

SUN SENIOR NEWS

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Neighbors InDeed The Handy Helpers are Back!

BY JANET ROBERTS
ARTWORK BY RUDI FRANKE

After taking a few years off, the Handy Helpers are back again thanks to the Community Forum series. Come early to hear them at Kilaga Springs Presentation Hall on Wednesday, June 21st, at 2 pm. The Handy Helper Coordinators will provide information packed tips on home maintenance, including advice on smoke alarms, carbon monoxide detectors, furnace filters, thermostats, sprinkler controllers, garage door maintenance and programming, electrical issues, and much more. Ten-year (and now 20 year) replacement items will be addressed. A question-and-answer session will follow the presentation. Check out our website: www.neighborsindeed.org.

Summer is arriving, here are a few past suggestions to stay cool and water wisely.
Indoor Temperature Control



HANDY HELPERS ARE BACK

- Reprogram your thermostat to its summer setting. Set the AC high in your “comfort zone” at 78–80 degrees. You’ll adjust and still feel comfortable.
- Keep your furnace filter clean for efficient air circulation.
- Open your windows in the evenings to let in the cool air.
- Use your ceiling fans to circulate the air during the night and day. Make sure the fans

are in the DOWN draft position to push cool air down (turning counter clockwise).

Outdoor Irrigation

- Water 2-3 days/week and minimize the watering time duration. During heat waves, you can provide additional water by hand in the morning.
 - Set your timers for early morning watering for less evaporation.
 - Prevent wasted runoff onto sidewalks and gutters by adjusting timers and sprayers to retain water on your lawns, plants and trees.
 - Check and repair drippers, sprinkler heads, severed sprinkler lines, leaks, drippers going nowhere, etc.
 - Cover your watering valves to protect them from sun damage.
 - Read more on the Placer County Water Agency website at pcwa.net/smart-water-use
- Neighbors InDeed can help you with many of these tasks. Handy Helpers can reprogram thermostats and sprinkler controllers, change furnace filters, and do some minor repairs on irrigation systems. Information & Referral (I&R) volunteers can provide referrals to
(cont’ on page 33)

LH Foundation – Celebrate National Bingo Day!

BY DENISE BOWDEN

June marks the beginning of summer celebrating the Solstice as longest day of the year, coming right on the heels of Flag Day and Father’s Day. For the Foundation, our big celebration is National Bingo Day. Though our Bingo happens a few days earlier than the actual day we invite everyone to join us in filling up the ballroom celebrating with extra prizes and fresh faces. Don’t miss this opportunity since we will be on hiatus in July and won’t be back in the ballroom until August.

The Foundation had a successful Big Day of Giving this year thanks to the many participants who donated. Your support allows us to increase our impact in the community and continue to look at new programs supporting seniors in Lincoln, Thank You!

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

Bingo day is on Thursday, June 22nd, mark your calendars so you don’t miss it. Doors

(cont’ on page 34)

Players — Twelve Angry Jurors Opens June 8

BY JANE PATTON

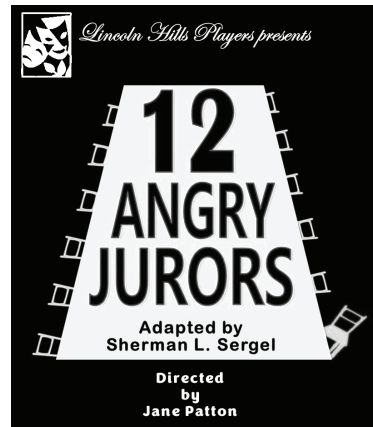
The Players will present “12 Angry Jurors” June 8-9 at 7 PM and June 10-11 at 2 PM in Presentation Hall. The play, based on the classic movie “Twelve Angry Men,” (starring Henry Fonda), features both women and men in the cast. While it first appears to be an open and shut case, one juror refuses to make a snap judgement and insists the jurors dig deeper (that is, do their job).

The film has been lauded for its impact on the genre of courtroom drama. Audiences will see that the play is intense, and the message is timeless. Rogers Ebert’s film review said, “It’s a crash course in those passages of the Constitution that promise defendants a fair trial and the presumption of innocence.”

When asked about their roles, three cast members had this to say:

Mary Beth Quallick says her character “has deep-seated prejudice, leading to an unjustified anger and vicious rage, tainting the jury deliberations.”

Ken Reiss described his character as “a thoughtful, deliberate man who wants his fellow jurors to look at the evidence logically and consistently. The stakes are high since this trial is about a capital crime, with a death



sentence quite possible.”

Julie Africa added, “Being on the other side of the curtain (she’s acting, not directing this time!) is both fun and challenging! The audience should ponder what they would do in this jury’s place. Would they have the courage of their conviction?”

The Players Club hopes you will join us for a thought-provoking 90 minutes of drama!

The next Players meeting is Monday, June 12 at 4:00 PM in Kilaga Springs Presentation Hall. For more information, visit our website at www.lhplayers.org or contact Players President Craig Stults at 916-543-6782.

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LH Music Group

BY DAN LEHRER

Our Group songs “To Know Her is to Love Her” and “Get Me to the Church On time” as well as all individual performances, sounded great, thanks to Laurie and Kevin’s intensive and extensive improvements to the equipment. It’s always amazing to listen to such a wide variety of musical genres. From Country to Blues to classical we’ve got it all. All of us are striving to learn new songs and stretch our abilities. It’s a team effort each month to make the sound quality, set up and

(cont’ on page 3)

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LH Music Group

(cont' from page 1)

group song choices all work. We keep learning each time and are grateful for the opportunity to be in such a fine venue.

We meet on the second Wednesday of the month from 2:00 to 4:00 PM in P-Hall (KS) through October. We love an audience so please come on down. You can find the Lead Sheets for the group songs and more information on our website; the password is musicgroup. The Guitar Ensemble meets Fridays from 1:00 to 3:30PM (OC). Open to Lincoln Hills Residents. Contact Sal Caruso at 916-343-5810 for information. Ukulele Ohana meets Wednesdays, 1:00 to 3:00 PM (OC). Open to Lincoln Hills residents. Contact Ron Peck at 925-788-5869 for information. You can also contact Dan Lehrer at dlehrer72@gmail.com.

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LH Chorus

BY GAY MACKINTOSH

The LH Chorus spring concert was a reSOUNDing success as our 83 singers filled the Ballroom with "Groovy Sounds of the 60s!"

Director Paul "the Music Mystic" Melkonian and accompanist Nina "Moonbeam" Malone



Tech Team L to R: Bob Elo, Ron Baugh, Chuck Koehler, Jim Moon, Jeff Hanner, Sharon Lefkov and Lew Barnard.

got us all "Feelin' Groovy" with their four-hands piano duet. American Sign Language interpreter Cat Bain stole the spotlight for "The Sound of Silence." Guitarist Paul Carroll tuned in on "Green, Green," joined by flautist Mona Stryker on "Blowin' in the Wind" and "Our House." Doug Brown, Karie Geiger, and Eileen Hacker-Aust narrated song lore.

Our thanks to the many hep volunteers and staff behind the scenes who helped get you in the groove. Producer Doug Brown led our far-out Concert Coordinating Committee: Karie Geiger, Marketing; Bonnie Almaguer, Graphic Artist; John Baarts, Stage Manager; Yolanda Molina, Costumer; and Rosie Songey, Seating Coordinator. Kudos to our "unsung" heroes Technical Director Jim Moon and his talented team, Jeff Hanner, Lew Barnard, Bob Elo, Ron Baugh, Sharon Lefkov, Chuck Koehler, and Peter Beckett (post-production). And volunteer ushers helped you find your seats. As always, we are grateful for essential staff support from Allison Sertic, Cody Meikle, and Esteban Ortega.

Singers are now taking a summer break, but our newly elected 2023-2025 Steering

Committee is working away to guide our next season: Doug MacAdams, Chair; Ellen Zimowske, Vice Chair; Bev Haran, Treasurer; Cherie Lyle, Secretary; Karie Geiger, Producer; Julie

(cont' on page 5)

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LH Chorus

(cont' from page 3)

Knapp, Librarian; Mari Long, Membership; and Section Leaders Yolanda Molina, Nancy Switzer, Jackie Wilson, and John Baarts.

Interested in joining us? Rehearsals start September 5 for our holiday concerts December 8, 9, 10. Check our website lincolnhillschorus.org and contact Membership Chair Mari Long, 916-409-9136, mlong24sjca@sbcglobal.net.

• • •

Country Couples

BY APRIL CEDERBURG

Country Couples members share many activities together, but our main focus is dancing. For people new to country dancing, it can be somewhat daunting, but don't let that stop you! You won't find a more welcoming, helpful group of people anywhere. Every Friday morning we hold practice sessions in the Fine Arts Room (OC), led by our experienced volunteer practice leaders. Beginner sessions are from 9:30 to 10:30 AM followed by intermediate sessions from 10:30 to 11:30 AM. Interested residents are invited to come and observe a session or two to help you decide if you'd like to dance in our club. Once you've seen the fun we have, we're sure you'll want to join us!



If you already have some country dancing or line dancing experience under your belt, try the Country Couples Western Dance Class on Monday evenings, which is listed in the Compass. Taught by Dennis and Georgi Dawson, it is a great way to learn partner country dancing, and the dances we learn there are danced at our events.

Country Couples is a group of friendly, fun-loving people who love to dance and socialize. Stop by on a Friday morning and watch us practice, we'll be happy to see you! Please call us for more information.

April Cederburg, 916-390-3931

Website: www.sclhcc.com

• • •

Tap Company

BY ALISON WOLFE

The Steering Committee is updating the Tap Company's membership roster. You can help. To be a member you must pay an annual dues of a whopping \$5! If you haven't already done so, you can give Mary Adamson your money in an envelope with your name, email address and phone number inside. If you are not taking a class, you can mail in your check to Jennifer Carroll, 2057 Winding Way, Lincoln, CA 95648. Make checks payable to the Lincoln Hills Tap Company and include your name with current contact information.

