

SUN SENIOR NEWS

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Readers Theater Plays August 5 & 6

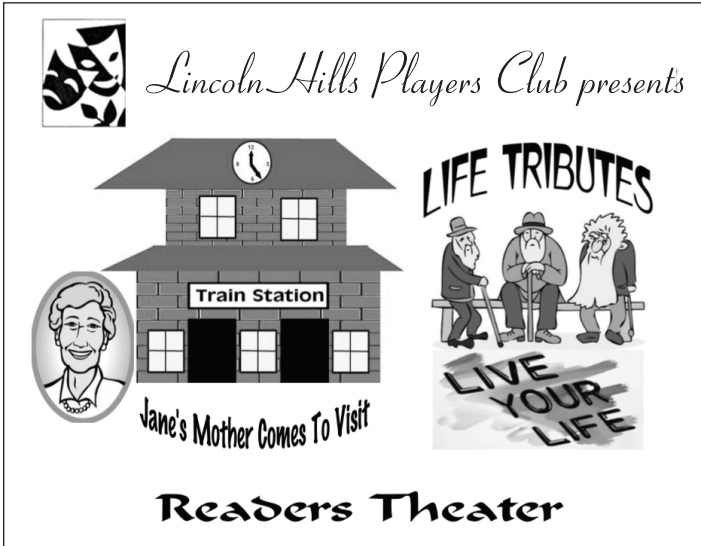
BY ALAN LOWE

The Players will present two half-hour humorous Readers Theater plays, “Easy Aces: Jane’s Mother Comes to Visit,” and “Life Tributes,” on August 5 and 6 at 3:00 PM in KS Presentation Hall. Readers Theater is free to the public.

Highly regarded as a show that made radio funny, “Easy Aces” featured Jane and Goodman Ace. Jane is a somewhat kooky character, much like Gracie Allen and Betty White. Her way with words, using them incorrectly, is hilarious. Goodman, who goes by “Ace,” is the show’s writer, who’s a little gruff, but it’s all in good fun.

In this episode, a telegram from Pittsburgh is delivered: “Arriving New York this afternoon. If it’s too much trouble don’t bother meeting me at the station, as I will

probably not have one of my fainting spells — Love, Mother.” And from her message, you know this visit is going to be very funny. Angela Blas directs.



The second episode is a humorous play written and directed by Alan Lowe. If you find yourself single in your 70s, you may fear spending the rest of your life alone. So, you explore the singles world, in sometimes daring ways—by the Internet or . . . ?

Three men get together to discuss the options. One believes that technology is not the greatest way to find your perfect match, so he puts an ad in the paper. When he tells his friends what he did, they ask him what section he placed it in, and he says, “Life Tributes.” The others look at him in dismay. “That’s the obituary section. How could you do that?” And then the unexpected occurs.

The next Players meeting is Monday, July 10 at 4:00 PM in KS Presentation Hall. For club information, visit www.lhplayers.org or contact Players President Craig Stults, 916-543-6782.

LH Foundation – No Bingo In July

BY DENISE BOWDEN

It takes a village to bring you the monthly Bingo games and each July the Foundation gives our volunteers the month off to rest, get off their feet or just have fun in the sun. The month starts with Independence Day, a time when we gather with friends and family, and ends with a celebration of the National Day of Friendship on July 30th.

We will be back in the ballroom on Thursday, August 24th. Mark your calendars so you don’t miss it and keep those daubers ready.

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

Doors open at 12:30 pm at Orchard Creek Lodge on Bingo day and play starts at 1:00. Twelve cards for \$25, with exact change appreciated. Join us and be one of our 2023 winners. Payouts are \$100 for the first eleven games and \$250 for the final game. Make an

(cont’ on page 35)

LH Music Group

BY DAN LEHRER

Our Group songs “Grand Old Flag” and “America the Beautiful” coincided with Flag Day this year and kindled our patriotic spirit. Thanks to a generous donation from Julie, we now have an excellent wireless head mic. Thank you, Julie! Our performer list fills up fast, so if you want to participate, come early to sign up. It’s always amazing to listen to such a wide variety of musical genres. From Country to Blues to classical we’ve got it all. All of us are striving to learn new songs and stretch our abilities. It’s a team effort each month to make the sound quality, set up and group song choices all work. We keep learning each time and are grateful for the opportunity to be in such a fine venue. We meet on the second Wednesday of the month from 2:00 to 4:00 PM in P-Hall (KS) through October. We love an audience so please come on down. You can



find the Lead Sheets for the group songs and more information on our website; the password is musicgroup. The Guitar Ensemble meets Fridays from 1:00 to 3:30 PM (OC). Open to Lincoln Hills Residents. Contact Sal Caruso at 916-343-5810 for information. Ukulele Ohana meets Wednesdays, 1:00 to 3:00 PM (OC). Open to Lincoln Hills residents. Contact Ron Peck at 925-788-5869 for information. You can also contact Dan Lehrer at dlehrer72@gmail.com.

• • •

Ballroom Dance Club

BY ERNIE MICHELI

The Ballroom Dance Club will continue weekly lessons during the month of July. The waltz will be taught.

Did you know that initially the waltz was considered a scandalous dance. At the time, social dancing was done in a particular way: each dance had precise choreography (it took ages to learn the intricate steps), and the dancers were held at arm’s length. The waltz, however, could be learned in a short amount of time. And it required the partners to stand so close that their faces were touching. Combine those with the characteristic rapid turning movements and fast tempos, and there you go! A dance form considered sinful and scandalous by the older generation.

For the next few decades, parents and leaders tried to stop their children from

(cont’ on page 3)



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Ballroom Dance Club

(cont' from page 1)

dancing the waltz (unsuccessfully). The Times of London even extended a warning to parents after the Prince Regent threw a ball that included a waltz in 1816.

Coming soon on Saturday, August 5 will be our next party, Ballroom Saturday Night, with the theme of Hot August Nights. We hope you can attend so put this date on your calendar.

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

Tap Company

BY ALISON WOLFE

This month the Tap Company's annual Spring/Summer luncheon has been scheduled for July 26 at the Orchard Creek Lodge. Look for an email to follow with more details. If you do plan to attend, please make sure you have paid your annual dues of (a whopping) \$5. You can mail it to Jennifer Carroll at 2057 Winding Way, Lincoln, CA 95648. Please make checks payable to The Lincoln Hills Tap Company. As

there are no tap classes scheduled in July, you may be wondering how to keep your tapping skills sharp. Answer is to attend Saturday practices. Just let us know if you're interested in coming on any Saturday in July by emailing Mary Adamson at maryadamson719@gmail.com or Alison Wolfe at awolfe@tt-valve.com.

• • •

Country Couples

BY RICH AND DONNA PICK

On May

24 Country

Couples met

at Lazy Dog

Restaurant

in Roseville.

We had great

service and

great food for

27 of us. We

began with

Happy Hour

and then stayed

and enjoyed a

wide range of

different types

of entrees. Four

people were

celebrating

birthdays, and

the restaurant

surprised each

of them with a

chocolate

sundae!

On June 1

approximately

60 people

gathered for

the Structured

Dance night

in the Ballroom

(OC). We had

an evening of

dancing with

ballroom

dancers and

Country

Couples

dancers

sharing the

dance floor. DJ



Sandra and Gary at the dinner get-together.

(cont' on page 5)



Lincoln United Methodist Church Sunday Worship 10 AM

Our historic chapel was established in 1890 and has been an enduring legacy to God's faithfulness in our local community ever since!

Pastor Vinny's sermons available on YouTube.com Lincoln UMC

See upcoming events on our Facebook page

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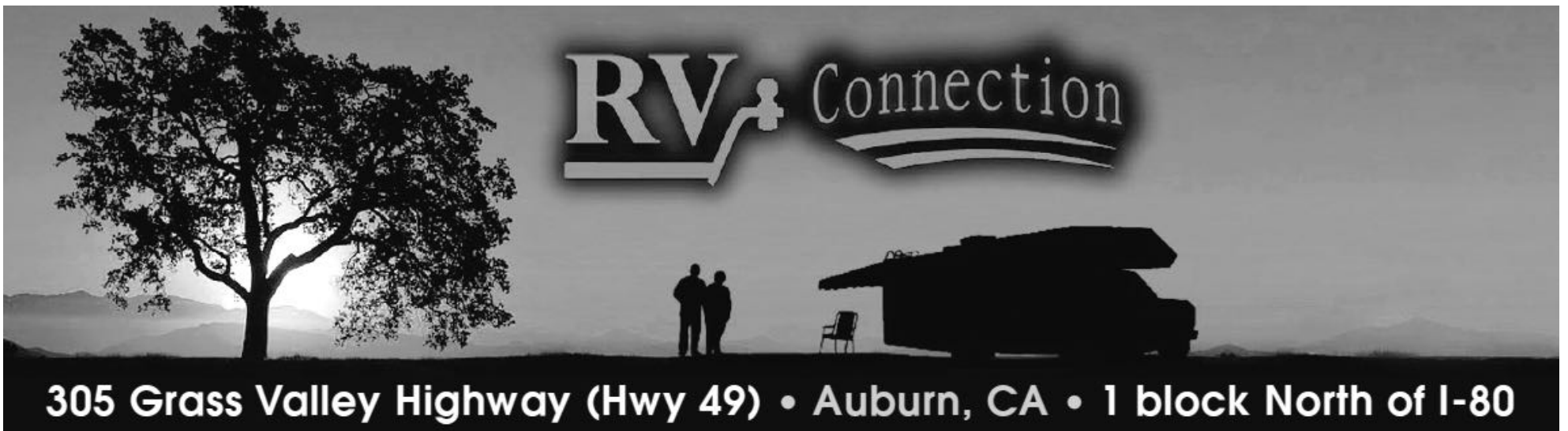
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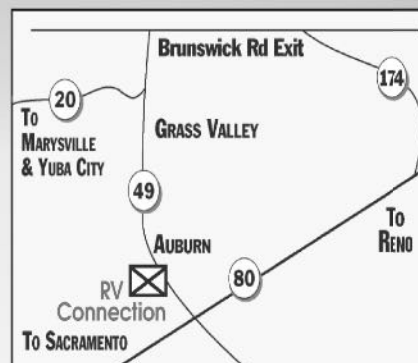
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19th Annual Voices of Lincoln Poetry Contest — Poets Wanted! Enter Now!

The 2023 Voices of Lincoln Poetry Contest is in its final month. The countdown to the July 20, 2023, entry deadline for this year's contest continues. We only have 20 days until the end of the contest. Do not procrastinate or you could miss the deadline.

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

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

The "Rules and Entry Form" can be downloaded from the following blog: <https://slolowe44.blogspot.com/2023/03/2023-voices-of-lincoln-poetry-contest.html>.

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

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

Country Couples

(cont' from page 3)

Tom played music for two country couple dances and then two ballroom dances, giving everyone a chance to relax, socialize, and observe the other club dancing.

On June 3 Country Couples enjoyed an afternoon of dancing from 12 to 4 at Kilaga Springs at our no-frills dance which had a Hawaiian theme. Everyone brought their own lunch/snack to enjoy while dancing to their favorite songs.

