

# SUN SENIOR NEWS

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## Hugh and Pana Wilder — Sun City Swimming

BY RUTH MORSE

Hugh and Pana Wilder have lived in Sun City Lincoln Hills for two years. Both former teachers and current avid athletes, the couple share passions for both physical and mental fitness while enjoying the excellent facilities in Sun City.

At one point in Hugh's younger years, Hugh's father was working at Ohio State University. A competitive swimmer himself in college, the father recognized Hugh's early interest in swimming and arranged for lessons from Yoshi Oyakawa, the 1952 American Olympic Gold Medalist in backstroke. Yoshi was a student at Ohio State at the time. Hugh and his older brother both took to swimming, joining YMCA and summer teams, beginning a lifetime of competition in the backstroke for Hugh and Yoshi. Hugh would go on to break some of Yoshi's records as they both competed in National and World Masters Championship meets later in life. Masters swimming holds competitions for adult athletes, separating



PHOTO BY JEFF ANDERSEN

competitors by five-year age groups.

But before Hugh became part of the World Masters he was a backstroke swimmer in high school and college. He attended Denison

College in Ohio and majored in Philosophy. He met his wife Pana in Shakespeare class. Philosophy, Pana and swimming were his three passions. At Denison, he was a four-year NCAA All-American college champion.

Hugh started competitive swimming again in Masters competition in 1990 and continued until 2018. In 2017, Hugh was inducted into the International Swimming Masters Hall of Fame. His childhood instructor, Yoshi Oyakawa, also competed in the Masters for many years. Hugh would come along later and beat Yoshi's records for the same age bracket. During his Masters career, Hugh set twenty-five Masters world records in six age groups (45-49 through 70-74). Six of these world records still stand. At World Masters Championship meets since 1992, Hugh won four gold medals, one silver and three bronze.

Before Pana and Hugh met at Denison College, Pana grew up in the Chicago area. *(cont' on page 21)*

## LH Foundation – Big Day of Giving and Bingo!

BY DENISE BOWDEN

May is a month of celebrations starting with May Day, Cinco de Mayo, Kentucky Derby and Mother's Day. We also remember Military personnel this whole month as well as honor those who lost their lives for our freedom on Memorial Day. May 4th is also an important day to celebrate because it is the day we join with 4 local counties for the Big Day of Giving affectionately known as BigDog, a 24 hour opportunity to give where you live. We hope you think of the Lincoln Hills Foundation and the programs that your donations support for seniors here in Lincoln. This year the day is a double celebration as it coincides with Star Wars Day – May the Fourth be with you!

Donate now. Call 916-409-2016 and a member of our 100% volunteer Board will pick up your contribution. You can also go online to [www.lincolnhillsfoundation.org](http://www.lincolnhillsfoundation.org) to donate or go to the BigDog site and donate during the 24 hours of giving at [www.bigdayofgiving.org/lincolnhillsfoundation](http://www.bigdayofgiving.org/lincolnhillsfoundation).

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

*(cont' on page 34)*

## Groovy Sounds of the 60s!

BY GAY MACKINTOSH

Can you out-groove our grooviest singers? Tickets are still available for our May 5-7 chorus concerts "Groovy Sounds of the 60s!" and you're invited to don your 60s garb and add to the fun. Check out our photo booth in OC Lodge to capture your cool for posterity.

Among the NOTEable sounds from our LH Chorus, you'll want to "listen to the sound . . . of silence." American Sign Language interpreter Cat Bain will be signing on stage as we sing--you guessed it--"The Sound of Silence."

You'll also enjoy the NOTeworthy sounds of guitarist Paul Carroll accompanying us on "Green, Green," joined by flautist Mona Stryker adding her ethereal sounds on "Blowin' in the Wind" and "Our House."

Happy sounds (from "Surfin' U.S.A." to "Shake, Rattle, and Let the Good Times Roll"), sad sounds (from "Yesterday" to "Monday, Monday"), glad sounds (from "Here Comes



Try to identify these groovy Chorus members!

the Sun" to "All I Have to Do Is Dream") are just some of our 60s (and beyond) repertoire. Sopranos and altos will be sounding out "Stop! In the Name of Love," while basses and tenors harmonize "Sherry." And what's in that creative concert bar concoction? "Love Potion #9"?

Extra special world premiere! Our hep accompanist Nina Malone and rockin' director Paul Melkonian will sound off with their piano duet "Feelin' Groovy."

So, hurry to get your groove on! Performances are coming right up May 5 (Friday evening), 6 (Saturday matinée), and 7 (Sunday matinée). Get in line (at either Membership Desk) or online to select your seats in the Ballroom: Premium Reserved (first seven rows) \$22; Standard Reserved (back seven rows) \$19.

## "Twelve Angry Jurors" Tickets Now Available!

BY DOUG BROWN

Tickets are on sale for "Twelve Angry Jurors," playing June 8-9-10-11 in Kilaga Springs Presentation Hall. Tickets are going fast, so HURRY to get reserved seats (\$18) in this intimate venue.

Jane Patton, Director of "Twelve Angry Jurors," summed up the gist of this courtroom drama. "The play is based on the classic dramatic movie 'Twelve Angry Men,' updated

*(cont' on page 3)*



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Adapted by  
Sherman L. Sergel

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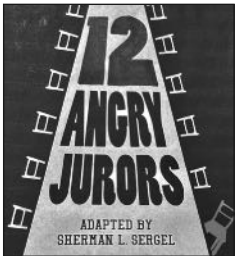
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**“Twelve Angry Jurors”**  
(cont' from page 1)

to feature both women and men in the cast. While it first appears to be an open and shut case, as the jurors begin to dig more deeply, we witness their emotionally charged debate. Guilty? Innocent? We shall see!”

Empire reviewer William Thomas praised the movie version (the script of which is almost a verbatim repeat of the theatrical script) for its “development of character and plot without resorting to the big stunts, grandiose locations or special effects.” Amidst the “prejudices and neuroses” of the jurors, Thomas dubbed the movie “a screenwriting masterclass...a jury room thriller.”

The cast members are excited about bringing you – the audience – into their jury deliberation room as they discover that the personal experiences, points of view, and deeply-seated biases of each juror make



for “angry” exchanges in deciding the fate of a young man accused of murder. The accompanying photo shows four of our jurors (MaryBeth Quallick, Tim Tatum, Richard Fitzmaurice, and Tom Quallick) sorting out their differences.

The support crew – Craig Stults (Producer), Ann Stults (Advertising), Julie Africa (Assistant Director) – and others are putting together all the “backstage” details. Often those behind-the-scenes staffers outnumber the cast, and this play is no exception.

The next Players meeting is Monday, May 8 at 4:00 PM in Kilaga Springs Presentation Hall. For more information, visit our website at [www.lhplayers.org](http://www.lhplayers.org) or contact Players President Craig Stults at 916-543-6782.

**LH Music Group**  
BY DAN LEHRER

The 2023 Club Expo was so much fun. Laurie, Dan and Jack brought their instruments and played and sang throughout the morning. Several folks stopped by and joined in. A few signed our log and indicated they might stop by our monthly meetings. Last month's Group “sing/play-along” honored Rod Stewart. “Have I Told You Lately” and “Maggie May” brought back memories for us. Our Group Jam was “Key to the Highway” in Eric Clapton's blues style. It's always amazing to listen to such a wide variety of musical genres. From Country to Blues to classical we've got it all. All of us are striving to learn new songs and stretch our abilities. It's a team effort each month to make the sound quality, set up and group song choices all work. We keep learning each time and are grateful for the opportunity to be in such a fine venue. We meet on the second Wednesday of the month from 2:00 to 4:00 PM in P-Hall (KS) through October. We love an audience so please come on down. You can find the Lead Sheets for the group songs and more information on our website; the password is musicgroup.

The Guitar Ensemble meets Fridays from 1:00 to 3:30 PM (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](mailto:dlehrer72@gmail.com).

**Ballroom Dance Club**  
BY ERNIE MICHELI

The Ballroom Dance Club recently participated in the SCLH Tap Company production entitled “Let's Dance Again”. The event took place from March 30 to April 2 and featured many talented dancers and singers from Sun City Lincoln Hills.

The Ballroom Dance Club was especially proud of Sal and Ruth Algeri and Mark and Karen Worley who performed a number entitled “Whatchugot”. The couples danced to the East and West Coast Swing. Well done Sal, Ruth, Mark and Karen! You were terrific!

On April 29 the Club hosted it's Spring Pot Luck. The theme for this event was entitled

(cont' on page 5)

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# ACTION REALTY





Ballroom Dance Club

(cont' from page 3)

“Springtime in Paris”. More information about the “Springtime in Paris” pot luck will be written in next months article.

May will provide instruction in the West Coast Swing. The West Coast Swing originated from the Lindy Hop. As dancing to rock and roll emerged during the 1950’s, West Coast Swing remained a partner dance that had swing, was smoother and more subdued than the free style of rock and roll. Here’s a little know fact: the West Coast Swing and square dancing (folk dance) are the official state dances of California.

Annual membership dues are only \$10.00 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.

Tap Company

BY ALISON WOLFE

The Tap Company’s production, “Let’s Dance Again!”, was a huge success. Over 1,000 tickets were sold. A big thank you to all who came out to see the show and cheer us on. Also, to thank those who participated in the show both on stage and behind the scenes, on April 5 the Tap Company hosted the cast party with an Italian buffet, live music performed by Jimmy Baughman, karaoke and a photo booth.

Now that rehearsals are behind us, don’t forget to sign up for tap class. There are two technique classes, Monday at 10:00 and Tuesday at 10:00, to choose from. The beginner class is Monday at 11:00 AM.

One last note, plans are being made for a Spring luncheon this summer. Stay tuned for more information.

Country Couples

BY RICH AND DONNA PICK

April in Paris was the theme of our dance at Kilaga Springs. It was a pot luck dinner held on April 1st. The decorating committee, led by Phyllis Svetich and Gary Moulton, did an amazing job on the decor. There were lighted Eiffel Towers and French decor on all the tables. What a beautiful arrangement. Food was in abundance and delicious. The potluck included many salads and main courses and ended with several French finger desserts. We were treated to pasta salads, green salads, KFC chicken, lasagna and many other hot main dishes.

Music was provided by Jim and Jeanie Keener, and they played a wide range of music that we all love. The dance started out with a teach of a new line dance followed by our all time favorite Cowboy Cha Cha. We Waltzed Across Texas knowing Love Was Gonna Make It. I Closed my Eyes and saw Sea Shells.

We had another gathering on April 5th at the Cattlemans where they always welcome western gear and feed us large Cowboy dinners. Food and service was outstanding, and 36 of our members were able to laugh, socialize and eat and eat! We’re gonna try to Do That Again and have a Swinging Summer. It’s wonderful to dance to Another Song and hear Storybook

Endings.

As always, we welcome new members and returning members.

Contact: April Cederburg at 916-390-3931. website: www.sclhcc.com

Sun City Squares

BY JACKIE CARLSON

Our club has 6 new dancers that joined us in February. They have been doing a wonderful job and at the end of April will graduate from SSD (Social Square Dancing) to Mainstream level.

If you have an interest in Square Dancing and would like to be put on a call list for future beginning classes contact Jackie Carlson at 925-207-9415.

If you have previous experience and would like to join the Mainstream group, stop by KS Multi-purpose room and join on Mondays 1:15 to 3:30 PM or Advanced dancers on Thursdays 1:00 - 3:30 PM. The drop in cost is \$8 per class.

The only requirements for Square Dancing is you must be willing to have fun and enjoy meeting new people!

Mixed Media

BY JILL SHORT

Nature’s colors are amazing and is something we love to capture in our art. The club thought it would be a great time to learn about color. So, we invited Mixed Media teacher and artist, Kerry Dahlin, to teach us about color and lead us into a creative adventure in art. She was our guest speaker in April and will continue her workshop at our May meeting too. Make sure you are on our email list to receive up to date information on our meetings.