And FYI, in July there will be no tap classes scheduled but Saturday practice from 8:00AM to 10:00AM will continue, except for July 1 as it falls on the July 4th weekend. Have a safe and happy Fourth!

• • •

Ballroom Dance Club

BY ERNIE MICHELI

On April 29 the Ballroom Dance Club held their Springtime in Paris potluck. Attendees found good fortune as they were able to feast on a plethora of delicious salads, entrees and desserts. Thank you to all the participants who shared their favorite dishes. Well done to the kitchen crew led by Val Elliott and assisted by Millie Lelio, Jim Smyrak, Lia Dresner, Josie Vandermat and Sharon Micheli all of whom organized the distribution of those delicious dishes.

The beautiful decorations were set up under the leadership of Barbara Swerdlow and her helpers Rob Ryerson, Dani Wall, Cheryl Taylor, Peter Vandermat, Yvonne Krause and Debbie Storey.

The All-Purpose Room was returned to immaculate condition by the clean-up crew. Jan and Terry Naylor, Charlie Schuman, Yvonne Krause, Thelma Locsin, Richard Halsey and Gordon McKenzie helped with the cleanup.

A special thanks to Ruth Algeri who arranged the music and order of dance numbers. Sal Algeri acted as master of ceremony and Cheryl Taylor oversaw the entire activity as the party coordinator.

June instruction will focus on the tango. There are many styles of tango. The Argentine tango and Uruguayan tango are but a couple of examples and are noted for their sensuality. This class will focus on the American tango, that's more beginner friendly and initially less complicated.



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

• • •

Sun City Squares

BY JACKIE CARLSON

It's been just over a year since 18 new dancers joined the first new Square Dancing class since Covid. We graduated from beginners (social square dancing) into the Mainstream level. The "Angels" or Advanced dancers help teach the new group along with the Caller who instructs the dancers on what steps to take to complete the dance.

Beginners meet at KS on Mondays 1:15 to 3:30 PM. Advanced Level dancers meet at KS on Thursdays 1:00 - 3:30 PM.

If you are an experienced dancer, come

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Sun City Squares

(cont' from page 5)

join us. The drop in cost is \$8 per class, per person. Interested in future classes? Contact us and we will add you to the list for upcoming classes. Jackie Carlson; Jackie3po@icloud.com, 925-207-9415.

...

Mixed Media

BY JILL SHORT

It's party time in the club! June 21 we are having our long-awaited Summer Fling. There will be a time for refreshments, a time to socialize, and a time for a fun white elephant art gift exchange. Frima Stewart will be opening her home up for this event. More information will be sent out to members before the Mixed Media Club Party (aka Summer Fling).

In April and May our club invited Kerry Dahlin to teach us about color. We had a great time creating and playing with our colors. Looking ahead this summer, we have plans to do a workshop on substrates, texture mediums and collage put on by Jill and Jan. This will be an opportunity to learn more about what these are, how to use them, and where to get materials.

Every month art challenges are given to do at home. These challenges are always voluntary and have no rules. The June prompt is, "Taste of Summer" and will be shared at our July regular meeting along with the July prompt. The July prompt is "The Bees Knees." We are excited to see where your creativity takes you.

The Mixed Media Club meets the 3rd Wednesday of the month in the Fine Arts Room (OC). An up-to-date email is sent out before each Mixed Media Club meeting with information about the meeting. We ask that everyone respond with an RSVP for each of our meetings. This has become so important because we need to have enough workspace for everyone and if we have supplies to hand out, we need the correct number. Failure to respond may mean we don't have a seat or supplies for you. For more information or questions, contact our President, Chris Fetter at 916-276-7895 or email at: mixed.media.chrisf@gmail.com

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Needle Arts

BY MARY SWANSON

The next general meeting is scheduled for Tuesday, June 13th at 1:00 PM in P-Hall (KS) and will feature Victoria Johnson, who has been around sewing her whole life. Victoria is a certified instructor for Judy Niemeyer, who is known internationally for her foundation paper piecing techniques and quilt patterns. Join us immediately following the meeting on the KS patio for socializing and refreshments. NA general meetings take a summer break with no meetings scheduled for July and August.

Demonstration workshops continue with the next one on Tuesday, June 20th with Janine Corby demonstrating trouble shooting and how to care for your Janome machines. The full calendar of demonstrations, classes and

(cont' on page 7)



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Needle Arts

(cont' from page 6)

workshops is available on the NA website, selhna.com.

The NAspring luncheon was an enjoyable afternoon with the surprise entertainment being a demonstration of fruit and vegetable carving by Chef Ray Duey. Pat Barnhill did an amazing job chairing this event and special thanks go to her.

The spring retreat at Mercy Auburn was a great week of sharing amongst all attendees. Some of the projects worked on at the retreat will be on display in the window boxes outside the sewing room in June.



Jean Storms keeps busy updating the NA website, selhna.com. If you have any questions about what is happening in the NA world, be sure to visit this site.

It will soon be time for a new board to take over. New members bring new ideas and keep our club current. There will be several positions open next year that will need to be filled. Consider shadowing a current board member to better understand what is involved.

...

Painters' Club

BY TAMSEN ARMSTRONG

The SCLH 19th Annual Fine Arts Show is around the corner, and we expect many art lovers from all over to attend the showing of our resident painters, photographers, ceramicists, and multi-media artists. Opening night reception at the OC Ballroom is on June 9th at 5:30PM and features live music, ribbon awards, raffles, and a no host bar. Saturday will be open at 9AM-5PM and Sunday, 9AM-3PM. Many thanks to the Fine Arts Show committee, especially Joan Musillani and Chris Olsen for organizing this show as well as the 50 artists who are participating.



Our Artist Spotlight for May was oil painter Tom Watson, signature member of the prestigious Oil Painters of America, among other notable accomplishments. Be sure and visit the Fine Arts Show where you can view his beautiful work.

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

...

Paper Arts Club

BY LINDA LUCCHETTI

Thank you to our May guest project leader Marie Schell, who did a wonderful job presenting two cards and a cute gift box at our well-attended meeting.



Neither rain nor heat nor wind will hamper our annual Overstock Sale set for June 15. This year, we will shop in comfort in the Terra Cotta Room at Kilaga Springs. This is one of our most popular events and a good chance for members to sell some of their no longer needed inventory of stamps, tools, paper, etc. Also, this is an opportunity for some members and those new to the club,

to pick up some bargain items they may need or want. The sale runs from 9:00 - 12:00 pm. The public is welcome from 10:00 to 12:00 p.m.

Mark your calendars for our July meeting and project. Susan Long will be presenting some special and decorative gift tags to create. You won't want to miss this!

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

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

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Woodcarvers Club

BY LIONEL RAINMAN

The Woodcarvers Club is for those who wish to learn and develop wood carving skills in a relaxed and supportive atmosphere. Various skill levels of wood carving exist in the club and beginners are always welcome.

Although club members carve items of their own choosing, a comfort bird was suggested, as a club item. This serves as a community service project that members can



(cont' on page 9)

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Woodcarvers Club

(cont' from page 7)

do when they first join or anytime they are between carvings. This is a small stylized bird sanded smooth and either finish painted or polished which may give comfort to our most senior citizens.

If you are interested in joining, carving skill is not required as the Woodcarvers Club is here to help get you started. We have tools, books and friendly members to help you along the way.

Woodcarvers meet every Wednesday from 1:00-4:00 PM in the Sierra Room at (KS). Contact: Lionel Rainman 916-253-9534; lrainman1414@Yahoo.com

• • •

LH Photography Club

BY DIANE MARGETTS

Michele Dodge was our featured presenter in May. Michele loves shooting wildlife, horses, birds and landscapes.

Every year, migratory birds travel the distance from Alaska to Patagonia both in spring and in fall, following food sources, heading to breeding grounds or traveling to wintering sites. The path goes right over the Sacramento Valley, where many birds stop for the winter. Michele shared some of her photographs of seasonal bird migration and the Pacific Flyway!

Michele documents seasonal real-life connections with the wild birds and animals of the region, both migratory and year-around residents, through photography and the stories behind the photos. She shared many bird photos with the species identified along with discussion of observed behaviors from hours in the field with them.

Complimenting the several local field trips we have experienced together of the last couple of months, we held another Show and Tell Extravaganza in May. Our photographers were encouraged to share not only field trip photos, but also any photo-centric topic, such as post processing software or new techniques. We topped this Extravaganza with a seasonably appropriate ice cream social.

To enjoy some wonderful photography, check out our Facebook Page. The Club Facebook page is open to all residents of SCLH who are interested in photography. Members post photographs, answer questions and add ideas for places to try out your skills with the

camera. Beginners are welcome. To see what our photographers have been up to, go to <https://www.facebook.com/groups/SCLHPhotographyClub/?ref=bookmarks>.

Thinking about joining the Photography Club? We always welcome new members. You can sign up at any of our monthly General or Photography Special Interest Group Meeting. For information of meeting times and schedules, please check out our website.

Contact: Diane Margetts; 916-955-1809

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

• • •

Genealogy Club

BY NANCY SWITZER

CEMETERY: (n) A marble orchard not to be taken for granite.

Genealogy humor at its gravest! Did I get your attention?

Our Genealogy meetings are held the third Friday of each month, and this month's meeting will be held June 16th at 10:00 AM, at KS. Our speaker will be Pamela Bell Dallas. A member of the National Genealogical Society and the Association of Professional Genealogists, she has presented genealogy lectures at national and regional conferences and gives full day seminars. We are fortunate to have her give a presentation on "Carved in Stone: Cemetery Research." We will learn what to do to prepare for a visit to a cemetery, accomplish more during the visit and glean valuable information from related research. We will look at various ways to read tombstones and gain more information.

After the meeting, we will enjoy a Social Hour at the KS Café or in the courtyard, weather permitting.

In June, the workshops will resume in the computer lab and are open to all members from 1-3 PM on Mondays for photo scanning and research.

