

# SUN SENIOR NEWS

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## June Trost – Look Who’s Turning 100!

BY JENNIFER MARTIN

Crossing the Golden Gate Bridge on opening day, dancing to the unforgettable music of the big bands frequenting the bay area and riding in her uncle’s Model T Ford—these are some of the early-life experiences that June Trost recalls as she approaches her 100th birthday next month.

Born in 1923 to immigrant parents. June’s father, Rupert Bosl, arrived from Germany with his brother Joe. Her mother, Olga, arrived from Norway, traveling west with her twin sister Yetti who settled in England. Olga continued west to San Francisco where some of her brothers lived in the Central Valley and other relatives frequently stopped by on merchant ships.

June was young during the roaring 20s and was still a child during the Great Depression. Her mother divorced Rupert due to infidelity. Raised by a single mother in San Francisco, during this challenging economic period, June, her older brother Frank and sister, Redell,



PHOTO BY JENNIFER MARTIN

lived a happy life, blissfully unaware of what would later be called the Great Depression.

June had one toy growing up, a doll which she loved designing clothes for, using a small children’s sewing machine. June became accomplished at sewing and has passed that

talent on to her children and grandchildren. She is a meticulous dresser and loves mixing and matching outfits for the perfect look. To this day, she frequently receives positive comments, even from complete strangers, on the beautiful clothes she’s wearing.

As the 30’s progressed and the war was approaching, June was finishing high school. It was the Big Band era and she loved to dance (she still does). After graduating from business college, June became an executive secretary. She was originally engaged to a Marine she knew from high school, but then she met Howard Trost. Although he was often gone on his ship delivering war supplies to the South Pacific (and even though her mother had warned her never to date a sailor), Howard’s love letters eventually won June’s heart and they married on July 23, 1944 in San Francisco. Howard began working at the Presidio doing logistics work for the Army.

(cont’ on page 25)

## SCR Foundation 2023

BY LISA CRYAN

**FORE!** The Foundation will host its 25th Annual Golf Tournament and Fundraiser on Friday, June 2. There will be many games and prizes with tournament play at both the Timber Creek and Sierra Pines golf courses. Lunch will be catered by Buckethead BBQ and will be served at the Pines. If you play the Timber Creek course, you’ll find the Launch Fore Charity Cannon on Hole 12 where players can shoot their own ball from the cannon in place of their drive... see how close to the green you can get! Entry fees are \$75 per player plus applicable green fees and cart fees. Entry forms are available in both Pro Shops. Must sign-up by May 29. Please contact Dave Happe at [scrinvestments@gmail.com](mailto:scrinvestments@gmail.com) for more information.

The Foundation would like to extend a huge “Thank You” to everyone that participated in its fundraisers this spring. First, our semi-annual Bingo event in March was a sellout crowd and a great time was had by all. We hope to see you at our next Bingo event this summer which is scheduled for August 13. Second, we mailed our annual Friends of the Foundation letter to all residents. Your generous donations fund our programs and services that address the physical, cultural,



## Sunshine Services

“We’re Here to Help”

BY PAT TEILH

Join Sunshine Services Now...We are in need of a resident who would like to become secretary for the Sunshine Services council. You would be responsible to do the minutes for all council meetings once a month. Contact [patteilh@gmail.com](mailto:patteilh@gmail.com) if you are interested in helping the Sunshine Services with this most important position.

**Medical Equipment Loan Program:** Any requests related to borrowing medical equipment, returning medical equipment or donating medical equipment can be left at the MEL phone number, 916-367-1695. Make sure to leave a message and a monitor will return your call.

**Dial-A-Ride Program:** If you need a Dial-a-Ride ticket, phone Pat Teilh 916-521-9729 or Donna Leitz 916-952-0510. These two ladies will gladly deliver tickets to your doorstep. Tickets are \$10 for a 10 ride ticket.

**Many Thanks:** We would like to thank the many residents who have graciously sent in a donation to the Sunshine Services Group. It is through your generous donations that we are able to serve our community. If you would like to donate to Sunshine, please send a check to our treasurer Carole Schwartz at 4124 Napa Loop, Roseville 95747. Your generosity is much appreciated.

“We’re Here to Help”

## Sun City Singers

BY JACKIE PROETT

It’s May and if you were ever a part of a May Pole Dance, you will remember the intricate weaving in and out to cover the pole with bright colored ribbons. You were to think of the lengthening days of summer and then end by turning and unwinding the ribbons or days. May then is the end of spring, only one month left until our June 5 Concert at 7pm in the Timber Creek Ballroom. The tickets are \$15 and ticket Chairman is Jahna Holmes 530-559-0599.

May, being the pivot point between seasons, reminds us of all the intricate weaving of the days of the year which will shortly be half gone. The Singers use this time to have a nominating committee come up with a new slate of Officers. Unless others are nominated, the new Counsel will consist of: Co President, Elizabeth Gustafson and Paula Scarpelli, Vice President, Thomas Huish, Secretary, Nancy Johnson, and Treasurer, Kathleen Snook. Voting takes place in June.

Weaving in and out also reminds us of opening and closing. In April, the Singers took part in both. We always happily help open the Softball season by singing the National Anthem and *Take Me Out to the Ballgame*. This year the Harmonicoots accompanied us. The closing was of a dear life of a treasured member, Beverly Green, whose Memorial was well attended. We sang *Amazing Grace* and *On Eagles Wings* to honor her life.

May always opens with Mother’s Day  
(cont’ on page 3)

(cont’ on page 31)

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**EDITORS**  
Gregg & Liz Goldthorpe

**PRODUCTION ASSISTANT**  
Madison Goldthorpe-Lewis

#### CONTRIBUTORS

Jennifer Martin, Lisa Cryan, Pat Teilh, Jackie Proett, Jane Bohn, Barbara Mills, Linda Aug, Lenora Davis, Nancy Vavul, Linda Nelson, Jean Lacher, Charlyn Ross, Ann Stults, Carol Kovach, CJ Kidd, Brian Sutton, Tim Miles, Barbara Eichten, Sherri Scott, Suzanne Crowder, Cathy Schimasky, Rob Baquera, Lois Arlen, Karen Levine, Linda Gordon, Ed Cervantes, Linda Vincent, Marry Ann Chittick, Andrea Norcia, Carol Vaillancourt, Elna Ragan, Steven Gustafson, Suzette Austin, Doris Merchant, Marsha Lucas, David Moore, Stuart Singer, Gail Dailey, Anne Burney, Bob Moltavo, Marisa Bernetti, Pam Skarg, Nancy Labrada, Gary Beckman, Julie Harris, Ralph Friend, Diane Barnett, Don Warden, Cathy Fluellen, Brence Davis, Jim Fulcomer, Martin Green, Megan Scheid, Pat Oberlander.

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## Sun City Singers

(cont' from page 1)

(she gave us life) and closes with Memorial Day (they gave us a better life). Music makes all life better. Come join us on Mondays, 2:30pm at the back of the Ballroom. See and hear for yourself!

...

## Music and Laughter

BY JANE BOHN

Our "Open Mic" format continues to keep us guessing and we are always surprised to see who will appear to perform. A new singer/guitarist, Bob Swanson, appeared to wow the crowd with his rendition of "Love." Elton Pamplin, on sax gave it his usual best with "Harlem Nocturne." Our regulars, Jan and Joe Given performed several songs with Jan on piano and Joe on violin. Of course, pianist Jan assisted throughout the evening including our sing-a-long songs as our melodious audience followed the words on our overhead screen. Ed Lick and Jan Montero came prepared with their latest funnies to keep the laughter going. Another regular, Ray DeBenedetto, gave us his special rendition of "Today" then added several sing-along-songs once again allowing our audience to chime in.

Our enthusiastic prize winners included 1st prize Joyce Christensen, 2nd prize Cal Conley, 3rd prize Yolanda Valdez, 4th prize Diane Rishe, and 5th prize Jan Given.

We'd like to express our heartfelt thanks to all our entertainers, our fan club, our prize

winners and our steadfast helpers; George Flaherty, Maria Hajgato, Arlette Bennett and Nancy Stetz. You all add joy to my life and make my job so enjoyable along with all the Music and Laughter you provide. Look forward to seeing you at our next gathering on Wednesday evening, May 10th, 7pm (doors open at 6:30) at our Sierra Pines lodge.

...

## All Tuned Up

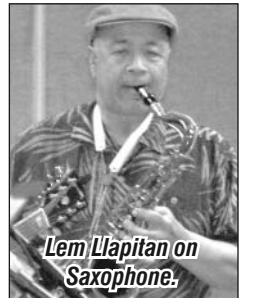
BY BARBARA MILLS

On April 1, the AllTuned Up (ATU) Band offered the first of two annual shows welcoming another sell-out crowd.

"Spring Break" began with Lem Llapitan's saxophone intro to "Take Me Out to the Ball Game," lead vocal by Joe Lopez and Georgie Price on keyboard.

Peggy Wells' distinctive, beautiful voice asked, "Where is Your Heart?" and revealed the heartbreak of "Sophisticated Lady"; Gerry Capellino sang "Eleanor Rigby". Three Dog Night's "Joy to the World" was sung by Letha Dawson, Jean Duffin and Joyce Christensen. Carolyn Winter's vocal lead and stunning harmonica solo, accompanied by the Velvet Groove, lured us to "Come On In My Kitchen".

95 year-old youngster, Ted Ball, sang "Me



Lem Llapitan on Saxophone.

(cont' on page 4)

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### All Tuned Up

(cont' from page 3)

and Bobby McGee”; Dale Mellberg crooned “You Don’t Know Me”; Ken Roberts dedicated his version of “Tammy” to his lovely wife, “Shirley”. Ray DeBenedetto’s “The Nearness of You” combined with Gary Mills’ magical guitar was exquisite. Charlie Kidd’s “Sweet



Carolyn, Anne Becker and Joyce welcome ATU guests.

Caroline” accompanied by his “Kiddettes”: Patti Falkenberg, Cory Blasser, Jean and Gerry, was sweet indeed. Glenn Burleson steamed “Proud Mary” along with his guitar riffs while Charlie sang lead.

Velvet Groove Band members Kenny Giorgi, Glenn, Bill Muncy, and Bruce Ahnberg delighted us with all-time favorites “Old Time Rock ‘n’ Roll” and “Take It Easy”. Kenny declared he had the “Key to the Highway” bolstered by Bill’s soulful harmonica. Bruce sang lead on “Midnight Hour” with Kenny

“walking” his bass alongside.

Dale and Cory sang a country duet, “Remember Me, I’m the One Who Loves You”. Kathy and Henry Koong’s harmonica selections charmed us yet again with their enchanted versions of “El Condor Pasa” and “The Band Played On”. Cory and Gerry’s wistful “Flies on the Butter” and Jean and Patti’s “Let Me Be There” were delightful.

The show closed with a sing-a-long “Take Me Home Country Roads”.

...

### Sun City Harmonicoots

BY LINDA AUG

Who is Myron Floren? Just ask Harmonicoot Dennis Hellman and he will tell you about a famous accordion player from the Lawrence Welk Show. Dennis chuckles as he recalls his father “forced” him and his brother to learn the accordion and play the Blue Danube Waltz just like Myron Floren on TV! While Dennis and his brother never made it to the Lawrence Welk Show, Dennis



Dennis “Mercury” Hellman— WE WILL ROCK YOU.



Dennis having a blast!

found his way back to music four years ago when his wife Rebecca had taken harmonica lessons from Bud Gardner and thought Dennis would enjoy it.

“I don’t read music and never thought I had any musical talent. Learning to play the harmonica has been a BLAST and not as difficult as I thought.” BLAST is what Dennis “brings” to the Harmonicoots. Who recalls Sun City’s own Freddie Mercury on stage screaming “We Will Rock You” to a foot stomping crowd? Do you recall hearing the commanding voice of Private Hellman singing “You’re in the Army Now!” at several Sun City Veterans Club celebrations? “The harmonica is relatively easy to learn, easy to carry and the Harmonicoots are a fun bunch of people. And it’s good for your heart and lungs!” Dennis invites others to give it a try.