Next, we are looking forward to June 22 when Country Couples will have a picnic at the Sports Complex Pavilion. Everyone will bring their own picnic lunch and beverage, and music will be provided by Dennis and Georgie Dawson. In addition to dancing, there will be corn hole, bucket blitz, and other assorted games available to all who attend.

If you think these activities sound like fun, why not join Country Couples? For more information, please visit our website or contact us.

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

• • •

SC Squares

BY JACKIE CARLSON

Square Dancing is a great way to exercise and meet fun people of all ages.

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

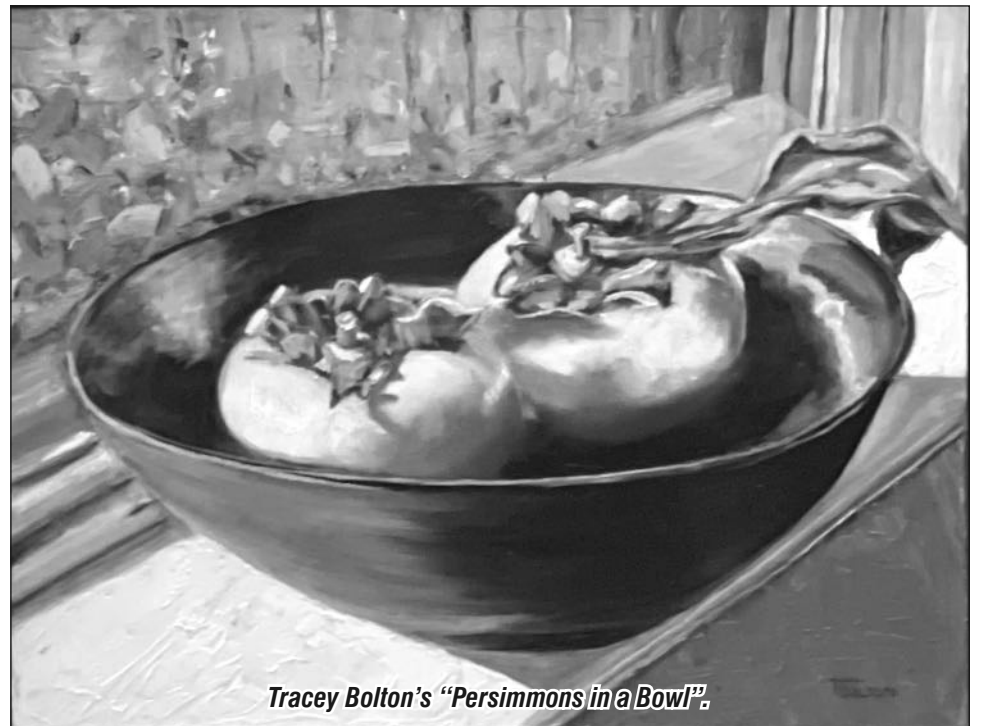
If you have previous experience and would like to join the Mainstream group, stop by KS Multi-purpose room and join on Mondays 1:15 to 3:30 PM or Advanced dancers on Thursdays 1:00 - 3:30 PM. The drop in cost is \$8 per class. Come join the fun!

• • •

Painters' Club

BY TAMSEN ARMSTRONG

We are very proud of our friend and colleague Tracey Bolton, a talented oil painter who won Best of Show this year at the SCLH Fine Art Show for her still life "Persimmons in a Bowl." The 1st Annual Joyce Bisbee Memorial Award was given to Rhonda Campbell for her



Tracey Bolton's "Persimmons in a Bowl".

encaustic "San Francisco Triptych." There were 18 Stars of the Show awarded, several to our members, including Karen Jones, Chris Olsen, Margo Flanagan, Tom Watson, Tamsen Armstrong, Barbara Perryman, Sharon Duley, Marianne Oliphant, and Tracey Bolton. Honorable Mention ribbons went to Bob Green, Susie Crawford, Jane Barry, Susan Berg, Karen Jones, Paulette Pesavento and Chris Olsen. A big hurrah to all the winners!

The Show was very well attended with brisk sales. Friday night featured live piano music, lovely flower arrangements, ribbon awards, raffles, and a wine bar. Chuck Gebhardt did a masterful job as Master of Ceremonies. Placer County Supervisor Shandi Landon won the raffle of a lovely painting by Chris Olson. Many thanks to the FAS committee, especially Joan Musillani and Chris Olsen for organizing this show as well as the 40+ artists who worked so hard to bring their best work and offer their help with setting up, being present to assist sales, and stay for the take down.

Marianne Oliphant did a wonderful job organizing and hanging our club show at Simple Pleasures. Why not take a drive downtown someday soon and enjoy a tasty piece of pie while you peruse our paintings.

Check us out on Facebook! Our private group is for you to download forms and newsletter back issues, post your latest

masterpiece, ask a question or share some good painting tips. Our general meetings are on the 3rd Tuesday of every month at 1:30 in the OC Art Room, and dues are \$15 a year. Contact Linda Shields at linda_c_s@yahoo.com for more information 916-761-4549.

• • •

Needle Arts

BY MARY SWANSON

Happy Birthday America! As our summer heats up it's great to remember all the freedoms we enjoy in our great country and give thanks to all who help keep us free.

Recently, SCLH resident Gail Marculescu contacted community service to see about obtaining quilts for the Quilts for Ukraine project. 25 community service quilts, all she could fit in her luggage, travelled to Poland with her and will join many other quilts being distributed to refugees. From the SCLH collection, Gail chose two teen size quilts to be part of a collection of 161 quilts, representing the number of children who have lost their fathers in the fighting, to go on tour around venues (schools, embassies and museums) in Poland and Ukraine before being gifted to the children. This demonstrates how CS not only helps local charities but now has a

(cont' on page 7)

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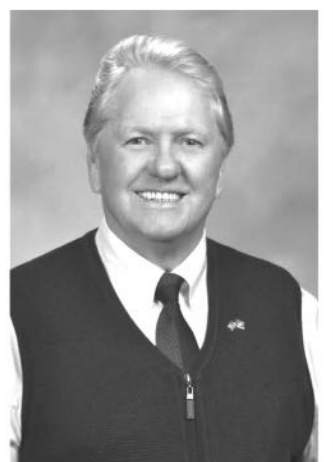
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Needle Arts

(cont' from page 5)

worldwide reach.

General meetings are taking a summer break during July and August. Demonstrations also are taking a break in July but return in August. Be sure to check the NA website, sclhna.com, for the demonstration calendar. The website also includes a monthly calendar for subgroups.

Signups are now being taken for the fall retreat at Mercy Auburn scheduled for September 25 through 28, 2023. This is a three-night, four-day event with check-in on Monday at 12:30 PM and sewing room departure on Thursday at 2:00 PM. The price for this event is only \$380 and includes private sleeping rooms and all meals and snacks. Signup information is on the NA website.

• • •

Mixed Media Club

BY JILL SHORT

July is a great summer month that brings fond memories. Parades, fireworks, picnics, playing in the pool, and watching children enjoy their summer off. It is a great month to use our thoughts and memories to dabble in the art of mixed media. It is also a perfect time to learn a little more about Mixed Media techniques and supplies. We will be doing 3 different learning experiences at our July 19 meeting. Jan Stephens will be sharing various art mediums. She will show us how to use them

and what they do. I will be talking about what to create your art on (substrates), and basic collage. I will cover what supplies can be used, where to get supplies and the pros and cons various supplies. Bring a glue stick, scissors, and black marker to our next meeting. Remember to also bring the art challenges you did for June and July. The Challenges prompts were: "A Taste of Summer" and "Bees Knees." The August prompt will be "Dog Days of Summer."

Art is something that can be done for enjoyment, or sometimes it can be done to express ourselves. There are days that we are going through hard and emotional times. Putting those feelings in our art is a way to walk through difficult times. Don't know where to start? Joining the Mixed Media Club is a great way to meet new friends, learn more about supplies and dabble in art together. The club members are very friendly, love to share supplies and are a great group of encouragers.

The Mixed Media Club meets the 3rd Wednesday of the month in the Fine Arts Room (OC) at 1:00 PM. For more information contact our President, Chris Fetter, at 916-276-7895 or email at: mixed.media.chris@gmail.com

• • •

Paper Arts Club

BY LINDA LUCCHETTI

We had a busy month of June! We kicked it off with a workshop showcasing various fancy folds for card creations. Members presented techniques so we could "know when to fold 'em!" Also in June, we stayed indoors this year

to shop at our annual Overstock Sale. We had fun and saw plenty of bargains.

At our July meeting, the project featured Susan Long's rendition of gift tags. Beautiful and elaborate with many possibilities, you may never look at a gift tag in the same way again!

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

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

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Photography Club

BY DIANE MARGETTS

The June General Meeting was a hands-on presentation by one of our own fabulous photographers, Truman Holtzclaw. Truman demonstrated the techniques to add blur to your photographs for a depth-of-field effect or simply to add strong interest to a photo. Thank you, Truman!

Arik Gorban will be our presenter for July. His topic is Creating a Personal Photography Project. This will be a Zoom presentation. Arik is a photographer and photography instructor who focuses on the creative aspects of the photographic art form. He has over 40 years' experience in the complete photographic process, including analog photography, darkroom work, and extensive digital imaging including 25 years of using Photoshop and

other digital imaging applications.

He frequently judges photo contests, presents on photography and exhibits his fine art photography. He also photographs events and conducts photography workshops with focus on the creative aspects of photography. Arik's street photography workshops are conducted in New York City and Philadelphia. We are thrilled to have Arik as our July featured speaker!

Club Officer elections were held in June. Members extended a warm welcome to all of our returning and new Officers including: President—Ron Nabity; Vice President, Programs—Truman Holtzclaw; Vice President, Communications—Diane Margetts; Secretary—Nancy Whitaker; Treasurer—Steve Stewart. In addition to the elected positions, several other members take a consistently active role in Board matters ranging from membership to exhibits, field trips and website management. Their dedication is greatly appreciated and new 'eyes, ears and hands' are always welcome. Check out the Our Team section on our website to see the breath of activities of the 'extended Board'.

To enjoy some wonderful photography, check out our Facebook Page. The Club Facebook page is open to all residents of SCLH who are interested in photography: <https://www.facebook.com/groups/SCLHPhotographyClub/?ref=bookmarks>.

• • •

(more Club News cont' on page 9)

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Woodcarvers Club

BY LIONEL RAINMAN

In May, Capital Wood Carvers sponsors a two-day wood carving show which consists of entries for judging, carving displays, pyrography (wood burning), decorative gourds, and various carving items for sale. If you are a carver or are interested in carving it is the place to go for inspiration

Two of our members, Joanne Carroll and Lionel Rainman entered a total of 4 items for judging. All items submitted returned four 1st place blue ribbons.



Boot Carving by Lionel Rainman.

You are welcome to drop in and see what is being carved. If you are interested in joining, no carving experience is needed, but help is available to get you started. Additionally, we have carving tools that you can use and a large library of books, magazines and DVDs for plans and ideas.

Woodcarvers Club meets every Wednesday from 1:00-4:00 PM in the Sierra Room at (KS).

• • •

LH Italian Club

BY LINDA LUCCHETTI

Our Annual Inaugural, this year a Sock Hop, takes place July 9. Don't be square! Check out the website after the event for photos.



Will Crews at Member Appreciation.

