

# SUN SENIOR NEWS

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Sun Senior News  
5098 Foothills Blvd., #3-405  
Roseville, CA 95747

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## Dave and Wendy Lentz — Happy Campers

BY JENNIFER MARTIN

When you visit Dave and Wendy Lentz, you are first greeted by Chloe, their little dog who takes her barking duties seriously. They have their front door held open by a vintage iron, the kind that used to be put on top of a wooden stove to be heated up and used for ironing clothes. It's one of many that Wendy brought back from Kansas and painted gold and silver to give to family members at Christmas so they could all have a lovely door stop.

Dave's dad worked in the aerospace industry and he and his sister and brother were brought up in Southern California. When the family home was appropriated by the government to build a freeway, they moved to Santa Clarita where Dave graduated from high school in 1971. After getting his A.A. degree, he joined the Navy where he served for six years, using the GI bill later to earn a degree in Mechanical Engineering from California State University at Northridge.

Both Dave and Wendy were born in



Dave and Wendy Lentz  
with their dog Chloe.

PHOTO BY JENNIFER MARTIN

"beautiful downtown Burbank," California, five years apart. Wendy's dad was an electrical engineer and her mother sold real estate.

During high school Wendy discovered she loved horses so to accommodate her interest, the family moved to Morgan Hill where they had room (two acres) for her horses. They also raised cows and pigs. Wendy's mom named some of these animals Ribeye, T-Bone, and Pork Chop mainly so the children would know that the animals were being raised to provide meals. Their pet cow was named Clarabell.

After high school, Wendy went to the University of Reno and then moved to Southern California where her family was now located in Santa Monica. Wendy got her real estate license and partnered with her mother in selling resale homes. It was this connection that drew Dave and Wendy together. A friend of Dave's had purchased a home with the help of Wendy's mom who, when occupied by another sale, asked Wendy to help Dave find a home. Afterward, Dave and Wendy started dating. "From our first date," says Wendy, "I knew he was the one for me." They were married about three months later in 1986 in Granada Hills.

After Dave had finished college, he got hired by Rocketdyne (a company later (cont' on page 25))

## SCR Foundation 2023

BY LISA CRYAN

The Foundation was established to provide services that address the physical, cultural, educational, and social needs of Sun City Roseville residents, beyond those services already provided by the Community Association. This month's article will showcase a couple of our services and provide you with the date of our next Bingo event.

There may come a time in our lives when we need some additional support to care for a loved one or even ourselves. It can be overwhelming to research appropriate options and to make informed decisions, so the Foundation created an Alternate Living Considerations Guide with many local senior resources and important questions to guide your decision-making process. The info is updated frequently and can be found on the Foundation's website at: [www.scrfoundation.org](http://www.scrfoundation.org) and clicking the "Alternate Living Considerations" tab. Please note, friends and family can easily access the guide from the Foundation's website.

The Foundation also developed a Survivor's Guide with the goal of assisting survivors in coping with the illness or passing of a loved one. The guide is organized into different sections that provide you with space (cont' on page 31)



## Sun City Singers

BY JACKIE PROETT

It's June and time to celebrate Dad, who paid for the Grad, then paid for the wedding! Let's toast the host! Other important days in June are Flag Day, the first day of summer and very important is the Singers Concert, OUR SILVER CELEBRATION on Monday June 5 at 7:00pm in the Timbers Ballroom. Tickets are \$15. Chairman is Jahna Holmes 530-559-0599. Hope you have your ticket, they sell out quickly!

Our final celebration of the season will be our Wrap Party on Monday June 12 at 3:00pm, back of the Ballroom. Lemonade and cookies will be served and all of us, including Paul and Andre will tell all the good and not so good comments that we heard about our concert. We find this a valuable way to learn how many things were enjoyed and what could be changed or improved next time around. Then we'll "Wrap" it up and put it away.

The only unwrapping we'll do, is the



Paula Scarpelli and Elizabeth Gustafson -  
Co President, Thomas Huish - Vice President,  
Kathleen Snook - Treasurer and  
Nancy Johnson - Secretary.

identity of our new slate of Officers. They were unanimously voted in at our May 1, meeting. They are: Co President, Paula Scarpelli and Elizabeth Gustafson, Vice President, Thomas Huish, Secretary, Nancy Johnson and Treasurer, Kathleen Snook. Thank you, in advance for your service!

It is almost time for our summer nap. If you are interested in joining us you will have to wait until August when we return to shiver, while learning Christmas music in the heat of summer. Now you don't have to be a Dad, a Grad or married to join us. We'll take you all, if you can sing. We've been singing for 25 years and blessed with every moment. Come join us for the next 25!

...

## Sun City Harmonicoots

BY LINDA AUG

Webster's Dictionary defines the word "Inspire" as "to encourage, enthuse, move or stimulate." One could add two more words to define "inspire" and they would be Bud Gardner. He radiated inspiration and encouraged creativity for all those privileged to meet him, know him, and love him.

Bud began his career with a master's degree from the University of Colorado. In 1960 he began a long career as a coach and teacher at American River College. His inspirational coaching style led his teams to 8 championships in 10 years and Bud was entered into The Sacramento Coach's Hall (cont' on page 3)

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**CIRCULATION:** The Sun Senior News - Lincoln Hills is mailed free to 7,000 homes in the Sun City - Lincoln Hills community. The delivery is targeted for the first week of each month.

**Read Online - Digital Issues:** The Sun Senior News - Lincoln Hills is available to download each month as a PDF digital file at: [www.SunSeniorNews.com](http://www.SunSeniorNews.com)

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The Harmonicoots honor Bud Gardner

## Sun City Harmonicoots

(cont' from page 1)

of Fame in 1963.

It was through Bud's "Writing for Publications" class at American River College that he was honored by the Robert C. Anderson Society of Journalists and Authors as the "most inspirational writing coach in America".

In 2000, Bud co-authored "Chicken Soup for the Writer's Soul" with Jack Canfield and Mark Hansen. After 40 years of teaching, Bud was named "Teacher of the Year" by the local Rotary Club and was chosen to deliver the graduation address at ARC.

But, it was in 2004 that Bud began to inspire people in Sun City as he started the Sun City Harmonicoots, the largest harmonica band in the country. Those that were privileged to learn the harmonica from Bud often heard him say "Let's have some fun" as he lifted the harmonica to his lips and inspired, coached, stimulated, and moved his audience to tunes such as "Hello Dolly" and his famous "train whistle".

On March 16, 2023, Bud Gardner entered eternal rest. The Sun City Harmonicoots were

invited to honor Bud at his Celebration of Life held at Sierra Pines on April 16th. As we lifted our harps up and closed our eyes, we all heard Bud say, "Now let's have some fun." And so, we did. RIP Bud Gardner, a coach, a mentor, a friend, a legacy. Harps Up!

• • •

## All Tuned Up

BY GERRY CAPELLINO

Aretha Franklin's 1985 hit asked, "Who's Zoomin' Who?"

Fast-forward to the 2020 COVID shutdown and you'd find us Zoomin' at All Tuned Up (ATU).

After all, what do you do with people who still love music, want to sing, and play their instruments? If you're lucky, you have Bruce Ahnberg as a member of your music club. Thank you, Bruce, for the brilliant idea of staying connected with technology. For many, during the early days of shutdown, video conferencing was our only means of seeing others. Bruce introduced his idea to ATU and soon we were "visiting" Wednesday (cont' on page 5)

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## All Tuned Up

(cont' from page 3)

afternoons for about 90 minutes. If he had a gig, Bruce's side-kick, Roger McKee, would host ably taking over the "Applause" button.

We continued to cherish what we loved doing together. We sang, told stories, laughed, dug into our music collections and shared long-forgotten arrangements or resurrected some old classic rock and roll, country, rhythm and blues, folk and show tunes. We learned to use websites with music "back-tracks". The really brave (shout out to Peggy) sang "acapella". And we all learned how to perfect our device connections of built-in microphones, speakers and video cameras. We even expanded to include other musical friends outside Sun City.



Judy Hackett and Bruce Ahnberg and Georgie Price, a Regular Zoomer.

Ironically, an end to the pandemic meant an end to our Zoom Wednesdays. Bruce emailed us that Zoom Wednesday, April 12, 2023, was our last, "Born out of the necessity of social distancing back in March 2020, the final ZOOMERS meeting was held last week after a three-year run. Thanks to everyone who contributed to the virtual soiree, it has been a fun and reaffirming experience as we all learned the ins and outs of virtual performance and applauded each other's efforts."

Hitting the "Applause" button for you, Bruce. A standing ovation "Bravo!"

...

## Music and Laughter

BY JANE BOHN

The Music & Laughter crew was brimming with spring fever at the Sierra Pines Lodge on Wednesday, May 10. Festivities began with a robust "Happy Birthday" singalong in honor of Susan Pamplin, after which Susan's happy sax-playing husband Elton gave us to a rousing rendition of Dave Brubeck's "Take Five." Pianist Jan Given was joined by her violinist husband Joe on Doris Day's "If I Gave My Heart to You." They also combined with a lovely rendition of "Only You." Jan continued

with two other favorites "Misty" and "Via Condios." After our regular Humorist Ed Lick got everyone laughing, we were treated to accordionist Jean Stephens joined by Elton Pamplin in a lovely duet version of Edith Piaf's "La vie en Rose." Ray Benedetto and guitarist Ken Roberts combined for a stirring rendition of the Showboat favorite "Ol' Man River." Faithful attendee, guitarist Ken Roberts, continued by including the audience with several fun sing-a-longs including a lovely show tune favorite from the Sound of Music, "Edelweiss."

As always, festivities concluded with a raffle drawing; this month's lucky winners were Nancy Stetz, Tom Roth, Ray DeBenedetto, Kathy Cardoso, and Ken Roberts. Hearty thanks to our upbeat entertainers, our faithful receptive audience and the many dedicated behind the scenes volunteers who make Music & Laughter possible: Maria Hajgato, Arlette Bennett, Jill Aggersbury, George Flaherty, and Nancy Stetz.

Our next M&L meetup will take place on Wednesday evening June 14, which is Flag Day, so no doubt we'll feature some patriotic tunes. Please join us at the at the Sierra Pines Lodge, corner of Del Webb Blvd and Whistlestop Way. Doors open at 6:30pm.

...

## Dance Group

BY LENORA DAVIS

Summer is finally here so plan to attend our many summer events. June 28 is our annual elections dinner dance and general meeting. Along with the wonderful performances by a number of our dance groups, we will elect new council members. Following that will be dinner and then dancing for everyone to enjoy.

Tickets for this event are \$20 for members and \$30 for guests. In keeping with the summer theme, Hamburgers with sides will be served. The doors open at 5:00, the general meeting



Bill Swaine—Line 1  
Sandy Gardetto and Shelly Winters—  
"Step Basics" and all other levels.

is at 5:30, followed immediately by the performances, then dinner at 6:30. Tickets are available at any dance class or by calling Geri Junso at 805-443-2858.

July 17 we will have a sock hop with a fantastic DJ playing your favorite Do-Wop favorites. Wear your poodle skirts and Elvis t-shirts. This is going to be one dance you won't want to miss.

August 21 is our Beach Party themed dance social, complete with your favorite surfing music. Wear your Hawaiian clothes and puka shells.

In other news, many folks have expressed a desire for an ultra-beginning line dance class that teaches just basic steps. So, beginning in June, two of our instructors will co-teach a "Step into Line Dance" class for those that have no line dance experience but are ready to learn. This class will be held on Tuesdays from 3:45 to 4:30 in the ballroom. The first class is free! For more information, call Shelly Winters at 916-539-9344.

