

SUN SENIOR NEWS

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Charlie Baughman — Into Cruising and Cuisine

BY JENNIFER MARTIN

When you're approaching Charlie Baughman's house, you'll notice a box near the front door which reads: "Dues: Hiking, Dance, and Drama." That's because as Treasurer of these three clubs, he makes it easy for the members to turn in their club dues without having to ring his doorbell or have to come back because he's not home. His thoughtfulness is genuine. It's just how he rolls.

Born in Hollywood in 1938, Charlie grew up with one younger brother in the San Fernando valley. He and his friends used the back lot of Republic Pictures—a studio which made all the early westerns with actors like Tom Mix and Gene Autry—as a playground. They swam in the Los Angeles River before it was cemented over and went crawdad fishing. Charlie remembers the 1950's as the best time with no restrictions. "It was a great, innocent time," he recalls.

His family vacations were spent camping in California state parks, especially Yosemite

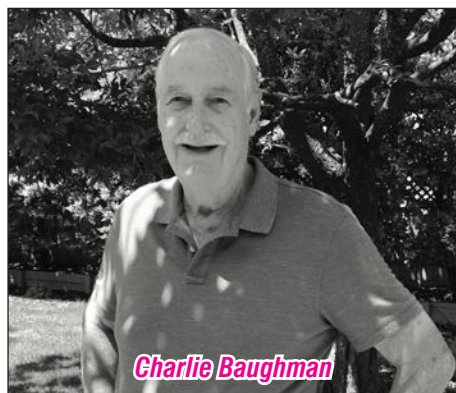


PHOTO BY JENNIFER MARTIN

which they visited every year. "I saw the real fire fall there," he says. He backpacked with his dad in the Sierras and even hiked Mt. Whitney.

In his junior year at North Hollywood High School, Charlie joined the Navy Reserves to avoid the draft. After graduating in 1956, he went to Alaska because he loves being in the great outdoors. Six months later, he was called

to duty and served eighteen months in the Navy but vowed someday he would return to Alaska. As part of his service, he spent nine months in Cuba, building housing units, sampling rum drinks and spending time on the beach.

When he got out of the Navy, he decided to go back to school, eventually earning a B.S. in Business Administration from the University of Redlands. It was during that time that he got re-acquainted "with the girl down the street," Karen Banks. She had been his neighbor when he was younger, but he pretty much had ignored her until she finally caught his eye. He proposed to her in front of his buddies at Bob's Drive-In and they got married in a church wedding in 1959.

His career years began in the field of Healthcare Administration. He first worked at Prudential, writing business letters and contracts, then he made a series of moves to at least seven other companies as the

(cont' on page 25)

SCR Foundation 2023

BY LISA CRYAN

Over the years, the Foundation's Home Maintenance program has become our most widely used service, but we also offer other valuable services that we want you to be aware of.

Learn more!

- The Foundation maintains a very informative website <https://www.scrfoundation.org> with up-to-date information about all our services with special tabs for Home Maintenance, Schedule of Events, Survivor Guide, Alternate Living Considerations and Sunshine Services.

- Our brochure has recently been updated. You can ask our Maintenance Team for a brochure or pick one up outside the Administration Office in the Timbers Lodge.

- We partner with our Community Association to participate in Courier Days and the Volunteerism Mix and Mingle events. Visit our table to meet our Board of Directors and to learn about our services and volunteer opportunities in more detail.

- If you have questions, please call the Foundation's Help Line: 916-774-9040.

All our services are supported by many volunteers from our community. The Foundation's Board of Directors recently welcomed Kathi Stropkai as our new Director



(cont' on page 25)

Sun City Singers

BY JACKIE PROETT

It's July and it's time to toast our country, the best celebration of all! Our hearts are wrapped in red, white and blue. Even the Crepe Myrtle trees are shooting off red rockets! We Celebrate! With all the frightening things going on in our world, we still give thanks for living in this wonderful land. It may be scarred and blemished, but it's the best there is!

The Singers have so much to celebrate this year. Besides our Silver Celebration, our concert was a great success. The hall was filled with a terrific audience that enjoyed sharing in our musical memories. They laughed at all the right places. They adored the sweet

trumpet of Jim Buntin and they rose in tribute to the flag waving in our finale "An American Celebration". We are so blessed to be directed by a special Paul Melkonian and accompanied by the groovy Andre Andriesvskiy.

We have been in the midst of our summer nap and will return on Monday, August 14, 2:30pm, in the back of the Ballroom. Often, after our concerts, new residents, who like to sing, are anxious to join us. August is the time to do that. We do not require auditions and you are given three "sit ins" before joining. Come, try us on for size!


Singers, enjoy your free time. Relax

(cont' on page 5)




SC Singers — Photo by Linda's Koality Photography.





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SUBMISSIONS: The Sun Senior News -

Lincoln Hills welcomes announcements from social clubs, schools, charitable organizations, non-profit organizations, local government and community events. Also, editorial contributions as well as articles, cartoons and photographs are welcomed and considered for publication. Deadline for submissions is the 15th of each month. Please submit via email to: SunSeniorNews@gmail.com

All information submitted to the Sun Senior News - Lincoln Hills must be accompanied by your name, phone number and written consent. All letters received become the property of the publisher (EGnews Inc.).

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Sunshine Services "We're Here to Help"

BY PAT TEILH

Need a Loan of Medical Equipment: Call 916-367-1695 and leave a message. A monitor will take care of your needs.

Want to Be Part of Sunshine Services: We are looking for someone or a group of volunteers who would like to serve on the Sunshine Services committee as the Errand Support team. This team would help our residents who are unable to do their own shopping or who are unable to pick up items at stores or pharmacies. If you are interested in helping out the Sunshine Services Group, email Pat Teilh at Patteilh@gmail.com We need your help!

Dial a Ride is Now Called Arrow: Everything with Dial a Ride is the same except the name. Call Pat 916-521-9729 or Donna 916-952-0510 for tickets. Tickets sell for \$10 for one ticket which equal 10-\$1.00 rides.

And Now for Some Ideas for Seniors to Do During Summer:

Hit the pool! Time in the water is great for staying cool, you can move as much or as little as they like, and water is gentle on the joints.

Check out the library. It's cool on a hot day. Besides the chance to find new books, magazines, or other media, many libraries offer community events like readings, workshops, and movie screenings for free.

Enjoy some music. Summer means outdoor concerts at School House Park. These

are in the evenings around sunset, when the temperature goes down.

Be a foodie. If you are adventurous eaters, look for a new-to-you cuisine to try for lunch or dinner, or find a long leisurely brunch on the weekend. Many restaurants have increased their outdoor seating, and summer is a great time to check out food trucks or food festivals that often occur outside.

Browse the farmer's market. Pick out fresh produce, admire the work of local artists and artisans, or grab a bench to people-watch over at Mahany Park on Sunday mornings.

Socialization: Interacting with others helps to lessen the feeling of isolation and loneliness that is associated with a long-term indoor stay.

Fresh Air. Fresh air is good for the brain and can also aid in digestion.

Ride a Bike. Soak up fresh air while you are getting some good exercise.

Take a Walk. If participating in other summer activities is not feasible, try out a simple walk! Walking through gardens or taking a hike in a nearby reserve are great options. It is a chance to enjoy fresh air and keep up with environmental changes.

Your summer activities should allow you to stay active while also enjoying the activities you love. Because seniors are more prone to heat and sun-induced ailments, care must be taken while planning summer activities together. Items such as sunscreen, hats, sunglasses and of course water should be carried with you when necessary.

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Have doctors and specialists offered you pain management techniques that don't really address the problem?

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.

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"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."

The staff at Lincoln Acupuncture have the skills to help. Your success is our priority.

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Sun City Singers

(cont' from page 1)

after all those weddings and graduations. You deserve it. Have some Bar-b-que and Margaritas. Visit family and friends. Thanks for all your dedication. Everyone worked hard on this concert. Rest while you can, because, come August and the routine starts all over again. And guess what? We love every minute of it! Happy Fourth!

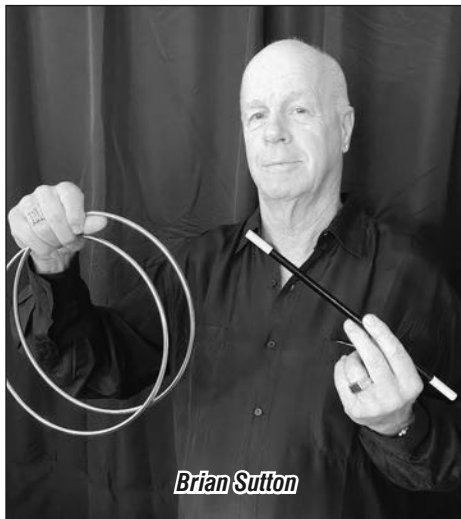
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Drama Club

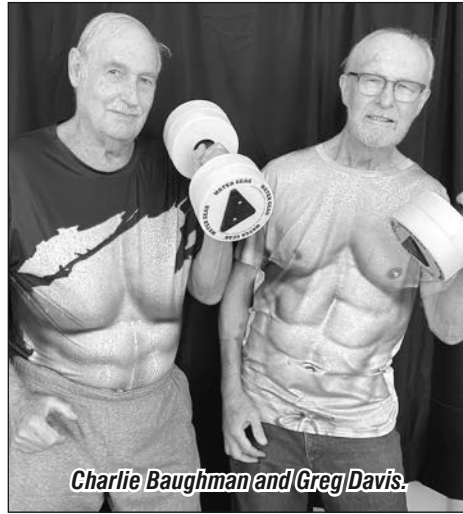
BY LENORA DAVIS

The Second Act Studio Drama Club continues to grow, and we are in the planning stages of our November 20 ballroom production. If you watched our May performance and thought you would like to be part of our fun and creative group of people, now is a great time to discover what we are all about. Our meetings are held at Sierra Pines every Tuesday evening, except the first Tuesday of each month, starting at 6:30. You are welcome, and encouraged, to join us.

In June we had a cast party and entertained ourselves this time—resulting in much laughter and comradery. Greg Davis (stage manager) and Charlie Baughman (actor, stage crew) Kept everyone laughing at their men's dialog as the "Gym Guys". Following them we were entertained by our very own Brian Sutton (actor), who amazed us with his magic show. Jennifer Martin (director, actor) coordinated a "get better acquainted" activity that everyone enjoyed as we got to know a little more about each of our club members.



Brian Sutton



Charlie Baughman and Greg Davis.

We welcome new members that wish to act (experienced or not) and those that wish to be active behind the scenes—there are many ways to participate without acting. We hope to see you at one of our always interesting meetings.

...

Music & Laughter

BY JANE BOHN

Seats at our Sierra Pines Lodge began filling early for our patriotic show June 14th Flag Day. Enthusiasm of the grand ole Music & Laughter crowd for the delightful tunes our talented performers sang and played never once flagged. As always, we began with a full-throated "Happy Birthday" sung in honor of our Sun City neighbors with June birthdays. It was truly a banner night for our Music and Laughter mainstay Elton Pamplin who showed off his versatility treating us to a virtuoso performance of "Stars and Stripes" on his trusty clarinet. Hooray for guitarists Ken Roberts, Gary Mills and Bruce Barley and also for our comic Ed Lick - they were exceptional and really got the audience going. Jan and Joe Given performed some violin and piano duets, then yours truly joined Ray DeBenedetto, Bruce Barley, Gary Mills to lead the audience in a patriotic medley featuring "Yankee Doodle Dandy", "You're a Grand Old Flag", and "God Bless America." First timer Debbie Griggs took home 1st prize in our raffle, and her husband Neal Griggs won the 5th prize; the other winners were Leora Crammer, Sherry Scheftner and Lily Safdie. Hearty thanks as well to the many dedicated behind the scenes volunteers who make Music & Laughter possible: George Flaherty, Maria

Hajgato, Arlette Bennett, and Nancy Stetz.