Contact: ritaperada@gmail.com

Website: <https://www.suncitylhgc.com/>

• • •

LH Italian Club

BY LINDA LUCCHETTI

Coming soon --Annual Inaugural, July 9. This year, we're planning something different. We're having a Sock Hop in the Ballroom at Orchard Creek. More information to come. You won't want to miss it.

Did you know our club has two famous chefs -- Rosa and Carmela? If you missed the



Campania Regional Event on April 29, you can still catch the hilarious Rose and Carmela Making Pizza, now posted to YouTube, and available from the website. (Think Lucy and Ethel, Italian style! Lots of dough, lots of laughs.)

To learn more about this social club and our exciting activities, visit our website at www.lhitalianclub.org. For membership information contact Sandi Graham at 916-826-5711.

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Shalom Social Group

BY JUDY GANULIN

Everyone there had a blast at the Shalom Social Group picnic! Our Women Together enjoyed a fashion show and makeup demonstration at Nordstrom. Several of us enjoyed a springtime hike. We look forward to our June 25 membership meeting. It will be a breakfast rather than an evening meeting. We look forward to our October 25 Bingo and Pizza Event. We still volunteer at the Placer Food Bank. Our club is based on Jewish history, culture and food, but membership is open to all. For more information about our activities, please contact Margie Gulko, 916-543-5303, or Deanne Iliff, 530-518-3704.

• • •

Democratic Club

BY JUDY GANULIN

The Lincoln Democratic Club heard Dr. Kenneth Moore discuss electric cars at its May meeting. Dr. Moore has taught various classes in history and the humanities for OLLI at Sierra College and has a lifelong interest in cars. We presented a scholarship to LHS senior Zooley Hatten, this year's club scholarship winner. We continue to volunteer regularly at the Placer Food Bank and maintain an ongoing

interest in the remediation of the Lincoln Titan Missile Site. For more information about our club, please visit our website at <https://democraticclublincolncalifornia.org>. New members are always welcome. Join us!

• • •

Apple User Group

BY NINA MAZZO

The Apple Watch is capable of so much yet with that small screen sometimes you could use the option for bigger text. Apple makes this easy in its accessibility settings. To change the text on your Apple Watch, go to Settings – Brightness & Text Size, and then adjust to your liking. You can also choose a specialty Big Text watch face if all you are interested in is seeing the time in large numerals. To discover more tips, check out the monthly publication Cider Press at our club website.

Here's what is happening this month in our club. All meetings will take place in person in Kilaga Springs Presentation Hall.

Thursday June 1st – "Take Note of the Built in Notes app... it is Noteworthy" with speaker Ken Spencer. He will demonstrate this note keeping app that allows you to capture a quick thought, send documents, securely store passwords, keep travel tickets and documents and much more. An added bonus is everything is shared amongst all your Apple devices.

Ask the Tech begins at 6:45 and program starts at 7:00PM (If this issue arrives after June 1st, you will be able to watch the recorded video at our club website)

Tuesday June 13th – "Your Digital Estate Plan" with speaker Marcia VanWagner. She will discuss the need for a plan if you have a smartphone, email account, Facebook etc. Do you shop and bank online? Are your medical records accessed online? What happens to all this digital "stuff" when you die or become incapacitated?


Ask the Tech begins at 6:30PM and program starts at 7:00PM. This is the monthly general meeting and there will be prizes.

Monday June 26th – "What to Expect from Apple's Worldwide Developers Conference" with speakers Ken Silverman and Doug Thom. Ask the Tech begins at 10:15AM and program starts at 10:30AM.

Club website: www.lhaug.org. Club general information line: 916-913-6833.

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(more Club News cont' on page 12)



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Lincoln Hills April Sales Snapshot

| Address | SqFt | Original Price | Selling Price | Floorplan |
|---------------------|------|----------------|---------------|----------------|
| 1330 Ivy Arbor | 1045 | \$470,000 | \$462,000 | Mariposa |
| 1936 Winding Wy | 1298 | \$540,000 | \$458,000 | Brodgegate |
| 1510 Topanga | 1509 | \$440,000 | \$420,000 | Condo |
| 1133 Barnswood | 1515 | \$555,000 | \$570,000 | Pine Hill |
| 957 Gold Nugget | 1595 | \$569,000 | \$573,520 | Quail Cove |
| 1303 Secret Lake | 1626 | \$490,000 | \$515,000 | Lassen |
| 117 Coach Light | 1655 | \$539,900 | \$534,900 | Trinity |
| 2662 Goshawk | 1673 | \$598,000 | \$625,000 | Trinity |
| 1368 Periwinkle | 1782 | \$689,000 | \$670,000 | Santa Cruz |
| 2061 Stepping Stone | 1791 | \$635,000 | \$635,000 | Tahoe |
| 1236 Tiger Lily | 1836 | \$675,000 | \$675,000 | Plumas |
| 1188 Tiger Lily | 1949 | \$665,000 | \$655,000 | El Dorado |
| 1517 Avian Hill | 1967 | \$658,000 | \$635,000 | El Dorado |
| 2456 Kingfisher | 2079 | \$739,000 | \$715,000 | Plumas* |
| 1671 Fallen Leaf | 2188 | \$769,000 | \$855,000 | Fremont* |
| 210 Brockman | 2258 | \$895,000 | \$905,000 | Napa |
| 1837 Deep Springs | 2277 | \$785,000 | \$769,000 | Shasta |
| 101 Deep Springs Ct | 2277 | \$885,000 | \$835,000 | Shasta** |
| 2519 Granite | 2536 | \$950,000 | \$915,000 | Tiburon** |
| 100 Deep Springs | 2617 | \$1,275,000 | \$1,175,000 | Sonoma** |
| 2360 Sutter View | 2813 | \$979,000 | \$970,000 | Sonoma*/** |
| 1550 Summerhill | 2955 | \$1,295,000 | \$1,245,000 | Meadowgate*/** |

*Casita • **View

Total Homes sold in Sun City per MLS 4/1/23 - 4/30/23

LH Astronomy Group

BY BILL WEAVER

On Wednesday, June 7 at 6:30 PM in the Orchard Creek Front Ballroom, the LHAG will co-host, with the SCLH Community Forum, a special program and presentation by Astro Imager Ken Crawford titled “The Pursuit of Star Streams - Going Deep for Science from My Backyard!”. This is Ken’s personal journey showcasing how he evolved from taking “pretty” pictures of interstellar objects and formations from his backyard to finding himself working with world-wide professional astronomers in the pursuit of “Star Streams.” These rivers of stars help in our understanding of how galaxies form, merge and evolve. This special presentation is open to all SCLH residents at no charge.

LHAG Cosmology Interest Group (CIG) — this sub-group focuses its meetings through lectures and discussions on astrophysics, the branch of astronomy concerned with the physical nature of stars and other celestial bodies. For the June 19th meeting (6:45 PM in the Fine Arts room of the Orchard Creek Lodge and open to all SCLH residents), discover the fate of solar mass stars after they exhaust their nuclear fuel. The galaxies are teeming with these dim “white dwarfs” that pack the mass of the Sun into a sphere roughly the size of Earth. Venture into quantum theory to understand what keeps these exotic stars from collapsing into black holes, and learn about the Chandrasekhar limit, which determines a white dwarf’s maximum mass.

LHAG Telescope Interest Group (TIG) — This sub-group is open to all SCLH residents and guests. Most sessions (“star parties”) involve members who set up their telescopes for viewing solar system planets/moons and other interstellar deep space objects. The next star party is scheduled for Thursday, June 15th, 2023. The Sun sets at 8:30 PM.

For more information about the LHAG, contact Bill Weaver, LHAG President at hamweaver@wavecable.com.

SCHOOLS

BY PATTI KINGSTON

Schools are out and Summer has begun. Soon teachers will begin planning for next Fall. For a rewarding experience, consider helping one of our Lincoln teachers in the classroom. Now is the time to sign up to volunteer for the 2023-2024 school year. Schools will open again in the Fall on August 17. New volunteers will not be placed until the school year is underway, late September or October. Teachers need time to settle in with their classes.

Volunteers will be needed for grades K-5 and for the Phoenix Continuation High School where tutors help with English, Math or History. Working with teachers in the classroom provides a sense of being needed and appreciated, by both the children and the teachers. If you would prefer, you need not be in the classroom but can help the teachers with paperwork and special projects. The days and hours of service are up to the volunteer.

(cont’ on page 13)



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SCHOOLS

(cont' from page 12)

No teaching experience is necessary. Many volunteers are in the classroom 1 day a week for a few hours. They work closely with the teacher and are under her direction.

The SCHOOLS annual meeting will be held on September 13, 10 AM at Kilaga Springs. Save the date and plan to come, whether you're a new volunteer or a returning one.

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

To volunteer at Phoenix Continuing High School contact Irma at jmeidm@aol.com. To find out about volunteering in elementary schools K-5 contact Cyndi at ccolloton@yahoo.com.

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Veterans Group

BY STEVE WITMER

Veterans Group members and guests will gather on June 14 at the Sports Pavilion for the group's annual Flag Day Barbecue. The popular event will be catered again this year by Bill's Chuckwagon. Special thanks go to Renee Clark who coordinated this year's get-together.

Our next social activity will be an ice cream social on Saturday, August 12 in the Kilaga Springs California and Placer Rooms.

Sign-in will begin at 1:00 p.m. and ice cream will be served at 1:30. The cost will be \$10 per person. To sign up for the event, contact Richard Fuller at 916-409-9209.

Remember to fly your American flag on June 6, D-Day (1944) and June 14, Flag Day. The Veterans Group sells high-quality American flags in the Orchard Creek lobby on the 15th of every month from 8:00 a.m. to 4:00 p.m.

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LH Republican Club

BY SUE DUMAS

We had a fabulous time at our May "Hoedown", good food and fixins', Country Music, and line dancing!

Guest Speaker: Morgan Gire - Placer County DA, Tuesday, June 20 - KS (PH) - doors open 6:00 PM, program begins 6:30 PM. Q and A following. Independents welcome!