It will not surprise you that Dennis is also a member of Sun City Singers, volunteers for the Sunshine Services, works as an AARP Tax Aide, and is Secretary for the Sun City Harmonicoots. While Harmonicoots remains

his favorite past time, Dennis still finds time to be “hands on” helping to assemble the Sun City Courier every month.

The Sun City Harmonicoots are delighted Dennis didn’t ever perform on the Lawrence Welk Show. Perhaps even Myron Floren would agree that Dennis found his center stage.

In April the Harmonicoots performed at the Solo Friends Dinner and joined the Sun City Singers at Opening Day Softball.

Harps Up!

...

### Dance Group

BY LENORA DAVIS

May is already here! Before you make your summer plans, please mark your calendar to join us in our upcoming events.

(cont’ on page 5)



Small group Line Dance I

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## Dance Group

(cont' from page 4)



Country Couples Workshop

To start, we will have a new beginning clogging class on May 5 from 9:00 – 10:00am. It will be in the Ponderosa room at Sierra Pines. Clogging is easy and fun, and the first class is free. Come and try it out.

Monday, May 15, Line Dance classes II, III and IV will host a line dance social in the ballroom from 6:00 to 9:00pm. Come and kick up your heels with your dance buddies. Tickets are on sale (only \$5.00) at the monitor's desk in Line classes.

June 28 will be our annual election dinner dance, where we elect new officers for the coming year in a short general meeting. Then dinner will be served, entertainment provided by some of the dance classes, then open dancing. In keeping with summer, the menu will consist of hamburgers, sides and desert. Tickets will be available at the monitor's desk of all dance classes: only \$20 for members and \$30 for guests.

Then look forward to July 17, when we

will be having a sock-hop. With 50's and 60's music, everyone will be sure to be out on the dance floor – dancing to the tunes from your younger years.

As a recap, our March 20 showcase was a big success. All of the hours of practice showed as each dance group performed beautifully. The audience loved it and an amazing number of them got up to participate in the workshops that followed. Special thanks to Susan Glover for the terrific job of putting this all together

Please come and join us for one of these listed events – they are always great fun. See you on the dance floor!

• • •

## Drama Club

BY LENORA DAVIS

Who are these people? Are they from around here? Yes! They are from around here,



Joggers & Movies



Stage & sound, Letter

but they are not just ordinary people. "They look like ordinary people," you say? They are highly talented and extraordinary people! "Tell me more," you say? They are from the cast and crew of our May 29 drama production. So, without further delay, let me introduce to you the casts of two of our plays. "Going to the Movies" stars Chris Poppelreiter and Jennifer Martin – both talented actors with many years of experience. They will have you chuckling throughout their funny and relatable discussion about which movie they should go see. Our "Jogging Along" skit features our actors Pam Wingo and Vivian Friedman. These two are hilarious and will have you rolling in the aisles.

Inside the "frame" of our other photo

we feature our highly talented stage, sound and lighting crew (left to right): Rob Harper, Charlie Baughman, Joy Winston, Greg Davis and Nick Poppelreiter. In the front row are Tina Kinghorn, Michael Dover and Jean Saunders, who will present the reading of a letter offering a short tribute to our fallen soldiers. We are proud to present this script to you.

If you haven't purchased your tickets yet, contact ticket sales directors Linda Vincent (206-794-9089) or Joy Winston (916-709-2479), or any Second Act Studio Drama Club member. Tickets are not available at the Activities desk, but are available in the Wall Street Room next to the Activities Desk on Mondays and Wednesdays between 12:00 and 1:00 pm through the month of May.

Note: Some language not appropriate for children.

• • •

## Fine Arts Club

BY NANCY VAVUL

It's the merry, merry month of May, but do not let it take you by surprise. Use your pretty eyes to do and enjoy all that May has to offer. The weather has turned nice, the flowers are blooming, and the birds are singing and calling us to reflect upon the world around us. What a great time to create or view some beautiful art! Even though the art room may be under some renovations, we still plan to offer classes. Acrylic classes by Donna Self will continue on Monday afternoons, oil classes by Sue Edie

(cont' on page 9)

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## Ambassador Committee

BY LINDA NELSON

Hope you all are enjoying the Spring weather and sunshine. The Ambassador Committee was represented at the Mix and Mingle event on April 26. This event is one way for you to be learning about what the 10 committees that support the Home Owners Association Board of Directors do and how they interact with the board to accomplish the business of the Home Owners Association. There were some other special focused committees represented at this annual event as well. We all set up booths to inform you all and to help you know how you might become involved by volunteering with these groups in the coming year. This year's theme was Mix and Mingle with the Stars, the movie stars. Our group imitated the 80s for Brady group and we had lots of fun. Each committee decorated their table/booth according to this theme and there were door prizes and drawings. This is an annual event held in April. If you missed it, you can obtain information at the front desk or administration about how to contact any of the committees to get more information and to volunteer.

The Sun City Roseville website is also a great source of information. You can sign on to the website at [sces.org](http://sces.org). There are flyers posted in the corner of the lobby with information as well. Feel free to attend any of these committees throughout the coming year; they are open to the whole Sun City Roseville community.

## Governmental Affairs 101

BY JEAN LACHER

Some Sun City residents may wonder what the Governmental Affairs Committee (GAC) does and why it exists. In summary, GAC monitors Federal, State, County and City activities that may affect Association operations or finances. GAC members monitor these activities in multiple ways.

First, GAC extends invitations to elected officials who represent Sun City to attend its monthly meetings. Frequently, staffers from our Congressional, State Senator, and State Assembly member offices share legislative highlights.

Second, invited Guest Speakers present updates on topics of interest, such as electricity rates, ballot measures, and park proposals.

Third, GAC members research legislative bills, local development proposals, and government policies that may affect our community, and provide written and verbal reports. The goal of these reports is to provide factual information and resources for residents and Board members.

If needed, GAC members may develop position papers and/or letters on issues for Board review and approval. GAC's role is informational – only the Board can send correspondence to government authorities on behalf of Sun City.

Currently, GAC members are monitoring the proposed Roseville Industrial Park, City rebate programs, County Transportation plans, and State legislative bills about Accessory

Dwelling Units and Common Interest Developments along with other topics.

To learn about these important activities and more, attend a monthly GAC meeting; dates and times are listed on our Sun City website.

If you are interested in becoming active in the GAC, we will be more than happy to show you how to apply.

For more information, contact Chair Steve Cho or any committee member to learn more about how GAC serves both residents and the Board.

## Website Work Group

BY CHARLYN ROSS

We're Moving Forward!

By now residents have figured out how to access the Fitness Center and indoor pool by walking through the Lodge. The Neighborhood Watch/Citizen Patrol Office has acclimated to being in the Wall Street Room. And, the Phase A remodeling of the Fine Arts Room, Creative Arts Room, and Fitness Center's Dressing Rooms has begun. The Resident Website, [www.sces.org](http://www.sces.org), continues to be an important resource for updates on the construction, as well as all the usual information on meetings and activities which Sun City Roseville (SCR) offers to its residents.

Just a reminder, in addition to the Announcement page of the Resident Website and the Association's emails to residents, the mid-month issue of the online eCourier,

provides updates, alerts and additional information. A link to the online eCourier can also be found on the Resident Website, from the "Community" menu.

Construction Updates — The "Under Construction Timber Creek Lodge Renovation Information" button is a link to construction updates. It is located on the Resident Website's Home Page, above the Announcements area. Weekly updates of the on-going construction will be made available from this link, as well as the Strategic Plan Phase A architectural drawings, which provide details of the remodeling.

Volunteer Opportunities — The area below the Courier graphic on the Home Page, now contains a button to the "Volunteer" web page, which provides information on how a resident can support the Committees, Board of Directors, Clubs and Resident Group which enhance living in our great active, adult community. Below the "Volunteer" button, a "View Calendar" button, permits easy access to all scheduled activities and meetings.

Our Wonderful Fitness Center (FC) — It is a recognized fact that having an on-site fitness facility is one of the primary amenities in our community. Because of this, plans are in progress to expand the workout area after the Phase A remodeling is completed. Later this summer, residents will have a chance to cast a vote regarding this expansion of the FC.

The FC webpage has been updated to be more user-friendly and to provide residents with all the information needed to use its

(cont' on page 7)

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## Website Work Group

(cont' from page 6)

facilities, both indoors and outdoors.

Information on class descriptions and schedules, personal training assistance, arranging for a massage or skin care service, blood pressure checks, the FC Policy, the Guest Pass program, and upcoming events are all posted. To see brief descriptions of classes and their schedules, navigate to the Fitness Center webpage from the "Amenities" menu and click on the "Schedules & Class Descriptions" button.

The outdoor pool and patio opened for the season on April 24. As summer heat arrives more of us will be heading there for recreation, relaxation, and family fun. Just a reminder that residents and guests need to check-in at the FC Monitor Desk upon arrival.

A Link To External, Informative Websites — That odd, little "Hamburger" button, at the far right of the Resident Website's black menu bar, contains a drop-down list with some important links to other websites that may be useful. Those websites include Citizen Patrol & Neighborhood Watch, Contractor & Vendor Referral Resources, Entertainment Resources, Investment Resources, Resident Government Resources, Resident Safety Resources, SCR Foundation, and Sunshine Services.

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 www.scrca.org

## Election Committee

BY PAT TEILH

The Association Election for the Board of Directors —

The Board of Directors election for three directors will be held on July 18, 2023. Social events, candidate forums, and meet and greets will begin soon.

Candidates and their campaign managers are seeking creative ways of communicating with residents. Candidates may hold meetings, or they may send an e-mail or give you a phone call to participate in a campaign discussion. These are only a few of the ways in which the candidates will campaign.

To be fully informed by the Elections Committee of all changes to the election, please check the website regularly; we suggest once a week at a minimum to stay abreast of election updates. If you have any questions about this election process, please email Pat Teilh, Inspector of Elections at Patteilh@gmail.com. Your vote is important.

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## Volunteers — A Gift to the Community

BY ANN STULTS

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

If the answer is yes, there are many avenues available to you in our local community. One of these is to become a Sutter Roseville Auxiliary volunteer at Sutter Roseville Medical Center. Recent and not so recent retirees find they still want to be productive and share their experience from their respective careers. Interacting with fellow volunteers, hospital staff and patients helps you to maintain your learned skills and gives you the satisfaction of making a difference in your community. New Auxiliary volunteers are given training for their respective hospital service assignments and do not need to have any hospital background.

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

Information. These are all areas where volunteers supplement the staff except for the Gift Shop as this is totally staffed and operated by the Auxiliary volunteers. The Auxiliary has donated several hundred thousand volunteer hours to the hospital since its inception in 1956 and has also donated over \$2.2 million for much needed equipment/projects to the Sutter Medical Center Foundation through fundraising and Gift Shop receipts.

New volunteer applicants attend two orientation meetings for information and placement within a specific hospital service. Monthly orientations are held. Once a service has been assigned and all requirements including the Covid vaccination(s)/booster have been met, training begins.

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

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

For more information, contact:

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

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*Auxiliary Volunteer Linda.*

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## Fine Arts Club

(cont' from page 5)

will again be held on Friday mornings, and alcohol ink classes by Sherry Bleiweiss will take place on Friday afternoons on May 5, 12, and 26. There will be no watercolor classes for a while. If changes are necessary, you will be notified by email, and we will post notices in the showcase by the door. Please be alert for these disruptions so you aren't taken by surprise.