Our next Music & Laughter extravaganza is set for Wednesday evening, July 12 at 7pm in the Sierra Pines Lodge at the corner of Del Webb Blvd and Whistlestop Way. Doors open at 6:30pm, so be sure to bring your \$1 for the raffle, arrive early, and claim your favorite seat before someone else takes it!

...

Dance Club

BY LENORA DAVIS

The hot summer nights are here, but don't despair. A very cool event is near...The Cool Kids July 17 sock hop. What to wear if you dare? Poodle skirts, saddle shoes, rolled up sleeves and duck tails (don't be square and not grease your hair!) Dance to your 50's and 60's favorites. Get tickets in any dance class or at the door—only \$10. All members and their guests are welcome. Doors open at 5:30 and dancing starts at 6:00 with DJ Tuese. Hope to see you there.

Speaking of Cool kids, this month I would like to feature 4 of our instructors.

Jim and Jeannie Keener started teaching Country Couples and Line dancing in the central coast area in 1983. In 1996 they moved to Sun City and continue to teach Country Couples plus Classic line dance. They are always welcoming new dancers to try one of their classes.



Jeannie and Jim Keener

Susie Harper owned a dance studio in Benicia and taught tap for over 40 years. She says she is "very happy to be able to keep dancing and teaching here in Sun City". We are grateful to have her as our tap instructor now. You can always spot her in a crowd—she's the one with the infectious smile!

Janice Hanzel has been teaching clogging for 44 years. She is an international clogging instructor and Co-director of the Certified Clogging Instructors division of CLOG, Inc.



Janice Hanzel and Susie Harper

Her daughter and grandson are cloggers as well. That is very cool, except, of course, if you live downstairs.

Mark your calendar for August 21 for our Beach Party, with a DJ playing surfing music. Catch a wave and come join us. Check out our new schedule of classes in the Dance Club kiosk at the lodge or on our website - Join in a class or two!

See you on the dance floor.

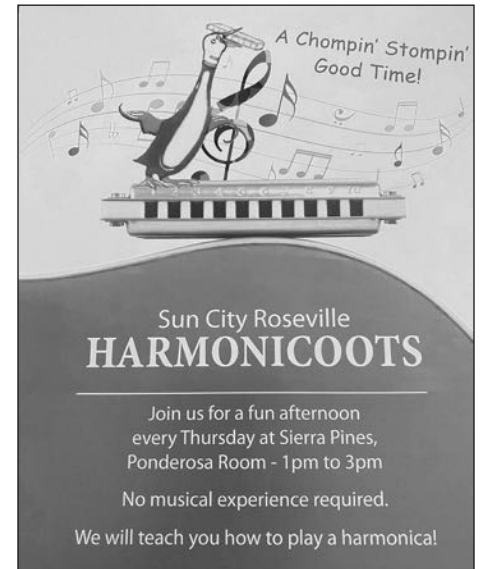
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SC Harmonicoots

BY LINDA AUG

The Sun City Harmonicoots welcome July with new board and council members. Hats off to our new Music Director Ann Kelly, President Ray DeBenedetto, Treasurer Steve Cho, and returning Secretary Dennis Hellman. Cheers to returning council members Dick Conzelmann and Brian West as Members at Large and to Linda Aug as Publications. Thank

(cont' on page 7)



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Ambassador Committee

BY LINDA NELSON

Summer fun is coming up, both your own personal activities as well as those sponsored by the HOA. Be sure to check our resident website for all of the activities scheduled throughout the summer. The website will give the most up-to-date indication of what is happening, whether it is club related or Activities Department related. The Fourth of July event at the Lodge is happening in a couple of days and should be full of good food as well as viewing of fireworks. By the time this article is published, our Ambassador Committee will have hosted the June New Resident Reception and had lots of fun. This was open to all new residents who had registered with HOA administration in the several months prior to June. Pictures of the event will be posted next month. We usually have speakers, snacks, drinks, and door prizes along with some time to get to know each other via round robin introductions at each table. Our committee will continue to be active giving tours to prospective buyers and to interested real estate agents, along with participating other events throughout the summer. In addition we will attending the chamber of commerce meetings to keep Sun City represented to the business world of Roseville. Have a good July.

Governmental Affairs

BY MICHAEL WELCH

Attention all Sun City Roseville residents! GAC (Governmental Affairs Committee) conducts its meetings on the 2nd Tuesday of each month at 2:00 pm in the Aspen/Birch room.

What is the purpose of GAC?

GAC monitors government plans or actions or legislation that may impact Sun City residents or our Homeowners Association.

The GAC considers all levels of government — City of Roseville, Placer County, State of California, and the US Federal Government.

Why should I attend?

GAC meetings usually feature an invited speaker. July will bring us Mayor Bruce Houdesheldt bringing us the City of Roseville updates. These will be plans or actions that may directly impact our residents of Sun City, Roseville. These actions could have an impact on our water, electricity, safety, or traffic which are all important to everyday life in our Sun City community.

What impact can your attendance make?

Your input matters. Let's mark our calendars and plan to attend.

Website Work Group

BY CHARLYN ROSS

Happy New Year — Yes, July is the beginning of a new year for Sun City Roseville (SCR). It is the beginning of its "Fiscal Year". For accounting purposes SCR uses a different fiscal year than the calendar year. Using a fiscal year permits a business to choose a 12-month period that best aligns with its periods of revenue and expenses.

The Association's current fiscal year begins July 1, 2023 and ends June 30, 2024. The budget for this fiscal year was developed during March and was approved by the Board of Directors at their April meeting. I guess a wish for a "Happy New Fiscal Year" would be a more appropriate greeting.

Want To Know More about SCR Finances?

At the beginning of each month, an information sheet titled "Financial Statements Summary, Fiscal Year 2023/2024" is available in the Lodge, either on the Courier magazine distribution table or in hanging slots at the right of the Lobby Monitor's Desk. This two-sided sheet contains finance information for all our departments and our accounts for the prior month and since the beginning of the fiscal year.

Now, you can view this form on the Resident Website, www.scrs.org, at the Finance Committee's webpage. To access this webpage go the "Board & Committees" menu at the top of the Website's screen, to "Committees", to Finance Committee. Or you can use the search field to find "Finance

Committee". At the right side of the Finance Committee's webpage, click on the link "Monthly Financial Statement Summary".

Another resource would attend the monthly Finance Committee meeting, which is open to all SCR homeowners. It meets the Monday before the Friday of the Board of Directors' monthly meeting, in the Spruce Room at Sierra Pines at 1:30 pm.

New "Leadership Academy" Link — Sun City Roseville's Vision statement is "To continue to be the PREMIER Active Adult Residential Community in Northern California". That description reflects on all the facilities and activities that are available to our homeowners. And it is the motivating factor for the remodeling projects we have completed, those now in progress, and others planned for the future.

The word "Active" also refers to the participation of its residents. The Clubs and Groups, the various Committees, and many of our activities and events require resident involvement. Yes, we have a paid management staff. However, the staff's purpose is to assist us by maintaining our facilities and helping to provide the activities and events that reflect our needs. Resident involvement benefits our community not only by helping to maintain its desirability, but also by helping to preserve the value of our homes.

A drop-down menu link to the Leadership Academy webpage has been added to the "Board & Committees" menu tab, located on the menu bar at the top of the Website's

(cont' on page 7)

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Website Work Group

(cont' from page 6)

screen. The Leadership Academy's webpage describes the series of interactive seminars and workshops available to SCR homeowners. The motto of volunteerism is "step up and make a difference" because Sun City Roseville needs your help to achieve its "Vision"!

Need Assistance?

Should you have Website questions or suggestions, please contact Julia Schmunk, our Website Designer, by phone 916-774-3878, or by email at julianns@scrca.org
www.scrs.org

In-Person Grief Support Group

BY PAT TEILH

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

Elections Committee

Election for Board of Directors and Phase B —

BY PAT TEILH

Thank you to the residents who attended the candidate forums. It was well attended and proved to be quite interesting.

The voting period began on June 17 and will end at 10am July 18, 2023. Your vote is important. Please drop off your completed ballot at the Timbers lodge or by mail.

You will be voting for the all-important Phase B on the ballot. Phase B is for the expansion of the Fitness Center exercise rooms and massage rooms. You either vote YES for Phase B or AGAINST Phase B. In order for the Election Committee to consider Phase B there must be at least 1,556 ballots cast. So, be sure to cast your vote!

Members of the Association may also vote for two (3) positions for the Board of Directors. The elected Directors will serve a three-year term. Results of the election are posted as soon as the counting is completed on election day –Tuesday July 18 and will be available in the following issue of the Courier on August 1. If you haven't already voted, please fill out your ballot NOW!

The newly elected board members will be installed on Thursday August 3, 2023 at the special Board of Directors meeting.

Don't forget to properly sign the outer envelope, place the ballot inside the green envelope and seal it. Put your correct SCR address. Please print legibly... VOTE!

SC Harmonicoots

(cont' from page 5)

you to Amy Cho for providing weekly email communications for the Coots.

As the new board gathers, we pay tribute to outgoing members. Thank you to Rebecca Hellman for her two-year commitment as Music Director and President. It was Rebecca's leadership and enthusiasm which inspired many to join the Sun City Harmonicoots. As we began to gain members post pandemic, Rebecca eagerly established relationships with other groups and clubs capturing opportunities to perform. Thank you, Rebecca, for your spirit, laughter, and love! Thumbs up to Bill Kimura for his 5-year commitment as Treasurer. Tracking memberships, dues and finances were in good hands with Bill, and we thank you for your efforts!

"It takes a village" is a common phrase, but it can be defined as "evidence of community and shared efforts." A round of applause to the "Harmonicoot Village" who volunteer to pick up and return the key each week, handle the sign in sheets, copy music, and help instruct new members! The Harmonicoot "Villagers" keep all the plates spinning at once and we can't thank you enough.

To all groups and clubs who wish for the Sun City Harmonicoots to perform for your socials or meetings, please contact Ray DeBenedetto at 408-499-9057. We have programs and music for every occasion, and we also have a NEW LOOK and new VIBE. Book us for a gig and see!

Stop by Sierra Pines on Thursdays at 1:00. See what we are all about and perhaps you'll join the village.

Harps Up!

...

Creative Arts

BY CAROL KOVACH

After 25 years, Creative Arts Club is getting a revamped and expanded room. As April 2023 dawned, Creative Arts embarked on the major task of packing up their entire space. All shelves were emptied, glazes moved to tables from the former kiln/glaze room and members' work removed to lockers and homes. The experts from Alpha Fired Arts (from whom we buy our supplies) were called on to dismantle and finally remove the two old well-used kilns (which were ultimately deemed irreparable). While construction is taking place new kilns have been ordered so they can be delivered and installed when the new kiln room is completed.

Within just a few weeks members were able to resume working in the CAC room on a limited basis. A temporary wall went up separating the new added space and new kiln room from our previous space, allowing members to continue to meet, share ideas and make new pieces of art. With our kilns gone, all firing has to be taken to outside facilities, and we are fortunate to have a few places available. While the new temporary wall prevented us being able to see what was going on, and the outside area was screened

(cont' on page 9)

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Creative Arts

(cont' from page 7)

from view from the parking lot, we could only imagine what progress was being made. An enterprising club member, with permission from our executive director, cut two small 'windows' in the temporary wall enabling us to peek outside and watch the progress. As the builders hammered away the walls and door to the new kiln room and the room addition quickly went up.