The Mixed Media Club board got together in April and did some planning. We are looking forward to a long awaited get together in June. This summer we are presenting lessons on substrates, collage, and texture mediums. We plan to follow that up with a collage project in August. This Fall we will be using Altoid tins in an exciting fun project. Stay turned for more updates on these activities.

Each month the club gives a voluntary art challenge. The challenge is to use the word or phrase and let it inspire you in creating a mixed media art piece. No other rules. Just express yourself in your art and have fun. Share your completed creation at our regular club meeting. Following is the list of the art challenges for the next few months: For May the prompt word is, “nest”. For June the prompt phrase is, “Taste of Summer”. For July the prompt phrase is, “The Bees Knees”. For August the prompt phrase is, “Dog Days of Summer”

Mixed Media Club meets the 3rd Wednesday of the month in the Fine Arts Room (OC) at 1:00 PM. Our President, Chris, will send out information about our meeting the week before our meeting. For more information or questions contact Chris Fetter at 916-276-7895 or email at: mixed.media.chrisf@gmail.com

Painters’ Club

BY TAMSEN ARMSTRONG

Excitement is building! The SCLH 19th Annual Fine Arts Show is coming soon and many of our local artists are busy preparing to delight you with their creations. Registration deadline for participants is May 9th at 1:30-3:00 in the OC Ballroom and all residents are

(cont’ on page 7)



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

The 19th Annual Voices of Lincoln Poetry Contest officially began in April, as part of the celebration of National Poetry Month. 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.

Poems may be in rhyme, free verse, haiku or other accepted poetry forms and of any length, up to a maximum of 60 lines.

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>

Poems should be written in English. They

should be typewritten and not centered. Please use the Arial font 12-point. The title should be listed at the top of the poem and the category should be included at the top right corner of the poem page. The name of the poet should not be included on the poem. Entry Forms must be received no later than Thursday, July 20, 2023. Early submissions are appreciated. If you have questions, please contact Alan Lowe, Contest Coordinator, at [slolowe@icloud.com](mailto:slolowe@icloud.com).

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

## 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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Painters' Club

(cont' from page 5)

eligible. Applications can be found in the OC Fine Arts & Ceramics Rooms, and on our Facebook page. The show will open on June 9th at 5:30PM and run all weekend featuring live music, ribbon awards, daily raffles, a no host bar and beautiful paintings, photographs, quilts, multimedia, and ceramics to view and add to your collection. It's awe inspiring to know how many talented artists live here in our community.

Painters' Club members continue to show their paintings at Lincoln's warm and inviting Buonarroti Ristorante on Lincoln Blvd. Show runs until June 3.

Our next Paint Challenge is on the theme of Fairy Tales/Nursery Rhymes, which could be from any culture or era and will be presented at our May 16 meeting. Gift certificate prizes/ribbons are given to 1st, 2nd and 3rd. place winners in the categories of Beginning, Intermediate and Advanced levels.

Our Artist Spotlight for April was watercolor artist Jeff Anstrom, who paints a variety of subjects, including beautiful landscapes inspired by his travels and his most recent challenge to intertwine a letter from the alphabet with a flower.

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

...

Needle Arts

BY MARY SWANSON

Spring has finally sprung and we hope you have made your plans to attend NA's "Picnic Days are Here" spring luncheon on May 9th. The May general meeting kicks off this event where surprises and entertainment await.

The next demonstration workshop is scheduled for Tuesday, May 2nd in the Needle Arts Sewing Room at 1:00 PM. Judy Horowitz will be demonstrating hand quilting. The following Friday, May 5th from 1:00 to 4:00 PM there will be an open workshop in the sewing room for you to ask questions or simply work on your own project. On May 16th at 1:00 PM Estelma Wilson will hold a class on 'How to use a Serger'. This class requires prior sign ups and a small fee to cover supplies. Please contact Betty Kisbey at bettyk@starstream.net to sign up for any of the classes and remember that demonstrations and open workshops are free and open to all NA members. The full calendar of demonstrations, classes and workshops is available on the NA website, sclhna.com.

The window display boxes just outside the sewing room are updated each month with wonderful displays of our member's creativity and craftsmanship. Next time you're visiting the Orchard Creek Lodge make sure to stop by to view and enjoy these projects.

Community Service members are busier than ever. In early April, twenty baby quilts and 20 mom quilts were donated to the Bundles for Babies project at Beale Air Force Base for new moms and their babies. This donation somewhat depletes the baby quilt supply and members are now busily sewing to meet the demand of over 100 baby quilts needed by year end. Do you enjoy machine quilting or

have a long-arm quilting machine and would be willing to help in their effort? While CS members try their best to complete the quilts from start to finish, there is always the need for larger quilts to be top quilted. Please contact either Clareen Bolton, clarebo375@hotmail.com, or Bev Johnson, bevlockjohn@gmail.com, if you are able to help with this portion of the process.

The NA website, sclhna.com, is an up to date resource for all needle arts activities.

...

Paper Arts Club

BY LINDA LUCCHETTI

Thank you to our Vice President Sarah Kevin who created a survey distributed to our members. The survey evaluates the demographics of our membership, our overall cardmaking experience, and what members would like to do for future projects. The results were tallied and posted in the April newsletter. Check it out!

Here's a teaser about a few of Sarah's findings: Most of our membership is comprised of those who have five years or more experience in paper crafting. Stenciling was selected as the future tool to learn and use. And, fun/fancy folds were designated as a technique to do more of. For a complete "reveal" see the document PACSurvey Results included in the April 2 newsletter. Thank you to all who participated!

Our May project will be presented by guest project leader Marie Schell. We will be making two cards and a gift box.

Mark your calendars! We will be holding our very popular annual Overstock Sale on June 15 in the Terra Cotta Room at Kilaga Springs. The public is invited from 10:00 AM

to 12:00 PM. Stay tuned for more information.

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

...

LH Photography Club

BY DIANE MARGETTS

In April, we experienced Mongolia through the lens of Jan Lightfoot, a local photographer with a passion for nature photography. Jan had recently returned from a photographic expedition to Mongolia. She made us feel as though we were in Mongolia with her, searching for Snow Leopards. The joy of finally discovering a Leopard's den was only surpassed by pure awe when two young cubs, waiting for their Mom, wandered out of their den to curiously survey 'us'.


Michele Dodge will be our featured presenter in May. Michele loves shooting wildlife, horses, birds and landscapes. She will be sharing her photographs of bird migration and the Pacific Flyway!

Keeping pace with upcoming activities, Kate McCarthy's Photography SIG featured Bill Kress and wildflower photography in April, while the May topic is very timely Travel Photography.

April was also bustling with local field trips. In early April, photographers gathered at the "Great Rookery Trees" to capture photos of nesting egrets and herons. Wildflowers were the subject of a day trip the South Yuba River

(cont' on page 9)

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### LH Photography Club

(cont' from page 7)

State Park. This is a super bloom year and we were rewarded with a spectacular show! This trip was followed by the McKinley Rose Garden trip. This garden features over 1200 rose plants in hundreds of varieties.

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

### 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 club project carved by many members is an item called a comfort bird.

This was a small stylized bird sanded smooth and either finish painted or polished. These little birds are a joy to hold and are regularly donated to Alzheimer and Dementia groups as a community service.

The Woodcarvers Club is here to help get you started. We have tools, books and friendly members to help you along the way. Please feel free to visit during club hours and see the carvers in action.

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](mailto:Lrainman1414@Yahoo.com)

### Low Vision Support Group

BY STUART SINGER

Meeting: Tuesday, May 2, 2023, 2:00 to 4:00 PM, Fine Arts Room

“Strategy Sharing” will be our topic. Group members will be volunteering strategies that have been successful in assisting them to navigate through their lives. In addition, questions will be solicited from group members. If you would rather have your query read - anonymously - at the meeting (for example “How do I go about obtaining a restricted driver’s license?”) send your question to Sherry Singer at [singer.sh@gmail.com](mailto:singer.sh@gmail.com) and she will share it with the group and seek answers.

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

“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.

Low Vision Support Group Mission — Our mission is to provide information on current research, new technological equipment and practical application of daily living skills to enable those affected to maintain independence.

Group Contact: Stu Singer 703-864-8161 or [stuartsinger3@gmail.com](mailto:stuartsinger3@gmail.com)

### Hearing Support Group

BY JOANNE MITCHELL

Last month we had a wonderful demonstration of hearing assistive dogs. Three of them were with us in the room. We learned about their selection and training, and how they assist those with hearing loss. Next month we will have a Zoom presentation by Tomer Aharoni, who will tell us about an iPhone app that will provide excellent captions. The app is free.

### Alzheimer’s Dementia Caregivers Support Group

BY VALERIE JORDAN

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

The monthly general meeting is the fourth Wednesday at 1PM in the OC

Multimedia room; caregivers with recently diagnosed family members are welcomed. The Wednesday, May 24 speaker is Simone Nazzal, Education & Outreach Coordinator at Del Oro Resource Center, who will speak about Meaningful Self Care.

The Women’s group meets the first Wednesday of every month in the OC Multi-Media room; the next meeting is May 3 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 May 18 from 10AM-noon. Contact Ernie Drake (916-543-3482).

### Bosom Buddies

BY VAL SINGER

Our speaker for April, Ji Hye Park, a nurse practitioner from Building 8, Sutter Health, spoke on genetic testing. There are a number of genetic tests available and Medicare will pay for most of them. Contact your doctor to see if you qualify for these tests. Genetic testing can be beneficial to your whole family. With this testing, you and your family can be prepared for what might come.

The Relay for Life of Placer County “Forever Tea Party” was held on Saturday, April 15th. As usual, the sandwiches, cakes and, of course, tea were par excellence.

Our speaker on May 11th will be Kim Van Yssekdgk, a Sutter nurse practitioner, who will talk about the latest updates and treatments in cancer.

The American Cancer Society Relay for Life is on August 12/13 in a park across the street from the Auburn Fairgrounds. The theme is “Wild, Wild, West” and Peggy has

(cont' on page 11)

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## Bosom Buddies

(cont' from page 9)

asked us to be on the lookout for anything western, like pink boots, cowboy hats, etc. Check out the thrift stores.

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

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

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

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

We end each meeting by holding hands and saying:

"Together we are strong; together we will make a difference; together we will survive!" And, we will, hopefully with a little fun...

## Multiple Sclerosis Meeting

BY JERI DI FIORE

Celebration! The May 16, 1 PM, Multiple Sclerosis Meeting in Orchard Creek's Computer Room will be a CELEBRATION of the success of our April MS Walk. And what a walk it was taking place right here Sun City lead by Captain Joni Deutsch! Still time to donate to the MS Society, No. Ca, Lincoln Trailmixers,

Mail check to Jeri Di Fiore, 2245 Prairie View Lane, Lincoln 95648.

Also, thanks to Mentor, Linda Tinsman, we'll discuss the Lincoln Hills Foundation featuring us, the MS Group, at the Foundation's Bingo on May 25! All are invited to attend 5/25, 12:30, to play Bingo in OC Ballroom and support the Lincoln Hills Foundation, which supports us!

In the meantime, See you May 16, 1 PM, in OC Computer Room for the MS Group's monthly meeting!

## LH Bereavement Group

BY JOAN LOGUE

This group offers support and friendship for those who have lost a loved one. The group meets at Joan Logue's home on the 2nd Wednesday of every month at 3:00 PM for a group session. If you would like to put a Memorial in the Compass magazine, contact Joan. The deadline for Memoriams is the 15th of the month to be published the following month. For more information, call Joan at 916-434-0749.

## Genealogy Club

BY NANCY SWITZER

Going through my mom's old memorabilia, I ran across a letter from my uncle to his parents. He served in the Air Force in the 1950's, and was stationed in Spain as an Air Traffic Controller. Letters like this can easily be saved for future generations on Family Search or Ancestry.