Mark your calendars to bring in your masterpieces to install in the room on the gallery wall at 2:30 on May 4. On May 11, at our general meeting we will vote for our favorites. Also, at that meeting, we will have a critique session led by our own Pat Abraham. If you have a piece that you are struggling over or a piece that needs a little direction, bring it in and get some expert advice. Using a pair of fresh eyes is such a great way to learn and improve.

Looking ahead, make note that our spring installation luncheon will take place on June 9 at Sierra Pines. This will be a great time to meet and greet our new officers and to enjoy the friendship of our club.

• • •

## Creative Arts Club

BY CAROL KOVACH

Members of the Creative Arts Club were treated to a unique workshop presented by new member Mary Edson on 22 January. Mary demonstrated her self-taught method of creating beautiful pots that resemble wheel-thrown pieces but use hand-building techniques. Her journey to this technique grew out of three phases of her pottery skills, which began some fifteen years ago.

In 2007 Mary joined a 55+ community in Arizona where for a year she learned from other members of the group to hand-build pottery. While living in Arizona from 2009 to 2011, she embarked on an intensive period of developing her wheel-throwing skills throwing bowls for hours a day 4-5 days a week. She created a collection of bowls, all with a similar dark glaze! She is very particular about her glazes, testing many combinations on test tiles. Mary is self-taught from U-Tube and videos and credits her wheel-throwing skills for her ability to develop her current technique.

This special technique uses a combination of hand building methods to create her masterpieces. Using a slab roller or rolling pin a slab of flat rolled clay is used to create a

basic shape using a bottle or other container to wrap the clay around. Adding thick coils to the top, using metal and rubber ribs, the pot is shaped by pushing out and thinning thicker parts and the sides, adding texture with a variety of tools, or carving into the clay.

Mary's husband Rick is part-owner of an almond ranch in Oakdale. Mary is also an artist. She developed her unusual style while living in a friend's house in the Bay area, designing a beautiful English garden which she captured in on canvas. Her large paintings of landscapes use layers of paint, including left-over house paint.

• • •

## Needle Arts Club

BY CJ KIDD

Smile and the whole world smiles with you. Make someone smile today just by smiling yourself.

Our Fashion Show, "Spring in Bloom", is this Friday, May 5th, 2023 at 11:30 am in the Ballroom. It promises to be one of our finest events. I would like to thank the Chairman of the Fashion Show, Dianne Faulker for organizing the entire event. Diane and the Fashion Committee shared all of their talent, energy and creativity in putting this fashion show together. Dianne's committee included Shirley Conzelmann, Carolyn DeSantis, Elaine Tom, Barbara Davis, Sharon Lawin, Barbara Aaberg, Judy Bostrom, Karen Porter and CJ Kidd. Great Job Ladies!!!

I would like to thank the models in the Fashion Show. The models are Paula Hau, Darlene Haverland, Diane Scalise, Dawn Haskins, Trish Pelascini, Chris MacAdams, Linda Smouter and Susan Dutchler. Thank you, ladies.

Thanks to the greeters at the Fashion Show Karen Porter, Shirley Conzelmann, Sharon Lawin and Barbara Davis.

Thank you to Judy Bostrom and her decorating committee for the beautiful and clever decorations for the "Spring in Bloom" Fashion Show.

I would also like to thank the Staff: Jenny Giallanza, Catering Sales Director; Sharon Mowry, Activities Director; Beth Acre, Activities Department; and Terry Armstrong, Senior Graphic Designer. Our thanks as well to Jan Givens for entertaining us with her beautiful piano music.

And THANK YOU to all who purchased

tickets and attended our Fashion Show of 2023. We appreciate every one of you and all of the support you give to our Needle Arts Club.

I look forward to the June General meeting on Wednesday, June 7, at 1:30 in the Ballroom which will feature club members sharing their projects. Show-And-Tell is always fun and inspiring. Hope to see you all there.

• • •

## Cinema Group

BY BRIAN SUTTON

Join us for this exciting May movie, "The Train" (1964)

In 1944, with the Allies poised to retake Paris from the Germans, Colonel Von Waldheim (Paul Scofield) conspires to sneak out by train, all of the art masterpieces the German army has looted from French museums. But a museum curator, (Suzanne Flon), alerts the French Resistance, and soon railway inspector, Paul Labiche (Burt Lancaster), is pressed into service. He must stop the train without damaging the cargo. An intricate scheme is designed to do just that.

One critic wrote, "A wholly persuasive, intelligent thriller, crisply directed by John Frankenheimer."

This film received exceptionally high ratings...

7.8 (out of 10) from the website "Internet Movie Data Base (IMDB)".

94% Critics, 89% Audience, on the review website "Rotten Tomatoes".

It was nominated for an Oscar for "Best Screenplay".

Friday, May 19, 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 finally coming out of the harsh spring weather and our hobby is picking up. The Westpex show in Burlingame kicked off the summer season.

Al Capparelli (916-771-8288) has been "breaking down" an "assigned collection for over two months that primarily consists of Germany but is starting to encompass Australia, New Zealand, and the US so if you have interests with any of these areas, contact Al and let him know.

Our meeting dates for May are set for May 9 and May 30. The June dates are set for June 13 and June 27. All meetings start at 6:30 pm at the Sun City Lodge (7050 Del Webb Blvd, Roseville). Our meetings are generally over by 8:40 pm and you're on your way.

All members of the American Philatelic Society received a copy of the Palo Stamp Album Catalog with their monthly APS magazine in April. It contains all sorts of the more-upscale albums available to collectors and also has a big area in the back full of different items used in the hobby and rarely located. It contains everything from watermark detectors to watermark fluid to "drying books". It is quite an interesting reference book to the collector. Look up "paloalbums.com" for anything they might offer. It is an enjoyable resource. Upon contact, they will mail you a copy of the catalog. Their albums, while expensive, are beautiful and they represent several European manufacturers also.

• • •

## SCR Computer Club

BY BARBARA EICHTEN

Anyone interested in photography? Improving your picture taking skills? Want better memories from your travels? Come to the General Meeting on April 24, 2023 at 10:00 am in the Ballroom. Check your email for further information.

Photo: PhotoSIG will meet on the 3rd Friday, May 18 at 10:00 am in the Club Room. Come to the meeting and see how the Photo SIG (camera club) does things. All Computer Club members may join the Photo SIG. Submission of a maximum of 3 photos, sent to PhotoSIG916@gmail.com, is due by Monday, April 15, 2023. The photos are juried

(cont' on page 11)

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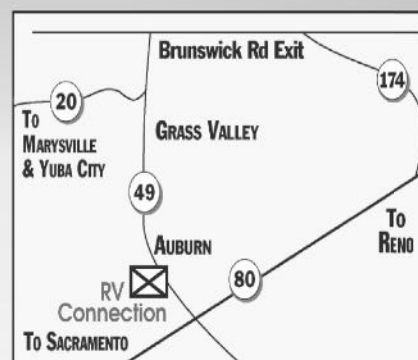
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## SCR Computer Club

(cont' from page 9)

at the regular monthly meeting. May's theme is "Portrait (person or people)." Photos have no time frame. Contact Dennis Studer or Jenny Ramirez for additional information.

Card Making: Will meet on the 3rd Tuesday, April 16, 2023 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, May 3, 2023 at 10:30 am in the Club Room. Bring your devices: iPad, iPhone, Mac computer.

Open sessions will be available on Friday, May 5, 12, 19, 26, 2023 from 1:00 - 3:00 pm. This is designed to give individual assistance with devices. Other OPEN sessions will be available on Tuesday, May 2, 2023 from 1:00-3:00 pm and May 9, 2023 from 9:30 -11:00 am in the Club Room.

Check the scres.org website for further information or call (916-587-2862) or email (Suncity computerclub2@gmail.com) the Computer Club.

• • •

## Conservative Action Group

BY SHERRI SCOTT

The major issue discussed in our last meeting impacts Sun City. A proposed City of Roseville zoning change described in a Draft Environmental Impact Report (EIR) will allow the development of the Roseville Industrial Park at the west end of Blue Oaks Blvd. By the time you read this, the City of Roseville will have held two meetings in April for review and public comment on this EIR. The final comment period closed on April 21. What's the concern for us? Eighteen-wheel semi-truck traffic and noise on Blue Oaks and possibly Fiddymont. The huge Industrial Park will ultimately have 2,421,600 square feet of buildings with an estimated 80% of warehousing and distribution occupants. Complete build-out will be based



on demand. Existing streets will be used initially and possibly for many years. Phase 1 will have 436,368 square feet completed by 2025. Members of our group will attend these meetings to request significant reductions in traffic impacts to our area.

Attendees were also brought up to speed on transgender issues confronting the Roseville Joint Union High School District.

Our next meeting will be May 1, 6:30 pm at Sierra Pines.

• • •

## Boomer Generation

BY SUZANNE CROWDER

I find it amazing as you read this article that 4 months of 2023 are already behind us. Hopefully it took the bad weather with it. We had the first General Meeting of the year April 27th. We kicked the meeting off with a very competitive game of LRC Wild at each table and one person from each table went home a little richer. The SIG leaders gave updates on their groups and a new SIG has been started, Bowling and Top Golf. Membership in the Boomers does not constitute receiving emails from the actual SIG leaders, you must sign up directly with the SIG. We also had our candidates that are running for the open board positions available to meet and ask questions.



Boomer's St. Patty's Day Potato Bar and Game Night on March 17, 2023.



We're excited for another fun event coming your way in May. It will be Boomers doing what they like to do best, eat, drink and dance. The May 24th event will be held out doors on the patio at the Timbers, under the

stars and tents. A Mexican Fiesta Buffet and dancing to the Planet Groove Band are the highlights for this event. Ticket sales for the May 24th event went on sale at the General Meeting. Flyers are in the lobby. May has no Courier Days, but we are looking into getting a table in the hallway for ticket sales so watch your eblasts for locations to get in on the fun. This event will allow guests from the start so pricing is members \$35 and guests \$40.

So, remember, the elections will be held June 21st 7:00 pm Sierra Pines. You must vote in person by secret ballot. You can swing by, vote and leave or BYOB and we'll find something fun to spend our time doing. Happy Spring!

• • •

## Solo Friends

BY CATHY SCHIMANSKY

What's New with the Sun City Solo Friends Group?

Our total membership continues to grow as solo residents in Sun City discover that being a Solo Friends member helps them create a living style that focuses on "NOT surviving" but thriving!

The May first Solo Friends general meeting guest speaker will be from the Roseville Public Library. Attendees will hear about benefits available to residents who have free access to all three libraries including the Martha Riley, Maidu and downtown locations.

The March 18 "Wearin of the Green" social dinner event was outstanding and featured two delicious entrees comprised of a choice of beef trip tip or "vegetarian meatloaf" entrees. All participants enjoyed the fun after dessert by playing multiple rounds of card bingo.



Solo Friends bookclub small group meeting; organizer is Kathy Neuhaus.

The April 15 Spring Swing (yes, it was "tax day") social dinner event was catered by the Roseville Spaghetti Factory; the talented Sun City Harmonicoots were the featured entertainment after dinner. The Harmonicoots have multiple videos on YouTube for all to enjoy those talented performers.

The Solo Friends Special Activities small groups provide opportunities for Solo Friends members to socialize and build more friendships with 16 or less members attending meetings at member hosts' homes. When the "small" group grows to a larger number of participants like the Rummikub group, they meet in the Timbers card room. More information can be viewed by selecting the Small Group Activities link on the Sun City Roseville Resident Groups Solo Friends website.

Upcoming general meetings are May 1 then July 10 at the Timbers Lodge ballroom starting at 6 pm and the upcoming social dinner meetings at Sierra Pines starting at 6 pm are scheduled for May 20 then July 15. The small group games and social dinners are for members and their personal guests only; however, all Sun City residents are invited free of charge to attend our general meetings.

• • •

(more Club News cont' on page 12)



The "Wearin' of the Green" March 18 social dinner team led by lead host, Sandi Nordquist.