Calling all chefs! Fire up the stove and grab your Nonna's favorite recipe. We're planning a Spaghetti Sauce Contest, August 12. We're still cookin' up details, so simmer down, don't turn red.

In September, we're heading for the vines and some local winery tastings. More information to come. Until then – Salute!

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

• • •

Shalom Social Group

BY JUDY GANULIN

Shalom Social Group's next volunteer work dates at the Placer Food Bank are July 6 and August 29. The coming months are filled with other activities too – a Membership Breakfast meeting in June, an always-popular Game Night and Women Together luncheon in July, a membership meeting where we will discuss the Titan Missile Site with County Supervisor Shanti Landon and Lincoln News Messenger Editor Carole Feineman in August.

We focus on Jewish history, culture and food, but membership is open to all. For more information about our group and our activities, please contact Margie Gulko, 916-543-5303, or Deanne Iliff, 530-518-3704.

• • •

Lavender Friends

BY JOAN LACKTIS

We had a perfect day for our annual all-member mixer in May. Around 60 of us gathered at the Sports Pavilion for special-recipe corned beef and tri-tip prepared by two of our members. We also had a variety of sides and desserts.

It was an opportunity for old and new members to mix and mingle and get to know each other better. Entertainment was provided by two members playing ukulele and other strings while another showed off his hula moves. A raffle for \$100 gift card capped off the fun.

Last month kicked off an array of summertime events, with an afternoon of wine-tasting at Dora Dain, a local winery. This month, we are planning a bus trip to Red Hawk Casino and August will take us on an ax-throwing adventure at Get Axed. Lavender Friends is a club for LGBTQ residents and their allies; check out our website at lavenderfriends.com.

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LH Astronomy Group

BY BILL WEAVER

On Wednesday, June 7, 2023, the LHAG co-hosted a well-attended presentation with the Sun City Lincoln Hills Community Forum. This was a special program and presentation by Astro Imager Ken Crawford titled "The Pursuit of Star Streams - Going Deep for Science from My Backyard!". This was Ken's personal journey showcasing how he evolved from taking "pretty" pictures of interstellar objects and formations from his backyard in Camino to finding himself working with world-wide professional astronomers in the pursuit of "Star Streams." These rivers of stars help in our understanding of how galaxies form, merge and evolve.

This special presentation was recorded and is available to all Sun City Lincoln Hills residents for viewing at no charge through the SCLHCA Community Forum webpage.

The LHAG does not hold meetings or conduct sub-group activities during the month of July.

Astronomical Events for the Month of July July 3 - Full Moon

This month's full Moon is commonly known as the Buck Moon, as this is the time of year when the antlers of the male deer grow. Other names include the Halfway Summer Moon, the Salmon Moon, the Raspberry Moon, and the Thunder Moon.

July 18 - Waxing Crescent Moon and Mercury

Summer gives us the best opportunity to see Mercury in the evening sky this year, with the smallest planet being visible in the twilight from mid-July to the end of August. Look toward the west-northwest about 15 minutes after sunset.

July 27/28 - Mercury and Regulus

By the end of July, Venus will be rapidly losing ground to the Sun while Mercury continues to climb. Looking West, Mercury will form a very close conjunction with the star Regulus on the 28th.

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

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Apple User Group

BY NINA MAZZO

My tech travel kit includes adapters, chargers, and Apple AirTags. I discovered you don't need Wi-Fi to make AirTags work, and you see where your AirTag is, as location data and history aren't stored in the AirTag. The June issue of the Cider Press has additional information on AirTags. You will find this monthly publication at our website under "Newsletters".

Are you new to using Apple products? Apple.com has a great deal of helpful information on their products. In addition, our club website provides handouts and past presentation videos.

Club membership also provides you with a support helpline and in person open labs where you can bring your Apple device and discuss your problems or questions.

Our general meeting this month will be Tuesday July 11th. We begin with Ask the Tech at 6:30PM and the program starts at 7:00PM

(cont' on page 11)

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You are not alone. Nearly 38% of the world's population suffer from debilitating back pain. And even more unfortunate, the surgeries recommended to fix you have such a high failure rate that there is a medical term for it, Failed Back Surgery Syndrome (FBSS). FBSS comes with a whole host of symptoms that often make life more difficult than it was before you opted to have surgery and include persistent pain that can affect not only the back, but the neck and limbs as well.

"For our 45th anniversary our children gifted us an Alaskan cruise," shared Max G. of Wheatland, "It's the trip of a lifetime! But while the excitement of exploring the Tundra Wilderness was almost too much to bear, so was my back pain. I've had two failed surgeries and my surgeon keeps pushing for another. One of those fool-me-once situations, but I also didn't want to spend 10 days in a cramped cruise room miserable and taking pain pills."

Not all hope is lost however. We specialize in treating back pain. Whether it's from a disorder, repeated injury, osteoarthritis, or something more complex like FBSS, we are helping people live lives free from pain!

Our patients are typically individuals who have been told they should have surgery but would either have a difficult time going under the knife or have tried that route with little success and decided to explore other options. There is more to healthcare than prescription pills and scalpels. By offering several integrative therapies at Lincoln Acupuncture we are able to combat and treat your pain from several angles ensuring the possible outcome.

We have pioneered non-pharmaceutical, non-surgical innovative medical solutions that not only address the back pain itself, but its cause as well.

Acupuncture has been used for thousands of years to reduce inflammation, increase blood flow, and stimulate the release of endorphins, the body's natural painkillers. To expedite this process, we integrate a targeted microcurrent therapy called ATP Resonance BioTherapy™. This technology was originally developed by NASA to expedite healing and recovery.

In especially complicated conditions they will also utilize BioVantage Regenerative Therapy™, a proprietary technique that makes use of terahertz frequency. We use it today to combat inflammation and in a majority of cases, offer our patients a more permanent solution.

"If you would've asked me 3 months ago if I thought I would feel this good after acupuncture treatments, I would've told you, you're nuts! But I'm a believer! My wife and I are currently booking excursions for the cruise and I'm actually looking forward to it. Before I would've been hesitant to even schedule something like dog sledding knowing my pain was through the roof, but now I can't wait! Obviously I have my kids to thank for this trip but I can't help but take my hat to the team at Lincoln Acupuncture because those ladies are the reason I'm going to truly enjoy this trip."

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Apple User Group

(cont' from page 9)

in person at the Presentation Hall (KS).
I will be one of the speakers along with tech Ken Silverman when we present “What do Commonly Used Terms on the Mac do for you?” I have found that the tech folks easily banter about terms and acronyms. Well, I wanted to educate myself a bit more and that led to this upcoming presentation. Join us as we discuss and demonstrate several of those commonly used terms on the Mac, from Arrow keys to the Command set; Force Quit; OS; PDF; Time Machine; USB and many more. Join us and you will learn at least two new things!
Club website: www.lhaug.org. General information line: 916-913-6833.

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LH Republican Club

BY SUE DUMAS
July 4th Lincoln Parade is a highlight for Republicans.
Dynamic and informative, Placer County District Attorney Morgan Gire, was Guest Speaker for June. He explained and evaluated multiple new State laws. How they impact our lives and have added to increase of current crimes. He discussed how he is working to keep peace and safety a priority in our County.
Saturday, July 15th Ice Cream Social & Patriotic Bingo Kilaga Springs (Placer Room) - 2:00 PM to 4:00 PM. Variety of toppings for your Sundae. A fun and tasty afternoon among like-minded people.
Wednesday, August 23—Eric Early - Guest Speaker Kilaga Springs (PH) doors open 6:00 PM, program starts 6:30 PM.
To join the SCLH Republican Club go to our website (below), copy application and send in your dues of \$15/per person, per year. You'll be happy you did!
www.RepublicanClubSCLH.org

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Genealogy Club

BY NANCY SWITZER
Did you know that the first ice cream parlor opened in New York in 1790? During the summer of the same year, George Washington is said to have spent \$200 to satisfy his craving for the refreshing treat. In today's money, it would be \$6,255! Genealogy Club Members can get theirs for free this month, at our annual Ice Cream Social, on Monday, July 17th, at KS in the Placer room @ 6:30 PM. (note: day and time change for this month only.) Come and enjoy ice cream and socialize with other like-minded Genealogy and ice cream lovers. Please RSVP to rmperada@gmail.com if you plan to come so we get a good head count and have enough goodies.
Monday Genealogy Workshops will be announced by MailChimp to the members; however, if you are not in the club, considering joining, and would like to attend a workshop, contact Kate McCarthy at starkayak@icloud.com for details.

Contact: ritaperada@gmail.com
Website: <https://www.suncitylhgc.com/>

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SCHOOLS

BY PATTI KINGSTON
As you consider fall activities and volunteer opportunities, why not support our Lincoln Elementary Schools by spending time in the classroom? It is a chance to be a part of a child's early learning experience as they are introduced to the basics and the socialization that the schoolroom teaches. Volunteers help teachers in many ways, based on the needs of the teachers and the classroom. Many younger children need extra help in reading and math. A one-on-one hour with a volunteer can make a lot of difference. Teenagers may need the helping hand that tutoring provides. Soon teachers will begin planning for the Fall. For a rewarding adventure, consider helping one of our Lincoln teachers in the classroom. Now is the time to sign up to volunteer for the 2023-2024 school year. Schools will open again in the Fall on August 17. New volunteers will not be placed until the school year is underway, late September or October.
Volunteers will be needed for grades K-5 and for the Phoenix Continuation High School where tutors help with English, Math or History. Working with teachers in the

classroom provides a sense of being needed and appreciated by both the children and the teachers. If you would prefer, you need not be in the classroom but can help the teachers with paperwork and special projects. The days and hours of service are up to the volunteer. No teaching experience is necessary. Many volunteers are in the classroom 1 day a week for a few hours. They work closely with the teacher and are under their direction.
The SCHOOLS annual meeting will be held on September 15, 10 AM at Kilaga Springs. Save the date and plan to come, whether you're a new volunteer or a returning one.
To volunteer at Phoenix Continuing High School contact Irma at jmeidm@aol.com. To find out about volunteering in elementary schools K-5 contact Cyndi at ccolloton@yahoo.com.

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Democratic Club

BY JUDY GANULIN
Lincoln Democratic Club members continue to volunteer at the Placer Food Bank; our next service date is Wednesday, July 19. Our next social event is a Summer Dinner at the Orchard Creek Ballroom on Thursday, July 20, where California Democratic Party Vice Chair and confirmed 2026 gubernatorial candidate Betty Lee will speak. We work with other area democratic clubs on items of mutual interest; many of our meetings are open to non-members. New members are always welcome. If you are interested in membership or participating in our activities, please visit our website <https://democraticclublincolncal.org> for links and membership applications.

