

SUN SENIOR NEWS

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Blood Drive

BY BILL COOK

Please consider becoming a life saver. Really! By donating blood you automatically become a bona fide hero, saver of lives. One donation of blood has the capability of saving the lives of two people or ten infants. Come see us and leave a hero.

Here are the details:
Place - Lincoln Veterans' Memorial Hall - 541 Fifth St. - Downtown Lincoln
Date - August 18, 2023
Time - 10:45 until 2:45

If you log on to <https://bit.ly/LincolnBloodDriveAug182023> you may reserve a time that is convenient to your schedule. If you choose this option, please keep the appointment. No Shows gum up the works. If you do not wish to reserve a time you can just come at your convenience but keep in mind you may have to wait behind someone who scheduled.

Now, not only will you qualify as a hero you will have the opportunity to snack on the best homemade cookies, brownies and many more treats, brought to you by the Placer/Nevada Cattlewomen.

Players — High Fives to our Audio-Visual Techs!

BY DOUG BROWN

Club performing arts shows clearly demonstrate the rule that a talented, highly skilled crew “behind the scenes” makes all the difference in a formula for excellence on stage. Here’s a resounding “huzzah” to our Audio-Visual (AV) tech heroes, who expertly deliver audio, light, sound effects, music, screen projections, and video.

A toast to Technical Director Jim Moon! With his background in electrical engineering, computer science, radio broadcasting, and current pursuits in medical device product design, Jim’s primary joy is “putting people first, carrying out communications among producers, directors, cast and tech crew, and [on the soundboard] helping to create quality performances.”

And here’s to Bob Elo! With a background in engineering and semiconductors, Bob’s wizardry in programming lighting effects was a new pursuit for him here in Lincoln Hills. Like Jim, Bob’s “greatest satisfaction is participating in the comradeship among actors and crew in putting on a great production.”

Let’s hear it for Jeff Hanner! Jeff’s remotely operated camera and video production is the product of years working on SCLH stage shows. With experience in electronics, IT, finance, and



Jim Moon, Technical Director and Sound Board Technician.

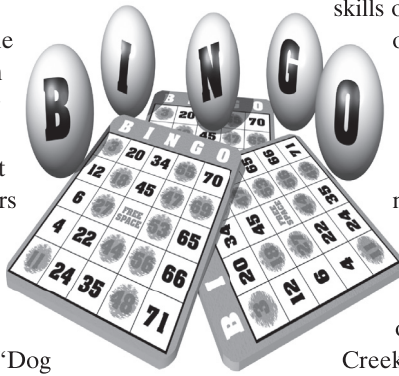
LH Foundation – Bingo is Back!

BY DENISE BOWDEN

After a month off the Lincoln Hills Foundation is back in the ballroom for Bingo. Mark your calendars for August 24th so you don’t miss it and keep those daubers ready.

As we start August, we realize that it is the last month of the summer vacation season and the “Dog Days of Summer” officially end on National Dog Day at the end of the month. Thrift Shop Day is celebrated in the middle of the month, and we encourage all the thrift shop lovers to visit our own Salt Mine Thrift Store in downtown Lincoln. The Thrift Store provides the community with unique finds and great deals all while supporting an amazing cause.

Interested in being a part of an organization



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

On August 24th doors open at 12:30 pm at Orchard Creek Lodge and the play starts at 1:00. Twelve cards for \$25, with exact change appreciated. Join us and be one of our 2023 winners. Payouts are \$100 for the first eleven games and \$250 for the final game. Make an afternoon of it and enjoy a special Bingo lunch at Meridians beforehand.

Bringing a group? We are taking table reservations. Email your request to lincolnhillsfoundation@gmail.com.

aviation, his greatest joy is working with a team of dedicated and talented people. Above all, Jeff says, “It’s an honor to see others perform and to complement their efforts.”

Further kudos to other AV crew members: Ann Stults, with perfect timing, adds sound and music FX and screen projections; Sharon Lefkov fits head microphones onto actors and troubleshoots backstage; Ron Baugh assists Bob on lights and goes it alone in some shows. Others assist, substitute, and learn the ropes: Cat Bain, Lew Barnard, Chuck Koehler, and Ron Peck. Readers, we need you. Please step right up!

Contact: Craig Stults, Players Club President, 916-543-6782.

Upcoming Events:
Readers Theater, August 5 & 6, KSPH, free!
“The Shame of Tombstone,” November 16-19, OC Ballroom.

...

LH Chorus

BY GAY MACKINTOSH

Do tenors have more fun? Well, our Lincoln Hills Chorus sopranos, altos, and basses have fun, too! Come join us as we prepare for our holiday concerts December 8-10. We’ll

celebrate winter with “Snow Angels” and “California Dreamin’,” Hanukkah with “The First Chanukah Night,” and Christmas with “O Holy Night” and “A Song of Santa.” The full program will be unveiled at our first rehearsal on Tuesday, September 5.

“Tenor” comes to us from Old French via Latin “teneo,” meaning “I hold”—in music, from the notion of one who holds the melody. In four-part harmony, tenors often switch off the melody with sopranos. Can’t sing those high notes anymore? In the spirit of Johnny Cash’s 1969 hit “Daddy Sang Bass—Mama Sang Tenor,” our small tenor section welcomes female as well as male voices. We’ll surely have fun with our tenor-bass arrangement of “A Holly Jolly Christmas,” with kazoots!

Or if you can still hit those high notes, sopranos and altos will be having fun with “The Snow Begins to Fall.” So, whichever part is most comfortable for you, you’re sure to have a good time.

Chorus registration is open the first three weeks of the upcoming concert season, starting September 5. Come give us a try! If you’re not having fun, turn in your music by September

(cont’ on page 5)



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Neighborhood Watch

BY TERESA TANIN

PLACER 2-1-1 SPECIAL PRESENTATION SEPTEMBER 13

This Special Presentation for Placer 2-1-1 is slated for September 13, 2:00 to 4:00 PM, including questions/answers and handouts, Grand Ballroom (OC).

Learn how Dialing 2-1-1 connects you directly to a specialist 24/7. Calls are Confidential and Free. Language interpretation is available. This Special Presentation will cover the following plus much more:

- Information regarding local services includes food programs (local pantries, food delivery services, and food assistance programs).
- Help for disaster preparation and relief resources.
- Senior services include non-emergency transportation, utility assistance, moving resources, health and dental referrals, including social security, Medicare, insurance benefits, legal and fiduciary, plus help connecting to tax preparation services.
- More connections are, but are not limited to, home repair and safety, in-home services for seniors, help with disabilities, information regarding skilled nursing facilities, assisted living, care homes, and end-of-life information.

Mark your calendar for this special presentation. Information will be presented by ULYSSES PALENCIA, Manager for 2-1-1 Contact Center. Linda Minor, Neighborhood Watch Executive Director, and Kyle Bodyfelt, Association Executive Director, will be hosting this Special 2-1-1 Presentation. Visit the Placer 2-1-1 website at 211connectingpoint.org for more information.

Additional event(s) reminder: August 19, "Kickoff" for the upcoming National Night Out, Potluck 6:00 to 8:00 PM, MP Room/Kitchen (KS), \$5 per person; National Night Out, October 3, neighbors getting to know neighbors during neighborhood get-togethers and/or attend the Special NNO event, Sports Pavilion, 4:00 to 7:00 PM. For more information please email NNO Coordinator at nnocoordinator@schwatch.org. Visit Neighborhood Watch website schwatch.org for more information.

Strengthening Neighborhood Ties:



Neighborhood Watch welcomes new Mailbox Captains: Dianna Dithridge V20-9; Kim Hall V12-3; Joanie Schuller V35B-1&2; Paula Ong V37-3; and Denise Webfield V37-5. These new Mailbox Captains are a great addition to our team of safety and security volunteers. Thank

you!

Be the "eyes & ears" of the Police & Fire Departments: Report a crime to the Lincoln Police non-emergency number 916-645-4040 or go online to www.lincolncalifornia.gov and report a crime. Also, visit website schwatch.org and click "report an incident" or call Barry Johnson, Neighborhood Watch Public Safety Liaison to the Lincoln Police 916 434-6538. Contact your Mailbox Captain if you need assistance.

Encourage Emergency Preparedness: For local disaster preparation and relief information please dial 211 any time 24/7 or log on to the Placer 211 website 211connectingpoint.org for more information.

ALERT: 06/20/2023, at approximately 11:05 pm, the Lincoln Police Department responded to the 600 block of Blossom Lane for a report of a theft at a residence. A 92-year-old victim pulled into her garage and an unknown male suspect entered the garage as well. Without saying a word, the suspect opened the front passenger door of the vehicle, grabbed the victim's purse and a grocery bag. Suspect was described as a male adult, 30-40 years of age, approximately 5'06 - 5'08 wearing a dark blue hooded sweatshirt. The male suspect was last observed running northbound on Dogwood Loop. Case is under investigation. Call the Lincoln Police Department Investigations Unit at 916-645-4040 with any additional information.

ALERT: 06/23/23 Police report was made of a prowler observed around 10:30 PM on the Golf Course behind the homes on Castleberry Ln. Prowler description was a person dressed in black. The police searched the area to no avail.