We are making good use of our display windows to share members' work. May featured a variety of interesting pieces by Pam Jacobson and the month of June displayed a "Little Flower Shop" with flower pots, vases and planters.

...

Fine Arts Club

BY NANCY VAVUL

"And suddenly you know. It's time to start something new and trust the magic of beginnings." (Meister Eikhart)

Yes, we have handed over the reins to a new council under the guidance of our new president Sherry Bleiweiss. To kick off the new term, we will gather in the art room at 1:00 on July 13 for an ice cream social as our first general meeting. This will be the perfect time to pay dues for this year if you were unable to do so at last month's luncheon installation. Dues must be paid by check in order to get your name back on the roster, receive e-mail updates, and to enjoy the classes and other privileges of membership.

Classes in July will include Donna Self's acrylics classes on Monday afternoons, Pat Jordan's drawing classes on Tuesday mornings, Donna's beginners' acrylics classes on Tuesday afternoons, Susan Edie's oil classes on Friday mornings, and Sherry Bleiweiss's alcohol ink



Fine Arts' room beautiful mural.

classes on Friday afternoons. The cost for classes will remain at \$80 per month of four classes, paid by check. Wednesdays and some Thursdays continue to be reserved for open studio for those members who like to work on their own. Sign-up sheets for classes are found in the front of the art room. There certainly is something for everyone in our club, as well as plenty of opportunities to socialize and feel part of the community.

To view the artistic results of these classes, just take a look at the gallery wall in the fine arts room, the card room, and the showcase next to the art room. Even the walls here are now painted with beautiful mural art. Take a look; it is all about new beginnings and new art in the Fine Arts Club.

...

Needle Arts Club

BY CJ KIDD

You are a shining example for all to see. You are here to shine in your special way. Never forget how rare and essential you are to the world around you.

July 1, 2023 is the beginning of a new fiscal year for the Needle Arts Club. We elected officers for the July 1, 2023 through June 30, 2024 at our June 7, 2023 general meeting. The officers are President- Peggy Voalkes, Vice President- Dianne Faulkner, Secretary-Linda Nelsen, Treasurer-Nancy Dunne. All of the officers are looking forward to organizing meetings, programs and events for you to enjoy.

The Needle Arts Club is dark in July. We will not have a general meeting or program in July. Our next general meeting is Wednesday, August 2, 2023 at 1:30 in the Lodge Ballroom. The program will be Wacky Doodle Quilters. It should be an inspiring and entertaining program. Hope to see you there.

Membership dues are due July 1, 2023 for the fiscal year of July 1, 2023 through June 30, 2024. Membership forms can be found in the Needle Arts Room or on our website. Please fill out the form (be sure to include your activity card number on the form) and place the form along with your check for \$15.00 made out to SCRNC in the Membership envelope in the NAR or mail to Karen Porter, 7410 School House Lane. Karen will also be at the general meetings to collect your dues. She will have forms available for you.

I truly enjoyed being President of the Needle Arts Club for three years. I hope to

see all of you in the general meetings and at the planned events.

Thank you for all your support and kindness.

...

Cinema Group

BY BRIAN SUTTON

Join us for this exciting, enjoyable July movie, "Indiana Jones and the Last Crusade (1989)" Runtime: 127 minutes.

In 1938, after his father (Sean Connery) goes missing while trying to find the Holy Grail, Indiana Jones (Harrison Ford), goes searching for his father and finds himself up against past enemies, who are trying to obtain the powers of that precious artifact.

Movie reviews indicate that with this lighter and more comedic film, the movie returns the series to the brisk, serial adventure of the original "Raiders of the Lost Ark", while adding a dynamite double act between Harrison Ford and Sean Connery.

Roger Ebert commented, "As I watched it, I felt a real delight, because recent Hollywood escapist movies have become too jaded and cynical, and they have lost the feeling that you can stumble over astounding adventures just by going on a hike with your Scout troop."

The film received an impressive rating of 8.2 out of 10 on the website IMDB (Internet Movie Data Base).

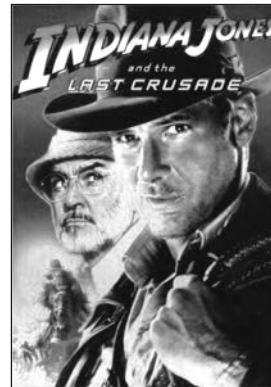
In 1990 it won Academy Awards for Best Effects, Sound Effects Editing, and was nominated for Best Sound and Music by John Williams,

Friday, July 21, 1:30 pm, Spruce Room, Sierra Pines.

As always, admission is Free!

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

...



Roseville Stamp Club

BY TIM MILES

July is upon us and the hobby is starting to get back to "normal" after the COVID dilemma. We have our meeting dates set up for July and August. The July dates are Tues 7/11 and Tues 7/25. The August dates are Tues 8/8 and Tues 8/29. All meetings are set for 6:30 pm. Our location is the Sun City Roseville Lodge meeting rooms (7050 Del Webb Blvd, Roseville).

Al Raub has set out an update on the club status and he even enumerated what US stamps were available to club members by their catalog number so you could print out the attachment and bring it to the meeting. Personal thanks to him for that gesture as it is a real help. Look for his email and be sure he has your email address so you can receive his updates, which are timelier than this column.

Please be advised that the club members "open house" dates are now scheduled for Thurs and Fri, due to medical commitments of certain club members. Contact Al Capparelli (916-771-82880) to set up an appointment. Speaking of which, if anybody needs an update on an "old" collection, don't hesitate to attend one of our meetings or contact Al and we can oblige you on anything you want to know about the hobby. Our meeting is usually over by 8:45 pm.

As club members, we have access to reduced rates for everything from stamps to album pages to any accessory needed in the hobby. Dues are really nominal, and the hobby is very informative and a lot of fun.

...

Socrates Cafe

BY STEVEN GUSTAFSON

Last Month Socrates Cafe, Sun City's philosophy group, had a lively discussion, mostly about aging and ageism (discrimination against the elderly).

Eighteen of us expressed interesting points of view, for example, on this quote from Eleanor Roosevelt (the wife of President Roosevelt): "Beautiful young people are accidents of nature, but beautiful old people are works of art". Some interpreted this saying physically---a young person has smooth features; an old person has artistic wrinkles. Most interpreted it in terms of life experiences-

(cont' on page 11)

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Neighborhood Watch/Citizen Patrol

BY LINDA VINCENT

As we continue down the road of construction and changes in our community, let's not lose site of the safety issues that are present each and every day thru this process.

Temporary fencing has been placed around the area of the two new Bocce Courts that are under construction. There is no access to the outdoor pools from this area.

Our Fitness Center is accessed only thru the main doors of the lodge, continuing down the hall to the fitness and pool areas.

Be cognizant of all the extra equipment that is around the lodge. The big trucks take a lot of room on site – so be careful when going around them.

And, right around the corner is our July 3rd Fireworks Extravaganza & BBQ.

Many areas will be roped off for your safety as well as protecting the new driving range on the golf course, new putting greens and chipping areas. If you are planning to attend and are having guests that live outside of Sun City, please caution them as to where they can sit and observe our wonderful display of fireworks.

Now on to our roads throughout our community. As many as you know, the city has been working on filling and removing pavement cracks. You will see trucks and several city workers on the streets with their equipment. Be very careful when passing them on the streets they are working on. They are aware

of the residents and we need to be aware of them and their movement.

Once all of the repair work is done, they will be repaving streets – be patient – it will be better than it has been!

Last, but not least – if you are aware of something that isn't right in your neighborhood, you see someone that does not belong or is lurking about, do not call Citizens Patrol Office. We are not law enforcement and would advise you to call the numbers below.

You should call the non-emergency number listed below and an officer will determine whether a police unit should be dispatched.

Important Phone #'s:

Emergency 9-1-1

Non-Emergency Police, 774-5000

Sun City After Hours Emergency, 624-6811

Neighborhood Watch Office – 774-3817 (8am-Noon), Tues/Thurs/Fri

neighborhoodwatch@scrc.org

Citizens Patrol Office – 774-3853 (8am-Noon), Tues/Thurs/Fri

citizenspatrol@scrc.org

Until next month!



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National Night Out 2023

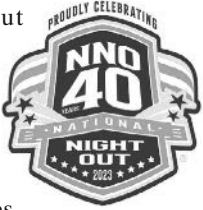
The 40th Annual National Night Out is coming up on Tuesday, August 1st!

National Night Out (NNO) is an annual community-building campaign that promotes neighborhood camaraderie and police-community partnerships to make our neighborhoods safer, more caring places to live. NNO promotes positive interaction between neighbors and law enforcement by coming together over a common goal of reducing crime and improving quality of life in our city.

How is National Night Out celebrated? Collaborate with your neighbors and host a neighborhood event such as a block party, mini festival, parade, cookout, or ice cream social. Be creative! Neighbors can customize their event to fit their neighborhood.

Roseville Police and Fire teams would love to help you and your neighbors celebrate America's night out against crime. Invite us to your event by registering with the Roseville Police Department! The registration form is online at roseville.ca.us/NNO.

Although there is no requirement to start and end your event at a particular time, National Night Out in Roseville will be supported from 6 - 9 p.m. The deadline to register your event with the City of Roseville is July 18.



Socrates Cafe

(cont' from page 9)

--a young person has had less time to develop character and wisdom than an old person.

We usually meet on the first Monday of each month in the Timbers Lodge in the Birch room or the Card room. However, due to the July fourth holiday, this month we will meet on Monday July 10th. You are welcome to join us.

...

Boomer Generation

BY KATHI STROPKAI

Well, the time has come to write the last article from this Board. I'd like to start it with announcing who your new Board members are, but the article is due June 7th and the voting isn't until June 21st. Hopefully you have all read your Eblasts and are ready for a new fun filled



Photos taken at the May Mexican Fiesta: The Boomer Officers and Council, and Boomers dancing on the Timbers Patio.



adventure with a new Board for the Boomer Generation Club.

The May Mexican Fiesta was a great hit. With the food and band outside on the patio it couldn't have been better. From the pictures and the bar bill, I'd say it was a great success. It was a great farewell for the existing Board.

With a new Board in play, you'll need to make sure you pay attention to your eblasts and lobby bulletin board, so you know when the meetings and events are happening.

The SIGs are going strong so check the

you on the SIG leaders mailing list. Speaking of Boomer members, it's time again for the annual membership. The dues remain the same \$10 per person. Forms are online with where to drop your checks off. If you have joined after May 1, 2023, you will not need to renew.

Once again thank you for supporting all the events and activities we have done over the last few years. Your participation in the club is what has made it so much fun for us. I personally cannot thank the existing Board and Council members for always stepping up. And "Welcome to the New Board!"

...

Jewish Fellowship Circle

BY LOIS ARLEN AND KAREN LEVINE

A special thank you with appreciation to Karen Levine for leading the Shabbat service and to Irwin Perry for hosting the Oneg on May 5th.