We are fortunate to have three line dance instructors to accommodate dancers from beginner to advanced. For time and days, see the dance class schedule in the Dance Club section of the lodge kiosk wall. See you on the dance floor!

...

## Drama

BY LENORA DAVIS

If you saw our May 29 or May 30 performances, I certainly hope you enjoyed watching them as much as we did performing them. We are so fortunate to have such talented and knowledgeable club members, all willing to dedicate the long hours to achieve a common goal.

Special thanks go out to not only our actors, but also to our artistic director (Susan Glover), to our directors (Jennifer Martin, Tina Kinghorn, Pam Wingo, and Susan Glover), to our stage manager (Greg Davis), and to



Cast rehearsal at  
Sierra Pines.

our sound and lighting technicians (Nick Poppelreiter and Rob Harper). Chris Poppelreiter provided fabulous costume design. Linda Vincent and Joy Winston managed our ticket sales and Jill Aggersbury served as our backstage coordinator as well as our liaison with the Activities Department. All of our members participated in some way and we are so grateful for everyone's hard work.

This month we will be accepting new members and have a number of fun events scheduled—many designed for new and existing members to get to know each other. Please join us at our next general meeting at the Pines, on Tuesday, June 20, at 6:30pm where we will be sharing our plans for the next couple of months or at one of our activities, which occur on Tuesday evenings at 6:30 in the Sierra Pines conference room (excluding the first Tuesday of each month).

You do not have to act to be in our Club, just be willing to take an active part, in some way, as a team member. Our social activities are always varied, with much fun and laughter.

For more information contact Susan Glover at 530-388-6367.

Be thankful, live in the moment, stay involved and when you commit to something always give 100%, unless you are giving blood.

...


## Fine Arts Club

BY NANCY VAVUL

Construction work continues on the Fine Arts Room this month, but that doesn't stop us from continuing classes and activities. We carry on! First of all, if you haven't checked out the new art displays please do. The room has been decorated with a beautiful, large wall mural as well as several other smaller masterpieces. These works will only last as long as construction continues. When the wall comes down, the art is gone, so be sure to stop by. We have also included small pieces in the showcase next to the art room for your enjoyment. This is all in addition to the regular, monthly artwork in the usual locations. Our members are busy.

If you have not yet signed up and paid for the Installation Luncheon scheduled on Friday, June 9, be sure to do so by June 6. We will meet and greet our new officers and each other. We have several new members to

(cont' on page 11)



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## Ambassador Committee

BY LINDA NELSON

Welcome to June!

Included in the article is a picture from the Mix and Mingle event in April. We had a great time and tried to pay tribute to the movie 80s for Brady while we recruited new volunteers



to our committee as well as others. The next event for the Ambassador Committee is the New Resident Welcome this month. It is for the residents who have most recently moved in. It is kind of a one-off reception we hold three times a year where we have speakers to introduce and overview of the activities and governance of Sun City Roseville.

There are many activities going on this month and this summer, so check your website and the postings around the lodge. Tickets for many of the events go on sale the first of the appropriate month depending on the date of the event. Have a fun June.

## Website Work Group

BY CHARLYN ROSS

Summertime is upon us! The month of June provides us with days that have the longest daylight hours of the year. This means that we will have more time for leisure fun and activity, and maybe even an afternoon nap. All of that can take place right here, within your Sun City Roseville community.

If the June weather is not too hot, you can join the Hiking or Cycling Groups, maybe play some Tennis, Pickleball or Bocce. If the outdoor temperature is trending towards a heat wave, there are many fun activities taking place in the air-conditioned Lodge or Sierra Pines. A dip in the outdoor pool, ending with a nap in a poolside chaise, might be the perfect choice. The Resident Website, [www.scrs.org](http://www.scrs.org), can provide all the information you need to take advantage of any "long" day in June.

Finding Your Fun — On the home page, access the Calendar either from the black menu bar or from the button below the Courier photo. At the far right side of the Calendar page, click on the word "Today". Then, scroll down the entire page to view all the daily, scheduled activities for the current and future weeks, listed by day. The "green" items are Clubs and Groups, "blue" are Committees and Workgroups, "red" are "Activities Department events", "black" is for Timbers Restaurant events, and "gray" is for Fitness Center events. The Board of Directors meetings are shown on just the light brown background.

When you find an event that might

interest you, click on the item. If you need more information, go to the webpage for the entity that is hosting the event, to find details or a contact for more information. The buttons at the bottom of the home page will help you find those webpages.

July Election Information — For your convenience, an "Election Information" button has been placed on the home page, under the Courier graphic. The purpose of the July 18 Election is for homeowners to fill the three Board of Directors vacancies and to approve the Phase B plan for the expansion of the Fitness Centers exercise area. Ballots will be mailed to homeowners on June 16. Your completed ballot must be received no later than 10:00 am on Tuesday, July 18, 2023 by mail or in the ballot box in the Lodge lobby. All envelopes must be properly signed for the ballot to be valid.

"Resident Safety"—A Resource of Important Information. The button "Resident Safety" is located at the bottom of the home page. Resident safety requires knowing your local resources and how to reach them in an emergency. The "Resident Safety" button provides links to local area resources—Roseville Police Department (RPD), Roseville Fire Department, RPD Safety News & Safety Guidebook, (City of Roseville) Traffic Projects, and Preparing for Emergencies, as well as important emergency phone numbers. To be prepared, residents should become familiar with the contents available from the "Resident Safety" webpage.

Need Assistance? Should you have

Website questions or suggestions, please contact Julia Schmunk, our Website Designer, by phone 916-774-3878, or by email at [julianns@scrca.org](mailto:julianns@scrca.org); [www.scrs.org](http://www.scrs.org)

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

BY PAT TEILH

Need a loan of medical equipment, call 916-367-1695 and leave a message. A monitor will take care of your needs.

Join the Sunshine Services... we are in need of a secretary to do the minutes of the council meetings. Contact [patteilh@gmail.com](mailto:patteilh@gmail.com) if you are interested in helping the Sunshine Services.

Check out this list of stimulating activities and leverage them as you see fit to become more engaged in your life.

Crafting: Paint with watercolors or acrylics, draw and sketch, knit basic or more complex patterns, make pottery or take part in any crafting activity that allows you to express your artistic side. This is also a great way to connect with others in a group setting. You might even have the desire to wear, gift or sell your artistic creations.

Gardening: If you enjoy the outdoors, gardening is an ideal option. You can tend to anything from flowers and shrubs to herbs, fruits and vegetables. This activity arouses the

(cont' on page 7)



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Sunshine Services

(cont' from page 6)

senses and gives you a chance to soak in some critical Vitamin D. For more physically able seniors, there's the added benefit of exercise inherent in tasks such as digging, weeding and potting. Eventually, the fruits of your labor will be in full bloom for additional enjoyment.

**Walking & Exercising:** Take walks around our community, join an exercise group or sign up for swimming. Consider opportunities for organized exercise classes like yoga, aerobics or other heart-pumping and strength-building options. If it's difficult for you to leave your home, consider setting up exercise videos to engage in via television or computer.

**Higher Learning:** Are you the academic type? There are opportunities for seniors to participate in ongoing lectures or continuing education classes through OLLI. OLLI stands for Osher Lifelong Learning Institute, a mini college within the auspices of Sierra Community College. OLLI caters to fun explorers and inquisitive seekers of knowledge in Nevada and Placer Counties who are age 50 and older.

**Pampering:** Last—but certainly not least—there's the option of treating yourself to some much-needed self-care. At a salon, barber or spa, you can enjoy haircuts, coloring, styling, manicures, skin treatments, massages and more. Ultimately, happy seniors living fulfilling lives can expect to live better and longer.

Volunteerism Support Group — An Invitation to Make a Difference!

BY KATHY CASTEN, DEE FRANZ, & CAROL RODEN

Have you been thinking about getting more involved in SCR governance? Now is the perfect time as our Required and Standing Committees are actively seeking new members for the 2023/24 term. Applications to serve on a Committee are accepted from May 1 through noon on June 16.

You might be wondering, why a Committee? Serving on a Committee provides its members with many benefits such as an opportunity to utilize their talents, ideas, and life experiences toward the common goal of keeping SCR the premier active adult community in Northern California. Members gain a sense of Community because they are a part of its success while at the same time, it provides an opportunity to meet and work with new acquaintances. As a Committee member, you will be learning about Sun City policies, why they are in place, and why they make SCR the quality community that it is.

Would you like more information? Committee information is available on the SCR website. From the Homepage, select the "colorful" Volunteer button near the bottom, left side. Here you will find a wealth of volunteer information including a direct link to each of the Committees where you can

learn about their purpose and responsibilities. You will also find a printable Application form, or you can pick one up in front of the Administration Office. The specific timeline of the application process is located at the bottom of the form. In addition, volunteers will be available June 1 at Courier Days to answer your questions.

What do our volunteers contribute? Approximately 325 volunteers bring their diversity, viewpoints, ideas, and talents and provide services vital to our Community. They are critical to the success of SCR and provide close to one million dollars in service annually. Our volunteers are one of the reasons we are considered "The Premier Active Adult Community in Northern California".

Be a part of it! Step up and make a difference!

In-Person Grief Support Group

BY PAT TEILH

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

Needle Arts Club

BY CJ KIDD

Wednesday, June 7, 2023 is Show and Tell Day at the general meeting in the Ballroom at 1:30pm.

The slate of officers was announced at the April 5, 2023 general meeting. The officers: President - Peggy Voakes, Vice President - Dianne Faulkner, Secretary - Linda Nelson, Treasurer - Nancy Dunne. All of the officers look forward to organizing meetings, programs and events for you to enjoy.

The Vice President will plan 6 programs for the general meetings. Our committees will organize several yearly events for us to enjoy: Tea and Tables, the Fashion Show and Luncheon in May, Two Show and Tell Programs (where members share their talent and creativity by showing their hand made projects) in June and November and the Craft Fair in November.

The Needle Arts Club is dark in July. Our next general meeting will be Wednesday, August 2, 2023. The program will be Wacky Doodle Quilter.

July will be my last article for the Courier, and Sun Senior News. I am stepping down as President. I have enjoyed and loved every minute of it and getting to know all of you in the Needle Arts Club. You are all amazing talented and kind people. My moments with each of you have been filled with love and topped with laughter. Thank you!

(more Club News cont' on page 7)

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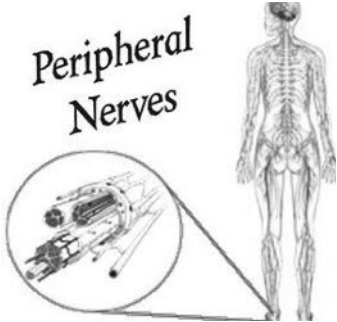
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# Neuropathy Relief Is Possible

The most common method your doctor will recommend to treat neuropathy is with prescription drugs. While this may temporarily reduce your symptoms, medications such as Gabapentin, Lyrica, Cymbalta, and Neurontin are primarily antidepressant or anti-seizure drugs. These drugs may cause you to feel uncomfortable and have a variety of harmful side effects.



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

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

As shown in Figure 2, as the blood vessels that surround the nerves become diseased, they shrivel. This prevents the nerves from getting the nutrients necessary to survive. The nerves begin to degenerate and no longer conduct sensation adequately. When these nerves begin to “die” they cause you to have balance problems, pain, burning, pins and needle sensation, and other symptoms.