Don't forget that our meetings are now held on the third Friday of the month at 10 AM at KS Hall. This month's May 19th speaker will be James Scott, Archivist at the Sacramento Room in the Sacramento Public Library. The topic is "Vice and Saloon Culture in Gold Rush

Era in Sacramento." After the meeting we will meet in the Kilaga Cafe or of the weather permits in the courtyard for a Social Hour.

In May, the computer lab will continue to be open to members from 1-3 PM on Mondays for photo scanning and research with workshops expected to resume in June.

## Lavender Friends

BY JOAN LACKTIS

What a dump!

Recently, our Lavender Friends outings took us to the Western Placer Waste Management (WPWM) facility in Lincoln. The WPWM's facilities include the landfill and the Materials Recovery Facility (MRF). The MRF is what makes WPWM's single-stream recycling strategy successful.

After trash arrives at the facility, the bags are opened and the trash moves along a series of conveyor belts where employees remove items that can be recycled or composted.

We were told on the tour how this strategy doesn't rely on individual consumers to clean and sort trash, instead assuring that each bag of trash collected is sorted. WPWM sells recyclables to third party companies that process it. They can respond quickly to changing market conditions by adjusting what the sorters collect.

Many of us left feeling how it was good to know that they are on the job turning our trash into treasure.

Next up is our all-member mixer on May 20, a time-honored annual gathering so that newer members and veteran members can get to know each other better. Lavender Friends is a club for LGBTQ residents and their allies; check out our website at lavenderfriends.com.

## Shalom Social Group

BY JUDY GANULIN

Shalom Social Group members have a lot to look forward to this year: our Women Together event on May 17, our yearly picnic on May 28, our June 25 membership event, our October 25 Bingo event, and our annual Hanukkah party, date TBD. We had a wonderful Seder to celebrate our Passover holiday. We continue to volunteer at the Placer Food Bank. Our group was formed to celebrate Jewish history, culture and food, but membership is open to all. For more information about our activities, or on how to join, please call Margie Gulko at 916-543-5303, or Deanne Iliff, 530-518-3704.

## Lincoln Democratic Club

BY JUDY GANULIN

Our April meeting featured Alex Yarmolyuk, who was born and raised in Ukraine, where he also finished his Bachelor of Arts degree and then served a mandatory two years in the Soviet Military in St. Petersburg. He lectures for OLLI programs about intercultural communication and post-Soviet Union countries so his presentation was very timely. We look forward to our May 18 meeting, where Dr. Kenneth Moore will discuss electric cars. Dr. Moore has a lifelong interest in cars and occasionally takes his vintage Austin Healey to nearby car shows. For more information about our club please visit our website, <https://democraticclublincolncal.org>.

(more Club News cont' on page 13)

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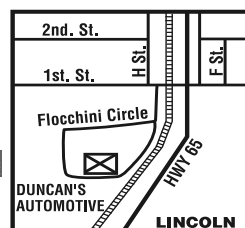


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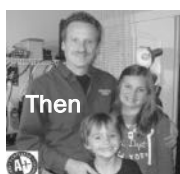
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## Apple User Group

BY NINA MAZZO

As I write this article I am using Apple's word processor Pages on my Mac. The publisher requests articles in the word processing program Word and I will be easily able to transfer the document I have written in Pages to Word prior to sending the article to be published. I am also listening to background music through my Bluetooth headset and using a Wi-Fi enabled lamp to adjust the lighting as I type away on my Mac. Gosh, for a non tech person I sure do enjoy many of the tech gadgets, gizmos and devices from Apple.

I have learned a great deal by attending a seminar or checking the club website for valuable information. This month you can add to your tech knowledge by attending the following seminars and meetings.

Thursday May 4th: "Discovering the Power of the Apple Watch". Bill Smith has discovered many Apple watch owners only use a fraction of the power of the watch and he finds he depends on his Apple watch on a daily basis. During this presentation Bill will emphasize the fitness tracking capabilities. Ask the Tech begins at 6:45PM – Program will start at 7:00PM in person in the Kilaga Springs Presentation Hall.

Tuesday May 9th: "Venturing to Ventura" Ken Spencer will discuss the best path to take if you decide to upgrade to Ventura. It is recommended that you attend this presentation before you navigate to Ventura so you can weigh the pluses and minuses. Ventura has some great capabilities and he will explore a few. Ask the Tech begins at 6:30PM – Program will start at 7:00PM in person in the Kilaga Springs Presentation Hall.

Club website: [www.lhaug.org](http://www.lhaug.org). Club general information line: 916-913-6833.

## LH Astronomy Group

BY BILL WEAVER

The LHAG will hold its general membership meeting on Wednesday, May 3, 2023, in the Kilaga Springs Presentation Hall at 6:45 PM and include a presentation by guest speaker and LHAG member Ron Yelton who will be showcasing his recent astro photos. The LHAG meetings are open to all Sun City Lincoln Hills residents at no charge for up to three meetings. If residents choose to join the LHAG, they must remit an annual membership fee of \$15 per household.

LHAG Cosmology Interest Group (CIG) — The CIG meetings are currently led by guest speaker Charles Hunt, retired astronomy and physics professor at American River College. Interested parties are welcome to join in the often lively and multi-layered discussions about the origin and workings of our universe. The May 15th meeting at 6:45 PM in the Fine Arts room of the Orchard Creek Lodge open to all SCLH residents is on how stars work by delving into stellar structure, using the Sun as a model.

LHAG Telescope Interest Group (TIG) — The TIG Star party telescopes are set up prior to sunset in the upper tennis courts of the SCLH Sports Pavilion. The next star party is scheduled for Thursday, May 18, 2023. The Sun sets at 8:15 PM. For further information on this group please contact the Group Coordinator Bob Collins at [bobpcoll@community.net](mailto:bobpcoll@community.net).

Astronomical Events for the Month of May

May 5: Flower Moon — May's Full Moon is known as the Flower Moon after all the

flowers that bloom around this time in the Northern Hemisphere. Other names include the Planting Moon, and the Milk Moon, while some named it the Hare Moon. Native Americans called it Budding Moon, and Egg Laying Moon.

May 5-6: Eta Aquarids meteor shower

The radiant, the point in the sky where the Eta Aquarids seem to emerge from, is in the direction of the constellation Aquarius in the Southern sky. The shower is named after the brightest star of the constellation, Eta Aquarii. The Eta Aquarids is one of two meteor showers created by debris from Comet Halley.

May 15/16: Earthshine (Observe the unlit part of the Moon as a dim glow)

The Waxing and Waning Crescent Moon phases in April and May are the best time to see earthshine, where the unlit part of the Moon becomes visible. It is also known as Da Vinci glow.

May 22/23: The Moon, Venus, and Mars

The Moon passes between the planets Venus and Mars in the evening sky.

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

## LH Veterans Group

BY BILL L. LEWIS

William Pickard, director of the Sacramento Valley National cemetery will be the featured speaker at the general meeting, May 18, 2023 at 1:00 p.m. in the Kilaga Springs Presentation Hall. Pickard will be speaking on the history of the cemetery, as well as policies and procedures involved in considering this lovely setting for a veteran's final resting place

The Lincoln Hills Veterans Group will

conduct its annual community Memorial Day ceremony in the Lincoln Hills Amphitheater at 9:00a.m. on Monday, May 29, 2023. The Lincoln High School Army Cadets will post the colors. The national anthem and other patriotic selections will be sung by the Lincoln Hills Chorus Men's Quartet. Congressman Kevin Kiley will be the keynote speaker. The Program will conclude with a two-bell ceremony honoring those Lincoln hills veterans who passed away since Veterans Day last year. The program will conclude with playing of "Taps"

The Group's paid membership stands at 193, including 112 life members. World War II veterans (including surviving spouses) totaled 14. Total voting membership is 237. Associate members (non-voting) total 29. Total group memberships 236. Welcome Aboard to New Members, Vance R. Sharp III, U.S. Air Force and Don Moxon, U.S. Navy

The Flag Table will be open on May 15, 2023 in the Orchard Creek Lodge Lobby for the sale of Flags at a price of \$36.00. There is also a box for flags to be retired in the room next to the Main Desk. We have recovered 92 flags for retirement this year. Continue to Fly Your Flag Proudly and turn them in for retirement when they show signs of wear.

Please renew your annual membership in the Lincoln Hills Veterans Group, along with a check for \$20, payable to Lincoln Hills Veterans group

(more Club News cont' on page 14)



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SUNDAY MAY 14 10:00 AM

**MEMORIAL DAY SERVICE AND BBQ**  
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## LH Italian Club

BY LINDA LUCCHETTI

The annual Bocce and BBQ is our next event set for May 21 at the Sports Pavilion.

Join us as we roll into spring with a fun day of bocce ball play topped off with a tasty BBQ lunch.

Check the Website for more information.

Mark your calendar for June 8 and our Membership Appreciation at the Sports Pavilion. More details to follow.

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

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## LH Republican Club

BY RITA PIZIALI

Our guest speaker in April, Tom Del Beccaro exceeded our expectations regarding California GOP politics, its history, and the importance of local elections and community.

There are endless opportunities for Patriots to get involved in our community. Our LHRC is teaming up with two Roseville Republican groups for a fundraiser on June 17th to raise funds for 2024 conservative candidates. Save The Date. Your support is needed getting Raffle items donated... health and beauty, massages, jewelry, wine, timeshares, hotel stays, restaurant gift certificates etc.

To help, please contact Carol Wilson – Chair: [cnwilson37@gmail.com](mailto:cnwilson37@gmail.com).

[www.RepublicanClubLHRC.org](http://www.RepublicanClubLHRC.org)

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## SCHOOLS

BY PATTI KINGSTON

Schools will be out and Summer will begin for Lincoln school children on June 9. The end of the school year brings joy and sadness: some students will graduate and begin the next phase of their schooling. Fifth graders will move on to Middle School and Phoenix High students will continue their education or step out into the working world. Some will move and all will miss seeing their friends on a daily basis.

Now is the time to sign up to volunteer in a classroom in 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 paper work and special projects. The days and hours of service are up to the volunteer. No teaching experience is necessary. Many volunteers are in the classroom 1 day a week for a few hours. They work closely with the teacher and are under her direction.

If you have volunteered in the past and would like to share your experience, contact Patti at [pkinston@att.net](mailto:pkinston@att.net) to tell your story. Some volunteers have been profiled in past issues of this newspaper and there are

(cont' on page 15)

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**Thank you for helping our family Jackie!"**

**-Dr. Robert Pretzlaff**

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## SCHOOLS

(cont' from page 14)

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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## LH Travel Group

BY LINDA BEVINS

It's time for the next Lincoln Hills Travel Group Presentation- Mark your calendar and email your reservation in to Linda Bevins! The date is June 13 or 14 or 15. The show is free but reservations are required.

Time: 3:30pm - 5:00pm. Place: Via Roma, 2270 Nicolaus Road, Lincoln

Send your e-mail reservation to Linda Bevins - dlbevins17@gmail.com. Be sure to specify the date and number of friends coming with you. We will save you a seat - limited seats available at each travel show.

Think about where you would like to travel? Perhaps picture yourself strolling along the San Antonio Riverwalk in the evenings with all the colorful twinkling holiday lights sparkling overhead! (November 30 thru December 4)

Spotlight on San Antonio Holiday includes a visit to Mission San Jose, a stroll thru the historic Alamo, and many other fascinating attractions in Texas.

Or would you like a getaway to visit the elegant French Riviera - the playground of celebrities and Europe's elite? This incredible

tour allows you to unpack your bags once and stay at a single hotel for the entire adventure. And the incredible price is \$2999.00, including air. Visit Nice, Monaco, Monte Carlo, Cannes and other places in France. See museums, flower markets, a perfume factory, and go wine tasting and food tasting on Spotlight on the French Riviera. (March 7- 15, 2024.)

Maybe choose to live the lifestyle of the rich and famous by going on a yacht cruise.