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LH Travel Group

BY LINDA BEVINS
What's on your Bucket List? New people, new places, new memories await! Explore all the great tours and cruises being offered by the Lincoln Hills Travel Group! Book your seats before the trips are filled!!
For details on trips** and/or sign up, go to the Travel Group website: www.lincolnhillstravelgroup.com
2024 Trips:
• London & Paris featuring New Year's Eve in Paris - December 26, 2023 - January 3, 2024

• Spotlight on the French Riviera - March 7 -15, 2024
• Flavor of Portugal & Spain - Douro and Rioja Wine Regions - March 10 - 25, 2024
• Croatia & Its Islands - April 6 -17, 2024
• A Mississippi River Cruise on the “American Serenade” - New Orleans to Memphis - May 21 - 29, 2024
Trips which can be combined: Ask a Travel Presenter for details.
1. Northern Italy and Its Lakes - April 13 - 21, 2024
2. Rome and the Amalfi Coast - April 20 - 29, 2024
1. American Legacy - Historical Greenbriar featuring Washington D.C. - May TBA
2. Amish Country - May TBA
1. Memorial of World War II - 80th Anniversary of D-Day Landing - August 9 -18, 2024
2. Iceland: Land of Fire & Ice - August 18 - 27, 2024
1. Discover the Islands of New England - September 27 - October 4, 2024
2. Discover the Colors of New England - October 4 – 11, 2024
LH Travel Group Committee: Sheron Watkins 916-849-9504 sheron55@att.net, Louise Kuret Auerbach 916-408-0554 louisekuret@att.net, Lyle Auerbach 916-847-6544 lea925@att.net, Linda Bevins 916-666-7627 djbevins17@gmail.com, Joanne Schumacher 415-999-1242 jkschumacher1@gmail.com
** All trips led by Collette Tours except Mississippi River Cruise which is by Alamo World Travel.
Collette Tours: CST# 2006766-2
Alamo World Travel: CST# 2008416-10

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(more Club News cont' on page 13)

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Napa on View Lot

This stunning Napa model is situated on secluded cul de sac golf course view lot. This "Estate Series" home showed pride of ownership both inside and out with its traditional decor. Upgraded features include cherry Merillat cabinetry throughout, center prep island in kitchen, gas cook-top, cozy breakfast nook, spacious great room with gas piped fireplace, ceiling fans, recessed lighting and plantation shutters. The back patio is truly an extension of living space with its soft soothing water fountain, remote retractable awning, lush mature landscape and fantastic golf course views of the 9th fairway. As an added bonus, the exterior of the home was recently painted. This one was a gem! (Sold 5/2023)

\$900,000



San Mateo w/Golf Cart Garage

This lovely San Mateo model had tons of aftermarket upgrades which include quartz counter tops, subway tile backsplash, induction range, stainless steel appliances, double door pantry, cherry cabinets & a cozy fireplace. The park-like backyard had a soothing waterfall/feature. (Sold 5/2023)

\$800,000



Fremont w/Full Casita & 2.5 Car Garage

This rare & hard to find Fremont model had a full casita (w/ bathroom) & was located in a desirable village within Sun City. The spacious great room allowed for natural sunlight most of the day. The open kitchen was a favorite amongst the visitors as was the spacious backyard. (Sold 5/2023)

\$699,000



Pinehill w/2.5 Car Garage

One of the most popular floorplans within the community, this home had tons of interest. Features include new HVAC, white cabinetry, granite counter tops, built-in entertainment unit with glass front doors, laminate flooring throughout home and custom bathroom vanities. (Sold 5/2023)

\$575,000



Plumas w/Expanded Garage

This breathtaking Plumas model featured quartz counter tops, tiled backsplash, stainless steel appliances, pull out shelving in kitchen, engineered wood flooring, plantation shutters, recessed lighting and sun tunnels. The backyard was professionally designed, wow! (Sold 4/2023)

\$675,000



Quail Cove on Corner Lot

This charming Quail Cove model is located close to Anger's Cove catch & release pond & one of the most popular walking trails within the community. The home featured stainless steel appliances, double bump out windows in dining & master bedroom as well as new LVP flooring. (Sold 4/2023)

\$573,520



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Veterans Group

BY B.L. LEWIS

Richard Johnson, Placer County Veterans Service Officer will be the featured speaker at the general meeting, July 20, 2023 at 1:00 p.m. in the Kilaga Springs Presentation Hall. He will be speaking about the VSO's function and responsibilities. He will also explain the services offered to veterans and their families. During his 21 years of active duty in the Air force, he specialized in Avionics on the F-15, A-10, U-2 and F-16 aircraft. He also served as the first Sergeant for eight years and holds a Master's degree in education and public administration. Steve will also be available for questions and discussion on July 15, 2023 at a table adjacent to the Flag Sales Table.

Thanks to Bob Ringo and the team of volunteers working in coordination LH Maintenance Crews the 2023 Memorial Day Ceremony was a huge success, with over 250 in attendance. The ceremony became a Lincoln Community event with speakers Congressman Kevin Kiley and County Supervisor Shanti Landon, music was provided by the Lincoln Hills Choral Ensemble and Sophia Lane from Twelve Bridges High School, the Posting of the Colors and Two-bell Ceremony were conducted by the Lincoln High School Army Cadets. The program was directed by Public Relations Chair, Steve Witmer, USAF

The Veterans group's annual Ice Cream Social will be held on August 12, 2023 at 1:00p.m. in the Placer Room at Kilaga Springs

Lodge. The cost is \$10 per person for assorted flavors of Ice Cream from Leatherby's Family Creamery with a variety of toppings and complimentary bottled water.

The Flag Table will be open on July 15, 2023 in the Orchard Creek Lodge Lobby for the sale of Flags at a price of \$20. Thanks to diligence of Richard Fuller, Flag Sales Chair research of the market place, we have quality flags at more economical price. Continue to Fly Your Flag

Proudly on Independence Day, July 4, 2023. When your flags show signs of wear turn them in for retirement by depositing them in the retirement box in the room next to the Main Desk.

Congratulations to New Life Member, Hayward Monroe, U.S. Army.

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Bosom Buddies

BY ALISON SHELTON

Cancer is a generous disease in that it involves not only its victims but also their families and friends. As difficult as the cancer journey can be, the traveling is made easier with the support from others. To honor these people, Bosom Buddies will host a "Special Person" luncheon Saturday, July 15 from 11:30 AM to 2:30 PM at the SCLH Sports' Pavilion. Each member can invite one person who has been there throughout the breast cancer experience. All members are invited, however, even without a special guest. Verity Gould is heading up the luncheon and is looking for



Bosom Buddies ladies with the pink chain that signifies their years as "survivors."



Caron Russell from the American Cancer Society spoke on the "Relay for Life" fundraiser.

volunteers to help. To offer to help and/or to RSVP to the luncheon, call Verity at 916-719-8906. The food and beverages are provided.

The annual "Relay for Life," a fundraiser for cancer research, will be held at the Auburn Recreational Park across from the Placer Fairgrounds in Auburn, August 12 and 13 (Bosom Buddies will be there only the first day). Our sub-theme theme is "These Boots Were Made for Walking All Over Cancer." To prepare for this event, we are collecting old boots which we'll paint pink and purple, fill with soil and add succulents. Peggy Ryan, who has spearheaded our involvement for years, is again doing a great job coordinating our booth, games and decorations. We hope to raise \$4,000, and we're close. To make a donation, write a check to the American Cancer Society and mail it to Peggy Ryan.

Although we have interesting speakers and enjoy getting together for lunches, our main goal is to offer support to breast cancer survivors as well as to those still undergoing treatment. We're able to do so with a generous grant from the Lincoln Hills Foundation. To learn more about Bosom Buddies, call Judy Stewart at 916-408-3597.

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(more Club News cont' on page 15)

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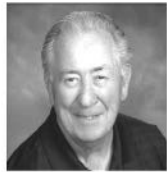
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Alzheimer's/Dementia Caregivers Support Group

BY MARY JO FRATESSA

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

The monthly general meeting is on the fourth Wednesday at 1PM in the OC Multipurpose room; all caregivers are welcome to attend, especially those with recently diagnosed family members. The Wednesday July 26 meeting will describe a music therapy program offered at Sutter Health Hospice Care.

The Women's caregiver group meets the first Wednesday of every month in the OC Multi-Media room; the next meeting is July 5 at 1PM. Contact Mary Jo Fratessa (916-759-8760). The Men's caregiver group meets the third Thursday of every month in the OC Multi-Media room; the next meeting is July 20 from 10AM-noon. Contact Ernie Drake (916-543-3482).

Contact Mary Jo Fratessa (916-759-8760) for more information about the Caregivers group.

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LH Hearing Support Group

BY JOANNE MITCHELL

Last month our guest speaker was Dr. Laura Gaeta, the director of the new audiology program at SacState. She gave a presentation on speech clarity, which focused on ways to improve understanding for those with hearing loss. As usual, her talk was most enlightening. Next month we will not have a speaker and will enjoy a general discussion on topics of interest. Hope to see you there!

• • •

Multiple Sclerosis

BY JERI DI FIORE

"Show and Tell" is planned for our final Zoom, July 18, prior to August Summer break. You are invited to show gadgets, items and devices, that help you manage your MS... We learn from each other; for instance,

a kitchen, swim or cooling device, may encourage/help a fellow Member to become more active.

Ok to brag!

July Zoom, Tuesday, 1 PM. A link will be sent to members by Sunday, July 16. Enjoy your summer!

• • •

Low Vision Support Group

BY STU SINGER

For July Sun Senior News, Due June 15The Low Vision Support Group WILL NOT meet in July. Because the first Tuesday of the month is July 4 and Orchard Creek Lodge closes at 2 pm, we will not be meeting in July. Enjoy the holiday with family and friends. Rest assured, however, our upcoming meetings will be awesome!!

Tuesday, August 1, 2023, 2:00 to 4:00 PM (multi-purpose room OC)

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

Tuesday, September 5 Meeting 2:00 to 4:00 PM

Jeff Thom an attorney at law and a board member of the Society for the Blind will discuss how the Americans with Disabilities Act (ADA) can help individuals with low vision.

Group Contact: Stu Singer 703.864.8161 of stuartsing3@gmail.com

• • •

RV Group

BY VICTORIA WHITE

On May 13th the RV Group enjoyed the taste of Hawaii with a catered dinner and Hawaiian music at the Sports Pavilion. Everyone was dressed to the T's in their tropical finery and the weather was perfect for the outdoor spring gathering. The camaraderie was undeniable, and everyone thoroughly enjoyed the evening.

As I write this article, 21 rigs are getting ready to head to Black Oak Casino in Tuolumne, CA, which is just outside Sonora. We have a full schedule of activities and tours planned by Mary and Craig Carbrey, our wagon masters.

Coming up July 16th for 5 nights we will be at Diamond Lake in Oregon then Klamath Ranch, Ca., for another 5 nights. It's always fun to visit the new parks and areas to explore. You would think that with all the places our club has gone over the years that we would run out of destinations but that's certainly not the case. If you have any type of RV and would like to travel with a group of new friends, join us and it will change your life.

Contact Sharon Skar at 916-434-7799 or marlowensharon@gmail.com. Our meetings are every second Thursday of the month, 4:30 PM at KS in the Placer Room.

• • •

Sports Cars

BY RICHARD PEARL

June started with a day trip to Lake Oroville. Ten cars made the trip to see the lake nearly 100% full. Lunch was at the Feather Falls Casino. Next up was another day trip to Grass Valley's Empire Mine State Park. There was a private tour of the cottage and clubhouse, the mine yard, and the mine shaft. A late lunch was had at Margarita's Mexican restaurant in Grass Valley.

The Club was scheduled to have a fabulous trip to the Lake Tahoe Ehrman Mansion just as this column went to submittal. Word has it that it sold out early and everyone surely a great time. Details next month.