**Three Factors to consider for Effective Neuropathy Treatment:**

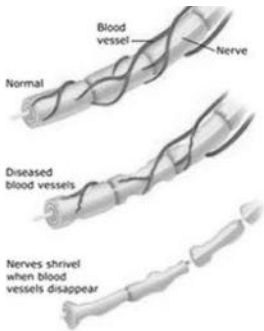
- 1.Underlying cause?
- 2.Amount of nerve damage sustained?
- 3.How much treatment is required?

**Three goals of treatment at Lincoln Acupuncture:**

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

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

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



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

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

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

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

We will conduct an exam that consists of detailed sensory vascular testing and an analysis of neurological findings. After the exam, you will meet with the practitioner to discuss your results and determine if you are a good fit for our program.

This life impacting condition affecting millions of individuals can be helped and even reversed. Whether the neuropathy affecting you is chemical in nature, due to diabetes, or mechanical such as disc disease or arthritis, treatments are available to help you alleviate your suffering.

Call **916-884-0398** to make an appointment to determine if the peripheral neuropathy affecting you can be treated.

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**YOU DON'T HAVE TO JUST LIVE WITH IT**



# Election Committee

BY PAT TEILH

The Elections Committee is gearing up to administer the Board of Directors annual election to be held on July 18, 2023. This year there are four candidates. Each elected candidate will serve a three-year term.

The Elections Committee will hold two "Candidate Forums/Meet the Candidates"

events this month. Both events will be held in the Ballroom with the first on June 7 at 6:00pm and the second on June 13 at 9:00am. Please plan on attending one or both of these events.

Each candidate will define his/her qualifications, past experiences and personal goals as a Board member. In order to provide pertinent questions on various topics, the Elections Committee is soliciting questions from the SCR community. Simply drop off any question you may have for the candidates in

the question box located at the MONITOR'S DESK or email your questions to patteilh@gmail.com. You must print your name and address on all questions. YOUR NAME WILL NOT BE READ OUT.

Due to time limitations, it is possible a submitted question may not be presented to the candidates. Each candidate will have an opportunity to respond to each question asked.

You are encouraged to attend one or both Forum events and to remain after the Forum is

completed where you will have an opportunity to enjoy delicious refreshments and meet the candidates one-on-one to address any unanswered questions you may have.

Balloting and Balloting materials will be mailed on Friday, June 16, 2023. You may return your completed ballot to the ballot box in the lobby of the Timbers lodge or mail it. It must be received no later than 10:00am on Tuesday, July 18, 2023. All envelopes must be properly signed to be valid.

## — Candidate Statements —



**Tim Wallace - Candidate for the Sun City Roseville Board of Directors 2023/2024**

I'm running for the Sun City Board of Directors to do what I can to facilitate the continued smooth operation of this unique community that we live in, and to represent the residents of the community as best I can. If elected to the Board, I promise that I will try to hear, understand, and consider all positions held within our community before voting on any issues that affect any of us; individually or as a group. This is a great community, and hopefully we can continue to work together to make SCR better, and more united than it's ever been.

I've lived in SCR for a year and a half (coinciding with retirement) and bought a home here almost a year ago. Before that I lived in Davis, was married, and raised two wonderful, thoughtful daughters who are both getting ready to graduate from UCSB over the next year. In the 70's I spent four years in the US Coast Guard doing search & rescue on the coasts of Oregon and Washington. Using veteran's benefits I got a bachelor's degree at UC Davis in biological sciences. After a few years of working I attended law school at night, and went to work as a deputy district attorney for Yolo County for 13 years; prosecuting a wide range of serious/violent crimes. I then spent another 13 years working for the California Department of Social Services in their Oakland and San Diego Legal Enforcement units where I dealt with a wide variety of cases including: assault, neglect, elder abuse, etc., with a focus on complex cases where sex trafficking, sexual assault and other kinds of serious abuses were alleged to have occurred; the emphasis being on child protection.

While living in Davis I was on the Board of Directors for Village Homes; a HOA in west Davis, which gave me exposure to the different kinds of challenges HOAs in California frequently face, and experience with the duties of a Board member. Currently, I'm a sporadic member of the tennis club and frequently golf on both of our great courses (weather and time permitting).

The views expressed herein are those of this candidate and do not reflect the views of the Association, its directors, managers, employees, or agents. This candidate is solely responsible for its content. The Association is required by law to publish the communication as written regardless of the content. (2019)



**Yvonne Bond - Candidate for Sun City Roseville Board of Directors 2023**

I am pleased to be a candidate for the 2023 Sun City Roseville Board of Directors. Serving on the SCR Finance Committee and completing the SCR Leadership Academy has made me realize how much the success of our community depends on member participation and support. I would like to offer my support by serving on the Association's Board of Directors. I will work diligently to LISTEN and maintain an on-going dialogue with members. To interact with you, my neighbors, so that I understand your interests and concerns.

### LEADERSHIP EXPERIENCE

Professionally, I'm an electrical engineer (UC Davis). I've managed engineering teams for AT&T, and recently for the State of CA, designing telecommunications systems for the CA Highway Patrol. I've owned two small businesses, which taught me the importance of fiscal control & customer focus. I served as President of the Placer County Mental Health, Alcohol & Drug Board.

### AS A BOARD CANDIDATE I SUPPORT...

- \* Board's Vision and Mission for SCR - To be the PREMIER active adult community in Northern California, providing a SUPERIOR quality lifestyle for all residents by offering exceptional activities, amenities, facilities, programs, and services.
- \* Phase B - The proposed expansion of our Fitness Center. It is one of our most used amenities and an important consideration for new buyers. This will protect our property values and maintain our amenities for all residents.
- \* Financial Strength and Fiscal Integrity - Working with our Executive Director to control expenses, ensure top value for our expenditures, preserve or enhance the value of our community and Common Areas while at the same time supporting the Association's Financial Goals Policy. ....Thank you for your consideration.

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**Dave Lewis - Candidate for the Sun City Roseville Board of Directors 2023/2024**

As many of you know, Sue and I have been residents of Sun City Roseville since arriving from Alaska in June of 2012. As a past member of the Finance Committee and the Board of Directors, I am seeking your vote to join with my fellow Board members and the Executive Director as your advocate for the next 3-years to ensure that Sun City Roseville remains the "Premiere Active Adult Community in Northern California." Since leaving the Board at the end of my last term on 2 August 2018 Sue and I have continued to enjoy the healthy and active lifestyle we are all seeking by participating in the clubs and groups and Association events and activities the community offers; it is time to volunteer my time and talents again.

If chosen to join the Board once again, please know that, as in the past, I am committed to:

- o Gaining and retaining the trust and confidence of all residents.
- o Fostering collaboration among fellow Board members, Committee and Work Group Chairs and the Executive Director to maintain open communications to ensure that residents are included in decision making.
- o Working with the Board and Executive Director to recognize and adapt to new challenges that could affect us all.
- o Ensuring that the annual budget covers "needs" not "wants," the annual assessment is fully justified, and Reserve 100% funded.
- o Providing oversight of the SPI process to identify, prioritize and fund Capital Projects needed to maintain the common areas for the benefit of all and to protect our property values.
- o Solving resident issues and concerns at the lowest practical level as quickly as possible.
- o Assisting new Board members fully participate in the process.

I look forward to meeting with you at one of the forums, Meet and Greets or by contacting me at 907-748-4000 or delewis46@gmail.com to discuss your vision of the Sun City experience. I would appreciate your vote on July 18th. Dave

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**Rosemary Dinse - Candidate for the Sun City Roseville Board of Directors 2023/2024**

I am running for the Sun City Board of Directors to offer my time and talents toward providing a superior quality lifestyle to all residents, while maintaining sound financial management.

I want every resident to feel a connection to our community.

I am a longtime Roseville resident and retired Roseville teacher. I moved to Sun City in 2015 and it has been life changing. I immediately joined the Bocce Club and shortly thereafter was elected president. I served in that role from 2016-2020. I made so many friends and learned how the Board, the Committees, the Clubs, and the Staff all work together to support the goals of the community. From 2018-2023 I have been on the Ambassador Committee where I served as chair for two years and also enjoyed promoting Sun City to the Roseville Chamber of Commerce and prospective residents from out of the area. I share my love of reading by volunteering as a library monitor in our Sun City Library, where I enjoy chatting with residents about their favorite books and authors, or making recommendations of my book club favorites. While I am by no means a techie, I enjoy serving on the Sun City Website Workgroup where we are constantly working to improve communication with residents. I am a graduate of the Sun City Leadership Academy, where I gained extensive knowledge of the organization and governance of our HOA.

Sun City has so much to offer to enrich the lives of our residents. I love living here, and if I am elected to the Board of Directors, I will do my very best to maintain the great active lifestyle with sound financial management that makes Sun City a wonderful place to live, connect and thrive.

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Fine Arts Club

(cont' from page 5)

welcome into the club, so let's make this a fun and friendly occasion. There just might be a few other surprises as well.

Classes for members in June will include Donna Self's acrylic class on Monday afternoons from 1 until 4:00, a drawing class on Tuesday mornings from 9 until 12:00 presented by Pat Jordan, and a beginner's acrylic class by Donna Self on Tuesday afternoons. Susan Edie will continue teaching oils on Friday mornings from 9 until noon. There will also be a liquid acrylic workshop on Thursday, June 29 from 1-3:00 led by Joanne Koket-Hoppen. The cost for this workshop will be \$85.00, and all materials will be supplied. Look over the sign-up sheets in the room and choose the ones that interest you. Also, it's open studio whenever there are no classes or activities scheduled.

Creative Arts

BY SUSAN WALIA

Your Creative Arts Council is excited to join with Sun City Lincoln Hills to showcase and highlight all that we do throughout our community. Sponsored by the Art League of Lincoln, members of both Sun City's have been displaying our pottery, paintings, stained glass, and mosaics at Lincoln City Hall this month and this will continue through June 30, 2023. Participation from both Sun City communities has been awesome – we have 18



artists displaying 53 pieces of art on May 1. Our items on display are available for purchase and, once sold, are being replaced by the artist so the exhibit is changing throughout the event. You might want to stop by more than once and get your Holiday shopping started early this year!

As you walk up the stairs of City Hall to

the Rotunda you will see art displayed on the walls of the stairway as shown in the pictures included with this article. Throughout the Rotunda there will be pieces set on coffee tables, on easel's, and inside the curio cabinets throughout the entire second floor. Even the custom made business card holders used to house artists calling cards are for sale!

The Creative Arts Club room is open during the renovation with our normal workshop schedule on a limited basis so stop by and check us out!

Lincoln City Hall is located at 600 Sixth Street in Lincoln and is open 8-5, M-F.

• • •

Cinema Group

BY BRIAN SUTTON

Join us for this funny, enjoyable June movie,

“George of the Jungle” (1964)

George (Brendan Fraser) has raised himself since he was a baby and a plane crash stranded him in an African jungle. Now an adult, George has his first human contact in years when he rescues explorer Ursula Stanhope (Leslie Mann) from a lion. George and Ursula connect, and she leaves her fiancé, Lyle (Thomas Haden Church), and takes George back to San Francisco. But when George learns that his gorilla buddy has been captured, he and Ursula return on a rescue mission.

Some critic comments were, “What sets the film apart is a script that has the good sense to laugh at itself.” “What really makes this work is Fraser, who plays it to the hilt.” “George of the Jungle may be unsophisticated, but it is enjoyable.”