Neighborhood Watch remains very grateful for the support from the Lincoln Hills Foundation, www.lincolnhillsfoundation.org. Thank you for supporting the safety and security of our senior residents.

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LH Chorus

(cont' from page 1)

26 for a refund (\$20). It's helpful to have some choral experience, but we welcome everyone who enjoys singing. All you really need is a commitment to attend Tuesday afternoon rehearsals (2-5 PM) at KS Presentation Hall and learn your part using our helpful MP3 voice files.

Visit lincolnhillschorus.org for lots more information and contact our membership chair, Mari Long, at mlong24sjca@sbcglobal.net or 916-409-9136.

• • •

LH Music Group

BY DAN LEHRER

Our Group songs for the July meeting were "Love Potion #9" and "Then I Kissed Her". Whatever level of play you are at, please come by and you will find a very supportive and encouraging audience. Our performer list fills up fast, so if you want to participate, come by 1:30 pm to sign up. It's always amazing to listen to such a wide variety of musical genres. From Country to Blues to classical we've got it all. All of us are striving to learn new songs and stretch our abilities. It's a team effort each month to make the sound quality, set up and group song choices all work. We keep learning each time and are grateful for the opportunity to be in such a fine venue. We meet on the second Wednesday of the month from 2:00 to 4:00 PM in P-Hall (KS) through October. We love an audience so please come on down. You can find the Lead Sheets for the group songs and more information on our website; the password is musicgroup. The Guitar Ensemble meets Fridays from 1:00 to 3:30 PM (OC). Open to Lincoln Hills Residents. Contact Sal Caruso at 916-343-5810 for information. Ukulele Ohana meets Wednesdays, 1:00 to 3:00 PM (OC). Open to Lincoln Hills residents. Contact Ron Peck at 925-788-5869 for information. You can also contact Dan Lehrer at dlehrer72@gmail.com.

• • •

Ballroom Dance

BY ERNIE MICHELI

The Ballroom Dance Club will be holding it's Ballroom Saturday Night Party on Saturday, August 5 from 6 to 9 PM in the Kilaga Springs Lodge. The theme for this party will be Hot

August Nights. Besides dancing ice cream and games will be part of the evening's activities.

August will provide instruction for the Nightclub Two Step. The Nightclub Two Step was developed in the 1960s by a 15-year-old West Coast Swing dancer from Whittier, Illinois named Buddy Schwimmer. He developed the Nightclub Two Step while practicing with his sister as he searched for a way to popularize slow ballad music.

The Nightclub Two Step and the Country Two Step are similar but different dances. One difference is that Nightclub Two Step is danced in the center of the floor, whereas the Country Two Step follows the line of dance, traveling along the outside lane, counterclockwise around the floor.

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

• • •

Country Couples

BY RICH AND DONNA PICK

On a beautiful sun-filled day, Country Couples met at 4:30 at the Sport Center Pavilion here in Sun City. 26 dancers attended and enjoyed the afternoon. Everyone brought their own picnic lunch, appetizer, or dinner. Various games were set up at all the tables, and there were also three Cornhole games which provided some friendly competition. The games included Mahjong, Liars Dice, Yahtzee, Zilch, and Bucket Blitz. We spent the first part of the day conversing and eating and playing the different table games. Dennis and Georgie Dawson provided background music for us to enjoy while eating. There was a large size Jenga game, and it was fun to see who was going to make the tower tumble. The evening ended with a Cornhole tournament. There were three Cornhole games, and 14 participants entered. The winners were Gary and Laura Wermuth who took home the prize



of a bottle of red wine. Many of our Country Couples friends commented on how much fun this gathering was, and we might try it again! It's always good to get together with friends.

The Country Couples Western Dance class, listed in the Compass, teaches many of the dances we do. It is held on Monday evenings at 6:00. Stop by and take a peek! Anyone interested in joining Country Couples, please contact

April Cederburg at 916-390-3931.

Website: sclhcc.com

• • •

SC Squares

BY CHARLOTTE KNUTSON

Sun City Squares offers 3 classes for experienced dancers.

The Mainstream square dance class is held at KS, 1:00 PM to 3:45 PM. The cost is \$5 per person/per class.

The Plus level dancers meet at KS Thursdays, 1:00 PM to 3:30 PM. The cost is \$8 per person/per class.

Round Dancing is held on Thursdays 11:30 AM to 1:00 PM. A caller directs the movement of the dancers by saying the cues as the dancers move around the floor. The cost is \$5 per person/per class.

Beginning class information will be in the Compass or contact Charlotte Knutson at 408-706-4558.

• • •

Mixed Media Club

BY JILL SHORT

Have you lost your creative spark? Or do you think you have no art talent? Do you just want to have fun playing with all kinds of art mediums? If you said yes to any of these questions, then give the Mixed Media Club a try. The club is a place where you will find encouragement, help you get that creative spark back, or introduce you to exploring and playing in the mixed media world. We believe everyone has the capacity to create and create in different many ways. If you have the desire, then you have the capacity. The club meets the 3rd Wednesday of the month in the Fine Arts Room (OC) at 1:00 PM.

Jan Stephens will be leading us in collage art project at our August 16 meeting. The type of collage we will be creating at the club meeting will use scrolls of paper and other objects like beads, old jewelry, textiles, twigs, textured

paper, and paint. More specific information will be emailed to members before our club meeting.

The Mixed Media Club yearly dues of \$25 will be collected starting in September. Our club year starts September 2023 and goes through August 2024.

Need some creative ideas? Every month we have a voluntary art challenge. It is such a joy to see what our club artists have done with the challenge when they share it at our club meeting. The challenge prompt for August is, "Dog Days of Summer." The art challenge for September is to use a picture of a chair in your art.

For more information contact our President, Chris Fetter, at 916-276-7895 or email at: mixed.media.chrisf@gmail.com

• • •

Needle Arts

BY MARY SWANSON

The heat is on! Whether you sew, cross-stitch, knit, needlepoint, spin or some other form of needle work, it's a great time of year to stay inside a cool room and enjoy creating. While our general meetings are paused, you can still enjoy the camaraderie of working on your projects with like-minded NA members during sub-group gatherings. Not yet a NA member? It's never too late to sign up for your 2023 membership. The NA website (sclhna.com) is where you'll find the monthly calendar, membership applications and lots of other NA information.

Demonstrations return in August. First up on August 4th, Janine Corby will be demonstrating on trouble shooting and how to care for your Janome machine. On Tuesday, August 15th, Peggy Anderson will be demonstrating how to create two-sided binding. These are drop-in workshops for any NA member. The 2023 workshop schedule is available on the NA website.

The NA fall retreat is fast approaching. Join us at Mercy Auburn, September 25 through 28, 2023 for this bargain priced (\$380) event. The three-night, four-day event begins with check-in on Monday at 12:30 PM and sewing room departure on Thursday at 2:00 PM. It includes private sleeping rooms and all meals and snacks. Signup is required and all information is on the NA website.

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(more Club News cont' on page 6)

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Paper Arts Club

BY LINDA LUCCHETTI

During our August meeting, we'll "cook up" some perfect items for summer cookouts – a barbecue-themed card, a water bottle cover,

a decorative snack box, and a place setting for utensils. Thank you to Sarah Kevin and Betsy Miller for leading this timely project.

Mark your calendar for Demo Day, September 7, one of our special annual events where we get to learn about a variety of tools and techniques from our club members. This takes place during our regular monthly meeting time and location. See you in September!

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

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

...



Susan Long's gift tag project.

Painters' Club

BY TAMSEN ARMSTRONG

It's smokin' HOT! Our club's latest painting challenge is "Flame" and it all happens on August 15th. Be sure and come to the 1:30 meeting at the OC Art Room, even if you don't have a flame themed painting to enter. We know you will enjoy viewing the work and voting for your favorite in each category. Our goal is to encourage all levels of painters in any paint medium, so whether you are a beginner, an expert or somewhere in between, please join us for fun and recognition of your hard work.



Joan Musillani's oil painting of the Sheep of Lincoln Hills.

Our June 20th luncheon on the patio at Turkey Creek Bar & Grill was a pleasantly cool event, with several artists participating in an informal Show & Tell of their recent efforts.

Call to Artists: Coming up is the OCLobby Show, September 1-30. Look in your emails for the details and if you can't find your email, be sure and check your SPAM folder! Also look

(cont' on page 7)



On June 8th, 2022, Jean Ebenholtz lost her decade-long battle with lung cancer.

It is a truthful aphorism that "The price of lost love is grief". Jean was a gem of a person, intelligent, honest, and above all, selfless, as her obituary reveals (<http://mylincolnhills.blogspot.com>).

***To all who expressed their kind condolences,
please accept our genuine thanks.***

***From son Keith and daughter-in-law Liesl, and
Shelly, loving husband for 67 years.***

Painters' Club

(cont' from page 6)

for the Artisans at the Lodge (October 8th) prospectus, which should be coming to your email soon, or you can download the file on our Facebook page.

The Simple Pleasures group show will remain up at the cafe until October 2nd.