June 29th was a ride to The Willo Restaurant (Grass Valley) for dinner. We'll participate in the July 4th parade in downtown Lincoln and in August we're off to Lake Almanor and the Inn at Occidental in Sonoma County. We'll have social events in September, October, and close out the year in December with the Holiday Party.

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

• • •

Rods & Relics

BY ELNA RAGAN

"The Best Car Show Ever" returned on Saturday, June 3! The shady tree-lined streets of Downtown Lincoln were filled with over 450 vintage vehicles and admired by over 6,000 spectators!

The day started with a Pancake Breakfast in the VFW Hall, sponsored by Boy Scout Troop #160. A fly-over by the West Coast Ravens featured smoke-emitting planes, as the National Anthem finished. DJ "Professor Rockola" filled the air with "Rock 'n' Roll" music throughout the day. The Chamber of Commerce had a huge Raffle Booth filled with over 100 Gift Baskets, Gift Cards, and great items. The Chamber also hosted a BBQ lunch

(cont' on page 17)





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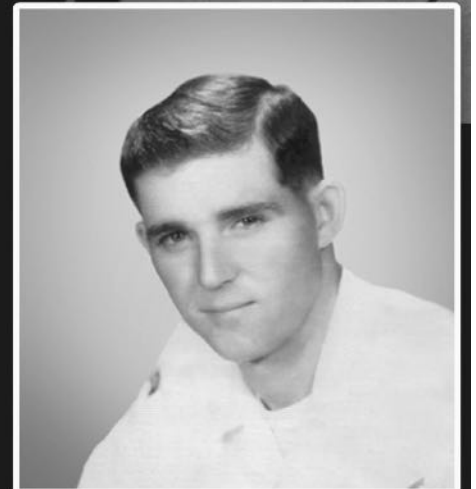
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Rods & Relics

(cont' from page 15)

in Beermann's Plaza. A variety of business, product, and food vendors were available in addition to Lincoln's many local restaurants and shops. The Award Ceremony started at 2:00 p.m. with over 30 trophies and plaques being awarded.

The Rods & Relics Car Club has participated in and sponsored local Car Shows since 2006. As in years past, the proceeds from the Car Show go to local charities. The Club has donated over \$253,000.00, which includes this year's donations. The current recipients are Gigi's Playhouse, the Assistance League of Greater Placer's "Drive to Thrive Program," and the Lincoln Police Department's "Project Lifesaver." Each charity will receive \$8,000.00. The Car Club also supports a Little League Baseball Team.

The Club is always looking for new members. All 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 below.

Contacts: Tom Indrieri, President 916-645-2035
Mike Carvidi, Membership Director 707-849-2834
Web Site: www.rodsnrelics.net

LH Amateur Radio Group

BY DAN LEHRER, KN6DRN

We have established a lending library of Ham and electronics books available to our members as well as WPARC members. Special thanks to Michael, K6BUK for his generous donation. At one of our meetings, Dan, KN6DRN gave a demo on POTA. We hope to "activate" a park in the future. Field Day results will be reported next month. Hams & Coffee in June was fun and well attended. Our Hams & Coffee get togethers, held at KS Café are lively, covering a variety of topics (including Ham radio). We will be getting together again in the future, so consider joining



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

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Garden Group

BY LORRAINE IMMEL

"Growing tropical fruit trees in your backyard/patio is easier than you think," says our guest speaker Quentyn Young. He is the presenter for the Thursday, July 27, General Meeting (KS, 2:00 PM). Quentyn will discuss different types of tropical fruit trees/plants and how we have to try to experiment with growing them in our local area and micro-climate.

Quentyn owns his own landscaping design and consulting company in the Sacramento area. Previously he was the manager of Fair Oaks Boulevard Nursery in Sacramento, where he worked for the past fifteen years. He has been a University of California Sacramento County Cooperative Extension Program Master Gardener since 2011. He also appears on local radio and television stations. He attended University of California, Berkeley Extension College for garden design/landscaping architecture. His designs highlight water efficient plants and edible landscaping.

Brown Bag Sale, Master Gardeners Q's & A's, Door Prizes, etc. will all be available. If interested in these "extras" it's good to come early!



Quentyn Young

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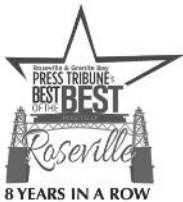
(more Club News cont' on page 20)

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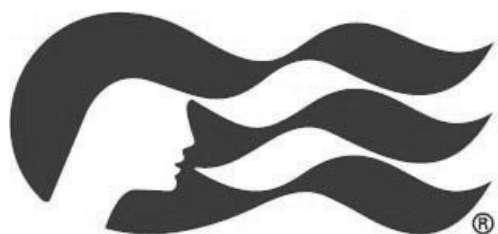
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15 DAY HAWAII from SFO! PRINCESS	Nov 26, 2023*	\$1,198	\$1,464	\$1,749
Crown Princess ~ 3080 Passengers	Jan 7, 2024*	\$1,298	\$1,499	\$2,649
	Mar 9, 2024*	\$998	\$1,199	\$1,998
Sail round trip from San Francisco, California to Kauai, Nawiliwili Hawaii; Honolulu, Hawaii; Maui, Lahaina, Hawaii; Hilo, Hawaii; Ensenada, Mexico, San Francisco, California.				
*LINCOLN SHUTTLE TO SHIP AVAILABLE!				
7 DAY CALIFORNIA COASTAL From SFO! PRINCESS		*LINCOLN SHUTTLE TO SHIP AVAILABLE!		
Crown Princess ~ 3080 Passengers	Oct 22, 2023*	\$458	\$558	\$898
Sail round trip from San Francisco, California to Santa Barbara; Los Angeles; San Diego; Ensenada, Mexico; San Francisco.				
10 DAY ALASKA From SFO! PRINCESS	Aug 15, 2023*	\$849	\$976	\$1,849
Ruby Princess ~ 3080 Passengers	Sep 14, 2023	\$748	\$853	\$1,549
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!				
10 DAY MEXICO From SFO! PRINCESS	Dec 12, 2023*	\$648	\$788	\$1,098
Crown Princess ~ 3080 Passengers	Jan 23, 2024*	\$698	\$848	\$1,298
	Feb 7, 2024*	\$628	\$763	\$1,078
	Mar 25, 2024*	\$598	\$727	\$1,198
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!				
16 DAY PANAMA CANAL PRINCESS	Oct 22, 2023	\$1,599	\$1,899	\$2,999
Ruby Princess ~ 3080 Passengers	INCLUDES SHUTTLE FROM LINCOLN TO SHIP & RETURN FLIGHT!			
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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.				
22 DAY SOUTH PACIFIC REPOSITION PRINCESS	Apr 6, 2024	\$1,649	\$2,279	\$3,079
Grand Princess ~ 2600 Passengers				
Sail from Auckland to San Francisco visiting Auckland, New Zealand; Tauranga, New Zealand; Suva, Fiji; Papeete, Tahiti, French Polynesia; Moorea, French Polynesia; Honoluulu, Hawaii; Maui, Hawaii; San Francisco, California. Ask about flying early and touring New Zealand.				
34 DAY SOUTH AMERICA PRINCESS	Dec 1, 2023	\$2,648	\$3,398	\$4,348
Enchanted Princess ~ 3660 Passengers				
Sail from Los Angeles to Buenos Aires, Argentina visiting Puntarenas, Costa Rica; Manta, Ecuador; Lima (Callao), Peru (overnight in port & optional excursion to Machu Picchu); Pisco, Peru; La Serena (Coquimbo), Chile; Santiago, Chile; Punta Arenas, Chile; Ushuaia (Tierra del Fuego), Argentina; Cape Horn, Scenic Cruising, Antarctic Peninsula; Port Stanley, Falkland Islands; Montevideo, Uruguay; Buenos Aires, Argentina. Optional tour to Iguassu Falls available. Call or stop by for more details. Limited availability, book soon!				

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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Jun 21, 2024	\$749	\$879	\$1,399
Jul 19, 2024	\$949	\$1,049	\$1,549
Aug 16, 2024	\$749	\$950	\$1,399

Sail round trip from Seattle, Washington to Ketchikan, Alaska; Endicott Arm & Dawes Glacier, Alaska; Juneau, Alaska; Skagway, Alaska; Victoria, BC, Canada; Seattle, Washington.

35 DAY SOUTH PACIFIC HOLLAND AMERICA

Feb 17, 2024	\$3,399	\$4,649	\$7,079
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Koningsdam ~ 2650 Passengers

Sail from Auckland to San Francisco visiting Auckland, New Zealand; Tauranga, New Zealand; Suva, Fiji; Papeete, Tahiti, French Polynesia; Moorea, French Polynesia; Honolulu, Hawaii; Maui, Hawaii; San Francisco, California. Ask about flying early and touring New Zealand.

10 DAY ULTIMATE CARIBBEAN CELEBRITY CRUISES

Celebrity Equinox ~ 2850 Passengers

Jan 8, 2024	\$999	\$1,599	\$1,799
Feb 5, 2024	\$1,099	\$1,699	\$1,899
Mar 4, 2024	\$999	\$1,099	\$1,399

Sail round trip from Fort Lauderdale, Florida to St. John's, Antigua; Bridgetown, Barbados; Castries, St. Lucia; Fort-De-France, Martinique; Basseterre, St. Kitts & Nevis; Fort Lauderdale

25 DAY MEDITERRANEAN REPOSITION HOLLAND AMERICA

Oosterdam ~ 1964 Passengers

Sail from Fort Lauderdale, Florida to Athens. Greece visiting Ponta Delgada, Azores; Cadiz (Seville), Spain; Malaga, Spain; Cartagena, Spain; Valencia, Spain; Barcelona, Spain; Villefrance-Sur-Mer (Nice), France; Livorno (Florence/Pisa), Italy; Civitavecchia (Rome), Italy; Naples (Pompeii), Italy; Taormina, Italy; Valletta, Malta; Souda (Chania), Greece; Rhodes, Greece; Kusadasi (Ephesus), Turkey; Piraeus (Athens), Greece.

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15 Day GRAND EUROPEAN TOUR May – December 2023 - 2024 \$4,299

Viking Longships ~ 190 Passengers

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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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Bird Group

BY DON BAYLIS

With July, we begin our summer estivation, to awake in September for a new birding year. We will have a monthly meeting in July, but skip August, but there are no scheduled birding trips in July and August.

The June meeting was re-scheduled for June 19, to be held the Birds of Prey Health Group north of Lincoln and will be reported next month. The July meeting will be on schedule July 10, and will feature a bird photography by many of the excellent Lincoln Hills resident photographers.

The last bird walk of the season was held May 26 at Linda Creek in Roseville, and sightings included Ash-throated Flycatcher, Western Tanager, and Brown-headed Cowbirds, with a featured sighting of a Wood Duck and 5 chicks.

In the meantime, enjoy watching the birds raise their broods. I was enlightened watching parent Bewick's Wrens spend days leading



American Avocet by Truman.

their fledglings in follow-the-leader tours of our yard, learning where to find food and shelter. Our Salt Pond system is for the first time supporting an American Avocet family with chicks. We often see migrating Avocets, but breeding grounds are historically in the Eastern Sierra and Great Plains.

