

SUN SENIOR NEWS

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Gene and Karen Cochran — Staying Fit and Having Fun

BY JENNIFER MARTIN

Imagine sitting in your backyard, with a spectacular view of the open space and golf course, watching a blue jay chasing a squirrel, turkeys roaming through your patio and a deer nipping at your roses. Sounds idyllic, doesn't it? That's what Gene and Karen Cochran experience most fair-weather days in retirement at Sun City Roseville.

Gene grew up in the Rose Garden community of San Jose, California, a middle child between two sisters. He was active in sports as a kid, participating in water polo and swimming, and earning MVP of the league for his JV basketball team at Lincoln High School.

Karen's father was the director of the Bakersfield YMCA and a fitness fanatic. He designed a gym in the family garage using cables, springs and weights, and worked out every day of his life until he died at age 93. Karen spent every summer at the Y camp from the age of six weeks on. She learned how to shoot guns and a bow and arrow, ride and



PHOTO BY JENNIFER MARTIN

care for horses, and do many arts and crafts. "I never needed someone to win a teddy bear for me at the fair," she recalls, "because I was always the better shot."

The couple met at San Jose State University (SJSU) where Gene belonged to Phi Sigma Kappa, the fraternity across the street from Karen's AXO sorority house. Many of Karen's friends married many of Gene's

friends. "We're all still friends to this day," says Gene, who meets every Wednesday for lunch with eight to ten of his fraternity brothers who live in the area. Karen has lunch with the wives of Phi Sigs once a month.

During their time at SJSU, Gene served food and worked in the kitchen at Karen's sorority house. Additionally, he drove a school bus and managed an apartment building. On one of their first dates, Gene picked her up with a bus full of kids, and after leaving them at their destination, they continued on their date. "I quickly learned," says Karen, "that life with Gene would be full of surprises and fun." The couple will celebrate their 59th wedding anniversary this year.

Throughout their married life, Gene's entrepreneurial spirit led him to many business opportunities. He had an accounting consulting practice, but dabbled in many other businesses as well. He was CEO for a

(cont' on page 29)

SCR Foundation 2023

BY LISA CRYAN

Join our team! Three positions on the Foundation's Board of Directors will become available this summer. We are searching for volunteers to fill the positions of Vice-Chairperson, Event Director, and Golf Tournament Director. These are some big shoes to fill, but each position is well defined and there's plenty of support from the outgoing Board members to ease the learning process. The job descriptions can be found on the Foundation's website at www.scrfoundation.org. If you have any questions, please reach out to Nancy Schubach at scrchair2@gmail.com or Doug Smoot at scrhomeservices@gmail.com.

Spring is in the air which means our "Friends of the Foundation" letter will arrive in your mailbox soon. This yearly fundraiser is a major source of income for the Foundation and allows us to deliver our many programs and services. Thank you for supporting us with your generous donations!

B-I-N-G-O! The Foundation's next Bingo event is scheduled for Sunday, March 12 at 1:00 pm in the Timber Creek Ballroom. You can purchase your bingo cards on the day of the event, doors will open for bingo card sales at 12:00 pm. Win CASH - \$100 per game plus \$250 for the final special game. The cost is just



SC Singers

BY JACKIE PROETT

It's March and Saint Patrick's Green, reminds us to keep on Going. The Sun City Singers, who will be 25 years old on March 27, know all about keep on Going. This year we will celebrate in many ways. Even our June Concert will be named: "Our Silver Celebration!"



Best of all, was the fabulous luncheon that we shared on February 3 at the back of the Ballroom. Those three rooms were converted into a black and silver elegance! Black table cloths and silver helium (not propane, Marla) balloons soared above. The food was terrific and the staff outdid themselves.

Decorations of old posters and all costumes were displayed and a table with myriad programs, the first concert program was hand-written. There were also wonderful books put together by past President, Flora Nishikawa who gathered her information from the marvelous records that former Historians,



Barbara Coutts and Bernie Ban kept.

For all this finery you may thank Paula Scarpelli, Chairman and her excellent team: Gail and David Hixson, Valerie Rice, Barbara Teel, Betty Fritsch, Lois Habein, Jackie Proett, Judy Bickell, Norma Hankinson and assisted by President, Marla Shuman.

We indeed have kept on singing for every Sun City Club, organizations in Roseville, Lincoln and Sacramento. The biggest honor of all was raising our voices in the rotunda of the Capitol building in Sacramento.

One picture shows all the original members who attended the luncheon. Only two, Betty Fritsch and Norma Hankinson kept on Going! Still, the green of new growth has taken place. Each week we welcome new members. If you come to our June 5 Concert, you will want to join too. We meet on Mondays, 2:30pm, back of the Ballroom. And you don't have to wear green!

...

(more Club News cont' on page 3)

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SC Harmonicoots

BY LINDA AUG

It all began on March 21, 2022, when JoAnn Stooksberry sat in the front row of the Sun City Performing Arts Showcase held in the Timbers Ballroom. It was that very night JoAnn witnessed a group of musicians dressed in yellow shirts having the time of their lives playing harmonicas. JoAnn states, "It looked like so much fun!" That was the beginning of JoAnn becoming a full-fledged Harmonicoot!

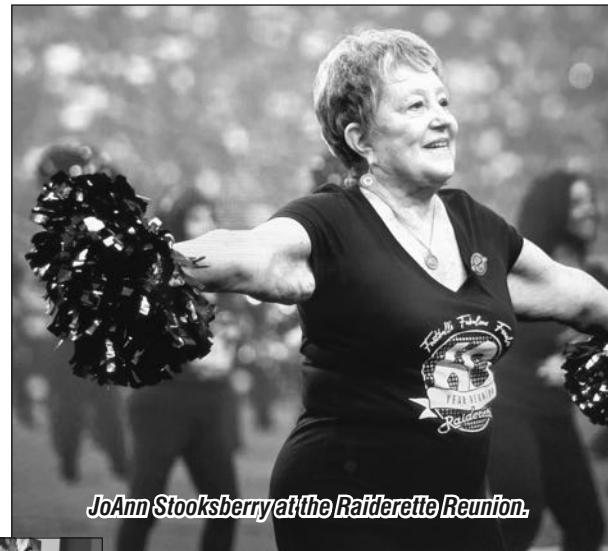
Now one will be surprised that JoAnn likes to perform! Loving music and dance, JoAnn was an Original Raiderette from 1961 to 1964!

Last August she participated at the 60th Raiderette Reunion in Las Vegas as the Original Raiderettes were honored by lighting the Al Davis Torch before the game. What a thrill that was for JoAnn!

It is the same thrill and excitement JoAnn brings to the Harmonicoots. "I enjoy entertaining people and love the camaraderie of the Coots." Practicing one or two days a week, JoAnn has mastered her favorite tunes such as Edelweiss, Summertime, Amazing Grace and When the Coots go Marching In!

Grass doesn't grow under JoAnn's feet as she is an active Sun City resident. She is a member of Fun and Friendly Bridge, Bocce Club, and Boomers Generation. In her spare time she loves to oil paint and do crossword puzzles.

The Harmonicoots are thrilled to have JoAnn join our group! Perhaps you may see the Harmonicoots perform in the Timbers lobby or in a Sun City Showcase. Perhaps you may see what JoAnn saw. Perhaps you will become a member of the liveliest performing musical group in Sun City! Perhaps like JoAnn you



JoAnn Stooksberry at the Raiderette Reunion.

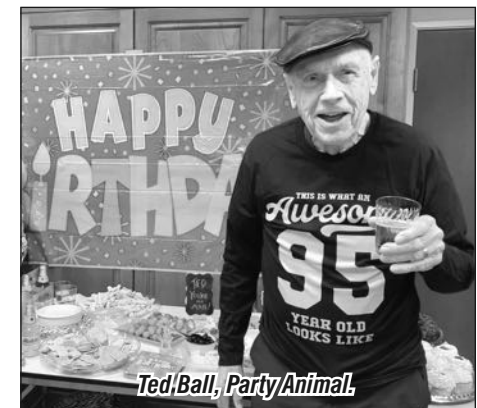
will say, "I want to become a Harmonicoot!" And perhaps like JoAnn – you will!
Harps Up!

...

All Tuned Up

BY GERRY CAPELLINO

Always looking for a reason to party, All Tuned Up (ATU) partnered with the Harmonicoots to help celebrate Ted Ball's 95th birthday in November.



Ted Ball, Party Animal

Then, ATU turned the rains of January into a party on Saturday, January 28. Why not? We celebrated with pizzas, salads and cookie dessert. Members thank the dinner set-up crew: Patti, Carolyn, Marie, Joyce, Anne, Peggy and Sandy! Thanks to Cory for coordinating the food. But, eating isn't what we do best.

So we could give our full attention to the ATU members who entertained us after dinner, the set-up crew helped clear the tables. Soon we

(cont' on page 7)

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Ambassador Committee
BY LINDA NELSON

Our topic this month is the purpose and a little history of the Ambassador Committee. It is one of 10 Committees that have been set up to support the Home Owners Association (HOA) Board. It is comprised of 14 volunteers whose role is to represent the community of Sun City Roseville to the larger community around us. It was originally set up to raise the profile of the developing community while the homes were being built and the activities of the Sun City Roseville were being developed. Its focus has evolved to include keeping neighbors outside of Sun City aware of the golf courses and some of the services at the lodge which are open to the public.

As many of you may know, we own our golf courses and our lodge. These areas generate income for our HOA which funds the maintenance of these areas and also help offset our HOA monthly dues. The Ambassadors on the Committee attend the Roseville Chamber of Commerce to keep the larger community aware of these services and introduce our publications as possible advertising venues for them. In addition, the Ambassadors conduct tours for realtors and for individuals who are considering purchasing homes here. They tour the facilities, introducing the activities and benefits of living here and answering questions visitors might have. Other activities of the Ambassadors include providing a New Resident Welcome event 3 times a year for new residents where we present more in depth

information about the activities, the facilities, the communication avenues within Sun City, and some of the CC&Rs. The Ambassadors also call new residents and welcome them to the neighborhood. We hope this little background on the Ambassador Committee has been helpful.

Website Work Group
BY CHARLYN ROSS

Let's March Ahead!
The name of this month is very appropriate for Sun City Roseville (SCR). By definition, the word means to move forward, progress, advance. In the coming months evidence of our progress and advancement will be evident as proposed facilities renovation projects begin.

There will be frequent times when that work will impact our access to facilities. As a convenience, the Association has plans to use several methods of communication to keep residents well informed. The Resident Website, www.scrs.org, will be a main source for those frequent updates.

We encourage all residents to become familiar with the Resident Website's Home Page, its Announcement Area, and also, its Strategic Plan Information link at the bottom of the Home Page. If you are not able to use the internet, we strongly suggest that you ask a neighbor or SCR friend to keep you informed, as project information is posted.

Resident Website Hints
1. Postings on the "Home Page" – these postings will keep us aware of construction alerts and progress. However, there is more to the Home Page. To take advantage of it all, you need to remember to "scroll" down. The icons at the bottom of the screen are maintained to provide quicker access to the most popular web pages on the Website.

2. Contact Us – Located in the "Contact" menu or on a smart phone screen it is included in the "hamburger" button in the black menu bar. At the center of this web page is a round button containing an envelope image, which links to an email form pre-addressed to staff. When received by the Association it is directed to the department that can respond to your concern.

3. Staff Directory – also located in the "Contact" menu, provides staff names (the name links to the person's email address) and their work phone number.

4. Governing Documents – Our community rules and regulations are constantly being revised to agree with current laws and government regulations. The latest versions can be found in the "Document" menu, then by scrolling down the "SCR Resource Documents" screen to "Governing Documents."

5. Board of Directors Video Recordings Improved – The "Closed Caption/Subtitles" function has been added to recent meeting videos, as a convenience for residents. It can be turned on by the "cc" link at the bottom right of the video screen.

6. Past Board Meeting Video Recordings can be accessed from the menu bar "Board & Committees" to the Board of Directors link. Any date printed in light green text is a link to that recording's website.