Check us out on Facebook! Our private group is for you to download forms and newsletter back issues, post your latest masterpiece, ask a question or share some good painting tips. Our general meetings are on the 3rd Tuesday of every month at 1:30 in the OC Art Room, and dues are \$15 a year. Contact Linda Shields at linda_c_s@yahoo.com for more information 916-761-4549.

...

LH Photography Club

BY DIANE MARGETTS

Arik Gorban presented Creating a Personal Photography Project at our July meeting via Zoom. Arik has over 40 years' experience in the complete photographic process, including analog photography, darkroom work, and extensive digital imaging including 25 years of using Photoshop and other digital imaging applications. We were all impressed, inspired and motivated by Arik!

Our August meeting will change venues to the Orchard Creek Ballroom where Truman Holtzclaw will lead another member favorite hands-on session. This meeting will start with portraiture and advance to wherever Truman

takes us, so bring your cameras, enthusiasm and imagination!

In mid-July, members gathered at High Hand Nursery where the spectacular display of flowers, unique plants and colorful koi provided an abundance of photo opportunities. We even gathered to enjoy the delicious lunche at the High Hand Café.

Mid-August will see us at the Lincoln Rodeo! This rodeo will feature Classic Barrel Racing. For more information and to participate, please check out our website. Time to polish up your action photography skills!

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

Thinking about joining the Photography Club? We always welcome new members. You can sign up at any of our monthly General or Photography Special Interest Group Meeting. For information of meeting times and schedules, please check out our website.

Contact: Diane Margetts; 916-955-1809. Website: <http://www.lhphotoclub.com>

...

Woodcarvers Club

BY LIONEL RAINMAN

The woodcarver members are free to choose what they would like to carve. In some case, newer carvers maybe coached or helped by others with more experience. At times we may have a small group all carving the same

item with instructions from a teacher. The experienced carver may be working on a project that will be a gift for a friend or family member, or for their own collection of carvings. It's possible that the carving will end up in a show. One thing about carving is that each new carving is a challenge. For someone new to woodcarving the club has a vast library of books and magazines that can be checked out. We have some tools that will give a new carver an idea of what would be needed to buy. Additionally, experienced members will help new members overcome carving problems.

We have an open-door policy so please come by and pay us a visit. We meet every Wednesday from 1:00-4:00 PM in the Sierra Room at Kilaga Springs.

...

LH Singles

BY KATHY SHADDOX

Summer is in full swing! The end of July had one too many days with temperatures over 100, yet we continue to enjoy all our scheduled activities. Instead of having our Dining -Out Night in July, the Singles had a great evening at the Potters Game on July 19. Tri-tip sandwiches, hamburgers, and fireworks!!

If you missed ordering your name badge for this year, you will have to wait until next year.

We kick August off with our Activities



Meeting on Tuesday, August 1, at 4:15PM in the Ceramics Room (OC) where we plan future activities. On Sunday, August 6 at 4:00PM we have our Singles Birthdays Celebration on the Patio (OC). August birthdays get a drink on the club!! On Wednesday, August 9 at 6:00 PM is our Business Meeting and "Horse Races". Dennis Reid will host our 2nd Saturday Breakfast in the Sports Bar on Saturday, August 12 at 9:00AM. On Thursday, August 17, at 4:30PM is Dining-Out Event. Finally, our Social Meeting on Thursday, August 24 at 6:00PM is a Casino Night and Poker Game Event. Be sure to sign up in advance for which game table you prefer to play at.

Does this sound like a lot of fun or something you might like to do? So why not join the Singles Club now for only \$20. Questions? Call our President, Sarah at 916-296-6906.

...

Genealogy Club

BY NANCY SWITZER

DNA-mt or mitochondrial deoxyribonucleic acid is the topic of our next meeting. But another name—easier to pronounce in Genealogy terms is "Mother's Traits, Discovering New Ancestors". (OK, I just thought that up.)

Reading through my maternal grandmother's journal from 1947 was interesting. She lived in Winnipeg, Manitoba Canada, and they were having a hot spell. With the average summer temperatures in the 70's it was 98 degrees in August of that

(cont' on page 11)

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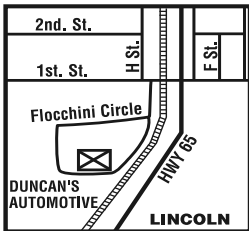
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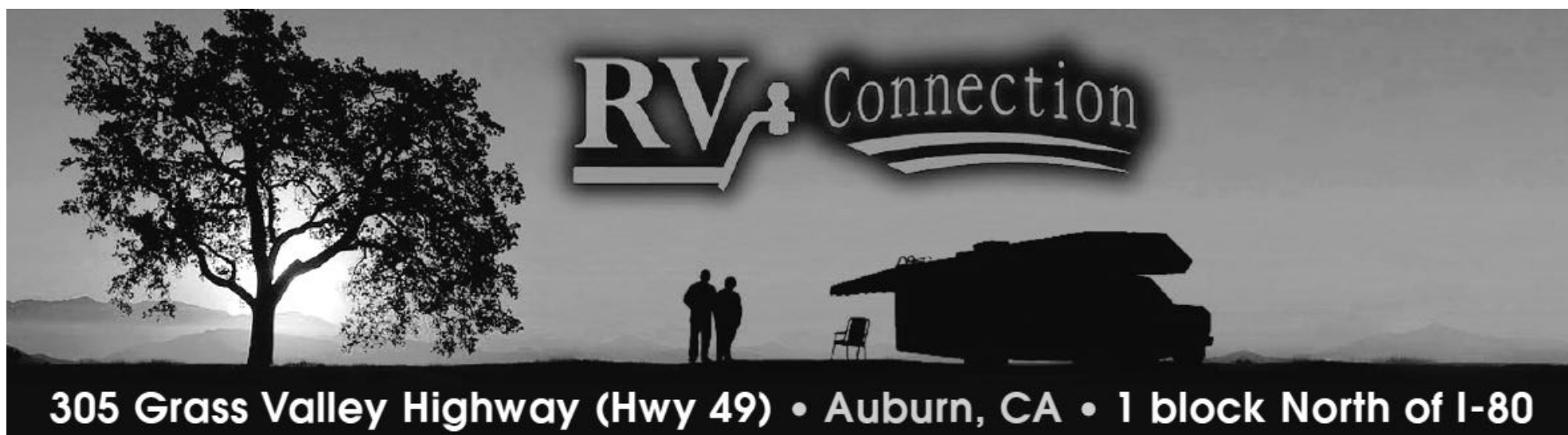
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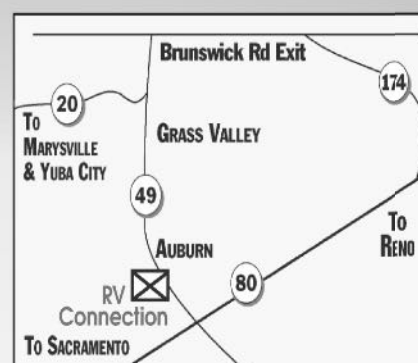
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Genealogy Club

(cont' from page 7)

year. She remarked that it was too hot for her Irish blood! This is something that affects me too—summer heat is too hot for my Irish blood, and this tendency is probably related to my mtDNA directly from my maternal line. What traits do you find repeated from your maternal line? Please come join us and share your thoughts on the August 18th General Meeting at 10:00 AM at KS. Susan Rogers from the Sierra College OLLI program will speak on the subject, “Breakthrough: How I Found Our 10Gen Common Ancestor From Two mtDNA Matches.” After our meeting we will have a barbeque for members in the Sports Pavilion. The cost is under \$20 which will cover meat and salads and soda or water. Please RSVP to ritaperada@gmail.com

Genealogy Workshops are offered on some Mondays. If you are not a member, contact Kate McCarthy at starkayak@icloud.com to see what is coming up. Past workshops were Introduction to Ancestry, Understanding DNA and Searching Military Records. She can also send you slide shows on past topics.

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Apple User Group

BY NINA MAZZO

During a recent visit to Yosemite, I noticed an unusual flower and wondered what it was. I opened Visual Look Up on my iPhone, leaned into the flower with my iPhone, tapped the “i” button that was circled and it brought up the information on the flower. This feature helps you learn and discover information on various objects from flowers and plants to places, animals and more. Check out the July issue of the Cider Press on our website for more details on Visual Look Up.

Our general meeting this month is titled “Fraud Aimed at Seniors: A Clear and Present Danger.”

Join Bill Smith as he outlines the danger and presents seven defenses that you can implement now to reduce your risk. Fraud aimed at seniors poses a significant and immediate threat. Bill is going to discuss this issue in two parts. Be aware and educate yourself with preventative measures. Part One will be on Tuesday, August 8th with Ask the Tech at 6:30PM and program at 7:00PM in the Presentation Hall (KS).

Part Two will be on Monday, August 28th

with Ask the Tech at 10:15AM and the program at 10:30AM in the Presentation Hall (KS).

Looking forward, our club will be celebrating our 21st birthday with our annual banquet on Monday, September 11th in the OC ballroom. There will be a delicious dinner buffet and several prizes. The flyer with details was e-mailed to members and is also available at our website. Seating will be limited to the first 240 members.