Cruise Croatia & Its Islands on a small ship with only 18 cabins. Spend 3 nights on land and then cruise the Adriatic Coast for 7 nights. Visit the small towns on ports of call enjoying a walking tour with a local guide in each unique town. Perhaps swim off the back of the boat! (April 6 -17, 2024)

To get the full itinerary on all the Lincoln Hills Travel Group tours and to sign up go to the Travel Club website: lincolnhillstravelgroup.com

Please consider officially joining the LH Travel Group membership. The Membership form is on the website and the cost is only \$10 per year. The Club's monthly newsletter highlights new and exciting tours and upcoming information on the Club's travels. And a very big bonus for members will be the latest Zoom travel presentation.

Lincoln Hills Travel Group Committee Member Contacts: Sheron Watkins 916-849-9504 sheron55@att.net; Louise Kuret Auerbach 916-408-0554 louisekuret@att.net; Lyle Auerbach 916-847-6544 lea925@att.net;

Linda Bevins 916-666-7627 dlbevins17@gmail.com; Joanne Schumacher 415-999-1242 jkschumacher1@gmail.com

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## SCLH RV Group

BY VICTORIA WHITE

A good time was had by all on our Lodi and Plymouth rallies in April. The Lodi Wine Festival started off our week of fun. Lodi is an amazing area to experience wine tasting and its closer and cheaper than the Napa region. We experienced amazing sausages from Lockford Meat Company with our own "Sausage Fest" and the potlucks were complete with many culinary delights. Our evenings included songs from our own musical members, games and having fun around the fire pits, joking around and getting to know new members. A Mickle Grove Park Museum tour educated us on the history of Lodi and Stockton, the man who founded the area and all the agricultural accomplishments that are still prevalent. Many members toured The Preston School of Industry, known as Preston Castle in Ione which opened in 1894 and closed in 1960. This was a reform school for minor aged boys. Golf at Castle Oaks was also enjoyed by many members.

Fun filled rallies are available to those who join our group. Meetings are every 2nd Thursday at KS in the Placer Room at 4:30 PM. Contact Maggie Giuliani, Membership Chair for information, 310-963-2350 or mromo50170@gmail.com. Our President, Mary Romo at 707-738-6311 is also available for any questions. Check out our website at www.lhrvg.com.

Respectfully Submitted,  
Victoria White 530-320-0498

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## Sports Cars

BY RICHARD PEARL

The Club took the back roads to the Sacramento Delta, and specifically to Rio Vista, for lunch at the Point Restaurant on Thursday, April 6th. We had beautiful clear skies, the Sacramento River was full and flowing, and 18 cars enjoyed the two- and one-half hour ride. This is one of our favorite rides that we do each year, very beautiful, and the restaurant always makes it easy with terrific food.

Before the next SSN press time, we'll be making a Sausage Run to Lockford (April 21st), then on to Theresa's Place in Jackson. April 28 will have seen us at the Pescatore Winery for a Murder Mystery Dinner and Wine Tasting. Both events will be reported on next month.

June will have us at Lake Tahoe for an overnight trip to Vikingsholm on Lake Tahoe, then on to "The Willo" restaurant in Grass Valley for a ride and dinner.

Happy Trails, everyone!

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

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## Motorcycle Club

BY JACQUELINE MCDERMOTT

In case you missed our last meeting Dan Harland our Safety officer, shared a few safety tips to ensure your bike is ready to ride this spring. Expanding on his knowledge, check out these tips!

Before hitting the road, ensure your motorcycle is ready to ride. It's a good idea to schedule a complete tune-up, especially if

(cont' on page 17)



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# "I Have My Life Back."

Roseville resident, Dawn R. had been experiencing the painful effects of Peripheral Neuropathy, "my feet and legs hurt, tingled and burned, all the time and my doctor told me there was nothing they could do. I was told that I would have to take Gabapentin for the rest of my life, that wasn't okay with me." Then she started treatment with acupuncturist, RaeAnn Salvador.

Peripheral Neuropathy is the pain, discomfort and numbness caused by nerve damage of the peripheral nervous system. Dawn explained that daily tasks like opening doors and using the bathroom were overwhelmingly painful. "How can you live for the next 20 years when you don't even want to get out of bed to do simple things?"

She was experiencing the burning, numbness, tingling and sharp pains that those suffering with neuropathy often describe. "The way that I would describe it, it's equivalent to walking on tacks all the time." Dawn hadn't worn socks in five years and was wearing shoes two sizes too big so that nothing would 'touch' her feet.

**Unfortunately Dawn's story is all too familiar for the over 3 million people in the U.S. suffering from Peripheral Neuropathy.**

If you are unfortunate enough to be facing the same disheartening prognosis, you're not sleeping at night because of the burning in your feet, you have difficulty walking, shopping or doing any activity for more than 30 minutes because of the pain.

You're struggling with balance and living in fear that you might fall. Your doctor told you to "just live

with the pain" and you're taking medications that aren't working or have uncomfortable side effects. Just know that there are options.

Fortunately, three months ago, Dawn read an article about Lincoln Acupuncture and the work being done to treat those suffering from Peripheral Neuropathy without invasive surgeries or medications.

She can now share how significantly her life has been changed

**"Now when I go to bed at night I don't have those shooting pains. I don't have that burning sensation. I can let the sheets touch my feet and it isn't painful,"**

**Dawn enthusiastically describes life after receiving treatment. "I can wear socks and shoes and I can enjoy working in my garden."**

At Lincoln Acupuncture, results are achieved using the time tested science of Acupuncture combined with technology originally developed by NASA that assists in increasing blood flow and expediting recovery and healing to treat this debilitating disease.

What differentiates Lincoln Acupuncture is the use of the most cutting edge and innovative integrative medicine. Specializing in chronic cases, specifically those that have been deemed 'hopeless' or 'untreatable', Dr. Salvador consistently generates significant results. What was once a missing link in senior healthcare is now easily accessible to the residents of Placer County.

If you've missed too many beautiful days outside because of pain or you've passed on dancing along to songs of your youth because you're afraid of falling, it's time to give yourself a new opportunity.

**It's time to let your golden years be golden!**



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aculincn.com**



## Motorcycle Club

(cont' from page 15)

you haven't ridden in a while, but in any case, you should check the following:

- Tires, including tire condition and pressure
- Controls, including hand grips, handlebars, throttle, levers, pedals, cables, and hoses
- Lights, battery, and electrical systems
- Oil and other fluids, including fuel, engine oil, coolant, hydraulic fluid, and transmission fluid
- The body of your bike, including gussets, bearings, bushings, chains, belts, etc.
- Stands, including both center and/or side stands

If you notice any issues with your bike, be sure to have them properly and professionally repaired before you ride. Your motorcycle's condition and components significantly affect your overall safety.

While most motorcycle riders are highly experienced drivers, it always helps to brush up. A motorcycle safety course can allow you to sharpen your skills and prepare for the unexpected. A quick Google search shows several motorcycle training and skills courses for all riding levels, including beginners, intermediate, and advanced riders. Courses range in length (from 5 to 15 hours) and cover a range of motorcycle riding necessities, including physical and mental skills, cornering, evasive maneuvering, braking, self-assessment, risk management, and more.

Come join us for our Social Meeting: Fourth Thursday-5:30 PM Multipurpose Room (OC). Our Group Rides are on the Second

Saturday- Kickstands -Up time varies at our meet-up point at the Twelve Bridges Chevron.

Call or email our Membership Chairman Manny Perez 916-253-9121 Manwil412@wavecable.com to learn more.

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## LH Amateur Radio Group

BY DAN LEHRER - KN6DRN

Our Group participated in the Annual Club Expo at the OC. Jim, K6GYM, John, NQ6Q and Art, KI6GYY hosted the Group's table which had a working radio and antenna set up. Several folks stopped by and signed our log. We look forward to more hands-on demonstrations at the South Tower in the future. Our Hams & Coffee get together, 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

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## Garden Group

BY LORRAINE IMMEL

An exciting and prominent gardener will be our guest speaker for the General Meeting, Thursday, May 25, 2:00 pm, Kilaga Springs. Master Gardener Fred Hoffman will be sharing

ideas on the topic "Save Time, Money, and Water with Container Gardening."

He has tips for successful gardening with plants in containers. What are the best containers for plants? Can you reuse old potting soil? How do you protect containerized plants in the summer heat? And more!

University of California Cooperative Extension Lifetime Master Gardener Fred Hoffman is the producer and host of the "Garden Basics with Farmer Fred" podcast and the "Beyond the Garden Basics" newsletter, helping people across the U.S. garden successfully. A 50-year radio broadcast veteran, Fred was the longtime Sunday morning host of the "KFBK Garden Show" and "Get Growing with Farmer Fred" heard on KSTE in Sacramento.

Listen to "Farmer Fred" Hoffman on The KFBK Garden Show on Newstalk 1530/KFBK Sundays, 8:30-10 AM and Get Growing-also on Sundays, 10 AM-Noon, on Talk650/KSTE. More garden tips at the website: farmerfred.com

Come earlier to the General Meeting if you want to shop at the Brown Bag Sales or participate in the Masters Gardeners chat at 1:30 PM before the meeting. Raffle tickets for door prizes and flyers will be given out at check-in before 2:00 PM.

The Bonsai Show Saturday (May 13-10:00 AM to 8:00 PM)...(Sunday (8:00 AM to 3:00 PM) will feature an array of bonsai in the foyer of Orchard Creek. The Bonsai members are a subgroup of the Garden Group-no additional dues are required. Details: Beginners and all skill levels are welcome as are visitors. We meet on the 3rd Thursday at Kilaga Springs, 2:00 PM, TerraCotta room.

Contact: Paul Lewis 925-393-9772 or email, wood1664@gmail.com.

Reminder: Annual Plant Sale-Saturday-May 20, 10:30 AM to 12:30 PM-Sports Pavilion-street parking will be available on Del Webb. If you plan to make donations (bring them between 8:30 -10:00 AM, please "pot plants or bag bulbs" and make them "presentable for sale!" Be sure to label them-including name, color, sun/shade, or any other helpful tips-perhaps a picture of them in bloom! Please keep your plants in 3 gallon or smaller containers.

Contact: Marie Salers (916-408-3895) or Linda Garrett (916-409-5944) Pat Murphy (408-306-3616).

This is our Annual Fundraiser for Lincoln Civic Garden Projects.

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## Bird Group

BY DON BAYLIS

With May, our winter visitors have returned north to breed and raise their young, while our year-long and summer residents have their families for our enjoyment.

On April 14, we had a nature walk on the Canyon Oaks Trail here in Lincoln Hills. After a cool beginning, a beautiful day brought sightings of 39 species. The Black-throated Gray Warbler and Brown-headed Cowbird were unexpected. Nesting raptors included Great Horned Owl, Red-tailed and Red-shouldered Hawks, plus hunting Cooper's Hawk and Turkey Vultures.

