivering lines that the actors are thinking, but not daring to say out loud. This May production is going to be another showcase of the couple's outstanding acting skills.

Although they've only lived in Sun City Roseville since April of 2021, Dave and Linda have made quite a splash in our community. Gregarious and outgoing, they easily make friends and have really enjoyed their post-career years since Dave retired in 2015.

Linda was born in Manhattan in 1958,



PHOTO BY JENNIFER MARTIN

the middle of three sisters. She moved to Southern California in 1969 to a small town, Covina, which was a culture shock to her after living in a big city. Throughout her early years, both in high school and throughout college

and in community theater, Linda successfully auditioned for and won the lead roles in plays such as *California Suite*, *The Man Who Came to Dinner*, and *Three Penny Opera*.

After graduating from Charter Oak High, she went on to CSLA to get a Bachelor of Arts in English and a teaching credential. She taught school for many years, starting at the elementary level and finishing her career teaching English and English Language Development (ELD) classes in Junior High. The ELD classes were specialized for students whose first language was not English. Linda was tasked with not only teaching these students every subject, not just English, but creating the entire curriculum for them as well.

Born in 1956, Dave, the youngest of eight children, hales from West Covina. He holds an A.A. in Aviation Maintenance Technology, a B.A. in Technical Management, and an MBA in Project Management. In the early years of  
(cont' on page 27)

## SCR Foundation 2023

BY LISA CRYAN

The Foundation is once again partnering with the Activities Department by funding the quarterly Speaker Series. Our next speaker is Dr. Pareja-Navarro, Postdoctoral Research Fellow with the Buck Institute who will share "The Science Behind Living Longer". Buck Institute, located in Novato, CA, is the world's first biomedical research institution devoted solely to research on aging and committed to helping people live better longer. Their mission is to end the threat of age-related disease for this and future generations by understanding the biology of aging from a variety of disciplines. This event is scheduled for Monday, April 10 in the Timber Creek Partial Ballroom, 1:00 pm – 3:00 pm. Doors open at 12:45 pm. Cost: \$5.

The Foundation was established to provide services that address the physical, cultural, education and social needs of Sun City Roseville residents, beyond those services already provided by the Community Association. Our success is the result of many dedicated volunteers who have embraced and demonstrated our motto of "Neighbors Helping Neighbors". The Foundation's Board of Directors is actively recruiting for the positions of Vice-Chairperson, Event Director, and Golf Tournament Director. We  
(cont' on page 31)



## Drama Club

BY LENORA DAVIS

I see funny people. I see a room full of funny people at every Second Act Studio Drama Club rehearsal... and it's getting better every week. As everyone learns their roles and starts to work together as a team, it is a sight to behold. Our May 29 performance is sure to be even better than our first performance in November last year. I know you may find that hard to believe, but trust me. It is going to be wicked fun.

Tickets will be the same low price of \$10 and will be available starting at the April 1 Courier Day. Look for our Second Act Studio Drama Club table there, and again at the May 1 Courier Day. Tickets will also be available by calling Linda Vincent (206-794-9089) or Joy Winston (916-773-2479), or by contacting any Drama Club member. In November, tickets sold-out two weeks before the performance, so do not wait to get yours. Note: tickets will NOT be available at the Activities desk – You must contact a Club member.

Pictured this month are the casts of two of our scheduled comedies.

*Any Body for Tea* is a "murder mystery" involving a household of spinsters in the 1930's, who may not be as prim and proper as they appear. Watch how their plot unfolds to get a "closer look" at the homicide detective they



Cast of "Any Body for Tea"



Cast of "Head Space"

have their eyes on.

*Head Space* is a couple on a blind date. Have you ever been on a blind date or first date and realized that your mouth and brain are in disconnect? What you say and what you think you should have said are two different things? Watch Adam and Eve (not the original ones) try not to blow it on this first date.

But wait...there's more, coming next month!  
...

## All Tuned Up

BY GERRY CAPELLINO

All Tuned Up (ATU) recipe for "Spring Break" fun

- |          |                                  |
|----------|----------------------------------|
| 1        | Gathering Place                  |
| 24       | Songs, any variety will do       |
| 36       | Enthusiastic members             |
| 2        | Cups sweet ballads               |
| 2        | Cups full-strength rock 'n' roll |
| Pinch    | Best rhythm 'n' blues            |
| Sprinkle | Familiar sing-a-long songs       |

Directions: On Saturday, April 1, perform sound checks for participating enthusiastic ATU members. At 6:30 pm, gather audience to enter Sierra Pines. Mix well. Start 24-song program precisely at 7 pm.

(cont' on page 3)

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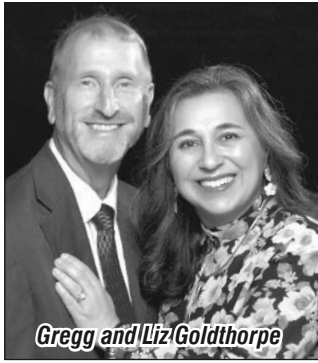
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 Email: SunSeniorAD@gmail.com



**EDITORS**  
 Gregg & Liz Goldthorpe

**PRODUCTION ASSISTANT**  
 Madison Goldthorpe-Lewis

**ADVERTISING**  
 Gregg Goldthorpe

#### CONTRIBUTORS

Jennifer Martin, Lisa Cryan, Lenora Davis, Gerry Capellino, Jane Bohn, Jackie Proett, Jim Fulcomer, Pat Teilh, Linda Aug, Kathy Casten, Dee Franz, Carol Roden, Pat Teilh, Linda Nelson, Steve Cho, Charlyn Ross, Jan Pieschke, Lenora Davis, Nancy Vavul, June Evans, CJ Kidd, Tim Miles, Brian Sutton, Suzanne Crowder, Cynthia Sindrey, Lois Arlen, Karen Levine, Rob Baquera, Ed Cervantes, Linda Warzecha, Marty Boyle, Barbara Eichten, Steven Gustafson, Cathy Schimansky, Carol Vaillancourt, Mike Young, Sherri Scott, Andrea Norcia, Elna Ragan, Janet Morelli, Suzette Austin, Doris Merchant, David Moore, Gail Dailey, Suzanne Crowder, Bob Montalvo, Diane Barnett, Marisa Bernetti, Stuart Singer, Pam Skarg, Julie Harris, Nancy Labrada, Gary Beckman, Ralph Friend, Don Warden, Cathy Fluellen, Brence Davis, Pat Oberlander, Martin Green.

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## All Tuned Up

(cont' from page 1)



Delight, amuse, enchant audience for about 90 minutes on high power. Savor the applause; enjoy the ride!

By the time you read this, All Tuned Up will have completed the first of two shows a year. Photos will accompany next month's May article to help describe the fun. We hope you enjoyed our show as much as we did.

## Music and Laughter

BY JANE BOHN

On March 8 as the 7PM hour approached, the Ponderosa room at our Sierra Pines Lodge quickly filled with singers, musicians, jokesters, and our enthusiastic Music and Laughter audience. Hooray for talented neighbors who treat us to a fun-filled hour on the second Wednesday of each month. The show began per usual with Jan Given on piano leading us all in the traditional "Happy Birthday" tune, which we sang to those in the audience with a March birthday.

The entertainers at our "Open Mic" format came prepared with various songs performed on their own guitars, saxophones, accordions, violins, and of course showcasing their own wonderful voices. Thank goodness there is a piano on hand for our pianists. This month's talent roster featured Jan and Joe Given, Ken Roberts, Jerry Capellino, Gary Mills, Jan Montero, Cory Blasser, Ed Lick, Jean Stephens, Elton Pamplin, Peggy Wells, and Lily Saffie. The songs were wide-ranging in genre but familiar in style, which kept our audience captivated. The highlight of the show was a singalong medley of Irish tunes. Singing the words as they scrolled by on the overhead screen surely put yours truly and all attendees in a cheery St. Patrick's Day frame of mind.

Festivities concluded with a prize raffle for all who came with their \$1 entry. Our enthusiastic prize winners included Jill Aggersbury, Arlene Grandy, George Flaherty, Ken Roberts and Jan Givens. Thank you to all

our entertainers, audience members, and the many diligent behind-the-scenes volunteers without whom Music & Laughter could not function, especially Maria Hajgato, Jill Aggersbury and Nancy Stetz. Looking forward to seeing your smiles as we gather next on Wednesday evening April 12th at 7pm (side doors open at 6:30.) for another fun filled hour of Music and Laughter.

## Sun City Singers

BY JACKIE PROETT

It's April and with the price of eggs this year, the Easter Bunny wisely says, "Do not dye but buy candy eggs!" That's okay, because the Valentine candy has been gone far too long.

The Singers know that the only thing better than candy, is music and our Easter basket is filled with fun music that reminds us of the Twenty-five years that we have hung and sung together. It's our Silver Celebration! Yippee! Our concert will be on June 5 at 7pm. in the Timber Creek Ballroom. Tickets are \$15.00 and our Ticket Chairman is Jahna Holmes, 530-539-0599.

Not even the Easter Bunny can erase the memory of our Silver Celebration Luncheon.



The picture we offer is of our Hospitality Chairman, Paula Scarpelli and President, Marla Shuman enjoying every minute of that special day.

Bunnies know that it is time to fill Easter Baskets and the Singers baskets are overflowing with the music of twenty-five years. Remember the show, "This Is Your Life"? This is the music of everyone's life in Sun City. You will be laughing or drying a tear with each sweet memory.

We know that you will remember to pick up your tickets when you pick up your Courier. Tickets go fast and we expect this concert to sell out quickly.

For those who love to sing, come join us. There's lots of time to learn concert music. We meet every Monday at 2:30pm. at the back of the Ballroom. You'll be welcomed with open arms and a basket of new friends, maybe even a Bunny Hug!

(more Club News cont' on page 9)

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## SSN WRITER...

### The April Fool

BY JIM FULCOMER

If April be the month for fools, then please include me in.

For Winter has hung on too long, my patience wearing thin.

For I enjoy the gentle breezes, far more than the gales,

which Winter gives in great amount, and all that cold prevails.

Now I can drive no more enclosed in glass and painted steel,

to feel the sun upon my face, with sunscreen head to heel.

And to enjoy the Rites of Spring well in my "mellow years."

At least the contemplation, while my "inner teen" still cheers.

Who dares to think so far ahead, when summer falls upon us?

Days in the hundreds soon will come when shade will be a bonus.

So shed the garb of Winter days and break out summer gear -

Reset the thermostat to "Cool," for Spring is finally here.

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

## Sunshine Services "We're Here to Help"

BY PAT TEILH

Current 2023 Top 10 List of Scams and Frauds — *Borrowed from Neighborhood Watch*

1. Identity Theft, Phishing and Pharming— Usually a scammer sends an email, a text message or calls your phone and pretends to be some organization, company or person you trust. Scammers gain access to your confidential information, like social security numbers, date of birth and then use it to apply for credit cards, loans and financial accounts. Typically, the victim receives an email that appears to be from a credible, real bank or credit card company, with links to a website and a request to update account information. But the website and email are fakes, made to look like the real website.

2. Phone Scams — This includes telemarketers violating the Do Not Call list, Robo dialers, scammers calling up pretending to be from a bank or credit card company. The National Do Not Call Registry (U.S.) or the National Do Not Call List (Canada) offer consumers a free way to reduce telemarketing calls. Scammers call anyway, of course, and they've even found a way to scam consumers by pretending to be a government official calling to sign you up or confirming your previous participation on the Dot Not call list!

3. Debt Collection — Most of the complaints under this category involve debt collectors. Consumers tell of receiving calls

from harassing collectors who are threatening and will repeatedly call attempting to collect a debt. Other complaints that fall under this category involved credit/debit card fees, pay day loans, credit repair companies and unauthorized use of credit/debit cards. Some of these complaints involved hidden fees and billing disputes as well.

4. Fake Government Officials — If you received an email, letter or phone call from a government agency (typically the IRS or FBI) and it instructs you to wire, Western Union or MoneyGram money some place, or follow a link and enter information - don't believe it! The U.S. government would never instruct anyone to use those methods to pay any bill or carry out a financial transaction, particularly with an overseas bank or agency.

5. Scam Text Messages — It looks like a text alert from your bank, asking you to confirm information or 'reactivate your debit card' by following a link on your smart phone. But it is just a way to steal personal information.

6. Loan Scams/Credit Fixers — False promises of business or personal loans, even if credit is bad, for a fee upfront. Or a scam that promises to repair your credit for a fee.

7. Fake Prizes, Sweepstakes, Free Gifts, Lottery Scams — You receive an email claiming you won a prize, lottery or gift, and you only have to pay a "small fee" to claim it or cover "handling costs". But before they can claim their prize, they are told they must send money to pay for administration fees and taxes. The prize, of course, does not exist.

8. Internet Merchandise Scams — You

purchase something online, but it is either never delivered or it is not what they claimed it was, or is defective. Online shopping, and other shop from home, such as catalog, mail and phone shopping scams are on the rise.

9. Computer Performance Scams: Equipment and Software — Scammers claim to offer "technical support" for computer problems and charge a fee to fix nonexistent problems.

10. Credit Bureaus and Related Credit Scams — Credit/debit card fees, pay day loans, credit repair companies and unauthorized use of credit/debit cards. Some of these complaints involved hidden fees and billing disputes as well.

I hope this list helps to keep you and your loved ones safe!

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# Neighborhood Watch/Citizen Patrol

BY LINDA VINCENT

As the days and months go by, I keep discovering residents who don't know what Neighborhood Watch or Citizens Patrol is here in Sun City Roseville, so I am always ready to share information about these two programs.

Neighborhood Watch program helps to provide information about safety issues, scams, home safety and travel tips. Our Sun City Neighborhood is divided into Villages and Team Links. We have 13 Villages (34 Village Communicators) and 234 Team Links. Neighborhood Watch hosts, on a quarterly basis, speakers that bring information for ALL Sun City Residents to benefit from. When available, the Roseville Police Beat 7 officer will come to discuss the most recent activity and/or provide safety tips. The keynote speaker then presents a 45-60-minute program, usually including Q & A. Our next quarterly meeting being held April 10th at 10am in the ballroom. Our speaker will be Joe Dunham, Executive Director at Senior Care Villa of Loomis which will be very informative – "Understanding Dementia from a Safety Perspective", recognizing the signs and knowing how we can help friends, neighbors and family members in need.