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

Contact: suncitybirders@schbirders.org
Web Site: schbirders.org

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(more Club News cont' on page 21)



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Hiking-Walking Group

BY GAY MACKINTOSH

Beat the heat! Summer officially began June 21, and Lincoln Hills Hikers and Walkers invite you to get outside with us to enjoy the season. Look for earlier meeting times and some higher-altitude hikes: website <http://www.lincolnhillshikers.org>.

Walkers now meet at 7:30 AM every Wednesday for invigorating 2½-3-mile treks exploring SCLH trails. "Walk for Wellness" meets at the same time and place so you can choose a slower walking pace with focus on improving mobility. Email Karl Aitken karlaitken@comcast.net about "Walk for Wellness." Call Coordinator Debbie Schryver, 916-666-1741, with questions about the Walking Group.

Hikes are normally scheduled the first Tuesday and third Thursday of each month--but first Tuesday in July is Independence Day so hike is changed to July 6:

- 1st Thursday, July 6. Point Mariah (Royal Gorge/Soda Springs). Spectacular views plus a ride on a swing overlooking the American River Canyon! Moderate/strenuous 6-mile loop at about 7000 feet.

- 3rd Thursday, July 20. Twelve Bridges Trail (local area). Earlier meeting time to beat the heat. Explore Orchard Creek Nature Preserve with a snack break at Coyote Pond. Easy 5-mile trail, mostly paved. GREAT FOR BEGINNERS AND WALKERS.

- 1st Tuesday, August 1 (Royal Gorge area). A NEW hike with new leader Tom



Denzler. Memorial Overland Emigrant Trail (section constructed in 2020) with views of Devil's Peak and Serene Lakes. Moderate/strenuous 6-mile loop, mostly shaded, at about 6800 feet.

- 3rd Thursday, August 17. TBA.

Save the date for our Annual Meeting September 26 with free pizza, a great program, and election of officers. And join us for July 26

potluck at the Sports Pavilion and November 30 Holiday Happy Hour in the Solarium. Sign up early once announced, as space is limited.

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

• • •

LH Senior Softball League

BY HEIDI MAZZOLA

The Women's Division is excited to announce the 2nd Annual LHSSL Women's Invitational Tournament, scheduled for July 30th. This event showcases senior women softball players from our area, and we are delighted to welcome back the Sacramento Area Women's Senior Softball (SAWSS) group for this year's tournament. Their participation enhances the competitive spirit and camaraderie that make this event special.

Please note that there's a short break for Co-ed Division play after the Independence Day celebration at Del Webb Field on Monday, July 3rd. This well-deserved break allows our dedicated players to rest and prepare for the competition that lies ahead. Co-ed play resumes July 10th. As of mid-June, the standings are as follows: team Mary Olsen Century 21 holds the top spot followed closely by Coldwell Banker Sun Ridge at 2.5 games back. Carolan Properties is 3 games back, and fiercely battling it out with team Mitzi Anderson Realtor who is 3.5 back. Michelle Cowles Real Estate, Dick's Sporting Goods, McDonald's, Electrick Motorsports, and Schaack Physical Therapy all have the talent and plenty of time to move up in the standings before the playoffs begin August 18th. It should be an exciting second half.

Another Hot Dog Day is scheduled for Wednesday, August 9th during regular Co-ed

(cont' on page 23)



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LH Senior Softball League

(cont' from page 21)

Division play. Games start at 8:00 and run until about 2:00 p.m. Be sure to mark your calendar and bring your appetite. A delicious \$6 Hot Dog Meal Deal awaits you.

For the latest information and announcements, please visit LHSSL.net. See you at the field!

• • •

LH Table Tennis

BY CARL LYNCH

Why was Cinderella so bad at Ping Pong?

Because she kept running away from the ball!

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

If you are a resident here in SCLH you can drop in and join the fun. You can also join our LH Table Tennis Club (LHTTC), and membership dues are not required. To join, just sign up on the new member sheet at the play sessions or email pingpongsclh2@gmail.com.

LHTTC members hear about all of our fun club events and announcements via email. You can easily unsubscribe any time.

Yes, Table Tennis, is dermatologist recommended! No need to roast yourself outside this summer while playing a sport!

We play on 7 tables, beginner to advanced levels on a drop-in basis. We play women's doubles, men's doubles, mixed doubles, and singles. Reservations are not required. Please

wear non-marking tennis shoes. Loaner paddles are available.

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

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

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

The group photo was taken on June 11th at our LHTTC summer Ice Cream Social:

• • •

LH Tennis Club

BY PAM FLAHERTY

The results of tennis club board member's advocacy on players behalf are four beautifully resurfaced tennis courts! Rich in color and an excellent surface, they are like new! Big shout out to the Lincoln Hills Association who did a wonderful job with minimal downtime and excellent outcomes. This is just one more reason to support the planning efforts of of the Tennis Club volunteer members who keep the "wheel squeaking."

Ball machine practice is also an excellent way to work on tennis strokes and meet new players. Held every Saturday from 8:00AM until 9:20AM all player levels are welcome. Thank you to Joel Baynes, a volunteer club member for organizing and recruiting a full schedule of volunteer ball machine operators. In addition, all level Tennis Drop-in is held on



Bob Sanguinet and Val Green,
Cinco de Mayo tournament Managers.

Saturdays from 8:00AM until 9:30. Look at sign-up board to find Drop-in courts.

We rode a "Cinco de Mayo" roller coaster with a rain-out and all the challenges of a make-up tournament schedule. Bob Sanguinet worked tirelessly and pulled it all together for a fantastic tournament! All of the tournament winners will have their names engraved on our pavilion wall plaques. Be sure to check our tennis club website at www.sclhtg.com for pictures of the tournament.

Club Orientation contact Val at valatvlaugtug@gmail.com and for free introductory/refreshers lessons contact Steve at stevebringman@yahoo.com

• • •

Lincsters 9-Hole Golf Club

BY CAROLE EUBANKS

General News —

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

Happy birthday to the 32 Lincsters with July birthdays. Wow! A welcome to our newest member, Susan Petersen. Susan is a seasoned player. Her Big Sister is Didi Martin and her bio is posted on the website.

Tournaments —

• Interclub Scramble – A great time was had by all at the annual interclub tournament. We had a total of 96 players, representing the Men's Club, LHLGXVIII (Ladies 18), and Lincsters. A shout out to all the organizers, especially Marie Bossert, Linda Salmon, Alyce Stanwood, Jane Hall, Carol McCann, and Rob Davies. The weather was perfect and the scramble lots of fun. Lunch and camaraderie in the tent topped off the day. Thank you to Gwen Hare from the Clubhouse for stepping in and getting us organized.

• Breast Cancer – Oct 5th. This important fundraiser is led by the Ladies XVIII group, with Kim Schutz as Lincsters Liaison. Patty Owens is the Chair. She attended the General Meeting on March 22nd and made volunteer sign-up sheets available. To volunteer, let Kim know.

Message from our General Manager

• The course is now in top condition. Please help keep it that way by raking bunkers after you use them. Also, please fill ball marks with sand and, if you have a private cart, remember to stay 30 yards away from the greens and use the cart path on par 3 holes.

• Starting June 1st, golfers without proper attire will not be permitted on the driving range and the course. No exceptions.

• • •

(more Club News cont' on page 24)



Table Tennis Club — Ice Cream Social • June 11 at Kilag Springs.



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Lincoln Hills May Sales Snapshot					
Address	Street	Sq. Ft	Orig. Price	Sold Price	Model
1550	Topanga	1065	\$384,000	\$352,000	Condo
2573	Winding	1120	\$484,000	\$484,000	Millpond
1880	Stone House	1130	\$459,000	\$470,000	Sequoia
1421	Tallac	1144	\$499,888	\$495,000	Millpond
1136	Segolily	1195	\$524,900	\$484,000	Calavaras
1394	Perdita	1433	\$529,000	\$505,000	Bridgagate
955	Dogwood	1515	\$539,000	\$544,000	Pine Hill
2165	Laurelhurst	1515	\$569,000	\$575,000	Pine Hill
1526	Perdita	1515	\$529,000	\$535,000	Pine Hill
3000	Black Hawk	1549	\$563,000	\$547,500	Alpine
1795	Crocker	1595	\$599,000	\$599,000	Quail Cove
872	Magnolia	1626	\$570,000	\$568,000	Lassen
950	Wagon Wheel	1775	\$620,000	\$572,500	Tehama
261	Sawmill	1785	\$639,000	\$640,000	Santa Cruz
2302	Pebblestone	1791	\$598,500	\$592,000	Tahoe
284	Saddlehorn Loop	1804	\$625,000	\$618,000	Echo Ridge
611	Violet	1854	\$658,000	\$648,000	Plumas
2185	Lamplight	1870	\$629,900	\$620,000	Echo Ridge
105	Northfield	2049	\$829,000	\$774,000	Annadel*
1995	Creekcrest	2073	\$980,000	\$890,000	Annadel*
515	Montgomery	2073	\$839,000	\$750,000	Annadel*
1291	Stone Hearth	2151	\$745,000	\$715,000	Sausalito
822	Glacier Point	2151	\$775,000	\$790,000	Sausalito
1915	Glenbrook	2188	\$699,000	\$699,000	Fremont**
2084	Caravelle	2258	\$919,000	\$900,000	Annadel*
2535	Blue Heron	2258	\$849,000	\$780,000	Annadel
2269	Ginger Hill	2258	\$1,095,000	\$1,150,000	Annadel*
2306	Longspur	2264	\$765,000	\$800,000	Napa
200	Farallon	2372	\$689,000	\$680,000	San Mateo
2700	Black Hawk	2504	\$920,000	\$890,000	Marin
907	Granite	2536	\$938,000	\$938,000	Tiburon*
845	Wagon Wheel	2831	\$1,149,000	\$1,100,000	Sonoma*
1226	Truchard	2853	\$995,000	\$1,070,000	Santa Barbara*
767	Medallion	2920	\$850,000	\$885,000	Santa Barbara

***View • **Casita**

Total Homes sold in Sun City per MLS 5/1/23 - 5/31/23

Ladies Golf - 18 Holers

BY CAROL LOPEZ

Our ladies are making names for themselves at WGANC/NCGA/PWGA events. We congratulate Karen Thom and Mitsuko Cameron for winning low net in their flight at the WGANC Team Challenge at Green Hills and Peninsula Country Clubs. Cameron also won overall low net in the NCGA/PWGA Ridge Golf Club Play Day. Linda Fitzmaurice took 2nd place low net and Linda Blackburn was 5th place low gross over the field at the NCGA Play Day at Turkey Creek with Wendy Seagraves taking 4th in her flight. The next event in the Sacramento Area is at Ancil Hoffman Golf Course on August 14th. As a reminder, August 31st is the last day to file your application for Multiple Club Membership Rebates. Log in to NCGA (www.memberarea.ncga.org) for information.

A membership meeting was held and among various items discussed were changes to our Standing and Local Rules. Patty Owens and Fitzmaurice provided an update on the October 5th Breast Cancer Tournament plans and suggestions on donation procurement for this vital and important event. Member donations supporting local High School Girls Golf programs for \$310 were received.