Our April 10 meeting featured Deb and John Kirkpatrick and their hummingbird rescue project. They have been rescuing birds

(cont' on page 23)



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<b>Crown Princess ~ 3080 Passengers</b>	Jan 7, 2024	\$1,198	\$1,464	\$2,698
	Mar 9, 2024	\$1,198	\$1,464	\$2,698
Sail round trip from San Francisco, California to Kauai, Nawiliwili Hawaii; Honolulu, Hawaii; Maui, Lahaina, Hawaii; Hilo, Hawaii; Ensenada, Mexico, San Francisco, California.				
<b>*LINCOLN SHUTTLE TO SHIP AVAILABLE!</b>				
<b>7 DAY CALIFORNIA COASTAL From SFO! PRINCESS</b>				<b>*LINCOLN SHUTTLE TO SHIP AVAILABLE!</b>
<b>Crown Princess ~ 3080 Passengers</b>	Oct 22, 2023	\$498	\$598	\$948
Sail round trip from San Francisco, California to Santa Barbara; Los Angeles; San Diego; Ensenada, Mexico; San Francisco.				
<b>10 DAY ALASKA From SFO! PRINCESS</b>	May 17, 2023	\$749	\$854	\$1,349
<b>Ruby Princess ~ 3080 Passengers</b>	Jun 6, 2023	\$948	\$976	\$1,916
	Jul 6, 2023	\$998	\$1,148	\$1,898
	Aug 15, 2023	\$998	\$1,148	\$1,648
Sail round trip from San Francisco, California to Juneau, Alaska; Skagway, Alaska; Hubbard Glacier, Alaska; Ketchikan, Alaska; Victoria, BC, Canada; San Francisco, California.   *2023 Alaska Voyages visit Glacier Bay				
<b>*LINCOLN SHUTTLE TO SHIP AVAILABLE!</b>				
<b>10 DAY MEXICO From SFO! PRINCESS</b>	Dec 12, 2023	\$648	\$788	\$1,248
<b>Crown Princess ~ 3080 Passengers</b>	Jan 23, 2024	\$698	\$848	\$1,298
	Feb 7, 2024	\$748	\$909	\$1,348
	Mar 25, 2024	\$748	\$909	\$1,348
Sail round trip from San Francisco, California to Puerto Vallarta, Mexico; Manzanillo, Mexico; Mazatlan, Mexico; Cabo San Lucas, Mexico; San Francisco, California.				
<b>*LINCOLN SHUTTLE TO SHIP AVAILABLE!</b>				
<b>16 DAY PANAMA CANAL PRINCESS</b>	Oct 22, 2023	\$1,599	\$1,899	\$2,999
<b>Ruby Princess ~ 3080 Passengers</b>	<b>INCLUDES SHUTTLE FROM LINCOLN TO SHIP &amp; RETURN FLIGHT!</b>			
Sail from San Francisco to Ft. Lauderdale, Florida visiting Cabo San Lucas, Mexico; San Juan del Sur, Nicaragua; Puntarenas, Costa Rica; Fuerte Amador, Panama; Transit the Panama Canal; Cartagena, Columbia; Ft. Lauderdale, Florida.				
<b>36 DAY EUROPE REPOSITION CUNARD</b>	Aug 20, 2023	\$5,448	\$6,248	\$7,688
<b>Queen Elizabeth ~ 2081 Passengers</b>	<b>INCLUDES LINCLON SHUTTLE TO SHIP &amp; SACRAMENTO AIRFARE RETURN!</b>			
Sail from San Francisco to Barcelona, Spain visiting the Los Angeles; Cabo San Lucas, Mexico; Puntarenas, Costa Rica; Transit the Panama Canal; Aruba; Ft. Lauderdale; Hamilton, Bermuda; Madeira, Portugal; Seville (Cadiz) Spain; Barcelona, Spain, Capri/Naples, Italy; Ajaccio, France; Mallorca, Spain; Barcelona, Spain.				
<b>73 DAY GRAND AFRICA HOLLAND AMERICA</b>	Oct 7, 2023	\$12,599	\$13,699	\$19,999
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## SUN SENIOR PROFILES *Getting to know you...*

### Hugh and Pana Wilder

(cont' from page 1)

Her father made up her name because he liked the sounds the letters made. Pana attended both Denison and the University of Illinois, earning a B.S. degree in Education. She later earned a Masters in Guidance and Counseling at Miami University. She became an avid runner, hiker and swimmer and still participates in these activities today. She has been running competitively since 1979 and enjoys using the system of trails in Lincoln Hills.

After the couple married in 1968, they had two sons. They celebrated their fiftieth anniversary in Tucson in 2018. One son and his wife live in Colorado and the other son, his wife and their two children live in Flagstaff, Arizona. Both sons followed in

the family tradition of marrying their college sweethearts.

After graduation from Denison, Hugh obtained both a Masters and PhD in Philosophy at the University of Western Ontario in Canada. He worked at two different universities. First, he was at Miami University in Ohio for ten years and then he took a job offer in Charleston at the College of Charleston. The couple lived in Charleston, South Carolina for thirty years before moving west.

During her time in Ohio and South Carolina, Pana enjoyed various positions in the public schools, as a middle school teacher and a K-12 school counselor and as a social worker. She loved the counseling part of her jobs and wrote various articles in professional journals including articles about the importance of counseling for children

who are dealing with loss and articles about how to work with child abuse referrals and



Pana and Hugh Wilder—Spring 1966.



Hugh and Pana Wilder—Arizona Desert 2021.



Pana and Hugh Wilder—Lake Tahoe 2022.

corporal punishment.

Hugh also published professional articles and one book entitled Language in Primates. He enjoyed starting new classes such as Philosophy of Art and Sports Ethics at the College of Charleston.

After the couple retired, they first moved to Santa Rosa in 2010 to be closer to their children. Then they moved to Tucson for four years before moving back to Northern California in Sun City two years ago.

Swimming and fitness are important for both Pana and Hugh. They swim almost daily and enjoy the four pools in the retirement community. They are also avid hikers and enjoy the Hiking-Walking Group in Sun City.

Hugh and Pana are also members of the Sun City Swimmers and Water Walkers Club, which is sponsoring a unique challenge in June

called Sierra Splash. Everyone in Sun City is invited to participate and there is no fee. For this event, six lengths of one of the lap pools equals one mile on land. Lake Tahoe is 93 miles from Sun City, so it will take about 550 lengths, swimming or water walking, to reach Lake Tahoe. Participants choose their own goal—all the way to Tahoe or any point along the way. Sign-ups are in May. The purpose of the event is to encourage aquatic exercise and to enjoy the many benefits of swimming and water walking in a fun event.

One of the benefits of exercise is the ability to continue traveling well into retirement. The Wilders love to travel and have fond memories of many trips including family trips to the Galapagos and several independent trips to France, Greece and Italy. They look forward to returning to France and are glad the Covid shutdowns are over so they can travel again.

Even though Hugh and Pana have only been in Lincoln Hills for two years, they have made a big splash in more ways than one. They hope others will join them in the Sierra Splash in June and enjoy some of the benefits of the active life the couple has discovered.

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

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## Bird Group

(cont' from page 17)

in concert with Gold Country Wildlife and similar groups for 18 years. They distributed a extensive folder of hummingbird information to the group.

For our May 10 meeting our speaker will present a program on Yellow-billed Magpie.

Scheduled birding trips are: Spenceville on May 12, leaving from Orchard Creek.

In June, our usual schedule is changed. Our regular meeting at KS Presentation Hall is rescheduled to June 19, program to be announced later. Instead of a Kilaga presentation, on June 12 the group is invited to the Birds of Prey Health Group rehab facility north of Lincoln. Further details will be given out closer to the date.

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

Contact: [suncitybirders@sclhbirders.org](mailto:suncitybirders@sclhbirders.org)

Web Site: [sclhbirders.org](http://sclhbirders.org)

• • •

## Rods & Relics

BY ELNA RAGAN

It's time to get our classic vehicles out and about! Our Club members are off to a good start as we gear up for the Saturday, June 3, Downtown Lincoln Car Show.

We are expecting a large turnout on Lincoln's shady, tree-lined streets. In addition to hundreds of beautiful classic vehicles, the day will start with a delicious Pancake Breakfast by Boy Scout Troop #160 from 7:00 a.m. to 10:00 a.m. A fly-over will happen with the playing of the National Anthem. DJ Professor Rockola will provide music throughout the day. The Chamber of Commerce will have a fantastic Raffle Booth and will also be hosting a BBQ lunch 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.

As in years past, the proceeds from the Car Show go to local charities. Over the past 16 years, the Rods & Relics Car 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's "Drive to Thrive Program," and the Lincoln Police Department's "Project Lifesaver... Bringing Loved Ones Home." The Club also supports a Little League Baseball Team.

So, save the date: Saturday, June 3! Come to downtown Lincoln and spend the time enjoying the classic vehicles from a time gone by, great rock 'n' roll music, and the festive atmosphere!

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

are eligible to be regular members of the Rods & Relics Car Club. For more information, check out our Web site listed below.

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

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

• • •

## Hiking-Walking Group

BY GAY MACKINTOSH

LH Hikers and Walkers are ready to welcome you with an array of activities befitting the season. Check out our very informative and beautiful website <http://www.lincolnhillshikers.org>.

You'll find a wealth of information for both walks and hikes, including locations, route maps, and enticing photos. Kudos to David Wood, our webmaster extraordinaire!

New Group "Walk For Wellness" meets Wednesdays on our Lincoln Hills trails. The walking pace is slower to allow members to focus on maintaining and improving mobility as well as on social connection. Meeting times and places are on the website. Email Karl Aitken [karlaitken@comcast.net](mailto:karlaitken@comcast.net) for more information.

Our long-time Walkers continue invigorating 2½-3-mile treks at 8 AM every Wednesday at different trailheads. "Walk for Wellness" meets at the same time and place so you have a choice each week. Call Walking Group Coordinator Debbie Schryver, 916-666-1741.

Hikes are scheduled the first Tuesday and third Thursday of each month so you can plan ahead (plus watch for rescheduled and additional hikes on other dates).

• 1st Tuesday, May 2. Hidden Falls Creeks, Pools, and Waterfalls (Auburn). New route

features connecting loops to Seven Pools Vista, Canyon View Bridge, and Hidden Falls Overlook. Moderate 5.1 miles, some steep sections.

• 3rd Thursday, May 18. El Dorado Trail (Placerville). Pine- and oak-lined paved trail opens to Smith Flat. Easy/moderate 5 miles with a gradual, steady climb.

• 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. 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.

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

• • •

## Swimmers & Water Walkers Club

BY ROSEMARY TANFANI

All Lincoln Hills residents are invited to enter our Sierra Splash event, taking place June 1-30. The challenge is to swim or water walk to Lake Tahoe (93 miles), or various stops along the way, in our Lincoln Hills pools. Six lengths of the pool will equal one 'land' mile.

If you are a dedicated water exerciser, Sierra Splash is the way to elevate your aquatic exercise routine. If you not been in the pool lately, Sierra Splash is the way to jump start a new routine.

This is not a competition, but a challenge. Participants will be invited to celebrate their achievements at a post-event party in July.

To enter Sierra Splash, contact swimmers. (cont' on page 25)

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## Swimmers & Water Walkers Club

(cont' from page 23)

walkers@gmail.com. Or, go to the Swimmers and Water Walkers club information site, <https://sclhresidents.com/group/pages/swimmers-and-water-walkers>.

Sierra Splash will be on the agenda at the next club meeting, May 15, at 3:00 PM, in the Orchard Creek Fine Arts Room. A gift card from a local sporting goods retail store can be won in a random raffle.

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

## Water Volleyball

BY DIANE FERRARI

May is the month to say I will get more exercise, not I "May" think about it! The Water Volleyball group enjoyed a great Cinco de Mayo Potluck with dancing and good food, a fun filled Ladies Night and the "Some Like it Hot" Tournament. We have been a busy group during these sunny days of Spring. With the warmer weather and longer days, it's time to break out of the house and play water volleyball! Want to just try it out? Join us on Free Play Saturdays at 9:00 A.M. in the water at KS. You "May" find you really enjoy this new sport. Don't know how to play? We provide Training and Mentorship. We welcome all levels of interested players. Find us at LHWaterVolleyball.com or call Jerry Grisler 209-648-9534. Our Skills and Drills class is held once per month on Tuesday night, come improve your skills and learn how to be a better player. Ladies Night is the second Tuesday of each month. We have some fun events coming up this summer! We have a little something

for everyone to enjoy in and out of the pool. Warm water, fun play and good times!

## LH Table Tennis

BY CARL LYNCH

Table Tennis Event Reminders—Doubles Round Robin (RR) Sunday ladders: Monthly on a Sunday 1 - 2PM: A signup form will come out the week before (helpful to the ladder captain) and walk-in players are welcome. All players must arrive at least 15 minutes early to be included.

Singles Round Robin (RR) placement pools: (ongoing with a designated singles table during our regular sessions): The singles pools are currently in process. If you are interested in singles, please use the signup form for the next round of singles pools.

LHTTC Summer Picnic and Potluck: Sunday, July 16, 11:30 AM - 2:30 PM: LH Table Tennis has rented the Sports Pavilion for this event. Please mark your calendars and stay tuned for the details.