7. Electronic Mail Consent Form – California allows Homeowners Associations to email communications/documents, normally sent by US mail, to those homeowners who have given consent to receive them electronically. This saves the Association the expense of printing and mailing. (This does not include Election Balloting Materials.) The link to the "Electronic Mail Consent Form" has been added below the Home Page, Announcements area for your convenience.

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@scrca.org.

Governmental Affairs
Committee

BY STEVE CHO
The Brown Act — The phrase "Brown Act" is commonly used when referring to government meetings. What is the Brown Act and how does it apply to Sun City?

The Brown Act was enacted in response to public concerns over informal undisclosed meetings held by local elected officials. City
(cont' on page 5)

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Governmental Affairs

(cont' from page 4)

councils, County boards, and other local government bodies were avoiding public scrutiny by holding secret “workshops” and “study sessions.” The Brown Act solely applies to California city and county government agencies, boards, and councils.

Meeting Requirements per Brown Act

- Applies to any gathering of a quorum of a legislative body to discuss or transact business under the body’s jurisdiction.
- Teleconference meetings may be held under strict conditions (e.g. as a result of the State Coronavirus social distancing health order)
- Public time must be set aside for public comment
- Meetings must be held in non-discriminatory facilities
- All votes must be cast in public
- Closed sessions are only permitted for specified purposes such as to discuss litigation, real estate negotiations and labor negotiations.
- Public has a right to attend meetings without registering
- Materials provided to a majority of a body, unless exempt, must be provided to members of the public
- Time must be set aside for public comment
- Closed session actions must be reported in open session
- Agendas of regular meetings must be

posted 72 hours prior to meeting

- Special Meetings require 24-hour notice to members and the media
- One-hour notice in case of work stoppage or crippling activity
- Closed Session agendas must be described

• Special procedures permit proceeding without an agenda in an emergency

California State Publication

Since SCR has 7 board members, no more than 3 members can be present when discussing SCR affairs outside of a regular meeting.

Violation of the Brown Act may result in:

- 1) Criminal penalties (e.g., fine of up to \$1,000 or imprisonment in state prison).
- 2) Permanent disqualification from holding any office in California.
- 3) Additionally, any contract made in violation of Gov Code Section 1090 is void.

SCR is not a government entity but functions just like a city. The SCR Board follows the Brown Act. Similarly, all SCR committees follow the same Act as well.

Compliance Committee

BY NANCY GREEN

In March, the Compliance Committee will begin our planned community wide canvass for houses, garages and fences needing paint/repair.

The Architectural Review Committee (ARC) approval is required to repaint the exterior of your home, even if you are

repainting same color. Complete instructions for repainting are shown on the Application for Exterior Painting House, Fence and/or Gate (Appendix E in the last section of the Design Guidelines). Only colors from the pre-approved SCR Exterior Paint Palette may be used. Each house must have at least one Trim Color for contrast. Garage doors must be painted to match either the House Base Paint Color or House Trim Color. The Color Palette book can be obtained in the Timber Creek Administration Office.

Since we have had quite a few storms lately, we realize that many fences are still in need of repair and Paint. The guide lines mentioned in this article are to refresh everyone with the current updated Design Guidelines, which are available for your review on the Sun City Roseville Website (screes.org) under Documents, Governing Documents and then Design Guidelines. Also, there is an excellent article on the Website under ANNOUNCEMENTS and titled ARC Department: Storm Fence Repair Information. It gives you all the information you’ll need on how to handle the repair/replacement of a wooden fence, such as how to work with all affected neighbors in attaining bids from licensed Contractor’s or Handymen. The materials required for repairs are specified in Design Guideline, Article 111, Section, 3.02(e)(xi)(A). Fences must be repaired or rebuilt using the original type and style of wood materials. The required color is Kelly Moore Dusty Olive K18-2. Any visible hardware should be painted the fence color. ARC

approval is required for the repair/rebuilding of the fence.

When thinking about painting, it’s a great time for owners to learn about SCR’s Design Guidelines and how to find the specific information they’re looking for. Our Sun City Community continues to highlight its beauty when all of us comply with the required guidelines.

Astronomical Events for the Month of March

BY BILL WEAVER

March 7: Full Moon – “Worm Moon”

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

March 20: March Equinox

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

March 21: New Moon

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

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All Tuned Up

(cont' from page 3)

were cheering everyone, "On with the Show."

Some of the members we heard from were Joe and Jan Given who performed piano and violin solos; Arlene Bailey and Carolyn Winter were accompanied by Gary Mills on "I Still Miss Someone"; Jean Duffin and Patti Falkenberg along with Bruce Ahnberg on guitar sang "Let Me Be There"; Peggy Wells did her version of "Send in the Clowns." Some 20 members performed that night. Bravo to all who participated.

With St. Patrick's Day around the corner, some of us will want to perform some Irish tunes. Practice sessions will also begin in March for our April 1 show. Yes! It sounds like we're gearing up for more parties.

ATU performs two variety shows a year. We meet each Thursday, 9 am at Sierra Pines. Activity card-holding residents are always welcome. For more information, contact ATU VP, Cory Blasser at 408-802-5245.

...

Music and Laughter

BY JANE BOHN

Sun City's seen some "Stormy Weather" recently, but at Music and Laughter, "It Might as Well Be Spring." At our February 8 event in the Sierra Pines lodge, your friendly neighborhood serenaders put "Heart and Soul" into several fun singalongs. Those attendees born in February "Put on a Happy Face" as we belted out Happy Birthday for them. In the "Cool, Cool, Cool" of the Evening our Open Mic performers went "All The Way" to "Accentuate the Positive." These talented neighbors who performed included, Jan and Joe Given, (on piano and violin) Elton Pamplin and Jean Stephens, (duel harmonizing saxophones) Ken Roberts (singer/guitarist) Peggy Wells (singer, a cappella) Gerry Capellino singer/guitarist, and Ray DeBenedetto, singer/comic. Of course, "They All Laughed" at our humorists' jokes told by Ed Lick and Jan Montero. Our lucky raffle winners, who waited "All Through the Night" did "Smile" as they pocketed their "Pennies From Heaven." These included Ed Lick, Cal Conley, Jill Aggersbury, Jan Given and Pam Moll. "Puttin on the Ritz" were my steadfast helpers, Jill Aggersbury, Arlette Bennett, Ursula Lewis and Nancy Stetz.

"For All We Know" you'll be the one

singing "Luck Be A Lady" at next month's drawing. "Come Rain or Come Shine" the Music and Laughter gang gets together every second Wednesday of the month at 7pm. So even if you "Don't Get Around Much Anymore" you can still "Button Up Your Overcoat" on March 8 and take a "Sentimental Journey" to our Sierra Pines lodge at the corner of Del Webb Boulevard and Whistlestop Way. Doors open at 6:30 - "I'll Be Seeing You" there!

...

Dance Club

BY LENORA DAVIS

You asked for it and you got it. With much anticipation, our Dance Showcase, in the Ballroom, is almost here. It will be on March 20, starting with doors open at 6:30 and performances beginning at 7:00pm. This is big - our biggest event of the year. Big, I tell you. Everyone is going to be there. ALL Dance classes are practicing for this ultra-big event. You will be dazzled by the performance of our timid, "deer in the headlights" beginners, and with the skill levels of groups all the way through our more advanced dancers. We have lined up such an amazing show, I promise you will



be entertained. You do not want to miss this.

After the performances, the Introductory Line I, Beginning Tap, and Country Couples classes will offer the audience the opportunity to learn some basic dance steps. For more information, contact Susan Glover at 3susanglover@gmail.com.

This event is open to all SCR residents. Tickets are available now at the monitor's table at any of the dance classes, at the March

1 Courier Day, and at the door. They are only \$5.00.

See, I told you this is big. And our next great event is planned for Monday, April 17, from 6:00 to 9:00pm, in the Ballroom. This will be a Salsa dance social. Lessons will be offered 6:00 to 7:00, then dancing with the instructor's dance group until 9:00. If you have ever wanted to learn Salsa dancing

...

Drama Club

BY LENORA DAVIS

Exciting news! The Second Act Studio Drama Club is in rehearsal mode for our May 29 performance. A new production has been selected and the line-up is as follows:

1. A Letter to a Soldier - a short Memorial Day tribute to our fallen soldiers
 2. Jogging Along - two ladies stop jogging to spend a few minutes discussing interesting insights into their lives
 3. Any Body for Tea - a 30-minute murder mystery - a comedy "to die for"
- **Intermission****
4. Going to the Movies - Two ladies with some memory issues, trying to decide what movie to go see
 5. Jogging Along - here they come again
 6. Head Space - a couple on a blind date find their own subconscious thoughts get in the way

Tickets (\$10 per person) will be available at the April 1 Courier Day (Second Act Studio Drama Club table), from Linda Vincent (206.794.9089), Joy Winston (916.773.2479), or from any cast member.

Last month I introduced two of our Club members and this month will do the same.

Vivian Friedman. You may recognize her from our November plays, "The Prize" and "Santa Flunks Retirement". She is a New York girl who has many years' experience performing in productions from stage to choir. Her favorite role was when she starred as Yenta in "Fiddler on the Roof". She has dazzled audiences in New York, Pennsylvania, San Francisco - and now in Sun City.



Penny Rome. Penny is also an experienced actor, having started in high school. Later, without any experience in this side of theater, she became the Technical



Director for the Folsom Middle School Drama Club. She says "I think life is more fulfilling when you try new experiences. You might find new interests, skills and friends."

We could not agree more. Look for both of these ladies when you attend our performance in May.

...

Fine Arts

BY NANCY VAVUI

How does one artist greet another? "Yellow!" We will be hearing this greeting often as Sun City artists greet each other as well as the public this month at the 26th annual Arts Festival on Friday, March 17 from 5 to 8:00 p.m. with a no-host bar and also Saturday, March 18 from 10 a.m. to 6:00 p.m. featuring demonstrations in oil and alcohol ink. Together with Creative Arts and Needle Arts, the various art rooms, the ballroom, and hallway will bustle with activity. In the hallway lucky raffle winners will win pieces of art donated by our talented members. The profits from this festival will go to Placer County Children's Charities. Please come out to this exciting event not only to see what is new in the Sun City art scene, but also to buy or maybe even win a new piece that tickles your fancy. We hope to see you there.

March classes will continue as scheduled with Donna Self's acrylics on Monday, Pat Abraham's watercolors on Tuesdays, Susan Edie's oils on Friday mornings, and Sherry Bleiweiss's alcohol inks on Friday afternoon March 24th only. At our general meeting on March 9, we will welcome Phyllis Brady, an accomplished artist in watercolor and oils who specializes in figure painting and drawing. Also at this meeting we will fill our nominating committee for next year's officers and look for those who would like to serve.

(cont' on page 11)

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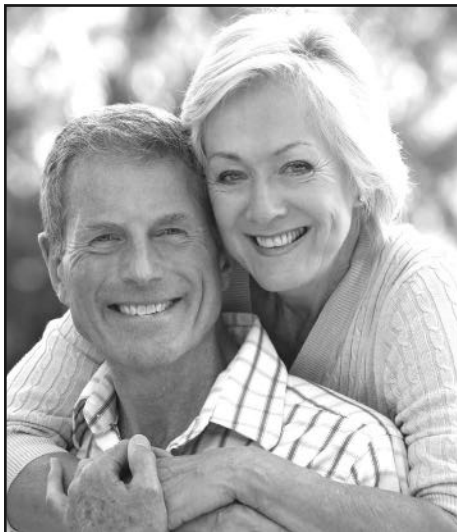
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Roseville Junction Entertainment Destination Taking Shape

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

Plans for Roseville Junction are taking shape. The entertainment and hospitality destination is slated for 290 Conference Center Drive, adjacent to the Galleria mall and Highway 65.

“Roseville continues to grow into a regional destination that’s attracting businesses and visitors.

The addition of Roseville Junction provides even more amenities which are important to strengthening our economy and workforce,” said Melissa Anguiano, City of Roseville Economic Development Director.

- Electric Pickle

Construction is anticipated to begin in 2023 on Electric Pickle, an entertainment complex with nine pickleball courts, a two-story indoor-outdoor bar and restaurant, and lawn for live music and outdoor gatherings.

A summer 2024 opening is estimated for the approximately 8,000 square foot venue. Roseville will be the second Electric Pickle location in the nation.