Check our website for more on Kevin Cooper, info on club activities, photos, etc. www.RepublicanClubSCLH.org

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LH Travel Group

BY LINDA BEVINS

Join the Lincoln Hills Travel Group Presentation — Email your reservation to travelgrouplh@gmail.com!!! June 13, 14 or 15. Specify date and number attending. 3:30-5:00 pm at Via Roma, 2270 Nicolaus Road, Lincoln

For itineraries on all Lincoln Hills Travel Group tours and sign up, visit website: lincolnhillstravelgroup.com.

Join the Lincoln Hills Travel Group (\$10/year); get our exclusive monthly newsletter highlighting tours plus travel tips. Form on website.

London & New Year's Eve in Paris - December 26, 2023 - January 3, 2024. Tour London: Big Ben, Houses of Parliament, Westminster Abbey, and Buckingham Palace. Ride the Eurostar train from London to Paris. Enjoy a French dinner in the Eiffel tower, ring in the New Year with a dinner/show at the oldest Cabaret in Paris, cruise the Seine with views of Paris landmarks and the glittering skyline.

Northern Italy and Its Lakes - April 13-21, 2024. Enjoy Italian culture and lakes. Visit Padua, Murano, Venice and Lakes of Italy (Maggiore, Lugano and Como). Pairing option: Rome and Amalfi Coast tour April 21-29, 2024.

Mississippi River Cruise - May 21-29, 2024. A modern riverboat adventure from New Orleans to Memphis. The crew shares historical tales, culinary delights, and vibrant music. Daily cocktail hour, delicious meals, and an evening show with regional entertainers.

New Tour — June 2024

A new, never-before offered tour: Washington DC, West Virginia and Virginia. Features two nights at the historic Greenbrier Hotel.

Memorials of World War II - London to Normandy to Paris - August 9-18, 2024.

An unforgettable journey on the 80th Anniversary of D-Day. Explore London's

connections to The Blitz, cross the English Channel, retracing the journey as nearly 160,000 courageous Allied troops set out to liberate Europe from the Nazis on June 6, 1944. Pairing option: Iceland tour - August 18-27, 2024.

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Sports Cars

BY RICHARD PEARL

Lots of activity in April and May, with trips piling up for June. April 21st saw the group doing the run to Lockford for the annual Sausage Run and then on to Theresa's Place in Jackson. May 12th saw a reversion to previous impromptu rides, this one to Hillenbrand Farmhaus Brewery on the outskirts of Lincoln. Of course, the route to them was indirect. The brewery has great beer and world-class, German-style pretzels.

June 2nd will be a ride to the Empire Mine State Park (Nevada City area) for lunch. June 13th and 14th will be a major trip to Lake Tahoe to the Ehrman Mansion; June 29th will see a ride to The Willo Restaurant (Grass Valley) for dinner. There are two overnight trips being investigated for August.

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

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(more Club News cont' on page 15)



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| | \$600,000 | \$15,000 | \$9,000 | \$6,000 |
| | \$700,000 | \$17,500 | \$10,500 | \$7,000 |
| | \$800,000 | \$20,000 | \$12,000 | \$8,000 |
| | \$900,000 | \$22,500 | \$13,500 | \$9,000 |
| | \$1,000,000 | \$25,000 | \$15,000 | \$10,000 |

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Rods & Relics

BY ELNA RAGAN

The best Car Show ever is back — Downtown Lincoln Car Show, on Saturday, June 3! Over 400 vintage vehicles will line the shady tree-lined streets! The day will start with a Pancake Breakfast from 7:00 a.m. to 10:00 a.m. in the Veterans Hall, sponsored by Boy Scout Troop #160.

A fly-over will happen with the playing of the National Anthem at 10:00 a.m. DJ Professor Rockola will provide music throughout the day. The Chamber of Commerce will have a Raffle Booth filled with gift Baskets and great items and will also be hosting a BBQ lunch from 11:00 a.m. to 2:00 p.m. in Beermann's Plaza. There will be a variety of business, product, and food vendors available in addition to Lincoln's many local restaurants and shops to visit. The Award Ceremony will start at 2:00 p.m. with over 30 trophies and plaques being awarded.

The Rod & Relics Car Club has participated in and sponsored local Car Shows since 2006. As in years past, the proceeds from the Car Show go to local charities. The Club has donated over \$229,000.00! This year's recipients will be GiGi's Playhouse, for Special Needs/Down Syndrome Children; the Assistance League of Greater Placer, "Drive to Thrive Program;" and the Lincoln Police Department, "Project Lifesaver... Bringing Loved Ones Home." The Car Club also supports a Little League Baseball Team.

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. Website: www.rodsnrelics.net

• • •

RV Group

BY VICTORIA WHITE

If you are called on to give CPR in an emergency, you will most likely be trying to save the life of someone you love.

Did you know that each year more than 350,000 out-of-hospital heart attacks occur in the US and about 90% of them die? We are living in a community that sees this on a daily basis and what will you do if your loved one or anyone at your side experiences a cardiac arrest?

Many of the RV Group members have had AED and CPR training that have been taught by SCLH. This class is very easy and well worth your time. Our club has its own AED machine and is taken with us on every rally. We are prepared! Check the Compass or the front desk at KS Gym for class dates.

Our next rally will be June 11-16 at Black Oak Casino RV Resort in Tuolumne, CA. We'll be visiting all the old historical towns in the vicinity including Sonora which was founded by Mexican miners in 1848. A citizen of Sonora described the town in 1851: "Sonora is a fast place and make no mistake, we have more gamblers, more drunkards more ugly, bad

women and larger lumps of gold, and more of them than any other place of similar dimensions within Uncle Sam's dominions". Being a much better town today we won't be looking over our shoulders for trouble. The casino has a wonderful swimming pool, hot tub and club house that we will all be using on a daily basis. Looking forward to getting away!

Join us at one of our monthly meetings at KS in the Placer Room, every second Thursday of the month at 4:30 PM. Questions on how to join, please contact Maggi Giuliani, Membership Chair at 310-963-2350 or malibumarg@gmail.com. President Mary Romo, 707-738-6311 or mromo50170@gmail.com can also be helpful for questions.

• • •

LH Amateur Radio Group

BY DAN LEHRER, KN6DRN

The Group learned how to install Anderson Power Poles as well as other connectors thanks to John, NQ6Q. Art, KI6GYY contributed his talents in preparing laminated Club business cards and Field Day Section data. We welcome all to visit us near the Sports Pavilion for Field Day on June 24th. Several of us will be setting up our gear to try and make contacts across the US and as far as our antennas can reach. Our Hams & Coffee get togethers, held at KS Café are lively, covering a variety of topics (including Ham radio). We will be getting together again in the future, so consider joining us to rag chew, more to come. We help with programming handheld radios. Meetings are held at the South Tower

every Monday night at 6:30 PM. Our club conducts a weekly radio network at 7:00 PM every Monday on the W6LHR Repeater at 147.030 MHz, 167.9 PL. If you are looking for a way to engage in the community and have an interest in Amateur Radio, please check out the LHARG. For more LHARG information visit our Website, the URL is: lharg.us or email dlehrer72@gmail.com

• • •

Hearing Support Group

BY JOANNE MITCHELL

The Hearing Support Group meets on the first Friday of the month at 10AM in the multipurpose room at Orchard Creek Lodge. Last month we had a Zoom presentation on the Nagish iPhone app for captions. For our June meeting, we will once again enjoy a presentation by Dr. Laura Gaeta, the director of the new audiology program at Sac State. She is always a popular speaker, and you won't want to miss this one!

• • •

Alzheimer's/Dementia Caregivers Support Group

BY VALERIE JORDAN

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

(cont' on page 21)

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|--------------|---------|---------|---------|
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| | | | |
|--------------|-------|-------|-------|
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|--------------|-------|-------|-------|

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

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| Jul 6, 2023 | \$899 | \$1,034 | \$1,749 |
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Sail round trip from San Francisco, California to Juneau, Alaska; Skagway, Alaska; Hubbard Glacier, Alaska; Ketchikan, Alaska; Victoria,

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

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|--------------|-------|-------|---------|
| Dec 12, 2023 | \$648 | \$788 | \$1,098 |
| Jan 23, 2024 | \$698 | \$848 | \$1,298 |
| Feb 7, 2024 | \$598 | \$727 | \$1,098 |
| Mar 25, 2024 | \$698 | \$848 | \$1,298 |

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

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| | | | |
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14 DAY SOUTH AMERICA HOLLAND AMERICA

Oosterdam ~ 1964 Passengers

| | | | |
|--------------|---------|---------|---------|
| Dec 2, 2023 | \$1,209 | \$1,409 | \$2,009 |
| Feb 20, 2024 | \$1,059 | \$1,309 | \$1,859 |

Sail from San Antonio (Santiago), Chile to Buenos Aires, Argentina around Cape Horn, visiting Puerto Montt, Chile; Puerto Chacabuco, Chile; Strait of Magellan; Punta Arenas, Chile; Cockburn Channel; Beagle Channel; Ushuaia, Argentina; Cape Horn; Stanley, Falkland Islands; Montevideo, Uruguay; Buenos Aires, Argentina.

73 DAY GRAND AFRICA HOLLAND AMERICA

Zuiderdam ~ 1964 Passengers

| | | | |
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Shuttle from Lincoln to the ship in San Francisco is \$200 per person. Prices are per person based on double occupancy and subject to availability at the time of booking. Taxes, Fees, & Port Expenses as well as Travel Insurance are additional. Please call for current availability and pricing.

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

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

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Alzheimer's/Dementia

(cont' from page 15)

the Lincoln Hills Foundation.

The monthly general meeting is the fourth Wednesday at 1PM in the OC Fine Arts room; caregivers with recently diagnosed family members are welcomed. The Wednesday June 28 speaker is Denise Davis, Program Coordinator for the Alzheimer's Association of Northern California.

The Women's group meets the first Wednesday of every month in the OC Multi-Media room; the next meeting is June 7 at 1PM. Contact Mary-Jo Fratessa (916-759-8760). The Men's group meets the third Thursday of every month in the OC Multi-Media room; the next meeting is June 22 from 10AM-noon. Contact Ernie Drake (916-543-3482).