Club website: www.lhaug.org. General information line: 916-913-6833.

• • •

SCHOOLS

BY PATTI KINGSTON

As summer is almost over, it's time to consider volunteer activities. Why not support our Lincoln Elementary Schools by spending time in the classroom? It is a chance to be a part of a child's early learning experience as they are introduced to the basics and the socialization that the schoolroom teaches. Many younger children need extra help in reading and math. A one-on-one hour with a volunteer can make a lot of difference. Teenagers may need the helping hand that tutoring provides. Now is the time to sign up to volunteer for the 2023-2024 school year. Schools will open on August 17. New volunteers will not be placed until the school year is underway, late September or October.

Volunteers will be needed for grades K-5 and for the Phoenix Continuation High School where tutors help with English, Math or History. Working with teachers in the classroom provides a sense of being needed and appreciated by both the children and the teachers. If you would prefer, you need not be in the classroom but can help the teachers with paper work and special projects. The days and hours of service are up to the volunteer. No teaching experience is necessary. Many volunteers are in the classroom 1 day a week for a few hours. They work closely with the teacher and are under their direction.

The SCHOOLS annual meeting will be held on September 13, 10 AM at Kilaga Springs. Save the date and plan to come, whether you're a new volunteer or a returning one. Superintendent Kerry Callahan will join us to speak about the future of the District. She will answer questions you may have about the schools.

If you have volunteered in the past and would like to share your experience, contact

Patti at pkingston@att.net to tell your story. Some volunteers have been profiled in past issues of this newspaper and there are many volunteers with interesting classroom experiences.

To volunteer at Phoenix Continuing High School contact Irma at jmeidm@aol.com. To find out about volunteering in elementary schools K-5 contact Cyndi at ccolloton@yahoo.com.

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Lincoln Democratic Club

BY JUDY GANULIN

Community service, education and good government are the pillars of the Lincoln Democratic Club. Members marched in the 4th of July parade and volunteer at the Placer Food Bank and, during elections, for the Placer County Clerk. At our August 17 meeting (at 7 PM at P-Hall) we will hear Jennifer Hanson of the Nevada Irrigation District discuss what the recent heavy rains mean for us and the possibility of a water rate increase. In July we heard state Controller Betty Yee discuss current events at a dinner meeting. For more information, please visit our website, <https://democraticclublincolncal.org>.

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LH Italian Club

BY LINDA LUCCHETTI

This year's annual inaugural dinner in July was a Sock Hop. We traveled back to the 1950s to dance to music of the era, capture memories at a photo booth, and enjoy a dinner of diner-delights like meatloaf, fried chicken, and macaroni and cheese.

During the event, the club's slate of elected officers and those in appointed positions for 2023-2024 were introduced. They are: President, Russ Baldo; Vice President, Rita Rush; Recording Secretary, Pam Moura; Treasurer, Mario Tantillo; Social Events and Activities, Lilly LaPira and Karen Zimmerman; Membership, Sandi Graham; Publicity, Linda Lucchetti; Officer-at-Large, Jerry Mairani; Photographer, Barbara Greenfield; Historian Carolyn Magliulo; and, Webmaster, Al Soares.

Stay tuned for our Spaghetti Sauce Contest on August 12, and in September, a visit to a local winery.

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

• • •

Lavender Friends

BY JOAN LACKTIS

So many wineries, so little time. Lavender Friends and their guests spent a pleasant afternoon at Dora Dain Winery recently in the Lincoln countryside.

We sat in the shady open air “Vino Veranda” as



we socialized and enjoyed the picnic lunches we brought with us. The owner and vintner told us a little about the wines and the winery.

It is a very small operation, started in 2012 with a Chardonnay which is still a favorite. They only make a limited number of bottles of a few varietals each year and favorites sell out quickly. After the tasting, several of us bought a bottle of our favorite to take home.

Our July outing took us inside by charter bus to Red Hawk Casino to enjoy the games, the new activity center and the buffet—plus we had our biannual business meeting, as we do each July. This month, we will try out ax throwing at Get Axed here in Lincoln. Lavender Friends is a club for LGBTQ residents and their allies; check out our website at lavenderfriends.com.

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Shalom Social Group

BY JUDY GANULIN

The Shalom Social Group is starting a new activity: shuffleboard! A group is forming now and will be playing very soon. Our other activities are varied: we volunteer at the Placer Food Bank (next session is August 29); we attended a Lincoln Potters game; our Men's Group and Women Together heard talks on the political chaos in Israel and personal safety, respectively. At our August 28 membership meeting we'll hear Placer County Supervisor Shanti Landon and Lincoln News Messenger Managing Editor Carol Feineman discuss the Titan 1 Missile Site cleanup. For membership information please contact Margie Gulko, 916-543-5303.

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(more Club News cont' on page 13)

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LH Travel Group

BY LINDA BEVINS AND JOANNE SCHUMACHER

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"Croatia & Its Islands" <https://gateway.gocollette.com/link/1182866> April 13 - 21, 2024

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LH Travel Group Committee Members:
Sharon Watkins 916-849-9504 sheron55@att.net; Louise Kuret Auerbach 916-408-0554 louisekuret@att.net; Lyle Auerbach 916-847-6544 lea925@att.net; Linda Bevins 916-666-7627 djbevin17@gmail.com; Joanne Schumacher 415-999-1242 jkschumacher1@gmail.com;

** All trips arranged by Collette Tours except "A Mississippi River Cruise" which is arranged by Alamo World Travel.

Collette Tours: CST# 2006766-2; Alamo World Travel: CST# 2008416-1.

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LH Republican Club

BY SUE DUMAS

The Republican floats on July 4th in the Lincoln Parade brought cheers of enthusiasm from crowds on parade route. Seeing smiling, happy young children and the "young at heart", waving their flags, made our hearts sing!

Next, we are thrilled to report the highly anticipated July Ice Cream Social & Bingo+ event at Kilaga Springs (first of the summer/fall socials), was a blast! This fun gathering produced an afternoon of cool entertainment with delicious ice cream, games, and prizes.

Furthermore, we are thrilled to announce that Rita Piziali has been appointed Board Vice Chair. With her experience, passion, and dedication to fostering a vibrant inclusive community, she is an excellent addition.

WEDNESDAY, AUGUST 23rd - Kilaga Springs, (PH) - 6:00 PM, Guest Speaker - Eric Early, candidate for State Senate. Don't miss this opportunity to hear Eric's vision for our State. This event brings together residents and guests for an evening of community engagement and information. Attendees will have the opportunity to participate in a drawing for a \$25 gift certificate at conclusion of meeting. Get your ticket when you sign in. Those bringing guests will receive an additional chance to WIN!

WEDNESDAY, SEPTEMBER 20 - Social event at Pavilion. See website or your monthly Newsletter for complete information.

Upcoming Local Events Include: Auburn

Fair – September 7 thru 10, Hot Chili Cool Cars in Rocklin on September 16, and the Fall Home Show Auburn – fairgrounds Auburn – September 22 thru 24.

If you would like to be a member of our Club, please go to the website for application. Cost is \$15/per person - per year. This would apply to Associate Memberships (Lincoln, not in LH), as well. Republican Club article is located in the Bulletin Board section of the COMPASS.

www.RepublicanClubSCLH.org

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Veterans Group

BY B.L. LEWIS

Lincoln Hills Resident, Air Force veteran, Gary Schloss will be the speaker for the LHV General Meeting, August 17, 2023 at 1:00 p.m. in the Kilaga Springs presentation Hall. Gary enlisted in 1960 and served four years as an aircraft navigation equipment repairman. He will be speaking about his experience in the 55th Weather Reconnaissance Squadron.

Saturday, August 12, 2022 is the Meet & Mingle Ice Cream Social in the California & Placer rooms of the Kilaga Springs Lodge. Sign-in begins at 1:00 p.m. and Ice Cream will be served at 1:30p.m. The Ice Cream is assorted flavors from Leatherby's Family Creamery, accompanied by assorted toppings. The cost is \$10 per person and reservations must be received by August 5, 2022. Please register early and wear your name tag.

(cont' on page 15)

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Veterans Group

(cont' from page 13)

The LHVG Nominating Committee has begun their quest for 2024 Board of Directors Candidates. Yes, it is that time again and we ask all members to consider serving because volunteers are the backbone and infrastructure of every organization. Without volunteers there is no organization. President, Dave Taylor has stated that he would like to see the Board return to seven members. A seven-member Board makes it easier on everyone by enabling us to spread the workload.

Each one of us need to ask, not What Can My Veterans Group Do for Me, but What Can I Do For My Veterans Group? Becoming a Board member is a way of giving back to the Group and gives you an opportunity to make the changes that you feel need to be implemented. If you are interested in serving, please contact Bill Lewis at bllewis1977@gmail.com or 916-303-0349. The Memorial Day and Veterans Day Ceremonies were a great success due to all of the members that attended and worked so diligently in planning and presenting the programs to our community of Lincoln Hills and the City of Lincoln. Thanks to each one of you for your participation and help.