We had our first taste of Summer with our Lag Ba'Omer BBQ in May. Lag Ba'Omer is a minor Jewish holiday that occurs on the 33rd day of the Omer. The Omer is a 49-day period between Passover and Shavuot. It is usually celebrated with outings such as a BBQ. In conjunction with this celebration the Jewish Fellowship group had its annual Lag Ba'Omer BBQ on May 21st. We had hamburgers, hot dogs, chicken and all the side dishes to go with it. The desserts were plentiful as usual. There was a "putting" contest on the greens at Sierra Pines. It was nice getting together with everyone so mark your calendars and plan on

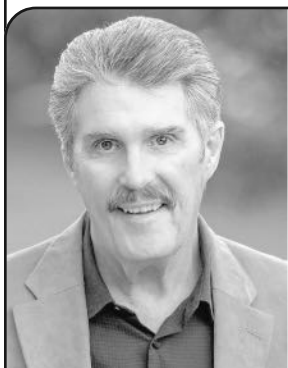
(cont' on page 13)



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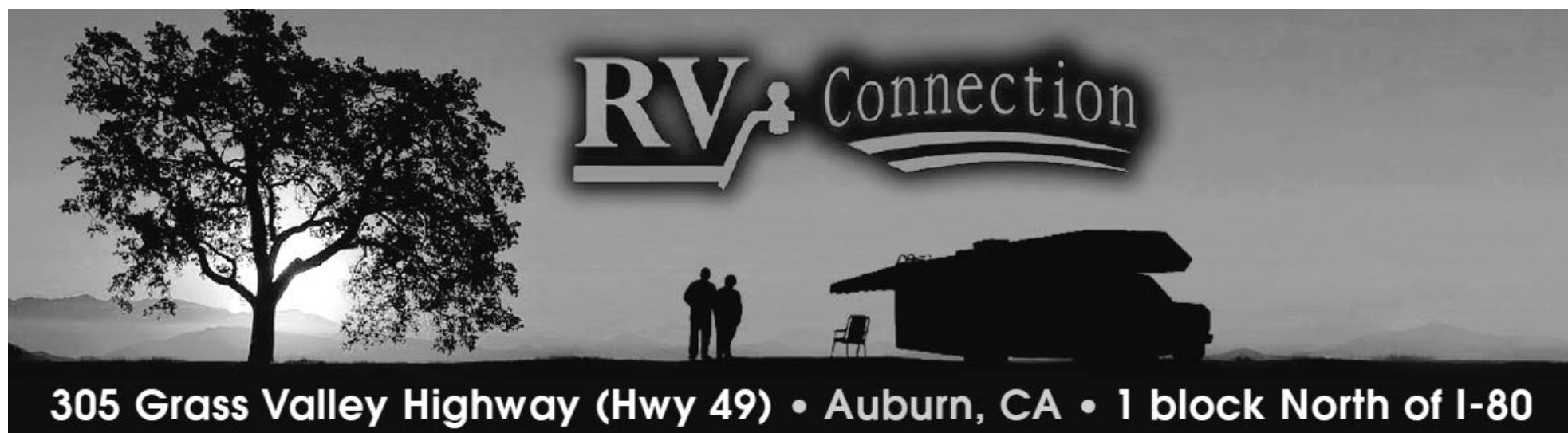
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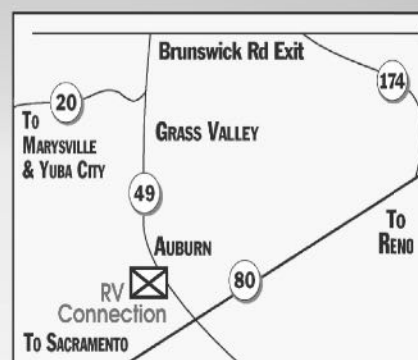
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Jewish Fellowship Circle

(cont' from page 11)

attending next year.

A fun night awaits us with our annual Pizza and Bingo night on July 16, 2023 at 6:00pm at Sierra Pines. There will be prizes and dessert too!

A delicious cold-cut buffet Shabbat dinner is in the planning stages for August at Sierra Pines! We don't even have to leave Roseville to get a real taste of New York City and dine on very good delicatessen food that will be shipped directly from a superb deli in Bronx, New York!

The Book Club is taking a summer break and should resume in September.

• • •

Solo Friends

BY CATHY SCHIMANSKY

Everyone hears, reads about and is aware of countless inspirational sayings. Those motivational sayings are meant to help us focus on living a healthy, active and happy life. Some of the best slogans are: Sweet memories last forever! Life is sweeter with friends! Make it a good day! And the best one for seniors: No better than today!

Solo Friends is a Sun City Roseville Resident Group for both men and women. Solo Friends offers opportunities to easily to enjoy the sweet memories, friends and ensuring good days. Solo Friends members have their choice of getting together from one to multiple times per month year round:

- Solo Friends offers ten informational general meetings that feature learning about many great cultural and recreational opportunities within our community, the city of Roseville, Placer County and Sacramento.
- Solo Friends includes member-hosted eleven catered dinners with entertainment and/or group games per month. Our ten socials are held at the Sun City Sierra Pines facility

and the December holiday dinner and dancing event is held in the Timber Creek Ballroom with dinner provided by Timber Creek Catering.

• Solo Friends has volunteer member-hosted multiple small group special activities meetings that meet one to multiple times per month. The current special activities include the book club, Canasta, Mexican Train, Rummikub and Scrabble.

This month is "recognition month" for a few of our many Solo Friends member volunteers: Thanks go to not only our lead social event hosts from January through May 2023 but also their well-appreciated team members. Those very much appreciated lead hosts are Nancy Schaefer (January), Vickie Blomquist (February), Sandi Nordquist (March), Hedy Fintescu and Irwin Perry (co-hosts April) and Nikki Combs (May). The photo accompanying this article includes Nikki Combs, lead host and her team.

The July 15 social barbecue and entertainment dinner is hosted by Janet Mohr. Janet has been a long-time member and much-appreciated volunteer. Janet is one of many of our Solo Friends members who have learned that actively participating on teams enable Solo Friends to be the successful group it currently is. All of our members who have been lead hosts, on host teams and lead the small group activities know that actively participating and volunteering definitely help them live the "No better than today" and "Life is sweeter with friends".

• • •

International Social Group

BY CYNTHIA SINDREY

The recent "Mexican Dinner and Entertainment" event to honor Mexico was a huge success. The dinner was catered by Carmelita's Restaurant. We had plenty of food, which was enjoyed by all who attended, then the Entertainment which was a trio who arrived in amazing Mexican costumes and proceeded

to play and sing mariachi music. The lead singer played violin like we have never heard before and sang with a beautiful voice that could probably be heard in Auburn. The other two musicians also sang. They not only took requests they went over to one of our members who was celebrating her birthday and sang "Happy Birthday" first in Spanish and then in English. They were the best entertainment we have had and will be planning another event in the future to hear them again.

On July 26 there will be a "Belated July 4th, BBQ" at Sierra Pines where we will be having many choices of BBQ food and socializing.

The following event we will be honoring Germany with an "October Fest" which is actually started in Germany in September and goes on through October. There is plenty of German beer consumed and so in tradition we will be eating, drinking and being entertained German style. This will take place at Sierra Pines on Wednesday, September 27, starting at 6:00pm at Sierra Pines. Details will be available on flyers that will be mailed to our members and also available on the rack in the Lodge.

For anyone interested in learning more about our social group we will have information about our social and friendly group at a table in the lodge on the first courier day in July. Membership applications will also be available, and we welcome new members with open arms. You may join even if you were born in the USA.

For further information please call: Cynthia Sindrey, President 916-773-5151 or Charlotte Sloan, Co-President 415-279-3012.

• • •

Mantra Meditation

BY ED CERVANTES

Mantra Meditation – A Deeply Relaxing Experience

The Heart of Gold Meditation Group cordially invites to join us for a peaceful hour of mantra meditation. Come learn a simple method of meditation that uses soothing mantras and music to ease the stress and anxieties of daily life. By this simple process, our mind and heart are gradually purified of all kinds of worry, hankering and deep-seated fears. We begin to experience an ever-deepening inner peace, happiness and increasing insights into life. The program is donation based and the meditations will be practiced seated in chairs.

Here are the dates and locations for our upcoming meetings.

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

Wednesday, July 19th 1:30pm - 2:30pm in the Spruce Room at Sierra Pines

Wednesday, August 9th 1:30pm - 2:30pm in the Ponderosa Room at Sierra Pines

Email: mantramedclub@gmail.com

• • •

SCR Computer Club

BY BARBARA EICHTEN

After much deliberation, the Computer Club Council decided to continue the club! We will have no dues but have periodic meetings. The first Computer Group meeting will be September 25, 2023 at 10:00 in the CLUB room. This will be an organizational gathering to determine a meeting date, time, and agenda. Help us with the planning for the new group and verify your email to receive future information.

Photo: PhotoSIG will meet on the 3rd Friday, July 21 at 10:00 am in the Club Room. Come to the meeting and see how the Photo SIG (camera club) does things. Submission of a maximum of 3 photos, sent to PhotoSIG916@gmail.com, is due by Monday, July 17. The photos are juried at the regular monthly meeting. July's theme is "Three of a Kind." Photos must have been taken between January 2019 and the photo submittal date. Contact Dennis Studer or Jenny Ramirez for additional information.

Card Making: Will meet on the 3rd Tuesday, July 18 from 1:00 - 4:00 pm in the Club Room. Cathy Fluellen (623-256-0280) will host a session with Rubberstamps. Call register and for further information.

iDevices: Will meet the 1st Wednesday, August 2 at 10:30 am in the Club Room. Bring your devices: iPad, iPhone, Mac computer. There will be no meeting in July.

OPEN sessions will be available on Friday, August 4, 11, 18, 25 from 1:00 - 3:00 pm. This is designed to give individual assistance with devices. There will be no Open Sessions in July. For additional assistance with devices, call the Computer Group number below.

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

• • •

(more Club News cont' on page 15)



Solo Friends — May 15 World Bee month themed social dinner led by host Nikki Combs.

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Conservative Action Group

BY GWEN MYERS

We were pleased to host two speakers and two helpers from the New California State organization at our



Top Left: Presenter President Paul Preston and Placer County Chairman of the New CA State and below CAG members listen to the speakers.



June meeting. Russ Wyluda, Placer County Chairman Introduced President Paul Preston. Paul gave an in depth presentation of the sections of the U.S. Constitution important to Americans that gives all citizens the ability to express themselves freely and via the election process under the Constitutional rights that were bestowed on them. The Constitution also states that if these rights are not being allowed, citizens can act to create a Constitutional government in a new state. We look forward to having an encore presentation at a future meeting.

More residents are becoming members to understand the importance of and involvement in local, state and federal government. We

appreciate that.

We will not meet in July but will return on Monday August 7, 6:30 pm at the Ponderosa Room.

...

SCR Travel Club

BY ANDREA NORCIA

The Sun City Roseville Travel Club's (TC) next general meeting is on July 24, 2023 at 3:00pm in the Timber's Ballroom. Stacey Saephanh, Zoe's Cruises and Tours, will give a presentation on two new cruises: AMediterranean cruise and an Alaska cruise.

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

September 14-27, 2023: African Safari (Collette)

September 24-October 1, 2023: Columbia River cruise/Vancouver to Clarkson cruise (Alamo)

September 16-23, 2023 (Alamo)

October 12-19, 2023: Fall Foliage (Collette)

December 11-15, 2023: New York City at Christmas (Collette)

Scheduled trips for 2024 include:

January 18-29, 2024: Treasures of Egypt (Collette)

February 21-March 10, 2024: New Zealand (Collette)

April 3-16, 2024: England / Scotland (Collette)

June 2024: World War II 80th

Commemorative Tour (Collette)

August 15-22, 2024: Taste of Bordeaux River Cruise (Alamo)

September/October 2024: Galapagos Islands (Collette)

Remember to have trip insurance when you travel abroad (Internationally). Medicare does not cover healthcare claims when you are out of the U.S. If you are injured while travelling Internationally you are expected to pay for your healthcare related costs in cash.