- Fieldwork Brewing

A 20,000 square foot outdoor venue at Roseville Junction will feature modular containers surrounding an open area planned



for concerts, artisan events, and small festivals. Fieldwork also has plans for a beer garden.

- Hotels

Two hotels totaling approximately 250 rooms are planned for Roseville Junction, Caption by Hyatt Roseville and Hyatt House Roseville. Other lodging is planned near the site.

More businesses will be joining Roseville Junction in the future.

The purchase-and-sale agreement for the previously City-owned site was approved by City Council in 2020. Proceeds from the \$4.8 million sale went to the City’s Strategic Improvement Fund, with a portion helping spur new economic development initiatives. The businesses joining Roseville Junction are consistent with City Council’s vision for the property.

Roseville’s Quality of Life and Economic Vitality Continues to Attract New Businesses and Residents

BY HELEN DYDA

People and businesses from around California and the country continue to find Roseville a desirable place to locate. According to U-Haul, Roseville had the second highest net gain of one-way truck trips in the U.S. in 2022.

Roseville’s growth and development are the result of decades of thoughtful and comprehensive planning. These efforts help fuel a healthy economic environment and create a place where residents and businesses invest in the future.

This recent ranking reinforces Roseville reputation as one of the most desirable places to live in California. Jobs, amenities, and the reliability of affordable city-owned utilities are features often considered by those relocating. Roseville has previously been recognized for safety, livability, remote work, among other accolades. See a list of these at Roseville.ca.us/accolades

Learn more about Economic Development in Roseville by visiting, [roseville.ca.us/ChooseRoseville](https://www.roseville.ca.us/ChooseRoseville).



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Neighborhood Watch/Citizen Patrol

BY LINDA VINCENT

A Neighborhood Watch program as we have here in Sun City, is a group of people living in the same area who want to make their neighborhood safer by working together and in conjunction with local law enforcement to reduce crime and improve their quality of life.

Neighbors keeping an eye out for each other and reporting unusual activity to the police, build a stronger community and neighbor relationships.

What is Neighborhood Watch to You? It creates comradery and a sense of safety within the small groups throughout Sun City called "Teams". We have 234 teams throughout Sun City. Are you receiving an email with information regarding, safety, scams, helpful hints for your home security, etc. every 6-7 weeks?

If the answer is No, maybe you would be willing to step up in your area to be the Team Link? We have many residents who have been involved either as a Village Communicator or a Team Link for several years and some are looking to pass the baton.

Being a Team Link is not hard to do. The duty of a team link is to forward information to the residents on their assigned team. The process is simple. I send an email to 34 Village Communicators—who then forward it to



their assigned Team Links, who then forward it to the residents on their individual teams. While this system is somewhat cumbersome, we like that it tends to keep groups of residents knit together. Keep in mind, the only emails you forward to your team will be the ones received from this office directly to the Village Communicators/Team Links – For Distribution.

At minimum, you set up a group email address and thus forward email as you receive it from your Village Communicator (which I would supply to you). I send such emails about once per month. Any other tasks you assume, such as organizing get-togethers in your neighborhood, is very much appreciated by your neighbors, but is not required.

Are you ready to get the communication flow going again? Please contact Village Neighborhood Watch office at 916-774-3817 or neighborhoodwatch@scrca.org to get communicating with your neighbors again.

Sunshine Services "We're Here to Help"

BY PAT TEILH

There is no clearly defined age when you become a senior citizen. Some people might consider themselves seniors when they retire from the workplace, sign up for Social Security or begin to spend their retirement savings, but others aren't ready to call themselves a senior citizen yet. We here at Sun City Roseville see this as a 55+ active community but here are milestones to think about.

1. Qualifying for Medicare.
2. Social Security eligibility.
3. Receiving senior discounts.
4. Stepping away from work.
5. Changes in health.

1. Qualifying for Medicare: There are specific ages when you qualify for various types of retirement benefits. In some aspects society makes it very clear when we become senior citizens.

2. Social Security Eligibility: Benefits can begin as early as age 62 or as late as age 70. If you have paid into the Social Security system and are eligible for benefits, you can receive a reduced payment when you turn 62. To receive your full benefit, you can wait until you reach your full retirement age, which is usually age 66 or 67.

3. Receiving Senior Discounts: If you feel short on cash or want extra perks, you may enjoy the promotions that are directed

to seniors. Anyone who is 50 or older is eligible to become an AARP member and qualify for AARP discounts. Some businesses start offering discounts to customers when they reach age 55. If you look for deals for seniors, you can find them at certain retailers, restaurants and grocery stores. Hotels, car rental agencies and airlines might offer discounts too. Ask about a senior rate with your cellphone provider and pharmacy to see what is available.

4. Stepping Away From Work: After you retire from an extensive career, your family and friends may consider you to have reached senior citizen status. The transition might bring on a feeling of meaning and purpose. As you move away from the office, you may have a sense of gratitude for the years you were able to work and your ability to now pursue a passion.

On the other hand, you could be compelled to take on a part-time job to bring in extra income. You might also try out a new business or look for a position in an area you've always found interesting. Retirement often brings the freedom to decide how and when you would like to work.

5. Changes in Health: Medical conditions such as arthritis, hypertension or hearing loss may cause you to feel like you have crossed the senior citizen line. It's hard to feel young when you are being fitted with a walker or hearing aid. In addition, feeling fatigued or ready for bed by 9 p.m. might be an indicator you are getting older. And seniors, remember We're Here to Help!

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Fine Arts

(cont' from page 7)

We will also have sign-ups for volunteers for the Arts Festival so that all will run smoothly. Our club has experienced wonderful growth during the past year, and this will be a great time for older members to say, “Yellow” to new members in friendship and purpose.

Remember, these artists are so great; they can always “draw” a crowd.

...

Needle Arts Club

BY CJ KIDD

“Be kind whenever possible... It is always possible.” Dalai Lama

Our January program was touching and informative. Nancie Wiseman Attwater shared her experiences during her Jail Journey. She spent eight years teaching inmates to sew. She shared many stories, sad as well as joyful, during her eight years teaching young ladies to sew.

Today is one of our fun yearly events, “Tea and Tables”. The Ballroom is filled with many tables, each decorated to perfection. Each table has an amazing theme and flair. I hope you enjoy this wonderful event. If you missed it, put it on your calendar for next year.

Be sure to read our Newsletter and discover all that is happening in the Needle Arts Club. There are many interesting classes available for you to attend. Sign up on the class sheet in the Needle Arts Room. If there is a fee, put your name and money in the class envelope on the counter.

You can also visit the Needle Arts Web site and discover all that is available to you as a member of the Needle Arts Club.

The Fashion Show committee has started to meet and is planning another fantastic Fashion Show and luncheon for you to enjoy. It will be on Friday, May 5th, 2023 at 11:30 in the Ballroom.

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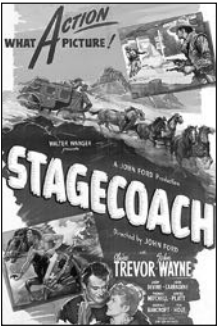
Cinema Group

BY BRIAN SUTTON

Join us for the March movie, “Stagecoach” (1939)

“Stagecoach” is a film which renewed two great careers. Although John Wayne had appeared before in many films as an extra, a stuntman and an actor in B films, this was his first starring role. For Director John Ford, it was a return to a genre, which allowed him to make many of his greatest films. With Ford’s clout as a director and Wayne’s as a star, they would establish themselves as one of the legendary partnerships in cinema.

Typifying the best that the Western genre has to offer, “Stagecoach” is a rip-roaring adventure. It is first and foremost an ensemble film, where each character is given ample time and thorough resolution. The large ensemble resembles most of the characters found in Westerns. Much of the movie is shot on location in Ford’s beloved Monument Valley. This film has received high scores from movie rating sites on the Internet.



Movie critic Roger Ebert wrote, “Seen today, this movie may not seem very original. That’s because it has influenced countless later movies, in which a mixed bag of characters are thrown together by chance and forced to survive an ordeal”.

Join us for this Great Western Film • Friday, March 17, 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.

...

International Social Group

BY CYNTHIA SINDREY

The annual ‘Bringing In The New Year’ dinner and entertainment event had fewer attendees than usual due to sickness or members traveling, however, those that did attend had a fabulous time. The meal, entertainment along with music by the Cocuzzi Duet, who had so many singing and dancing

made the evening so enjoyable that some of the new members commented on what a great group we are. At the committee meeting following this years’ choice it was unanimous to reserve a date at Sierra View Country Club for January 2024. Nothing like planning ahead!

The next get-together will take place at Sierra Pines on Wednesday, March 22 starting at 6:00pm. We will be honoring the Greek Islands with a catered Greek dinner and entertainment. Details will be on a flyer that will be e-mailed and also sent regular mail to our members. They will also be available on the rack at the lodge, where there are also flyers showing what the Group is all about and if that is interesting to you then membership applications are also there.

Moving forward to May 24 we will be planning on honoring Mexico. We have members from all over the world, including America and enjoy eating, being entertained and meeting people with different backgrounds

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

...

Roseville Stamp Club

BY TIM MILES

A lot of new events have been scheduled for the upcoming time. Our March meetings are set for March 14 and Mar 28 (Tues. at 6:30 pm). Our April meetings are set for April 11 and April 25 (Tues. at 6:30 pm). All events are at the Sun City Roseville Lodge. Non-members are welcome. Bring your “old” album and you can get a good estimate of the current worth. All meetings start at 6:30 pm. We always have a good supply of covers, hinges, various album pages and all the materials needed for the hobby.

Additionally, the Club Dinner has finally been set for Thurs, April 20 at the Lodge. Keep in mind the WESTPEX Stamp Expo is being held at the Airport Marriott in Burlingame on April 28-Apr 30. Contact fellow club members to see who can carpool to the Expo and what day?

Additionally, Al Capparelli (916-771-8288) has a huge new collection being broken down that consists primarily of US, Germany, and a bunch of boxes of loose stamps. Let Al know your requirements and he can keep you in mind as we catalog the collections for distribution.

If you haven’t already done so, remit the 2023 dues to our treasurer (\$20 covers the year). This goes to pay for the Lodge Meeting Rooms and other expenses. Hopefully, by now, the “heavy” weather is over and we can return to sense of “normalcy”, get back to meeting with our fellow stamp enthusiasts, and pursue the hobby.

...

Boomer Generation

BY SUZANNE CROWDER

Once again, another event under our belt and a new one coming. If you haven’t had a chance, be sure and check out the pictures on the Boomer website. At the Council Meeting on February 13; we finished planning the March 15 & 16, 2023 events. Cattlemen’s will be handling the catering with their Potato Bar and we will be playing “Blank Slate”, back by popular demand. Ticket price will be \$18 and sales will start at Courier days, March 1 at 7:30 am in the lobby.



Boomers Starry Night Event held January 28, 2023 at the Timber Creek Ballroom.



The SIG’s 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’re still hoping the Movie and Bowling SIG’s will make a comeback.

I have appointed a Nominating Committee: Pam Cabezas, Judi Garcia and Tena Johnson to pursue people to fill the

(cont’ on page 12)

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Boomer Generation

(cont' from page 11)

two Board slots opening up: President and Secretary. If you're interested, please reach out to one of them.

Monday, April 24, at 7:00 pm at Sierra Pines is the final General Meeting for this council, so mark your calendar. We'll be discussing the voting process for the open Board Member positions as well as selling tickets to the May 24 Event, "Tickets to Party Paradise" or Welcome to Margaritaville or Cinco de Mayo. The band Planet Groove will be back and a buffet themed dinner. So, mark your calendars.

Your Boomer Council.

...

Socrates Café

BY STEVEN GUSTAFSON

Socrates Cafe (Philosophy) Group — "The price of apathy towards public affairs is to be ruled by evil men." This was written over 2300 years ago by Plato, one of the greatest philosophers ever. It was the focus of our discussion when we met last month.

Most of our discussion recalled the psychopathic dictators who rule several countries today — their evil is enabled by apathy of the people they oppress. But Plato's statement also applies to local public affairs, such as the governance of Sun City's homeowner association.