And, you can expect lots of laughs knowing that the gorilla is voiced by none other than John Cleese,

Friday, June 16, 1:30 pm, Spruce Room, Sierra Pines.

As always, admission is Free!

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

• • •



Roseville Stamp Club

BY TIM MILES

We're into June and things are picking up. Al Capparelli (916-771-8288) is having the “open house garage” get-togethers at his house on Saturdays. You can get immediate access to any collections which come up for dispersal by setting up an appointment to look at what he has available. At the time of publication, he has a very comprehensive German collection and specialty collections in US, Australia, NZ and Canada. Remember that he could possibly have the empty album sheets and covers for the different countries also. This is a good way to build a specific collection for a country so take advantage of the opportunity.

Our monthly meeting dates are set as Tues., June 13th and Tues., June 27th and Tues., July 11th and Tues., July 25th. All meetings are at the Sun City Roseville Lodge (7050 Del Webb Blvd, Roseville) and begin at 6:30 pm. Avail yourself of the chance to attend a meeting and, by all means, bring anything you are perplexed about pertaining to philately and we can reach a solution for you. Bring an “old” album from the closet, anything that you have a question about, or “whatever”, and we can usually solve the puzzle. We have albums, pages, stamps, hinges, covers, you-name-it and it is available. Usually at least one dealer is in attendance, so you are covered. Our meetings are usually over by 8:45 pm so it isn't too late before you are on your way home.

• • •

Boomer Generation

BY KATHI STROPKAI

Boomer Generation Club Elections — Mark your calendars!

June 21, 2023 • 5:00 pm-7:00 pm • Sierra Pines.

You must vote in person. Vote for one team only.

Team A: Tom Harvey, President; Judi Garcia, Vice-President; Lori Zeledon, Secretary; Ann Waters, Treasurer.

Team B: Nancy Schubach, President; Diana Morales, Vice-President; Carole McCullough, Secretary; Kathie Pippig, Treasurer.

• • •

Solo Friends

BY CATHY SCHIMANSKY

You belong where you feel at home. And the Solo Friends members of Sun City Roseville are a fun group of people that definitely feel at home whether getting together at a group meeting, small group activities or social dinners. Solo Friends members enjoy feeling at home because we're not just actual neighbors, but we can share time together at both neighborhood held large meetings and dinner celebrations as well as small group activity gatherings.



Each letter in the word “friends” defines what the Solo Friends group is and does:

*F* is for the Fun we experience playing games at our dinner parties and small group gatherings.

*R* is for the Relaxed atmosphere at all events.

*I* is for the Informative presentations at general meetings.

*E* is for the Entertainers that perform at social dinners.

*N* is for all of our members being both Neighbors and friends.

*D* is for the Delicious catered dinners and *S* is the most important letter representing Sharing time together.

As to recent updates on the Solo Friends activities: The May Solo Friends general meeting guest speaker was from the City of Roseville Public Library. The focus of the presentation was to ensure that we were aware of not only “real books” but all the benefits available to Roseville residents by using the extensive and wide-reaching/easy to use online website, <https://www.roseville.ca.us/government/departments/library>.

The May 20 social dinner theme was “Celebrating World Bee Day” that featured a picnic-type dinner followed by playing games.

The next Solo Friends general meeting will be at the Timbers ballroom starting at 6 pm on July 10 and the next social dinner will be at Sierra Pines starting at 6 pm on Saturday (cont' on page 13)

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Solo Friends

(cont' from page 11)

evening on July 15. The July 15 social event will feature a barbecue dinner followed by a performance of a local entertainment group. All Solo Friends members welcome Sun City residents to improve their feeling of belonging and definitely enhance their overall comfort and emotional well-being. Residents can share good times at a Solo Friends general meeting (all attendees are eligible to win a free Solo Friends catered social dinner) or join us as a guest of a member at a Solo Friends social dinner.

• • •

International Social Group

BY CYNTHIA SINDREY

We recently honored Mexico with a dinner catered by Carmelita's followed by entertainment. There will be no events in June but are looking forward to our Annual "Belated July 4th. BBQ" to be held at Sierra Pines Wednesday, July 26. Our events usually start at 6:00pm unless otherwise noted on the flyers which will be e-mailed to our members and also available on the rack in the Lodge. There will be hamburgers, hot dogs, salmon burgers and ribs which will be cooked by our very own chef, Rev. Thomas Woods Looking ahead to September We are always looking for suggestions on which country to honor, In the past September has been Germany when we celebrate October Fest. In Germany the beer starts flowing in September and goes on through October. That is a lot of beer! For further information about the International Social Group which is purely social. We honor a different country every event with food, entertainment and socializing with people from all over the world (including America). For further information please contact: Cynthia Sindrey, President 916-773-5151 or Charlotte Sloan 405-279-3012.

• • •

Jewish Fellowship Circle

BY LOIS ARLEN AND KAREN LEVINE

A special thank you with appreciation to Ruth Elkins and Ray Seamans for leading the Shabbat service and hosting the Oneg in April. What better way to launch the start of summer and its hot days other than with a fabulous Ice Cream Sundaes Social! On June 11th our Fellowship will be hosting the Ice Cream Social at Sierra Pines. Another fun event will be an exciting evening of Bingo and Pizza on Sunday, July 16th at 6:00pm with prizes to be won! It will be held at Sierra Pines. A possible wine trip to Lodi is in the planning stages at this time. Stay tuned for more information when the plans are finalized. New and Views from Israel: Israel Independence Day is celebrated on the fifth day of the Hebrew month of Iyar with correspondence to April 25/26. Also known as "Yom Ha'atzma'ut", this holiday memorializes Israel independence which was proclaimed when David Ben-Gurion read the Israeli Declaration of Independence in 1948. This is the 75th Anniversary. Parades and events take place across Israel including a spectacular military plane fly-by. It is a real family day, and Israelis flock to the National Parks for barbecues and picnics

• • •

Mantra Meditation

BY ED CERVANTES

Mantra Meditation – A Deeply Relaxing Experience. You are cordially invited to join us for a peaceful hour of mantra meditation. Come learn a simple method of meditation that uses soothing mantras and music to ease the stress and anxieties of daily life and emotional situations. By the simple process of mantra meditation, our mind and heart are gradually purified of all kinds of worry, hankering and deep-seated fears. We begin to experience an ever-deepening inner peace, happiness and increasing insights into life. The meditations will be practiced seated in chairs and the program is presented free of charge. Here are the dates and locations for our upcoming meetings. Wednesday, June 7th 1:30pm - 2:30pm in the Ponderosa Room at Sierra Pines Wednesday, June 21st 1:30pm - 2:30pm

in the Spruce Room at Sierra Pines Wednesday, July 12th 1:30pm - 2:30pm in the Ponderosa Room at Sierra Pines With our best wishes, Ed Cervantes and The Heart of Gold Meditation Group mantramedclub@gmail.com • • •

Socrates Café

BY STEVEN GUSTAFSON

Socrates Café, Sun City's philosophy discussion group, meets at 10:00 on the first Monday of each month at the Timbers Lodge. You are welcome to join us. Last month we discussed the new AI programs such as GPT-4, which can write better articles, score better on tests, and do many tasks better than most humans. However, like humans, GPT-4 sometimes cheats and lies. Most of the discussion focused on the dangers of this technology. Of the 19 people in the discussion, 17 were very concerned about these dangers. This month on June 5th a facilitator will present three questions for discussion (as is the case for all our meetings). One question will be about aging and ageism (discrimination against the elderly). Many philosophers have written about aging and impending death. The medieval philosopher Thomas Aquinas had novel ideas on these topics. In his time anything he said had to confirm Christian beliefs (otherwise he might be burned at the stake as a heretic). Essentially, he said "Don't worry about getting older, because even if you die at one hundred, in heaven you'll be in your early twenties!" His argument: in heaven your body must be as perfect as possible, which for most people occurs in their early twenties. So, you, and everyone else, will be young in Heaven. Perhaps there will be lots of partying!

• • •

Healthcare Professionals Group

BY LINDA GORDON

We had a wonderful meeting on May 3 with 33 people attending including 9 new members. Our speakers for this meeting were Ed and Eileen Cervantes, hosts of the Heart of Gold Meditation Group. They demonstrated for us a form of Mantra Meditation that we all got to experience. It was very informative.

They hold free programs twice a month. Dates & locations are in their article "Mantra Meditation" in the Sun Senior News. Our next meeting will be on Wednesday July 5 at 11:00 in the Ponderosa Room. Our speaker has not been confirmed as yet so stay tuned for more information in June. The Healthcare Professionals Group is open to all residents with a Healthcare Background, past or present, from Doctors, Nurses at all levels, X-ray or Lab Technicians, all Ancillary Units or anyone who has worked in hospitals or Patient Care fields. We meet from 11-1 in Sierra Pines Ponderosa Room bi-monthly on the first Wednesday of the odd numbered months for socialization, lunch & a speaker. Cost for the meeting is \$10 for lunch. We will be suspending our Blood Pressure Clinics until the construction is complete in the Fitness Center. We will resume these on the 2nd Wednesday of the month at that time. For more information, to get yourself on the mailing list and RSVP to the meetings contact Linda Gordon at garland77@gmail.com or 510-813-7815 (call or text).

• • •

Democrats

BY TONI FISHER

Our June 28 meeting promises to host yet another interesting speaker on a non-partisan topic about which we care deeply. Nancy Appel, Senior Associate Director of the Northern California region of the Anti-Defamation League (ADL), will come up from San Francisco to share with us the comprehensive report on hate crimes, intolerance, and the alarming increase of these ugly trends. Nancy will present an overview of the ADL's mission and their work to combat intolerance with a focus on the rise of anti-Semitism in the U.S. in recent years. This is a special opportunity not only to view this critical issue through the lens of those working hard to combat intolerance, but to discuss how we, as good citizens, can help counter hate in its many forms. With too many attacks by White Supremacists in recent months, this will surely get us thinking. Everyone is encouraged to attend - and bring a friend! Our May meeting was also very thought-provoking as we listened to Terry McAteer's (cont' on page 15)

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Democrats

(cont' from page 13)

presentation, “Are We Headed to Civil War?” These great programs have served to increase our attendance and sparked lively discussions among the attendees.

Also in May, we were introduced to those members who stepped up to fill the open positions as club officers: Club Chair, Vice Chair and Membership Director. Each candidate spoke briefly about their experience and interest to serve the club. Several were interested in the same office, so an election will be on this month’s agenda.

• • •

SCR Computer Club

BY BARBARA EICHTEN

Note the change of date for the Computer Club meeting. It will be on Thursday, June 22 at 9:30 in the Ballroom. This will be a “The Last Hurrah” Members Brunch. We will have the Sun City Brunch in the Ballroom. The Brunch will be free to paid members of the Computer Club. Guests will pay \$23. If you did not sign up at the May meeting, please Sign UP with [barbara.eichten@gmail.com](mailto:barbara.eichten@gmail.com).

Photo: Will meet on the 3rd Friday, June 16 at 10:00 am in the Club Room. Submission of a maximum of 3 photos, sent to [PhotoSIG916@gmail.com](mailto:PhotoSIG916@gmail.com), is due by Monday, June 12. June’s theme is “Reflection.” Photos must be taken by January, 2020 and the photo submission date. Contact Dennis Studer or Jenny Ramirez for additional information.

Genealogy: Will meet on the 2nd Thursday, June 8 at 2:00-3:30 in the Club Room. Bring your device (iPad, Computer, if you can) and any materials you are using. We will have a short presentation to “get you started” on Family Search. You will work on your research with help available.