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

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

...

Democrats

BY TONI FISHER

The start of a new membership year is a time to review the interesting speakers who shared their work, knowledge and vision with us. An example of this was Nancy Appel, Associate Director of the Anti-Defamation League, who spoke of increasing anti-Semitism then offered ways that good citizens can counter such intolerance. Speakers like this sparked our thinking.

We happily welcomed Senate candidate Katie Porter as the keynote speaker for our Placer County Annual Roosevelt-Kennedy Dinner, filling the Timbers Ballroom in early June. Another speaker, Senate candidate Barbara Lee, was also welcomed.

July opens the new year with a very special speaker, Secretary of State Shirley Weber, who has her own personal story of rising from poverty to earning a PhD.

We will also welcome new officers at this time: Marisa Bernetti, Chair; Ann Neumann, 1st Vice Chair; and Cheryl Thyken, 2nd Vice Chair Membership who will join our continuing officers, Linda Warzecha, Secretary and Lynn Baxter, Treasurer.

The new year is also time to pay membership dues. The club voted a new annual amount of \$15 per member and everyone is asked to pay by check to SCR Democrats in order to have correct information as well as simplifying the check-in process at our meetings. We hope to continue to increase our membership and have another great year!

...

Healthcare Professional Group

BY LINDA GORDON

If you are a member of any Healthcare field, you are welcome to join the Healthcare Professionals. Our group is open to all residents with a Healthcare Background, past or present, including Doctors, Nurses at all levels, X-ray or Lab Technicians, all Ancillary Units or anyone who has worked in hospitals

(cont' on page 18)

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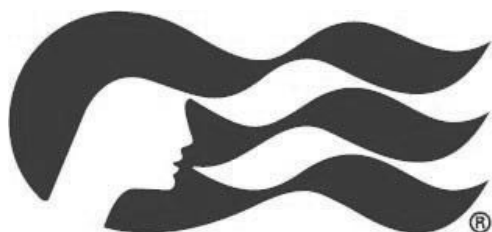
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Days & Destination	Cruise Line ~ Sailing Date	Starting Price/ Inside Ocean View Balcony		
15 DAY HAWAII from SFO! PRINCESS	Nov 26, 2023*	\$1,198	\$1,464	\$1,749
Crown Princess ~ 3080 Passengers	Jan 7, 2024*	\$1,298	\$1,499	\$2,649
	Mar 9, 2024*	\$998	\$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; Honolulu, 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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May 31, 2024	\$698	\$799	\$1,449
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.

12 Day PARIS TO THE SWISS ALPS May – December 2023 - 2024 \$3,499

Viking Longships ~ 190 Passengers

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

Viking Longships ~ 190 Passengers

INCLUDES ROUND TRIP SACRAMENTO AIRFARE!

Package Includes your home to the Sacramento Airport Transportation, round trip Sacramento Airfare, Airport Meet-And-Greet with Transfers from the Airport to the boat, your 15 Day Viking European River Cruise through France, Germany and Switzerland in standard accommodations with a window, all meals on board the boat AND daily sightseeing! Ask about higher category staterooms like a French Balcony or Veranda stateroom. Call for availability.

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

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Healthcare Professional Group

(cont' from page 15)

or Patient Care fields.

We meet bi-monthly on the first Wednesday of the odd numbered months from 11-1 in Sierra Pines Ponderosa Room for socialization, lunch and a speaker.

Our next meeting will be on Wednesday, July 5 in Sierra Pines Ponderosa Room. Our speaker will be our own member Jill Aggersbury who will speak about Nurse Life Care Planning and Independent Case Management. This is a very interesting field of practice that many of us know nothing about. These professionals create long term care plans for patients who need medical care for the rest of their lives due to injury or chronic disease. Jill has a history of working in this practice. This will be a very interesting presentation.

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

The group also sponsors a Blood Pressure Clinic each month. However due to the construction in the fitness Center we have had to put these clinics on hold until the construction is complete. We will return to sponsoring the clinics in the Fitness Center at that time.

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

...

Republican Group

BY CAROLE VAILLANCOURT

Our July meeting will be held on Sunday, 9 July 3:30 PM at Sierra Pines (please note the date & time change).

Please join us for An Old Fashion Sunday Supper Catered by the "Cracker Barrel."

Southern Fried Chicken, with all the fixings & Non- Alcoholic Beverages (BYOB wine). Doors open at 3:00 Pm for Socializing.

\$20 per person, Guests \$24, prepaid reservations by July 2. No refunds after that date.

You can access the flyer on our web site in the information gadget.

Members, please note that per our policy we do meet in August!

Please call Carole 916-781-2468 or caroleva@surewest.net for further information.

...

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 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

...

Garden Club

BY SUZETTE AUSTIN

Our first Garden POT-luck was on June 6 at Sierra Pines. It was a free raffle, where each Club member was given raffle tickets to "spend" on anything that struck their fancy. We swapped all kinds of garden stuff, like planters, seeds, seedlings, tools, pots and books.

The meeting started with the introduction and installation of our Club Officers and Council Members. Barbara Eichten and Chris Watt will be our new Co-Presidents.

(cont' on page 19)



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Garden Club

(cont' from page 18)

Mike Horrell will continue his role as Vice President and Linda Gordon will continue as Treasurer. Melanie Faust will be our new Secretary. Additionally, Suzette Austin will serve as assistant to the Vice President and write our Courier and Sun Senior News Articles; Sherry Scheftner will continue as our refreshment coordinator as well as displaying upcoming events for us to enjoy and learn more about gardening and Gwen Weitz will be our Club photographer and keep Club information under the bulletin board in the Lodge.

We sincerely thank Karen Burford for serving as our President for the last three years and also Judy Singleton who continues to be supportive with her experience as past President.

Our June meeting was also our annual Root Beer Float celebration to kick off summer. Mike did a slide show presentation and a synopsis of the workshops he has conducted. We announced the winners for the pollinator contest, Dee Cavanaugh and Elaine Turn-bull, and awarded them their cash prizes at this meeting. Mike Stark, our speaker from our February meeting, made the presentation.

We don't meet in July and August. Meetings resume on September 5 and are on the first Tuesday evening of each month. Doors open at Sierra Pines at 6:15 pm, our meetings begin at 6:45 pm and end by 8:15 pm.

• • •

Birders

BY JANET MORELLI

Scheduled birding field trips have been completed for the months of September 2022 through mid-May 2023 and will resume again in mid-September 2023 when the daytime temperatures start to get cooler and the trees begin to lose their leaves. A new schedule of trips for field trips between mid-September 2023 and mid-May 2024 will be available on the Birders' Group web site in the later part of August 2023.

SCR residents are welcome to participate in these birding field trips – no birding experience is necessary. Just bring a pair of binoculars or a good camera and wear comfortable shoes. About a week before each scheduled trip, an email will be sent to all residents who have asked to have their email address added to the Birders' email roster. The email will describe the upcoming trip and special instructions such as the meeting place, time, duration, car pool fees, and park or trail fees. Call Janet Zeitman 916-771-5235 or Janet Morelli 916-782-6393 to be added to the roster.

The Bewick's Wren (pronounced like "Buick") is a common songbird found in dry thickets and open woods of the west. It is a relatively large, slender wren recognized by its white stripe over its eye and a long tail with white bars that it wags



sideways. Its long, narrow curved-down bill is used for scavenging on the ground and picking in crevices for insects and spiders. Overall, the bird is brownish with pale gray underparts. Nests are built with sticks and lined with feathers, leaves, grass, and sometimes shed snakeskin. These nests can be found in any available cavity, including woodpecker holes, tin cans, mailboxes, and coat pockets.

• • •

SCR Hiking Group

BY SILVANA HUGHES

Here are some interesting facts about hiking that you might not know:

1. The National Trails System was established in 1965 and comprises 193,500 miles on federal lands, and 42,500 miles on state land.

2. In 2015, around 37.3 million people hiked during the entire year. It is estimated that in 2023, over 53 million people will have hiked during the year since the pandemic restrictions have lifted.

3. Hiking is the third most popular outdoor recreation activity in the U.S., behind biking and camping. 19% hike regularly.

4. The average hiking speed is 1.5-2

miles per hour.

5. Hiking is a great way to burn calories which helps with fitness routines.

If you'd like to participate in this fun outdoor activity, look us up on the SCR website. Hiking schedule is subject to change depending on weather and trail conditions.

July 6 – Pioneer Trail, rated 5.5 (moderate), 6.5 miles, elevation gain of 1000 feet, \$10 carpool ride.

July 13 – Burton Creek, rated 5 (moderate), 6.5 miles, elevation gain 600 feet, \$12 carpool ride.

July 20 – Razorback Ridge, rated 5 (moderate), 5.6 miles, elevation gain 1100 feet, \$12 carpool ride.

July 27 – Castle Valley Loop, rated 4.5 (easy to moderate), elevation gain 700 feet, \$12 carpool ride.

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(more Club News cont' on page 21)



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Saturday, July 8, 2023

Doors open at 10am | Games start at 1pm



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Cycling Group

BY SUZETTE AUSTIN

Our Cycling Group welcomes any Sun City Resident to try the Rovers Riders. Though the focus is on new riders, everyone is welcome. Rovers Riders meet and depart at 8:30 AM from the Tennis Courts on Sundays, Mondays, Wednesdays and Fridays. These rides are about an hour in duration and average 10 mph. They ride on Sun City streets and local bike paths, avoiding heavy traffic. This group focuses on basic riding skills, rules and etiquette of the road and simple maintenance.

In late May our Club had a wonderful Barbecue Social at Sierra Pines. Chef Karl Zu-chold prepared tri tip and chicken. Before dinner we were entertained by cornhole and line dancing was led by our own Ann White. Thank you to Elaine Turnbull and her team for organizing this festive evening.

In May we had a fun ride to Taylor's Ice Cream in Loomis. Some rode the entire distance (about 34 miles round trip), others departed from the Nugget for a 20-mile ride, some just drove there, and all enjoyed delicious ice cream or other treats. It was so much fun that we repeated the ride in June.

We had a Koffee Klatch in late July hosted by Gerri & Jim Junso and Ann White & Bill Swayne.

On Friday mornings some of our members either ride or drive to Panera on Pleasant Grove for coffee.

Our Club regularly meets on the third Monday of each month at 8 am in Sierra



Cycling — BBQ and Ice Cream Social.



Pines. We are planning another social event on Sunday, August 20, from 2 - 5 pm. This will be in place of our Club meeting on August 21. Watch our Cycling Group website for the latest of all our rides and upcoming events.

• • •

Pickleball Club

BY ANNE BURNEY

Pickleball continues to grow. We had nine new members last month that joined our club. We welcome Eugene Ballard, Jerry August, Joseph Campagna, Jim Donahue, Terri Kurtz, Mike Ruben, Rose Smoot, and Stephanie Tran.

During the month of June there were a couple of fun and competitive Pickleball tournaments. Springfield hosted a couple's event. Eight couples from Sun City played

eight couples at Springfield. There were lots of exciting matches, but it was our very own Phyllis Perkins and Rick Vredenurg who brought home the gold.



Rick Vredenurg and Phyllis Perkins.