Welcome Aboard to new members James Fulcomer, U.S. Air Force, Del Larson, U.S. Navy, Hayward Monroe, U.S. Army, and Bill Szabo, U.S. Army. We also invite all new members that have joined the LHVG this year to the August General meeting so that we can introduce you to the Group. The Flag Table will be open on August 15, 2023 in the Orchard Creek Lodge Lobby for the sale of Flags at a price of \$20. Please Fly Your Flag Proudly and turn in your old flags for retirement when they show signs of wear. There is also a box for flags to be retired in the room next to the Main Desk in the Orchard Creek Lodge.

In Memoriam —

Vic Freeman, U.S. Army and LHVG Life member

Bernard Leon Laezman, U.S. Army Medical Corps

Ronald Robinson, U.S. Air Force

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LH Astronomy Group

BY BILL WEAVER

August 2023 LHAG General Membership Meeting

The general membership meeting is scheduled for August 2, 2023 and begins sharply at 6:45 PM in the Kilaga Springs Presentation Hall.

LHAG member Barbara Swerdlow will present a short update to her past presentation on the history of space suits and clothing worn by astronauts.

The meeting will include a recent video titled Journey to the Edge of the Universe. Ever wonder what it would be like to fly all the way to the edge of space? Using beautiful images snapped by the Hubble and Webb telescopes, the video will embark on a tour of our universe-venturing deep into the darkness and uncovering the most jaw-dropping landmarks along the way.

LHAG Cosmology Interest Group (CIG)

The August 21st meeting will cover what happens when stars grow old and will trace stellar evolution from two points of view; the unfolding events as a star begins to contract, and how stellar evolution looks to observers studying stars with telescopes.

The CIG sessions take place on the third Monday of each month at 6:45 PM in the Fine Arts room of the Orchard Creek Lodge. For information, contact Ron Yelton at ryelton660@aol.com.

LHAG Telescope Interest Group (TIG) Star Party

Star parties involve members who set up their telescopes for viewing solar system planets/moons and other interstellar and deep space objects. Come and enjoy the experience of viewing the fascinating Cosmos through a telescope.

The TIG Star party telescopes are set up prior to sunset in the upper tennis courts of the SCLH Sports Complex. This star party is scheduled for Thursday, August 17, 2023. Sunset is at 8:00 PM. For information contact Bob Collins at bobpcoll@community.net.

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

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Bosom Buddies

BY ALISON SHELTON

August is a busy month for us, starting with the "Officers' Luncheon" to be held this year at Sun City Roseville's Timber in their Solarium, on the 10th at 11:30 AM. Sandy Adame and Mae Gagnon will be in charge of the event. This luncheon gives us the chance to thank the officers who have led us this past year: Patty McCuen, president; Peggy Ryan, vice-president and Verity Gould, treasurer as well as the support and project volunteers. Invitations have been sent, and if you haven't RSVPed with your menu selection, please do so. The cost is \$24 per person.

The annual "Relay for Life," a fundraiser sponsored by the American Cancer Society for cancer research, is August 12 at the Auburn Recreational Park across from the Placer Fairgrounds, and Bosom Buddies will be there in our pink shirts. In keeping with the theme "We Walk to End Cancer," we will sell pink boots filled with rocks, soil and succulents to help raise money. This is a fun event for the whole family with speakers, games, food and the relay. Peggy Ryan has been our point person for the "Relay" for years and again is doing a great job planning and coordinating our involvement. You still have time to donate to this worthy cause. Make checks payable to the American Cancer Society (ACS) and send them to Peggy. Call her at 916-765-8848 for the address.

On June 25, we lost a much-loved member of Bosom Buddies, past president Kathy Woodward. Kathy will be remembered for her enthusiasm, creativity and willingness to take on any project that needed to be done. She always had a smile on her face and never lost her determination to fight cancer and to live life to the fullest. She will be missed!

• • •

Hearing Support Group

BY JOANNE MITCHELL

Our last meeting was a social and discussion session. Of particular note was the recently passed regulation by the Federal Communication Commission which now requires all captions to meet standards of

95-98% accuracy, regardless of whether they are provided as a convenience or a disability accommodation. This means that routine captions provided by Zoom will have to meet this standard. This achievement came about largely through the efforts of the Hearing Loss Association of America. Our next meeting will be August 4th at 10AM.

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Alzheimer's Dementia Caregivers Support Group

BY MARIANNE OLIPHANT

The Alzheimer's Dementia Caregivers Support Group offers information and support to those caring for a loved one with dementia. We have three monthly group meetings. Our Women's group meets at 1:00 PM on the 1st Wednesday in the Multi-Media Room (OC). The Men's group meets in the same room at 10:00 AM on the third Thursday. Both groups are focused on individual sharing. The General combined meeting is held on the 4th Wednesday at 1:00 PM in the Fine Arts Room (OC) and features a guest speaker. August's speaker is Felicia Juntunen, MA, CMC from Elder Care Management. Her subject is "Caregiving Today". At all meetings you will find a welcoming community ready to hear your questions and concerns.

Contact: Jo Fratessa 916-759-8760.

• • •

LH Low Vision Support Group

BY STU SINGER

We hope that everyone had a happy and safe July 4. Because of the holiday the SCLH Low Vision Support Group was unable to have its usual monthly meeting. However, we have scheduled outstanding speakers in the coming months.

Here are the items you need to note on your calendars:

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

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

Tuesday, September 5, 2:00 to 4:00 PM
Jeff Thom an attorney at law and a board

(cont' on page 16)

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LH Low Vision Support Group

(cont' from page 15)

member of the Society for the Blind will discuss how the Americans with Disabilities Act (ADA) can help individuals with low vision.

Tuesday, November 7, 2:00-4:00 PM

Dr. Glenn Yiu, Chairman of the Ophthalmology Department at UC Davis Medical School, will be speaking to the group about advances in medical treatments for people with low vision. Dr. Yiu will be bringing along some of his young colleagues to share their insights as well.

Our October speaker will be announced soon.

It is an exciting lineup of events, and we encourage as many of you as possible to attend.

Group Contact: Stu Singer 703-864-8161
of stuartsing3@gmail.com

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Multiple Sclerosis Group

BY JERI DI FIORE

After two successful Summer Zoom meetings, the MS Group is taking a break and there will be no August Meeting.

We look forward to seeing you at the September 19 in-person Meeting which will feature Balance and Fall concerns.

Important - This a reminder that the Lincoln Trailmixers are still Second in the Folsom Walk campaign, ending September 30.

We are so close to being the deserved #1, thanks to our small group of active fundraisers who have been working to help fund the many

MS Programs.

So, we are Challenging Real Estate Companies and Real Estate Reps, who benefit from Sun City, to fill in the gap with a fully tax-deductible \$200 to \$1,000 donation. The Real Estates Benefit is that a "Thank you to our Real Estate Hero" will be included in our Sun Senior News and Compass monthly ads.

A \$200 donation will be for two months of ad inclusion, \$500 for six months of ad inclusion, and \$1,000 for a Year of ad inclusion. Contact or Text, Captain Joni Deutsch at 916 398-0349 or Group Facilitator Jeri Di Fiore at 530 401 2135 for details, please.

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LH Amateur Radio Group

BY DAN LEHRER, KN6DRN

The 2023 ARRL Field Day was a smashing success. Field Day is an annual event when Ham radio Operators set up primarily outdoors and try to contact as many operators as they can. It is also a demonstration of emergency

(cont' on page 17)



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LH Amateur Radio Group

(cont' from page 16)

communications capabilities. We had five members set up near the Playground and Sports Pavilion and three members operating from home. The weather was comfortable and even a bit cold on Sunday morning, what a treat! We successfully contacted 436 Ham Radio Stations from 43 states and 2 Canadian Provinces via three modes including voice, digital and CW (Morse code). The special interactions we had with visitors allowed us to explain Ham Radio to a diverse group of inquisitive folks. Special thanks to Mark, KM6HDI and Judy, KM6HDH for supplying us with coffee, donuts, sandwiches and beverages. Art, KI6GYG kept us going with homemade cookies. Pictures from Sal, WC6SAL and Anita saved the memories. Claire, KI6VWG, Doug, KD3PGQ, and Sal, WC6SAL came by to offer support. Our Hams & Coffee get together, held at KS Café are lively, covering a variety of topics (including Ham radio). We will be getting together again in the future, so consider joining us to rag chew, more to come. We help with programming handheld radios. Meetings are held at the South Tower every Monday night at 6:30 PM. Our club conducts a weekly radio network at 7:00 PM every Monday on the W6LHR Repeater at 147.030 MHz, 167.9 PL. If you are looking for a way to engage in the community and have an interest in Amateur Radio, please check out the LHARG. For more LHARG information visit our Website, the URL is: lharg.us or email dlehrer72@gmail.com

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Sports Cars

BY RICHARD PEARL

It's been a great 30 days since our last report. The Lake Tahoe Ehrman Mansion overnight trip was a success, as was the day trip to The Willo restaurant in Grass Valley. The Club participated in the city of Lincoln/Lincoln Chamber of Commerce's 4th of July



parade, where 12,000+ spectators lined the entire downtown route. Early August saw a trip to Lake Almanor and in mid-August the Club left the 'compound' for the Catta Vadera car show. The Club will participate in the Lincoln Airport Open House August 26th. There will be dinners in September and October, and we'll close out the year in December with the Holiday Party.