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## Safety First — Mailing checks can be a risky business

BY ROB BAQUERA — Public Information Officer, Roseville Police Department

Writing checks and mailing them has declined in recent years as the option to pay bills online has become more common. Check fraud and theft, however, has been growing- doubling over the last year.

There are two distinct categories of crimes involving checks:

**Check theft** — Typically, check theft occurs when the scammer is able to intercept your check before it reaches the US Postal Service or before is actually received by the recipient. There has been a rise in theft from both personal mailboxes and USPS blue maildrops by thieves breaking the locks and stealing mail. Recently a mail carrier was even robbed at gunpoint to get the master key that unlocks all USPS mailboxes. Once in possession of a check, the scammers can 'wash' the check, a process to remove your writing and replace it with theirs. A \$20 check can quickly become \$2000. They will occasionally set up an account with a bank to receive the funds or use a check cashing business. After the bank clears the check in a few days, the scammer has access to and withdraws the money. It usually takes the bank, or you, several more days to identify the fraud, by which time the money is long gone, and you are sometimes left owing to the bank.

**Check scamming** — This involves a scammer conning you into sending them a check and/or sending you a fake one. Scams include:

- Emails telling you that you've won a



prize. Frequently you are asked to send a check for a small amount just to cover "taxes and shipping costs". They cash your check and disappear. They may also 'wash' your check, turning it into a larger amount.

- People buying an item from you online may 'accidentally' overpay you and ask you to return the overpayment as a check. Once you do so, they can again "wash" your check inserting a much larger amount. Often, the check they sent you will also be returned as fraudulent.

- Scammers posing as businesses send you their fake check, urgently asking you to buy gift cards and send them the pin numbers. The moment you do so, they cash the cards out. You find out later that the check was not real. Sometimes cryptocurrency or wire transfers are used instead of gift cards in their scam.

How to avoid check scams:

- 1) Make payments electronically wherever possible.
- 2) If you have to mail a check, take it to a Post Office and drop it in the lobby mail slot.
- 3) Monitor your checking transactions frequently online and inform your bank immediately of suspicious activity.
- 4) Do not respond to personal shopper or "you have won" emails or texts.
- 5) Do not write checks for the balance of overpayments.

In all cases of suspected fraud, notify your bank and file a report with the Postal Inspection Service where mail theft is suspected.

## Jewish Fellowship Circle

BY LOIS ARLEN AND KAREN LEVINE

A special thank you with appreciation to Larry and Sherry Bleiweiss for leading the Shabbat service and hosting the Oneg in March.

The Purim Party in March was hosted by the Jewish Fellowship was a lot of fun. Hamantaschen and other delicacies were plentiful. An English version of the Megillah – the story of Purim - was read by several members which was enjoyed by everyone.

Passover was done at the Timbers and what a feast we had!! From Matza Ball Soup to Gefilte Fish to our main course. The Haggadah was read and the evening was quite festive.

Our Lag B'Omer BBQ will be held on Sunday, May 21st at 6:00pm at Sierra Pines. We will have a game of corn hole, a putting contest and a fun time for all.

Stay tuned to this site to see other events that the JFC presents. Our group is growing, and we have lots of fun.

• • •

## Healthcare Professional Group

BY LINDA GORDON

The Healthcare Professionals Group is growing nicely. We are 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.

Our next meeting will be on Wednesday May 3 in Sierra Pines Ponderosa Room. Our Speakers will be Ed & Eileen Cervantes, hosts of the Heart of Gold Meditation Group. They will speak about a simple method of meditation that uses soothing mantras and music to ease the stress and anxieties of daily life and emotional situations.

Cost for lunch is \$10. RSVP required to Linda Gordon information below.

The group also sponsors a Blood Pressure Clinic on the 2nd Wednesday of each month from 9:30-10:30am in the Fitness Center. As well as checking Blood Pressures we can check your BP units from home & answer questions you may have. No appointment is necessary. Next clinic is January 11.

For more information, to get yourself on the mailing list & RSVP to the meetings contact Linda Gordon at garlind77@gmail.com or 510-813-7815 (call or text).

• • •

## 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

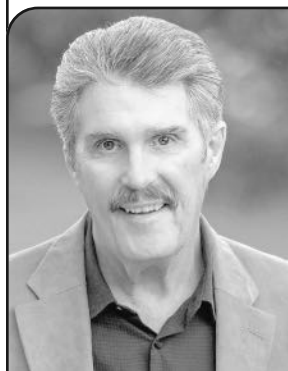
(cont' on page 14)



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# Neighborhood Watch/Citizen Patrol

BY LINDA VINCENT

Do not leave an invitation for burglars. With warm weather and longer days comes yard work. Many residents keep their lawn equipment and other valuables inside their garage. It is not uncommon for residents to leave their garage door open while they are outside working.

This may be convenient, but it is an open invitation to a burglar especially when working in your backyard - you have no eyes on the contents of your garage, i.e., golf clubs, tools, etc. Theft can happen in a matter of five seconds or less.

Here are a few tips to keep criminals out of your garage:

- Don't leave your garage door opener in your car. If a thief breaks into your car and steals the remote, he has an easy way into your home. If it is programmed in your car, be sure to lock the inside garage door before going to bed.
- Make sure the garage door is closed. When leaving your home, look to be sure the garage door closes and stays down. We all get in a hurry doing so many of the things offered in our community - I can't tell you how many times I have turned my car around to make sure the garage did, in fact close!
- Check the garage door before going to bed.
- Close the garage door all the way down. A criminal can easily slip under a partially open

door or other unwanted "guests".

This is where your Citizens Patrol program comes into play in our community - we are out 365 evenings a year in both the North and South sides of our community watching out for those open garage doors!

Secure your home

Here are a few more tips that you can incorporate into your daily routine to make your home more secure:

- Padlock the side gate of your home. If a criminal can easily walk into your backyard, they'll have a great place to hide while they attempt to break into your home.
  - Lock all your doors. Whenever you leave home, make sure all the doors to your home are locked. This includes the side garage door and the door from your garage to your house. These are often overlooked by the homeowner.
  - Close and lock your windows when you leave even if it is for a short time. With warmer weather you may be tempted to leave the windows open to let in fresh air. Open windows will also let in a thief.
  - If you have an alarm system, make sure to use it. Arm your system every time you leave. Post signs to let a potential thief know that you have a security system.
- You can reduce your chances of becoming a victim of home theft by following some simple rules every time you leave home. Make sure to remind your teenagers of these rules, too.

Don't make your home an easy target for a criminal this spring season.

Important Phone #'s:

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

will contribute to their becoming qualified future leaders on Association Committees and the Board of Directors. With such a program in place, Members can be assured that the Sun City will uphold the stature of Sun City Roseville and its future success.

Following are the names of this year's graduates: Jill Aggersbury, Tim Aquino, Ron Baker, Yvonne Bond, Rosemary Dinse, Steve Dutchler, Melanie Faust, Linda Fredericksen, Patricia Jednorozec, Monica Konkel, Rick Niski, Frank Tom, Michelle Weeks, Michael Welch, Amel Whitaker.

If you are interested in becoming a part of the next Academy class, beginning in January 2024, you may contact Chair Dave Breninger or Vice Chair Jean Lacher at numbers listed in the online Sun City Roseville Directory.

## Congratulations to the Graduates

BY MARY ANN CHITTICK


Sun City Roseville is proud to present the 2023 Leadership Academy class. Fifteen people, through their dedicated efforts, are now more familiar with the operations and governance of the Association, having covered the following topics: history, leadership, finance, strategic planning, and organization and governance. In teams of three or four, each prepared and gave a presentation to the Leadership faculty and Board of Directors on March 29, completing all the requirements for graduation.

The intent of the Academy is to prepare Association Members with information that


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

BY PAT TEILH

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



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Mantra Meditation

(cont' from page 12)

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.

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

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

Wednesday, June 7th 1:30pm - 2:30pm in the Ponderosa Room at Sierra Pines

Mark your calendar and we'll see you soon.

Ed Cervantes and The Heart of Gold Meditation Group

mantramedclub@gmail.com

• • •

SCR Travel Club

BY ANDREA NORCIA

The Sun City Roseville Travel Club's (TC) next general meeting is on May 22, 2023 at the Sierra Pines. The TC is combining its general meeting with our Spring Social. The Spring Social offers a catered dinner by Penguin's catering. Penguins is serving herb roasted chicken, vegetable lasagna, loaded mashed potatoes, green beans, garden salad or raspberry vinaigrette salad, garlic bread, and 3-berry cobbler. Water will be provided.

An invitation for this event is available on the TC's website.

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:

April 28-May 11, 2023: Cultural Treasures of Japan

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

September 14-27, 2023: Plains of Africa

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

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

October 12-19, 2023: Colors of New England

December 2023: New York City Christmas Lights

Scheduled trips for 2024 include:

January 18-29 2024: Treasures of Egypt

February 21-March 10, 2024: New Zealand

April 3-16, 2024: England / Scotland

\*2024: The Ozarks

June 2024: World War II Tour (Including Paris)

August 15-22, 2024: AMA Bordeaux River Cruise

September 2024: Galapagos Islands

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

significant increase in your airfare.

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.

• • •

Republican Group

BY CAROLE VAILLANCOURT

Occasional we like to mention who we are... We are Republicans, who have re-located to this adult community from all over the USA. and are bound together because of our fundamental Republican/Conservative core values. We stand for Individual Freedom for everyone, Border Security, and our Military and Law Enforcement.

We are chartered as an official volunteer group by the Placer County Republican Party.

Our goals include assisting Republican elected officials in Placer County by our active involvement as grass roots volunteers, to network with other grass roots volunteers, to inform and educate members of our community on important issues of the day through workshops, and speakers to foster camaraderie and a sense of belonging among fellow Republicans.

Our monthly meetings feature interesting and informative speakers, in addition, we also sponsor multiple social events during the year. We invite you to take this opportunity to join us!

Meeting Information — Place: Sierra Pines facility, Date: 1st Thursday each month, Time: Social 6:45 PM... meeting 7 PM.

Our next meeting is at & 7 PM on 4 May 2023; speaker pending!

• • •

Rods & Relics

BY ELNA RAGAN

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

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

As in years past, the proceeds from the Car Show go to local charities. Over the past 16 years, the Rods & Relics Car Club has donated over \$229,000.00! This year's recipients will be Gigi's Playhouse for Special Needs/Down Syndrome Children, the Assistance League of Greater Placer's "Drive to Thrive Program," and the Lincoln Police Department's "Project Lifesaver... Bringing Loved Ones Home." The Club also supports a Little League Baseball Team.

(cont' on page 15)

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## Rods & Relics

(cont' from page 14)

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

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

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

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

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## Socrates Cafe

BY STEVEN GUSTAFSON

Socrates Cafe is an inspiring discussion group for Sun City residents. At our meeting last month, 17 of us gathered around a rectangular arrangement of tables (so we can see each other). As is our custom, a facilitator presented questions for discussion. The key question was "What is an ideal education, and did you receive one?". Some answers from well-known people were provided; for example, Albert Einstein: "Education is what remains after you have forgotten what you have learned in school."

Most of us recounted our educational experiences (and those of our children or

grandchildren). A recurrent theme was the importance of small group interactions with fellow learners — for most of us a teacher speaking in front of a large number of students contributed little to "an ideal education". Another theme was the sometimes extreme variation in the

quality of education for different socioeconomic groups—whether or not you received a quality elementary or high school education depends strongly on your Zip Code!

We meet at 10:00 on the first Monday of the month in the Timbers lodge. On Monday May 1st we will discuss this question: "Artificial intelligence such as GPT-4 can now write on any topic in a way that is essentially indistinguishable from a talented human writer. How is truth, information, knowledge, opinion, etc., affected by this capability?" You are welcome to join us.

...

## Garden Club

BY SUZETTE AUSTIN

On March 25th, Mike Horrell hosted a workshop for Club members in his garden. The focus was on planting flower combinations and layering of plants to give year around color.