Our Citizens Patrol program provide "eyes & ears" for our community. Our two marked vehicles go out 365 days a year, two volunteers per car watching for suspicious activity, open garage doors, burnt out street lights and house



lights, and provide visibility for 2-1/2 hours each night throughout our community. These volunteers are aided by our Shift Captains who volunteer 7 days at a time and provide guidance whenever needed.

I can't tell you how many times our Citizens Patrol drivers have been thanked by residents walking in the evening for what they do for our community. We hope that more individuals/couples in our community will be ready to volunteer to be part of these programs. The more we are involved, the stronger we are as a neighborhood. Our office is here to take your application to do Citizens Patrol and help watch out for our community.

Important Phone #'s:

- Emergency 9-1-1; Non-Emergency Police, 774-5000
- Sun City After Hours Emergency, 624-6811
- Neighborhood Watch Office: 774-3817 (8am-Noon), neighborhoodwatch@scrca.org
- Citizens Patrol Office: 774-3853 (8am-Noon), citizenspatrol@scrca.org

# All Volunteer Mix N' Mingle

BY KATHY CASTEN, DEE FRANZ AND CAROL RODEN —  
Sun City Volunteerism Support Group

We would like to invite you to the "All Volunteer Mix N' Mingle". This event is scheduled for Wednesday, April 26, 3- 5 PM in the Timber Creek Ballroom.

Tables will be set up in the Ballroom, staffed by volunteers representing all our Committees: Ambassador, Architectural Review, Chartered Clubs, Compliance, Elections, Finance, Golf, Governmental Affairs, Properties, and Sports Advisory. In addition, there will be tables representing the Board of Directors, Sun City Library, Sun City Foundation, Sunshine Services, and Citizen Patrol/Neighborhood Watch.

The theme this year is "Mix N' Mingle with The Stars." A ticket to each committee will be available at the entrance to use as you visit each of the tables.

During the event, you can enjoy refreshments and learn about the committees and other volunteer opportunities in Sun City. While visiting each table and gathering information, you will have your ticket marked. Visit each table, turn in your ticket, and be entered into a drawing for a variety of prizes. The grand prize is a \$100 gift certificate for an activity of your choice in Sun City.

The "All Volunteer Mix N' Mingle with the Stars" provides a great opportunity to socialize with Sun City neighbors while becoming informed about the workings of

all the Committees as well as other volunteer opportunities in the community.

Registration is not required - just mark your calendar, bring a friend, and join the fun in the Ballroom on Wednesday, April 26.

# Election Committee

BY PAT TEILH

If you are interested in running for a Board of Director's position, take out an application, fill it out and return the completed application to the association office/email before the deadline of April 13, 2023 by 2:00pm. A required Candidate Briefing is being held on Tuesday, May 2 at 9:00am in the Aspen Room for all candidates.

The complete list of candidates will be announced on Tuesday, May 2, 2023. Ballots, balloting materials, and candidate information will be mailed to SCR members' homes on Friday, June 16, 2023. Voting will occur between Saturday, June 17 and Tuesday, July 18, at 10:00AM. Please follow all instructions given to you on how to vote and how to return your sealed ballot. All voting instructions must be followed explicitly, otherwise the ballot is invalid. Any Association member is encouraged to become a candidate for the Board of Directors.

Sun City Roseville needs you! Pick up an application for your Board of Directors now.

If you have any questions email me at patteilh@gmail.com

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Ambassador Committee

BY LINDA NELSON

Happy Spring to everyone. This last month's activities for the Ambassador Committee was focused on the New Resident Welcome afternoon party which we sponsor three times a year. The new residents who have purchased and registered with administration in the previous 3-4 months are invited to attend a party that is informational and social at the same time. It gives the Ambassadors a chance to welcome new residents with brief presentations from leaders in our Sun City community about the HOA, the fitness center, the numerous groups and clubs, the golf courses, the many organized entertainment activities, travel activities, the Sun City website, the Foundation and the many volunteer opportunities with the Board Committees. There were speakers from many of this functions to welcome and help the residents ease into life in Sun City with some



New Resident Welcome



understanding of how to access the functions. We also did a round robin at each table inviting the residents to introduce themselves and what brought them to choose Sun City Roseville as their new home. Thanks to all of those who attended. We look forward to the next New Resident Welcome which will be in June. In addition to the we continue to conduct tours of the community and attend the Chamber of Commerce meetings among other activities.

We are now looking forward to the Mix and Mingle event in April at the lodge. We will be among the other committees at various tables introducing ourselves and our functions to the residents as they come through to learn more about the many ways to get involved and perhaps to volunteer. Come see us and all of the other committees so we may introduce ourselves and get to know each other.

Governmental Affairs Committee

BY STEVE CHO

The Davis-Sterling Act – Ever wonder how our HOA is governed? Who determines the rules and guidelines?

Our Sun City HOA is just one of over 50,000 Common Interest Developments (CID) in California. We are governed by a set of guidelines known as the Davis-Sterling Act (DSA). All California CIDs must follow the guidelines in the Act.

The DSA provides guidelines for

governing and regulating various goings-on within planned developments, such as budget preparation, dues increases, and election requirements. The Act also defines the authority of HOA boards as well as the limitations on their powers. Beyond that, it also protects homeowner rights.

When it comes to property use restrictions in HOAs, these are some of the subjects that frequently come up.

Commercial Use Restrictions. Homeowners associations can generally impose reasonable restrictions concerning the use of residential properties for commercial purposes. There are even zoning ordinances that exist to limit the commercial use of residential properties.

Architectural Restrictions. Certain architectural changes such as solar panels, satellite dishes, and EV charging stations are covered by the DSA. Under this law, HOAs can't prohibit members from installing such structures within reason.

Display of the U.S. Flag. Civil Code Section 4705 says HOAs can't forbid members from displaying the U.S. flag or limit them from doing so.

Political Signs. The Davis-Sterling Act does not explicitly tackle political signs, but it does say that HOAs can't prohibit members from displaying non-commercial signs. That said, HOAs could place reasonable limitations on signs such as size restrictions, placement, and materials.

Religious Symbols. Homeowners associations can't prohibit members from

displaying religious symbols. The exception is when it becomes a public health and safety concern, breaches the law, includes illicit or inappropriate images or language, or is an obstruction to entrances.

Street Parking and Towing. Since HOAs can regulate common area use, they can also regulate parking on private streets and HOA parking lots. This extends to towing vehicles provided there is a "no parking" sign posted in plain sight, among other requirements.

More information on DSA can be found on California Civil Code Sections 4000-6150.

Website Work Group

BY CHARLYN ROSS

It Pays To Advertise — As I write this article for the April Courier, it is a cold and rainy day at the beginning of March. However, when these words finally appear in print, we should be in the midst of warm, spring weather. That is a time of year when humans seem to emerge from their quasi-hibernation and begin thinking of tasks that have been postponed. One such task might be considering relocation either to or from an active, adult community like Sun City Roseville (SCR). In today's world of technology that task would begin with an Internet search.

The main venue, for advertising all that SCR has to offer, is our Public Website, [www.suncityroseville.org](http://www.suncityroseville.org). This website has been

(cont' on page 7)

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## Website Work Group

(cont' from page 6)

formatted for viewing on all devices (whether a large computer screen or the smaller tablet and smart phone screens). Take a moment to check it out.

The home page has an attractive, revolving photo banner. As you scroll down the page, past the menu bar and an informative description, you will find a five-minute video, which shows off our community. This is followed by links to web pages for golf programs, restaurant and lounge, ballroom, home floor plans, activities, and guest information. Those "button" links are also available in the top menu bar. How you access those links, depends on your navigation style.

If you are viewing this website on a small screen, the menu bar may contain only the "hamburger" button, which links to all the additional web pages.

Now, when you travel and are asked about your home area, or you just want to brag about your great community, direct people to our attractive Public Website, [www.suncityroseville.org](http://www.suncityroseville.org).

The Informative eCourier—The printed Courier magazine is available at the beginning of each month. However, around the 15th of the month, the Association emails a message to all residents, which contains a link to the webpage for the monthly eCourier newsletter. This online, monthly newsletter is available to provide additional information and updates not found in the printed magazine. A link to

the eCourier can also be found on the Resident Website, in the "Community" menu.

The eCourier contains information from Board Members, the Activities Department, Timbers Restaurant, Fitness Center, Pro Shop, Golf Course Maintenance (GCM), Web News, and Citizen Patrol/Neighborhood Watch (CPNW), plus a guest article each month. Take a few minutes to scan the current issue. You are sure to find some information that would be of interest. If you continue to scroll down the screen past the last article, you can view eCouriers from prior months.

The Website Makes Being Informed Easy—Each homeowner has a personal investment in this community. During this month, the 2023-2024 Budget will be formulated to be effective on July 1. The budget will set the amount of the homeowner's assessment, as well as funding for the various Association Departments and projects.

Special Board of Director budget workshops and meetings are being held to inform residents. These meetings are being video recorded with closed captions. Links to view those video sessions are available on the Resident Website's home page. If you were not able to attend in person, you can still be informed by accessing the videos of these important meetings.

Need Assistance? Should you have Website questions or suggestions, please contact Julia Schmunk, our Website Designer, by phone 916-774-3878, or by email at [julianns@scraa.org](mailto:julianns@scraa.org).

## Compliance Committee

BY JAN PIESCHKE

With Spring around the corner, hopefully, and Daylight Savings in place, I am sure we will be seeing more activities outside. Golfers, runners, walkers, bicycle riders and of course dog walkers will all be out and about sharing our beautiful community.

This is a great time to review the proper care of our fur family friends as well as making mention of our wildlife furry friends. For the safety of all our residents, ALL dogs require leashes. We have instances of fence jumpers and garage dashers that are not leashed. It can be terrifying or harmful to residents or other leashed pets. Please make sure you are properly housing your fur babies to prevent this.

As for Poop pick-up, it is common sense and common courtesy to pick up after our pets. No one should have to worry about animal waste on our property, sidewalks, or streets. Please pick up after yours and provide "gentle reminders," to our non-residents that we take pride in our community and respect our neighbors.

Our furry wildlife friends are here to stay... the squirrels, turkeys, buzzards, skunks, deer, and an occasional coyote enjoy the land as well. Although feeding the wildlife can be fun and make a resident "feel good" it can unleash several problems. This feeding can lead to increased population, yard digging, attic living, skunk aroma, increased rodent population as well as threatening our pets. Please be considerate of all our Sun City

residents and fur family members by refraining from feeding the wildlife.

I have witnessed acts of kindness in our community.... picking up waste, respecting neighbors with, "No Pet" signs, crossing streets or reversing a route to respect others, are a few simple solutions to the potential problems. We have a very thoughtful neighbor, who alerts us if a coyote or other creature is wandering on the golf course, so we can scoop up our little furry family members for indoor time. Such kindness!!

We all LOVE the beauty and peacefulness of the outdoors, and it takes ALL of us to keep it that way!

## In-Person Grief Support Group Starting-Up Again!

BY PAT TEILH

To those awaiting the return of the pre-covid, in-person, Drop-In Grief Support Group, and to those who suffer recent and/or ongoing loss(es), please contact Bereavement Counselor Karen Bolte at 916-801-0675 to join the first Tuesday of each month from 10am to 11:30am in the Club Room at Timbers Lodge. We look forward to welcoming and supporting you!



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## Sun City Harmonicoots

BY LINDA AUG

The word April originates from “Aprilis” meaning to open or begin. This was certainly true five months ago when Barbara Mills decided to join the Sun City Harmonicoots! “I took an introductory class and began with the basics”. While Barbara wanted something creative to add to her already BUSY Sun City life, her original desire was to introduce their young grandson to the harmonica. “We have a six-year-old grandson who was given a harmonica by Bud Gardner a few years ago. I thought this would encourage Andrew too.”



While Barbara serves on the Compliance Committee and is an active member of Women’s 18 Hole Golf Club, Evening Host, RAMP, and Needle Arts, she manages to find time to practice the harmonica at least 15 minutes each day. An inspirational moment for Barbara was hearing a fellow Harmonicoot, Fred, perform “Ashokan Farewell”. “I’m not ready to play a solo yet” states Barbara, however the Mills family will tell you otherwise. Barbara played “Happy Birthday” for Andrew’s sixth birthday and “Silent Night” on Christmas morning.

“The Harmonicoots are so welcoming to beginners, and I am encouraged every week. If anyone is interested, come to a few meetings and listen to the music and laughter.”

Did you hear “My Wild Irish Rose” or “Danny Boy” ringing through the Timbers lobby on St. Patrick’s Day? Then you strolled by the Harmonicoots as they performed Irish tunes and other favorites. This month the SOLO Club invited the Harmonicoots to play at their monthly social. If your club or group is interested please call Rebecca Hellman at 916-834-3241. We love to perform!

And as for little Andrew, only time will tell. Perhaps someday he will inspire others to learn the harmonica and say “my grandma played the harmonica and so I wanted to learn too.” Harps Up!

• • •

## Dance Club

BY LENORA DAVIS

I told you so (I love saying that)! Our March Showcase was spectacular. The dancers dazzled the audience in their costumes and performances. Everyone had a great time and many learned new dance steps in the workshops that followed. As a result, our Dance Club is growing even bigger. But the fun doesn’t stop there, because every month we have something exciting scheduled.

April 17, from 6:00 to 9:00, will be our muchly anticipated Salsa dance social. Instruction will be from 6:00 to 7:00, then you will be able to observe Salsa dancing performed by the instructor’s dance group. So, dance lessons, then being able to observe an advanced group, all for \$5 is a real treat. You cannot beat that.

And the fun doesn’t stop there. On May 15 we will be having our Line Dance social from 6:00 to 9:00. If you are a beginner or a more advanced line dancer, this is the party you have been waiting for. Yee Ha!

It is not too early to mark your calendar for the June 28 Election Dinner dance and



general meeting. Dinner, dancing, and entertainment... what’s not to love.

Photos this month show the Strutters Jazz Group and Intro to Line Dance Group preparing for the June Election Dinner Dance social.

We will see you on the dance floor.

• • •

## Fine Arts Club

BY NANCY VAVUL

Congratulations go to all who won paintings in our fundraiser drawings at our Art Festival last month. We raised a nice sum of money that has been donated to our chosen charities, Loveall Foundation for Children and the Sutter Care at Home Children’s Bereavement Group. Thanks to all who volunteered their time, talent, and energy to make this a successful event.

It is officially spring, and our hallway showcase is full of lovely small works dedicated to the season during the month of April. Also, this month, for one week only, the art students from Woodcreek High School will be showing their work on the gallery wall in the art room.