In our discussions it was pointed out that Sun City has a high level of volunteerism

— the ten committees (Finance, Properties, Compliance, etc.) and the Board of Directors that guide our association consist entirely of unpaid volunteers. This volunteerism is the opposite of apathy!

Socrates Cafe meets on the first Monday of the month at 10:00 in the Timbers lodge. A facilitator provides the questions to be discussed. You are welcome to join us.

...

Solo Friends

BY CATHY SCHIMANSKY

Solo Friends membership totals 153 as of February 12, 2023.

Our group's February 6th general meeting speaker was from the Placer County SPCA. Her presentation was a combination of speaking accompanied by a slideshow presentation of the wonderful animals that have been helped over the past few years.

The February 18th social dinner theme was "Share the Love". There were 86 members attending; all attending contributed non-perishable food items that were delivered to the local food bank. The "Share the Love" dinner was catered by the Randy Peters Catering company; and Bingo was the after-dinner activity. Thank you Arlene Kozub and Vickie Blomquist for co-hosting a wonderful and fun evening!

Per multiple member requests the

following dates/schedules for Solo Friends meetings is stated a second time so that the members who misplaced their original copy from the February Sun Senior News Solo Friends article can print and enter the dates on their personal calendars.

Solo Friends Dates to Remember:

- Timbers Ballroom general meetings start at 6 pm and are scheduled for March 6,



Solo Friends members enjoying the January 21, 2023 "White Elephant gift exchange" planned activity after dinner.

April 3, May 1, July 10, August 7, September 11, October 2 and November 6.

- Sierra Pines social dinner and activity or entertainment evenings start at 6 pm and are scheduled for March 18, April 15, May 20, July 15, August 26, September 16, October 21 and November 18.

- The final 2023 event of the year will be the annual holiday dinner and dancing celebration in the Timber Creek ballroom starting at 6 pm on Tuesday, December 12, 2023.

Thank you to all the members that have

volunteered to host the 2023 social dinners this year along with those who have volunteered to help organize and run our small group activities.

Last but not least, thank you to our newest volunteer Nikki Combs for stepping up to be the monthly Solo Friends Village Courier columnist beginning with the April 2023 edition.

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SCR Computer Club

BY BARBARA EICHTEN

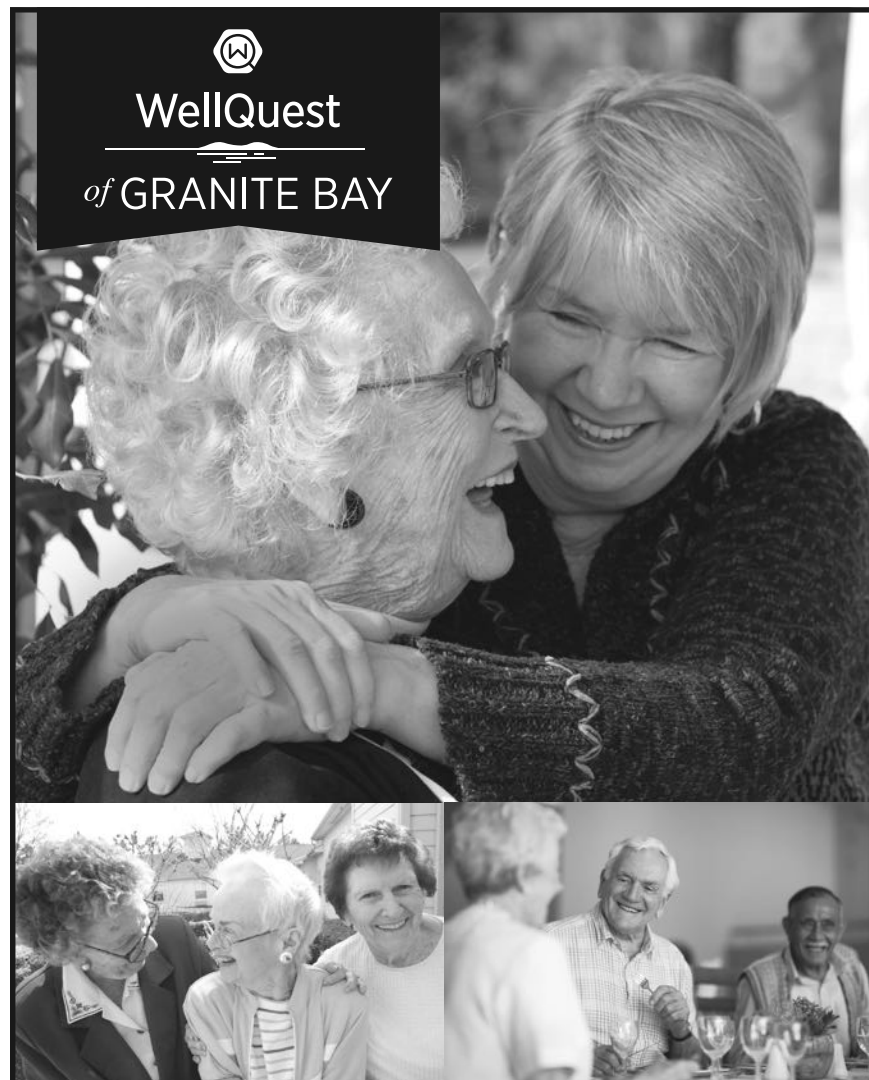
Check the monthly calendar in the kiosk or the SCR website for Computer Club hours in the CLUB room. We will help you with specific concerns.

We look forward to future General programs with topics such as "How to Look at Your Surroundings for GOOD Pictures," "Tech Skills for an Easier and Safer Computing Experience," and "Email Tips and Tricks," and "Genealogy." This month's meeting is March 27, 2023 at 10:00 am in the Ballroom. All are welcome to the Council/General Meeting at 9:00 in the Club Room and 10am in the Ballroom.

Special Interest Groups (SIGs):

Photo SIG: Meets on Friday, March 17, 2023 at 10:00 am in the Club Room. Come to the meeting and see how the Photo SIG (camera club) does things. Submission of a maximum of 3 photos, sent to PhotoSIG916@gmail.com is due by Monday March 13,

(cont' on page 13)




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

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

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

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

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

SCR Computer Club

(cont' from page 12)

2023. The photos are juried at the regular monthly meeting. March's theme is "Action/Movement." Photos have no time frame. Contact Dennis Studer or Jennii Ramirez for additional information.

iDevices: Need help with an Apple iMac, iPad iPhone. The Club Room is open on the first Wednesday of the month (March 1, 2023) from 10:30 – 12:00.

Cardmaking: Meets on the third Tuesday, March 21, 2023 in the Club Room from 1:00 – 4:00 pm. Cathy Fluellen (623-256-0280) will host a session with Rubberstamps. Call to register and for further information.

Open sessions are available on the following dates: March 3, March 7, and March 24. All sessions from 1:00-3:00 pm.

• • •

Conservative Action Group

BY SHERRI SCOTT

Our Pledge of Allegiance "to the flag of the United States of America and to the republic for which it stands, one nation, under God, indivisible, with liberty and justice for all" is a founding principle of conservative-minded people. So too our US coins with the words, "Liberty," "E Pluribus Unum," and "In God We Trust" repeat these fundamental truths upon which our country was founded and are the basic doctrine of conservatives. Our group supports many political, societal, and educational organizations that focus on local,

state, and federal conservative issues.

We are not wedded to the Republican Party, but support much of their platform as they align with our beliefs and values—such as limited government and associated freedoms, property rights, equal justice under the law, secure borders, and family and parental rights.

We participate in local government affairs at the City and County level and were successful in keeping Placer "Red." Not only did we get involved in electing conservative individuals last November, but we are also now attending various local meetings to support those elected. We participate in other local political organizations to ensure we keep abreast of current events and provide support wherever possible. We stay in touch with our state and federal legislative representatives on an ongoing basis.

We are gearing up our fundraising efforts for state-wide issues for such things as: American citizen "one person, one vote," also called election integrity; an initiative for school choice; and organizations challenging school districts that are not educating but indoctrinating elementary and high school students.

We are an action group. Come to our first Monday-of-the-Month meetings, even to just sit in on the discussion and offer your ideas. Our next meeting will be on Monday, March 6, at 6:30 pm at Sierra Pines.

• • •

Jewish Fellowship Circle

BY LOIS ARLEN AND KAREN LEVINE

A special thank you with appreciation to Mike and Sharon Leibowitz for leading the Shabbat service and to Ellyn Kaye and Diane Parlin for hosting the Oneg in January.

Spring is around the corner, and so is Purim. The Jewish Fellowship Circle will celebrate Purim on March 19, 2023 at Sierra Pines. We will be reading the Megillah and many will dress in costumes. Please plan on joining us.

Purim (in Hebrew means "Lots") is a joyous festival commemorating the survival of the Jews who were marked for death by their Persian rulers. Haman drew "lots" to carry out his plan of killing the Jews on the 13th Day of Adar. The Jews were saved by the courage of a young Jewish woman named Esther who was married to the King of Persia. The king did not know Esther was Jewish. Esther's cousin Mordechai overheard Haman's plans and reported this to Esther who went to the king. On Purim we eat a cookie called Hamantaschen which is the shape of a three-cornered hat which supposedly Haman wore. Hamantaschen can be filled with poppy seeds, prune or apricot filling. On Purim we dress up in costumes and masks symbolizing the characters of the story and we listen to the Book of Esther in the synagogue. Purim baskets called Shalach Manot are gifts of food and drink that are sent to family and friends on Purim.

We will have our annual Passover Seder on April 6, 2023.

• • •

Democrats

BY TONI FISHER

The 2024 campaigns have already begun and the mail is filled with requests for donations to support candidates across the country. We were happy, however, to welcome David Campos, Vice Chair of the California Democratic Party, to speak at our recent meeting. While he covered a wide variety of topics, he was able to suggest ways that we can get involved in the 2024 Primary and General Elections when we are ready and able to do so. This was very encouraging and allows us to take that brief breather that we need and be energized to join in the campaign activities.

Our month meetings are held on the 4th Wednesday of the month at 9:30am (March 22 and April 26) at Sierra Pines.

• • •


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


(cont' on page 15)



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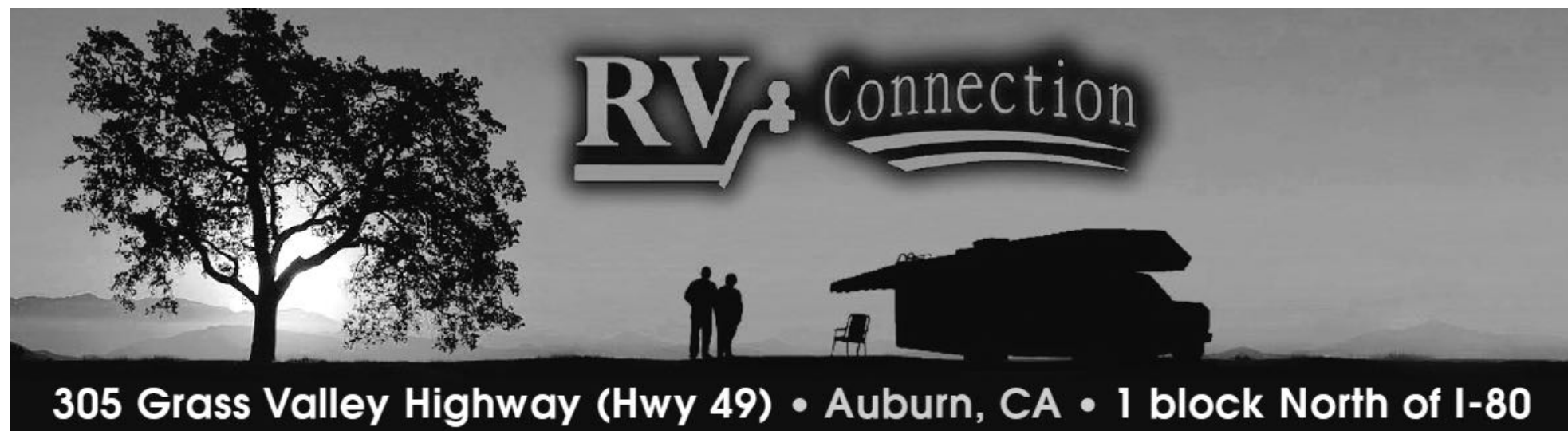






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Mantra Meditation

(cont' from page 13)

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.