Card Making: Will meet on the 3rd Tuesday, June 20 from 1:00 - 4:00 pm in the Club Room. Cathy Fluellen (623-256-0280) will host a session with Rubberstamps. Call to register and for further information.

iDevices: Will meet the 1st Wednesday, June 7 at 10:30 am in the Club Room. Bring your devices: iPad, iPhone, Mac computer.

OPEN sessions are on Friday, June 2, 9, 16, 23 from 1:00 - 3:00 pm. Other OPEN sessions will be available on Tuesday, June

6 from 1:00-3:00 pm and June 13 from 9:30 -11:00 am in the Club Room.

Check the [scres.org](http://scres.org) website for further information or call (916-587-2862) or email ([Suncity\\_computerclub2@gmail.com](mailto:Suncity_computerclub2@gmail.com)) the Computer Club.

• • •

SCR Travel Club

BY ANDREA NORCIA

The Sun City Roseville Travel Club’s (TC) next general meeting is on June 26, 2023 in the Timber’s Ballroom. The Travel Club recently elected Linda Vanderpoel as Vice President and Stella Maynard as Treasurer. Linda and Stella’s terms are from July 1, 2023-June 30, 2025. Thank you both for your service!

The TC is excited to offer several domestic and international trips to our TC members. Below is a list of trips that are currently scheduled in 2023:

- September 14-27, 2023: Plains of Africa
- September 16-23, 2023: Canada / New England Cruise
- September 24-October 2, 2023: Columbia & Snake River Cruise
- October 12-19, 2023: Colors of New England
- December 2023: New York City Christmas Lights

- Scheduled trips for 2024 include:
- January 18-29 2024: Treasures of Egypt
- February 21-March 10, 2024: New Zealand
- April 3-16, 2024: England / Scotland
- \*2024: The Ozarks
- June 2024: World War II Tour (Including Paris)

- August 15-22, 2024: AMA Bordeaux River Cruise
- September 2024: Galapagos Islands

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

For more visit our website on the SCres.org website. Look for the “Travel Club” tab for the most recent information on trips, activities, helpful hints on navigating the TC website, as well as interesting travel tips.

Attached is a picture from a Mississippi River cruise our members recently enjoyed. Alamo World Travels was the vendor for this trip.



• • •

Veterans and Patriots

BY GEOFF MARSHALL

For those in the community who missed the presentations from our April and May meetings (10 am the first Wednesday of every month / Timbers Ballroom) you missed some very eye opening and interesting presentations from these two folks. In April, Mike Young explained in detail what being a Navy SEAL was like from the combat perspective of operating in Vietnam. In May, we had Vic Victorino explaining what it was like trying to get through the Politics and Engineering road-blocks in order to develop the Polaris, Poseidon and Trident Series of Submarine based Ballistic Missiles!

We would like to remind each of you that you don’t need to be a member of the Veterans and Patriots Club to attend our General Meeting. Just bring yourself and a friend and enjoy the speaker, donuts and coffee and at the end of the meeting maybe win one of the four, or five raffle give aways by our great Sponsors.

On June 4th, at Sierra Pines, starting at 2pm with dinner served at 3:30pm. We are having our Tri-Tip Barbeque, Catered by Lucille’s Smokehouse BBQ. The meal includes chicken, beans and salad. Water and Soft drinks and Ice Cream will be included. You can BYOB if you so choose! Hurry and get your tickets today, as they won’t last long for \$20 each! Call Linda Moyer to make your reservation at 707-266-3335. See you there.

Want to join your neighbors in the only Military based club in Del Webb? A Lifetime Membership is only \$30 per member! To join, contact Bill Hanzel at [bhanzel@comcast.net](mailto:bhanzel@comcast.net). Is your old flag getting sun bleached or frayed? Retire it and get a new one from Mike Wedemeyer at [weedy60@aol.com](mailto:weedy60@aol.com). Mike has a super deal for you \$25 per flag!

• • •

Republican Group

BY CAROLE VAILLANCOURT

Please join us at our next meeting on June 1, at 6:30 PM at Sierra Pines (please note the time change). Police Chief Bergstrom was invited but we were notified he will be out of town; however, Police Officer Captain Doug Blake will speak to our group.

Members that attended our last meeting were updated by our Placer County Clerk, Recorder, Registrar of Voters, Ryan Ronco on the procedures used to assure that our votes are safe and counted properly. He also gave us statistics on the breakdown of the political affiliation of Sun City Residents.

Our monthly meetings feature interesting and informative speakers. In addition, we also sponsor multiple social events during the year.

Interested residents are welcome to attend. We invite you to take this opportunity to join us!

• • •

Rods & Relics

BY ELNA RAGAN

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

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


The Rod & Relics Car Club has participated in and sponsored local Car Shows since 2006. As in years past, the proceeds from the Car Show go to local charities. The Club has donated over \$229,000.00! This year’s recipients will be GiGi’s Playhouse, for Special Needs/Down Syndrome Children; the

(cont’ on page 19)



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Aug 15, 2023

\$778

\$895

\$1,827

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Jan 23, 2024

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Feb 7, 2024

\$598

\$727

\$1,098

Mar 25, 2024

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\$848

\$1,298

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Oct 22, 2023

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\$1,309

\$1,859

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Chile; Strait of Magellan; Punta Arenas, Chile; Cockburn Channel; Beagle Channel; Ushuaia, Argentina; Cape Horn; Stanley, Falkland

Islands; Montevideo, Uruguay; Buenos Aires, Argentina.

## 73 DAY GRAND AFRICA HOLLAND AMERICA

Zuiderdam ~ 1964 Passengers

Oct 10, 2023

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\$13,699

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<b>7 Day Cabo San Lucas</b>	<b>May – December 2023</b>	<b>\$2,599</b>
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Package Includes round trip Sacramento to Cabo San Lucas Airfare, Accommodations, Meals and Drinks (including alcohol) at the Pueblo Bonito Sunset Beach Golf & Spa Resort located on the western side of the tip of Baja overlooking the Pacific Ocean with breathtaking views of the ocean and beautiful desert landscapes. This resort is set away from the concentration of hotels along the Sea of Cortez on a 50 acre site with an expansive beach. Exchange privileges at the Pueblo Bonito Rose and Pueblo Bonito Los Cabos. Call for availability.		
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<b>7 Day Tahiti</b>	<b>May – December 2023</b>	<b>\$3,999</b>
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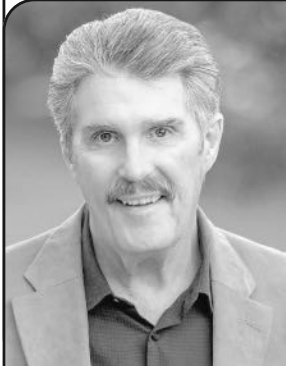




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## **Neighborhood Watch/Citizen Patrol**

BY LINDA VINCENT

Come to our next Neighborhood Watch Meeting June 12th at 10am in the Timbercreek Ballroom to learn about the Benefits of a Neighborhood Watch Program.

The primary intent of a Neighborhood Watch program are to report suspicious activity, reduce crime, and increase neighborhood safety. While beginning a Neighborhood Watch program is not a guarantee of crime reduction, studies show that neighborhoods with active Neighborhood Watch will experience an average of a 16-percent crime reduction.

Other benefits include:

- An increased sense of responsibility and control. These programs help citizens feel empowered in their everyday lives, which can help reduce fear and may lead to an increased sense of personal security.

- Greater unity within neighborhoods. Regular meetings bring neighbors together to talk and get to know one another. This leads to a greater sense of unity within the neighborhood and can also bring neighbors together as friends

- Improved relations with law enforcement. Crime watch programs increase contacts between neighbors and law enforcement, leading to more productive and comfortable relationships.

- Better community unity. Having something in common, like a Neighborhood Watch Program, brings people together and

builds community unity.

• Improved quality of life. When crime goes down, the quality of life improves for residents. Safer neighborhoods mean happier residents and a better place to live.

Village Communicators — Village Communicators forward safety information received from the Neighborhood Watch Office to each of their Team Links. Team Links then forward to the assigned residents on their respective teams.

Team Links — Team Links are assigned 10-15 houses, and they should be directly involved with their immediate neighbors.

Neighborhood Watch Members (Residents of Sun City)

Neighbors who are ready and willing to participate in the NW program, including attending meetings and actively participate in the safekeeping of their neighborhood by being alert, observant, and caring – and reporting suspicious activity or crimes immediately to the police.

Get ready for National Night Out! When: Tuesday, August 1, 2023, 6 - 9 p.m. NNO is a time to join your neighbors for a social event in your neighborhood. Meet each other and start a plan to work together to take a stand against crime! Plan a BBQ, potluck, an ice cream party or just get together and enjoy each others company! Registration for NNO 2023 will start in June of 2023.

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Rods & Relics

(cont' from page 15)

Assistance League of Greater Placer, “Drive to Thrive Program;” and the Lincoln Police Department, “Project Lifesaver... Bringing Loved Ones Home.” The Car Club also supports a Little League Baseball Team.

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

Contacts: Tom Indrieri, President 916-645-2035, Mike Carvidi, Membership Director 707-849-2834. Website: [www.rodsnrelics.net](http://www.rodsnrelics.net)

Garden Club

Our new slate of officers was unanimously approved and introduced at our May 2 meeting. Barbara Eichten and Chris Watt will be our new Co-Presidents. Mike Horrell will continue his role as Vice President and Linda Gordon will continue as Treasurer. Melanie Faust will be our new Secretary. We sincerely thank Karen



New Club Officers.

Burford for serving as our President for the last three years.

The program for our meeting was a visual presentation on Filoli, an English Country Estate located in Woodside, California. This magnificent house and garden are beautifully situated on 654 Acres overlooking the Crystal Springs Reservoir with 16 acres of formal Georgian and Renaissance Gardens. Suzette Austin, SCR Garden Club member, who spent 10 years volunteering there as a House and Garden Docent, was our presenter.

We are planing our 2024 Sun City Garden Tour and the committee is busy previewing gardens that have been submitted for consideration.

Our next meeting on June 6 is our annual Root Beer Float celebration to kick off summer. We will announce the winners for the pollinator contest and Mike will have a synopsis of the workshops he has conducted.

At this meeting Club members are encouraged to bring garden-related items they no longer want or need (no pesticides or chemicals please). Each person attending the meeting will be given raffle tickets and a winner will be selected to re-home each of the items donated.

General meetings are on the first Tuesday evening of each month. Doors open at Sierra Pines at 6:15 pm, our meetings begin at 6:45 pm and end by 8:15 pm. Our next meeting will be June 6, but remember that we don't meet in July and August. Meetings will resume on September 5.

Birders

BY JANET MORELLI

No birding field trips are scheduled for the months of June, July, and August due to the hot weather and full leaf cover on the trees making bird watching very uncomfortable and birds difficult to see. Avid SCR birdwatchers will continue to keep their binoculars and cameras handy for shorter walks, cooler temperatures, and occasional trips to other geographical areas with moderate temperatures during the summer months. SCR Birders will create a new schedule of field trips for the next season, September 2023 to May 2024, and post it to the Birders' Group web site in August 2023. In the meantime, continue watching birds in your backyard, neighborhood, and SCR community and improving your identifying skills by comparing your sightings with field guide illustrations/photos or birding web sites such as audubon.org.