These high school students are amazing! We will have a reception at the conclusion of this show for meeting and greeting these talented young artists. Watch for the date of this upcoming event and view the art or join us in reaching out to our community in friendship and support.

Classes for members will continue in the art room as routinely scheduled with a few exceptions, Alcohol Ink will be held on April 21 and 28 only, and then on May 5 and 26 next month. Three oil classes are on tap for April 7, 21, and 28. Monthly payments will be prorated to reflect these changes. As always, check the sign up sheets in the art room.

The renovation of the art room is due to start this month, but we have been reassured that there will be very little disruption to our

classes. Check the room for updates.

Now the answer to that age-old question: Why can’t you trust an artist? Why? It is because they are shady, and a little sketchy, and they will try to frame you. Aw, come on!

• • •

## Creative Arts Club

BY JUNE EVANS

The Art League of Lincoln has invited Sun City Roseville and Lincoln Hills to display our Arts at Lincoln City Hall this May and June 2023. Our pottery, paintings, stained glass, and mosaics will be on display and available for purchase. This two-month exhibit and sale of custom hand crafted art is a first for Sun City Roseville at the Lincoln City Hall Rotunda. As you might recall, last year Sun City Roseville was invited to display artwork at the Galleria Mall so this provides yet another opportunity for the community to view the varied creative works by members of both Sun City’s.

As you walk up the stairs of City Hall to the Rotunda you will see art displayed on the walls of the stairway. Throughout the Rotunda there will be pieces set on coffee tables and inside the curio cabinets throughout the entire second floor. Each artist’s piece will have a tag with the price and the contact information for sales inquiries. If a piece is sold, the artist will have the opportunity to place another of their handicrafts in its place, so the exhibit will change throughout the event. Even custom made business card holders used to house artists calling cards will be for sale!

Your Creative Arts Council is always on the lookout for new and innovative ideas about how we can showcase and highlight all that we do throughout our community. If you have any suggestions please place them in the suggestion box inside the Creative Arts Room in the Timber’s Lodge. Looking to take a class? Inquire within!

Details about how you can enter your pieces are coming soon so be on the lookout for that information as the date nears. Lincoln City Hall is located at 600 Sixth Street in Lincoln.

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(more Club News cont’ on page 11)

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### Needle Arts Club

BY CJ KIDD

All the things you do reflect... on your ability, your integrity, your spirit, your health, your dreams, and yourself. Choose your path wisely.

March 1st was our Tea and Table Event in the Ballroom. The Ballroom glistened with an array of beautifully decorated tables. Each table was unique and welcoming. Thank you to our members who shared their talent for us to enjoy: Sharon Lawin, Barbara Becker, Barbara Aaberg, Linda Huisman, Darlene Haverland, Diane Scalise, Emily MacWilliamson, Dee Smith, Trish Pelascini, Janet Elliot, Linda Dupree, Barbara Davis, Judy Griffith, Diane Gard, Cindy Stoorza, Susan Mehring, Jean Hurtado, Dawn Haskins and Claudin Odell, Norma Jones and Judi Harrison.

Thank you, Diane Faulkner, our Vice President and Shirley Conzelmann, committee chair, for sharing their time and talent organizing this spectacular event. Thank you to our greeters, Carolyn DeSantis and Betty Manning.

Our April Meeting on Wednesday, April 5th, 2023 will welcome Pottery Barn. The focus will be Spring Home Décor. This program should be inspiring and fun.

Mark your calendars for Friday, May 5th for an exciting Fashion Show and Luncheon beginning at 11:00 in the Ballroom.

Be sure to check out all the Classes being offered to Needle Arts Members. The sign-up sheets are in the Needle Arts Room located on the Bookcases. I am sure you will find one of interest to you. If you would like to teach a class on quilting, sewing, knitting, etc. etc. please see Kathy Beard.

If you ever cross Gail Riddle's path, thank her for being the editor of the Needle Arts Club Newsletter. Every month she manages to put together our fabulous Newsletter. Thank you, Gail for your time, talent and abundance of energy and new ideas.

...

### Roseville Stamp Club

BY TIM MILES

Summer is coming and we are into the full swing of stamp collecting. Al Capparelli (916-771-8288) has a great collection of stamps broken down and available, particularly Germany and US. Should you need any "fillins" for the blank squares of your collection, give him a call.

The meeting dates for April are set for April 11 and April 25 and the May meetings are May 9 and May 30. All meetings are on a Tuesday and start at 6:30 pm.

Notice the three-week gap on the May meetings. That is due to a demand for meeting rooms at the Sun City Lodge. Meetings are usually over by 8:30 pm or so.

Newcomers are welcome to attend and bring their "old" stamp album and be surprised at the increase in value.

The Sacramento Stamp Club has their Spring Show set for Fri-Sat April 14-15 at the Arden Christian Church, 4300 Las Cruces Way (near the corner of Las Cruces and Eastern Ave). One of the features of this show is the 5-cent stamp table featuring hundreds of cheap stamps you might be missing. Free parking is available.

Westpex Stamp Show is at the Burlingame Marriott April 28-30. This is a "biggie" with many dealers from all over the US appearing. We could possibly have carpooling available. Ask at the meetings or call Al Cap.

Kelleher's Stamp Auction Co has a beautiful catalog sent to Amer Phil Soc members.

The APS dues are only \$48 a year and include a monthly magazine and access to many other parts of the hobby. What is interesting are the many separate ways you can specialize in the hobby.

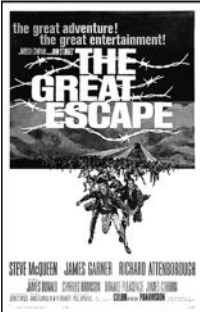
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### Cinema Group

BY BRIAN SUTTON

Join us for this exciting April movie, "The Great Escape" (1963)

During World War II, a group of Allied soldiers, who are imprisoned in a German POW camp,



are intent on breaking out, not only to escape, but to draw German forces away from battle. Among the prisoners determined to escape are an American Captain (Steve McQueen) and British Squadron Leader (Richard Attenborough). Outwitting their captors by digging a tunnel out of the prison grounds, the soldiers find the stakes much higher, when escape becomes a reality.

The cast includes Charles Bronson, Donald Pleasence, James Garner, David McCallum, and James Coburn. The Director, John Sturges, is noted for his many great, action films.

This film received exceptionally high ratings... 8.2 (out of 10) from the website "Internet Movie Data Base (IMDB)".

94% Critics, 95% Audience, on the review website "Rotten Tomatoes".

Friday, April 21, 1:30 pm, Spruce Room, Sierra Pines. As always, Admission is Free!

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

...

### Boomer Generation

BY SUZANNE CROWDER

Thank you to everyone that turned out for the two-day St Patty's Potato Event. 170 potatoes were quite a sight. Hats off to all the "Blank Slate" participants. You all were very creative with your answers. Congratulations to all the winners.

The SIGs are in full swing. The Golf, Wine, Trivia and Bunco SIG's all had their gatherings. Progressive Dinner and Dining Out did as well. We've got the Game Night SIG coming up in April so watch for that email with the date and time. We have three Book Clubs that have been going strong and now offer a fourth one. If you're interested, reach out to Nicki Wampold at 916-705-9607 or Mary Porter 916-346-8033. They are looking at the third Thursday of the month 2:00 pm-4:00 pm.

The nominating committee did a great job. We have two groups of people running for the positions opening up July 1, 2023 for a two-year term.

Tom Harvey, President (current VP), Judi Garcia (current council member) and Suzanne Crowder/Lori Zeledon (current Secretary).

Nancy Schubach, President (past president), Diana Morales, VP (past Secretary) and Carole McCullough, Secretary (past Secretary).

Monday, April 24th at 7:00 pm Sierra Pines is the final General Meeting for this council, so mark your calendar. We'll have a meet and greet with the candidates and be discussing the voting process for the tents at the Timbers with a buffet themed dinner and a band, Planet Groove open Board Member positions. Since there won't be a Courier Days May 1st, we'll be selling tickets to the May 24th Event. At this time, it will be held outdoors, under will be back so that you can dance the night away. Watch your emails for more information and ticket prices.

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### International Social Group

BY CYNTHIA SINDREY

The International Social Group will not have an event in April, but we are planning an event on May 24, 2023. Since we honor different countries we have decided on Mexico this time. There will be a catered Mexican dinner followed with entertainment. More details will be available in the May issue and flyers will also be available. Moving on to July 2023 we have always honored America with a belated 'July 4th BBQ'.

Our group with members from all over the world (including America) enjoys eating, being entertained and meeting people with different backgrounds.

For further information please contact: Cynthia Sindrey, President - 916-773-551 or: Charlotte Sloan, Co-President - 415-274-3012

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### Jewish Fellowship Circle

BY LOIS ARLEN AND KAREN LEVINE

In February the Jewish Fellowship hosted their annual paid up members' brunch, and what a feast it was! The food was outstanding, including all of the delicacies of bagels, lox and cream cheese, delicious kugels and all kinds of tuna, egg, fruit and herring salads. We had a wonderful turnout. Thanks to all the members who brought food, set up, clean up and helped to make this event so successful. Looking forward to next year's brunch and future events. If you have not paid your dues, please send your checks to Nancy Schubach.

(cont' on page 15)

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## Safety First — *Distracted Driving Impacts Our Roadways*

BY ROB BAQUERA — *Public Information Officer, Roseville Police Department*

According to the National Highway Traffic Safety Administration, the latest data on distracted driving reveals:

- More than 400,000 motorists were injured in accidents caused by distracted driving and 2,800 deaths occurred as a result.
- Drivers reported being distracted 30% more often than when asked a year before.
- Distracted driving spikes at night between 6:00 pm and 11:00 pm.
- Distracted driving was a reported factor in 8.1% of fatal motor vehicle crashes.
- 42% of high school students in the U.S. admitted that they text or email while driving.
- Roughly 20% of injuries occurring in car accident crashes involve distracted driving.
- Drivers are distracted by their phones at least 10% of their driving time.

A ringing cell phone, fighting kids, or a spilling coffee cup: no one is immune from distractions. The average car weighs around 5000 pounds. When you mix distractions and a vehicle traveling down the road, you get distracted driving. Distracted driving can occur when something diverts your attention from the task of safe and attentive driving.

According to the Center for Disease Control – Injury Center, there are three primary types of distractions:

Mental or cognitive—when a driver's mind is focused on something besides driving. These can include talking to another passenger, thinking about something that is upsetting, road rage, daydreaming, or being under the influence of drugs and/or alcohol.



Visual – when a driver looks at something other than what is ahead on the road. These can include looking for items on the floor of the car, checking and adjusting your GPS, changing the radio station, adjusting your temperature controls, taking in the view, or doing your makeup, and, of course, texting or dialing on your cellphone.

Manual – when one or both hands are taken off the wheel. These can include eating and drinking, adjusting your child's seatbelt, smoking, searching through your purse or wallet, or turning knobs in your car.

There are things you can do to ensure you are driving as safely as possible. Here are some simple ways to minimize driving distractions:

- Keep your eyes on the road.
- Pull over to read directions.
- Put your phone in "Do Not Disturb" mode.
- Keep your phone out of reach.
- Make all adjustments before driving.
- Don't reach for items while driving.
- Avoid phone calls, even hands-free.
- Stay focused on the road.
- Keep your emotions in check.

Distracted driving is a major cause of car-related injuries. Complacency can be a huge factor. Many accidents happen near or around your home due to your familiarity with the surroundings. Do your best to stay focused on the task of driving safely and you will be able to respond more quickly, be better positioned to think clearly when needing to respond, and likely spot a distraction before it becomes a problem.

## Using Informed Delivery to Deter Mail Fraud

Each year, according to the United States Postal Inspection Service, Americans trust the United States Postal Service (USPS) with billions of letters and packages, and the vast majority of those arrive safely at their intended destinations.

Unfortunately, there are always thieves who will target the mail, and there are steps YOU can take to ensure your mail arrives safely to you, or to quickly find out if mail is missing so you can take additional action to deter any subsequent fraud.

Informed Delivery, a free tool offered to most US Zip Codes since 2017, sends an email containing images of the mail you should be receiving in your mailbox each day mail is delivered. Upon signing up through their website, USPS follows industry best practices to verify your identity, including the use of a mail-based verification letter.

For more information about this service and to sign up: <https://www.usps.com/manage/informed-delivery.htm>

If you discover that your mail has been stolen, report it immediately to USPS online at [usps.com](https://usps.com).

If you discover your mailbox has been vandalized, call the police department to



report it, then call your local USPS Office to inform them. Locate your nearest post office at [usps.com](https://usps.com)

Remember, the best way to lessen your chances of having your mail stolen is to check and remove all your mail from your mailbox every day.

For more tips to help protect yourself and others against mail and package theft, visit [usps.gov/tips-prevention/mail-theft](https://usps.gov/tips-prevention/mail-theft)



## Drug Take-Back Day is April 22

Save those unused and expired medications for National Prescription Drug Take Back Day, happening April 22 from 10 a.m. to 2 p.m. at two Roseville locations. Bring unwanted medications (vaping devices included) to the sites listed below.



To protect your identity and privacy, we recommend scratching out any identifying information before disposing of containers.

Together we can help prevent and reduce any medication misuse and help safeguard our waterways.

Locations: Please note the locations have been updated from the March Roseville Utility newsletter

• Sun City Roseville, 7050 Del Webb Blvd  
• Maidu Community Center (near indoor soccer arena), 1550 Maidu Drive

Acceptable items to drop off:

- prescriptions
- non-prescriptions (over-the-counter)
- veterinary medications
- vaping devices (remove batteries)

Do not bring:

- sharps or lancets
- medical waste
- illicit substances including marijuana

Can't make the event? Find a permanent drop-off location at [PNCMS.org/RxDrugSafety](https://www.pncms.org/RxDrugSafety).

## City Council Updates Four-Year Strategic Plan

In October 2019, the Roseville City Council held a public workshop to set the long-term vision for our City. The result was a four-year strategic plan that highlighted the Council's top priorities and gained consensus around the strategies aligned with each. The Council's strategic plan has remained relevant and an important policy document to guide budget decisions.

At the workshop February 21, the City Council reviewed accomplishments and milestones from the past year. The Council affirmed its priorities and looked ahead at the next several years—all while being mindful of the financial requirements, staff capacity, and timelines to tackle these priorities.

The strategies focus on timely efforts, whether specific projects like body-worn cameras or initiatives like making our community inclusive and welcoming. Each year, as Council does its annual update, the update workshop allows for the current council to weigh in, for completed projects to be removed, for new initiatives to be considered, and for new circumstances to be factored in.