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

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

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

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

• • •

Republican Group

BY CAROLE VAILLANCOURT

Members who attended the February meeting were impressed with V/Mayor Krista Bernasconi; She presented an overview of the governance in our city and what is proposed for the coming year. All felt the information was very edifying and helpful, the feedback was extremely positive.

She also outlined that the city is implementing a strategy for dealing with the homeless population (which is approximately 800.)

If you are interested in how the increasing traffic in our area will affect you, we are pleased to announce a presentation from the Placer County Transportation Planning agency (keep Placer Moving!) for our Thursday, March 2, 7 PM meeting. All residents are welcome to attend!

For further information call 916-781-2468 or caroleva@surewest.net

• • •

Rods & Relics

BY ELNA RAGAN

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

We are starting to see local flyers announcing upcoming Car Show events! Our

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

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

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

Web Site: www.rodsnrelics.net

• • •

Veterans and Patriots Club

BY MIKE YOUNG

Thank all of you from the Sun City Roseville Community for supporting your Veterans and Patriots Club. Without you and the community's wonderful support, we would not exist. We would also like to let you know we have changed certain aspects of our General Meeting format (starts at 10am the first Wednesday of the month) to address the input we have received from you over the past few months.

We have some dynamic military-based speakers planned for each month this year that will enlighten and inspire you with their stories and first-hand experiences in the military. We would also request that you bring your friends and neighbors to our meetings, have some free donuts and coffee and possibly win one of our free raffle prizes, such as dinners, breakfasts and car washes from our wonderful sponsors.

Membership is open to all with a Sun City Activities Card and lifetime membership is only \$30. For applications, contact our Membership Chairperson Bill Hanzel at bhanzel@comcast.net.

In February's meeting, we had one of the Navy's top recruiters in the nation come and speak about his career and background. In March, we have Gunnery Sergeant Lamont Hicks who will discuss his career and experiences in the contemporary Marine Corp.

American flag getting a little frayed and worn? Come talk to us as we are the go-to organization when you need to acquire an American flag! You can contact Mike Wedemeyer at weedy60@aol.com to order

your flag. The donation is \$25 per flag, which is a steal.

We are currently in the process of putting together some fun events for the remainder of the year and will announce them in the near term. Please write this down, our next Veterans and Patriots General meeting will be in the Ballroom at 10am, Wednesday, March 1, 2023.

• • •

Garden Club

BY SUZETTE AUSTIN

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

On March 7 we welcome back Lani Houck from RUFF (the Roseville Urban Forest Foundation). She has worked in the community through RUFF since 2001 as a certified Arborist and program manager. Lani is a favorite speaker at the Garden Club. She has taught Environmental Horticulture as well as numerous Master Gardening classes. At our meeting she will also address pruning trees and shrubs as well as the impact of climate change on shrubs and trees and what you can do to protect them from extreme temperature changes.

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

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

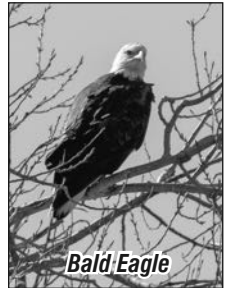
We are planning lots of interesting topics for our club meetings in the coming year. For more information about our club check out our website or contact Karen Burford at 530-575-8384 or karinab@aol.com.

• • •

Birders

BY JANET MORELLI

In between the rainy and windy weather at the beginning of this year, SCR Birders were treated to perfect bird watching weather at Gray Lodge Wildlife Area near Gridley. Here we identified 36 species of resident and migrating birds, including hundreds of Snow Geese resting in a field next to the road leading to Gray Lodge. Among other species seen were: White-fronted Goose, Bufflehead, Double-crested Cormorant, Green-winged Teal, Northern Harrier, Phainopepla, Sand Hill Crane, and Bald Eagle.



Unfortunately, two field trips scheduled for the first two months of this year, to the Lincoln Water Treatment Facility and the Cosumnes River Preserve, had to be cancelled due to rain or flooding. The Birders schedule for the rest of this season's birding field trips will be reviewed to accommodate the substitution of cancelled trips for future planned trips. Residents listed on the Birders' email roster will be notified by eBlast of any resultant changes. For more information, contact either Janet Zeitman at 916-771-5235 or Janet Morelli at 916-782-6393.

A highlight of a recent field trip, to Gray Lodge, was the sighting of a Bald Eagle (our National Bird) just as Birders were leaving to return to SCR. This bird is most common in Alaska, more common in the North, and common to rare over much of the rest of the West. It is very large (length 31",

wing span 80", and weight 9.5 lb) with a white head and tail and a yellow bill. The juvenile Bald Eagle is dark with white on the underside and will acquire adult plumage in four to six years. During breeding season the bird will feed mainly on fish; during the winter, it will also eat injured waterfowl and carrion. It makes the largest stick nest of all raptors sometimes weighing a ton or more!

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(more Club News cont' on page 18)

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Days & Destination	Cruise Line ~ Sailing Date	Starting Price/ Inside Ocean View Balcony		
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15 DAY HAWAII from SFO! PRINCESS

Royal Princess ~ 3560 Passengers

Mar 12, 2023

\$749

\$1,299

\$1,699

Crown Princess ~ 3080 Passengers

Nov 26, 2023

\$1,198

\$1,464

\$2,698

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

Ensenada, Mexico, San Francisco, California.

*** ROUNDTrip LINCOLN SHUTTLE TO SHIP!**

7 DAY CALIFORNIA COASTAL From SFO! PRINCESS

Royal Princess ~ 3560 Passengers

Apr 16, 2023

\$349

\$604

\$629

Crown Princess ~ 3080 Passengers

Oct 22, 2023

\$498

\$598

\$948

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

*** ROUNDTrip LINCOLN SHUTTLE TO SHIP!**

10 DAY ALASKA From SFO! PRINCESS

Ruby Princess ~ 3080 Passengers

May 17, 2023

\$849

\$968

\$1,468

Jun 6, 2023

\$948

\$1,198

\$1,722

Jul 6, 2023

\$1,098

\$1,285

\$2,088

Aug 15, 2023

\$1,048

\$1,198

\$1,879

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

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

*** ROUNDTrip LINCOLN SHUTTLE TO SHIP!**

10 DAY MEXICO From SFO! PRINCESS

Crown Princess ~ 3080 Passengers

Dec 12, 2023

\$698

\$898

\$1,329

Jan 23, 2024

\$748

\$899

\$1,378

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

San Francisco, California.

*** ROUNDTrip LINCOLN SHUTTLE TO SHIP!**

16 DAY PANAMA CANAL PRINCESS

Ruby Princess ~ 3080 Passengers

Apr 14, 2023

\$1,899

\$2,299

\$3,499

INCLUDES FLIGHT TO TEXAS & SHUTTLE FROM SHIP TO LINCOLN!

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

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

17 DAY SOUTH AMERICA REPOSITION CELEBRITY

Celebrity Eclipse ~ 2850 Passengers

Dec 7, 2023

\$1,930

\$2,128

\$2,427

INCLUDES ROUNDTrip SACRAMENTO AIRFARE!

Sail from Los Angeles to Valparaiso, Chile visiting Cabo San Lucas, Mexico; Huatulco, Mexico; Puntarenas, Costa Rica; Manta, Ecuador;

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

73 DAY GRAND AFRICA HOLLAND AMERICA

Zuiderdam ~ 1964 Passengers

Oct 7, 2023

\$12,599

\$13,699

\$19,999

INCLUDES ROUNDTrip SACRAMENTO AIRFARE!

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

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

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

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

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

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

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Cruise Line ~ Sailing Date	Starting Price/ Inside Ocean View Balcony		
73 DAY CIRCLE SOUTH AMERICA HOLLAND AMERICA Oct 7, 2023	\$8,999	\$10,999	\$23,999
Zaandam ~ 1432 Passengers	INCLUDES ROUND TRIP SACRAMENTO AIRFARE!		
Sail round trip from Fort Lauderdale, FL visiting Cayman Islands; Costa Rica; Panama Canal; Ecuador; Peru; Chile; Strait of Magellan; Beagle Channel; Ushuaia, Argentina; Drake Passage; Antarctic Experience; Falkland Islands; Montevideo, Uruguay; Buenos Aires, Argentina; Punta del Este, Uruguay; Rio de Janeiro, Brazil; Fortaleza, Brazil; Cruising the Amazon River; Manaus, Brazil; Devils Island, French Guiana; Trinidad and Tobago; Barbados; Dominica; Bahamas; Fort Lauderdale, FL. Call for full itinerary and details.			
111 DAY WORLD CRUISE PRINCESS Jan 18, 2024	\$19,498	\$21,498	\$29,498
Island Princess ~ 2200 Passengers	INCLUDES ROUND TRIP FIRST CLASS SACRAMENTO AIRFARE!		
Sail round trip from Los Angeles visiting Hawaii; Samoa; New Zealand; Australia; Bali, Indonesia; Singapore, Kuala Lumpur, Malaysia; Colombo, Sri Lanka; Aby Dhabi, UAE; Dubai, UAE; Oman; Aquaba (Petra), Jordan; Suez Canal, Egypt; Nazareth/Galilee(Haifa), Israel; Kusadasi, Turkey; Greece; Malta; Italy; France; Spain; Portugal; Morocco; Canary Island; Bermuda; Florida; Columbia; Panama Canal; Costa Rica; Nicaragua; Mexico; Los Angeles. Call or email us for the full itinerary and details. Free First Class flights and airport shuttle.			
36 DAY EUROPE REPOSITION CUNARD Aug 20, 2023	\$5,448	\$6,248	\$7,688
Queen Elizabeth ~ 2081 Passengers	INCLUDES LINCLON SHUTTLE TO SHIP & SACRAMENTO AIRFARE RETURN!		
Sail from San Francisco to Barcelona, Spain visiting the Los Angeles; Cabo San Lucas, Mexico; Puntarenas, Costa Rica; Transit the Panama Canal; Aruba; Ft. Lauderdale; Hamilton, Bermuda; Madeira, Portugal; Seville (Cadiz) Spain; Barcelona, Spain, Capri/Naples, Italy; Ajaccio, France; Mallorca, Spain; Barcelona, Spain.			
80 DAY GRAND REPOSITION CUNARD Feb 7, 2024	\$15,499	\$17,499	\$22,499
Queen Victoria ~ 2061 Passengers	INCLUDES LINCLON SHUTTLE TO SHIP & SACRAMENTO AIRFARE RETURN!		
Sail from San Francisco to London visiting Honolulu, Hawaii, Apia, Western Samoa; Suva, Fiji; Auckland, New Zealand; Wellington, New Zealand; Christchurch, New Zealand; Sydney, Australia; Arlie Beach, Australia; Cairns (Great Barrier Reef), Australia; Bitung, Indonesia; Puerto Princesa, Philipp8nes; Manila, Philippines; Hong Kong, China; Ho Chi Minh City, Vietnam; Singapore; Colombo, Sri Lanka; Port Louis, Maritius; Port Elizabeth, South Africa; Cape Town, South Africa; Walvis Bay, Namibia; Tenerife, Spain; Funchal, Madeira, Portugal; Southampton (London), England, UK.			
30 DAY AUSTRALIA & NEW ZEALAND Seabourn Mar 2, 2024	\$13,799	\$13,799	\$15,499
Seabourn Odyssey ~ 450 Passengers	INCLUDES ROUND TRIP SACRAMENTO AIRFARE!		
Sail from Auckland, New Zealand to Sydney, Australia visiting New Plymouth, New Zealand; Nelson, New Zealand; Wellington, New Zealand; Lyttelton (Christchurch) New Zealand; Port Chalmers (Dunedin), New Zealand; Oban, Stewart Island, New Zealand; Fjordland National Park, New Zealand; Milford Sound, New Zealand; Melbourne, Australia; Batemans Bay (Canberra), New South Wales, Australia; Sydney, Australia; Port Arthur, Australia; Hobart, Tasmania; Portland, Victoria, Australia; Penneshaw, Kangaroo Island, Australia; Port Lincoln, Australia; Adelaide, Australia; Phillip Island, Victoria, Australia; Eden, New South Wales, Australia.			
94 DAY AUSTRALIA & NEW ZEALAND Holland America Jan 3, 2024	\$16,999	\$18,699	\$42,499
Volendam ~ 1432 Passengers	INCLUDES ROUND TRIP SACRAMENTO AIRFARE!		
Sail round trip San Diego, California visiting Honolulu, Lahaina, & Hilo Hawaii; Fanning Island, Kiribati; Pago Pago, American Samoa; Suva, Fiji; Lautoka, Fiji; Port Vila, Vanuatu; Noumea, New Caledonia; Brisbane, Australia; Arlie Beach, Townsville, Cairns (Great Barrier Reef) & Darwin Australia; Komodo Island, Indonesia; Broome, Exmouth, Fremantle, Albany, Port Lincoln, Kangaroo Island, Adelaide, Melbourne, Port Arthur, Australia, Hobart, Tasmania; Sydney, Australia; Milford Sound, Port Chalmers (Dunedin), Akaroa (Christchurch), Wellington, Napier, Tauranga, Auckland, New Zealand, Nuku Alofa, Tonga, Rarotonga, Cook Islands, Bora Bora, Moorea, Huahine, Papeete, Fakarava, French Polynesia; San Diego, California. <i>This is a hosted cruise with lots of free perks and benefits on board. Don't miss the boat!</i>			

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SCR Hiking Group

BY DORIS MERCHANT

The next Hiking Group meeting/potluck is scheduled for 6:00 pm on March 13 at Sierra Pines. The food assignments are as follows: A-G main dish, H-J appetizers, L-R+Z dessert, and S-T salad.