A Tree Swallow is the only swallow seen year-round in California's Central Valley. The male bird has a bright metallic blue or blue-green head, back, and tail and is clear white underneath. A female bird is dark and drab on top and white underneath. These swallows will be seen flying in large flocks over marshes, ponds, and streams that have wooded habitat nearby, catching insects on the fly and eating berries on trees and bushes. They like to nest in a hole in a dead tree or fence post



Tree Swallow

or find an empty nest box (sometimes taking over nest boxes intended for use by Western Bluebirds).

• • •

SCR Hiking Group

BY DORIS MERCHANT

Our annual BBQ is just around the corner. It takes place on Monday, June 12, 6:00 pm at the Pines. Food assignments are: A-H Salad, J-R Appetizer, and S-T & Z Dessert. Cost is \$5 for members and \$10 for guests. If you don't eat meat, feel free to bring your own meal. Dues will be \$12 for the next fiscal year and can be brought to the meeting.



The Lunch Spot

Please join us for these June hikes. Keep in mind that tick season is upon us. Suggestions to avoid them are to wear light colored clothing to make it easier to see them, use permethrin tick repellent on bags, shoes and socks, and socks should be pulled over pants cuffs to prevent direct access to one's legs.

June 1: Lake Clementine Loop, rated 5.5 (moderate), 8 miles, elevation gain of 1240

(cont' on page 20)

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### SCR Hiking Group

(cont' from page 19)

feet, \$8 carpool ride.

June 8: Prosser Creek, rated 5 (moderate), 7.5 miles, elevation gain of 750 feet, \$12 carpool ride.

June 15: Sagehen Creek, rated 3 (easy), 5.5 miles, elevation gain of 200 feet, \$12 carpool ride.

June 22: Carpenter Valley, rated 3.5 (easy), 5.5 miles, elevation gain of 250 feet, \$12 carpool ride.

June 29: Euer Valley, rated 4.5 (easy to moderate), 6.5 miles, elevation gain of 500 feet, \$12 carpool ride.

...

### Cycling Group

BY SUZETTE AUSTIN

Chef Karl Zuchold prepared tri tip and chicken, while corn hole was available on the patio and then Bill Swayne led line dancing for a wonderful Barbecue Social at Sierra Pines on May 26th. Thank you to Elaine Turnbull and her team for organizing this festive evening.



Our first Koffee Klatch of the year was on May 17th. Both riders and non-riders converged on Pete and Dee Franz's patio for coffee and sweets, conversation and catching up. Our next Koffee Klatch will be on June 5th at 9 AM hosted by Gerri & Jim Junso and Ann White & Bill Swayne. It will be at 501 Pineneedle Court.

Six members of our group participated in the "Ride Around the Buttes" in Sutter County in mid-April.

Bill Swayne continues to ride almost daily. If interested in riding with that group contact Bill to receive his daily text messages. On Friday mornings some of our members always have coffee at Panera on Pleasant Grove.

We hope to have another ride in Tahoe though much will depend on trail and road conditions in that area.

A Nominating Committee was selected and we'll announce a slate of candidates at our June meeting.

Don't forget the Roseville BikeFest at the Vernon Street Town Square on June 3. This worthy cause provides safety training and donates helmets to local riders.

We meet on the third Monday of each month at 8 am in Sierra Pines. Our next meeting will be Monday June 19. We are planning another social event on Sunday, August 20th from 2 -5. This will be in place of our Club meeting on August 21. Watch our Cycling Group website for the latest of all our rides and upcoming events.

...

(more Club News cont' on page 21)

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Cornhole

BY STEVEN GUSTAFSON

Cornhole has a distinguished history (well, maybe not quite as distinguished as tennis or baseball).

It was first described in an 1883 patent, except that the hole was square instead of round. An influential description was in a 1974 Popular Mechanics magazine, except that the hole was centered on the board (not closer to the far end). By 1980 the boards, bags, and rules had evolved into the game we love today.

The midwest was the original hotbed of cornhole enthusiasm, and restaurants with outdoor patios helped spread cornhole mania nationwide. Today the American Cornhole Organization, the American Cornhole League, and the American Cornhole Association all promote the game and/or sponsor tournaments. As you may know from commentary at tournaments on ESPN, there are now several cornhole professionals who make good money (over \$200,000 per year) tossing bags!

In Sun City we play cornhole for mild exercise and comradery (not for money---yet). Currently, we play at 3:00 each Tuesday on the Sierra Pines horseshoe lanes. We'll change to a morning time when the weather gets hot, and we'll announce the change to everyone on the cornhole email list, which now has over 190 names. You can ask to be on the list by emailing [Gustafson.steven@gmail.com](mailto:Gustafson.steven@gmail.com). Our Cornhole Group has no dues or meetings, so there's no obligation.

...

Croquet Club

BY GAIL DAILEY

Changes are the topic for this month.

All the landscaping was removed and new look was created. Personally I am really grateful for the decision to remove the "Society Garlic" which, in my opinion, is a really nasty smelling plant with no appeal in its looks.

Changes also took place to the schedule by President Louisa and the information has been updated. Everyone was asked to weigh in on the accuracy of the groups and times for play so that it was clear which times would be available. We also went to "summer hours". Each game was move up one hour to allow for the changes in the temperature with the advent of hotter days. A copy of the schedule has been posted so that if you have any question it is now clear to all.

The Board changes: Louisa Maglione replaced Barbara Stearns (who has been experiencing knee problems) and Judith Shively stepped in for Lee Prager when she submitted her resignation.

The flyer is also posted seeking new people to join our club and offering free lessons to anyone who would like to learn the game and those who want to improve their play.

This is a great game for those people who have given up on Tennis or even Pickleball because of the stress to limbs. Croquet is more measured play but it is NOT a boring game as the 6 wicket game is a combination of strategies and shots. 9 wicket is slower and easier for beginners and a lot of us have started there.

Wishing everyone a great summer season and as always welcoming anyone interested to join us. See you on the lawn.

...

SCR Senior Softball Club

BY BOB MONTALVO

As SCRSS moves into its last few weeks of the regular season, all of us on the field and in the scoring booths at Mahany would like to thank all those Sun City residents who are coming out to watch our games. It's great to see your enthusiasm and support for our efforts, as we play this All-American game that helps us feel young. Our sponsors, whose names we wear on our jerseys, appreciate your patronizing their businesses.

They are Coldwell Banker, Eskaton Village, Excel Realty, Oakmont Ivy Retirement Living and Wesley Your Roofing Contractor. Also helping to sponsor our club are four All Star sponsors: Sew Cal, Fresh Green Cleaners, Charles Dental Group and Gary Brandt's Fusion Fitness. When you visit these establishments, be sure and thank them for their sponsorship of our softball club. Our club also owes a great deal to our crew of volunteer scorekeepers and umpires who come out to officiate and record every inning of our games.

With our 16-game season winding down, and the playoffs starting on Wednesday, June 28, our five teams have been revealing their strengths and weaknesses as they try to improve their win/loss records. They have also

been dealing with the injury bug, as softball may help us feel young, but our bodies clearly remind us that we are not. It has been crucial to have a pool of substitutes who have stepped in as needed. The league is thankful for them, and for our Player Representative Dan Arriola, whose role has been to schedule those subs. As you know, despite each team's win/loss record at the end of the regular season, all five teams will make the playoffs, so be sure and come out to watch the entertaining competition. It's gonna to be fun.

...

Table Tennis Group

BY STEVE CHO

Want to have some fun? To have good exercise? To be with a great group of Sun City residents? Come and join the Sun City Roseville Table Tennis Group (SCR TTG).

The SCR TTG offers you the opportunity to do all of the above and more! We play 3 times a week at Sierra Pines (Tue & Thu 2pm-5pm and Sat 9am-12pm). The level of play from our members ranges from novice to expert. We welcome all! You can come as little or as often

(cont' on page 22)





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### Table Tennis Group

(cont' from page 21)

as you wish. There is an annual membership fee of \$15 to join the group. Because we play indoors at Sierra Pine, we are not affected by the winter rains or by the scorching summer heat.

In earlier years, some of our "expert" group have competed in senior tournaments outside of Sun City. Henry and Kathy Koong won the national senior mixed doubles championship tournament. Frank Tom and Kathy Koong won other tournaments. Even though they aged a few years now, they haven't slowed down a bit. That's one of the side benefits of playing table tennis... keeps you fit.

For fun, we get together and compete with the Sun City Lincoln Table Tennis Club. All members are invited to play along (from novice to expert). Neither group has the bragging rights of being the champions. We are evenly matched. After all, it is a friendly and fun competition. Come one, come all to enjoy the game of table tennis (aka - ping pong).

...

### SCR Tennis Club

BY DIANE BARNETT

Happy June! The days are flying by and summer has arrived! The courts are buzzing with tennis players and many of the groups are



**Henry and  
Kathy Koong**

adjusting their play times so they can better deal with the summer heat which we know can be uncomfortable as well as unhealthy.

By the time you read this article, the SCR SATA (Sacramento Area Tennis Association) Ladies' Team will have played their last match for the spring season at Broadstone Sports Club in Folsom. Team Captain Nancy Kacey says that because of the "super fun" spring season they have had, she and Co-Captain Michelle are forming a summer SCR SATA team which will begin in the middle of June and run through August 2023. The schedule will be posted on the Bulletin Board when it is available.

Tennis Club members also participated in the Cinco de Mayo Tennis Tournament on May 13 on the courts. Tennis Tournaments are always special club events and begin as soon as spring weather permits and continue into early fall.

Ray Barnett reports that ball machine training is going well, and he thanks Patrick Maglione and Jim Leimbach for their help in training club members on how to use the new machine. Training cards are issued to those club members who have completed the training. The ball machine will be checked out at the Fitness Center. Ball machine training is ongoing, so call Ray at (916-759-2578) and he will get you signed up for training.

The Tennis Club welcomes new members and offers tennis play at all skill levels. Contact Ray and he will get you started.

...

(more Club News cont' on page 23)

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# Pickleball Club

BY ANNE BURNEY

Summertime pickle ball. What could be better? You get up early to beat the heat, join your friends on the pickleball court, and play until it's time to go home. A hidden benefit to the game, as reported in a recent health publication is, playing Pickleball keeps the mind and the body younger.

Pickleball continues to grow here in Sun City Roseville. In the past two months we've had 11 new members join the Pickleball Club. Welcome to George Flaherty, Nonette Ray, Teri Muenster, Debbie Carapiet, Kim Hofmann, Randy Silverman, Cynthia Cheney, Brian Gorman, Sharon Kambestad, Kristin Sweeney, Lisa Ivanovich.

This last month we had the All Women's Pickleball Tournament. Most of the ladies signed up for this match have been playing for a year or more. As I watched the players, I was amazed at how much improvement there has been. I saw more strategy, more coming in and playing from the kitchen line, and more dinking!

The winners for the All Women's Tournament last months were: First place -



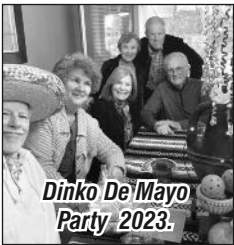
All Women's Pickleball Tournament Players.

Phyllis Perkins

Second place - Eva Freeman

Third place was a tie - Ella bosse and Wendy Leimbach.

The Dink De Mayo was a huge success. There was a fabulous taco bar, margaritas, and sangriastocelbrate the holiday and pickleball.



Dink De Mayo Party 2023.

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

• • •

# SCR Volleyball

BY MARISA BERNETTI

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

Court Volleyball: Pickleball Court #1, Summer hours, Fridays 8:30-10:00am.