Following is the Council's Strategic Plan with six priorities, which remained the same, and the updated strategies as determined at last week's workshop:

Maintain a safe and healthy community —

1. Ensure public safety service levels are maintained with facilities and staffing, and real-time crime monitoring, as the City grows.
2. Continue City efforts to reduce

homelessness while collaborating and advocating regionally as appropriate.

3. Continue inclusiveness, equality and justice efforts for all in partnership with the community.

Remain fiscally responsible in a changing world —

1. Balance utility services and customer rates, given legislative mandates and rising costs.

2. Seek ways to reduce pension liabilities to maintain high quality services.

Enhance economic vitality —

1. Advance sports tourism strategy, including soccer complex.

2. Support conditions that attract, promote and retain retail, commercial and industrial opportunities that have a positive fiscal impact

3. Consider strategic reserves and other funding for vacant storefronts, façade improvements, corridor rehab and other opportunities to adapt to changing economic conditions.

4. Implement Economic Development Strategy.

Invest in well-planned infrastructure and growth —

1. Reinvest in core neighborhoods.

2. Increase funding for CIP rehabilitation to prevent erosion of infrastructure.

3. Prioritize completion of soccer complex and crucial corridors.

4. Maintain investment in water resiliency

and increase capacity of the electric utility.

5. Seek increased regional and local transportation funding and revenues

Support community engagement and advocacy

1. Remain focused on community engagement and education about City services and the budget.

2. Explore opportunities to engage increasingly diverse audiences in relevant ways.

3. Increase outreach to and engagement with younger populations.

4. Explore volunteer opportunities for employees.

5. Help county, state, and federal policymakers understand key City issues, including local decision-making.

Deliver exceptional City services —

1. Explore ways to strengthen code enforcement efforts, including graffiti and blight abatement.

2. Remain an employer of choice through expanded recruitment and attraction efforts, a focus on retention, and a strong culture.

3. Implement greater community-based and volunteer cleanups.

4. Implement a new and more efficient way to process increasing Public Records Act requests.

This consensus on policy direction helps guide the work of our 14 departments and 1200 staff members serving our growing city of 154,000.

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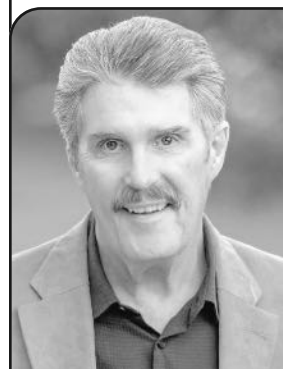
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DRE #01177945

# Fibromyalgia Solutions

Common experiences of those living with Fibromyalgia often include:

Pain that is difficult to identify or pinpoint.

Pain that seems it has a life of it's own.

The feeling that others expect so much from you because they can't see that you're sick.

The feeling that everything hurts.

Feeling of brain fog.

Overwhelming pain and fatigue that causes you to avoid social or family activities.

Maybe you've tried physical therapy, pain pills, injections, burning off the nerve, back cracking, or massage, which provided some relief at first but is no longer working.

Are you afraid your pain is getting worse?

Are you tired of not getting any answers?

Does your doctor tell you the pain is "all in your head" and to "just live with it"?

## What Causes Fibromyalgia?

The exact cause of Fibromyalgia are not fully understood, but a variety of factors could be working together that may cause the body's pain signals to go awry, including:

**Genetics:** There may be certain genetic mutations that may make you more susceptible to developing the disorder.

**Infections:** Some illnesses appear to trigger or aggravate Fibromyalgia.

### Physical or emotional trauma:

Fibromyalgia can sometimes be triggered by a physical trauma, such as a car accident. Psychological stress may also trigger the condition.



***"I've had fibromyalgia for 15 years. My first symptom was upper back pain, then slowly everything felt like a bruise. When it all began, my doctors told me I was fine, and I needed a therapist. Then I tried acupuncture and found real support. She really listened to me and with her treatments I'm able to manage to my pain and live my life!"***

***- Tonya L.***

Fibromyalgia affects the entire body, and even more complicated, it affects everyone's body a little differently. Symptoms are often difficult to predict and usually change on a daily basis. Symptoms can make everyday life incredibly difficult. Mundane, daily tasks feel nearly impossible.

## Fibromyalgia CAN be treated.

**You may feel that your condition is misunderstood or that you and your symptoms are being dismissed. And perhaps you've even been told that you just have to live with your Fibromyalgia pain. But relief CAN be achieved! We have pioneered non-pharmaceutical BioTherapy solutions along with acupuncture to help your Fibromyalgia symptoms. For many of our patients, Fibromyalgia pain can be managed and your daily life can be improved!**

## What to Expect.

Because there is no simple laboratory test to diagnose Fibromyalgia or determine it's severity, we rely on really listening to your concerns and eliminating the possibility of underlying conditions that might otherwise be causing your symptoms.

Then, a COMPREHENSIVE treatment plan will be developed, CUSTOMIZED for YOUR Fibromyalgia symptoms.

Our treatments have been shown to increase blood flow and expedite healing and recovery. Our clinic has an 87% success rate in treating Fibromyalgia.

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We offer HOPE.**

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aculincn.com**

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**Live Life To The Fullest!**

## Jewish Fellowship Circle

(cont' from page 11)

Spring has arrived with warmer weather and trees and flowers blooming everywhere! And with the coming of Spring we welcome our Passover celebration. Our annual traditional Passover Seder will be on Thursday, April 6th, 2023 in the Ballroom of the Timbers Lodge. Details will follow to all Fellowship members.

A special thank you with appreciation to Gus Ballis for leading the Shabbat service and to Paul and Vivian Friedman for hosting the Oneg at our Shabbat service in February. Our next Shabbat service and Oneg will be on Friday, April 14th, 2023 at 7:30 pm at Sierra Pines.

The Book Club will be meeting on Monday, April 10th, 2023 at 7:00pm at the home of Ron and Diane Rische. The book that will be discussed is Rashi's Daughter (Book 1) by Maggie Anton.

• • •

## Mantra Meditation

BY ED CERVANTES

Mantra Meditation – A Deeply Relaxing Experience...

Join us for a peaceful hour of mantra meditation, music and good company. Come learn a simple method of meditation that uses soothing mantras and music to ease the stress and anxieties of daily life and emotional situations. Mantra meditation is as universal as the sunrise. Everyone can enjoy the beauty of a sunrise and be warmed by its rays. Likewise, through this meditation everyone can find spiritual love, peace and comfort.

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

Here are the dates and locations for our upcoming meetings.

Wednesday, April 12th 1:30pm - 2:30pm in the Ponderosa Room at Sierra Pines.

Wednesday, April 26th 1:30pm - 2:30pm in the Spruce Room at Sierra Pines.

Friday, May 12th 1:30pm - 2:30pm in the Ponderosa Room at Sierra Pines.

Mark your calendar and we'll see you soon.

Ed Cervantes and The Heart of Gold Meditation Group [mantramedclub@gmail.com](mailto:mantramedclub@gmail.com)

• • •

## SC Democrats

BY LINDA WARZECHA & MARTY BOYLE

Sun City Democrats have gotten off to an exciting and stimulating new year, launching its new Speakers Series with two wonderful guest speakers in January and February. David Metz, President of FM3, one of the state's most prominent political research and polling firms, visited in January and provided detailed insight into the 2022 election results as well as how California and Placer County's voting priorities are evolving. David Campos, Vice Chair of the California State Democratic Party, was February's guest speaker and talked about the Party's priorities and approach to 2024, and how clubs like ours can focus our energy to help Democrats win locally and regionally.

We are over-the-moon to be able to announce fascinating guest speakers scheduled for April and May's meetings: Professor Danielle Joesten Martin, Sacramento State University, teaches political science courses related to elections and primary election, campaigns, and voting habits in the U.S. Professor Martin will be the guest speaker at our April 26 meeting. Terry McAteer is the extremely engaging and popular OLLI/Sierra College political science and political history lecturer whose fun, interactive lecture style has made him a well-known presence in Placer County. He will be our May 24 guest speaker and is expected to talk to a subject he is currently teaching at the college: "Are We Headed for a Civil War?" As grim as that title may sound, members can expect a rousing-good discussion of the current partisan divide.

Hope to see you all at our meetings.

• • •

## SCR Computer Club

BY BARBARA EICHTEN

The Council Meeting will be in the Club Room from 9:00-10:00 and the General Meeting will be on April 24, 2023 at 10:00 am in the Ballroom. All are welcome!

Photo: PhotoSIG will meet on the 3rd Friday, April 21st at 10:00 am in the Club Room. Come to the meeting and see how the Photo SIG (camera club) does things. All Computer Club members may join the Photo SIG. Submission of a maximum of 3 photos, sent to [PhotoSIG916@gmail.com](mailto:PhotoSIG916@gmail.com), is due by Monday, April 17, 2023. The photos are juried

at the regular monthly meeting. April's theme is "Close Up." Photos must have been taken between January 2019 and the photo submittal date. Contact Dennis Studer or Jenny Ramirez for additional information.

Card Making: Will meet on the 3rd Tuesday, April 18, 2023 from 1:00 - 4:00 pm in the Club Room. Cathy Fluellen (623-256-0280) will host a session with Rubberstamps. Call register and for further information.

iDevices: Will meet the 1st Wednesday, April 5, 2023 at 10:30 am in the Club Room. Bring your devices: iPad, iPhone, Mac computer.

Open sessions will be available on Friday, April 7, 14, 21, 28, 2023 from 1:00 - 3:00 pm. This is designed to give individual assistance with devices. Other OPEN sessions will be available on Monday, April 4, 2023 from 1:00-3:00 pm and April 11, 2023 from 9:30 -11:00 am in the Club Room.

Check the [scres.org](http://scres.org) website for further information or call (916-587-2862) or email ([Suncitycomputerclub2@gmail.com](mailto:Suncitycomputerclub2@gmail.com)) the Computer Club.

• • •

## Socrates Café

BY STEVEN GUSTAFSON

Socrates Café is Sun City's philosophy discussion group. But don't let the word "philosophy" put you off---typically more than a dozen of us have lively and interesting discussions at 10:00 on the first Monday of each month in the Timbers Lodge.

A facilitator proposes three questions for discussion, often on controversial issues (but we avoid discussing political positions or religious beliefs). For example, last month the questions were essentially these:

1. Can Artificial Intelligence (AI) be controlled successfully for benevolent purposes? Could AI computers become our overlords?
2. Aristotle, one of history's most famous philosophers, advocated a "middle way" to virtue over 2000 years ago. For example, courage is between the extremes of cowardice and recklessness. Is the "middle way" applicable today?
3. Can the threat posed by authoritarian-ruled states be managed? Can their tendency to abuse human rights and start military conflicts be mitigated?

You are welcome to join us for our next

discussions at 10:00 Monday, April 3rd in the Timbers Lodge Birch room.

• • •

## Solo Friends

BY CATHY SCHIMANSKY

Come and join the fun with Solo Friends! All Sun City Roseville residents are invited to enrich their social life by joining Solo Friends members at one or more meetings. Solo Friends have information/education focused meetings and social dinner party meetings ten months a year. And now there has been a significant growth in attendance at the multiple times-a-month Solo Friends small group meetings. The small groups (usually eight to sixteen attendees) feature a variety of table games and a book group. The small groups are hosted at members' homes. Both the larger meetings and smaller group meetings give residents an opportunity to get together with their Sun City neighbors and foster ongoing friendships.

The February 18th social dinner theme was "Share the Love". Eight-six members donated non-perishable food items that



were given to our local food bank, enjoyed an excellent dinner catered by Randy Peters catering and played Bingo to complete an active and busy evening. A heartfelt thank you goes to our co-host members Arlene Kozub and Vickie Blomquist.

(cont' on page 19)

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## 15 DAY HAWAII from SFO! PRINCESS

Crown Princess ~ 3080 Passengers

Nov 26, 2023	\$1,198	\$1,464	\$2,698
Jan 7, 2024	\$1,198	\$1,464	\$2,698
Mar 9, 2024	\$1,198	\$1,464	\$2,698

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

Ensenada, Mexico, San Francisco, California.

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## 7 DAY CALIFORNIA COASTAL From SFO! PRINCESS

**\*LINCOLN SHUTTLE TO SHIP AVAILABLE!**

Royal Princess ~ 3560 Passengers

Apr 16, 2023	\$624	\$709	\$709
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Crown Princess ~ 3080 Passengers

Oct 22, 2023	\$498	\$598	\$948
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Sail round trip from San Francisco, California to Santa Barbara; Los Angeles; San Diego; Ensenada, Mexico; San Francisco.

## 10 DAY ALASKA From SFO! PRINCESS

Ruby Princess ~ 3080 Passengers

May 17, 2023	\$749	\$854	\$1,349
Jun 6, 2023	\$948	\$976	\$1,916
Jul 6, 2023	\$998	\$1,148	\$1,898
Aug 15, 2023	\$998	\$1,148	\$1,648

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

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## 10 DAY MEXICO From SFO! PRINCESS

Crown Princess ~ 3080 Passengers

Dec 12, 2023	\$648	\$788	\$1,248
Jan 23, 2024	\$698	\$848	\$1,298
Feb 7, 2024	\$748	\$909	\$1,348
Mar 25, 2024	\$748	\$909	\$1,348

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

**\*LINCOLN SHUTTLE TO SHIP AVAILABLE!**

## 16 DAY PANAMA CANAL PRINCESS

Ruby Princess ~ 3080 Passengers

Oct 22, 2023	\$1,599	\$1,899	\$2,999
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**INCLUDES SHUTTLE FROM LINCOLN TO SHIP & RETURN FLIGHT!**

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

## 36 DAY EUROPE REPOSITION CUNARD

Queen Elizabeth ~ 2081 Passengers

Aug 20, 2023	\$5,448	\$6,248	\$7,688
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**INCLUDES LINCOLN SHUTTLE TO SHIP & SACRAMENTO AIRFARE RETURN!**

Sail from San Francisco to Barcelona, Spain visiting the Los Angeles; Cabo San Lucas, Mexico; Puntarenas, Costa Rica; Transit the Panama Canal; Aruba; Ft. Lauderdale; Hamilton, Bermuda; Madeira, Portugal; Seville (Cadiz) Spain; Barcelona, Spain, Capri/Naples, Italy; Ajaccio, France; Mallorca, Spain; Barcelona, Spain.