Chip-ins have been abundant, and we acknowledge Marcella Christoff, Karen Gabriel, Rosie Warren, Judy Dong, Donna Brinkerhoff, Owens, Eileen Boore, Susan Graybill, Yeong Hur, Sandy Perrin, Diane Lilienthal, Gay Wold, Suzanne Hutchinson,

Pat McNiff & Carol Lopez.


Nancy Jenkins, Brinkerhoff, Nancy McDonald & Mildred Sams took first place in the “2 Best Ball of Foursome” tournament on Orchard with closest to the Pin at 26’9” on Hole #4 by Fitzmaurice. Betty Blaney secured closest to the Pin on Hills #7 at 6’3” during the “Ts and Fs” tournament with first place going to Cameron, Brinkerhoff, Perrin & Sams in their respective flight. Warren, Perrin & McNiff had Birdies.

The annual Captain’s Cup tournament will be held on August 10th.

• • •

(more Club News cont’ on page 25)

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Pastors Mike Bradaric, Jody Shorkey, J.R. Griggs

LH Men's Golf

BY MIKE MCBACK

July's Red, White, and Blue tournament is coming up in a few days and if it's not too late and you haven't signed up, there might still be time.

Coming up next on the calendar is the Summer Heat tournament. This is a 2-Man Better Ball on the Hills and Orchard starting at 7:30, just so we can Beat the Heat.

As Bob Schoenherr said on May 22, "Lincoln Hills Men's Club membership continues to grow - we have 322 members now. It's no wonder we have up to 150-160 members participate in each monthly tournament! It's great seeing the new members out there and having fun".

If any Lincoln Hills residents out there are interested, please don't hesitate to contact

Bob Schoenherr - schoenherrbob@gmail.com

• • •

LH Shuffleboard Club

BY JON KLINE

We had a successful inaugural Shuffleboard Club tournament on June 12th. 16 players got to play 4 games with different partners & opponents. Many excellent shots were made, minus-10 “kitchen” scores excited the crowd, and every player managed to win at least one game. After a few suspenseful minutes tallying the scorecards, the winners were presented with the first ever L.H. Shuffleboard Club

medals, similar to the nighttime awards for the Olympic decathlon winners. Congratulations to: Paul Abad (1st), Joe McDonnell (2nd) and Bob Vincent (3rd)

Weekly play continues on Tuesday and Saturday mornings: two sessions each day - 8:30 to 10:00 and 10:00 to 11:30. Come early to beat the heat. The social gathering session is Wednesday evening from 6:30 to 9:30. Bring your dinner, snack & beverage to the picnic area adjacent to the courts. Socialize before and after you play a game and bring a folding chair for extra seating. All sessions are held at the rear bocce area of the Sports Plaza. We offer a quick orientation to the safety and game rules at every session.

For open play, reserve a court for 1-2 hours up to 7-days in advance at: Resident Website/Wellfit Reservations/Bocce-Shuffleboard Court. There is good lighting over both courts until 10:00 PM. The shuffleboard equipment is stored in the croquet locker behind the bocce



courts; get the key at the OC Fitness desk. Email the club for the basic game rules. We are a no dues club, and all residents & their guests are encouraged to come and learn to play this sport. People of all ages and fitness levels can play shuffleboard; no bending or lifting is required. Remember to wear sunscreen and a hat and stay hydrated; there is a water fountain near the courts.

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

...

Swimmers & Water Walkers Club

BY ROSEMARY TANFANI

The Sierra Splash event is over, but the Hot August Splash event is coming next month!

All club members are invited to the second annual Hot August Splash event on Sunday, August 6, from 4-7 PM at the OC Lodge. A demonstration of swimming and water walking

techniques will take place at the outdoor OC lap pool from 4-5 PM. Afterwards, a pizza party will be held at the alcove area above the OC outdoor pool from 5-7 PM.

In addition, all participants in the Sierra Splash event will be honored, and a free drawing for gift cards will be available to all entrants at the pizza party. Siinos Restaurant, Paul Martin's Grill, and Old Town Pizza are some of the gift cards that will be given away. (Must be present to win.) The swimmers and water walkers (male and female) with the most mileage to Lake Tahoe, will also be honored.

Sign up information about Hot August Splash will be coming in future club e-mails. Hope to see you there...

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

• • •

(more Club News cont' on page 27)



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Water Volleyball

BY DIANE FERRARI

It's July and you still have time to enjoy summertime in the pool playing water volleyball! Want to try it out? Free play Saturdays at 9:00 AM at Kilaga Indoor Pool. Dip your toe in the volleyball pool of fun. Don't know how to play? We provide Training and Mentorship. All levels of interested players welcome. You play along with your Mentor and learn the easy rules and the way to play Volleyball in the water. Water Volleyball uses a traditional Volleyball at one level and a softer "squishy" ball at another level. Try it out to see what you are more comfortable with. The water is warm, the pool isn't too deep and the groups are all fun. You work your way up to higher levels of competition based on your evaluated playing ability. Not sure if you have the skills? Attend a Skills and Drills class, learn how to be a better player. We have Team nights, Ladies Night and play Monday through Thursday with different levels of play and expertise in both Kilaga and Orchard indoor pools. Watch us play on July 23rd at the Orchard outdoor pool and again August 27th. On October 6th we have our annual Fall Fest with food, drinks and dancing. Mark your calendar. Come on out! Find us at LHWaterVolleyball.com or call Jerry 209-648-9534 for more info. Come on out the water is great!

...

Cribbage Club

BY MEL SWITZER

It was 20 years ago today; Sgt. Cribbage taught the gang to play

They're really never out of style
And you're guaranteed to crack a smile
So may we introduce to you
The game you've known for all these years
Sgt. Cribbage Happy Hearts Club Clan
We're Sgt. Cribbage Happy Hearts Club Clan

We know you will enjoy the show
We're Sgt. Cribbage Happy Hearts Club Clan

Sit back and let the morning flow
Sgt. Cribbage Happy, Sgt. Cribbage Happy

Sgt. Cribbage Happy Hearts Club Clan
It's wonderful to be there
It's certainly a thrill
We're such a lovely audience
We'd gladly take your buck with us
We'd love to take your buck
I don't really want to stop the flow
But I thought you might like to know
That we really think that you belong
Come join us soon and play along
So let me introduce to you,
The one and only Lucky Deals
Sgt. Cribbage Happy Hearts Club Clan
OK. Enough already. Here are the winners from the most recent SCLH Cribbage play. Richard Garland won on 5/16, then Lynn Bell snuck in as the winner on 5/23 and then Richard was re-crowned again on 5/30. But with a fresh

start in June, your editor-in-chief, Mel Switzer, won again on June 6th. Congratulations to all of the Happy Hearted guys! OC Card Room Tuesdays at 8:30 AM.

...

Duplicate Bridge Club

BY MONA STRYKER

The Duplicate Bridge Club does more than play bridge! We recently raised \$860 donations for The Gathering Inn which helps the needy in our community. We presented the monies and a Certificate of Achievement to the charity.

Games (reservations need to be made at

least two days ahead of game with Elise Homer at elisehomer@gmail.com or 916 303-0751):

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

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

For further information, go to our website shown below.

Partnership chairman: Sharon Duley 916 253-3885

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

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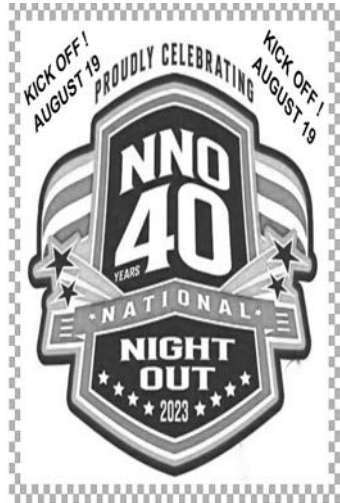


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Neighborhood Watch

BY TERESA TANIN

Attend the “Kickoff” Picnic Potluck August 19, 6:00 to 8:00 PM, Kilaga Springs MPR/Kitchen. Join your neighbors and enjoy a good time, great food, and learn about the upcoming National Night Out held annually the first Tuesday in October. National Night Out takes one day annually to show would-be criminals that our neighborhood is not an easy target. Help “kickoff” this special day by celebrating neighbors knowing neighbors. Bring your favorite picnic dishes to share based on the first letter of your last name A-I Main Dish, J-M Desserts, N-Z Salads or Sides. There will be special door prizes, upbeat music, sweet and savory treats, and a no-host bar with specialty cocktails. For more information or to RSVP, call Suzanne Rosevold, NNO Coordinator at 775-790-0835 or email NNOCordinator@schwatch.org. There is a \$5 per person fee to help cover costs. Salt Mine food donations are welcome. Help “Kickoff” the upcoming National Night Out. RSVP early, sell-out is anticipated!



Neighborhood Watch Mission Statement:

- Strengthen neighborhood ties
- Increase personal safety & security awareness
- Be the “eyes and ears” of the Lincoln Police & Fire Departments
- Encourage emergency preparedness

Strengthening Neighborhood Ties: Neighborhood Watch welcomes Kim Hall, new Mailbox Captain for V12 MS3. We do need additional volunteers. Consider volunteering as a Director. We now have eight Directors of the prescribed fourteen. Neighborhood Watch is always in need of talented members. Talent can be a simple desire to help. Visit schwatch.org and consider volunteering your talent!

Increase Personal Safety and Security Awareness: Need information? Not sure who to call? Dial 2-1-1 from your home phone or mobile phone 24/7. Talk directly to a referral specialist. Also connect through the website 211connectingpoint.org.

Be the “eyes & ears” of the Police & Fire

Departments: Barry Johnson, is a retired San Francisco police detective with over 30 years of experience. As our Neighborhood Watch Public Safety Liaison for the Lincoln Police & Fire, Barry reviews incident reports submitted to Neighborhood Watch and when warranted contacts victims by phone to get first-hand information. Unfortunately, many people will not answer unknown phone numbers. Barry asks that you place his phone number, 916-434-6538, in your cell phone contacts and landline phone directory as “Neighborhood Watch” to help identify the call.

Encourage Emergency Preparedness: Dial 211 any time 24/7 for disaster preparation and relief information. You will be connected to someone who can assist you. Also visit website schwatch.org and click on the 211 direct link on the home page.

FYI & Alerts: Golf Carts: Be aware of needed battery maintenance. If your golf cart begins to smoke or catches fire, keep it clear of the garage and call 911. Home Fire Extinguishers: Most expire after 10-12 years. If expired (dial at top showing “empty”) take to the local dump and replace with a new ABC extinguisher. Burglary: 05/25/23, some person(s) unknown broke into the rear slider of the residence in the 1200 block of Ivy Arbor Ln. The resident was not home at the time. Police report was made. Exact loss is TBD. Vehicle Theft: 05/26/23, a 2014 White Toyota Prius was reported stolen from the 400 block of Day Lily Ln. No further information at this time.

LH Foundation, a local non-profit organization, continues to help our senior residents. 100% of the donations go directly to the many needs of our community. We all benefit!

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

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SATURDAY, JULY 1

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12 Regular Games pay 100X
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SSNLH WRITER...

Artificial Intelligence and Me — A Tenuous Partnership

BY STUART SINGER

My relationship with Alexa is complicated. Alexa, of course, is the woman who resides inside my Echo Dots. Since she occupies space in my kitchen, office and two bedrooms it is hard to ignore her presence. In the majority of our interactions, it is a highly productive partnership. In the course of a typical day she will tell me on numerous occasions the time, temperature and weather, play extensive music by “The Loving Spoonful”, give me an update on the news, research Helen Mirren’s age (long story, no need to explain), tell me what events are on my calendar for any given day and then the next morning wake me to the music of my choosing.