Quarterly Social: BBQ at Sierra Pines patio, Friday, June 23, 5:30-8:00pm

Lynne has always enjoyed outdoor recreation. As a child she loved tetherball, "yea, really, sounds corny" she says. So, her



Lynne Mellberg

dad installed one in the backyard, where she and her sisters played with the neighbor kids. She had many sprained fingers.

Lynne played volleyball as a young adult. In Sun City, she loves both water and court volleyball, primarily for the social, active and the laughter abound. She also plays tennis, pickleball and table tennis. Whew!

For 31 years, Lynne had a daycare business in her home; she loves children and misses them, but really loves retirement. Lynne moved to Sun City ten years ago. Now, with more free time, she volunteers at the SPCA store; it has lots of goodies, while helping animals at the same time. If Lynne is not volunteering or playing ball, she's traveling, traveling and more traveling.

She says, "we need to laugh, play and have as much fun as possible!"

The volleyball group has quarterly meetings where we discuss issues and an



Volleyball of a gathering.

open forum. This creates the opportunity for a festive social event.

June's meeting will be on Friday, June 23, at 5:30pm. Immediately followed by a BBQ

on the Sierra Pines patio, featuring chicken tenders and organic ground beef burgers, plus a potluck with members presenting their favorite side dishes. Fred Festersen and Greg Umberg will demonstrate their gastronomical talents on the BBQ grills.

Agame always follows dinner. This month we'll enjoy Cornhole, with cash prizes. Can past winners repeat? It's all in fun, friendly competition and comradery.

For more information, call Marisa at 916-745-9571.

See you on the court, in the water or on the 23rd!

• • •

# Bocce

BY DAVID MOORE

Scores of residents are now rolling balls down the Sun City bocce court lanes in mini league play going on 7 nights a week with a couple of morning sessions thrown in.

The Spring leagues began in April and will wrap up in mid-June with the Awards Party on Friday, June 16 at 5:30 p.m. on the Bocce Courts.

The other big social event coming up is the Bocce Wrangler Round up, which promises a scrumptious BBQ on July 8th at 6 p.m. at Sierra Pines.

Tournament play is also in full swing. The Ladies Blind Draw tournament was held April 22 under gorgeous conditions.

First place was won by Mary Scott, Jean (cont' on page 25)

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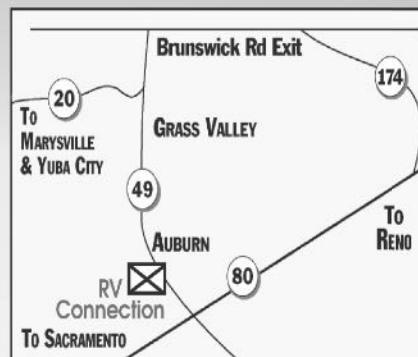
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Bocce

(cont' from page 23)

Stephens, Bobbi Dunk and Paula Happe. Second place was taken by Medina Lane, Rhonda Bubbico, Sidnee McKinney and Susan Moore. Darlene Flora, Aud Bair, Sandy Hanford and Sandy Morea took third.

The Men's Blind Draw tournament was held on May 13 with the Battle of the Sexes Tournament the following week on May 20.

The Women Choose Women tournament is slated for June 10.

For players who like to plan in advance, the Fall Mini League sign-ups are Wednesday, August 30th at 5 p.m.

• • •

He & She Golf Club

BY JULIE HARRIS

Seems like the weather can't seem to decide which season it really is. The past couple of months have been unusual to say the least, but the He & She Golf Club is still out there having a great time! If you're not already, consider becoming a member so you too can join in on all the golf fun! For information and the membership application go to the He & She website on the Sun City Resident website.

Please enjoy this month's golf trivia that I found on the internet.

- The chance of making two hole-in-ones in a single game is 1 in 67 million.
- There are 38,081 golf courses in the World.
- Not surprising, the U.S has more golf courses than any other country with over 16,000. Representing 42% of the global total.
- 37 countries do not have golf courses.

Following are partial results from a recent Monday tournament. Unfortunately, there's

(cont' on page 26)

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

Dave and Wendy Lentz

(cont' from page 1) bought by Boeing) to work on a very special project—the Space Shuttle. That work lasted twenty years. “I had a lot of fun at work,” he remembers, “but it was also stressful.” When the Challenger broke apart in 1986, killing all seven crew members aboard, his fellow engineers suffered under the public scrutiny that ensued. Dave’s team immediately sought to find the cause of the disaster, working 54-hour weeks for two years to solve the mystery. They were all relieved when they discovered that it did not involve the engine they had worked on but was due to the failure of an O-ring seal in the right rocket booster. During Dave’s career, he worked on a pump bearing design improvement that greatly enhanced flight safety and mission success during the Space Shuttle Space Transportation System Program. For this exceptional work, he was awarded the Astronauts Personal Achievement Award in 1993 given to him personally by astronaut Steve L. Smith. He continued working for Boeing on other projects, retiring after 30 years with the company.

When Wendy’s mother retired from selling real estate, Wendy moved from selling re-sale homes to working directly for the builders selling new homes. She was also recognized during her career in the real estate industry. She was awarded Sales Volume Winner by K. Hovnanian/Forecast Homes in 2005 for selling almost \$12 million in sales during the second quarter of that year in Southern California.

Over the years, the couple liked most to camp and fish in the eastern Sierras. They preferred places like Mono Lake, Lee Vining, Bishop, and Long Pine to pull in trout. Dave laughs recalling the time Wendy went to clean a huge, tagged trout that she had caught and all the men at the cleaning trough gawked at her trout which was much larger than the ones they had caught that day. They also camped up and down the southern California coast from San Diego to Pismo and the desert, Pahrump and Las Vegas.

Other than trips to Hawaii to visit family, Dave and Wendy have taken some trips simply because Dave’s job brought them there. One



Dave Lentz receiving an Astronaut Award in 1993.



Wendy Lentz in 2005.

such time was when Dave worked temporarily at an engine test facility which bordered Mississippi and Louisiana. When the project ended, it was only a short drive to New Orleans where they encountered what they deemed the best cuisine in the world. They remember, in particular, the Red Fish Grille, and eating beignets for breakfast every day.

During another work trip to Wichita, Kansas, they took their RV and tow car to a campground near a Boeing facility where they spent three months in the summer heat. “It was so hot,” says Dave, “that the AC unit in the RV only reduced the outside by maybe 20 degrees!” They remembered suffering through the heat and humidity which were in the triple digits most days.

Ultimately, they had to purchase a weather radio shortly after arriving because it was tornado season and Wichita is in Tornado Alley country. They experienced a close call

when the winds churned up to 90 miles an hour and they ended up in a shelter one night, avoiding a tornado in the area. Wendy was so happy to get back to California, she kissed the ground when they arrived home.

Another adventure happened in Lake country which had been touted in an article they’d read in Sunset magazine. “We call it the night of the bears,” says Wendy. They were camping with family members, when a late arrival drove into the tent camp next door, leaving food on their camping table before going to bed. “There was a bear invasion,” recalls Dave. He and Wendy were tucked safely away in their RV when suddenly they heard the tent campers yelling, “Don’t come out!” They watched through their window as two bears ran back and forth raiding the food left out and wreaking havoc. Wendy started banging pots and pans, eventually scaring the bears away. Everyone vacated the campground the next day. After that trip, family members banned Wendy from buying Sunset magazines ever again.

For recreation, Wendy has fun with a group of ladies who play Pegs and Jokers and some Hand and Foot games. She also attends various events like the Art and Craft shows and the yearly garden tours given by the Garden Club. During the summer heat, she hangs out at the pool.

Recovering from a knee replacement which he had last year, Dave keeps busy taking Chloe for walks with Wendy around the neighborhood and going to the gym several times a week. He is also a member of a model flying club in Roseville.

Since moving to SCR in 2016, the couple feel truly blessed to enjoy their retirement years here. Every day they are grateful for what they consider another day in paradise.

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

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### He & She Golf Club

(cont' from page 25)

not enough room to list all the results.

18 Hole at Timber Creek

1st Place: Ken & Karen Shahoian, Mary Jorgenson, Frank Patch \$6.00 each

2nd Place: Cal Conley, Johnice Sallender, Jeri Lehnhoff, Joe Ramos \$5 each

Closest to the Pin at Timber Creek

Ladies - 1st Place: Connie DeBlaquiere 27'1" \$5

Men - 1st Place: Martin Abell 20' \$5

9 Hole at Sierra Pines

1st Place: Tony & Janet King, Don & Shelley Schlaegel \$7 each

2nd Place: Jim & Linda Ryan, Darlene Reber, Monica Konkel \$6 each

3rd Place: Michael & Pam Hemingway, Hideko Gongaware, Joanne Mastalski \$5ea.

Closest to the Pin at Sierra Pines

Ladies - 1st Place: Marlene Bell 36'1" \$5

2nd Place: Pam Hemingway 38'6" \$3

Men - 1st Place: Michael Hemingway 16'8" \$5

2nd Place: Lem Llapitan 19'5" \$3

• • •

### Sierra Pines Ladies Golf

BY PAM SKARG

A perfect summer day is when the sun is shining, the breeze is blowing, the birds are singing and the ball went over the barranca on hole #2. Life is good.

Our family of Lady Niners has grown



*New members: Karen Ohara, Nina Swendig, Linda Yadao and Stephanie Tran*

again with four new members. Welcome, Nina Swendig, Karen OHara, Linda Yadao, and Stephanie Tran. We are all looking forward to getting better acquainted at the next "Meet and Greet" social and, of course, playing golf together. At this time, a date for the social has not been decided.

April 19th was the "Swing into Spring" luncheon which was a huge success. Thank you to Rhonda Slusser and her committee for a lovely afternoon. It's always fun to see how the creative minds will transform the room. Well, needless to say, Springtime was in full bloom. Fresh floral centerpieces with golf balls painted into ladybugs, butterflies, and painted ladybug rocks. A "Wow" when you walked into the room.

April Chip-ins:

BJ Dumm - April 5th - hole #6

Joan Rose - April 5th - hole #6

Sharon Lawin - April 26th - hole #16 at the Oaks

(cont' on page 29)



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# Roseville Industrial Park Update

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

The processing of the Roseville Industrial Park proposal is currently on pause while the project applicant, Panattoni Development Corporation, pursues additional public outreach.

The City will not be actively processing the application or preparing responses to the public comments regarding the Draft Environmental Impact Report (DEIR), while Panattoni conducts its outreach.

At the conclusion of Panattoni's outreach, the City will notify all interested parties of the next steps. If significant changes to the project description occur, there is the potential for additional environmental analysis and the possible need to recirculate the DEIR for public comment.

The City will continue to update this project webpage and notify interested parties when new information arises. Subscribe to the project information list at [Roseville.ca.us/industrialpark](http://Roseville.ca.us/industrialpark)

“Panattoni Development Corporation is committed to work with Roseville and surrounding communities to plan for the future uses of the Philips Road site located in western Roseville,” Panattoni said in a statement.

“As such, we plan to hold a series of “living room” meetings with residents in the surrounding neighborhoods. Our goal with

these meetings is for small groups to weigh in on appropriate uses for the site, given the city's economic development planning goals for this area of West Roseville. Our intent is to leave each meeting with a design that outlines a proposed vision of the site from the group.

We plan to start these meetings in mid-May and have them run at least throughout the summer.

Once we have completed all of our living room design meetings, we will schedule a larger community meeting to present the results of each meeting and discuss next steps.