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

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Motorcycle Club

BY JACQUELINE MCDERMOTT

Membership is up, and our club is once again enjoying monthly dinners after our stated meeting every fourth Thursday of the month. The summer has been a busy one for the Road Runner Motorcycle Club. A large gathering joined up for a charity ride to support Mercy San Juan Medical Center's annual Cereal Drive that gives access to nutritious food for school-age children at risk for food insecurity during the summer months. The patients, family, and hospital employees enjoyed the fancy cruiser and adventure bike motorcycle parade through the parking lot to the food drop-off point, where executive leadership at Mercy San Juan greeted our Sun City club with open arms. Club members filled the cargo containers with non-perishables and cereal. It was a fun local ride with a meaningful purpose.

Our monthly Saturday ride, July 8th,

took us over Carson and Monitor Passes into Nevada, where we ate lunch at the Topaz Lodge Casino. We made our way up to Pollock Pines via Hwy 50 and then worked our way over to the Mormon Emigrant Trail connecting onto Hwy 88. On our way home, we went over Kingsbury Grade down into South Lake Tahoe and Hwy 50 over Echo Summit Pass. The ride was approximately 305 miles. Member Mark Garner said, "This ride was the best one-day motorcycle ride I have EVER been on."

Join us for our Social Meeting: Fourth Thursday, 5:30 PM Multipurpose Room (OC). Our Group Rides are on the Second Saturday of the month. Kickstand-up time varies. Our meet-up point is at the Twelve Bridges Chevron. Call or email our Membership Chairman Manny Perez 916-253-9121 Manwil412@wavecable.com to learn more.

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(more Club News cont' on page 20)



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15 DAY HAWAII from SFO! PRINCESS

Crown Princess ~ 3080 Passengers

Nov 26, 2023	\$1,198	\$1,426	\$1,748
Jan 7, 2024	\$1,438	\$1,712	\$2,498
Mar 9, 2024	\$1,098	\$1,308	\$2,048
Apr 4, 2024	\$1,348	\$1,604	\$2,598

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!**

10/11 DAY ALASKA From SFO! PRINCESS

Ruby/Crown Princess ~ 3080 Passengers

Sep 14, 2023	\$748	\$853	\$1,549
May 15, 2024	\$948	\$1,124	\$1,698
Jun 17, 2024	\$1,198	\$1,612	\$2,098
Jul 9, 2024	\$1,298	\$1,717	\$2,198
Aug 11, 2024	\$1,148	\$1,544	\$2,048

Sail round trip from San Francisco, California to Skagway, Alaska; Juneau, Alaska; Glacier Bay National Park, Alaska; Ketchikan, Alaska; Prince Rupert, BC, Canada; San Francisco, California.

***LINCOLN SHUTTLE TO SHIP AVAILABLE!**

10 DAY MEXICO From SFO! PRINCESS

Crown Princess ~ 3080 Passengers

Dec 12, 2023	\$648	\$787	\$1,098
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 MOROCCAN & IBERIA PASSAGE PRINCESS

Sky Princess ~ 3660 Passengers

Mar 9, 2024	\$998	\$1,599	\$1,601
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Sail from Ft. Lauderdale, Florida to Southampton (London), England visiting Azores (Ponta Delgada), Portugal; Madeira (Funchal), Portugal; Casablanca, Morocco (for Marrakech); Seville (Cadiz), Spain; Lisbon, Portugal; Southampton (London), England.

22 DAY GRAND MEDITERRANEAN PRINCESS

Enchanted Princess ~ 3660 Passengers

Nov 1, 2023	\$2,428	\$3,199	\$3,399
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Sail round trip from Rome (Civitavecchia), Italy visiting Santorini, Greece; Athens (Piraeus), Greece; Kusadasi, Turkey (for Ephesus); Mykonos, Greece; Katakolon (Olympia), Greece; Corsica (Ajaccio), France; Toulon/Provence (La Seyne), France; Barcelona, Spain; Genoa, Italy; Florence/Pisa (Livorno), Italy; Kotor, Montenegro; Corfu, Greece; Sicily (Messina), Italy; Naples, Italy (for Capri & Pompeii).

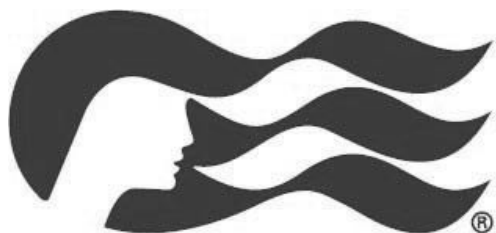
18 DAY SOUTH AMERICA PRINCESS

Enchanted Princess ~ 3660 Passengers

Dec 1, 2023	\$998	\$3,398	\$4,348
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Sail from Los Angeles to Santiago, Chile 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. 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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CST # 2033380-40 August 2023



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Celebrity Edge ~ 2918 Passengers

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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

94 DAY AUSTRALIA & NEW ZEALAND HOLLAND AMERICA

Volendam ~ 1432 Passengers

Jan 3, 2024 \$16,699 \$18,649 \$40,499

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Sail round trip from San Diego, California to Honolulu, Hawaii; Lahaina, Maui, Hawaii; Hilo, Hawaii; Tabuaeran (Fanning Island), Kiribati; Pago Pago, Tutuila, American Samoa; Apia, Upolo, Samoa; Suva, Viti Levu, Fiji; Lautoka, Fiji; Port Vila, Vanuatu; Noumea, New Caledonia; Brisbane, Australia; Arlie Beach, Queensland, Australia; Townsville, Australia; Cairns, Great Barrier Reef, Australia; Darwil, Australia; Komodo Island, Indonesia; Broome, Western Australia; Exmouth, Australia; Geraldton, Western Australia; Fremantle (Perth), Australia; Albany, Western Australia; Port Lincoln, Australia; Penneshaw, Kangaroo Island, Australia; Adelaide, South Australia; Melbourne, Australia; Hobart, Tasmania; Sydney, Australia; Milford Sound, New Zealand; Port Chalmers (Dunedin), New Zealand; Akaroa (Christchurch), New Zealand; Wellington, New Zealand; Napier, New Zealand; Tauranga (Rotorua), New Zealand; Auckland, New Zealand; Nuku alofa, Tonga; Alofi Nue; Rarotonga, Cook Islands; Bora Bora, French Polynesia; Moorea, French Polynesia; Huahine, French Polynesia; Papeete, French Polynesia; Nuku Hiva, French Polynesia; San Diego, California.

10 DAY ULTIMATE CARIBBEAN CELEBRITY CRUISES

Celebrity Equinox ~ 2850 Passengers

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

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

25 DAY MEDITERRANEAN REPOSITION HOLLAND AMERICA

Oosterdam ~ 1964 Passengers

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

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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!

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Rods & Relics

BY ELNA RAGAN

The month of July saw increased Car Show-related activities and Club member involvement! Nine Club members, with their shined up Classic vehicles, participated in the July 4th Downtown Lincoln Parade. It was quite an event with thousands of spectators lining Lincoln's tree-lined streets.

On Sunday, July 9, 16 members and spouses joined in a lovely ride through Lincoln's surrounding countryside while going on a "Wine Tasting Run." The destinations were the Smoking Barrel and the Lone Buffalo Wineries. The nice breeze helped to cool down the warm day. It was a fun, relaxing time to visit, have tasty snacks, and sip different wine varieties. Anyone for a Wine Slushie?

On Tuesday, July 11, 18 Club members and spouses enjoyed having lunch at the Waffle Farm at Twelve Bridges. The Waffle Farm has been a long-time Sponsor of our Club's Downtown Lincoln Car Show each June.

The July 20 General Business Meeting brought to a close, the June 3 Downtown Lincoln Car Show. This Car Show was the most successful Show in seventeen years, with over 430 vehicles on display making it possible to donate \$24,000 to three local charities. Each of the following charities received \$8,000: GiGi's Playhouse; the Assistance League of Greater Placer's "Drive to Thrive Program; and the Lincoln Police Department's "Project Lifesaver."

Our hats are off to the 40 Club members

and the Sponsors who contributed to the overall success of our Car Show!

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 listed below.

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

Website: www.rodsnrelics.net

• • •

Garden Group

BY LORRAINE IMMEL

Foggy Dew Fungi is a small farm in Newcastle, Ca specializing in gourmet mushroom cultivation. Brendan Linnane



FoggyDewFungi-Brendan Linnan

will be our guest speaker at the August 24, 2:00 PM, KS, General Meeting. His topic is "Unleashing Nature's Healing Power: The

(cont' on page 21)

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Garden Group

(cont' from page 20)

Magic of Medicinal Mushrooms.” He will talk about the different mushrooms he grows, the health benefits of mushrooms, and how to cook with them. Brendan says, “Being able to offer the highest quality mushrooms to our local community, and engaging with our customers is very important to us. That is why our goal is to produce mushrooms that are grown both respectfully and with integrity. We want people to be as hyped as we are, and to learn about the amazing benefits mushrooms provide not only to us but the planet.”