In the Works: Stay tuned, we are planning more clinics, tournaments, events, and competitions, don't miss out, stay informed by joining our email list!

There are no membership dues required to become a member of 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 [pingpongscslh2@gmail.com](mailto:pingpongscslh2@gmail.com)

We play in the Multi-Purpose Room (KS), indoors 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.

Play times are Sundays 8:00 AM to 5:00 PM (the first Sunday of the month starts with 3 tables until 12:30), Tuesdays, 6:00 to 9:00 PM, and Fridays 8:00 to 12:00 PM.

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

For more information, check out our webpage: <https://sites.google.com/view/lhttc/> or email us at [atpingpongscslh2@gmail.com](mailto:atpingpongscslh2@gmail.com)

## Tennis Group

BY PAM FLAHERTY

Wow! The sun is shining again and tennis players are enjoying our beautiful courts. Ball machine practice is now on Saturdays from 8:00am-9:20AM. Drop in any time during that period for some tennis practice. All levels welcome.

The tennis industry magazine reported nationally a 30% increase in tennis players which now is about 2.8 million players. Tournament attendance is back up again after the pandemic and USTA leagues are growing once again. The benefits of tennis are particularly helpful to older adults-increasing bone density and cardio fitness. You can play at any level and are never too old to start. It is all beneficial to our physical and mental well-being. If you'd like to try tennis contact Steve at [steve.bringman@yahoo.com](mailto:steve.bringman@yahoo.com).

This summer, courts one, two, three and four are scheduled for resurfacing and all of

the lights will be replaced with LED bulbs as well as general maintenance on wind screens and nets. Your Tennis Club and Sun City Association are working for you!

Our Cinco de Mayo tournament is scheduled for May 4th and is a mixed doubles format with great food and prizes! Come out to watch the entertainment (and great tennis!) as it promises to be lots of fun!

## Mad Hatters Bocce Group

BY KIM PETRUZZELLI

As of this first Thursday in May, our weekly bocce games are now beginning at 8:00 am. By nature, seniors are known to be early risers, but feel free to bring your coffee with you if you need that jolt of caffeine to get you going. Bocce is an easy game to learn, and our group welcomes all skill levels. We have everything you'll need to get started at the bocce courts, so you just need to show up in the morning.

We have been averaging 45 players a week this spring, and that includes several newcomers who discovered us during Lifestyle Expo.

A big thank you to so many of our members who helped at the Special Olympics' bocce tournament in April. Paul and Usha appreciated all the volunteers who stepped up to make this worthwhile event a success.

Mad Hatters Contact: Russ Petruzzelli, [LHBocce@gmail.com](mailto:LHBocce@gmail.com) / 408-439-1848.

(more Club News cont' on page 27)

## Michelle's Featured Listings



### 2535 Blue Heron Loop – Napa on View Lot w/3 Car Garage

Here's your opportunity to own a delightful Napa floor plan in the higher elevation of Del Webb's active adult community of Sun City Lincoln Hills. The Napa floor plan is always a favorite for its great room, open floor concept along with the locations of the bedrooms which are on separate sides of the home. The master suite offers a large room with bump-out window and two side windows allowing for a multitude of natural light. The master bathroom has dual sinks, large soaking tub, step in shower and enormous walk-in closet. The guest en-suite has a full bath for added privacy. The kitchen boasts white cabinetry, stainless steel appliances, double ovens, built-in gas cooktop and microwave, center prep island, large two door pantry and cozy breakfast nook which faces the front of the home. The den/office is located upon entry and also faces the front of the home overlooking the water fountain in the front landscape. The tranquil open space location with adjacent walking trail is perfect for early morning or late afternoon walks.

Offered at \$849,000



### 1915 Glenbrook Lane – Fremont w/Full Casita and 2.5 Car Garage

This is the one you've been waiting for! This lovely Fremont model with detached casita w/full bathroom checks all the boxes. Located in the higher elevation of Sun City Lincoln Hills but still a stones throw away from the Orchard Creek Lodge & fitness center, this home has been lovingly cared for for many years. The 3 bedrooms, 3 baths plus den make this model a favorite. As an added bonus, the original homeowner upgraded to have the full casita. A perfect addition for your invited guests, it has its own heating/air system and full bathroom. Inside the home you'll enjoy all the natural light, plantation shutters, open floor concept, inside laundry room with utility sink and skylight in the kitchen. The master suite has dual sinks and large walk-in closet. The spacious backyard is low maintenance and large enough for all the entertaining you'll do once moved in. Come live the Sun City Lincoln Hills Lifestyle!

Offered at \$699,000



### 200 Farallon Ct. – San Mateo Model with Solar

Come live the Sun City Lincoln Hills lifestyle in this beautifully updated San Mateo model located on a corner lot in private cul-de-sac. Features include built-in stainless-steel appliances, white cabinetry with under cabinet lighting, granite counter tops, mosaic tile backsplash, center prep island, cozy gas fireplace with wooden built-in surround, luxury vinyl plank flooring in most rooms, plantation shutters, surround sound, and recessed & pendant lighting. The spacious floorplan is perfect for large gatherings of visiting family or all the new friends you'll meet after moving in. The home has lots of windows (including the front door) which allow natural sunlight to stream throughout the home. The hobby room/flex room has a murphy bed giving you a third bedroom option and is separated from the master bedroom for added privacy as well as the office/den. The master suite is oversized with dual vanities, large soaking tub and walk-in closet with organizers. The backyard is very private with a covered patio, mature landscaping and has a northern exposure. As an added bonus, the home has solar for low energy costs!

Offered at \$689,000



### 957 Gold Nugget Circle – Quail Cove Model

Charming Quail Cove model located near the popular Angler's Cove Catch & Release Pond and walking trail. The home features updated cabinetry in the kitchen, stainless steel appliances, double bump out/boxed windows; one in the dining area and one in the master bedroom. The spacious great room, as does the rest of the home, has luxury vinyl plank flooring in a warm inviting color. The master bathroom has dual sinks, walk in shower and large walk-in closet with custom organizers with drawers. The guest bedroom is oversized with enough room for an office/desk area. The guest bathroom is adjacent to the guest bedroom for added guest privacy. The lovely backyard offers ample space for entertaining guests with an extended pergola patio cover. Conveniently located near shopping, restaurants, and quaint Lincoln downtown charm. NO Kitec plumbing - replaced March 2023.

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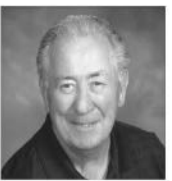
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## Lincsters 9-Hole Golf Club

BY CAROLE EUBANKS

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

Welcome our newest member, Betsy Williams! Her bio is posted on the website. Betsy's big sister is Barbara Parsons.

Lincsters Status — • A 2023 budget has been approved. Lincsters financials are in very good standing!

• The Executive Board has approved a one-time processing fee of \$10 for new member applications.

• Lincsters membership count stands at 142.

• New shirts and tote bags have been added to the Lincsters website.

• We will no longer provide plastic water bottles at tournaments to cut down on waste.

• Please let Nancy Dodgion know if you hear of a member who is ill so she can send her a card. All

reports are confidential so not reported to the general membership.

Wednesday Play —

May - October start time reverts to 8:00 a.m. on the back 9.

Tournaments — • Interclub Scramble – Monday, April 24th. Thank you to Jane Hall for managing this event.

Results will be available in the next newsletter.

• Bring a Friend – Wednesday, May 10th was managed by Kim Hall. Marie set up the menu. Results will be available in the next newsletter.

• Red, White and Blue – June 21st (date change). Alyce Stanwood will manage this event. She has requested volunteers. A sign-up sheet has been distributed.

• Breast Cancer – Thursday, Oct 5th. Kim Schutz is the Lincsters Liaison. Patty Owens is the Chair, Georgia Richie-Lynch is the Financial Chair, and Barbara Grant is the XVIII Captain. A volunteer sign-up sheet has been created. Contact Kim Schutz for details.

## Ladies Golf - 18 Holers

BY CAROL A. LOPEZ

Every lady golfer aspires to get a "Hole-in-One" and most don't achieve that goal. We congratulate Kathi McCoy on getting her third one. On April 6th during a Net Chix tournament on the Orchard course she used her 6 hybrid on Hole 4. Fellow team mates, Rosie Warren, Gwen Hare & Sylvia Feldman helped her search for the tee shot which she saw land on the green as sand flew up from recent aerification. It was assumed that the ball rolled off the back past the blue flag, but "NO" it was in the cup. Not only did she take first in her flight that day, but she secured closest to the pin on another hole. What a golfer!

After a couple of rainy days twenty-two ladies from an original roster of forty-four played a ChaChaCha team game, under unfavorable and cart path only conditions, on the Orchard course. Two teams tied and in a card off first place went to Donna Brinkerhoff, Maureen Senn, & Carol Lopez with a Hare blind draw. Liz Phillips was closest to the pin on Hole 16 at 15' 4". Birdies were made on numerous holes by Hare (7 & 13), Karen Thom (11 via chip-in), Donna St. Peter (12 via chip-in) and Phillips (16).

On another cart path only round, playing an Odd Holes game on the Hills course, first place was taken by Hare (Flt 1) and Sandy Tamanti (Flt 2). Closest to the Pin on Hole 16 was awarded to Patti Tilton at 14' 6". McCoy had a birdie chip-in and Donna Sanderson had a chip-in.

Peggy Carr hosted 2 Best Balls of the Foursome on the Orchard Course for forty-nine players. First via a card-off was secured by Hare, Vivian Lim, Marcella Christoff with blind draw Edda Ashe. Closest to the Pin on 7 with a shot of 5' 8.5" was made by Linda Blackburn. Birdies were made by Tilton, Ginny Smith and Georgia Ritchie-Lynch.

We are now teeing off every Thursday at 8:00am; come join us.

## LH Men's Golf

BY MIKE MCBACK

Get your teams together for the Spring Scramble a 4-Man Scramble (ABCD). Tee-off starts at 8 am on the Hills and Orchard.

I wanted to repost Mike Munro's Information on Tournaments:

The full 2023 MGCLH Tournament Schedule ... everyone should have received a slightly updated Tournament Schedule Summary. Please just let me know if you didn't get this.

It's also available on our club website ... in the 2023 Tournament section.

I thought I'd also briefly remind everyone here of the "Communications" you can expect for each monthly MGCLH Tournament:

(i) 3-weeks ahead ... First Announcement and Opening of the Online-Signups

(ii) 2-weeks ahead ... Sign-Up Reminder, including the Alpha List of the already received

Initial Signups

(iii) 1-week ahead .. Preliminary Alpha List and Tee-Sheet, and Close of Online-Signups

(iv) 3-days ahead – Final Alpha List and Tee-Sheet

(v) 1 day after – Tournament Results.

As you know, everyone is asked to sign-up during the time that the Online-Signups are Open, ie. more than 1 week ahead of the actual Event, as after that time it becomes much more difficult to fit players into the appropriate Flights/Teams, etc. for the event.

Of course, we do expect that some exception cancels/adds/etc. will always occur.

And finally, a reminder of our Request for Volunteer Marshals for each Tournament.

If for any reason you are unable to play in a specific Tournament, but are available and willing to be a Marshal, then we would really appreciate it if you would volunteer to do so.

Having a Marshal on each course makes a huge difference to the overall pace-of-play, and therefore greatly increases the enjoyment of all Players.

Please just let me know directly if you could be a Marshal for any Tournament.

## LH Softball

BY HEIDI MAZZOLA

On April 12th, the softball league commenced its 24th season of softball under clear skies and comfortable temperatures. The Co-ed Division played its first regular season games while the Women's Division played an exhibition game. A couple hundred spectators gathered to watch the action. Our dedicated

(cont' on page 29)

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## LH Softball

(cont' from page 27)

group of volunteers ensured everything was set up and in working order by game time. The field was in good shape thanks to our volunteers and the Association Maintenance crew... no easy feat considering the amount of rain we'd been having. Hot dog sales were brisk, and we ran out of hot dogs by 12:30, leaving some fans and players a bit disappointed. Don't worry; we'll make sure to have more hot dogs available next time. Overall, it was a pleasant day, and everyone enjoyed themselves.