...

Bosom Buddies

BY ALISON SHELTON

"We're the club no one wants to join." It's not because we're not friendly, we are. It's not because we don't have fun, we do. But no one looks forward to hearing those two words that turn your world upside down: "breast cancer." Bosom Buddies' ladies have been there and, in several cases, are still there. Some of us are long out of treatment; others still are being treated. We've run the gamut of surgeries, drugs, therapies and side-effects. We are a fountain of knowledge.

We welcome breast cancer survivors as well as those just starting "the journey." To



learn more about Bosom Buddies, please feel free to attend one of our meetings (second Thursday of the month at 1:00 PM in the Multipurpose Room at Orchard Creek) or call Judy Stewart at 916-408-3597.

We have interesting speakers such as Kim Van Ysseldgk, a Sutter Health Nurse Practitioner who spoke about recent developments in cancer treatments. In June, we will hear from Caron Russell from the American Cancer Society.

In July, we'll celebrate our "Special Support Person," someone who has been there for us throughout our experience, with a lunch at the Sports' Pavilion. Verity Gould is heading up this event and will coordinate the volunteers. August 12 is the annual American Cancer "Relay for Life," and our members will be there to "Give Cancer the Boot." To prepare, we're collecting old boots to paint, fill with rocks, soil and succulents. Peggy Ryan, who has been our Relay point person for years, is again doing a great job handling the details that go into a major event such as this.

Much of what we do to for our ladies is because of a generous grant from the Lincoln Hills Foundation. We are grateful for their support!

...

Low Vision Support Group

BY STU SINGER

Next Meeting: Tuesday, June 6, 2023, 2:00 to 4:00PM

"Understanding Neighbors InDeed" will be our topic Pat Togstad, President of Neighbors InDeed, will be our speaker. Pat will review the services of

Neighbors InDeed including Handy Helpers, Medical Equipment Loans and Information and Referrals. She will also describe how the Neighbors InDeed list of resources is constructed and maintained. Bring your questions with you.

The Low Vision Support Group will not meet in July. Because the first Tuesday of the month is July 4 and Orchard Creek Lodge closes at 2 pm, we will not be meeting in July. Enjoy the holiday with family and friends.

Tuesday, August 1, 2023, 2:00 to 4:00 PM

Kathleen Shevlin, Manager of Senior Programs for the Society for the Blind, will be speaking on resources designed to help individuals improve their ability to deal emotionally with low vision.

Low Vision Support Group Mission Statement — Our mission is to provide information on current research, practical application of daily living skills and new technological equipment to enable those with low vision to maintain independence. Meetings are on the first Tuesday of each month.

For questions or to suggest speakers, topics, request electronic copies of our notices or remove your name from our mailing

list: Contact Stu Singer at 703-864-8161 or stuartsinger3@gmail.com

...

Multiple Sclerosis Group

BY JERI DI FIORE

After celebrating a terrific year emerging from "Lock Down" to a "Crown", Team Lincoln Trailmixers is in Second place of the Folsom MS Walk fundraising. We've worked so hard and appeal for your help to be Crowned #1. In doing this you will be supporting many MS causes, including the MS Navigator Referral Program 800 344 4867. Make your check to National MS, No. Ca, in memo add Lincoln Trailmixers and mail to Joni Deutsch, 1265 Rose Bouquet Dr., Lincoln, Ca 95648

A Corporate Sponsor/donor would help!

MS Group Members, the June 20th, 1 PM meeting will be the first of our two Summer Zooms. At this meeting we will explore difficult topics you prefer not to discuss in the general meeting. Please RSVP 2020jeridifiore@gmail.com and the link will be forwarded to you!

SEE you on the 20th! Jeri Di Fiore - Facilitator, Lincoln MS Group

...

Bird Group

BY RUTH BAYLIS

Our walk on April 28 to Traylor Ranch in Penryn was very birdy and we sighted 36 species, the most ever for this location. Highlights were Hooded Oriole, Black-headed Grosbeak, a pair of nesting Northern Flicker, and 3

(cont' on page 23)



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Bird Group

(cont' from page 21)

Whimbrel. It is unusual, but not unknown, to find nesting flickers in the Sacramento Valley. Whimbrel sightings are unusual, so they were likely migrating through.

On May 12 we drove out McCourtney Road to Camp Far West Lake and Spenceville Wildlife Management Area. While 31 was a low species count, we were not disappointed. First off, near the entrance to Camp Far West campground was a Bald Eagle nest with an adult eagle feeding 2 chicks. The Osprey nest that we have observed for years at the entrance is now abandoned, but we did find two more occupied nests, one farther up the road and the other below the dam. Also below the dam was a Great Blue Heron rookery. Other sightings were Say's Phoebe, Yellow Warbler, and Lawrence's Goldfinch.

At our monthly meeting Dan Airola, locally known wildlife biologist and birder, presented a program on the Yellow-billed Magpie. This local bird is endemic to California and its population has decreased due to West Nile Disease. Unlike many other birds it has not been able to develop immunity and recover. There is a hint that it is finally starting a recovery.

Unless otherwise noted, our away birding trips meet for carpooling at the far western end of the Orchard Creek parking lot, near the fitness center indoor pool.

Jul 10, Mon, 1:30PM: Monthly meeting, Kilaga Presentation Hall. Our annual July

Photo Extravaganza featuring our local bird group photographers.

Full listing of future events, birding tips, a photo gallery, bird lists from trips and more, visit our website: <http://www.sclhbirders.org>
Email: SunCityBirders@sclhbirders.org

Garden Club

BY LORRAINE IMMEL

Don't have much space? No Problem! Greg Gayton will share his tips and tricks on how to enjoy growing berries, citrus and fruit trees in a limited space, including espalier (living fence) techniques and using multi-grafted varieties.

"How to have an Edible Landscape in a Small amount of Space" will be the presentation for the Garden Group General Meeting, June 22, 2:00 PM, KS. Greg Gayton is the guest speaker.

He is a California Certified Nursery Professional and Certified Plant Nerd. Manager of the Green Acres Nursery Supply, Sacramento location for over 30 years, and for the last 12 years, Greg has specialized in Community Outreach, Garden Talks, and answers the garden solutions emails for all seven locations.

Before this meeting there will be:

- Brown Bag Sales
- Tickets for members for door prizes
- Master Gardeners available for Q&A's

Hiking-Walking Group

BY GAY MACKINTOSH

The forecast is for CHANGE! Change of seasons and weirdly changeable weather continue to bring changing hike and walk schedules. To be sure you're in the know, keep a close eye on our website <http://www.lincolnhillshikers.org>.

Hikes are normally scheduled the first Tuesday and third Thursday of each month so you can plan ahead--but note first Tuesday in July is Independence Day so hike is changed to first Thursday, July 6.

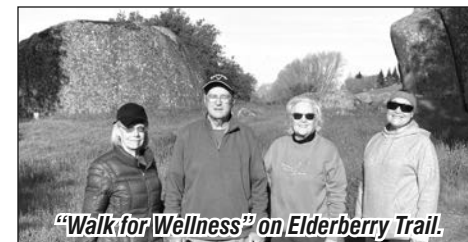
• 1st Tuesday, June 6. Sugar Pine Reservoir (Foresthill). Moderate 5-mile loop around the lake, mostly level at about 3500 feet, with great water views.

• 3rd Thursday, June 15. CHANGED to Shirland Canal (Auburn). Easy 5 miles in-and-out, mostly level trail follows canal through wooded area with glimpses of the American River.

• 1st Thursday, July 6. CHANGED to later date because of record snow. Point Mariah (Royal Gorge/Soda Springs). Spectacular views plus a ride on a swing overlooking the American River Canyon! Moderate 6-mile loop at about 7000 feet.

• 3rd Thursday, July 20. TBA as we assess snow melt in the high country.

Our new Social Committee launched the first of several fun events with May brunch in the Secret Garden followed by a walk on three of our trails. Watch for July potluck, September Annual Meeting with free pizza, holiday



event end of November. Sign up early once announced, as space is limited for most events.

You're invited to join the Walkers every Wednesday on invigorating 2½-3-mile treks at 8 AM (7:30 in summer) exploring different SCLH trails. "Walk for Wellness" meets at the same time and place so you can choose a slower walking pace with focus on improving mobility along with social connection. Email KarlAitkenkarlaitken@comcast.net for more information on "Walk for Wellness."

Call Coordinator Debbie Schryver, 916-666-1741, with questions about the Walking Group. Call Dan Cortinovis, President, 925-262-7345 with questions about the Hiking Group.

LH Cyclists

BY TOM FRADY

By the time you read this, our Spring Pot Luck will be over (May 17th), but I can tell you from experience, if you weren't there you missed a good time with amazing food – and plenty of it.

But don't get your bib shorts in a bunch. The club will be doing it again, and again. (cont' on page 24)

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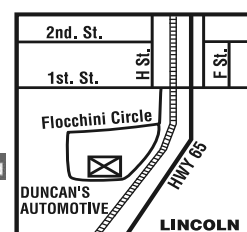
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LH Cyclists

(cont' from page 23)

And again.

Mark your calendars for July. The exact date of the Summerfest Pot Luck hasn't been set. I don't have any details yet, but anything with "fest" in the name has got to be fun.

But wait, there's more!

Put another mark on your calendar for September, when the General Meeting Pot Luck will be held. Again, no details, but anytime something has the word "general" in the title, you know excitement will be the "order" of the day.

Gee, how many times can I make my famous potato salad?

The club will provide table ware and water for all members and guests at the pots luck. Please bring an entrée, salad or side dish. Meet at the Sports Pavilion. Exact dates and times will be forthcoming. Watch your inbox.

But wait, there's something new!

January 2024. The Annual Meeting might be a sit down dinner. Details? I got nuthin'. But I'm down for any event that includes sitting down.

The weather is great. Grab your helmet and hi-vis jersey and get out on the road.