Then there was the Men's Only Tournament on June 11. The tournament started at 8:30 AM to avoid the heat, there was plenty of water for our players, and afterwards a lunch was served with deli sandwiches and desert. We will announce the winners next month.

Coming up July 28 is the annual Kids on the Courts. This is a very successful event for all our grandkids. The Pickleball Club is in need of volunteers to help make our time with the kids enjoyable. We also will need more paddles to be donated for the day. An information and sign-up sheet are in the Pickleball shed.

Pickleball tip of the month - If you watch the best Pickleball players, you will notice that their knees are bent and they are, at times, in a deep squat on the courts. This is because

getting low and staying low on the courts allows us to react and move with the ball.

For those of you who are new to the game of Pickleball you are in luck. We will be hosting a beginner Pickleball clinic on July 15 at 9:00 AM. For more information, please contact Wayne Miller at tollman80@yahoo.com if you're interested.

• • •

SCR Senior Softball Club

BY BOB MONTALVO

Congratulations to manager Larry Larsen and his team (Your Roofing Contractor) for finishing the season in 1st Place. They balanced good hitting and strong defense to post the league's best record. They also benefited from everyone staying relatively healthy, which is a significant advantage in senior softball. Our league playoff games for all five teams began on June 28 at 8:30, with the first-place team enjoying a bye. Playoff games will continue at 8:30 am on July 3, 5, & 10, with an additional game if needed, on July 12. Be sure to make plans to join us at Mahany Park for all the fun and excitement.

As the 2023 season winds down, there are volunteers that deserve recognition for their essential contributions to the Sun City Roseville Senior Softball Club. Rose Miller is our head scorekeeper; scorekeepers keep all the game statistics and run the scoreboards. Her crew of scorekeepers includes Elaine Tom, Jim Sherrard, Brian Baxter, Dan Arriola

(cont' on page 23)

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SCR Senior Softball Club

(cont' from page 21)

and Ron Gould. Also essential for keeping our games safe and fair are the volunteer umpires, led by Head Umpire Ken Miller. His umpire crew includes Dan Arriola, Pete Conley, Richard Davis, Ralph Faust, Jerry Jackson, Randy Julian, Ron Myers, John Raniseski, Larry Davis, Eric Erickson, and Patrick Maglione. Larry, Eric, Patrick, and Ken also played on teams; they umpired when their team had a BYE. Our club officers also deserve sincere thanks for all their work in guiding us through the 2023 season. President: John Woodbury, Vice President: Frank Tom, Treasurer: Richard Epting, Secretary: Gary Gregson. Council members were Ken Miller, Patrick Maglione, and Bob Beckenhauer. As for me, writing these articles and the weekly recaps has been fun, and I do appreciate the positive feedback I've gotten from many of you. Thank You.

• • •

Table Tennis Group

BY DON WOODS

Table tennis is a game of interpersonal relations. It is also a game of skill using a paddle to hit the ball with various angles and degrees of force. Skillful shots are rewarded by praise of players. Sometimes shots are made that are lucky rather than skillful. Since it is a game of skill rather than luck, apologies are often given where luck appears involved.

The most common reason for an apology is when a player hits the ball and it clips the net or the edge of the table resulting in a score. This is seen more as winning the point by luck rather than skill. At that moment, the player will raise the hand, the index finger, the racket, or just say, "Sorry."

Under the rules, a player is allowed to hit the ball with the hand holding the racket or hit the ball with the edge of the blade and the rubber. However, an apology is appropriate when a player hits the ball with anything other than with the rubber of the paddle. These shots off of the rubber have unpredictable effects, often earning lucky points by chance. An opponent may ask what happened. The player gives an explanation and apologizes.

While playing, a player may miss a serve. There is no need to say, "Sorry," but many players do because this is winning a free point

without earning it. The opponent may be upset, so it is good to extend a word that you are sorry.

Easy shots are sometimes missed during play. Saying, "Sorry" is appropriate because the point was not earned.

Please join us at Sierra Pines on Tuesdays and Thursdays: 2:00 PM to 5:00 PM, Saturdays: 9:00 AM to Noon.

• • •

SCR Tennis Club

BY DIANE BARNETT

In May, the Tennis Club held their annual mixed doubles Cinco de Mayo Tennis Tournament. Chairs Kathy & Dirk Fowler were joined by Pati Struble and Sally and Bill Kimura to host the morning fun. Twenty-four players were divided into three teams, named the "Tacos", the "Burritos" and the "Guacamoles". The Teams were set up by Tennis Club Tournament Chairperson, Patrick Maglione. Snacks, soda and water was available to keep the players hydrated and energized. Following the tournament, a delicious lunch of tacos, burritos, and cinnamon churros were served to the players and 9 guests. Team winners Jeannie Murchison and John Desmond from Team Taco, Julia Portillo & Jim Leimbach from Team Burrito and Nancy Kacey and Dirk Fowler from Team Guacamole were honored at an awards ceremony. The next scheduled tennis tournament is July 12 hosted by Ron

Houston with a full breakfast to be served. On September 16, Susan Pankopf, and Dale and Lynn Mellberg will be hosting the Fall Flurry tournament to welcome in fall.

On June 7, eighty members attended a Tennis Club social with snacks, beer, wine and soft drinks followed by a bi-monthly Tennis Club business meeting. Susan Pankopf announced that she will be forming a new women's drop in and Dale Mellberg announced a new evening drop in that he has started. Contact them for details. After the meeting, a BBQ tri-tip and chicken dinner was enjoyed by all. Thank you, "Bubba" Bob Watt, Larry Sinclair, Bob McBride and Al Bowen for cooking 12 trip tip and an assortment of chicken. Thank you, Linda Gordon and your social committee, for preparing and serving the BBQ beans, coleslaw, potato salad, and dessert.

The Tennis Club welcomes new members, so join the fun, play some tennis, and meet new friends. Applications are at the courts.

• • •

SCR Volleyball

BY MARISA BERNETTI

Court Volleyball: Pickleball court #1 - Fridays 8:30am-10:00am. Come join us, no real experience is necessary, just have fun.

Water Volleyball: Indoor pool - Mondays, Wednesdays and Fridays, 11:00 am-1:00 pm. Note new start time!

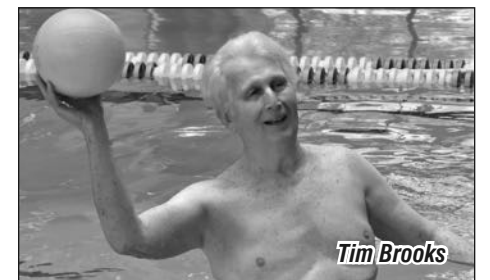
Next Quarterly Social: Friday, September 22, 5:30pm at Sierra Pines.

Meet two members —

Dr. Tim Brooks retired from his Optometry practice in Stockton; then, he and his wife Carol moved to SCR in 2005. This enabled them to be closer to their daughter Lisa, her husband Dave and the grandkids, Brooke and Austin.

During his time at SCR, Tim has seen many changes, some due to Covid and currently the ongoing and proposed remodeling of the Lodge and soon the Facilities Center.

Tim has been playing water volleyball since his arrival. He says, "it is more fun and generates more laughter, with a great group of people." Carol enjoys water aerobics, but sometimes the classes conflict with her volunteering at Placer SPCA. "Living here it's like in a country club or on a cruise ship- pools, parks, golf, restaurants and water volleyball! What's not to love?"



Tim Brooks

(cont' on page 26)



The Cinco de Mayo Tennis Tournament players.

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

Charlie Baughman

(cont' from page 1)

changes in healthcare coverage evolved. As a result, he and his family moved at least a dozen times, mostly within California and once to Illinois. Besides raising the children, Karen worked in real estate.

As he moved from one company to another, his family moved with him. He and Karen had three children—Jeff, now living in Tahoe; Wendy, from San Francisco; and Susan who lives

with her husband and two sons in Montana. This summer Charlie looks forward to a family reunion hosted by Susan where he plans to see his two grandchildren and great-grandchildren.

Charlie and Karen's family life involved camping, houseboating, water-skiing and family get-togethers. He's always preferred individualized sports, like scuba diving, wind surfing, hiking, and snow-skiing.

In 1991, Charlie and Karen became empty nesters and decided to move to Granite Bay where they bought a 3500 sq. ft. house. Four years later, when an opportunity came up in Illinois, they leased the house in case they decided to return to California. Good thing they did. Because of the harsher weather and the fact that they missed their family and friends, they moved back to Granite Bay in 1997 and Charlie began working for a nationwide HMO. "I enjoyed working with doctors in the hospital," he says, "especially when they let me watch operations."

After a few years, when they realized that the demographics of their community had changed and their neighbors seemed younger and disengaged, the couple started searching for retirement communities for active adults. They visited Sun City Lincoln Hills but eventually settled on Sun City Roseville because Karen knew a lot of people from

a social group she was involved with, RANN, Roseville Area Newcomers and Neighbors.

When they first moved here, Karen got involved with Bunco, Bridge, and the Fine Arts club where she worked in the mediums of



Charlie Baughman and his late wife Karen in Tahiti.

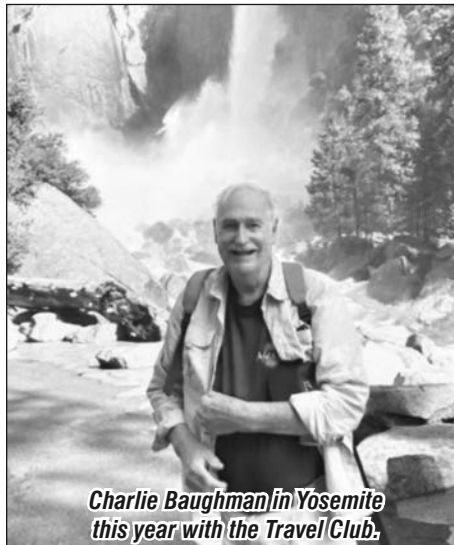
watercolor and oil. Charlie joined the Aerobics class, the Hiking Club, and the Line Dancing group. Then he started to play golf with the Golden Niners. He had been an active member of SIR (Sons in Retirement) in Granite Bay where he first learned golf and still meets with the group at Timbers once a week.

Charlie retired in 2007 and a year later, when Karen surprised him with a cruise to Alaska, he was ecstatic to find that his dream of returning to Alaska was coming true. This trip was the first of 27 cruises he has taken so far, to places like Tahiti, Norway, South America, the Panama Canal, just to name a few. He's even taken a riverboat cruise in southern France.

About five years ago, when Karen's health began to deteriorate due to Alzheimer's, Charlie curbed most of his activities, concentrating on taking care of Karen and deciding to amp up his cooking skills. He planned all the meals and began collecting recipes which he now stores in two big binders. "I love to go shopping, it's fun!" he exclaims.



Charlie Baughman cooking.



Charlie Baughman in Yosemite this year with the Travel Club.

It's during his shopping trips that his playful personality emerges, taking glee in talking to the mannequins, for example. He remembers with amusement doing this when his kids were younger, and they would cringe and roll their eyes at his antics.

After Karen passed away last year, Charlie came out of his self-imposed isolation, reconnecting with old friends and attending events and

club activities here once again. He booked two cruises, went to visit his daughter in Montana, and became more outgoing. He told his children, "I'm healthy, happy, and having fun."

One of the new clubs he has joined is the Second Act Studio Drama Club where he is the Treasurer and works as part of the Stage Crew during productions. He plans to get more involved in the acting side in the future by participating in the Readers Theater part of the club. When asked how he became the Treasurer for three clubs, he replies, "I'm a person that never says no."