For more information about these meetings or to host a meeting, please contact Abbie Wertheim at: [AWertheim@panattoni.com](mailto:AWertheim@panattoni.com)”

## Roseville Parks & Recreation Programs and Services Honored

Roseville Parks, Recreation & Libraries recently received news that they are a finalist for the prestigious National Gold Medal Award for Excellence in Park and Recreation Management. Roseville is one of four finalists in the highly competitive population class of 150,001-400,000.

Founded in 1965, the National Gold Medal Awards program honors communities in the United States that demonstrate excellence

in parks and recreation through long-range planning, resource management, volunteerism, environmental stewardship, program development, professional development and agency recognition.

Roseville was a finalist in the 75,001-150,000 category in 2022 and won the Gold Medal Award in 1972.

Next up, finalists must create a 5 minute video showcasing their agencies. Agencies are judged on their ability to address the needs of those they serve by a panel of five park and recreation professionals. Judges are chosen for their considerable experience and knowledge in parks and recreation both locally and nationally.

This year's winners will be announced at the 2023 National Recreation and Park Association (NRPA) Annual Conference in October.

Roseville Parks, Recreation & Libraries manages 81 developed parks, 300 acres of street landscaping, two recreation centers, three libraries, three pools, two golf courses, a Native American museum and 19 Adventure Club sites for before/after school childcare. It is also responsible for the management of just under 4,000 acres of open space/preserves which accounts for nearly 15% of the entire City.

The Gold Medal Awards are presented by the American Academy for Park and Recreation Administration (AAPRA), in partnership with NRPA.

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

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

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

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

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

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

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

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

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Sierra Pines Ladies Golf

(cont' from page 26)

April Birdies:  
Jean Arase - April 26th - hole #16 at the Oaks  
Most Improved Players for April:  
1st flight - Barb Simmon  
2nd flight - Andrea Norcia  
3rd flight - Joanne Mastalski  
4th flight - Kathy Schroeder  
Great golf ladies!

...

Timber Creek Women's Golf Club

BY NANCY LABRADA  
Congratulations to Tena Johson and Laura Cason who were the Red Tee winners and Jean Nakao and Yolanda Lawrence who were the White Tee winners of the Better Ball Tournament held April 12 and 19. The tournament was enjoyed by all and a special thank you to Becky and Susan Green for a wonderful luncheon.



Better Ball Tournament Winners: Jean Nakao, Yolanda Lawrence, Tena Johnson and Laura Cason.

We would like to recognize Jean Nakao and Bev Simpson for coming early every Wednesday, manning the desk and getting everyone registered and on their way to their holes. Also, thanks to Cindy Murphy for helping with our Closest to Pin collection. Thank you, ladies, for all you do.



CTP Collector: Cindy Murphy; Tournament Registrars: Jean Nakao and Bev Simpson.

The Most Improved Players for April were: Marsha Suter (1st Flight); Shirley Roberts (2nd Flight); and Kathy De Vito (3rd Flight). Keep up the good work!  
Our Memorial Day tournament, chaired by Shirley Libis and Cheryl Welch, was held on May 31, a day to remember our friends who passed away in 2022; Cookie Hennager (Captain), Dori Defenbaugh, and Evelyn McHugh; also, Joyce Rogers who passed earlier this year. They are missed.  
The Handicap Tournament will be held on June 7, 14, and 21. It is a fun tournament to play in so sign up and bring your best game to the competition.  
There will be a General Meeting on June 21.

...

Timber Cree Men's Golf

BY GARY BECKMAN  
We are now going into June and our TCMGC tournament schedule is in full swing. In April we held our Pro vs President match play tournament. Once again, the Pro's team won, with our head Pro Ian Glass and his team keeping the perpetual trophy by only two points! We also held our Stroke Play Championship tournament in May. This was a two-day tournament that determined the Champions in all flights including the Club Championship flight which was played from the black tees - no handicaps! Check our website for results.  
In June, we have the upcoming Member/Member golf tournament which we all look forward to. It includes lunch followed by the always fun horse race for all two member teams! If you see a dozen golf carts on the same golf hole - it is just the TCMGC!  
We also have the upcoming NCGA Senior Four-Ball Qualifier on June 20th. This qualifier will send 2 two-person teams on to the next level of NCGA competition.  
If you like to play other great golf courses in the area, we have CVS (Central Valley Senior) which allows a limited number of our members to play at 10 other golf clubs. CVS events are held about once a month. We have two events coming up in June: Stockton CC and El Macero CC in Davis.  
We also have RAMP ongoing in June with the Lakes on the 1st, Oaks on the 8th, and Pines on the 15th. All start at 7AM and

include coffee, doughnuts and a \$15 raffle. We hope to see all of our volunteers out on the course!  
Finally, we have our monthly General Members Meeting scheduled for June 7th in the Ponderosa Room at the Pines. We hope to see you there!

...

Golden Niners

BY RALPH FRIEND  
Tom Statti, affectionately known as Dr. Tom, is our featured Golden Niner for this month. Dr. Tom was a practicing physician before he retired and moved to Sun City Roseville. He and his wife, Joan, moved into our community when it was "brand new". They lived here for 24 years. Dr. Tom is ninety-two years young, he has been married for 68 years, and he has four living children and one child who has passed away. His children live in Shingle Springs, Susanville, Arizona and Sacramento.  
Dr. Tom retired after twenty-five years in the Air Force. He was a flight surgeon and a radiologist. Before that he had a private practice for eleven years in Morgan Hill, California. He has been active in golf and he belonged to the Men's Club for fourteen years before becoming a member of the Golden Niners. Dr. Tom began playing golf at thirty-five years old and he still remembers when his wife gave him a golf clubs "starter set". He took the hint and learned the game and he has never

(cont' on page 30)

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## Golden Niners

(cont' from page 29)

regretted that decision. His in-laws were avid golfers and his wife was “real good”, so he decided that learning to play golf was a good idea! The last thing that he told me was that he really enjoys playing with the Golden Niners and he stated that “they are real good guys”!

Come meet the “real good guys” and join the Golden Niners! The month of April has had \$1,293.00 awarded to the Golf Pro Shop in the names of our club members. That is not bad for a \$3 entrance fee!

The top winners were: Rich Forhan \$36; Bill Kimura - \$34; Jason Post - \$33; Don Clark, Jerry Frederickson, and Lloyd Leitz - \$31; Hubert Gladbach - \$29; Cary Diskin - \$28; Duane Kreun and Ken Mack - \$27; Steve Scheftner and Paul Garcia - \$25.

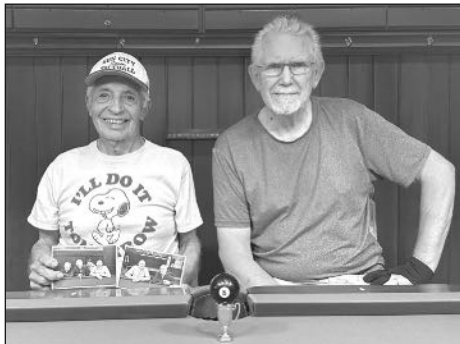
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## Billiards Club

BY DON WARDEN

The Billiards Club continued to be very active during April. Monday morning ladies continue to slowly increase their numbers, but are always looking for new players. No experience necessary as there is always someone willing to help.

The tournaments on Tuesday are now attracting a full house and are very competitive. The every other Tuesday Couples group are having fun, but would like to see more people interested in joining them.



Winners of the tournaments in April:  
4/4 - 9 ball: Jerry Cosby & Chuck Vermette  
4/11 - 8 ball: David Zan & Joe Lopez  
4/18 - 8 ball: Don Warden & David Zan  
4/25 - 8 ball: Ken Neal & Joe Lopez

• • •

## Bridge Club

BY BRENCE DAVIS

Mary Ann Borden was born in White Bear Lake, Minnesota, 92½ years ago. She had seven children in less than ten years. The family would go to Turtle Lake to picnic and swim and would take trips to Molokai in Hawaii in the early months each year. Her youngest child, Billy, was autistic and deaf. He especially liked the elephants when they went to the zoo.

Mary Ann learned travel at a junior college in St. Paul. Because of her studies, she's been to the Great Wall in China, to all of Scandinavia, to Japan, and all-over South



Mary Ann Borden

America. The whole family moved to St. Louis to enroll Billy in a special school for the deaf. Unfortunately, when they got there, the school wouldn't accept him. Mary Ann was lucky to work for the same travel company though.

She had learned bridge in St. Paul and continued to play party bridge in St. Louis. Billy was placed in a special home back in Minnesota, while her other children went on to become professionals: doctors, attorneys, and registered nurses. Mary Ann moved to Sun City and took duplicate bridge lessons here from Bob Boggs. She still has the book that Bob distributed to the class. Her most frequent partners were Ann Swaim and Dawn Beck. She was also a monitor at the reception desk for many years.

Her children live many places in the United States: Barbara nearby in El Dorado Hills; Bob with his wife in St. Louis, Missouri; Joey, the “everlasting hippy,” also in Missouri; Mary Jo back in Minnesota; Patty, also nearby in Grass Valley; and Susan, a top scholar, who became a U.S. representative for CBS all over the world and now lives in Phoenix.

Mary Ann has had a full life!

• • •

## Mah Jongg Club

BY CATHY FLUELLEN

Mah Jongg is a fun and stimulating game requiring strategy, skill and of course a little luck. Anyone is welcome to come by the Card Room and watch the play to see if you're interested in learning the game. So, if you love

games and a little challenge come on by meet new friends and give it a try.

It's been a new change with the new card that came out in April. Just when we were all getting comfortable and feeling as though we'd finally mastered the previous one. No matter how many years you've been playing, or your level of experience, we all get to start over every Spring with a brand-new card. There's a return of some tried-and-true hands and more consistent patterns, but there are also a few interesting new hands to keep things fresh.

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

For more information about membership please call Cindy Faulkner 916-759-7068.

• • •

## Bunco

BY PAT OBERLANDER

May brings flowers! So, ladies, lets watch the sunshine finally... Come join us 2nd & 4th Mondays 9 am sharp! No training necessary, just luck. Sign in starts at 8:30am and we start playing at 9am. Good way to meet neighbors and lots of fun. We'd love to see you. We're in the card room at Timber's Lodge. You don't

(cont' on page 31)

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## Bunco

(cont' from page 30)



### Bunco Winners!



have to commit to every time, but once you start, you'll be hooked. Come on down!

Winners for April 10: Margrit Grenier, Diana Vargas, Nora Bork, and Yoshi Polgar

Winners for April 24: Nora Bork, Susan Moore and Linda Solomon.

...

## SCR Foundation 2023

(cont' from page 1)

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



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- ◆ Lost and found items/pets.

**Classified Ad Submissions** — WHEN: By the 12th of the month. Please email the information below to: [SunSeniorCA@gmail.com](mailto:SunSeniorCA@gmail.com).

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- ◆ \$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.)

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

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## **Recent Sales in Sun City**

5704 Red Willow Ln	Timberose	\$470,000
5320 Campcreek Loop	Rosetree	\$485,000
7325 Apple Hollow Loop	Meadow	\$489,000
7533 John Henry Lane	Orchard	\$495,000
7669 Timberrose Way	Rosetree	\$500,000
7099 Dream Inn Lane	Calaveras	\$525,900
7112 Timberrose Way	Plumas	\$530,000
7049 Mule Team Way	Orchard	\$530,000
4828 Mount Rose Way	Calaveras	\$569,000
5050 Dragonfly Ln	Hearthwood	\$720,000

## **Market Update**

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

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