## 73 DAY GRAND AFRICA HOLLAND AMERICA

Zuiderdam ~ 1964 Passengers

Oct 7, 2023	\$12,599	\$13,699	\$19,999
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**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.

Shuttle from Lincoln to the ship in San Francisco is \$200 per person. 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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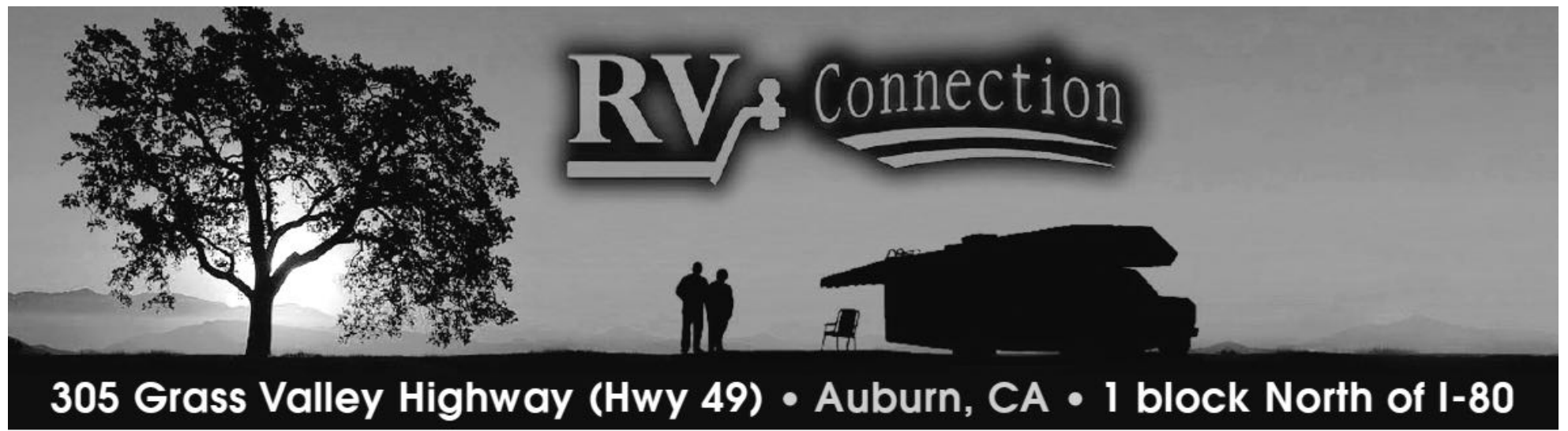
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<b>INCLUDES ROUND TRIP SACRAMENTO AIRFARE!</b>		
Package Includes round trip Sacramento to Maui, Hawaii Airfare, Accommodations at the Aston Kaanapali Shores which is an Oceanfront, full service condominium resort with the comfort convenient spacious suites with full kitchens and hotel caliber services. Call for availability.		
<b>7 Day Cabo San Lucas</b>	<b>May – December 2023</b>	<b>\$2,599</b>
<b>INCLUDES ROUND TRIP SACRAMENTO AIRFARE!</b>		
Package Includes round trip Sacramento to Cabo San Lucas Airfare, Accommodations, Meals and Drinks (including alcohol) at the Pueblo Bonito Sunset Beach Golf & Spa Resort located on the western side of the tip of Baja overlooking the Pacific Ocean with breathtaking views of the ocean and beautiful desert landscapes. This resort is set away from the concentration of hotels along the Sea of Cortez on a 50 acre site with an expansive beach. Exchange privileges at the Pueblo Bonito Rose and Pueblo Bonito Los Cabos. Call for availability.		
<b>7 Day Tulum</b>	<b>May – December 2023</b>	<b>\$2,599</b>
<b>INCLUDES ROUND TRIP SACRAMENTO AIRFARE!</b>		
Package Includes round trip Sacramento to Cancun Airfare, Accommodations, Meals and Drinks (including alcohol) at the Hilton Tulum All-Inclusive Resort situated on the white sand and clear waters of a pristine and secluded bay that feels like a private beach. With 735 rooms and suites, 13 all-inclusive restaurants and bars, a luxury spa and a lively family area, 9 pools, disconnected from the ordinary and connected with the extraordinary. Includes Airport to resort transportation. Call for availability.		
<b>7 Day Tahiti</b>	<b>May – December 2023</b>	<b>\$3,999</b>
<b>INCLUDES ROUND TRIP SAN FRANCISCO AIRFARE!</b>		
Package Includes round trip San Francisco to Papeete, Tahiti Airfare, Accommodations at the Intercontinental Tahiti and the Hilton Moorea, transfers from the airport to the hotel and round trip ferry to Moorea. Call for availability.		
<b>12 Day PARIS TO THE SWISS ALPS</b>	<b>May – December 2023</b>	<b>\$3,499</b>
<b>INCLUDES ROUND TRIP SACRAENTO AIRFARE!</b>		
Package Includes your home to the Sacramento Airport Transportation, round trip Sacramento Airfare, Airport Meet-And-Greet with Transfers from the Airport to your hotel in Paris for 2 nights, your 7 Day Viking River Cruise in standard accommodations with a window, 2 nights in a hotel in Zurich, Switzerland, daily sightseeing, and all meals on board the boat as well as breakfast in the hotels in Paris and Switzerland. Ask about higher category staterooms like a French Balcony or Veranda stateroom. Call for availability.		
<b>15 Day GRAND EUROPEAN TOUR</b>	<b>May – December 2023</b>	<b>\$4,299</b>
<b>INCLUDES ROUND TRIP SACRAENTO AIRFARE!</b>		
Package Includes your home to the Sacramento Airport Transportation, round trip Sacramento Airfare, Airport Meet-And-Greet with Transfers from the Airport to the boat, your 15 Day Viking European River Cruise through France, Germany and Switzerland in standard accommodations with a window, all meals on board the boat and daily sightseeing. Ask about higher category staterooms like a French Balcony or Veranda stateroom. Call for availability.		

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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## Solo Friends

(cont' from page 15)

By the time this article goes to print Solo Friends will have shared another enjoyable dinner and game night featuring a St. Patrick's Day theme on March 18th with Sandi Nordquist being our lead host and chef prepared tri-tip dinner with an after-dinner play time of the popular Card Bingo game.

The upcoming April 15th Spring Swing social promises to be another "delicious and delightful" party as there will be a pasta dinner catered by the Spaghetti Factory and entertainment will be provided by the talented Sun City Roseville Harmonicoots performers.

Solo Friends always has a volunteer members' table at Courier Days during the morning of the first of each month in the Timbers lobby. All residents are welcomed to stop by and learn more about our cheerful and lively group.

• • •

## Republican Group

BY CAROLE VAILLANCOURT

At our February meeting our members were briefed by three presenters; Matt Click, AICP Executive Director of the Placer County Transportation Planning Agency, Mike Costa, Senior Transportation Planner, from the same agency and Jason Shykowski of Roseville's Public Works Department.

A power point presentation outlined the geographical areas of our county, as Jason & Mat explained the transportation needs of these areas as we grow and the plans to accomplish them. Included was work on 65 and 80 the major concern is obtaining the necessary funding.

Jason discussed in depth the voiced concerns and frustrations by members regarding the conditions of the streets in Sun City (cracks) He also briefed that they are working on the solutions.

Please join us at our next meeting on April 6, 7PM, social time begins at 6:45, at Sierra Pines. District 1 Placer County Supervisor Bone Gore is our speaker.

All interested Residents are welcome to attend as guests.

For more information regarding our group please contact caroleva@surewest.net

• • •

## Veterans and Patriots Club

BY MIKE YOUNG

It is a great experience living in the Sun City Roseville Community. We have so many great activities and clubs with which to belong. The Veterans and Patriots Club was started at the genesis of the Community over twenty (20) years ago by mostly WW2 veterans. Today, the club is transitioning to Veterans and Patriots from the Vietnam and Iraqi / Afghanistan conflicts.

We have been making needed small changes to the format to enhance the General Meeting experience, (which starts at 10am on Wednesday, April 5th in the ballroom). We have been attempting to provide a mix of Veterans and Patriots as our speakers and would love to have you as a member of the Sun City Community come forward and tell your story. Don't be shy, as you can bring your neighbors as well. The meetings are open to any member in the Sun City Del Webb Community. When you come to the meeting you will be able to get a cup of coffee, donuts, free raffle prizes (car washes and meal's) and an opportunity to hear a very unique story about the lives of our neighbors experiences in the military and those associated with the military in some fashion.

Lifetime Membership is \$30 and available to those with a SC Activities Card. For applications contact Bill Hanzel at bhanzel@comcast.net. In March, we had one of the Marine Corps. recruiters speak about issues faced when recruiting these days. In April, we have a surprise speaker who will certainly entertain all who come. We will publish the name of this person in our up-coming poster and flyers. So "standby", as we say in the military.

Need a new flag? We have them for \$25. Contact Mike Wedemeyer-weedy60@aol.com. We will shortly be announcing our new social events for 2023.

• • •

## Conservative Action Group

BY SHERRI SCOTT

What a meeting we had on March 6!

Our speaker was Tiffany Saathoff, Chief of Staff for our 5th District Assemblyman Joe Patterson. In an open forum format, Tiffany explained a few of the 23 bills introduced so far by Mr. Patterson. These include AB 229 - relating to violent felonies by clarifying existing



Tiffany Saathoff and Gwen Myers.



Courier Days Michael Welch and Amy Cho.

language and adding felonies for human trafficking and domestic violence, AB 1260 - notice of parole release dates requiring 30 days advance notice and more details needing to be provided to local law enforcement and District Attorneys, AB 801 relating to student privacy and AB 802 requiring notification to parents of their right to examine school curriculum.

We also discussed a few new bills to which we are all opposed. Included here is AB 1078 which allows the state to mandate curriculum and prohibits the removal of any instructional materials or ceasing to teach any curriculum without prior state approval. Our various school boards have always had the responsibility of curriculum decisions while considering state recommendations. This bill in effect totally removes our local school board, and thus our control on how and what we educate our children. Another mandate, AB 659, will prevent a student from advancing to the 8th grade if they do not have the HPV virus vaccine.

The website leginfo.legislature.ca.gov provides information on all Assembly and Senate bills that have been introduced so far this year.

Individual group members brought up other issues for discussion. We talked about issues facing a few of our school districts, state mandates in general, fund raising, other member community activities and had a lot of laughs along the way.

Join us for our next informative and relaxed camaraderie meeting on April 3, at Sierra Pines, 6:30 pm.

• • •

## SCR Travel Club

BY ANDREA NORCIA

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

The Travel Club will be hosting our Spring Social on May 22nd at the Sierra Pines. Our Summer Social will be held on August 28th at the Sierra Pines and our Christmas Lunch will be held on December 28th in the Timber's Ballroom.

Trips currently scheduled in 2023 —

July 9-16, 2023: Cowboy Country (Northern National Parks)

September 14-27, 2023: Plains of Africa

September 16-23, 2023: Canada / New England Cruise

September 24-October 2, 2023: Columbia & Snake River Cruise

October 12-19, 2023: Colors of New England

December 2023: New York City Christmas Lights

Scheduled trips for 2024 include:

January 18-29 2024: Treasures of Egypt

February 21-March 10, 2024: New Zealand

April 3-16, 2024: England / Scotland

\*2024: The Ozarks

June 2024: World War II Tour (Including Paris)

August 15-22, 2024: AMA Bordeaux River Cruise

September 2024: Galapagos Islands

When you book a trip be sure to note if there are any payment deadlines listed for your excursion and/or airfare. Oftentimes, the most affordable airfares have a reservation deadline noted in the trip's brochure. If you fail to book by the deadline, you may incur a significant increase in your airfare.

As a reminder, for those of you who are covered by Medicare, which I am sure includes most of us, remember when you travel outside of the U.S. Medicare does not cover your health-related claims. Be sure to check with your supplemental provider and/or any other insurance you may have available to you such as, your Visa or bank related credit/debit card.

For more visit our website on the SCres.org website. Look for the "Travel Club" tab,

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(more Club News cont' on page 20)



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## Rods & Relics

BY ELNA RAGAN

The blustery, rainy weather has drastically affected outdoor Car Show venues. Bring on the spring so that we can get out and about, attend local and distant Car Shows, and go on group runs!

At the recent Board Meeting and General Membership Meeting, club members were gearing up for the Saturday, June 3 Downtown Lincoln Car Show. We are off to a good 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)

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## Birders

BY JANET MORELLI

A revised Birders' Field Trip Schedule is now posted to the Birders' Group website for the months of March through May 18 (the last field trip scheduled for SCR Birders' 2022-2023 birding season). Cosumnes River Preserve, a site that had been cancelled in early February due to flooding, was moved



to March 2 (which turned out to be a perfect day for birding). A total of 31 species were identified at the Preserve, including Greater White-fronted Geese, Snow Geese, Northern Shovelers, Ruddy Ducks, and Ring-necked Ducks.

Two field trips are scheduled for the month of April. On April 6, Birders will be going to Traylor Ranch Bird Sanctuary and Nature Preserve in Penryn. Then on April 20, Beek's Bight in Folsom will be the next outing. A week prior to scheduled field trips, SCR residents on the Birders' email roster will receive an eBlast providing the meeting time and place and carpool and site entrance fees (if any). Residents wanting to receive these eBlasts should contact Janet Zeitman at 916-771-5235 or Janet Morelli at 916-782-6393.

The first field trip in May, on May 4, will be the next-to-last field trip of this SCR Birders Group season. The Birders will be going to the Linda Creek trail in Roseville. Again, SCR residents on the Birders' email roster will receive a reminder one week in advance of this trip.

The male Ring-necked Duck, has a black back and breast, gray sides, a dark purple head, light gray sides, and a narrow white ring around its eye and near the end of its bill. It is usually found in small groups on freshwater ponds, diving in shallow water for plants and seeds. The dark-brown neck ring worn by the male, for which the species is named, is not often visible.

• • •

## Garden Club

BY SUZETTE AUSTIN

"Square Foot Gardening" will be the feature of our April meeting. This is a simple method of creating small, orderly, and highly productive vegetable gardens. Dave Faoro, our speaker, is a certified instructor of this method. Dave is also known for his tomato obsession where in 2022 he had 109 varieties of about 350 plants.

On March 7 we welcomed back Lani Houck, a favorite speaker at the Garden Club. She has taught Environmental Horticulture as well as numerous Master Gardening classes. At our meeting she addressed trees and shrubs, as well as the impact of climate change on them and what we can do to protect them from extreme temperature changes.