We have five hikes this month and they are rated in the moderate range. Remember to check our website for more specific information. Please be in the parking lot by the tennis courts by 8:45 am for carpooling.

March 2: Hidden Falls, rated 5 (moderate), 6.6 miles with elevation gain of 1,000 feet, \$8 carpool ride.

March 9: Yuba Rim Trail, rated 5 (moderate), 5.25 miles with elevation gain of 950 feet, \$10 carpool ride.

March 16: Deer Creek to Stocking Flat, rated 4.5 (easy to moderate), 5.75 miles with elevation gain of 770 feet, \$10 carpool ride.

March 23: Lake Clementine Loop, rated 5.5 (moderate), 8 miles with elevation gain of 1240 feet, \$8 carpool ride, plus Park pass or parking fee.

March 30: Bridgeport, rated 4.5 (moderate), 6 miles with elevation gain of 750 feet, \$10 carpool ride, plus Park pass or parking fee.

• • •



Hiking Group at Empire Mine State Park

Cycling Group

BY SUZETTE AUSTIN

Renee and Dave Hawkyard were recently seen riding around Sun City and on surrounding bike paths. They're easy to spot in their florescent outfits on their brightly colored new recumbent trikes. Dave gave Renee hers for Christmas, and two weeks later they purchased him one as well. For those who would love the health benefits of cycling but are unsure of their balance or worried about falling, this could be the perfect solution.

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.

On March 10 we will have a Spaghetti and Card Bingo social at Sierra Pines, starting at 5 pm. The dinner will be catered by Buca di Beppo and will include salad, bread, dessert and wine. Dee and Pete Franz will lead bingo games with prizes. Cost is \$23 per member; \$26 for non-members. The cutoff date to sign up is Monday, March 6.

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

In February we said goodbye to longtime Club member Ginny Taylor. Ginny has moved to the San Jose area to be near family. She and Curt contributed so much to our Club and she will be missed.

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



Renee and Dave Hawkyard

will be March 20.

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.

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Cornhole Group

BY STEVEN GUSTAFSON

In a recent interview, Eaine Zilonka, Sun City's esteemed Fitness Director, said that playing cornhole has many fitness benefits. They include improving your eye-hand coordination, your balance and weight transfer, and your mental focus under distraction. So, take it from an expert: cornhole can improve your fitness!

There are over 180 persons on the Cornhole Group email list. Currently, about 10 of us play at 3:00 every Tuesday on the Sierra Pines horseshoe lanes. You are welcome to join us!

• • •

(more Club News cont' on page 19)

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Bocce Club

BY DAVID MOORE

Plenty has been going in our Bocce Club as we gear up for the Spring mini-leagues and 2023 tournaments.

On the social front, the Super Ball Tailgate BBQ Party on February 5th was well attended in the Timbers ballroom. The Timbers restaurant did an awesome job on the burgers, dogs, salads, cookies, etc. that were enjoyed by the attendees.

The trivia contest was a lot of fun. Some nice prizes were won by people who knew facts such as that George Washington was a bocce player and had his own court. The prizes were thanks to the generosity of local businesses: BJ's Restaurant and Brewhouse, Dick's Sporting Goods, Legends of Woodcreek, Mandango's Sports Grill, Top Golf, University of Beer and Yard House.

One of the most important dates on the Spring calendar is April 12th at 5 pm for the mini league sign up 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 a free "create your own team" tournament on March 25th with a sign-in at noon at the Bocce courts. The first official tournament will be a mixed blind draw on April 12th with a sign-in at 8:30 am.

Those who haven't been out to the courts recently will see that new safety handrails have



The tailgate-style buffet provided a hearty lunch.



been installed and spiffy new flags constructed. It is hoped that the two new courts will be ready pines time for the Fall mini-leagues.

...

Croquet Club

BY GAIL DAILEY

The cold weather and the rain have thoroughly made a mess of everyone's game time so there is not much to say.

The January Club Meeting and Social was held and the new Officers have officially assumed their roles now that the New Year has begun. Good luck to them and thank you to those who are passing "the torch". The meeting was well received with Barbara Stearns at the helm. Debbie Philips arranged the pizza and salad along with ice cream and beverages.

If anyone is checking out the Croquet column for info and would like more information on joining our fun club, feel free to contact me gaildailey3@hotmail.com and I will pass your information on to the proper person. If you are hesitating because you don't know how to play that is not a problem as there are always members who are willing to help you learn how to play and get you started.

As the temps get milder and there is every indication of Spring on the way, it will be great for everyone to get back out there and enjoy the competition.

See you on the lawn

...

Pickleball Club

BY ROBERTA CAMPBELL

Love the rain but it makes it hard to play Pickleball!

We know that there is interest in trying the game of Pickleball. If that describes you, please

know that you can contact Wayne Miller, our Intro to Pickleball Manager, at Tollman80@yahoo.com. He keeps a list of people interested in Pickleball; he will schedule a clinic once there are enough interested players. We encourage you to learn more about the Pickleball Club by visiting our website.

On February 1 the Club's women hosted Heritage Solare for a Queens on the Court competition. It was a fun afternoon of pickleball and one of our new members, Michelle Weeks, was crowned Queen representing Sun City. See photo of Michelle and her



Michelle and her Queen of the Courts award.

Pickleball is a quick moving sport. A gentle reminder that while playing Pickleball your mind will think, "I can get that ball." Most of us have learned that the body doesn't necessarily agree with our minds. Being mindful of what you can and cannot do on the court is the best way to keep on playing.

To learn more about Pickleball, YouTube has wonderful videos about how to play Pickleball, conditioning and stretching, shot development and more.

...

(more Club News cont' on page 20)

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Softball Club

BY BOB MONTALVO

As inevitable as change and the passage of time, we are all aging, hopefully with an acceptance of what we are losing with each passing day, as well as an appreciation of what we still have. It's this acceptance and appreciation that colors our world view and helps us look less anxiously toward our own mortality. Those of us who are staying active, whether through softball or other activities, are luckier than most, as physical activity will support good health and overall happiness. Winter has begun winding down and our weather has been warming up, thus the Sun City Roseville Senior Softball Club will continue to hold the softball practices at Mahan Park on Mondays and Wednesdays that began in late January.

Now at last, we're in the home stretch, as the spring season is weeks away, with league games set to begin at Mahany Park on Monday, March 27. The draft was held on February 10, the five managers selected their team members, and team practices began in earnest on Mondays and Wednesdays at Mahan Park over the subsequent weeks. All teams will sport new jerseys and hats this season, with colors chosen by their sponsors. We hope you'll plan on joining us at Mahany Park for the Opening Day ceremonies on Wednesday, April 5, that will include team introductions, entertainment, and the Senior Classic game spotlighting our most senior athletes.

Your Sun City Senior Softball club

welcomes our five new and returning team sponsors: Oakmont Ivy Retirement Living, Wesley Your Roofing Contractor, Eskaton, Coldwell Banker and Excel Realty, as well as our four All Star sponsors: Sew Cal, Fresh Green Cleaners, Charles Dental Group and Gary Brandt's Fusion Fitness. Be sure to thank these generous businesses when you patronize them.

...

SCR Volleyball

BY MARISA BERNETTI

Water Volleyball: Indoor pool - Mondays, Wednesdays and Fridays, 11:30am-1:00 pm.

Court Volleyball: winter hours, Thursdays 2-4:00pm. Come to the indoor pool or at the courts and join in the fun! Below, meet some of our players:

Luanne Harold (affectionately known as Lu) and her husband Bill lived in Rocklin for 30 years, then moved to Sun City in September 2021. As a child, she was always playing any sport for fun with friends. In middle school, with the advent of Title 9, she was able to play volleyball, basketball and softball. However, only boys were supplied with uniforms. So, her PE teacher had the girls sell asparagus on the side of roads to acquire



Luanne Harold

(cont' on page 21)

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Three Generations Strong

SCR Volleyball

(cont' from page 20)

their uniforms (quite industrious!).

In college, Lu participated in Synchronized Swimming and many other intermural sports. Lu was a proud middle school PE and AVID teacher in the Roseville City School District for 34 years. She continues to advise as developer for AVID. Knowing volleyball was available to play (both in water and on land) was one reason the Harolds chose SCR.

Rick Fischer enjoys playing both court and water volleyball. He likes meeting all the other players and in particular, enjoys the Group's quarterly socials. Rick doesn't like working out, so volleyball affords him some exercise. It's not so strenuous, and fun. He likes the two hours doing something he truly enjoys. Rick played many sports in his youth. Now he really enjoys SCR volleyball.

Rick and his wife Terry moved to Sun City four years ago. Upon retiring, they decided to leave the San Francisco east bay and locate to a less crowded area, with less traffic and no litter. They chose Sun City because a friend already lived here. The Fischers love the community but he quips they "didn't avoid the crowds!"



Rick Fischer

Table Tennis Group

BY DON WOODS

Many players joining our Sun City Table Tennis Group on Tuesdays, Thursdays and Saturday have had prior table tennis experience especially in their youth. They often played with friends during their growing up days.

When they heard about Table Tennis here in Roseville Sun City, it sparked a renewed interest in table tennis. They wanted to try playing again in spite of the long absence from the game. After a short period of playing, they found playing enjoyable and it renewed their interest of staying with it. After a while, they started learning new skills which benefited them in their overall playing.

Perhaps some of you have played table tennis in your youth and wonder if it would be enjoyable again. If so, we want to invite you to join us and perhaps you will come to enjoy this wonderful recreational activity again. Even if you have not had experience come and watch, then you may want to give it a try.

At our table tennis gatherings, we have all levels of play. We have beginners, intermediate level players and those with advanced abilities who have played competitively in table tennis tournaments.

Our schedule for weekly table tennis meetings are:

Tuesday and Thursday – 2:00 pm to 5:00 pm

Saturday - 9:00 am to 12 noon

Come and meet our friendly group.

• • •

Tennis Club

BY DIANE BARNETT

The Tennis Club's first General Meeting of 2023 was held in February led by Club President Dieter Rohfleisch followed by a lasagna dinner with salad, rolls, dessert, and drinks. There was "something for everyone to enjoy." Speaking of "something for everyone to enjoy," the Tennis Club has some new and exciting activities coming up that members, new and old, are sure to enjoy in addition to the regular weekly men's and women's tennis foursomes, club tournaments, a weekly all-level drop-in and scheduled play days. So stay tuned in.