He will bring fresh mushrooms, dried mushrooms, and mushroom “grow kits” to sell—very popular last year at his presentation.

Brown Bag Sales & “Ask a Master Gardener” start at 11:30 PM and door prizes will be available.

• • •

Bird Group

BY RUTH BAYLIS

We did not have our usual June Meeting, but instead 35 Bird Group members met at the Birds of Prey Health Group in rural Lincoln where they were lead on a 2 hour tour by hosts Vicki Joseph, DVM, and falconer Andy McBride. They met several resident raptors including Golden Eagles “Tesla” and “Cleo”, and Goshawks “Butterball” and “Warren”. Their visit coincided with the arrival of a Utah falconer and they were able to witness his pick up a 15-day old female Goshawk which he



15-day old Goshawk by Linda Morley.

would raise as “his bird”.

At the July meeting we enjoyed photos from club members. There was great participation with photos not only of birds, but of other wildlife, some from distant locations around the world. Remember, there is no meeting in August.

Members of the Bird Group steering committee recently met to plan next season’s programs and outings. If anyone has suggestions for program speakers, please do submit a request through our club email. The season starts on September 11 with a presentation by Ed Harper, an accomplished birder, photographer, and world traveler. Ed is a long-time friend of our group but has not presented in recent years. We welcome him back.

We are planning a potluck for club members on Weds, Oct 25, at the Sports Pavilion. Stay tuned for details at the September meeting and through emails.

• • •

Hiking-Walking Group

BY GAY MACKINTOSH

Summertime! Lincoln Hills Hikers and Walkers invite you to get outside with us to enjoy the season. Look for earlier meeting times and beat-the-heat higher altitude hikes: <http://www.lincolnhillshikers.org>.

Hikes are normally scheduled the first Tuesday and third Thursday of each month—but watch the website for last-minute changes.

• 1st Tuesday, August 1. Memorial Overland Emigrant Trail (Soda Springs). A NEW hike with new leader Tom Denzler. Views of Devil’s Peak and Serene Lakes. Moderate 6-mile loop, mostly shaded, at about 6800 feet.

• 3rd Thursday, August 17. Frog and Winnemucca Lakes (Carson Pass). Spectacular vistas and wildflower displays. Moderate/

Strenuous 6 miles to 9100 feet.

• 1st Tuesday, September 5. Hike leader needed.

• 3rd Thursday, September 21. Deer Creek Tribute Trail (Nevada City). New leader Pam Miller will take us through streamside woods and across two unique bridges. Moderate 5-6 miles.

New hike leaders and new hikes welcome! Step up to share your favorite hike. Lots of resources are available on the website, and experienced leaders are happy to assist. Contact Gay Mackintosh, mackintoshbg@msn.com or 916-209-3628.

Walkers meet at 7:30 AM every Wednesday for 2½-3-mile treks exploring SCLH trails. “Walk for Wellness” meets at the same time and place so you can choose a slower walking pace with focus on improving mobility. Email Karl

Aitken karlaitken@comcast.net about “Walk for Wellness.” Call Coordinator Debbie Schryver, 916-666-1741, with questions about the Walking Group.

Our Annual Meeting is Tuesday, September 26, at 5:30 in KS Presentation Hall. Join us for free pizza, a great program, and election of officers.

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

• • •

(cont' on page (more Club News cont' on page 23)



Red Lake from Frog Lake Overlook.

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"I Can Enjoy Walks With My Wife Again!"

Local acupuncture clinic is treating the untreatable peripheral neuropathy with incredible results!

Pain comes in many shapes and sizes. One of the most debilitating being the burning and tingling that comes with peripheral neuropathy. Neuropathy, a disease that was once classified as irreparable, is a disease that comes with years of shooting, stabbing pain that gradually ends in severe numbness, balance problems and in extreme cases, amputation.

David R. of Sun City was experiencing such a fate:

"I stopped golfing. I wasn't taking walks with my wife. I was living on Gabapentin and antidepressants and everywhere I went, my doctor, neurologist, the pain clinic, told me there was no cure. How are you supposed to live your life knowing that everyday brings pain and feeling unstable on my feet?"

Peripheral neuropathy is a result of damage to the nerves, commonly caused by a lack of blood flow to the nerves in the hands and feet. This causes the nerves to begin to degenerate due to lack of nutrient flow. Most peripheral neuropathy sufferers experience a heightened sensitivity to touch, making it almost impossible for those diagnosed to even wear socks or shoes, much less, enjoy life.

"It was like walking on sharp river rocks. I barely left my recliner," shares David, whose experience is not

uncommon for those diagnosed with peripheral neuropathy.

Quality of life for David seemed uncertain. That is, until he found RaeAnn Salvador, LAc, DiplOM of Lincoln Acupuncture Clinic. Lincoln Acupuncture has pioneered a cutting edge, medical solution to treat neuropathy, eliminate, or greatly reduce the symptoms of neuropathy and give people their lives back. And they're doing it without the use of prescription medication or invasive surgeries.

"Acupuncture is incredible at restoring blood flow and stimulating damaged nerves, preventing them from dying off," tells Dr. Salvador. "We take our treatments a step further by integrating ATP Resonance BioTherapy," which targets specific nerves in the body using microcurrent. ATP BioTherapy is like watering a plant. This treatment will stimulate the blood vessels to grow back around the peripheral nerves and provide them with the proper nutrients to heal and repair.

Three months later, David is thrilled with his progress, "I can enjoy walking my dog around the neighborhood with my wife and I feel more stable on the golf course."

Success stories like David's are not atypical at Lincoln Acupuncture, "We have a 90% success rate. But only doctors care about the numbers. How people feel and what improves in their lives is what really matters," shares clinic manager, Ann.

The number of treatments needed to allow the nerves to fully recover will vary from person to person and can only be determined after a detailed neurological and vascular evaluation. Lincoln Acupuncture offers hope for neuropathy where there once was none.

While David's neuropathy was idiopathic, meaning the cause is not quite known, treatments at Lincoln Acupuncture can also help people whose neuropathy is caused by diabetes or chemotherapy.

"We have seen tremendous success in treating neuropathy of all types through very personalized treatments specifically tailored to treat each individual case."

Neuropathy discomfort should not be the trade off for enjoying your golden years!

To schedule a consultation and complete evaluation, call the office at **916-884-0398**.

Lincoln Acupuncture & Integrative Health

120 F St. Lincoln, CA 95648

LH Cyclists

BY TOM FRADY

By the time you read this, our night at Moska Barrell House will be over. I know this group and we had a good time. Now, for some words from the club's Safety Coordinator, me.

As we know, most bicycle injuries are not caused by collisions with cars. But such a crash can be more serious. Here's a list of what you should do if involved in one.

Wait for the law enforcement to arrive. You may not even realize how badly you are injured for several hours, or even days. Be sure your version of what happened gets into the report. Tell the officers about all injuries, no matter how minor. Do not tell anyone you are "fine".

Go to the doctor. This is proof you were injured and will establish the extent of your injuries. Take photos of your injuries. Write down what happened and add to the account as you remember details and include the "progress" of your injuries. Don't forget to mention your feelings.

Keep evidence. Take photos of everything that was damaged: clothes, gear and bike. Don't fix anything.

Talk to a lawyer. I think there is a tendency, especially in seniors, to be a "settler". Don't settle for the insurance company's offer that covers just "most" of your expenses. Don't even talk to them before you seek advice from an attorney. You would be best finding a lawyer experienced in bicycle law, but that is not always possible. Seeking advice will not necessarily mean you will hire a lawyer to represent you, but paying for a consultation may be well worth the money.

Know the law. Knowing the law, yourself will make you a better and safer rider and will help level the playing field should you be involved in an "accident".

...

LH Senior Softball

BY HEIDI MAZZOLA

The league's Independence Day Celebration was a big success, attracting a sizable crowd that braved the scorching heat to spend the day watching All Star games, a Women's Exhibition game and the annual Hall of Fame Ceremony. Team Greeno and Team Wenzler were victorious in their matches while Team De Simone won the Women's Exhibition game. Regardless of game outcomes, the

atmosphere was filled with fun and celebration. As the games unfolded, the sizzling heat didn't dampen the appetite of the attendees. Hot dog sales soared, with a multitude of meal deals being devoured throughout the day.

The event also served as a platform to honor two exceptional individuals, Karl Wenzler and Charlie Bryant, as they were inducted into the league's Hall of Fame. Their contributions to the league were recognized and celebrated by family, friends and fellow players in an on-field ceremony with past inductees in attendance.

Looking ahead, the last Hot Dog Day event of the season is scheduled for Wednesday, August 9. Then the league will begin gearing up for the Co-ed Division playoffs, set to commence on Friday, August 18, one day after regular season play ends. The playoffs will follow a double elimination format, with games on Mondays, Wednesdays and Fridays. The Championship game is scheduled for Wednesday, August 30. Fans are encouraged to make their way down to the field and cheer on their favorite team. The competition promises to be intense. Make sure to visit the league's website at LHSSL.net for updates so you don't miss any of the action. See you at the field!

...

LH Table Tennis

BY CARL LYNCH,

Q: What do you call a girl standing in the middle of a table tennis table?

A: Annette.