There's several events upcoming. First, on Sunday, May 14th at 10:00 am, we have the Women's Division's Mother/Daughter/Family Game. Come down and celebrate Mother's Day while supporting the amazing women (and their families) who play softball. It should be a kick. A few days later, on Wednesday, May 17th we have another hot dog day scheduled during Co-ed Division regular season play. In June, a Coyotes 75s tournament is scheduled for the weekend of the 24th/25th. Coyotes tournaments are always highly competitive and exciting to watch. And, as an added bonus, there will be hot dogs available for purchase. Be sure to mark your calendar. Stay informed by visiting LHSSL.net for updates on scheduling and special events.

## Pickleball Club

BY MOLLY MORRIS

Tournament season has arrived. The thought of participating in a tournament can bring out anxiety and self-doubt in the best of competitors, especially if you are new to the world of athletics. The LH

Pickleball Club recognizes these feelings and tries to create an environment that blends competition, community, and FUN! The club has 5 tournaments scheduled for the season, each with a special something to entice club members to participate.

We open with the President's Cup Scramble in April. In May, we hold the Club Championship for women's and men's doubles teams to compete. In September, the Fall Classic features mixed doubles teams. We end the season in September with a Skinny Singles Round Robin and an 80's+ Scramble. All participants will receive a club shirt, lunch and either a chance for one of \$2500 of raffle prizes, an In Case of Emergency pouch or a donut truck sweet treat.

We are grateful to our sponsors; Summerset Assisted Living, Terrie MacDonald Intero Real Estate, Schaack Physical Therapy, McGrail Team HomeSmart Real Estate and Kay Armstong Coldwell Banker Sun Ridge Real Estate.

If you want to learn to play pickleball, 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 (no Hokus).

## Shuffleboard Club

BY JON KLINE

The Shuffleboard Club's regular weekly play sessions have moved from afternoon to mornings effective Tuesday, May 16. There are now two sessions every Tuesday and Saturday mornings from 8:30 to 10:00 and 10:00 to 11:30. All sessions are held on the two professional-grade PolyCourts at the rear bocce area of the

Sports Plaza. Have to come late? No problem... you'll join a team for a game in progress. First time players are always welcome; we offer a quick orientation to the safety and game rules at every session.

If you want to get in some extra practice or just play with friends or family during the many hours available for open play, you can reserve a court for 1-2 hours up to 7 days in advance at: Resident Website/Wellfit Reservations/Bocce-Shuffleboard Court. For evening play, 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. Tips for using the equipment are posted on the inside wall of the locker. You can email the club for the basic game rules. We are a no dues club, and all residents & their guests are encouraged to come to the courts and learn to play this sport. People of all ages and fitness levels can play shuffleboard; no bending or lifting is required.

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

## Billiards Group

BY WAYNE BUCHANAN

Taking Care of Business SCLH has provided the membership with two great places to play pool. We have ten very high quality Brunswick Gold Crown tables placed in two excellent spaces plus all the equipment and perishables a decent pool room needs to function properly. That includes good house cues, ball washing equipment, proper furniture, chalk etc etc. All of this equipment needs to be maintained. The Billiard Group plays a vital role in seeing that this gets done. Recently, working with the Lifestyles desk,

and the finance people, we have worked out a schedule and budgeting for table recovering on a bi-yearly basis that will insure that the tables will remain playable for years to come, Pool balls get dirty. We have two excellent machines for cleaning them. Recently these machines have been serviced and cleaned. They have also been given permanent work stations appropriate to the rooms where they are used. Procedures for their use have been written and approved. Schedules for cleaning and maintenance have been created. There are many other items that we watch and maintain. Cue stick tips, bridges and chalk to name a few. We are always looking to improve. Not just for the group but for all the members of this community. When you walk into one of the rooms to play we want you to enjoy a quality experience. The bottom line here is that your Billiard Group in a sense, acts as stewards of a valuable HOA resource and we take pride in doing it well. I'll see you in the pool room!

## Cribbage Club

BY MEL SWITZER

May the 4th be with you!  
Raindrops keep falling on my head!  
It's May, time to seize the day!  
All good sayings but how about:  
"Cribbage is one of my favorite things!  
When the sharks fight, when a skunk stings, when I'm feeling sad,  
I simply remember my favorite things,  
and then I don't feel so bad".

That's what Elliott Levy sang waltzing down the hall on 3/14 with dollar bills falling out of his pockets.

We took a break from "our songfest" on  
(cont' on page 31)

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8 Specials pay \$750 - \$1,000  
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Ladies receive a Mother's Day cookie and  
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Sunday, May 28  
**SUMMER KICKOFF SPECIAL**  
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## Cribbage Club

(cont' from page 29)

3/21 but a verse rang out on 3/28 from the editor, Mel Switzer, while standing on top of a table singing:

"Red colored matches like cute little doodles, Aces and runs that can spin people's noodles, Straights that fly high like a bird without wings,

Cribbage is one of my favorite things!"

And then: The two most recent winners, 4/4 Bill Sanderson and then the winner on 4/1, Betty Carter, burst into song in a moving duet of verse number three:

"Crumpled up noses and smiles on some faces, Striving to win first with no second places,

All double runs have their own special rings, Cribbage is one of my favorite things!"

When the sharks fight, when a skunk stings, when I'm feeling sad,

I simply remember my favorite things, and then I don't feel so bad".

Apologies to Rodgers and Hammerstein but both played Cribbage. They would understand.

Come play any Tuesday starting at 8:30 AM at the OC. Maybe you'll have a reason to sing!

Call Mel Switzer 510-589-7658 with any questions.

...

## Duplicate Bridge Club

BY MONA STRYKER

Our exchange with Roseville Sun City Duplicate Bridge Club was a great success.

Cracker jacks and sodas were a special treat to celebrate the opening of baseball season, provided by our busy social committee.

The kick off "Meet-Up" after bridge was much fun. About 10 players gathered at Meridian's bar. It is a great way to get to know one another away from the bridge table. Check our website for future dates and locations.

Doug Murphey moderated a hand analysis session after our April 5 game. It was well attended and informative. Check our website for future hand analysis sessions and also educational programs.

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

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

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Partnership chairman: Sharon Duley 916 253-3885

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

Website: www.bridgewebs.com/lincolnhills/

...

## SSNLH WRITER...

### To Mom on Mother's Day

BY JIM FULCOMER

Oh Mother dear, did I become, the son for whom you prayed?

Was I the apple of your eye, or do you feel betrayed?

Did I disappoint you, since I never was, a doctor or a lawyer?

Or relieved a traveling circus was not my sole employer?

Did you love me unconditionally, or were there reservations?

Did my father get the blame for my young mis-allocations?

Did a tear of love come to your eye each time you saw my face -

appearing in the tabloids, or was it from disgrace?

I know that you believed in me, even though you could not show it -

For who can point with pride and say, "my son thinks he's a poet."

...

### The Color of Courage

BY LIZ NOEL

The color of courage was pink when I walked across the Tower Bridge with our daughters, one in a sassy breast cancer survivor shirt. The color of courage was red in February when I wore the pin for heart disease, my

friends' and my own. The color of courage was green last May, like the ribbon imprinted on the grey tee shirt in my closet, the shirt I didn't wear.

The color of courage is green for mental illness, but its ribboned shirts are fewer in number. How can this be? Isn't a brain as important as a heart, a lung, a kidney? Isn't the courage to fight its disease as important? Not yet?

Why do we say "Joe is Bipolar" but not "Frank is Diabetes?" Why is Joe defined by a disease? Why do depression and addiction imply character weakness? Why is brain pain less likely to elicit a card, a flower, a hug? Why do obituaries say "unexpected death" when the truth might be suicide? Is it because we fear what we don't know? Or do some of us fear stigma?

In December 2012 I wrote an article about the late Dr. Howard Liebgold and his wife in this paper. A Kaiser doctor, Dr. Liebgold had suffered from severe panic disorder. When his 21 year old son committed suicide because of his own undiagnosed panic attacks, Dr. Liebgold changed his focus to psychiatry. His grief and courage led to awareness and treatment, his own and that of countless others. He called himself Dr. Fear (False Exaggerations Appearing Real). Remember his license plate?

Have you ever seen the dark, blank stare of a homeless person you don't know or an Alzheimers' patient you do? Have you seen

(cont' on page 33)



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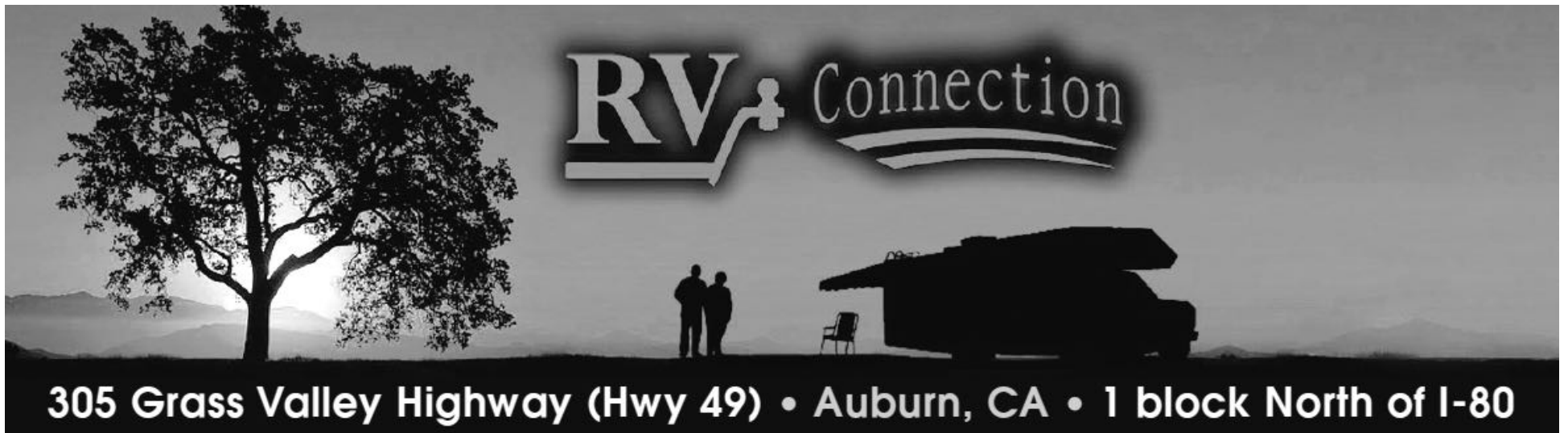
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## The Color of Courage

(cont' from page 31)

someone act in a way that you are grateful you do not? Have you turned the other way because you were uncomfortable?

I won't wear a grey shirt in May. I will wear a conspicuous color for my family and friends and for everyone else's as well. The ribbon on my shirt this year will still be green, but the background will be purple as I trek our trails. I have three unworn grey shirts to share, or are you ordering orange?

• • •

*We welcome your submissions such as humorous observations and poetry.*

*Please see page 3 for submissions information.*



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# Neighborhood Watch

BY TERESA TANIN

Spring into action and attend the following Neighborhood Watch informative events:

Workshop, June 9, 2:00 to 3:30 PM, Fine Arts/MP Rooms (OC) for new volunteers and refresher training for continuing volunteers. Attendees learn how to collect and manage resident's confidential contact information, how to form group emails to send BCC, and how to sign up for "Alerts." Workshops also emphasize the importance of disseminating information to residents through the NW website [schwatch.org](http://schwatch.org) such as the direct links to the Lincoln Police Departments' live interactive incidents map, Project Lifesaver locating loved ones, Placer County PROTECT senior outreach, and the Placer County 2-1-1 connections for 24/7 referral service. This and other essential information was offered during the annual Safety Symposium. Those who were unable to attend the April 6 symposium can view the entire video on the SCLH Residents' Website under Community Forum 2023 Videos, NW Safety Symposium.