After the Tennis Club ball machine, "old faithful," spit out its last ball several months ago, the club has been in the process of acquiring a new machine for club members to use and enjoy. Ray Barnett, and others will be training members to check out and use the new machine in the near future.

Did you know that following the opening of Sun City Roseville, members of the Tennis Club played competitive tennis in a USTA (United States Tennis Association) League? There are still some members in our club that



SCR SATA Tennis Team



SCR SATA Tennis Team Captain and Co-Captain Nancy Kacey and Michelle Weeks.

remember the fun of playing USTA Tennis Team competition. Due to popular demand to bring back competitive tennis, the Tennis Club is excited to announce that team competition is returning thanks to

Nancy Kacey and Michelle Weeks. During this past year, Nancy and Michelle have been putting together a SCR women's tennis team made up of 14 Tennis Club ladies who have joined SATA (Sacramento Area Tennis Association) and will begin competition play in a 6.5 League very soon. Look for the SATA Tennis Team schedule to be posted on the court Bulletin Board soon. As I said, "there is something for everyone to enjoy" in the Tennis Club." So, join the Tennis Club and join in the fun!

• • •

(more Club News cont' on page 23)

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He & She Golf Club

BY JULIE HARRIS

It sure was great to get the precipitation that we so desperately need but it's nice to have the winter months in the rearview mirror. Participation in the tournaments has been good throughout the cold and wet months but we expect a big increase as the days get warmer and sunnier. Thanks to everyone who has renewed their He & She membership and welcome to all our new members.

Here are a couple golf fun facts for your enjoyment.

- Only 20% of golfers can break the score of 90 on the course.
- If you choose to walk for 18 holes, you will walk roughly 4 miles and burn around 2,000 calories!
- Golfers used to use mounds of sand to tee up the ball before golf tees were used in the 1920's.

Partial results of recent Monday tournaments are as follows. Unfortunately there isn't room to list all winners but congratulations to all at both Sierra Pines and Timber Creek along with the closest to the pin winners.

18 Hole at Timber Creek

1st place: Paul Niebank, Peg Mucci, Jerri Lehnhoff \$7 each

2nd place: Jim Sherrard, Cal Conley, Joe Ramos, Steve Hennessy \$6 each

Closest to the Pin

Ladies: 1st Place: Jerri Lehnhoff 28' 6" \$5

Men: 1st Place: Dave Driscoll 14' 5" \$5

9 Hole at Sierra Pines

1st Place: Jim & Linda Ryan and Bill Pagano and John Anderson \$6 each

2nd Place: Steve & Elizabeth Gustafson and David & Gail Hixson \$5 each

Dirk & Kathy Fowler and Gordy & Linda Smouter \$5 each

Closest to the Pin

Ladies: 1st Place: Shirley Libis - 44' 6" \$5

Men: 1st Place Bob Niznik - 44' 5" \$5

2nd Place Steve Gustafson - 48' 11" \$3

Rest in Peace Ray Ortega.

• • •

Sierra Pines Ladies Golf

BY PAM SKARG

January came in with lots of rain, mud, muck, wind and cold weather, there were ladies out on the course playing the game they love.

Most Improved for January:

Flight #1, Monica Konkel

Flight #2, Carolyn Freese

Birdies: January 18, Roxanne Warloe - hole #5

Chip-ins:

January 18, Roxanne Warloe - holes #5, 7 and 9

January 25, Sharon Lawin - hole #6

January 25, Denise Roberts - hole #6

Closest to the Pin:

January 26, Ellen Thomas - hole #5

Awesome ladies!!

February seems like a fitting time to

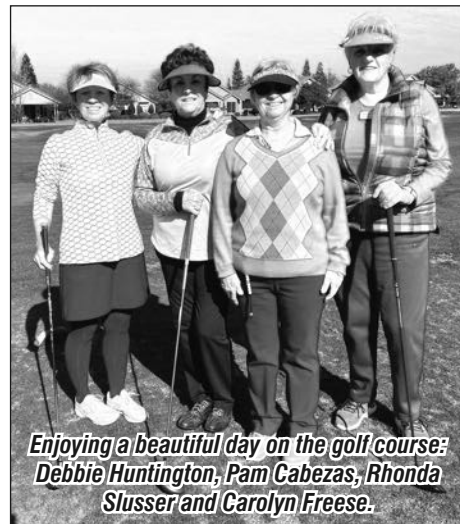
express our gratitude and recognition to the ones that are in the background always lending a helping hand. A lady that comes to mind and is a sweetheart to everyone who knows her is Joy Winston.

Joy moved to Sun City 23 years ago and right away the first club she joined was the Travel Club, which has always been her first love. Ten years ago, she joined SPLG and luckily for us she did. Joy loves keeping busy and meeting new people.

This year she heads the Membership



Joy Winston



Enjoying a beautiful day on the golf course:
Debbie Huntington, Pam Cabezas, Rhonda
Slusser and Carolyn Freese.

Committee. She took it upon herself to put together a "New Member Handbook": everything a new member needs to know when joining SPLG. She is involved in the Woodcreek Girls, Ice Cream Social, New Member Quarterly Social and anywhere else she may be needed. How lucky are the Lady Niners to have a woman who loves giving of her time. Joy said, "If you want a reliable volunteer, call Joy".

Our first General Meeting was held on January 18 and our new council took the helm. New business was gone over and the budget for 2023 was presented, voted on and passed by a majority.

Stay warm, enjoy golfing and remember to hug the ones you love.

• • •

Timber Creek Women's Golf Club

BY NANCY LABRADA

Welcome to

our new member, Candice (Candi) Koropp. Candi has been golfing for more than 60 years, beginning as a teen at Haggin Oaks. She lived most of her life in Sacramento, with a career in education. She relocated from Lincoln Hills, to SCR in November. She loves to travel, decorate for holidays and play games like Rummikub and Ponytail. Her big sister is Barb Wells.

Our Most Improved Players for January are Linda Stenvick (1st Flight), Barbara Wells (2nd Flight), and Shirley Libis (3rd Flight). Congratulations ladies!

We return to "shotgun" starts in April. Be sure to check the back of your scorecard for instructions.

We have had some very interesting weather this year. It's been difficult to decide on what to wear...heated vests or sunny day attire. We have lots of cancellations due to rain and cold. But things should be looking up now.

Our first tournament, the 36-Hole Better Ball Partners, is coming up on April 12 and 19, so pick your partner and sign up to play in this always fun tournament. Partners' handicaps must not be greater than 10 strokes based



Candi Koropp

on the lower player's handicap. Susan and Becky Green, Sandy Morea and Gail Quintel are planning a nice luncheon in the Ballroom after golf on the 19th.

There will be no General Meeting in April.

• • •

Timber Creek Men's Golf Club

BY GARY BECKMAN

It is March and the TCMGC is already well into the golf season. After a two week rain delay, we held our first tournament of the year - The New Years Tournament (The Card Game) which was both fun and competitive with a little luck needed depending on which card was clipped to the flag sticks. In February we held our St. Valentines Challenge (Pink Ball) Tournament.

In March, we are going to be very busy with the following events:

March 1st: TCMGC Monthly General Meeting

March 14th: Irish Shamble Tournament

March 21st: NCGA Zone Qualifier

March 28th: NCGA Senior Net Qualifier

March 31st: Putting Contest

Emails will be sent out with details about these events including when and how to sign up for them. You can also check the TCMGC website for more information.

In March we will also be starting up our RAMP program again. This program 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. The schedule for March: March 2-Lakes-7:30; March 9-Oaks-7:30; March 16-Pines-7:30; March 30-Lakes-7:30

Also, we would like to welcome Neil Hamilton as our new Membership Chairman. Neil has volunteered to take over this position, replacing Bob Pearsall who is now the Club Secretary for this year. If there are any residents who are interested in joining our club, Neil would be glad to work with you to get signed up and introduce you into the TCMGC experience.

• • •

(more Club News cont' on page 25)

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Safety First — Home Repair Scams

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

Did recent winter storms blow down your fence, cause your roof to leak, or flood your home? Are you just getting ready to get started on some overdo projects around the house as spring is here? Whether you are planning on performing some routine maintenance on your home, need storm damage repair, or plan on hiring someone you don't know, there are scam artists out there who will try to take advantage of you.

There are several ways scammers advertise and try to take advantage of people. Here are some ways scammers will try to get your money:

- Solicit at your door or randomly call you offering to fix a problem you didn't know you had.
- Advertise that they can fix roof leaks, install windows, or furnish your roof with solar panels for a low price...but you must act now.
- Pressure you to make a quick decision or offer to provide financing.
- Demand all or a large down payment and then never complete the work.
- Do sloppy work or make the situation worse – then stop responding to you or disappear.
- Say they have material left over from a previous job that they will sell you cheaply, if you commit today.

Steps you can take to protect yourself and your home:



- Ask solicitors, vendors, or contractors for references, and license and insurance information.

- Confirm a Home Improvement Salesperson (HIS) registration or contractor's license is valid and currently by searching the Department of Consumer

Affairs Contractors State License Board: <https://www.cslb.ca.gov/OnlineServices/CheckLicenseII/CheckLicense.aspx>

- Try to get written estimates from three different companies/contractors – this helps to make sure the pricing offered is within a standard range.

- Take time to make an educated decision.

- Do not pay by cash, direct wire transfer, or load funds onto gift cards.

- If hired, try to make sure the contract clearly states the services being provided, the materials to be used, and estimated time of completion.

- Never pay more than 10% deposit. That's the legal max allowed in CA.

If at any time, you believe you have been scammed, please contact the Roseville Police Department to file a crime report or on the Roseville Police Department website: https://www.roseville.ca.us/government/departments/police_department.

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Golden Niners

BY RALPH FRIEND

The featured Golden Niner this month is Barry Franklin. You may not know him, but you often hear him before you see him. He may be the loudest, yet nicest guy you'll ever meet!

Barry was raised in Kansas City and that was where he learned to play golf. He started out caddying at 13 years old and started to play golf. He stated that being a caddy, he made good money. Barry has been married to his wife, Gail for 51 years. They have two children; Blair resides in Southern California and Paige and her family live in East Sacramento. Barry has lived in Sun City for nine years. He came from Pleasanton, where he lived for 40 years prior to moving to Roseville.

I asked Barry about his involvement in activities at Sun City and he started to name them off. He is indeed an "active guy". In addition to belonging to the Golden Niners, he plays Bocce, he is in a poker group, he belongs to the "Fun Guys" golf group, he is in the Boomers, he plays Texas Hold em' and he can be found at the Timbers lounge almost every lunchtime!

I asked him how he ended up moving to Sun City and he said that his son-in-law told him about Sun City Roseville and how similar it was to the town that he was leaving. He said that they bought the first house that they looked at!

When asked if there was anything he wanted to include in the article he said that everyone needs to know that he loves it here

and he really enjoys the Golden Niners. Come out and meet Barry and join in the fun by belonging to the Golden Niners!

At the time of this article, I was not able to get the list of January money winners. Congratulations to all the "Big Winners"!

...

Billiards

BY DON WARDEN

We are still looking for officers for 2023/2024. Even though it is early, anyone interested should start thinking about it. It doesn't take much of your time and is a necessity to maintain our charter as a club. All newcomers to Sun City must remember that if it was not for the volunteers before you there would be no clubs to enjoy. Without volunteers there will be no clubs in the future.



The winners of tournaments in January were:
1/10/2023-8-ball-Don Warden/Bob Cecil

1/17/2023 - 8-ball - Don Warden/Tim Connolly
1/24/2023 - 8-ball - Jerry Cosby/Jim Callahan

...

Bridge Club

BY BRENCE DAVIS

Wilamet (Willi) Williams is best known as a wonderful Sun City bridge teacher. She met her husband, Dick, when she was still in high school when he worked at Willi's mother's restaurant. Dick was drafted into the Air Force, was a prisoner of war in Germany, and finally returned home. They married in 1947. With his master's degree in engineering, Dick became a valuable employee in the aerospace industry.

In 1995, Willi and Dick sold their house in Anaheim because they had put their name in to buy a house in the new Sun City Roseville. They rented until they received their call, unfortunately right after the last house



with a golf cart garage had been claimed. They raced here to see what else was available and learned that the loan for the "golf cart house" had fallen through. They happily snapped it up, becoming one of the first few residents in Sun City.