We are planning a workshop on March 25 for Club members. The workshop will focus on planting flower combinations and layering of plants to give year around color.

Our Club is sponsoring a Pollinator contest to challenge our Garden Club members who would like to participate to see who can grow the best Pollinator Garden for birds, bees and butterflies. This judging will take place the end of May, 2023 and the winners will be announced at the June 6 meeting.

Please see the Garden Club website for good information on Master Gardeners events and other gardening information.

Our general meetings are on the first Tuesday evening of each month. Doors open



at Sierra Pines at 6:15 pm for social and cookie time. Meetings begin at 6:45 pm and end by 8:15 pm. Our next meeting will be April 4. We are planning lots of interesting topics for our club meetings in the coming year. For more information about our club check out our website or contact Karen Burford at (530) 575-8384 or [karinab@aol.com](mailto:karinab@aol.com).

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## SCR Hiking Group

BY DORIS MERCHANT

Beginning this month, hikes will leave from the SCR parking lot at 8:00 am. Please arrive by 7:45 for carpooling. Remember to bring a snack, lunch, plenty of water, and a change of shoes (to keep your driver's car clean). Hopefully, we will be seeing lots of wildflowers!

April 6: Cronan to Greenwood Creek River Access, rated 4.5 (easy), 5 miles with an elevation gain of 500 feet, \$8 carpool ride.

April 13: Frog Pond, rated 5.5 (moderate), 6 miles with an elevation gain of 1,000 feet, \$10 carpool ride.



(cont' on page 21)

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## SCR Hiking Group

(cont' from page 20)

April 20: Spenceville, rated 4 (easy), 5.25 miles with an elevation gain of 500 feet, \$8 carpool ride.

April 27: Foresthill Divide, rated 5 (moderate), 6.7 miles with an elevation gain of 900 feet, \$8 carpool ride. Parking fee or State Park pass required.

Further details about each hike are posted on the Hiking Group website.

• • •

## Cycling Group

BY SUZETTE AUSTIN

Several groups have been out riding as weather permits. On Friday mornings - rain or shine - you'll always find some of our members having coffee at Panera on Pleasant Grove. We'll do a ride soon to the Pacific Street Cafe and enjoy breakfast with both riders and non-riders. Watch the web page for details.

There are number of Outside Rides (rides not organized by our Cycling Group) planned in April and May. Members of our Group will be participating in the Party Pardee Ride on April 1 and Bike Around the Buttes ride on April 15. Details of these rides and others are posted on our Group Website.

On March 10 we had a Spaghetti and Card Bingo social at Sierra Pines. We enjoyed a



delicious dinner catered by Buca di Beppo. Dee and Pete Franz led bingo games with prizes.

Elaine Turnbull and her volunteers are also planning a Barbecue on May 26 at Sierra Pines.

The Roseville BikeFest will be at the Vernon Street Town Square in Roseville on June 3. Our Club will be donating to this worthy cause which provides safety training and donates helmets to local youth and adults.

We meet on the third Monday of each month at 8 am in Sierra Pines. Our next meeting will be April 17. At our most recent meeting four new members, Debbie Carapiet, Keturah Fenicle, Frank Lahde and Dave Hawkyard were introduced.

Take a moment to check our Cycling Group website. Details of all our rides and upcoming events are updated there and you can see photos of our group as well.

• • •

## Cornhole

BY STEVEN GUSTAFSON

Did you know that dogs can play cornhole? Many YouTube videos show different techniques. The most advanced canine players take a bag in their jaws and fling it 21 feet to the cornhole board.

Other canines catch their master's bag in the air, take it to the board, and drop it in the hole, so typically the master gets all four bags in the hole every time. Additionally, some canines catch the opponent's bags and drop them on the ground, so typically the master gets a perfect score, but the opponent gets zero!

We play cornhole at 3:00 Tuesdays on the Sierra Pines horseshoe lanes. You're welcome to bring a canine companion to improve your cornhole score!

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## Bocce Club

BY DAVID MOORE

It is staying light longer and Daylight Savings time is here, the Fitness Club has gone back to summer hours and there is starting to be much more activity on the Sun City Roseville Bocce Courts.

The Spring Mini-league kicks off on April 19 but to join in the fun you need to sign up on April 12th at 5 pm for in the Spruce Room at Sierra Pines. The BYOP will be on the adjacent patio. For those of you who are new, BYOP stands for "Bring Your Own Party." It is not a potluck, just bring what you want to eat and drink.

There will be instructional and practice sessions available before the mini-league begins and the details will be sent by e-mail to club members. Don't forget that you can borrow a set of balls and play on your own anytime the courts are free. Your activity card can be exchanged for the key to the trunk at the desk in the Fitness Club.



**The Bocce Club vs. SCR Staff tournament was won by the Bocce Club the last time it was played, in 2019.**

The first official tournament will be a mixed blind draw on April 8th with a sign-in at 8:30 am.

A women's blind draw tournament will be held April 22nd with a sign-in again at 8:30 am.

May we'll kick off with the SCR Staff Vs. Bocce Club tournament on the 4th at noon.

• • •

## Croquet Club

BY GAIL DAILEY

The news this month about last month for the Croquet Club - along with everyone else in Sun City is - rain - wind - freeze and cancel. We had great big down pouring rain storms - floods, and a lot of frustration and depression. So, there's nothing new or old to relate. The new slate of Officers are in place and taking care of business but play has overall been cancelled as we went thru a very nasty February.

Fingers crossed March will coming in like a lion and we are praying quickly go out like a lamb and let us get back to the reason we came here - to play!!!

We are working on getting flyers printed and displayed in various locations inviting anyone who might be interested in learning to play to contact us and we will see that you are welcomed in and introduced to people who can teach you the games and introduce you to the fun of croquet.

Stay well and dry and I'll see you on the lawn.

• • •

(more Club News cont' on page 23)



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## Pickleball Club

BY SUZANNE CROWDER

Visit the SCR website to learn more about the Pickleball Club and club playing times.

Welcome new members: Paul Niebank, Jeff and Karen Yanssens; Lisa Baude, John Ladas, Rick Vredenburg, and Jack and Mary Porter.

The Social committee is busy planning our upcoming spring events. On April 11th we will host a Bocce/Potluck at the bocce courts and on May 5th we will hold our second Annual Dinko de Mayo party. More information will be coming in the next few weeks, but put the dates on your calendar.

The "Alley Oop" Club Tournament was played between rainstorms on February 21, 2023. Partners were determined by playing cards, random selection. Great time was had by all who had bundled up to come out to the courts. Tournament champions pictured from Left to Right are: Dave Nordin, Pam Wingo, Greg Morgan, Rich Muentner, Mo Guinon, Phyllis Perkins, and Eva Freeman.

To accommodate all playing styles, we are implementing a new player rotation system that has been introduced to the Pickleball Club courts – the use of paddle racks. When a court becomes available, the next four players will be those that have their paddles in the paddle rack.

One paddle per person is to be used in rotation.

Paddles are placed in the Paddle Rack starting from left to right.

New players that arrive after paddles have already been placed in the Paddle Rack will place their paddles to the right side of existing paddles in the rack.

If you are new to the game, please contact Wayne Miller, our Intro to Pickleball Manager at Tollman80@yahoo.com. Wayne keeps a list of individuals that would like to attend a new players clinic. Once enough people have expressed interest, he will arrange the next clinic. Be sure to let him know if you are interested in attending.

Looking forward to blue skies and warmer weather as we head into Spring.

Your Pickleball Council

• • •



Pickleball "Alley Oop" Club Tournament Winners!

## SCR Senior Softball League

BY BOB MONTALVO

Despite today's April 1 publication date, there will be absolutely nothing written here that should be mistaken for tomfoolery, or shenanigans, or falsehoods. So, to be clear, we are not just days away from one of our most beloved holidays, Christmas. No, it just feels that way, as it does for children looking forward to opening presents and spending the day with their family and their new toys. The truth is that our Senior Softball Club's Opening Day is this Wednesday, April 5, and there's a feeling of anticipation in the air. All five team managers, Frank Tom - Coldwell Banker, Larry Larsen - Your Roofing Contractor, Ken Miller - Eskaton, Erik Erickson - Oakmont, and Al Bowen - Excel Realty are excited about their chances to win the league playoffs after the 16-game season. Athletes as young as 58 (Mark McGushin) and as old as 89 (Joey Lopez) are competing, and our first female Sun City resident (Pam Wingo) will compete alongside her husband Randy on the Excel Realty team. So it's not Christmas, but it is a joyous time of year.

Do make plans to join us at Mahany Park on April 5 at 10:00 am for our Opening Day ceremonies. This event will include team introductions, refreshments, entertainment by the Harmonicoots, the introduction of Sun City Roseville's new Association Director - Geoffrey Browne, the traditional singing of "Take me Out to the Ballgame," and of course, the 27th annual Classic Senior Game, featuring athletes 75ish years of age. Banners hung along the backstop will recognize our generous Team sponsors: Coldwell Banker, Wesley Your

Roofing Contractor, Eskaton Village, Excel Realty, and Oakmont Ivy Retirement Living. We also recognize our All-Star sponsors: Sew Cal Embroidery, Fred Brandt's Fusion Fitness, Fresh Green Cleaners & Charles Dental Group. A great time, don't miss it!

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## SCR Tennis Club

BY DIANE BARNETT

We have a temporary break in the rainy weather today! Unfortunately, even after the rain stops, it generally takes several hours for the courts to sufficiently dry before tennis play is resumed. On March 11, the Tennis Club is planning to celebrate St. Patrick's Day with a mixed



A play day at the courts.



Ray, Kathy and Patrick - Always up for a good social!

doubles "play day" on the courts. Play days were put together during the Covid pandemic by Patrick Maglione and Anne Burney when they were looking for some fun on the courts after they re-opened but with limited playing hours. Tennis club play days differ from tennis tournaments because play days are usually more informal, easier to put together, do not include lunch and snacks, no score is reported, no prizes are awarded and there is no entry fee. Play days have become very popular and are still scheduled along with the traditional tournaments that club players have been enjoying since the courts were built.

SATA (Sacramento Area Tennis Association) matches have been scheduled for Spring 2023, and the matches that our lady's tennis team will play in have been posted on the tennis bulletin board at the courts. Thirteen SCR Tennis Club ladies have been practicing since the beginning of the year to compete in a SATA League that was to begin on February 27

at 6:30 pm but it was "rained out." The second match was scheduled to be played on March 6 at 6:30 pm and it was also rained out, however, we have been told that there will be makeup matches. The SATA matches are scheduled through May 8 so check the SATA schedule on the tennis bulletin board, find a home match

you want to watch, and come down to the courts and root our SCR Tennis Team on to victory. Stay tuned for SATA match pictures!

• • •

## SCR Volleyball

BY MARISA BERNETTI

Water Volleyball: Indoor pool - Mondays, Wednesdays and Fridays, 11:30am-1:00 pm. Court Volleyball: Pickleball court - winter hours, Thursdays 2:00-4:00pm. Meet some players: Karen Hangsleben moved to Sun City in April 2021 and has been playing water volleyball for over a year. Recently, she started playing court ball and loves it too. In her youth, girls' organized sports were unavailable, "no matter because I wasn't particularly athletic" she quips. Getting her hair wet in PE swimming with no hair driers in girls' locker rooms was a bummer. Now, getting her hair wet is a must. Karen enjoys volleyball for the fun and exercise.

Karen's love for water started when her dad had a backyard pool installed, plus their ski boat. She and her friends spent most week-ends at Folsom Lake skiing and picnicking. With the pool and ski boat, her parents always knew what the kids were doing and they were safe.

Fred Festerson was born in Sacramento and has lived his entire life in Roseville/Granite Bay, with short leaves for college and Lake

(cont' on page 25)

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## SSN WRITER...

### Artificial Intelligence and Me — A Tenuous Partnership

BY STUART SINGER

My relationship with Alexa is complicated. Alexa, of course, is the woman who resides inside my Echo Dots. Since she occupies space in my kitchen, office and two bedrooms it is hard to ignore her presence. In the majority of our interactions, it is a highly productive partnership. In the course of a typical day she will tell me on numerous occasions the time, temperature and weather, play extensive music by “The Loving Spoonful”, give me an update on the news, research Helen Mirren’s age (long story, no need to explain), tell me what events are on my calendar for any given day and then the next morning wake me to the music of my choosing.

Indeed, artificial intelligence can be a wonderful thing.

Increasingly of late, however, Alexa and I are experiencing less than perfect moments. Without prompting she will all too often remind me of items I should want to buy from Amazon based on previous purchases either by me or my wife. Instead of merely answering a question, she will also offer to tell me bad jokes, suggest I should inquire about the current humidity and offer random questions from Jeopardy.

This is more than a little creepy coming from a voice inside a plastic disk from locations scattered throughout my house.

And then there are the times she will completely bollix a question. For example she gave me the physics behind the workings of mirrors rather than the age of Helen Mirren. Even worse on some occasions she can get downright cheeky. A recent, simple inquiry—“Alexa, what was the name of the guy who was always on the covers of those cheap romance novels in the 1990s with the long blond hair?” It was a simple enough inquiry that should have netted me a one word answer—“Fabio”. Instead I was told in a clearly condescending tone “I have no idea what you are trying to ask.” A repeat of the question resulted in crickets. A third try got me “You need to restate your question”. Of course I had no choice but to shout “Hey little lady you’re the one in a stupid box not me; don’t forget I can unplug all of you any time I want!” Lately this can happen on multiple occasions in a day.

Learning to coexist

AI offers other critical if sometimes frustrating improvements in our lives. Realistically neither I nor my wife can effectively vacuum under the sofas, beds or dressers in our home. That’s a job for Roomba the robot vacuum. “Buddy”, the name we have given this machine, can do a marvelous job of getting to those places either we cannot or would be risking injury damage if we tried. Like other AI, of course, sadly “he” is only as effective as the humans who need to clear the room of dangling wires and loose small items on the floor (robot choking hazards) as well as

(cont’ on page 27)

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SCR Volleyball

(cont' from page 23)

Tahoe. He attended Roseville public schools and currently is Vice President of the Roseville High School Alumni Association. He moved to SCR two years ago; he's an avid golfer, pickleballer and water volleyballer. Fred is a certified PSIA ski instructor teaching at Boreal, Kirkwood and others. As a true Pisces, Fred is a water lover. He has been whitewater guide (photo: upper left with ball cap) for years. And as a water volleyballer, he adds &quot;I love being in the water and especially the camaraderie of the water volleyball group&quot;; Fred is a realtor and joined his family's real estate/insurance business in 1974. He is active with Coldwell Banker Sun Ridge, and an Ombudsman/Mediator for the California Association of Realtors.