"Square Foot Gardening" was the feature of our April meeting. This is a simple method of creating small, orderly, and highly productive vegetable gardens. Dave Faoro, our speaker, is a certified instructor of this method.



Filoli, an English Country Estate located in Woodside, 30 miles South of San Francisco, will be the subject at our May meeting. This magnificent house and garden is beautifully situated on 654 Acres overlooking the Spring Valley Reservoir. There are 16 acres of formal Georgian and English Renaissance Gardens, Greenhouses and Berry Cages, a Cutting Garden as well as a Gentleman's Orchard. Suzette Austin, SCR Garden Club member, who spent 10 years volunteering there as a House and Garden Docent, will give this visual presentation.

June is our annual Root Beer Float to kick off summer. Remember, we don't meet in July and August. Meetings start again in September.

We are beginning to plan our 2024 Sun City Garden Tour and previewing gardens that have been submitted for consideration.

Please see the Garden Club website for information on Master Gardeners events and other gardening information, as well as more information on Club Events.

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



8:15 pm. Our next meeting will be May 2. We are planning lots of interesting topics for our club meetings in the coming year. For more information about our club check out our website or contact Karen Burford at 530-575-8384 or [karinab@aol.com](mailto:karinab@aol.com).

...

## SCR Hiking Group

BY DORIS MERCHANT

Our annual election for officers was held at our last meeting on March 13. Officers for the new fiscal year are: President - Pete Grady; Vice President - Bill Haley; Treasurer - Charlie Baughman; and Secretary - Silvana Hughes. Congratulations to you all! Also at this meeting we had a guest speaker, Jim Boyle, who told us about his trip to Mt. Whitney, with accompanying slide show.

Our next get-together will be at the Pines on June 12, at 6:00 pm, for our yearly BBQ. Food assignments will follow.

Below are the scheduled hikes for May. As

(cont' on page 19)

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<b>Crown Princess ~ 3080 Passengers</b>	Jan 7, 2024	\$1,198	\$1,464	\$2,698
	Mar 9, 2024	\$1,198	\$1,464	\$2,698
Sail round trip from San Francisco, California to Kauai, Nawiliwili Hawaii; Honolulu, Hawaii; Maui, Lahaina, Hawaii; Hilo, Hawaii; Ensenada, Mexico, San Francisco, California.				
*LINCOLN SHUTTLE TO SHIP AVAILABLE!				
<b>7 DAY CALIFORNIA COASTAL From SFO! PRINCESS</b>				*LINCOLN SHUTTLE TO SHIP AVAILABLE!
<b>Crown Princess ~ 3080 Passengers</b>	Oct 22, 2023	\$498	\$598	\$948
Sail round trip from San Francisco, California to Santa Barbara; Los Angeles; San Diego; Ensenada, Mexico; San Francisco.				
<b>10 DAY ALASKA From SFO! PRINCESS</b>	May 17, 2023	\$749	\$854	\$1,349
<b>Ruby Princess ~ 3080 Passengers</b>	Jun 6, 2023	\$948	\$976	\$1,916
	Jul 6, 2023	\$998	\$1,148	\$1,898
	Aug 15, 2023	\$998	\$1,148	\$1,648
Sail round trip from San Francisco, California to Juneau, Alaska; Skagway, Alaska; Hubbard Glacier, Alaska; Ketchikan, Alaska; Victoria, BC, Canada; San Francisco, California. *2023 Alaska Voyages visit Glacier Bay				
*LINCOLN SHUTTLE TO SHIP AVAILABLE!				
<b>10 DAY MEXICO From SFO! PRINCESS</b>	Dec 12, 2023	\$648	\$788	\$1,248
<b>Crown Princess ~ 3080 Passengers</b>	Jan 23, 2024	\$698	\$848	\$1,298
	Feb 7, 2024	\$748	\$909	\$1,348
	Mar 25, 2024	\$748	\$909	\$1,348
Sail round trip from San Francisco, California to Puerto Vallarta, Mexico; Manzanillo, Mexico; Mazatlan, Mexico; Cabo San Lucas, Mexico; San Francisco, California.				
*LINCOLN SHUTTLE TO SHIP AVAILABLE!				
<b>16 DAY PANAMA CANAL PRINCESS</b>	Oct 22, 2023	\$1,599	\$1,899	\$2,999
<b>Ruby Princess ~ 3080 Passengers</b>	INCLUDES SHUTTLE FROM LINCOLN TO SHIP & RETURN FLIGHT!			
Sail from San Francisco to Ft. Lauderdale, Florida visiting Cabo San Lucas, Mexico; San Juan del Sur, Nicaragua; Puntarenas, Costa Rica; Fuerte Amador, Panama; Transit the Panama Canal; Cartagena, Columbia; Ft. Lauderdale, Florida.				
<b>36 DAY EUROPE REPOSITION CUNARD</b>	Aug 20, 2023	\$5,448	\$6,248	\$7,688
<b>Queen Elizabeth ~ 2081 Passengers</b>	INCLUDES LINCLON SHUTTLE TO SHIP & SACRAMENTO AIRFARE RETURN!			
Sail from San Francisco to Barcelona, Spain visiting the Los Angeles; Cabo San Lucas, Mexico; Puntarenas, Costa Rica; Transit the Panama Canal; Aruba; Ft. Lauderdale; Hamilton, Bermuda; Madeira, Portugal; Seville (Cadiz) Spain; Barcelona, Spain, Capri/Naples, Italy; Ajaccio, France; Mallorca, Spain; Barcelona, Spain.				
<b>73 DAY GRAND AFRICA HOLLAND AMERICA</b>	Oct 7, 2023	\$12,599	\$13,699	\$19,999
<b>Zuiderdam ~ 1964 Passengers</b>	INCLUDES ROUND TRIP SACRAMENTO AIRFARE!			
Sail round trip from Fort Lauderdale, Florida visiting Funchal, Madeira, Portugal; Arrecife, Lanzarote, Canary Islands; Agadir, Morocco; Casablance, Morocco; La Goulette, Tunis, Tunisia; Souda, Chanis, Greece; Limassol, Cyprus; Suez Canal; Sharm el Sheikh, Egypt; Aquaba, Petra, Jordan; Safaga, Egypt; Victoria, Mahe, Seychelles; Zanzibar, Tanzania; Mamoudzou, Mayotte; Nose-Be, Madagascar; Maputo, Mozambique; Richards Bay, South Africa; Cape Town, South Africa; Luderitz, Namibia; Luanda, Angola; Takoradi, Ghana; Abidjan, Ivory Coast; Dakar, Senegal; Mindelo, Cape Verde; San Juan, Puerto Rico; Fort Lauderdale, Florida.				

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

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

The 19th Annual Voices of Lincoln Poetry Contest officially began in April, as part of the celebration of National Poetry Month. The theme of this year's contest is "The Five Ws Of Life: Who? What? Where? When? Why?... Discover The Answers Through Poetry." The five (5) new contest categories include the following: "Who" Is The Most Important Person In Your Life? "What" Is Your Most Cherished Memory? "Where" Do You Want To Be Tomorrow? "When" Did You Do Something That Made A Difference In Someone's Life? "Why" Should You Never Stop Dreaming? Poets may submit a maximum of three poems, no more than one in each of three of the five contest categories.

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

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

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

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

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

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

## Book Sale

BY MARSHA LUCAS

The Friends of the Roseville Library is holding their next book sale on Saturday, May 13th at the Martha Riley Library, 1501 Pleasant Grove Blvd. from 10:00 am to 3:00 pm. It will be a BiG one, with all sorts of books at super low prices... most 50 cents to \$2. There will also be DVDs and CDs, games, puzzles gift items and some higher value items available. Don't miss this very, very big sale!

Note: Friends members can enter early at 9:30 and you can join at the door to take advantage of this perk.



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## SCR Hiking Group

(cont' from page 15)

always, please be at the parking lot by 7:45, bring a change of shoes, lunch and water.

May 4: Brown's Ravine toward NY Creek, rated 5 (moderate), 6.5 miles, 800 foot elevation gain, \$8 carpool ride.

May 11: NY Creek toward Brown's Ravine, rated 4.5 (easy to moderate), 6 miles, 700 foot elevation gain, \$8 carpool ride.

May 18: Deer Creek to Stocking Flat, rated 4.5 (easy to moderate), 5.75 miles, 770 foot elevation gain, \$10 carpool ride.

May 25: Yuba Rim Trail, rated 5 (moderate), 5.25 miles, 900 foot elevation gain, \$10 carpool ride.

...

## Cycling Group

BY SUZETTE AUSTIN

Although this Spring has not been ideal for cycling, some have been out riding as weather permits. Friday mornings, rain or shine, you'll always find some of our members having coffee at Panera on Pleasant Grove. Bill Swayne continues to ride almost daily when it is clear enough. If interested in riding with that group contact Bill to receive his text messages. We'll do a ride soon to the Pacific Street Cafe and enjoy breakfast with both riders and non-riders. Watch the web page for details.

A ride to Taylor's Ice Cream in Loomis is planned for later this Spring. This ride is about



12 miles each way on local streets. Another ride in Tahoe is in the planning stages, though much will depend on trail and road conditions in Tahoe and surrounding area.

On March 10 over 40 of our members gathered for a Spaghetti Dinner and Card Bingo Social. Thank you to Elaine Turnbull and her Social Committee volunteers and to Pete Franz, our Bingo Caller. It was a fun evening, especially for the one table who won all the prizes! Mark your calendar for another fun social—a Barbecue on May 26 at Sierra Pines.

A nominating Committee has been



selected and a slate of candidates will be announced at the May meeting. Members are urged to consider accepting a nomination.

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

We meet on the third Monday of each month at 8am in Sierra Pines. Our next meeting will be Monday May 15. Check our Cycling Group website for the latest of all our rides and upcoming events.

...

## Cornhole Group

BY STEVEN GUSTAFSON

If you have mobility challenges, you might be interested to know that cornhole can be played while sitting in a chair the entire time! If while sitting in a chair you can swing your arm to toss a cornhole bag a dozen feet, then you might enjoy cornhole (the cornhole bag only weighs as much as a can of Campbell's soup, and 12 feet is the super senior distance).

If you use a wheelchair, you're all set. If you use a walker or cane, you could have a friend bring a folding chair. Currently, we play (about a dozen of us if the weather is nice) at 3:00 every Tuesday on the Sierra Pines horseshoe lanes. This location is about 20 feet from car parking, so you would need to use your wheelchair, walker, or cane to go that distance up a gentle grassy slope (much less slope than the ADA limit) to level ground. You're welcome to give it a try!

...

## Bocce Group

BY DAVID MOORE

The bocce courts are now full of activity. April 8 saw the first official tournament. The competitors were greeted by beautiful weather and a somewhat changed venue as safety handrails are now at each court and the landscaping is being changed to accommodate the installation of two new courts which are planned to be operational in the Fall.

The winning teams consisted of Linda Fredericksen, Mike Johanik, Jim Hackbarth and Christina Leaman in third place; Theresa Lane, Paula Happe, Ken Lane and Jerry



Fredericksen in second place and Rhonda Bubbico, Jack Ramos, Pat Ramos and Bob Horning in first place.

The Men's Blind Draw Tournament is (cont' on page 21)

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## SSN WRITER...

## How Dare You Wish Me a Happy Birthday!

BY STUART SINGER

Birthdays can have very different meanings at various stages of life. In the early years every moment is celebrated. Photos of the one-year old face covered in chocolate icing are cherished for decades. There are the milestone birthdays—thirteen, the dreaded teenage years; sixteen, a driver's license, eighteen, voting rights and twenty-one, adulthood.

But over the years anniversaries of birth become less about milestones and more about grudging acceptance. At thirty there is the sense that you are no longer young. At forty there is a growing understanding of what it was like to be your parents.