Indeed, artificial intelligence can be a wonderful thing.

Increasingly of late, however, Alexa and I are experiencing less than perfect moments. Without prompting she will all too often remind me of items I should want to buy from Amazon based on previous purchases either by me or my wife. Instead of merely answering a question, she will also offer to tell me bad jokes, suggest I should inquire about the current humidity and offer random questions from Jeopardy.

This is more than a little creepy coming from a voice inside a plastic disk from locations scattered throughout my house.

And then there are the times she will completely bollix a question. For example she gave me the physics behind the workings of mirrors rather than the age of Helen Mirren. Even worse on some occasions she can get downright cheeky. A recent, simple inquiry—“Alexa, what was the name of the guy who was always on the covers of those cheap romance novels in the 1990s with the long blond hair?” It was a simple enough inquiry that should have netted me a one word answer—“Fabio”. Instead I was told in a clearly condescending tone “I have no idea what you are trying to ask.” A repeat of the question resulted in crickets. A third try got me “You need to restate your question”. Of course I had no choice but to shout “Hey little lady you’re the one in a stupid box not me; don’t forget I can unplug all of

you any time I want!" Lately this can happen on multiple occasions in a day.

Learning to coexist

AI offers other critical if sometimes frustrating improvements in our lives. Realistically neither I nor my wife can effectively vacuum under the sofas, beds or dressers in our home. That's a job for Roomba the robot vacuum. "Buddy", the name we have given this machine, can do a marvelous job of getting to those places either we cannot or would be risking injury damage if we tried. Like other AI, of course, sadly "he" is only as effective as the humans who need to clear the room of dangling wires and loose small items on the floor (robot choking hazards) as well as set up the appropriate invisible walls to prevent robot wandering. Despite our best efforts, too often I have found myself running down the hall trying to capture a runaway vacuum bent on wanton destruction in "unsafe" spaces or watched my wife struggle to remove an electric cord lodged deep in Buddy's gullet.

Been there, done that?

Finally there is Google's insistence on finishing my gmail sentences. For years when I would write "Stu" to finish an email it would autocorrect it to "Stud". Some of the ensuing explanations/apologies lasted for days. And I find nothing to cheer when I am inundated with ads for items I wandered into on a journey down some internet rabbit hole.

I think I may protest too much.

There is little doubt that the impact of AI on my life has been far more positive than negative. My complaints rest more with a vague sense that I may be losing control over some parts of my daily living. As I careen toward the latter chapters in my life, it is clear the far wiser choice should be to embrace more of such technology, not less. It is hard to conjure up any argument that could refute the fact that the lives of so many seniors are made easier, richer and more productive by the Artificial Intelligence of today and that of the future.

We welcome your submissions such as humorous observations and poetry.

Please see page 3 for submissions information.

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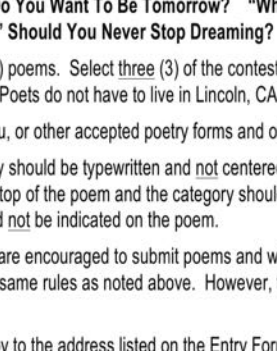
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- Poets may submit a maximum of three (3) poems. Select three (3) of the contest categories and submit one poem from each. Everyone is encouraged to enter. Poets do not have to live in Lincoln, CA. There is no entry fee.
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- Poems should be written in English. They should be typewritten and not centered (read left to right). 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 indicated on the poem.
- Young Poets**, 18-years of age or under, are encouraged to submit poems and will compete in a special "Young Poets" category. Young poets should follow the same rules as noted above. However, they should include their age, grade, and school on the Entry Form.
- All poems must be submitted on hard copy to the address listed on the Entry Form below and must be received **no later than Thursday, July 20, 2023.**
- Early submissions are appreciated. A separate Entry Form should be attached to the hard copy of each poem submitted. Duplication of the form is permitted. Questions—contact Alan Lowe at _____.
- The top three winners in each category will be contacted. They will be asked to submit their poems electronically, by email attachment. All winning poems will be printed in a commemorative chapbook, which winners will receive as a gift.

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ENTRY FORM

(One Per Poem – PLEASE PRINT)

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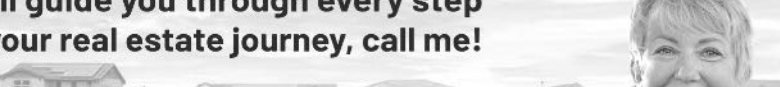
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Please insure that poems comply with all contest rules. No names should appear on the poems submitted. Include the title at the top of the poem. Place the category at the top right corner of the poem page. Use a paper clip to attach a copy of this Entry Form (cut along dotted line) to each poem submitted. Mail poems to Voices of Lincoln Poetry Contest, c/o Alan Lowe, 1235 Picket Fence Lane, Lincoln, CA 95648. Poems must be received **no later than Thursday, July 20, 2023.** Early submissions are appreciated.

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Observations on Robocalls and Spam E-Mails...

BY MARTIN GREEN

Two things have become constants in modern life. I'm referring of course to robocalls and spam e-mails. Most of us here in Sun City can remember the time, long ago when, if the phone rang, you picked it up and it was someone you knew, or an occasional wrong number. Nowadays, when my phone rings I do what I think most people do, I let it ring, assuming it's a robocall and wait to see if there's any message. Except in very rare cases, there's no message so I know it's a robocall and go about my business.

Sometimes though the robocaller, or possibly it's a real person, it doesn't make any difference, does leave a message. That's how I know I've missed out on my chance to become a multimillionaire as no less than three times I've had a call from Publishers Clearing House telling me that I've won a prize of several million dollars and that I should call a certain number to acknowledge this. I could use a little more money but somehow, I don't think I'd get a phone call telling me I've been a lucky prize winner, so I've never called that number. Maybe I've become too skeptical but that's what happens when there are so many scammers in the world. In any case, I guess I'll never find out and somebody else will be the lucky winner.

I've recently been getting a lot of calls, supposedly from PG&E. Maybe they really are from PG&E, but if that is the case, I figure it's

to tell me to expect another rate increase, so I let the phone ring and so far, there's been no message. I did get a written notice that there'll be a rate increase, so I have that information and am not surprised because that's what PG&E does. So, I'll settle for ignoring those calls and getting their bills, which is bad enough.

I've also gotten calls supposedly from the IRS, and I've seen enough warnings that the IRS doesn't make phone calls, so that I ignore these also. From previous experience, if the IRS doesn't think I've paid enough taxes they'll send me one of their letters that are as bad to get as a PG&E bill.

Then there are my almost daily calls from Miami, Florida. I don't know anyone in Miami, Florida, so I ignore these. Maybe someone wants to sell me some beachfront property, or maybe it's someone who wants me to leave California and move to Florida which has no income tax. Sorry, it's tempting, but I'm too old to make a move now.

Like everyone who has a computer or an iPad, I suspect, I'm flooded with spam e-mails. I treat these in much the same way as I do robocalls. I ignore them until they get to be too much and then, without reading them, delete them. However, every now and then I spot something that I think might be interesting.

For some reason, I've gotten on the mailing list of something called Quora Suggested Spaces and their e-mails consist of a question mostly having to do with being old

and an answer by someone to the question. For example, a recent Quora e-mail had the question asking what makes for a happy life. As readers may know, I've written about this subject in recent "Observations" so I wondered what the answer would be.

The person who answered gave no less than 20 things to do for a happy life. The ones I like best are to let go of resentments, be open to humor and to smile, say hello and be kind to strangers. Maybe doing these things won't guarantee a happy life but they can't hurt.

Another e-mail sender that's recently turned up on my computer is called "Interesting Facts" and sometimes these are interesting. For instance, there's an e-mail whose subject was "Timeless Elizabeth Taylor Facts" and who doesn't want to know more about Elizabeth Taylor. It turns out that her famous violet eyes were "more likely a deep blue with an uncommon amount of melanin in the irises, which made them appear violet when she wore specific colors." Elizabeth was also married eight times, earned a million dollars for the movie "Cleopatra," and had a jewelry collection worth \$100 million.

All that was interesting, but of even greater interest was an ad on "How to Stay Asleep All Night." Like a great many seniors, I have trouble sleeping so naturally I wanted to see what this was all about. Evidently, the secret was to do something "20 minutes before you hop into bed." This will "activate your

body's 'go to sleep' hormones" and you'll sleep through the entire night and wake up fully rested and chipper.

So, what was it? Well, to find out you had to watch a "short, free video." I clicked on this and there was a video which started with some guy who kept waking up at two o'clock at night and yelled at his wife. This guy was a doctor who then investigated and found that there was a secret reset. What was this reset? The video goes on and on saying that it was kept secret by Ivy League scientists and details all of the bad things lack of sleep does but doesn't reveal what the reset is. Finally, I gave up watching as it seemed this "short" video would never end.

But wait a minute, there was something labeled "next step." I clicked on it and there was an ad for something called Physiosleep which you could buy. So was taking this the secret reset. I assume so. Pretty much of a letdown as this seemed to be just another one of those nostrums that advertise, they'll help you sleep. But it was good to know all of those things about Elizabeth Taylor.



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(cont' from page 1) afternoon of it and enjoy a special Bingo lunch at Meridians beforehand.

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*Includes product and labor; bathtub, shower or walk-in tub and wall surround. This promotion cannot be combined with any other offer. Other restrictions may apply. This offer expires 12/31/22. Each dealership is independently owned and operated. **Third party financing is available for those customers who qualify. See your dealer for details. ©2022 BCI Acrylic, Inc.

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

****FREE ADS — INCLUDE:**

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

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

Classified Ad Submissions — WHEN: By the 12th of the month. Please email the information below to: SunSeniorCA@gmail.com. **Subject Line** should be SCLH Classified and your Phone Number (Example: SCLH Classified 916-123-4567)

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

SCLH residents get FREE non-business Classified Ads; limited to 15 words; one per household per month. **Non-business Ad** items include selling personal used items such as furniture, tools, books, rugs, electronics, personal car, golf cart, etc.

Business Ads include anything of a commercial nature or service, including pet sitting, real estate, rentals, timeshare/condos, any service etc. **Business Ads** are 15 words for \$35 for one-month. Additional words \$1 each. (\$90 for three months for the same ad.) If your classified ad is determined to be "business" related, we will email you an invoice that will allow you to pay immediately with a credit card, or mail a check. *HINT on Word Counts: A "word" is anything separated by spaces, or as reported by word-process software like Microsoft Word.

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



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Price Evaluation



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Recent Sales in Lincoln Hills

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

Market Update

Some interesting numbers in the over 55 market in Roseville and Lincoln. In Lincoln there are (as of June 12th) 21 homes active, available listings, 46 homes are under contract and 16 of that total are new builds that came onto MLS via the builder. In 95747 there are 27 active available homes and 26 under contract, with no new builds in the numbers. That makes sense in the Lincoln has several new over 55 communities. But builders don't list all their available homes and or lots so the numbers can get skewed.

George Brown

916-297-3500 CALL/TEXT

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