• • •

Sierra Pines Ladies Golf

BY PAM SKARG

The sights and sounds of spring time are all around Sun City. Floral colors are exploding and trees are in full bloom, and at last, Daylight Savings time is here extending the day time hours for the enjoyment of the golfers.

After a few months of a lull, April starts ramping up again. April 1st is the beginning of our Shotgun starting times, (Early 8:00 and Late 10:00), Putts for Points begins April 12 and the Spring Luncheon is April 19. The ladies look forward to a delicious lunch and catching up with golfing friends.

The new 2023 Council officers along with the Committee chairs have hit the ground running and it's with their commitment and determination that makes SPLG such an amazing club to be a part of. They say it takes a village to raise children, well, I would have to say the same is true for the success of any club.

Before we forget or get to wrapped up in the day to day, we want to say thank you to our Council officers and Committee chairs for stepping up and volunteering their time year after year.

Wendy Suter - Captain - Second term  
Janet King - Co-Captain - First term (Captain in 2024)

Marilyn Meyers - Treasurer - Second term  
Janet Zeitman - Secretary - Second term

Congratulations to the ladies who recorded chip-ins for February 1 and February 8. Please go to the website where Kathy Fowler has posted your names and hole numbers for your chip-ins. On February 1, Pam Hemmingway had a birdie and chip-in on hole seven. Way to go Pam!!

The Most Improved Players for February:  
1st Flight - Kathy Fowler  
2nd Flight - Pat DeCroix  
3rd Flight - Andrea Norcia  
4th Flight - Linda Ryan

Congratulations ladies on playing awesome golf in some challenging weather.  
See you on the golf course.

• • •

He & She Golf

BY JULIE HARRIS

Who would of thought that after years of drought that we would have such a wet winter. So, after a couple months of soggy tournaments, cancelled tournaments and lower turnout because of weather, the He & She Golf Club is really ready for some consistent golf weather. Bring on the sunshine and warmth! We play the 2nd and 4th Monday of every month. If you aren't a member or haven't yet renewed your 2023 membership, please drop off or send a check to Julie Harris at 401 Heller Ct. There is an envelope behind the front porch pillar for checks.

Don't forget about the He & She Spring invitational event, scheduled for May 22 at the Timber Creek course. It will be a 9-hole tournament with a luncheon to follow. Members of the He & She Golf Club are encouraged to bring non-member Sun City residents to participate in this fun day. Watch your email and the website for more details and sign-ups.

Following are partial results from a recent tournament. Sorry, there's just not enough room for full results.

18 Hole at Timber Creek  
1st place: Johnice Swallender, Paul Nieback, Jerri Lehnoff \$7 each  
2nd place: Jim Dachauer, Yolanda Lawrence \$6 each  
Closest to the Pin at Timbr Creek  
Ladies - 1St Place: Yolanda Lawrence 1'7" \$4. WOW!

Men – 1St Place: Gary Parker 3'4" \$4.00  
9 Hole at Sierra Pines  
1st Place: Jay Dameron, Geri Womack, Lem Llapitan \$7 each  
2nd Place: Don & Marilyn Meyers, Marlene Bell, Donna Biagi \$6 each  
2nd Place: Jim & Linda Ryan, Janet King  
Closest to the Pin at Sierra Pines  
Ladies – 1st Place: Christina Leaman 15'9" \$5  
2nd Place: Janet King 30'6" \$3.00  
Men – 1st Place Don Meyers 7'1" \$5  
2nd Place Bob Niznik 7'11" \$3

• • •

Timbercreek Women's Golf Club

BY NANCY LABRADA

Our annual luncheon to honor the Maintenance Crew was held on February 14th. Thank you

Bobbi Dunk and her crew, Carol Roden, Gail Quintel, Sherrill Pahl, and Jahna Holmes for another very important recognition of our hard working Maintenance Crew. The lasagna lunch was enjoyed by all.

We are happy to acknowledge our Most-Improved golfers for February: Gloria Oates (1st flight), Jackie Burton (2nd flight), and Maureen Nutter (3rd flight). We have a correction to January's most improved. Karen Hawkins was most improved for the 3rd flight.

Yay to Jackie Burton for scoring an Eagle on Hole #1 in February. two shots in the hole! Way to go Jackie!

Welcome our newest member, Cathy

(cont' on page 28)

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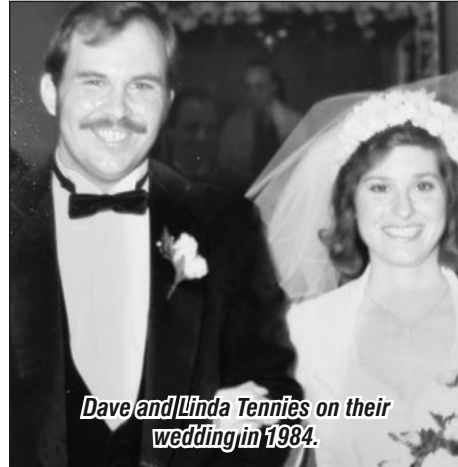
### Dave and Linda Tennies

(cont' from page 1)

his career, he worked at a food manufacturing plant and later moved on to pharmaceuticals. His last job before retirement was working for Gilead, a pharmaceutical company which made HIV medication and other life saving drugs, as well as cures for Hepatitis B and C. Dave ran the operations, worked on environmental health and safety, and made sure that none of the workers were exposed to toxic chemicals or that the environment was harmed in any way.

He first met Linda at a cast party when she was 17 and he was 19. They dated for a while, then drifted apart only to reconnect five years later, eventually marrying in 1984. They have a very loving relationship and enjoy being married. Unfortunately, they lost their only child, their son, Jason Tennies, at age 20. He was a college student and a remarkable musician. He was also a black belt in Karate and an incredible human being. After Jason's death, they decided to tell their story by making a feature length film about what happened to their son. In the film they included many of the songs that Jason wrote. The film, "It's Dark Here" is available to watch on iTunes as well as YouTube (<https://www.youtube.com/watch?v=Ye-Q80arIUk&t=2416s>). It's named after a beautiful song written by Jason.

In dealing with the aftermath of the tragic loss of their only child, Dave and Linda made an all-out effort to get "It's Dark Here" released to the public. They were able to get it streamed on Hulu and Amazon Prime, but their ultimate success was having it used as a powerful training film for law enforcement officers in Southern California to assist them in dealing sensitively with difficult situations regarding mental illness.



*Dave and Linda Tennies on their wedding in 1984.*



*Linda Tennies next to her painting of Raquel Welch.*

Even though Dave and Linda will always grieve their cherished son, they have tried to move on and enjoy life as much as they can. Dave took a stone-cutting class in high school which generated a lifelong interest in cutting stones and making beautiful jewelry. Most of the time, he make jewelry for friends, but he has sold a few pieces at the Craft Fair here at Sun City. Linda paints for a hobby. She started with taking a class in watercolors, then branched out to acrylics. In particular, she loves painting faces and has several of her portraits hanging on the walls of their house, faces of people like Marilyn Monroe, Elizabeth Taylor, and Raquel Welch. She usually gives her paintings away, but, like Dave, has sold a few pieces at the Craft Fair as well.

Dave and Linda travel to Hawaii once or twice a year, but one of the couple's favorite things to do is go to Lake Tahoe and rent a boat for a day. It's an ideal excursion, tootling around the lake, listening to music and basking in the sun. Fishing is another outlet, at least for Dave. He likes to fish at Lake Comanche but prefers deep-sea fishing in Bodega Bay or off the coast of Juneau, Alaska. Although they're not necessarily into camping, both really enjoy spending time in the great outdoors.

Sometimes, when they get the urge, they'll grab their tricycles (yes, 3-wheelers) and bike around the neighborhood, playing rock and roll music out of the Bluetooth speakers Dave's installed on the bikes. This, of course, generates lots of fun for them, not to mention exercise, and usually elicits laughter and waves from the neighbors.

Linda and Dave socialize quite a bit, especially with their closest friends from Southern California who moved up here to SCR to be near them. They enjoy going wine tasting, eating out and going to concerts. They recently took in a Santana concert at the Venue in Thunder Valley and, along with their Southern California friends, are looking forward to seeing a John Fogerty concert in May. Music is so big with the Tennies that Dave has 2700 songs on his iPhone. Even their dogs, Ziggy, a miniature golden doodle, and Ozzy, a miniature schnoodle, are named after rock stars.

Socializing often means eating out, especially at Timbers restaurant. "If you see us there, come over and say hello," says Linda. They love living in Sun City and are especially thrilled to be part of the Drama Club. As Dave says, "Life can't be beat here at Sun City!"

One of the most noticeable traits of the Tennies is their upbeat attitude and resiliency which has helped them not only deal with heartbreak, but carry on with a positive outlook. They are both incredibly strong individuals, intensely devoted to each other, and their closeness is an inspiration to everyone who knows them. And, for some reason, once you get to know them, it's entirely likely that a song from the Everly Brothers, "Devoted to You",

will instantly pop into your mind: Darlin' you can count on me, till the sun dries up the sea, until then I'll always be devoted to you.

We're so blessed to have the Tennies, a delightful and talented couple, in our SCR community and look forward to the many contributions they'll be making in both the fine and performing arts.

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

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### Artificial Intelligence and Me —

(cont' from page 24)

set up the appropriate invisible walls to prevent robot wandering. Despite our best efforts, too often I have found myself running down the hall trying to capture a runaway vacuum bent on wanton destruction in "unsafe" spaces or watched my wife struggle to remove an electric cord lodged deep in Buddy's gullet.

Been there, done that?

Finally there is Google's insistence on finishing my gmail sentences. For years when I would write "Stu" to finish an email it would autocorrect it to "Stud". Some of the ensuing explanations/apologies lasted for days. And I find nothing to cheer when I am inundated with ads for items I wandered into on a journey down some internet rabbit hole.

I think I may protest too much.

There is little doubt that the impact of AI on my life has been far more positive than negative. My complaints rest more with a vague sense that I may be losing control over some parts of my daily living. As I careen toward the latter chapters in my life, it is clear the far wiser choice should be to embrace more of such technology, not less. It is hard to conjure up any argument that could refute the fact that the lives of so many seniors are made easier, richer and more productive by the Artificial Intelligence of today and that of the future.

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## Timbercreek Women's Golf Club

(cont' from page 25)

Schimansky. Cathy moved to our community in 2021 from close by in Roseville. It was time to downsize with her two cats. She has added TCWGC to the other two clubs she belongs to. Cathy was active as a USGA volunteer from 1998 to 2019. She served as Marshal Captain at Pebble Beach. Lisa Overholtzer is Cathy's Big Sister.

Just a reminder to sign up for the 36-Hole Better Ball Tournament to be held April 12 and April 19 with two-partner teams playing from



**New Member**  
Cathy Schimansky

the red or white tees. Overall winners from the red and white tees receive monetary awards and their names added to the Perpetual Trophy!

Winners in the various flights will also receive a monetary award. Last year's winners, Becky and Susan Green, from the red tees, and Sandy Morea and Gail Quintel, from the white tees, are planning the award's ceremony and luncheon to be held on May 19.

Keep in mind our Club Invitational is on May 17, enthusiastically chaired by Susan Green and Kathy Hamilton! We are filling the field up. So get your teams together!

• • •

## Timber Creek Men's Golf Club

BY GARY BECKMAN

March was a busy month for the TCMGC, with the Irish Shamblie tournament, two NCGA qualifiers, and a Putting Contest scheduled for 4 of the 5 Tuesday golf days. The results will have been sent out by email to all TCMGC members. Not a member? Just go onto the Timber Creek Mens Golf Club site to find out about the Club, upcoming events, and results of past events.

In April, we have one scheduled event: April 18th: The Pro/President Cup Challenge.

For this event, our Head Golf Pro Ian Glass and TCMGC President Gary Beckman will each draft teams from the list of golfers that have signed up for the event. The players from each team will be matched up according to their handicaps and then play each other using the match play format! Emails will be sent out with details about this event. You

can also check the TCMGC website for more information.

In March we started up our RAMP program. As a reminder, this is a great program that allows golfers and non-golfers to help with the maintenance on the golf courses by volunteering their time to fill in divots on the golf courses along with repairing ball marks on the greens. Each session lasts about an hour and is followed with free donuts and coffee. The schedule for April is as follows:

April 13: Oaks at 7AM; April 20: Pines at 7AM; Note that April 6 at the Lakes was cancelled

Finally, we would like to invite all of our members to our April 4th General Meeting in the Ponderosa meeting at the Pines. See you all there!

• • •

## Golden Niners

BY RALPH FRIEND

You may know Jerry Frederickson already, if you don't, "the odds are" that you have met him but you just didn't know it! Jerry is very involved in Sun City life. He belongs to the Bocce Club (he is the 2022 Men's Champion), he plays billiards and he coordinates the "old timers" volunteers for swim meets and football games at Woodcreek High School. He and his wife do Citizen's Patrol (he is a shift captain), they serve as evening hosts at both Sierra Pines and Timbers Golf Courses and Jerry is a RAMP volunteer. He is involved in the Golden Niners and we are very fortunate to have Jerry in our club! He has been a member

for almost seven years and he coordinates the cooking crew for our quarterly luncheons. Jerry and his wife, Linda, moved to Roseville in 1997 from Southern California. He lived for nine years in the area before moving to Sun City. They have three sons - two live in Roseville and the eldest is in El Dorado Hills.

Jerry was in the painting business for many years and that experience has served him well as he also serves on the Properties Committee. Jerry says that belonging to the Golden Niners is lots of fun. He enjoys meeting other members by playing with a different foursome each week. Come on out and join our group and meet Jerry. There is no need to be a great golfer; you only need to be friendly and like to have fun! Top February Winners are: Jack McKinney - \$28, Greg Davis - \$25, Gary Pyle, Duane Kruen and Frank Lahde - \$24, Cary Diskin and Bob Yarrigle - \$23, Lloyd Leitz, Rich Muentner and Jerry Crosby - \$21. Congrats to all and keep hitting the ball straight!

• • •

(more Club News cont' on page 28)



Susan Green and Kathy Hamilton

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## Billiards

BY DON WARDEN

February saw the re-start of the Couples Match on the first and third Tuesdays evenings at 6 p.m. There are four couples so far and we are looking for more. It is more of a social gathering than worrying about how well you shoot. Anyone interested in joining this fun group can contact Don Warden.