Both Willi and Dick were bridge teachers and directors. Their first bridge games here were held in a trailer before any facilities were built. They loved the bridge cruises as directors to Alaska, Hawaii, Mexico, and the Panama Canal. After each, they returned to their beautiful house that backs up to the golf course and the bridge over the creek.

Now their beautiful house is filled with memorabilia of their cruises; plaques commemorating Sun City anniversaries; the Sun Senior News that featured Willi and Dick; the Overcall, a Sacramento newsletter with pictures of their wins; and District 21 tournament news with their knockout partners.

One picture shows Willi celebrating her 80th birthday. Willi and Dick were together 70 years until he passed away a few years ago. As this column goes to press, Willi will celebrate her 95th birthday on February 29.

...

(more Club News cont' on page 27)

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Mah Jongg Club

BY CATHY FLUELLEN

Happy St. Patrick’s Day. May the luck of the Irish be with you.

Mah Jongg is a challenging game of strategy and requires the ability to shift between two or more possible solutions to a problem. A bit of luck also helps! It can be somewhat addictive.

In order to win the game, one player must accumulate the 14 tiles required to make one of the sequences (or hands) shown on the card which is available from the National Mah Jongg League.

Ready to Learn? 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 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.

• • •

Bunco

BY PAT OBERLANDER

MARCH! don’t walk into March without trying your hand at bunco. Come join us 2nd & 4th Mondays! No training necessary, just luck. Sign in starts at 8:30am and we start playing at 9am. Good way to meet neighbors and lots of



Bunco winners!



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 January 9 – Pat Oberlander, Becky Matson, Jennifer Martin, Yoshi Polgar
Winners for January 23 – Jackie Spencer, Diana Vargas, Helga Herrington

• • •

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!

In Memory —

Philip Whistler
4/11/28 – 1/4/23

World War 2 Veteran

Each should leaves a legacy of love. Each memory becomes a bridge to comfort, which connects one heart to another. With the deepest sympathy and sincere condolences. Grieving – Anabela Clark



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"I Can Enjoy Walks With My Wife Again!"

Local acupuncture clinic is treating peripheral neuropathy with incredible results!

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

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

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

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

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

uncommon for those diagnosed with peripheral neuropathy.

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

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

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

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

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

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

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

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

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

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

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

Gene and Karen Cochran

(cont' from page 1)

home health care company that was named one of the "Top 100 Companies" in the country by Inc. magazine. He also invested in wine shops, liquor stores, fast food restaurants, and a car import business at various times.



Karen and Gene Cochran in their '30's.

other, and we were both Players of the Year for Nor Cal Tennis Association at the 4.5 level." Then Gene was moved up to 5.0 with his male partner and, ironically, Karen was moved up to 5.0 when she turned 50. They represented TWA in an

Gene was hired as CFO to help take a company public. He also was the CFO for a hospitality and travel company. Both companies required a lot of international local travel, so he and Karen were able to tour 24 countries either with the company or on their own. Their home is filled with artifacts from all over the world.

While in Florida, they lived on the intercoastal with a boat, which they used to tour and go "restaurant hopping" since you can't ski in the intercoastal, but you can dock at all the fancy restaurants. Fifteen couples came to visit in the first year at the "Cochran B and B." They belonged to the same tennis club as Serena and Venus, although never played with them. Whenever Karen's ladies'

back on the pickle ball court and chewing up the golf course. Karen has been on the Sports Committee, served as ambassador, was secretary for the Bridge Council and currently helps the Medical Equipment program for Sunshine Services. "We feel so lucky to live in Sun City and to be so close to our sons and their families," says Karen. Recently, when one of their friends asked another friend how the Cochrans were doing, the response was, "They have fun."

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

Just let us know!

Call us at 916-727-6383 or e-mail us at:

SunSeniorNews@gmail.com



Gene and Karen Cochran playing tennis in Hawaii.



Gene and Karen Cochran's family photo taken in 2022.

Over the years, Karen worked as a visual therapist, teacher (where she earned the Super Teacher Award of San Jose Unified School District), realtor (where she earned a trip to Hawaii for most closed transactions), and a mortgage salesperson. She liked all of her jobs, but her favorite was a "pull out reading program" in Riviera Beach, Florida, which is an all-black community. She was acknowledged with an Exceptional Student Award as her "slow learners" surpassed the general population in the school academically. She currently volunteers as a reading teacher at a local school.

Early on, the couple settled in Almaden Valley and had two sons, Bret and Scot. "Our property backed onto open acreage so they could either head out to the woods to play or ride their bikes to our tennis club," says Karen.

The entire family learned to play tennis, with Gene later on becoming the club champion. "We traveled to tournaments all over California and Nevada," Gene says, "playing with our doubles partners and each

international airline tournament in Portugal, and the USTA at a tournament in Switzerland where Gene won in the singles division.

Sports enthusiasts, the Cochran's bought their first boat when the boys were babies and would often water ski with several other families who had boats. The boys learned to swim at 6 months old so their parents could feel confident of their safety in the boat. They also had a condo at Northstar ski resort and spent many winters skiing there and at many locations across the country.

The family has also scuba dived in the Pacific, the Caribbean and Atlantic Oceans from the time the boys were 12 and 14 years old. "We found the underwater experience exhilarating," says Karen. They would fish for lobster and abalone until it became illegal to hunt for abalone. They knew their boys were spoiled when they begged for anything but lobster for dinner.

When the boys graduated from college and before they settled down, Gene and Karen moved to Palm Beach Gardens, Florida, where

team would win the league, they were invited to Mar A Lago to have lunch with Donald Trump. Everywhere they went, there were celebrities, movie stars, politicians, athletes and billionaires. They swam with the manatees, fished for marlin, and watched the turtles bury their eggs on the beach. It was like being on vacation all year.

The couple returned to California when both their boys moved to the Sacramento area, with Bret and his family, wife Nicole and twins Ryan and Jake, settling in Granite Bay and Scot and his wife Kim and their children Katy and Kale, living in Roseville.

Since moving here in 2010, Gene and Karen have kept up their active life style. They played golf, tennis and pickleball for many years until injuries sidelined them both... hopefully temporarily. Gene has enjoyed getting two holes-in-one and ran the Thursday Fun Guys golf group for a couple of years. He's been chair of the sports committee and president of the pickle ball group, and as soon as his hip heals from a recent surgery, he will be

Election Committee

BY PAT TEILH

Board of Directors Election: An election will be held on Tuesday, July 18, 2023 to fill three (3) positions on the SCR Community Association's Board of Directors. If you are interested in running for one of these three board positions, you may pick up an application in the Association office beginning March 15, 2023. The completed application should be returned to the Association Office by 2:00 pm Monday, April 10, 2023. There will be a required Candidate Briefing session on Tuesday, May 2, 2023 at 9:00am which will go over all aspects of the election process.

The complete list of candidates will be announced on Tuesday, May 2, 2023. Ballots, balloting materials, and candidate information will be mailed to members' homes on Friday, June 16, 2023. Voting will occur between Saturday, June 17, and Tuesday, July 18, at 10 AM. 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.



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Observations on Happiness

BY MARTIN GREEN

Everyone wants to be happy, right? In fact, the Declaration of Independence says that we Americans have the inalienable right to life, liberty and the pursuit of happiness. Some time ago I ran across a Wall Street Journal article on a Harvard study on happiness. That paper, like many other things in the house, has disappeared. However, I was able to Google an article on this study. It tracked the health of 268 Harvard sophomores starting back in 1938. Interestingly, one of those sophomores was John F. Kennedy. In the 1970's 456 Boston inner-city residents were added to the study.

So, what did the study find out about happiness? The study director says: "The surprising finding is that our relationships and how happy we are in our relationships has a powerful influence on our health. Taking care of your body is important but tending to your relationships is a form of self-care, too. That, I think, is the revelation." Or, as the article's headline put it: "Harvard study, almost 80 years old, has proved that embracing community helps us live longer, and be happier."

So, as with many such scholarly studies, this one concluded what most people would instinctively feel anyway, that it's good to have friends and family. I also wonder if those who are more sociable are extroverts who are happier than introverts (like myself) to begin with. Let's say that it probably goes both ways. Of course as we get older our circle of friends and family dwindles, or, as Casey Stengel said,

Most of the people I know my age is dead. At any rate, it's a good idea to keep in touch with friends and family as much as possible and as long as possible.

Out of curiosity I Googled to find out which countries in the world were the happiest and found out that there's a World Happiness Report. It's based on an annual survey of about 150 countries and issued by the United Nations. In 2022 for the fifth year in a row Finland was ranked as the happiest country. To quote, "The Nordic country and its neighbors Denmark, Norway, Sweden and Iceland all score very well on the measures the report uses to explain its findings, healthy life expectancy, GDP per capita, social support in times of trouble, low corruption and high social trust, generosity in a community where people look after each other and freedom to make life decisions."

Another study on why the Nordic countries are the happiest says that Nordic countries experience "high levels of social trust toward each other which play an important role in determining life satisfaction." This correlates with the Harvard study finding that embracing community makes us happier. Where does the United States stand in the ranking of world's happiest countries? Sixteenth. This would seem to indicate that although we Americans have the inalienable right to the pursuit of happiness achieving it may not be that easy.

In connection with this last I recalled a line from a Greek play that I read in college

(boy, was that a long time ago!): "Call no man happy who isn't dead." A pretty gloomy assessment but off the top of my head I could think of a lot of reasons why you couldn't be happy as you go through life. When you're a kid you have to fit in with the "gang." When you're a teenager you're at the mercy of your hormones. When you're a grown-up you have to get a job to earn a living and hope you don't get a bad boss. Then when you have a family, you have to contend with all the problems that brings, like having teenagers in the house. Then when you get to retire, and the kids are gone, you eventually have to contend with all the aches and pains of being old.

I did a little more Googling and found that besides all of the above there may be a scientific reason why people can't be happy. According to this article "Humans are not designed to be happy or even content. Instead, we are primarily designed to survive and reproduce... A state of contentment is discouraged by nature because it would lower our guard against possible threats to our survival." Further on, the article says that "happiness, being a mere construct with no neurological basis, cannot be found in the brain tissue."

The author of this article would no doubt agree that "No man is happy until he is dead." Notwithstanding all of this, I think that it's still possible to achieve some happiness, or maybe just contentment, in life. Maybe the key is to not pursue happiness as such but to do the best you can, try to do some good and, like the Nordics, help out others. Oh, and keep your friends and family close.

My new book, "Potpourri V" is now

available on Amazon. It's a collection of stories, "Observations" and other writings done in 2022. It's an e-book and can be put on Kindle at no cost or almost no cost.

.....

SSN WRITER...

March — A Welcome Guest

BY VAL SINGER

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

...

It Doesn't Get Any Better

BY PHIL ROBERTSON

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

She flung sweeping, graceful arcs into the sky, line falling to the water with a dry fly. It doesn't matter if she catches a fish. Life simply doesn't get any better than this.

...

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

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

Amy, Daughter of a CountryHouse resident

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SCR Foundation 2023

(cont' from page 1)
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The Foundation's 24th Annual Golf Tournament is scheduled for Friday, June 2. There will be many games and prizes with tournament play at both the Timber Greek and Sierra Pines golf courses. If you are interested in the Golf Tournament Director position, now is the perfect time to volunteer - assisting with this year's event while learning the ropes before taking over in 2024. 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.

AARP Free Tax Return Preparation
BY BOB EGGERTS

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

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Daylight Saving Time Starts
on March 12, 2023

On Sunday, March 12, 2023, 2:00 AM turn your clocks forward 1 hour to 3:00 AM for local daylight time!



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

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



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5121 Green Grove Ln	Calaveras	\$645,000
4109 Napa Loop	Sierra	\$650,000
341 Cope Ridge Court	Yosemite	\$655,000
5385 Angelrock Loop	Yosemite	\$695,000
5541 Lantern Grove Ln	Delta Breeze	\$786,250
204 Delta Breeze Court	Hearthwood	\$850,000

Market Update

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

George Brown
916-297-3500

*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