...

Swimmers & Water Walkers Club

BY ROSEMARY TANFANI

Sierra Splash, the Swimmers and Water Walkers challenge to swim or water walk to Lake Tahoe in our Lincoln Hills

pools, started June 1. This event will continue through the month of June and end with an awards ceremony on August 6.

Club member, Mike Monsees is well on his way to swim the 93 miles to Lake Tahoe. Monsees started swimming at a very early age, and his family moved to Santa Clara in 1953 to compete for the Santa Clara Swim Club. He continued competitive swimming through high school and college (San Jose State), winning various collegiate, national and world competitions.

His swimming workout in the Kalaga Springs pool starts with a 500-yard warm up. (Lap pools at Lincoln Hills are 25 yards long.) He then varies his swimming speed, increasing the pace as the yards increase. He usually swims 2150 total yards per workout!

"I figure it will take me seven workouts to make the swim to Tahoe," he says. (Speedy swimmers are encouraged to make the round trip from Lake Tahoe, back to Lincoln Hills.)

Though Monsees enjoys his swimming activity, he is just as proud of his children's aquatic achievements. "My wife, Sandy and I, taught them all to swim at an early age. They went on to compete in swimming and water polo and still compete at the highest level in national and world competitions," he states.

His daughter, Courtney, is continuing the

(cont' on page 25)



Dynamic Duo: Courtney and Mike Monsees.

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Swimmers & Water Walkers Club

(cont' from page 24)

winning ways of the Monsees family. She just set a Nation Master swim record in the mixed relay, in May, at the US Masters Nationals, in Irvine, California.

Stay tuned for Sierra Splash mileage results in July and more club news about Hot August Splash 2023.

Club Contact: Jim Klein, swimmers.walkers@gmail.com

• • •

Water Volleyball

BY DIANE FERRARI

Welcome to June and summertime fun! All you Dads and Grandads, Happy Father's Day, and to celebrate, come on out and learn Water Volleyball. Its great exercise and you play with a nice bunch of Volleyball players. We plan to play outdoors at the Orchard Pool on June 25 and July 23. Both dates will be at 5:30 PM Want to just try out Water Volleyball? Join us on Free Play Saturdays. Every Saturday at Kilaga (KS) Indoor Pool starting at 9:00 AM.



Members of the Some Spike It Hot Tournament held in April.

It's easy to learn and a great way to meet new people. Don't know how to play? We provide Training with Skills and Drills classes once per month plus we provide you with a Mentor when you join our club. We have a Ladies Night monthly for fun and frolic so come on out! We also have higher level of competitive play with try outs to be a member on one of the competitive teams. Out of the pool we have our Fall Festival October 6, 2023 at the Pavilion with food, music and dancing the night away. Many of our members participated in the Cinco de Mayo Party with a pot luck, music and dancing, look at what you could be missing! Join now to be a part of the fun in and out of the pool. We welcome all levels of interested players. Find us at LHWaterVolleyball.com. Or Call Jerry Grisler 209-648-9534 for more info.

• • •

LH Senior Softball League

BY HEIDI MAZZOLA

Attention all softball fans! We have some exciting events coming up in the Lincoln Hills Senior Softball League. To start, the Coyote 75's are hosting a tournament the weekend of June 24th at Del Webb Field. It's always fun to watch the highly competitive tournament teams, and as an added bonus, the Women's Division will be selling hot dogs all weekend long. So come down to the field and enjoy some exciting softball action, support your favorite team, and have a scrumptious hot dog.

We're also gearing up for our League's Annual Independence Day Celebration on Monday, July 3rd. The event will feature two

All-Star Games showcasing the best players in our league, an exciting Women's Division exhibition game (always entertaining and a fan favorite), and a Hall of Fame Induction Ceremony recognizing the outstanding contributions of our recreation league players and volunteers. And to top it off, we'll be offering our famous Hot Dog Meal Deal for purchase. With exciting plays, intense competition, and enthusiastic crowds, this event promises to be a great way to celebrate the Independence Day holiday.

On Mother's Day, the Women's Division organized a Family Day celebration, where they played a unique modified game with their family members using a 16-inch extra-soft gym ball. The best part? No gloves or mitts were needed! They had a blast playing the game and afterwards everyone enjoyed a lovely picnic lunch. What memorable way to spend Mother's Day!

If you can't make it out to the special events, our regular season Coed Recreation Division games continue every Monday and Wednesday beginning at 8:00 a.m. and ending around 2:00 p.m. The Women's Division plays on Sundays at 10:00 a.m.

Please visit LHSSL.net for the latest updates on scheduling and events. See you at the field!

• • •

Mad Hatters Bocce Group

BY KIM PETRUZZELLI

Since the weather has warmed up, we now play bocce at 8:00 am on Thursdays. Yes, this

does mean we have to get up way too early, but it's worth it to finish before the temperatures get stifling hot. There is plenty of parking at the sports pavilion, and our 12 bocce courts all have benches with shade awnings at each end of the courts.

In past years, our bocce players used to bring snacks to share periodically. A few of our long-time players have asked about bringing back these monthly potlucks. If enough of you are interested, we will look into getting this organized again.

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

• • •

LH Shuffleboard Club

BY JON KLINE

The Shuffleboard Club's regular weekly play sessions continue on Tuesday and Saturday mornings with two sessions each day: 8:30 to 10:00 and 10:00 to 11:30. There is a new social gathering and play session every Wednesday evening from 6:30 to 9:30. Bring your dinner, snack or dessert plus a beverage to the picnic area adjacent to the courts. Socialize before and after you play a game and bring a folding chair for extra seating. All sessions are held on the two professional-grade PolyCourts at the rear bocce area of the Sports Plaza. We offer a quick orientation to the safety and game rules at every session.

For open play, reserve a court for 1-2 hours up to 7 days in advance at: Resident Website/Wellfit Reservations/Bocce-Shuffleboard

(cont' on page 27)

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-Dr. Robert Pretzlaff

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LH Shuffleboard Club

(cont' from page 25)

Court. There is good lighting over both courts until 10:00 PM. The shuffleboard equipment is stored in the croquet locker behind the bocce courts; get the key at the OC Fitness desk. Email the club for the basic game rules. We are a no dues club, and all residents & their guests are encouraged to come and learn to play this sport. People of all ages and fitness levels can play shuffleboard; no bending or lifting is required. Remember to wear sunscreen and a hat and stay hydrated; there is a water fountain near the courts.

The club's annual membership meeting was held on May 10th. Thanks to retiring Officers and Directors Teresa Henderson, Millie Lelio and Ron Bogue; Welcome new club secretary Nancy Turrini and Directors Ivan Hesson and Wanda Sherrill.

Our social director Irene Hesson organized a very successful dinner outing on April 19th at Lucille's BBQ; 30 club members enjoyed good food and conversation. Future outings are being planned, so get on our email list and join the fun on and off the courts.

Contact Jon Kline at 650-279-0001 or at alsonjonny@gmail.com

...

LH Pickleball Club

BY MOLLY MORRIS

Our second annual Pickleball Palooza was NOT rained out! Yes, it poured rain, but the resilient Palooza team moved the entire event



Katie with Mr. Pickleball.

to the Pavilion. Though we didn't have court games, we had over 170 members laughing, dancing, eating, and receiving prizes. The vendors arrived to find a crowd eager to buy equipment, clothes, and shoes. Spearheaded by Sue Reeves, the Palooza turned out to be quite a pickleball party! Thank you to all the team members who pivoted on such short notice to make the event a success.

Our April Tournament was really fun with lots of laughter and medals. The courts were full and the tournament was well run by Rita Weighall and Karen Goeman. Again, we are grateful to our sponsors; Summerset Assisted Living, Terrie MacDonald Intero Real Estate, Schaack Physical Therapy, McGrail Team HomeSmart Real Estate, and Kay Armstrong Coldwell Banker Sun Ridge Real Estate.

We are looking forward to our exhibition game with Rick Barry (Hall of Fame NBA player, Lynn Barry (also a basketball legend), LeRoy Weighall (LHPB member), and Kelly Andrews (Rusch Park). We also, have another

tournament, more Drill Clinics, and our first Novice Happy Hour and Trivia.

If you want to learn to play pickleball and be involved in all the fun activities, please send an email to welcometopickleball@gmail.com and you will be registered for our free Intro to Pickleball class held bi-monthly on Wednesdays from 9:00 – 10:30 AM. Please wear tennis shoes.

...

LH Table Tennis

BY CARL LYNCH

Ping pong is a game of skill,
A sport that takes both might and will.
It's played with paddles and a ball,
And can be played by one and all!

Table Tennis is played in the Multi-Purpose Room (KS). Play times are Sundays 8:00 AM to 5:00 PM, Tuesdays, 6:00 AM to 9:00 PM, and Fridays 8:00 AM to 12:00 PM.

We have revitalized our play area by replacing the old cardboard with electric blue barriers. These dividers between the tables help to create an energetic atmosphere in the play area and also provide good contrast to the white or orange TT ball.

By playing indoor Table Tennis, your dermatologist will appreciate you even more! You won't even need to smear that thick white suntan cream all over your face and arms!

There are no membership dues required to become a member of Lincoln Hills Table Tennis Club (LHTTC), you just need to be a resident here at SCLH to participate. To join, just sign up on the new member sheet at the play

sessions or email pingpongsclh2@gmail.com

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

When you come out to play Table Tennis on Fridays, please note that we are adjacent to the Kilaga Café where you can enjoy a great lunch, pastry, beer, and coffee!

We set up a 'Robot' table tennis ball machine on Fridays to use for beginner coaching, warm up, training, and just plain old practice. Players may use it on a "first come first serve" basis, and the signup sheet is located there with the ball machine.

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

...

LH Tennis Group

BY PAM FLAHERTY

"I play much better when I'm happy and having fun. That's common sense."

- Jim Courier

You too can begin your tennis experience with new physical and mental challenges and plenty of laughter. Contact Steve at stevebringman@yahoo.com for introductory and/or refresher classes and if you are looking for groups to play with contact Val at vlaugtug@gmail.com.