Reminder: Neighborhood Watch General Meeting, May 10, 1:00 to 3:00 PM, Fine Arts Room (OC). Residents are welcome to attend, ask questions, and meet our volunteers. The Annual Breakfast Potluck Meeting for which Directors are elected, will be held



November 4, Kitchen/MP Rooms (KS). All residents are invited to attend to learn more about how Neighborhood Watch operates. Mailbox Captains are encouraged to attend as well as Village Coordinators who are voting members.

Spring into action and attend the events posted above. Consider volunteering to cover your own (cluster) Mailbox Station (MS) as a Mailbox Captain. We do need more Mailbox Captains. Neighbors helping neighbors!

Neighborhood Watch is thankful for our most recent volunteer who has volunteered to help fill a Coordinator position for her Village. As a current Mailbox Captain, Cynthia Atkinson has stepped up to also volunteer as the Village Coordinator for V30B. This is great! Thank you Cynthia. We unfortunately say goodbye to retiring Mailbox Captains, Steve and Pat Mortensen for V38D MS 13 and Diane Lundin for V24C MS 3. Thank you so much for your service. If you live in one of these Villages, consider volunteering to take over the cluster mailbox for these retiring Mailbox Captains. Thank you for checking into volunteering by visiting website [schwatch.org](http://schwatch.org) and clicking on "Want to Volunteer?" We need a Mailbox Captain for each cluster mailbox. Thank you!

Increase Personal Safety and Security Awareness:

The Spring Safety Symposium, held April 6, in the Grand Ballroom (OC) provided attending residents helpful safety and security information. If you did not attend, you can view a video of the entire symposium by logging on to the SCLH residents website, Community Forums, video for 2023 Safety Symposium.

Encourage Emergency Preparedness:

Save [schwatch.org](http://schwatch.org) as a bookmark. Scroll down to the bottom of the home page for quick and helpful short-cut links. Click on the direct Public Safety links, Neighborhood Watch Contacts, Community Assistance, and direct links to local Resources.

FYI Alert: It's tax time, and even though for Placer County filing is postponed until October, there are those who will try to commit fraud. Do not provide anyone you do not know with your personal information. Just hang up. The IRS or FTB will not ask for gift cards!

Help us help you. Neighborhood Watch is here to assist residents regarding their safety and security. It is up to you, however, to participate. Be the "eyes and ears" of the Lincoln Police and Fire Departments. Be more than a helpful neighbor, be a Mailbox Captain for your cluster mailbox. It's great to help your neighbors but first you need to know your neighbors. Neighbors knowing neighbors, begets Neighbors helping neighbors.

Be that neighbor!

Neighborhood Watch would like to thank the Lincoln Hills Foundation for its continuing support and funding. Our organizations share the goal of helping our senior residents. Thank you!

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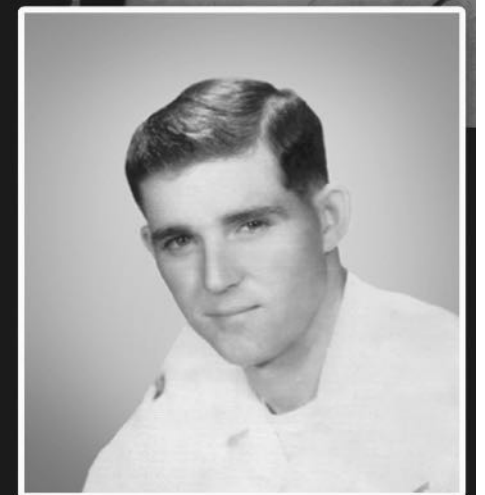
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Lincoln Hills March Sales Snapshot					
Address	Street Name	Approx SqFt	Original Price	Selling Price	Model
265	Geary	1020	\$ 445,000	\$ 458,000	Mariposa
1520	Topanga	1065	\$ 384,000	\$ 379,000	Condo
283	Lariat	1130	\$ 475,000	\$ 465,000	Sequoia
785	Stockman	1130	\$ 470,000	\$ 470,000	Sequoia
110	Ivy Arbor	1161	\$ 510,000	\$ 450,000	Millpond
1209	Tarapin	1190	\$ 525,000	\$ 499,900	Calaveras
153	Whitehall	1195	\$ 479,000	\$ 479,000	Calaveras
2000	Laurelhurst	1298	\$ 510,000	\$ 510,000	Bridgegate
1874	Beckwith	1449	\$ 509,950	\$ 497,000	Almanor
2053	Stonecrest	1473	\$ 545,000	\$ 545,000	Almanor
1932	Homewood	1473	\$ 549,000	\$ 566,000	Almanor
1765	Mary Rose Ln	1515	\$ 600,000	\$ 497,250	Almanor
1601	Avian Hill	1531	\$ 525,000	\$ 525,000	Alpine
1296	Freschi	1549	\$ 564,900	\$ 564,900	Alpine
643	Wagon Wheel	1549	\$ 550,000	\$ 543,750	Alpine
1510	Bowman	1626	\$ 570,000	\$ 560,000	Lassen
1965	Laurelhurst	1704	\$ 600,000	\$ 610,000	Echo Ridge
1704	Barn Valley	1711	\$ 579,900	\$ 555,000	Baldwin
1183	Tiger Lily	1777	\$ 579,000	\$ 570,000	Tehama
755	Violet	1777	\$ 610,000	\$ 615,000	Tehama
2510	Fountain Hill	1815	\$ 635,000	\$ 600,000	Tahoe
2212	Monument	1844	\$ 679,900	\$ 679,000	Orchard Crest*
204	Sawmill	1953	\$ 759,000	\$ 740,000	El Dorado
2052	Lockwood	2068	\$ 685,000	\$ 695,000	Annadel
2737	Winding	2163	\$ 779,000	\$ 710,000	Fremont**
2515	Fountain Hill Loop	2187	\$ 799,000	\$ 745,000	Fremont**
429	Sawmill	2264	\$ 799,000	\$ 790,000	Napa
1166	Secret Lake	2397	\$ 885,000	\$ 735,000	Monterey
1203	Overland	2504	\$ 845,000	\$ 850,000	Marin
1590	Millpond	2883	\$ 1,079,000	\$ 1,079,000	Springcrest*
*View • **Casita					
Total Homes sold in Sun City per MLS 3/1/23 - 3/31/23					

## Support Lincoln Public Library on May 4

BY KAREN LINDH

If you are a fan of Lincoln Public Library, mark your calendar for Thursday, May 4, which is the Big Day of Giving. Library Director Kathryn Hunt, and her able staff, have identified three initiatives that will touch the lives of every Lincoln resident. The Friends of the Lincoln Public Library (FOLL) will try to make the library's wish list come true on the Big Day of Giving.

Expanding access to digital books and more is especially valuable to seniors and those with low vision, mobility or transportation issues. Hoopla is an app that serves all ages, but patrons are currently limited in the number of monthly downloads. The library hopes to expand the number of e-books, audiobooks, movies, television and more that Hoopla can bring into your home with just a library card and a click. And FOLL co-funded a training program that the library presented on how to use Hoopla.

For families, Lincoln Public Library launched the second year of Read Across Lincoln in March, which provided a free book to each of the 700 first grade students in Lincoln and nearby communities. Read Across Lincoln is designed to spark a life long love of learning for students just beginning their academic career. Lincoln Public Library has also originated a variety of teen-oriented programming.

None of these initiatives would be possible without funding by FOLL, however. We hope to raise \$16,000 for these special projects in 2023. Big Day of Giving funds raised are in addition to the \$50,000 FOLL spends for library programs and enhancements each year. You can support Lincoln Public Library by making a BDOG donation to FOLL anytime on May 4 at [bigdayofgiving.org/FOLL](http://bigdayofgiving.org/FOLL) or mail a check to FOLL, PO Box 1177, Lincoln CA 95648.

Finally, if you aren't yet a fan of Lincoln Public Library, come and visit. Tours are available, just sign up on our website: [LincolnLibraryFriends.org](http://LincolnLibraryFriends.org)

## LH Foundation —

(cont' from page 1)

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, May 25th, mark your calendars so you don't miss it. Doors open at 12:30 and play starts at 1:00. Twelve cards for \$25, with exact change appreciated. Join us and be one of 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](mailto:lincolnhillsfoundation@gmail.com).



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## FOR RENT / WANTED

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**WANTED! CARS-TRUCK-SUV'S ALL YEARS ALL MAKES.** I pay top dollar! Always more than CarMax 19 yr Lincoln Hills resident: Les Van Pelt 916-837-7659 or lesvp@yahoo.com

**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

**MULTI-FAMILY GARAGE/ESTATE SALE.** May 27, 2023 8 am - 2 pm. 1263 Stone Hearth Lane, Lincoln.

**GARAGE SALE:** May 6, 7, 10am-4pm, deco. pillows, baskets, cookware, linens, for King & Queen, wine glasses, furniture, books, pet carriage, BBQ, all gently used and more! 600 Stockman Lane, SCLH.

**PLANT SALE,** SCLH Garden Group, Saturday, May 20, 10:30 am - 12:30 pm, Sports Pavilion. lhgardengroup.org.

**GARAGE SALE:** May 19th, 20th; 9a.m. Tools, Model Ships, Furniture, Art, Decorative items; FREE STUFF. 2272 Pebblestone.

**GARAGE SALE:** May 6, 9-1pm, 1849 Emily Lane. Clothing, bedding, books, art, frames, kitchen items

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

**SIR: Social Activities for Men** — The mission of SIR is to improve the lives of our members through fun activities, lunches, and events while making friends for life. The Lincoln Hills Branch of SIR meets on the 3rd. Tuesday of the month at Catta Verdera Country Club. Contact Phil Sanderson, Membership Chairman at 916-408-4764 or Jay James, Big Sir, at 408-533-3132. SIR, Inc is a non-profit organization that provides social activities for men. SIR, formed in 1958, has over 100 branches in Central and Northern California. SIR is strictly social, it does not do fundraising, has no religious affiliation, and is non-political. Besides our monthly luncheons with interesting speakers, SIR membership includes weekly golf at the Lincoln Hills Golf Club, bridge, corn-hole matches, and breakfast out. To learn more, visit www.wearesir.com or www.sirbranch13. Come, join us for a free lunch.

**Help our community grow strong — support our advertisers and community organizations!**



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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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**Recent Sales in Lincoln Hills**

1303 Secret Lake Loop	Pine Hill	\$515,000
638 Orchid Lane	Santa Cruz	\$620,000
1193 Magnolia Lane	Anadel	\$625,000
2000 Stone House Cir	Fremont	\$700,000
1724 Glenbrook Lane	Tahoe	\$725,000
1813 Creekcrest Lane	Fremont	\$745,000
536 Belladonna Lane	San Mateo	\$ 765,000
130 Boulder Court	Napa	\$ 860,000
2462 Loon Lake Lane	Napa	\$920,000
1552 Summerhill Lane	Meadowgate	\$ 950,000
100 Deep Springs Ct	Sonoma	\$ 1,175,000

**Market Update**

Retirement communities are their own subsection of real estate. They are market specific, more so than any other section of the housing market. When Del Webb opened Sun City Roseville in 1995, it opened in the midst of a housing recession in the region. Nonetheless, it opened with fanfare and sales were brisk from the start because there were no other retirement communities in the area, and they offered amenities that could be found nowhere else in the region that focused entirely on people who wanted an active adult community. As we come into 2023, clearly builders looked at a substantial segment of the housing market that were above 55 and they rolled out product. Now there are many retirement communities in Placer County, some small like Eskaton in Westlake, some large like Lincoln Hills. They have drawn retirees from around the state looking for a safe affordable community. It has worked out well for the retirees and for the communities surrounding them as the homeowners are very often engaged in making the community better. But have builders over compensated for demand... To be continued.

George Brown  
916-297-3500 CALL/TEXT

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