One of his favorite things to do now is throw dinner parties. "All of a sudden, I like to entertain," he says with a grin. One of his favorite recipes is making Crespelle Alla

Florentina. It's an Italian cousin of French crepes, stuffed with spinach, creamy ricotta, and rich Parmigiano Reggiano. He likes to put an Italian tenor on the stereo and blast out the music while he cooks Italian food. And then there's his dessert favorite: a scrumptious lemon mousse. Other specialties include preparing almond crusted tilapia and minestrone soup. Yum!

Besides creating more wonderful dishes, Charlie is looking forward to more travel. He's just booked a trip to Egypt with the Travel Club and will go on a Mediterranean cruise as well. He plans to join members of the Line Dancing Club when they cruise to Mexico next year. He's really enjoying his retirement years here and says, "There's no place else I'd rather be."

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

Just let us know!

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

SCR Foundation 2023

(cont' from page 1)

of Events. We are still searching for volunteers to fill the positions of Vice-Chairperson and Golf Tournament Director as well as volunteers for the Home Maintenance team. If you are interested, please reach out to Nancy Schubach at scrfchair2@gmail.com or Doug Smoot at scrfhomeservices@gmail.com.

Events:

- In June, the Foundation hosted a very successful Golf Tournament with over 100 participants. Kudos to Dave Happe and his troupe of fabulous volunteers for making this event a "blast" (with a little help from the Launch Fore Charity Cannon on Hole 12). A huge thank you to all the participants, volunteers, and hole sponsors!

- The Foundation's next Bingo event is scheduled for Sunday, August 13 at 1:00 pm in the Timber Creek Ballroom. Tickets will be available for purchase at Courier Days on August 1. You may also buy tickets at the door starting at 12:00 pm on game day. The cost is \$20 for 15 games. Feeling lucky? Get two game cards (for one player) for only \$25. For more information, email scrfchair2@gmail.com.

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SCR Volleybal

(cont' from page 23)

Tania Powers was born in Shanghai, China. The family, with six children, left Communist China for freedom in 1949. First, they landed in the Philippines. Then, her father and six children moved to San Francisco, with their resident visa. Her father and the boys worked on farms, while Tania took care of her younger siblings.



Tania Powers

With her husband Jim, Tania moved to SCR from Penn Valley in 2006. Over five years ago, she watched water volleyball and noticed all the fun and laughter. She decided to give it a try, even though she had never played. She progressed well. Her strength is her serve, which so often baffles and confounds the competition.

Remember: Vote on the Phase B-Fitness Center expansion by July 18.

...

Cornhole

BY STEVEN GUSTAFSON

It's amazing how much fun and camaraderie we (often about a dozen of us) have playing cornhole at 9:00 Tuesdays on the Sierra Pines horseshoe lanes. You're welcome to join us ---our Cornhole Group has no dues, so there's no obligation.

It's easy to toss a less-than-one -pound

bag of beads (corn kernels in the old days) to a board 21 feet away, which is the senior distance. The challenge is to do so more accurately than the other players. Tossing a bag offers great lessons in physics.

For example, there are two ways to get the bag on the board. One way is to toss the bag slowly at a shallow angle---the bag will travel to the board close to the ground. Another way is to toss the bag faster but at a higher angle---the bag will travel to the board in a high arc. Both techniques are used by the professional cornhole players you see on ESPN.

Cornhole bags are usually tossed at about ten feet per second. But according to Isaac Newton (the guy who supposedly discovered gravity after an apple fell on his head), if you were superhuman and could toss your bag at over 40 thousand feet per second, then your bag would leave the earth for outer space and would never return. The rules for cornhole say nothing about a bag that's tossed and never returns to earth.

According to Albert Einstein's theory of relativity (remember E equals m c squared?), if you were super-superhuman and could throw your bag at a billion feet per second, then because this is close to the speed of light, your bag would weigh over 100 pounds. Since the rules for cornhole say that your bag must weigh less than a pound, you'd be disqualified.

...

Croquet Club

BY GAIL DALEY

Well big changes in the scenery landscape all around the lawn. All of the old plants and shrubs (including that smelly Society Garlic) have been removed and in the process of enjoying all the new landscape. It's great to enjoy the change of scenery.

All the groups are back in the swing of things and enjoying the court. President Louisa Maglione created a new list for the game times and players on each of the lawns so if you have any doubts, please check the calendar that is posted on the bulletin board under the patio.

Sadly, this will be the last column I will be creating as I am in the process of getting ready to move back to Sun City Hilton Head, SC. While it has been great getting to know all of the players here and enjoying our time together my heart never left South Carolina. Leaving my family - my son and three-little grandchildren will be devastating, but now that they are bigger and finding their own entertainments, I felt it was time to return to the Herons, the marshes and the weather - even the muggy times.

It has been a privilege to convey the goings-on of this club and i will miss you all, but my plans have changed, and I am packing those boxes and planning to play with the Croquet Club that I left behind.

I wish you all health and happy games and however many more times i see you on the lawn before I leave. Good times!

...

He & She Golf Club

BY JULIE HARRIS

A fun time washadbyallatthe Spring Fling Golf Tournament on May22! Members of the He & She Golf Club had the opportunity to invite resident non-members to play in this once a year event. The 132 golfers were sorted into 3 flights and played a 9-hole Texas scramble. Even the weather cooperated and gave us a beautiful day. Pay-outs were awarded to the top 5 teams in each flight. Congratulations to ALL the winners. The top two winners in each flight are as follows:

Flight A ---

1st Place: Al & BJ Dumm, Chuck Gielow & Karen Hawkins

2nd Place: Dave Driscoll & Joan Meyers, Bob & Minell Fredricks

Flight B ---

1st Place: Bob Niznil & Denise Gilbert, Bill Ah Fong & Roxanne Warloe

2nd Place: Dwight & Joan Rose, Paul &

(cont' on page 27)



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He & She Golf Club

(cont' from page 26)

Denise Roberts

Flight C—

1st Place: John Anderson & Arlene Lizotte, Pat DeCrois & Toni Ulloa

2nd Place: Frank Paluch & Shirley Libis, Monica Konkel Geri Womack

Closest to the Pin —

Hole #4-1st Place Ladies: Darlene Reber

Hole #4-1st Place Men: Dwight Rose

Hole #14-1st Place Ladies: Dot McGee

Hole #14-1st Place Men: Joe Ramos

Thanks to our tournament chairs, Rich Aug and Kathy Fowler for organizing the details of this larger than usual tournament. Big job, for sure!

The tournament was followed by a terrific luncheon on the side patio of Timbers restaurant. Many thanks to our event organizers, Kathy DeVito and Linda Ryan outdid themselves again!

If you're interested in joining the He & She Golf Club, there's still 6 months left of bi-monthly tournaments as well as a Fall event and Holiday party. Don't miss out. Applications and instructions for joining are on the SCRA website. Look for the He & She link.

...

**HAPPY
4TH
OF
JULY**

Sierra Pines Ladies Golf

BY PAM SKARG

"Only in America where we dream in red, white and blue. Only in America where we dream as big as we want to." Brooks and Dunn

Ellen Thomas is a lady who dreams big. She is someone who excels at whatever she does. Ellen and her husband moved to Sun City in 1996. She was a teacher for many years and she and her husband also taught in Europe. At the encouragement of her husband Ellen took up golf in 2006. She has been Club champion twice and has had three holes-in-one. One at Turkey Creek and two at Sierra Pines. Quite an achievement, Ellen. She has served on several committees and had been the one who stayed on top of rule changes. She loves playing golf and over the years has made many longtime friends. She is very involved with the fine arts and loves painting with watercolors. She has even sold some of her paintings. Ellen also loves the outdoors, traveling, and spending time with her family. I guess you could say she doesn't let any grass grow under her feet. She is a delight to know.

In the month of May there were no birdies and the chip-ins were as follows:

May 10th - Karen O'Hara (one of our new members) - Hole #5

May 17th - Jackie Shook - Hole #5

Joanne Mastalski - Hole #2

May 24th - Pam Hemmingway - Hole #7

May 31st - Darlene Reber - Hole #9

Heidi Gongaware - Hole #2

Most Improved for May:

1st Flight - Barbara Simmon

2nd Flight - Latricia Nicholson

3rd Flight - Joanne Mastalski

4th Flight - Pat Horning

Congratulations ladies!!

A big SPLG welcome to our newest member, Linda Case. We will get better acquainted next month.

How very nice to have the new driving range, putting green and chipping area where we can go work on improving our game. No more excuses.

Happy Birthday America!

...

Timber Creek Women's Golf Club

BY NANCY LABRADA

Our Invitational Tournament was a huge success, thanks to Kathy Hamilton, Susan Green and their team—lots of games and great prizes. Susan and Becky Green, Pidge Muncy and Donna Oneil had the low score of 58.

Our Memorial Day Tournament on May 31 was very special this year. We gathered on



Invitational/Low Scorers: Donna Oneil, Susan Green, Becky Green, Pidge Muncy.

the patio for a tribute to the members who have passed away over the years. There were flags, red/white/blue outfits, and a very moving

reading. Shirley Libis and Cheryl Welch especially recognized those who passed in 2022 and this year; Cookie Hennager, Dori Defenbaugh, Evelyn McHugh and Joyce Rogers.

The Most Improved Players for May are Barbara Simon (1st Flight); Cathy Schimansky (2nd Flight); and Yolanda Lawrence (3rd Flight).

Our Handicap Championship Tournament was played over three Wednesdays in June. The winners will be announced in the August Courier article.

We are looking forward to the 9/18 Hole Mixer with the Sierra Pines Ladies' Club on July 19th. There is always a big turnout for this really fun tournament, so watch for information on when to sign up. Robin Shaffer will be in charge of this event.

Wishing everyone a happy and safe 4th of July!

...

(more Club News cont' on page 28)

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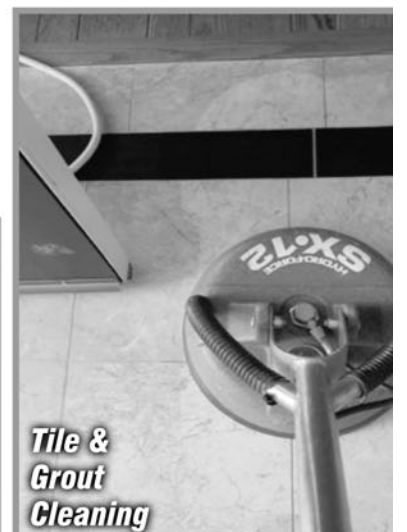
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Safety First — Simple Summer Security Steps

BY ROSEVILLE POLICE DEPARTMENT

As the weather warms up, the number of people outside at night increases. More people outside in the dark also means more people with intent on burglarizing vehicles and houses.

Roseville is a fairly safe community, leading some to believe that car or home burglaries don't happen here, so for some it is not a habit to lock doors and windows.

Unfortunately, unlocked cars and houses are easy pickings for those with ill intentions. Although there is not an epidemic of vehicle or home burglaries in Roseville, the community is not immune to it.

Simple steps to take to deter vehicle burglary:

- Always lock car doors. Individuals will check to see if a car is unlocked if they are looking for an easy opportunity to burglarize.
- Windows are completely rolled up.
- Stow valuables out of view from anyone who can look through a car's windows. Anything left in plain view increases the odds of a burglary.