The point of all of this is I recently observed my 76th birthday. Notice I used the word "observed" rather than "celebrated". Unlike numbers 1, 13, 16, 18, 20, 30 and 40, by the time my 76th rolled around I felt more grateful than celebratory.

But there were some wonderful moments on that day. There was the "Happy Birthday to You" serenade over Zoom from London, England, where two of my granddaughters, ages seven and four, recently moved. Their enthusiastic if slightly off tune rendition was wonderful. Lovely birthday Ecards from my two sisters and daughter were heartfelt and uplifting although one did offer a memory acuity test which was a smidgen more challenging than I would have liked. Additional zoom calls with sons, daughters-in-laws and assorted grandchildren provided all the warmth and fuzziness I needed. And a cake from dear friends was touching even for a crusty old curmudgeon like me.

We all know that Corporate America has transformed Christmas, Thanksgiving and Halloween from Norman Rockwell moments into capitalist free-for-alls. Some might rightfully suggest that July Fourth, Washington's Birthday and Easter have been high-jacked as well. Who would have thought my birthday was in danger from such degradation?

For the first time in my more than three-quarters of a century, my Gmail inbox was overwhelmed by more than two dozen

"birthday wishes" from people with little or no connection to my life. These algorithm-produced missives were so fraught with insincerity it brought back harrowing memories of Valentine's Day in the second grade when it was explained to me that all the pretty girls in the class had been required to send everyone a card. Isn't it ironic that with all of the memories old age has robbed from me that one vividly remains? By the way isn't Valentine's Day another victim of Corporate America?

But I digress. Here is a sampling of the birthday greetings staring at me from my computer screen. I received two from different mortgage companies. We obtained our current home mortgage fourteen months ago. The gentleman who navigated the process for us left the company; that company then sold our loan to another bank. In my Gmail inbox was a "heartfelt" card from the man who no longer works at the company and another from the woman who replaced him at the firm. I have never met her and never will since she no longer has any business with us.

Interestingly I did not get any such recognition from the bank that actually owns my mortgage.

Scrolling down I found birthday greetings from a dentist whom I have not seen in more than two years because we moved from their San Francisco location. When we first arrived here I went to a local dentist office that I only saw once because I suspected the \$11,000 worth of "absolutely essential" dental work they found was a scam. We actually told them that was the reason we were going to a different practice. They sent me a birthday email.

Perhaps not to be outdone, my new, trusted dentist sent me two birthday emails in addition to a birthday text.

Okay, okay we get it. So what is your actual gripe?

I do cherish that my family and close friends take the time to acknowledge my birthday. But much of the good that comes from those moments are diluted when the day morphs into a cause for "celebration" from a group of strangers who would not know who I was if they bumped into me on the street. All I ask is that you save your insincere, bureaucratic algorithms for someone else.

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

*Please see page 3 for submissions information.*

## Bocce Group

(cont' from page 19)

scheduled for May 13 and the Battle of the Sexes is May 20. Both tournaments have an 8 a.m. sign-in with play beginning at 8:30 a.m.

The Spring mini-league has games going on daily through June 13.

• • •

## Croquet Club

BY GAIL DAILEY

The news this month is about last month for the Croquet Club. First - along with everyone else in Sun City the news was - RAIN - WIND - FREEZE and CANCEL. We had great big down pouring rain storms - floods, and a lot of frustration and depression.

The new slate of Officers unfortunately has gone through some challenges: President Barbara Stearns is being treated for a debilitating knee condition. Her doctors are trying to find a solution that would avoid surgery but Barbara has had no choice but to step down as President. Further on that subject Lee Prager has decided to resign as of July 2023 and both of these changes created a serious challenge to our club. Patrick Maglione addressed the situation by seeking replacements via email and fortunately Louisa Maglione has stepped up and was elected as President and Judith Shively will take over as VP in July.

Our 10:15 am Thursday group was also devastated by Bert Donlon deciding he would withdraw from play as he has had some health challenges and is going to take time out to work on his physical well being. He will be missed. We are currently seeking a 6 wicket player to be a permanent replacement. Bert generously offered to continue to give lessons to anyone interested which is a wonderful opportunity to improve your play or welcome new people to join our group.

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

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

• • •

## Pickleball Club

BY ANNE BURNEY

Did you know that the month of April was National Pickleball Month? For the third year in a row, Pickleball was named the fastest growing sport in America. The reason for its popularity is because it appeals to a wide range of ages and abilities. The game can be played at a pace that suits all participants; while it lends itself to friendly cooperative play, it also satisfies those who want aggressive competitive play.

To celebrate Pickleball month here at Sun City Roseville, we hosted three different events. On April 5, Sun City Pickleball ladies hosted a fun and competitive match against the women of Springfield of Whitney Oaks at our courts. There were lots of spectators that came out to watch and cheer the ladies on to victory. On April 11, we hosted Pickleball Bocce. Players brought an appetizer and their favorite beverage.

Our members spent a fun afternoon playing Bocce ball together. Finally, on April 23 we had a Ladies Only Pickleball tournament. We had 16 players, including lunch and ending with a trophy ceremony celebrating our winners.

Coming on May 5, we will be hosting Dinko De Mayo. Hosted by the Three Amigas and including margaritas and Mexican cuisine.

Last month two of our Sun City Picklers entered a tournament at Folsom Pickleball Club - Doubles Championship Tournament 2023. The gold medal was won by Sun City's own Pam Wingo and Anna Hamilton.



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. Be sure to let him know if you are interested in attending.

• • •

(more Club News cont' on page 22)

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## SCR Softball

BY BOB MONTALVO

The “Merry Month of May” is here, marking the sixth week of our spring softball season. Our Opening Day event back on April 5 was well attended, and everyone enjoyed sunny skies and calm winds, as well as free donuts and coffee. Part of the event involved our oldest athletes competing in the “Classic,” three innings of exhibition softball. Coach Bisenius’ team outscored Eric Erickson’s team 20-12, but most important, there were no serious injuries. As the five league teams were introduced, one player received special mention, as she is the first woman to step up and play softball at Sun City Roseville. Pam Wingo plays on the Excel Realty team along with her husband Randy. It is hoped that more women will sign up and join in on the fun with her. Even though we are at the season’s midpoint, any women who would like to do so can contact the club president, John Woodbury (4woodburys@gmail.com), to get on the substitute list. Because injuries are an unfortunate reality for us old guys, having substitutes available is very important. Being a substitute allows you to give it a try without committing to an entire season. This invitation goes out to any men who would like to join us as well.

If you can’t attend the Monday or Wednesday morning softball games at Mahany Park and would like to keep abreast of the games and the league standings, be aware that a recap of the action is being sent out by email each week to all club members, usually

by Thursday. If you are not on the email list, you can find updates on the club’s website. Do try to make it to Mahany Park to see the games in person, as they’re fun and they’re free.

• • •

## Volleyball

BY MARISA BERNETTI

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

Court Volleyball: winter hours, Thursdays 2:00-4:00pm. Meet some members:

Kim Hofmann moved to Sun City with her husband Ted, after 40 years in Marin County. She grew up in Scarsdale, New York and was on the court volleyball team throughout high school. For the last 15 years, Kim has had her own consulting practice developing and training databases for nonprofits. She also helps Sun City residents with computer problems and offers training on iPhones.

Kim also has a creative side. She loves to sew kids’ Halloween costumes for her family. She is a member of the Needle Arts Club. Water volleyball is her first love at Sun City – good exercise for an hour and a half, fun people to laugh with, all while great music is playing at the indoor pool. She tries to get her dose three days a week.

Always competitive, Pat Beck, enjoyed the thrill of riding dirt bikes and participating

in quarter mile car racing in her early 30s. She moved from the Bay Area in 1987 to a beautiful ten-acre ranchette in Lincoln. She was constantly busy at work and in her “spare” time took care of her property, the animals, cut up firewood for the woodstove and occasionally volunteered for the Rocklin Chamber of Commerce.

Pat moved to Sun City in 2014 and now spends her time gardening, baking, cooking, jigsaw and crossword puzzles, plus helping her husband, Larry, with his invalid mother. She says it’s sure nice to have time to do those things.

Volleyball is important to her because of the interaction with team members. There’s a little comedy, some competitiveness and an overall good time

Favorite quote: Our greatest glory is not in never falling, but rising every time we fall.

• • •

## Sierra Pines Ladies Golf

BY PAM SKARG

Mercy May already!?!? Where has this year gone. May is a busy but fun month with the holidays, graduations, weddings and warmer weather for lots and lots of golf.

It gives me great pleasure to introduce Donnalyne Weigelt to the Lady Niners as one of our newest members. Donnalyne joined our club in January but due to issues that were beyond her control, she was finally able to play



Pat Beck

with our ladies last month. She moved to Sun City two years ago with her husband and she was excited to meet new people and play golf so she joined the Timber Creek Women’s club. Golf has been her passion for the past 40 years and she has played all over California and Arizona. Donnalyne belonged to six golf clubs in the Monterey area. At this time, she is a member of the Timber Creek Women’s group and Sierra Pines Ladies group. Her plans are to rotate her play between both clubs. I would have to say “that’s a passionate golfer. We hope to see and get better acquainted with her during our Wednesday play.

In March Nine Swendig joined the Lady Niners and we warmly welcome her to a very fun group of ladies. Her big sister is Janet Zeitman.

April 5th was a beautiful morning and the ladies were all decked out in the new team shirt ready to play with three clubs and a putter. Finally feels back to normal.

March most improved players.

1st flight - Roxanne Warloe

2nd flight - Sharon Lawin

3rd flight - Pam Cabezas

no improvement in the 4th flight

Chip-in - Valerie Wilson on hole #6 - March 15th

Congratulations ladies for playing great golf in some challenging conditions.

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• • •

(more Club News cont’ on page 23)



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## Timber Creek Women's Golf Club

BY NANCY LABRADA

March was a very quiet month for golfers. We hope we can continue to play in super weather after our challenging winter. With this beautiful weather, we had an excellent turnout for our 36-Hole Better Ball Tournament on April 12 and 19. A big "thank you" goes to Susan and Becky Green for planning a nice luncheon in the Ballroom after play on the 19th. Winners will be announced in the June Courier article.

We are so grateful to have Joan Meyers and Lynne Peaslee as our Tournament Chairs! They do a super job organizing our weekly and major tournament play. They also make decisions regarding the conditions of the course, coordinate with the Rules Committee, and supervise scoring, posting and keeping records of all winners.

Our Most Improved Players for March are Cindy Murphy (1st Flight), Barbara Wells (2nd Flight), and Shirley Libis (3rd Flight). Congratulations all!

Our Invitational Tournament is almost here! We sold completely out for the May 17 event. Lots of games and fun for all. The July Courier will have all the details.

• • •

## Timber Creek Men's Club

BY GARY BECKMAN

We are into May and our golf schedule is back to normal. We were finally able to complete the Irish Shamble tournament in April after being delayed 4 weeks due to weather and aeration of the greens. On schedule, the TCMGC Putting and Pizza Championship was held on March 31. All of the Putting brackets were busted as the winner, Harry Temple, took out many of the favorites in the contest! Congratulations Harry, well done! Last of all, the always fun match play event, the Pro/President Cup, was held on April 18th. The results of all Tournaments are sent out to all TCMGC Members and are posted on our TCMGC Website.

In May the TCMGC will hold its Medal Play Tournament on May 9th and 16th. The Information about this stroke play tournament will be emailed to all members. We also have RAMP ongoing in May with the Lakes on the 4th, Oaks on the 11th, and Pines on the 18th. We hope to see all of our volunteers out on the course!

Finally we have our monthly General Members Meeting scheduled for May 3rd in the Ponderosa Room at the Pines. We hope to see you there.