LHTG offers drop-in tennis from 8am till 9:30 on Saturdays and Wednesdays and Ball (cont' on page 29)

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Neuropathy Relief Is Possible

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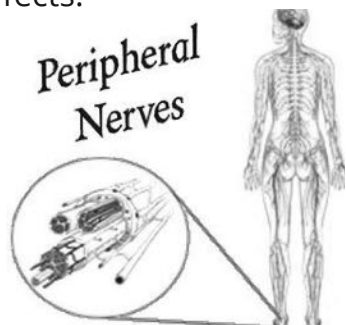


Figure 1: Notice the very small blood vessels surrounding each nerve.

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

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

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

Three Factors to consider for Effective Neuropathy Treatment:

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

Three goals of treatment at Lincoln Acupuncture:

1. Increase blood flow
2. Stimulate nerve fibers
3. Decrease brain based pain

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

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

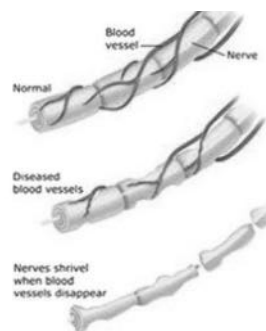


Figure 2: When blood vessels become diseased, they shrivel and are no longer able to provide nourishment to the surrounding nerves.

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

The amount of treatment needed to allow nerves to fully recover varies from

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

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YOU DON'T HAVE TO JUST LIVE WITH IT

LH Tennis Group

(cont' from page 27)

Machine practice on Saturdays from 8:00am until 9:20am. Watch for news of our second "Live Ball" session returning in June. Players had a preview of "Live Ball" last April and are hungry for more. We will accommodate the warmer weather with earlier start times.

The Association has been hard at work, resurfacing several tennis courts and adding more parking spaces to our busy sports pavilion parking lot. We welcome you to our club and thank the many volunteers who make all of our tennis activities possible. See you on the courts!

• • •

Lincsters 9-Hole Golf Club

BY CAROLE EUBANKS

General News — Go to <https://www.lincsters.com> for questions. Or send general email questions to the captains at lh9captain@gmail.com.

New Rules – Rule 26

If you hit from a water hazard and lose your ball or hit out of bounds, take a one stroke penalty and choose one of these actions:

- 26-1a – Drop and play another shot from the hazard, as close as possible to the point of the previous shot.
- 26-1b – Keep the point where the ball last crossed the margin of the hazard between the hole and the spot where you drop the ball, with no limit to how far behind the water hazard you make the drop.

Tournaments

• Interclub Scramble – April 24th. Enjoyed by all...consensus is that it was a blast! Jane is

currently out of the country. She will post results when she returns next month.

• Bring a Friend – May 10th. Kim Hall and her committee did a wonderful job organizing this Step-

aside scramble and lunch. There were 72 players: 54 Lincsters/18 guests. Low Net score winners were: First place (21) – Shuey, Waitz, Hallums, Graham; Second place (22) – Steffes, Peterson, Shipley, Josse; Third place (24) – Salmon, Cannon, Patrick, Bossert; Fourth place (25) – Cyphers, Ahrens, Eckstrom, Nelson. CTPP – Hastings at 8.25 inches! A good time was had by all!

• Red, White and Blue – June 21st. Alyce Stanwood manages this event. Contact her to volunteer.

• Breast Cancer – Oct 5th. This important fundraiser is led by the Ladies XVIII group, with Kim Schutz as Lincsters Liaison. Patty Owens is the Chair. She attended the General Meeting on

March 22nd and made volunteer sign-up sheets available. To volunteer, let Kim know. Sweeps

Funded by the \$2 each player adds to the pot, you are responsible for checking winners on Golf Genius or at the Pro Shop.

• • •

Ladies Golf - 18 Holers

BY CAROL LOPEZ

The Spring Fling had husbands, partners and friends joining members in a foursome team game on the Hills course followed by a buffet luncheon in the Ballroom. A few days later members from the Lincoln Hills Golf Clubs played an Interclub Scramble on Hills, too. It was a fun team event comprised of 2 players from the men's club, 1 eighteen-hole lady and 1 nine-hole lady. Following play, Subway luncheon boxes were provided outside under the Tent.

A Stableford round on the Orchard course resulted in first place wins for Patti Tilton, Barbara Grant & Dee Grimm in their respective flight. Sharon Kroll won a free round of golf with her 6'4" shot on Hole #11 securing closest to the pin. Birdies were made by Tilton (via a chip-in), Grimm, Suzanne Hutchinson and Wendy Seagraves. Marcella Christoff & Grant also had chip-in shots.

Forty-eight ladies came out on a beautiful spring morning to play Orchard in a "One Gross & One Net Best Ball" team tournament. First place was awarded to the team of Gwen Hare, Donna Brinkerhoff, Ilene Marshall & Bonnie Hing. Closest to the Pin and another free round of golf, with a shot 8'1" from the hole on #16, went to Eileen Boore. Hare, Linda Chappelle & Edda Ashe had birdies.

As a reminder, golf opportunities at many other California courses are available through the WGANCP/WPGA/NCGA. Congratulations to members Pat McNiff & Donna St. Peter who

ventured to Pine Mountain Lake Golf Course for the WGANCLegacy Scramble tournament and took third place in their flight.

Clear your calendar for these upcoming special events; June 15th - Guest Day, July 6th-Red, White & Blue and August 10th-Captains Cup.

• • •

LH Men's Golf

BY MIKE MCBACK

Hopefully, by now you are signed up for June 20th's Men's Club event the June Jitters. Time is running out if not. Don't forget the starting times start at 8:00 am.

The next tournament the Men's Golf Club will feature is the Red, White & Blue on June 20. This tournament is a 4-Man Stroke Play event being played on both courses. Starting time for this tournament is 7:30 so, please make note of the time change due to summer weather.

• • •

Cribbage

BY MEL SWITZER

It's June already, and it's getting hotter every day. Gone are the pleasant 70's, the nice 80's and now we have the "we must plan a getaway vacation" 90's. Yet all Cribbage players are looking for 121, not degrees but rather points. 121 = Victory!!!

Better yet, 131 points equals a SKUNK.

If Mr. Lucky shines down on you, you could "skunk" your opponent and get the extra

(cont' on page 31)

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See upcoming events on our Facebook page
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or call us at 916-645-3588

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Cribbage

(cont' from page 29)

10 points. There were a lot of skunks last month. In fact, on 4/18 there was a three-way tie for first place. That's a first in our club's history. Of course, "Double Run" Dory Maske was one of the three, along with Paul Winters and Pat McGough. True to form, on the next Tuesday, (4/25) it was Dory AGAIN taking home the first-place prize but on 5/2 Jean Stefani put an end to her dominance. But alas, on 5/9 Jean was dethroned by Jodi Deeley. But undoubtedly, there were a lot of "skunks" during that hotly contested streak.

Call out the exterminator and get Animal Control down here pronto!!!

So, if you have a lucky rabbit's foot in your pocket, a clothes pin for your nose and a vial of perfume handy, maybe you may break the curse of the Dory/Jean one-two punch,

Or if all other things fail, try using "Cribbage Potion Number 9", which was just legalized a few months ago. It might work??? But don't kiss the cop down on 34th and Vine.

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

Join us and turn up the "heat" on your neighbors, have a few laughs and "Pepe" Le Pew" them on your way to victory.

Questions? Call Mel Switzer 510-589-7658.

...

Duplicate Bridge Club

BY MONA STRYKER

Our Meet-Ups after bridge continue to be much fun. Our latest ones have been at Orchid Thai and Casa Ramos. Check our website for future dates and locations.



Our educational programs and hand analysis sessions continue to be popular. Check our website for future dates.

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

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

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

For further information, go to our website shown below.

Partnership chairman: Sharon Duley 916 253-3885

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

Website: www.bridgewebs.com/lincolnhills/

...

Volunteers — A Gift to the Community

BY ANN STULTS

Do you have a desire to give back to your community?

If the answer is yes, there are many avenues available to you in our local community. One of these is to become a Sutter Roseville Auxiliary volunteer at Sutter Roseville Medical Center. Recent and not so recent retirees find they still want to be productive and share their experience from their respective careers.

Interacting with fellow volunteers, hospital staff and patients helps you to maintain your learned skills and gives you the satisfaction of making a difference in your community. New Auxiliary volunteers are given training for their respective hospital service assignments and do not need to have any hospital background.

There are various volunteer opportunities at Sutter Roseville Medical Center that might be of interest: Auxiliary Gift Shop, Charts, Infusion/Cancer Services, Outpatient Surgery Recovery, Sutter Rehab Institute, Women/Children Services, Doula, Cardio & Pulmonary Rehab, Emergency Department, Outpatient Trauma Clinic, Outpatient Therapy/Wound Care and Welcome &

Information. These are all areas where volunteers supplement the staff except for the Gift Shop as this is totally staffed and operated by the Auxiliary volunteers.

The Auxiliary has donated several hundred thousand volunteer hours to the hospital since its inception in 1956 and has also donated over \$2.2 million for much needed equipment/projects to the Sutter Medical Center Foundation through fundraising and Gift Shop receipts.

New volunteer applicants attend two orientation meetings for information and placement within a specific hospital

service. Monthly orientations are held. Once a service has been assigned and all requirements including the Covid vaccination(s)/booster have been met, training begins.