• Park in well-lit or high traffic areas if possible

Simple steps to deter a home burglary:

- Always lock all doors and windows at night and whenever you leave the house. This includes the door leading from the garage into the house.
- Blinds/curtains installed to obscure view into house

• Dowel in track or security rod for sliding glass doors

• Side and back gate latches secured with padlocks and kept locked when not actively in use

• Bright exterior lights installed around the house and lit when dark or with motion sensors

Make these simple steps a habit! If you use an e-calendar, set up a "9pm Routine" reminder. If you use a paper calendar/planner, write it in on your daily schedule.

If your car or house is burglarized, call and report it to the police department at 916-774-5000 option 1.

If you see someone or something suspicious in your neighborhood, call us and let us know! Use 9-1-1 if it's an emergency or a crime in progress, or 916-774-5000 option 1 if not.

Friends of the Library Book Sale

BY MARSHA LUCAS

Book Sale July 8th - All at super low prices - hardcover \$2, paperback \$1, children's books mostly \$.50.

At the Downtown Roseville Library, 225 Taylor St. from 10:00 am to 3:00 pm - Friends members can enter at 9:30 and you can join for \$15 at the door.

Take the Trail-a-bration Summer 2023 Challenge

BY PAM ALLEN, *Roseville Parks, Recreation & Libraries*

Calling all nature enthusiasts and adventure seekers, get outdoors and explore our trails this summer. We're inviting residents and visitors alike to explore the 40 miles of picturesque trails that wind through the City of Roseville.

Take the summer challenge and see just how amazing these spaces are. Whether you bike, walk, run or roll there is a trail for you.

The Trail-a-bration Challenge runs through August 5. As you visit each of the nine highlighted trails, be sure to collect a unique stamp at every site. Trail-a-bration passports are available for pick up at any one of our three library locations or you can download your copy at roseville.ca.us/trailabration.

Whether you conquer one trail or all nine, a special prize awaits you at the end of the challenge. Bring your passport to the CommUNITY Picnic in Royer Park on August 5 to pick up prizes. Visit all nine trails and be entered into a raffle for even bigger prizes. Or, if you can't make it to the picnic, be sure turn in your passport to any one of our three libraries for a prize.

View a map to see where you can find the nine selected trails and read fun facts that each trail offers at roseville.ca.us/trailabration.

Timber Creek Men's Golf Club

BY GARY BECKMAN

The TCMGC tournament schedule is in full swing. We completed our Medal Play Tournament in May. Congratulations go out to winners: Neil Hamilton - Championship Flight, Frank Taylor - Crenshaw Flight, Ron Masciovecchio - Faldo Flight, and John Raniseski - Feherty Flight.

In June we held our Member/Member golf tournament that included lunch and a Horse Race. We also held the last NCGA Tournament for the year - The Senior Four-Ball Qualifier. Two 2-person teams qualified to play at the next level of the NCGA Tournament. You can find the results of all tournaments on our website.

In July we have one tournament - the Firecracker that uses the combo Red, White, and Blue tees. Also in July we have the Club BBQ which will be held at the Pines patio after the regular Tuesday Men's Club play. The 12-man team is also starting their round-robin NCGA tournament play.

During August we will hold the Match Play Club Championship. This tournament takes multiple golf days to determine the winners and is a great test of our golfing skills.

If you like to play other golf courses, we have CVS (Central Valley Senior) that allows a limited number of our members to play at other golf clubs in the area. CVS events are held monthly. Check your TCMGC emails for dates and sign up details.

(cont' on page 29)



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Timber Creek Men's Golf Club

(cont' from page 28)

We also have RAMP ongoing in July with the Lakes on the 6th, Oaks on the 13th, and the Pines on the 20th. All start at 7AM and include coffee, doughnuts and \$15 raffle. We hope to see all of our volunteers out on the course!

Finally we have our General Meeting scheduled for July 5th in the Ponderosa Room at the Pines. We hope to see you there!

• • •

Golden Niners

BY RALPH FRIEND

It is the beginning of June as I write this article, only to be published in July. I expect that by the time you read this, it will be hot, unlike the cool, temperate weather we had in May. Be sure to get out to the golf course early so that you can enjoy the beauty of nature and not worry about the heat! We have had quite a few months where our golf course and facilities have been "torn up", however by the time this is published, the "mess" should be finished and we will have a new putting green, a new driving range and a new chipping area at the Timber Creek Golf Course. This has been a perfect example of "short term pain for long term gain!"

Kudos to the landscape maintenance staff, the contractors and crews as they have produced a beautiful product and they have worked extremely hard to keep us golfing throughout the improvements. We get all

of this without losing a day of golf due to the construction, many dead and dying trees removed and normal fairway and greens maintenance being done.

Winners from our weekly tournaments are: \$42 - Don Meyers, \$40 - Bob Horning, \$39 - George Flaherty, \$36 - Terry Bernadino, \$35 - Walt Bromby, Bob Daly and Gary Lee - \$33, Paul Thies and Rich Forhan - \$32, Leitz, Budd Haddix and Don Cook - \$30.

Top money — There was over \$1,621.00 paid out to all members for the month of May. Way to go gang!!

• • •

Bocce Club

BY DAVID MOORE

The bocce courts have been a hubbub of activity over the last month with the mini leagues and tournaments going on while workers construct two new courts and added new scoreboards to the original courts. By the time you read this the spring mini leagues will be in the record books.

The Battle of the Sexes Tournament on May 27 saw the men (plus Mary Scott) taking the top three



First Place in the Battle of the Sexes Tournament: Tony King, Jack Ramos, Roger Jacobson and Michael Foote.

The men may have won the actual tournament but the women: Bev Lewis, Bobby Dunk, Sandy Hanford and Linda Fredericksen, won for best outfits.



spots with third place going to Fred Hasley, Kenny Smith, Bill Dunk and Gordon Badovick.

Second place was taken by Tom Barenchi, Gregg Hutchison, Mary Scott and Jerry Fredericksen. Tony King, Jack Ramos, Roger Jacobson and Michael Foote won first place.

The Men's Tournament on May 13 saw a competitive field with third place going to Mike Bubbico and Michael Foote. Second place went to Paul Keck and Tony King while first went to Bill Dunk and Gregg Hutchison.

The big social event of the summer will be the Wrangler Roundup on Saturday July 8 at 6 p.m. at Sierra Pines. The food will include chicken and pulled pork BBQ with potato salad, beans and fruit salad. And if all that isn't enough there will be ice cream for dessert. Entertainment will be provided by the new Sun City Roseville Drama Club.

Also coming up this month on July 28 will be Grandchildren Day when the kids will be introduced to bocce by club members among other activities.

The tournaments in July are a Blind Draw

on the 8th and a Choose tournament on July 22. Both have sign-ups at 8 a.m. with play beginning at 8:30 a.m.

Looking ahead, sign-ups for the Fall mini-league will be August 23 at 5 p.m. with league play starting on September 6.

• • •

Mah Jongg Club

BY CATHY FLUELLEN

We want to welcome our new members to the Mah Jongg club, Mary Grimm, Carol Quayle, Kris McInnes, Colleen Tovey, Irene Lynn and Jean Arase. We are excited to have you with us and look forward to playing mah jongg with you. Most of these gals have just finished a series of lessons offered by the Mah Jongg club in May.

Check back for our next series of lessons.

We would like to thank the hostesses for our June luncheon, Dora Dummert, Lorie Schuermann, Mary Hunter and Jean Nakao for a wonderful lunch and we appreciate you volunteering.

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

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

• • •

(more Club News cont' on page 31)

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35 Years in the Business

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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Bridge Club

BY BRENCE DAVIS

If you've been to a bridge brunch or luncheon in the past several years, you'll know Sandy Temple. While she's the appointed luncheon chair for Fun & Friendly, you'll find her coordinating more than her share with all the bridge groups—food, tables, boards, and scorers, among others.

Sandy has moved around: born in San Jose where she lived until age 11, then Milwaukee, and back to Salinas for high school. Then she was off to Washington, D.C., where she worked for the Federal Bureau of Investigation. While there, she met Harry, a handsome Marine whom she married in 1968. While he returned to the war in Vietnam, she continued working in Washington, but in 1969 she left the FBI and moved to the Library of Congress, her favorite job.

In 1971, she learned bridge from Harry's "Aunt Ginge" in Pullman (south of Chicago), Illinois, a city George Pullman (think of the Pullman train car) built for his employees. Little did she know how involved she'd become in the game.

In 1972, Sandy and Harry started their family of daughters: Cassandra (now in Washington state), Chris in 1975 (now in Fair Oaks), and Kirsten in 1979 (now living here in Roseville). The couple finally moved to their beautiful Acorn Glen Loop home here in Sun City Roseville in 2015.

Although she and Harry are very active socially, they often travel around the world and go to visit with their daughters and their families. You'll also find Sandy a frequent player in both Fun & Friendly on Wednesday and the Monday ACBL-sanctioned duplicate game on Mondays. Although she continues to play with many partners, one of her early favorites was Thera Squier (see the May 2023 Village Courier). We're certainly glad to have her as a neighbor!



Sandy Temple and Sasha.

Bunco

BY PAT OBERLANDER

Independence Day is coming soon! Join us in asserting our independence from household drudgery at Bunco on the 2nd and 4th Mondays. We start with signing in at 8:30am and the fun and games begin at 9am. Good way to meet neighbors and have lots of fun. We'd love to see you. We're in the card room at Timber's Lodge. You don't have to commit to every time, but once you start, you'll be hooked. Come on down!



Bunco winners!



Winners for May 8: Jackie Spencer, Margrit Grenier, Geri Panyko, Dottie Thornton

Winners for May 2: Judy Spencer, Becky Matson, Margrit Grenier, Jennifer Martin

SUN SENIOR NEWS CLASSIFIEDS

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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.

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.

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

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

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

BUSINESS ADS:

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

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

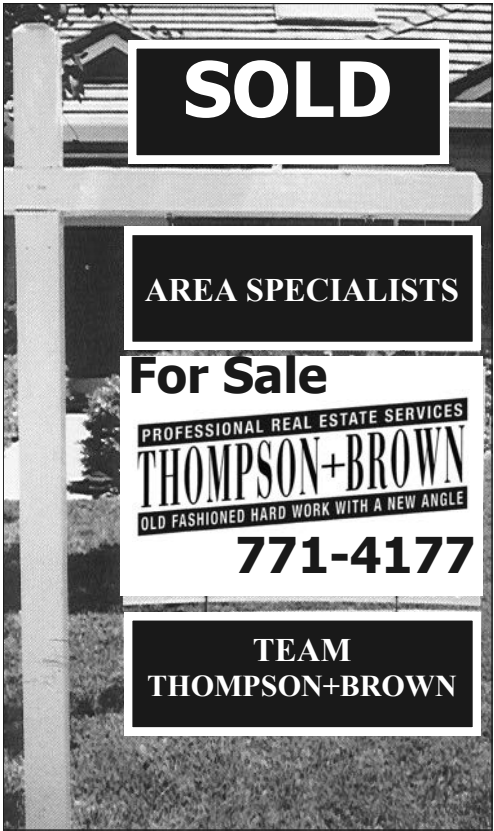
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If your classified ad is determined to be "business" related, we will email you an invoice that will allow you to pay immediately with a credit card, or mail a check.

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

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7099 Dream Inn Lane	Calaveras	\$525,900
7112 Timberrose Way	Plumas	\$530,000
7049 Mule Team Way	Orchard	\$530,000
4828 Mount Rose Way	Calaveras	\$569,000
5050 Dragonfly Ln	Hearthwood	\$720,000

Market Update

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-Owner

*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