• • •

## He & She Golf Club

BY JULIE HARRIS

April put us on the fair weather track so the bi-weekly tournaments are back in full swing. Our 8:00am shotgun start is back beginning April 10. The earlier start makes it nicer to have lunch at Timbers with friends after the round.

Countdown has begun for the He & She Spring Invitational scheduled for May 22 at the Timber Creek course. It will be a 9-hole tournament with a yummy luncheon to follow. Members of the He & She Golf Club are encouraged to bring non-member Sun City residents to participate in this fun day. Our event planners are hard at work putting together a fun day. Watch your email and the website for more details and sign-ups.

If you haven't renewed your membership for 2023, you will soon be deleted from the email list. As a courtesy we leave unpaid members on the list for a few months into the next year. The time has come to clean up that list so get that membership fee of \$12 per person renewed.

18 Hole at Timber Creek

1st place: Ken & Shirley Roberts, Frank Patch, Yolanda Lawrence \$7 each

2nd place: Bill & Barbara Wells, Ken & Karen Shahoian \$6 each

Closest to the Pin at Timber Creek

Ladies - 1st Place: Jerri Lehnhoff 13'1" \$5

Men - 1st Place: Terry Dooley 12'6" \$5

9 Hole at Sierra Pines

1st Place: Tony & Janet King, Paul & Deb

Gassen \$7 each

2nd Place: David & Gail Hixson, blind draw \$6 each

2nd Place: Don Cook & Geri Womack, blind draw \$6 each

Closest to the Pin at Sierra Pines

Ladies - 1st Place: No one reached the green

Men - 1st Place Fred Amador 7'1" \$5;  
2nd Place Jim Ryan 40'5" \$3

• • •

## Golden Niners

BY RALPH FRIEND

If you like rain, the month of March was for you! The result of the rain was that "little" golf was played by The Golden Niners Club. We sat at our windows and watched the water and winds roll past our homes. There was one single day we were able to play nine holes. The following winners "braved" the cold and wet winds along with forty-two other members.

Here are the "top-winners" who earned some credits in the pro shop:

Brian Prestage, Bob Schesser, Jim Sexton, Dennis Thompson - \$15

Fred Festersen, Jack McKinney, Gordon Rusaw - \$10

Dwight Rose, Howard Sandler, Rob Schroeder, Ray Seamans - \$8

Next month we will feature another Golden Niner!

• • •

(more Club News cont' on page 26)

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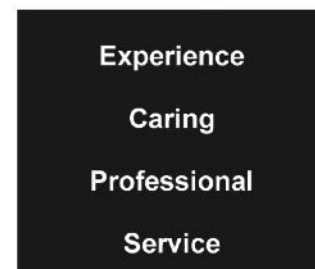
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## SUN SENIOR PROFILES *Getting to know you...*

### June Trost

(cont' from page 1)

In 1949, their first child, Christine, was born. Unfortunately, polio was an epidemic at the time and, while still a young infant, Christine got polio. Through sheer will power, she forced herself to live as normal a life as possible. Always challenging herself later in life,



*Howard and June Trost on their wedding day — July 23, 1944.*

Japan was a wonderful family adventure that included a lot of exploring in their Ford station wagon that was oversized for narrow Japanese roads. One American dollar was worth 400 Japanese yen, which made for very comfortable living to include having a



*Trost family — Circa 1955.*

Chris swam from Alcatraz to San Francisco on one occasion and from Tiburon to San Francisco under the Golden Gate Bridge on another.

The family eventually grew to five with the addition of Nancy in 1951 and Howard F. (Howie) in 1954. Howard and June enjoyed raising their kids in South San Francisco where the neighbors took turns throwing garage parties for entertainment. June is still in contact with Marge Hogan, her dear friend who lived across the street back then.

During the 50s, Nancy struggled with chronic asthma and a doctor suggested that the family move away from San Francisco. Howard could see that his job at the Presidio was going away, so he took a chance and accepted a job with a promotion in Japan in 1961. The family was transported on the USS Mann, a former troop carrier during World War II. This trip included rough seas from a typhoon which got most of the family seasick.



*Howard and June Trost as Santa and Mrs. Claus — 1982.*

maid for cooking and a maid for cleaning the house. "Those were the days," says June.

June worked for the exchange system at Tachikawa Air Base and Howard did logistics at Tokorozawa Army Base. After three years in Japan, Nancy's asthma went away and it was time for the family's next adventure, a move to Hawaii. Howard worked at Fort Shafter, while June worked as an executive secretary for an Air Force Colonel at Hickman Air Force Base, and the kids were going through school.

Chris and Nancy stayed active on high school swim teams while Howie preferred surfing and baseball.

Eventually, June and Howard moved to a two-story dream house near Kaneohe Marine Base in Akahi Loop. Every Sunday the family would go out in their boat to a sand spit in the middle of Kaneohe Bay for water skiing. By the end of the sixties, Christine had married and moved away, and Nancy was attending community college.



*June Trost playing bocce ball last year.*

In 1970 the family moved to Mechanicsburg, Pennsylvania, where Howard and June had a beautiful house built. The Pennsylvania environment (cold, hot, humidity, gnats) provided environmental challenges that took some time to adapt to after coming from Hawaii. Chris married the son of a family friend and Nancy, who met her husband in Germany while visiting sister Chris, married and moved to the south where her husband was from. Howie went to college in Pennsylvania and then graduate school in Cleveland, Ohio, before joining the U.S. Navy to be a nuclear trained submarine officer.

June and Howard moved to beautiful Lake Tahoe for retirement in 1978. The couple enjoyed fishing, hunting, hiking and boating. They both loved the outdoors and fished nearly every day. June remembers catching a 20-inch rainbow trout. Accomplished backpackers, the couple often hiked through the Desolation Wilderness area. June also became a good skier at Tahoe Ski Bowl and Homewood Ski Park. For many years, winter fun included June and Howard dressing up as Santa and Mrs. Claus.

In 1996, at a neighbor's suggestion, they moved to Sun City Roseville for a second retirement, enjoying swimming, biking, Investment club, Veteran's club, Bocci Ball, water volleyball, and sewing club—all of which kept June and Howard young and vibrant. "It's the most wonderful place in the whole world to live when you get older," says June. "All the people here want the same thing: to be healthy and have a long life."

One memorable time for June was when

Howie, a submarine captain, arranged for her to submerge his submarine as the helmsman/planesman under instruction. "I was a nervous wreck," she recalls. Howie also arranged for his family to travel from Hawaii to San Diego on the USS John C. Stennis, CVN 72 and, a few years later, on the USS Ronald Reagan, CVN 76.

Although Howard passed away in 2013, June strongly carries on, walking every day, having frequent yoga sessions on Zoom with daughter, Chris, and enjoying phone calls every morning from her son, Howie, during which they do a mediation session together. Howie lives in Seattle with his wife Rosemarie. Daughter Chris lives in San Francisco with her husband, George, and Nancy and husband, Brooks, live in Tennessee. June's children have generated eight grandkids and five great-grandchildren.

What's her secret to longevity? Spending more time outdoors, exercising every day, eating correctly, taking as few pills as possible, not stressing out, having fun, and maintaining a strong desire to keep learning. Celebrations for June's 100th birthday (June 3rd) include a party thrown by SCR's Bocce Ball club and a large family get-together in Napa. Congratulations, June, on a life well-lived!

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## SCR Tennis Club

BY DIANE BARNETT

W hat’s happening on the courts and in the Tennis Club? Tennis Team Captain Nancy Kacey reports that our ladies’ SATA (Sacramento Area Tennis Association) League is going strong despite some minor setbacks in March when the rain got in the way of opening day of League play. Fortunately, our team is able to make up the missed games and as of



SATA League Play



this writing, they have completed 3 matches with 2 wins and 1 loss. Great playing ladies! The SATA play schedule and additional pictures of the team are posted on the bulletin board in the Tennis Court breezeway.

On April 5, the Tennis Club enjoyed its annual “time to ham it up!” dinner which followed a social and a general membership meeting. Seventy people were served a

delicious home-cooked ham dinner with scalloped potatoes, fruit salad, bean salad, dessert, beer, wine, and soft drinks. Thank you, Linda Gordon and your social committee for putting together another fabulous dinner.

Our annual club tournaments are about to begin so look for the flyer and the sign-up sheet at the courts. Sign up early and get ready to have some friendly competition. Club members are in the process of getting certified to use the new ball machine that replaces “Old Faithful” which spit out its last tennis ball a few months ago. Several of our members have completed a test drive with the new ball machine including the ladies’ SATA team and they have given it a thumbs up for club play. So members, get your certification card, check out the ball machine, and have some fun while improving your skills!

• • •

## Billiards

BY DON WARDEN

Apparently there isn’t anything like rain to bring in a crowd to the Billiards Club. March has been phenomenal, both for the amount of rain and the turnout.

The women play in the tournaments and also play on Mondays from 9- 11 AM. They have a lot of fun and are always lookin for more players. If interested, just show up at that time. They will always help new players.



Winners of tournaments in March:  
3/7 - 9 ball - Bob Cecil & Chuck Vermette.  
Ron Judd & Ken Lane  
3/14 - 8 ball - David Zan & Roy Stearns  
3/28 - 8 ball - Bob Cecil & Tim Connolly  
• • •

## Mah Jongg Club

BY CATHY FLUELLEN

Mah Jongg is played with 3 or 4 people at each table using 144 tiles. Each player uses a card from the National Mah Jongg League, which can be purchased from the club. Each year the hands on the card changes. The game is similar to the card game rummy, requiring strategy, skill and a little luck.

No matter if you are new to Sun City or have been living here for some time and are looking for a fun game, we welcome new members. A great way to meet new friends and challenge your brain. You are welcome to stop by on our regular play days and watch a game.

Thank you to our April Luncheon hostesses Yoshi Polgar, Pat Oberlander and Jackie Spencer. It’s always nice to get together with all our Mah Jongg club.

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

• • •

## Bridge Club

BY BRENCE DAVIS

Thera Squier no longer lives in Sun City Roseville but is still in our hearts and minds. She now lives with her husband, Stan, at Oakmont at Westpark, a short drive west on Pleasant Grove. A bridge Silver Life Master (more than 1,000 ACBL masterpoints), she is sorely missed by her many friends at the table, especially those in Fun & Friendly.

Born in Oklahoma, Thera moved to Southern California where she became a realtor in Tustin. She also lived in Long Beach and then spent ten years in Anaheim doing both real estate and bridge. Then she moved to Rancho Cordova here in Northern California. She and Stan moved into 7000 Firefly Green, meeting her friend in the neighborhood, Willi Williams. They quickly learned that they had both lived Anaheim playing bridge, but Willi played in the daytime and Thera in the evening, so they never met!

Another neighbor, Judy Myers, also became a good friend. One day, Thera was holding an open house in Sun City when, in a bathroom, she met resident Sandy Temple, another bridge player and now close friend. Sandy was delighted to be invited to Thera’s for a Christmas party.

Among her many activities was golf where she and Willi often played against their

(cont’ on page 31)



Thera Squier



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## SSN WRITER...

## To Mom on Mother's Day

BY JIM FULCOMER

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

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

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

Or relieved a traveling circus was not my  
sole employer?

Did you love me unconditionally, or were  
there reservations?

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

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

appearing in the tabloids, or was it from  
disgrace?

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

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

...

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

*Please see page 3 for submissions information.*

## Observations... on The Weather, AI and Happiness

BY MARTIN GREEN

The Weather and Atmospheric Rivers: With all of the nice sunny weather we've been having it's hard to remember the recent seemingly unending storms California had from something called an atmospheric river. In last month's "Observations" I wrote that I'd try to explain why, after years of drought, this was happening. I asked someone knowledgeable about the subject and this is what I got.