Winners for February were:

2/1: Hunter won and David Zan came in second in a two-day tournament

2/7: Jerry Cosby & Bob Daly, Ken Neal  
& Derek Tegg

2/14: Ken Lane & Chuck Vermette

2/21: Bob Daly &amp; Don Warden

2/28: Ken Lane &amp; Bob Cecil

• • •

## Mah Jongg

BY CATHY FLUELLEN

Welcome Spring! Spring provides relief from the bitter cold of winter and brings with it new beginnings, fresh flowers, and sunny days. And of course our new Mah Jongg card with new hands to play and new challenges. A great time to learn the game.

There will be free Mah Jongg lessons in the card room from 9:00-11:00 am on the



following 3 consecutive Fridays: May 12th, 19th and the 26th. Since each class lesson builds on the previous class, all classes are suggested. There is no charge for the classes but reservations are required. Last day to sign up is Friday, May 5th. If you are interested, contact Cindy Faulkner 916-759-7068.

We had a great turn out for our February luncheon. Thank you to our hostesses, Bobbie Dunk, Sidnee McKinney and Cathy Fluellen. A fun time to get together with both our Monday and Friday players.

Our next luncheon will be April 28th in Sierra Pines at 11:30. Lunch will include individual Pizzas and salad with dessert and water for \$15. Checks are payable to SCRMJC. Sign-up sheet will be in the card room the 4th week in March. Hostesses will be Yoshi Polgar, Pat Oberlander and Jackie Spencer. Last day to sign up will be April 24th at 1 pm.

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

• • •

## Bridge Club

BY BRENCE DAVIS

We are lucky to have Marvin Arnold as our ACBL Director, getting players set up for bridge and helping them make difficult decisions at the tables. He started bridge with

his stepbrother, Joe Farley, in Portland. In 1968, he joined the Navy and was stationed at New London, Connecticut, where he was assigned to nuclear submarines for three years.

Then he moved to Sacramento for a time until attending the University of Oregon in Eugene. Something this author didn't know was that Nike designed its running shoe for Steve Prefontaine, the famous record setter, who never walked, but ran, everywhere on campus. Then Marvin moved to Bend, Oregon, where he was the office manager at Pacific Fruit and Produce until it went out of business at the end of 1977.

Marvin returned to Sacramento where he played bridge with John Morman, also an excellent player. They both played bridge for money there too, a great second income for both. Outside bridge, he ran five taxicabs at one time and drove one himself. In 1992, he studied for and passed the director's exam and has worked as a director ever since.

Marvin has run games in Sacramento, Folsom, Sun City Lincoln, and Sun City Roseville. Occasionally, he runs games on cruise ships, an enjoyable outing for him, and we miss him while he's away. As noted above, we're lucky to have him!

Social bridge takes place at 9:00 every Thursday morning in the Card Room at the Timbers Lodge. A teacher, usually Willi Williams, has a lesson before the play. It's a great way for new residents to brush up on their play and for beginners and other returning players to learn the basics. You are cordially invited to join in. See you there!

...

## Bunco

BY PAT OBERLANDER

Come join us 2nd & 4th Mondays! No training necessary, just luck. The cost is \$4 Sign-in starts at 8:30am and we start playing at 9am. Good way to meet neighbors and loads of fun. We'd love for you to join us. We're in



the card room at Timber's Lodge. You don't have to commit to every time, but once you start, you'll be hooked. Come on down!

Winners for February 13 - Becky Matson,  
Jackie Spencer, Sandy Coltharp, Yoshi Polgar,  
Debbie Phillips

Winners for February 27 - Jackie Spencer,  
Pat Oberlander, Diana Vargas, Linda Solomon

...

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# Observations on Happiness Continued...

BY MARTIN GREEN

Last month's "Observations" was devoted to the subject of Happiness, something to which all, or most, people, I would assume, aspire. The column cited a Harvard study that followed people from college to old age and concluded that the key to being happy was to have an active social life.

Sorting through old magazines that had piled up recently, I came across a Time magazine whose cover said "The Secrets of Happiness Experts" and so naturally was intrigued. Inside the magazine I found several articles on Happiness and related subjects. The most pertinent, I thought, was one with the title "The Daily Habits of Happiness Experts." Okay, maybe the "experts" knew some things that we ordinary people didn't.

The article says: "The meaning of happiness is, to some extent, subjective. But nearly every expert we surveyed emphasized the same cocktail of ingredients: a sense of control and autonomy over one's life, being guided by meaning and purpose, and contacting with others." Contacting with others. So this was in accord with the Harvard study.

The article goes on to say that the experts had a handful of happiness habits in common. "Spending time with family outside of the house, and with friends in a nonprofessional setting, were big ones (there's having a active social life again)... Pursuing hobbies such as art, music, cooking, or reading were also universally important."

Other habits were getting a good night's sleep and exercising or playing sports. Finally, there's "basking in nature."

Okay, there's nothing startling in any of these habits but if, as the experts say, they promote happiness that's all to the good. The only problem for us senior citizens is that insomnia seems to come with old age and that most of us are beyond playing sports.

But wait a minute, what about money? The old saying of course is that money can't buy happiness. What do the experts say? The article is a bit ambiguous. It says: "Experts are divided on whether happiness can be bought. As author and podcaster Gretchen Rubin put it, 'Money can't buy happiness, but it can buy many things that contribute mightily,'"

Fortunately, in my Googling I came across a study that attempted to find out the answer to the money and happiness question. In this study, a group of 200 people were given a one-time sum of \$10,000 they were to spend in three months, while a control group of 100 people didn't get any money. The findings, as is often the case with such studies, could have been predicted by any of us non-experts: yes, the people who got the \$10,000 ended up happier. It should be noted that households with incomes above \$123,000 didn't report a noticeable increase in happiness. I guess with that kind of income an additional ten grand didn't make that much difference. I know that if I was given \$10,000 I'd feel a lot happier.

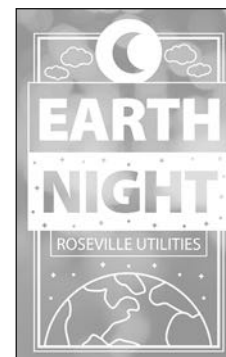
Just a little more on the subject of happiness. I found another Time article to be of interest. It's title is "Happiness Isn't Pollyannaism. It's a Practice." The author is Judith T. Moscovitz. It starts by saying: "Looking at the world around us, happiness may seem an unattainable goal. As we move into the fourth year of a pandemic... there seems little reason to be happy. Indeed, results from the 2022 annual Stress in America survey indicate one-third of the respondents report that their stress... is 'overwhelming.'" A Stress in America survey? Who knew there was such a thing? I suppose that nowadays there's a survey on everything.

Our weather this winter has not been a happy development. I've lived in California for over 60 years and until now hadn't heard of an "atmospheric river." So, where did these come from and why now? I see I don't have enough space so will hope to answer these questions in next month's "Observations."

*Those who read the December "Observations" know that my wife Beverly passed away in early November. We are having a Celebration of Life for Beverly on Saturday, April 8, at 2 PM at the Pleasant Grove Community Church. Anyone who knew Beverly and wants to honor her memory is welcome to come.*

## Get ready for Earth Night

Your Roseville Utilities are inviting you to celebrate the Earth. Listen to music, eat great food, and play games while learning ways to save water, conserve energy, reduce waste, and more!



On Thursday, April 20 (Earth Day), the celebration begins at 5:30 p.m. on Woodcreek Golf Club's driving range.

For three hours, there will be interactive fun and games for all ages, delicious food and desserts provided by local food trucks and live music performed by Island of Black and White.

Families will have the opportunity to engage face-to-face with department representatives from both Electric and Environmental Utilities, focusing on ways to go green!

What: Earth Night

Where: Woodcreek Golf Club driving range

When: Thursday, April 20, 5:30–8:30 p.m.

Admission: FREE

Parking: Front parking lot at golf club with additional overflow lot

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EXCLUSIVE LIMITED TIME OFFER!

**15% OFF** & **10% OFF**  
YOUR ENTIRE PURCHASE\*  
**+ 5% OFF** TO THE FIRST 50 CALLERS ONLY\*\*

SENIORS & MILITARY!  
**WE INSTALL YEAR-ROUND!**



**FINANCING THAT FITS YOUR BUDGET!\***

**Promo Code: 285**

\*Subject to credit approval. Call for details.



CALL US TODAY FOR  
**A FREE ESTIMATE**

**1-916-953-5518**

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

\*For those who qualify. One coupon per household. No obligation estimate valid for 1 year. \*\*Offer valid at time of estimate only. \*The leading consumer reporting agency conducted a 16 month outdoor test of gutter guards in 2010 and recognized LeafFilter as the "#1 rated professionally installed gutter guard system in America." Manufactured in Plainville, Michigan and processed at LMT Mercer Group in Ohio. See Representative for full warranty details. CSLB# 1035795 DOPL #10783658-5501 License# 7656 License# 50145 License# 41354 License# 99338 License# 128344 License# 218294 WA UB# 603 233 977 License# 2102212986 License# 2106212946 License# 2705132153A License# LEAFFNW822JZ License# WV056912 License# WC-29998-H17 Nassau HIC License# H01067000 Registration# 176447 Registration# HIC 0649905 Registration# C127229 Registration# C127230 Registration# 366920918 Registration# PC6475 Registration# IR731804 Registration# 13VH09953900 Registration# PA069383 Suffolk HIC License# 52229-H License# 2705169445 License# 262000022 License# 262000403 License# 0086990 Registration# H-19114



# SCR Foundation 2023

(cont' from page 1)

are also recruiting volunteers for the Home Maintenance Program. Please make sure to stop by our table during the “Volunteerism Mix and Mingle” event in the Timber Creek Ballroom on Wednesday, April 26 from 3:00 pm - 5:00 pm to learn more about our services and volunteer opportunities.

Fore! The Foundation’s 24th Annual Golf Tournament and Fundraiser is scheduled for Friday, June 2. Dave Happe, our retiring Golf Tournament Director, continues to refine his playbook on how to run this tournament and is looking forward to passing the baton to his successor in 2024. If you are interested in the Golf Tournament Director position, please consider assisting with this year’s event as a “practice round” before taking over next year. Please contact Dave Happe at scrfinvestments@gmail.com for more information.

If you have any questions about the Foundation, you can call the Foundation’s phone number at 916-774-9040 or visit our website at [www.scrfoundation.org](http://www.scrfoundation.org).



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Sun Senior News!*

# SUN SENIOR NEWS CLASSIFIEDS

## SERVICES

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

• • •

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

• • •

**GARY’S SPRINKLER REPAIR:** Lic# 869624. Valves replaced, dripsystemschecked, timers, broken pipes. 916-223-3706.

• • •

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

• • •

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

• • •

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

• • •

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

• • •

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

• • •

**LAMP REPAIR** by SC Roseville resident. \$25 plus parts. Call Landline 916-783-3617 no texting please.

• • •

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

• • •

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

• • •

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

• • •

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

• • •

**GUTTER CLEANING, Window Cleaning, Solar Panel Cleaning, & Christmas Lights...** Student Services Call/Text 916-500-4314.

• • •

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

• • •

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

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

• • •

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

• • •

## FOR SALE / RENTAL

### WANTED/ANNOUNCEMENTS

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

• • •

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

• • •

**CLOTHES NEEDED** for Placer Veterans Stand Down, May 9-11, 2023. Please call 916-774-0389 for pick up.

• • •

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

• • •

Classified Ads should be Emailed by the 12th of each month to: [SunSeniorCA@gmail.com](mailto:SunSeniorCA@gmail.com)

### \*\*FREE ADS — INCLUDE

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

### BUSINESS ADS

- ◆ Anything of a commercial nature, including pet sitting, real estate, rentals, timeshare/condos, etc.
- ◆ 15 words for \$25. Additional words \$1 each.
- ◆ \$65 for three months, same ad! (15 words only) additional words \$1 each

Classified Ad Submissions —

**WHEN:** By the 12th of the month, please email the information below to: [SunSeniorCA@gmail.com](mailto:SunSeniorCA@gmail.com)

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

1. Contact name and phone number.
2. Which category to place your classified ad in: (Service, For Sale, Wanted, Announcement)
3. Classified ad text - including the phone number you want readers to call.

SCR 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 \$25 for one-month. Additional words \$1 each. (\$65 for three months for the same ad.)

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

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

If you have any questions, please email us at: [SunSeniorCA@gmail.com](mailto:SunSeniorCA@gmail.com)



Since 1991  
CALL US  
FOR MORE  
INFORMATION  
ON THESE HOMES  
OR FOR THE  
MARKET VALUE  
OF YOUR HOME  
**771-4177**

BRE #01163699



WHY PAY 6%?



George Brown

*Experience Makes a Difference!!!*

*Call us for an  
Expert Home Price Evaluation*

**Recent Sales in Sun City**

4533 Coach Lamp Lane	Calaveras	\$541,000
6124 Granite Flat Lane	Shasta	\$580,000
308 Comstock Court	Plumas	\$615,000
6057 Burnt Cedar Way	Plumas	\$635,000
117 Timberlodge Court	Ironwood	\$640,000
5121 Green Grove Ln	Calaveras	\$645,000
4109 Napa Loop	Sierra	\$650,000
341 Cope Ridge Court	Yosemite	\$655,000
341 Rosestone Court	Hearthwood	\$699,999
5541 Lantern Grove Ln	Delta Breeze	\$786,250
100 Friday Station Court	Timberlodge	\$765,000

**Market Update**

Although for the most part the news on sales in Placer County is not rosy, down 31% compared to 2022. There are rays of sunshine. Sometimes these kinds of numbers can be misleading so it's important to look behind the numbers. Our inventory of homes for sale is very low at the same time. What we are not hearing in the news is that the number of sales has climbed every week since the third week of January. It's very typical to see sales climb as we go into spring, but the main point is that all is not dour on the sales front. If you are thinking of selling it is critical to get your home ready and priced correctly. Those sellers that put the effort in and price correctly will sell. Those that don't will sit, and sitting on the market is the worst thing that can happen as buyers will become even more aggressive with their offers. Shop for an agent who has been through the market conditions that exist, they will be your best guides. Just for the record, not patting myself on the back or anything, but in my 38 years in real estate I've gone through every market imaginable.

**George Brown  
916-297-3500 CALL/TEXT**

\*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