For more information about what volunteers do and to complete an application, please visit the Sutter Roseville Medical Center website:

<https://www.sutterhealth.org/srmc/volunteering/srmc>

For more information, contact:

Mike O'Hagan, Auxiliary President
ohagan@starstream.net

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– Sheila Cardno and Kim Silvers

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Neighborhood Watch

BY TERESA TANIN



Neighborhood Watch (NW) strives to pass along safety and security information to help keep our community informed, however, it is up to residents to take action. Visit the NW website schwatch.org for many useful links when on your iPad, mobile phone or computer, but when not, please see the Important Numbers provided here. Keep these numbers close to your phone.

referrals, social security, Medicare, insurance benefits, legal/fiduciary, tax preparation, in-home services, help with disabilities, skilled nursing facilities, assisted living, care homes, and more. Dial 2-1-1 for 24/7 assistance or text your zip code to 898211 to be connected by text. Also connect through the Placer 211 website 211connectingpoint.org or click the "211" quick link on the Neighborhood Watch

Dial 9-1-1 (or Text your location) Emergencies (medical, fire, criminal activity in progress).
916-645-4040 Lincoln Police & Fire (non-emergencies, including non-injury falls).
Dial 2-1-1 (or Text your zip code to 898211) 24/7 help with referrals to Placer County resources.
916-771-7185 Association Properties "Curator" 24-hour security patrol.
916-434-6538 or 916-434-5362 Community safety Issues - Report an Incident.
916-409-9923 Lost or found pet - Pet Alerts Coordinator - Microchip reader.
916-223-2763 Neighbors InDeed - Home services to residents including referrals.
877-876-2455 Postal Inspector for Mailbox break-ins; 916-434-8144 Lincoln Post Office.
916-645-4500 Association maintenance for burnt out streetlight-provide lamppost serial number.
916-645-4501 Association maintenance for broken common area sprinklers.
916-960-6999 Snake Man - Leave snake alone and call a.s.a.p.
916-434-2450 Public Works - Grazing animals out of fenced areas.
916-645-7226 Placer Protects - Elder abuse concerns.
888-886-5401 Adult protective services.

Neighborhood Watch Mission Statement:

- Strengthen neighborhood ties
- Increase personal safety & security awareness

- Be the "eyes and ears" of the Lincoln Police & Fire Departments

- Encourage emergency preparedness

Strengthening Neighborhood Ties:
Neighborhood Watch welcomes a new Mailbox Captain, Dianna Dithridge for Village 20 MS 9. We are grateful to Dianna for volunteering to be part of our safety and security team. We must say goodbye, however, to retiring Mailbox Captain, Mariam Stout for Village 5A MS 1,2. Thank you Mariam for your dedicated time as a volunteer. We miss our retiring volunteers.

Increase Personal Safety and Security Awareness:

Coming soon will be a special presentation for Lincoln Hills' residents to promote Placer 211 your connecting point. Need information? Not sure who to call? Dial 2-1-1 from your home phone or mobile phone. Talk directly to a specialist 24 hours a day, 365 days a year—Free—Confidential—Bilingual. Receive information about food programs, non-emergency transportation, utilities assistance, moving resources, health or dental

website schwatch.org. Connect today and get the answers you need—help is only 2-1-1 away!

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

If you see something, say something. Report unusual activity to the non-emergency number for the Lincoln Police 916-645-4040.

Encourage Emergency Preparedness:
Dial 211 any time for disaster preparation and relief information. You will be connected to someone who can assist you. Also visit website schwatch.org and click on the 211 direct link on the home page.

FYI ALERTS: For more complete Alerts, see schwatch.org "Alerts." Be aware that a new version of the "Jury Duty" phone call scam has emerged again. A new AT&T scam is floating around again claiming account discounts for gift cards. Plus, scammers are now using Artificial Intelligence (AI). Don't be fooled. Do not talk to strangers. Do not buy gift cards for someone you do not know.

Neighborhood Watch is very grateful for the continued support from the Lincoln Hills Foundation. Helping our seniors is our collaborative goal. It takes more than just one village!

Neighbors InDeed

(cont' from page 1)

HVAC professionals and other vendors who can check and repair your irrigation system. Just call us at the number below.

As always, please remember that we do not answer the phone. Leave us a message at 916-223-2763 and we will return your call as promptly as possible between 9 a.m. and 5 p.m., Monday through Friday.

SCLH BOD Election Results

BY CAROLE MOORE - Election Committee Member

SCLH Board of Directors results for the 4 Board positions were:

Marie Barnes
Robert Copp
Denny Valentine
Jack Harris

The newly elected officers are: President - Tom Dunapace, Vice President - Marie Barnes, Treasurer - Don Bowden, Secretary - Denny Valentine.

The amendment did not pass.

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★★★★★ "We love our technician. Wonderful customer service." —Jeannie F. "

★★★★★ "Aaron is great. He's knowledgeable and does the job right. Unlike the national competitors, he spends as much time as necessary to protect our home. Treatment, web cleaning, full explanation of what was done and the results to expect." —David G

LH Foundation —

(cont' from page 1)

open at 12:30 and play starts at 1:00. Twelve cards for \$25, with exact change appreciated. Join us and be one of our 2023 winners. Payouts are \$100 for the first eleven games and \$250 for the final game. Make an afternoon of it and enjoy a special Bingo lunch at Meridians beforehand.

Bringing a group? We are taking table reservations. Email your request to lincolnhillsfoundation@gmail.com.

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

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



Every month residents in Sun City turn to our pages for the latest community news!

Read online at: www.SunSeniorNews.com

In Memory —

MARILYN GREMAUX
May 4, 1938 to April 28, 2023

Marilyn born in Pasadena May 4, 1938 grow up just east of L.A on a ranch in Glendora, CA, Marilyn was active all of her life. As a young person she owned her own horse, played many sports, was a Girl Scout and a Mariner Scout. Academical she did well in high school and attended Cal Berkeley where she met her husband to be, Don Gremaux. Married in 1961 they settled in the Bay Area to raise their three children - Gary, Cheryl and David. There she was active in choir and with Don square dancing.

At retirement Sun City Lincoln Hills beckoned, so in 2007 Don and Marilyn moved. Active as always Marilyn joined the choir and participated in the many neighborhood activities. She and Don joined three square dance clubs in the area - Sun City Squares, Whirl-A-Ways and Mavericks. When her health declined, it became difficult to maintain their beautiful home, so in early 2023 Don and Marilyn moved back to the Walnut Creek to Byron Park where she could get more help. With her husband of 61 years by her side Marilyn passed away April 28, 2023.

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19th Annual Voices of Lincoln Poetry Contest — Poets Wanted! Enter Now!

The 2023 Voices of Lincoln Poetry Contest is in its third month. Do not procrastinate or you could miss the deadline.

The theme of this year's contest is "The Five Ws Of Life: Who? What? Where? When? Why? . . . Discover The Answers Through Poetry." The five (5) new contest categories include the following: "Who" Is The Most Important Person In Your Life? "What" Is Your Most Cherished Memory? "Where" Do You Want To Be Tomorrow? "When" Did You Do Something That Made A Difference In Someone's Life? "Why" Should You Never Stop Dreaming? Poets may submit a maximum of three poems, no more than one in each of three of the five contest categories.

Everyone is encouraged to enter the contest. Poets do not have to live in Lincoln to be eligible. There is no entry fee. Young Poets, 18-years of age or under, are encouraged to submit poems and will compete in a special "Young Poets" category.

The "Rules and Entry Form" can be downloaded from the following blog:

<https://slolowe44.blogspot.com/2023/03/2023-voices-of-lincoln-poetry-contest.html>

If you have questions, please contact Alan Lowe, Contest Coordinator, at slolowe@icloud.com. We look forward to receiving your entries.

The Voices of Lincoln Poetry Contest is presented by the Poets Club of Lincoln. Winners will receive a commemorative chapbook of the winning poems.

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

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

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

ANNOUNCEMENTS

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

LINCOLN POLICE DEPARTMENT Volunteer Program: The program is open to Lincoln Residents, who are 21 years old or older. This ongoing recruiting effort is for those individuals who would like to volunteer for our Patrol Division (vehicle patrol, "eyes and ears" in the community). Qualified individuals will receive training on all aspects of Police Volunteer work. For more information, contact Roy Osborne at 916-645-4081.

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

**FREE ADS — INCLUDE:

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

Classified Ad Submissions — WHEN: By the 12th of the month. Please email the information below to: SunSeniorCA@gmail.com.

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

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

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

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

BUSINESS ADS:

- ◆ Anything of a commercial nature, including pet sitting, real estate, rentals, timeshare/condos, etc.
- ◆ 15 words for \$35. Additional words \$1 each.
- ◆ \$90 for three months, same ad! (15 words only) additional words \$1 each

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

Business Ads are 15 words for \$35 for one-month.

Additional words \$1 each. (\$90 for three months for the same ad.)

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

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

If you have any questions, please email us at: SunSeniorCA@gmail.com



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| | | |
|--------------------------------|-------------------|---------------------|
| 515 Montgomery Court | Annadel | \$750,000 |
| 1837 Deep Springs Lane | Shasta | \$769,000 |
| 822 Glacier Point Court | Sausalito | \$790,000 |
| 2306 Longspur Loop | San Mateo | \$800,000 |
| 1671 Fallen Leaf Lane | Fremont | \$855,000 |
| 2700 Black Hawk Lane | Marin | \$890,000 |
| 210 Brockman Court | Napa | \$ 905,000 |
| 907 Granite Court | Tiburon | \$ 938,000 |
| 2360 Sutter View Lane | Sonoma | \$970,000 |
| 100 Deep Springs Court | Sonoma | \$ 1,175,000 |
| 1550 Summerhill Lane | Meadowgate | \$1,245,000 |

Market Update

The market has continued to enjoy the spring lift in prices, but that is not unusual even in bad markets. Only one year in the past 20 saw the median price fall in the January-April time frame and that was 2008. Prices overall continued to fall for another 5 years but still the January-April time saw the median price rise. For 2023 the median price rose 6.84% from January to April. I wrote last month about the increase in over 55 communities and how that supply had affected prices. There is another Active 55 community opening in Placer County between Loomis, Lincoln and Newcastle. Long anticipated Trilogy at Bickford Ranch, by Shea homes are releasing their first 60+ lots. This has and will draw a lot of attention because so many of the lots are view lots, with views of downtown, Folsom Lake and the Sierras. I expect buyers from outside the area to be particularly interested due to the quiet undeveloped nature of the land surrounding the new home sites and the low density of the development itself.

George Brown

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