"There are several factors that contribute to the prevalence of atmospheric rivers during the winter storms in California. First, during the winter, the temperature gradient between the tropics and the poles is at its strongest, which drives strong winds and can create the conditions necessary for atmospheric rivers to form. Additionally, the positioning of high and low-pressure systems in the Pacific Ocean can influence the frequency and intensity of atmospheric rivers. This winter there were persistent areas of high pressure over the Pacific Ocean that created a 'blocking' effect, which allowed for a series of atmospheric rivers to form and move over California..." There, I hope that clears it up. I don't like that last sentence about atmospheric rivers becoming even worse. Guess we'll find out next winter.

Artificial Intelligence: Artificial intelligence (AI) has become a hot issue recently, especially its dangers to us humans, so again I thought I'd ask someone knowledgeable about the subject and this is what I got. "AI,

or artificial intelligence has the potential to be very beneficial to humans in a variety of ways. Some of the benefits of AI include: AI can help us automate repetitive tasks... AI systems can process vast amounts of data quickly and accurately, enabling us to make better decisions and predictions... AI can be used to personalize experiences for individuals, such as recommending products or services based on their interests and behavior. AI has the potential to improve healthcare by aiding in diagnosis, predicting disease outbreaks, and developing personalized treatment plans. AI can be used to identify and address safety issues in various industries." See, we have nothing to worry about.

All right, readers, you've guessed it. The last two paragraphs were written by AI. I've read some warnings about using AI, including one that AI wanted a user to divorce his wife and marry her, but so far, my AI has behaved well. Maybe next time I'll let AI write the entire "Observations." No, just kidding. I don't think we humans can let AI do everything.

A Bit More on Happiness: In the Time magazine that featured the topic of Happiness there were a few more related articles. One short article was entitled "For Better Well-Being, Just Breathe." The author writes that witnessing the September 11th attacks made her anxious and that she tried various methods to combat this and found that breathing

worked. She writes: "Emotions influence your breathing patterns, and changing your breathing can change your emotions. Anxiety and anger correspond to an irregular, short breath. Adopting the slower and more regular breathing pattern that corresponds to a calm feeling signals relaxation... A simple exercise you can try is to close your eyes and breathe out for twice as long as you breathe in. Do this for five minutes in the morning ..." See, you can learn all kinds of things by reading "Observations."

A longer article is entitled "The Happiness Professor Takes Her Own Advice." The professor in question teaches a class at Yale on "the science of happiness." A college class on happiness? Who knew that there was such a thing, and not only that, it's also become the most popular class in the college's history. You would think that Yale students are mostly rich kids or smart enough to become rich and yet they're anxious about their grades and future. Maybe when they graduate and start making the big money their happiness quotient will go up. If all else fails, they can try breathing. Oh, the happiness teacher took a sabbatical to avoid burnout and is presumably okay, if not 100% happy.



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# "I Have My Life Back."

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

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

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

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

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

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

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

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

She can now share how significantly her life has been changed

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

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

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

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

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

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



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## City Council Updates Four-year Strategic Plan

BY MEGAN SCHEID, *City of Roseville Deputy City Manager*

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

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

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

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

- Maintain a safe and healthy community
  - Ensure public safety service levels are maintained with facilities and staffing, and real-time crime monitoring, as the City grows.
  - Continue City efforts to reduce homelessness while collaborating and advocating regionally as appropriate.
  - Continue inclusiveness, equality and justice efforts for all in partnership with the community.
- Remain fiscally responsible in a changing world
  - Balance utility services and customer rates, given legislative mandates and rising costs.
  - Seek ways to reduce pension liabilities to maintain high quality services.
- Enhance economic vitality
  - Advance sports tourism strategy, including soccer complex.
  - Support conditions that attract, promote and retain retail, commercial and industrial opportunities that have a positive fiscal impact
  - Consider strategic reserves and

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

- Implement Economic Development Strategy.
  - Invest in well-planned infrastructure and growth
  - Reinvest in core neighborhoods.
  - Increase funding for CIP rehabilitation to prevent erosion of infrastructure.
  - Prioritize completion of soccer complex and crucial corridors.
  - Maintain investment in water resiliency and increase capacity of the electric utility.
  - Seek increased regional and local transportation funding and revenues
- Support community engagement and advocacy
  - Remain focused on community engagement and education about City services and the budget.
  - Explore opportunities to engage increasingly diverse audiences in relevant ways.
  - Increase outreach to and engagement with younger populations.
  - Explore volunteer opportunities for employees.
  - Help county, state, and federal policymakers understand key City issues, including local decision-making.
- Deliver exceptional City services
  - Explore ways to strengthen code enforcement efforts, including graffiti and blight abatement.
  - Remain an employer of choice through expanded recruitment and attraction efforts, a focus on retention, and a strong culture.
  - Implement greater community-based and volunteer cleanups.
  - Implement a new and more efficient way to process increasing Public Records Act requests.

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

## In Loving Memory of Marion Melvin (Bud) Gardner

BY JENNIFER MARTIN

Born in 1934 in WaKeeney, Kansas, to the late Pat and Goldie Gardner, Bud grew up with siblings Evelyn, Marge and Don. After graduating from Trego Community High School in 1952, he attended Fort Hays Kansas State University which, in 1989, named him their Alumni Achievement Award Winner. After graduating from FHKSU, he married Dorothy Wells and taught and coached at Russell High School while obtaining his Master's degree at the University of Northern Colorado in Greeley.

In the fall of 1960, Bud began his long career with American River College in Sacramento. He taught Physical Education classes and coached for ten years. His teams won eight championships in those years. In 1963, he was named a Sacramento Hall of Fame Coach for creating a Cross Country team and winning the Northern California Championship in his second year as head coach. On the home front, he became the proud father of two daughters, Lori and Jill.

In 1970, he took a job as Assistant Dean of Students at Cosumnes River College in South Sacramento. He loved the students, but didn't like being a cop on campus, so he happily returned to American River College and taught for 25 years in the English Department. His claim to fame was teaching "Writing for Publication" which was designed to help potential writers get into print. His students earned more than \$10 million, selling 10,000 articles and 200 books. Bud, with 24 of his top students, wrote a motivational book titled Write to \$1,000,000—Turn Your Dreams into Dollars, which was published by Carol O'Hara's Cat\*Tale Press and became a bestseller in northern California. The proceeds from this book initiated a writing scholarship in Bud's name at ARC which is still active today.

In 1992, in recognition of Bud's innovative work in teaching Writing for Publication, the American Association of Journalists and Authors gave him the Robert C. Anderson Memorial Award, distinguishing him as "The Most Inspirational Writing Coach in America." When he retired in 1996—his 40th years of teaching—a California Governor, the California Joint Legislature, and the Superintendent of Public Instruction all wrote resolutions praising Bud for his outstanding

teaching accomplishments.

After Bud married Jennifer Martin in 1994—they met through a psychic who said they were soul mates—the couple moved to Sun City Roseville where Bud spent lots of time working on the yard, playing a little golf, and traveling. They went on cruises to the Caribbean, Alaska, Mexico, the Mediterranean, New England, Australia and New Zealand. And every year for 8 years, they went to the Maui Writers Conference where Bud coordinated the Non-Fiction book program. One day in Maui, Jack Canfield, founder of the Chicken Soup for the Soul series, and a friend of Bud's from the National Speakers Association, asked him to co-author Chicken Soup for Writer's Soul. When the book came out in 1000, Bud was named a New York Times best-selling author.

In 2004, Bud revived his childhood interest in the harmonica. He put an ad in our neighborhood newspaper asking if anyone wanted to join him in starting a harmonica club. Twelve people showed up for the meeting and the Harmonicoots were born. They considered themselves old Coots having fun, but soon grew into the most prestigious harmonica band in America, even hosting the international SPAH (Society for the Preservation and Advancement of Harmonica) convention in 2009. Bud offered harmonica lessons to Sun City residents to keep the club growing. He even taught harmonica to local school children and to people at the Sacramento Society for the Blind.

Although he never stopped loving to play with the Coots, in recent years, he had to step down from active play due to his declining eyesight which its resulting balance issues. He had a stroke in January and went into cardiac arrest on March 16, 2023. He is survived by his beloved wife, Jennifer Martin, brother Don, sister Marge, daughters Lori Bainton and Jill Booker and their families, and step-son Cael Kuhlman and his family. A Celebration of Life was held on April 16th at Sierra Pines.

Bud leaves behind a lasting legacy of athletic achievement, writing renown, and beautiful harmonica music. He was a great teacher, enthusiastic to the core, and an inspiration to everyone he came in contact with. He made many friends throughout his life, touching us with his big, caring heart. His most favorite observation about writing will stay with us forever: When you speak, your words echo only across the room or down the hall. But when you write, your words echo down the ages.



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## SCR Foundation 2023

(cont' from page 1)

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One of the Foundation's most widely used services is the Home Maintenance Program. In the first quarter, the Home Maintenance Team made 285 house calls and provided 350 different services. The most popular service requests included the replacement of smoke alarms and light bulbs. The Foundation stocks the Maintenance Team's van with basic supplies and our resident volunteers provide the service at no cost, although a donation is always appreciated. Please note, this program relies heavily on volunteers so if you are interested in helping, please contact Doug Smoot at scrhomeservices@gmail.com.

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## Bridge Club

(cont' from page 26)

husbands. For many years, Thera was involved in Sea Ray races, where she was the telephone chair. One of Thera and Stan's favorites was traveling. Among others, they visited Italy, the Holy Land, Ireland, Scotland, St. Petersburg in Russia (Thera's highlight was the big museum there), and around South America where they saw penguins!

Lenora Harrison, a realtor many of you know, is Thera's sister. Several years ago, Thera suffered a stroke and is undergoing physical and speech therapy. She misses her friends in Sun City.

## Bunco

BY PAT OBERLANDER

Come join us in May on the 2nd & 4th Mondays! No training necessary, just luck. The cost is \$4 Sign-in starts at 8:30am and we start playing at 9am. Good way to meet neighbors



**Bunco Winners!**

and loads of fun. We'd love for you to join us. We're in the card room at Timber's Lodge. You don't have to commit to every time, but once you

start, you'll be hooked. Come on down!

Winners for March 13: Helga Herrington, Linda Solomon, Gerri Pankyo, Susan Moore and Jean Saunders.

Winners for March 27: Becky Matsin, Margrit Grenier and Susan Moore.



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**Lincoln Podiatry Center**

**Dr. Brian P. Keller, DPM**  
Board Certified in Podiatric Surgery by the ABMSP

**On Site X-Ray & Diagnostic Ultrasound**

- Ingrown Nails
- Heel Pain
- Bunion Surgery
- Custom Orthotics
- Corns & Callouses
- Ankle Injuries
- Hammer Toes
- Diabetic Foot Care
- Foot Pain
- Plantar Fasciitis
- Nail Care
- Painful Diabetic Neuropathy

**916 434-6410**

**LINCOLN PODIATRY CENTER**  
841 Sterling Parkway, Suite 130 • Lincoln

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

#### \*\*FREE ADS — INCLUDE:

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

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

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

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

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

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

#### BUSINESS ADS:

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

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

**Business Ads** are 15 words for \$35 for one-month. Additional words \$1 each. (\$90 for three months for the same ad.)

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

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

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





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

BRE #01163699



**WHY PAY 6%?**



**George Brown**

*Experience Makes a Difference!!!*

## **Recent Sales in Sun City**

4212 Napa Loop	Timberrose	\$ 450,000
7708 Timberrose Way	Meadow	\$469,000
5201 Dreamgarden Loop	Rosetree	\$475,000
7256 Shadylane Way	Timberrose	\$480,000
4200 Enchanted Circle	Rosetree	\$525,000
7596 Council Rock Road	Rosetree	\$525,000
7209 Acorn Glen Loop	Timberrose	\$ 525,000
6009 Buggy Whip Lane	Orchard	\$535,000
7509 Timberrose Way	Yosemite	\$660,000
225 Heartrose Court	Yosemite	\$691,000
417 Barusch Court	Delta Breeze	\$700,000

## **Market Update**

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

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