Q: What's a horse's favorite sport?

A: Stable Tennis.

Q: What do a dentist and a table tennis coach have in common?

A: They both use drills.

Q: Why are fish not good at Table Tennis?

A: They don't like getting close to the net. Sun City Table Tennis is played in the Multi-Purpose Room (KS). Play times are Sundays 8:00 AM to 5:00 PM, Tuesdays, 6:00 AM to 9:00 PM, and Fridays 8:00 AM to 12:00 PM.

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

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

Yes, indoor Table Tennis, in our air conditioned, well lit, and well-ventilated facility at KS, is dermatologist approved! No need for any sunburns this summer while playing your favorite sport! And of course, your favorite sport is Ping Pong!

We play on 7 tables, beginner to advanced levels on a drop-in basis. We play women's doubles, men's doubles, mixed doubles, and singles. Reservations are not required. Please wear non-marking tennis shoes. Loaner paddles are available.

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

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

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

...

LH Tennis Group

BY PAM FLAHERTY

"Tennis is the sport for a lifetime." by Rod Laver

Kudos to Paula Griffin's team for a Home Win! It was a sweep, winning all three match lines. These Tennis players are truly enjoying the lifetime benefits of tennis. Friendly competition, new friends and keeping physical and mental bodies in shape are just a few of the long-term benefits of tennis.



You, too, can jump into this wonderful game by joining us for free beginning/refresher introductory lessons given by Steve Bringman at stevebringman@yahoo.com and/or drop into our free all-level ball machine practice on Saturday mornings from 8:00AM until 9:20AM. Club orientations are a good way to find other tennis players to play with in groups and are given by Val at vlaugtug@gmail.com. Also, for a full calendar of events please check our website listed below.

See you on the courts!

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(more Club News cont' on page 24)





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Lincoln Hills June Sales Snapshot

Address	Street	Sq. Ftg.	Original	Selling	Model
845	Dogwood	1143	\$479,000	\$455,000	Millpond
1694	Grand Pheasant	1195	\$465,000	\$471,000	Calaveras
527	Belladonna	1349	\$535,000	\$495,000	Madera
1921	Duckhorn	1449	\$549,000	\$550,000	Almanor
980	Magnolia	1449	\$545,000	\$545,000	Almanor
1865	Prairie View	1515	\$545,000	\$600,000	Pine Hill
1625	Hackberry	1515	\$519,000	\$510,000	Pine Hill
1836	Gingersnap	1539	\$599,950	\$599,950	Pine Hill
1446	Mockingbird	1549	\$599,000	\$575,000	Alpine
757	Wagon Wheel	1549	\$610,000	\$589,875	Alpine
383	Snapdragon	1549	\$569,000	\$569,000	Alpine
1994	Gatehouse	1571	\$549,000	\$545,000	Quail Cove
880	Anton	1626	\$565,000	\$620,000	Lassen
2381	Stepping Stone	1626	\$638,000	\$700,000	Lassen
132	Timberland Ln	1674	\$615,000	\$635,000	Trinity
1361	Rose Bouquet	1728	\$625,000	\$650,000	Echo Ridge
844	Violet	1767	\$639,900	\$639,900	Santa Cruz
824	Magnolia	1791	\$685,000	\$592,000	Tahoe
2425	Monument	1791	\$670,000	\$710,000	Tahoe
1829	Alpenglow	1791	\$610,000	\$616,500	Tahoe
2024	FARMGATE	1873	\$615,000	\$615,000	Orchard Crest
1152	Barnswood	1910	\$700,000	\$695,000	Fremont
1064	Overland	1953	\$689,500	\$650,000	El Dorado
611	Orchid	1967	\$775,000	\$775,000	El Dorado
1820	Creekcrest	2025	\$715,000	\$759,000	Annadel
1900	Mary Rose	2068	\$765,000	\$775,000	Tahoe**
2405	Monument	2151	\$750,000	\$700,000	Sausalito
402	Calistoga Ct	2163	\$949,000	\$899,000	El Dorado**
858	Mossy Ridge	2176	\$769,000	\$775,000	Sausalito
857	Mossy Ridge	2211	\$855,000	\$855,000	Fremont**
1305	Lasso Lake	2264	\$910,000	\$905,000	Napa*
104	Turtledove	2264	\$729,000	\$755,000	SanMateo
2120	Hidden Hills	2264	\$910,000	\$927,800	Napa*
2270	Stepping Stone	2336	\$799,000	\$799,000	Atherton
1254	Overland	2390	\$849,500	\$790,000	San Mateo
2455	Fountain Hill	2465	\$755,000	\$769,000	Marin*
1262	Truchard	2495	\$1,275,000	\$1,200,000	Marin**
2288	Blue Heron	2513	\$869,000	\$865,000	Marin*
845	El Capitan	2612	\$1,049,950	\$875,000	Springcrest**
1831	Barn Valley	2955	\$1,200,000	\$1,100,000	Meadowgate */**

**Open Space / Golf Course view • **Casita*

Total Homes sold in Sun City per MLS 6/1/23 - 6/30/23

Lincsters 9-Hole Golf Club

BY CAROLE EUBANKS

General News

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

Tournaments

• Red, White, and Blue (RWB) – June 21. Chair Alyce Stanwood hosted a full field of 72. Winners include: 1st place, net 75 – Abad, Hall, Friedlund, Hallums; 2nd place, net 76 – Jacobson, Petersen, Carpenter, Martin; 3rd place, net 79 – Stanwood, Bossert, Stolz, Dummer; 4th place, net 80 – Carson, McCann, Kiley, Levin. Best Costume – Brenda Cook; Best Decorated Cart – Michelle Carson Team.

• Tin Cup – NEW DATE - August 30th. Entry form available – Tues, July 25th. Entry deadline – Aug 23rd Noon/in gray box. No refunds after deadline. Waitlist after 72 entries. Non-postable. Includes a Putt Pool and CTPP #16. OK to borrow partner’s 7 iron if needed. Birdies/Chip-ins do not count towards year-end total.

6:45 a.m. – Breezeway: check-in, snacks, tee prize. Bring your own water. Pay fees in Pro Shop.

8:00 a.m. – Shotgun, HB9, Pinwheels on #12, 15, and 18 (Use 7-iron and putter ONLY.)

11:00 a.m. – Lunch and Awards in the tent. Water and soda available. Alcoholic drinks at Sports Bar.

• Breast Cancer – Oct 5th. It’s time to collect gift basket items for auction. Patti Tilton and Donna Sanderson (LHLGXVIII)

will collect the items during the month of August and the first two weeks of September. Delivery address to be published as the date approaches, or you can ask Patti or Donna to pick up your items. Examples include: Experiences e.g., event tickets, wine tasting, and restaurant vouchers; Services e.g. housekeepers, gardening, decorators, massage, or haircut and color; Gift Cards e.g., mani-pedi/ spa treatments, coffee shops, clothing stores; Classes e.g., learning about cooking, sports, beauty/makeup, or personal training; Golf gear e.g., balls/tees, greens fees for two or four, clothing, or towels; Gift Baskets packed with beer, wine, entertaining supplies, or games/ puzzles/playing cards. Get creative!

• • •

Ladies Golf - 18 Holers

BY CAROL LOPEZ

Thanks to Deb Dunipace, Ilene Marshall, Nancy Gatsby and their assistants for an enjoyable “Step Aside Scramble Guest Day” with 116 participants. Congratulations to all the winners...low net over the field went to members, Barbara Grant & Wendy Seagraves, along with their guests, Nancy Fuller & Denise Helm. Closest to the Pins (Hills 7 & 16) went to Leslie Cooper and Candy Koropp (guests) and Vivian Lim and Donna Sanderson (members).

An Orchard “Stableford” hosted by Peggy Carr resulted in 1st place wins for Mitsuko Cameron, Karen Thom, Kathy Lee & Marcella Christoff in flights 1-4, respectively. Carol Lopez secured closest to the pin at 10’6” (Hole

(cont’ on page 25)

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Ladies Golf - 18 Holers

(cont' from page 24)

7). Vivian Lim, Sue O'Laughlin, Patty Tilton & Christoff made chip-ins. Dell Parker had a birdie.

It was a very warm day for "2 Best Ball of Foursome" arranged by Edda Ashe on the Hills course. The team of Nancy Jenkin, Nancy McDonald, Mary D'Agostini & Georgia Richie-Lynch took 1st place. Linda Blackburn was closest to the pin at 15'4" (Hole 12). Sandy Tamanti & Kathy McCoy (for birdie) had chip-ins and McDonald, Rosie Warren, Blackburn, Michelle Carson & Gwen Hare (2) had birdies. McCoy's gross/net score (79/66) helped her team take 2nd place.

A "Team Waltz" on Orchard was won by Eileen Boore, Lissi Bedford, Seagraves & Dee Grimm. A shot at 40'3.5" by Donna Brinkerhoff was closest to the pin (Hole 4).

Members are working hard to prepare for the "October Breast Cancer Tournament" which will be a 9-hole event on October 5th. Patty Owens & Lee are the chairpersons and are being assisted by Lincster liaison Kim Schutz. Mark your calendar, reach out to these ladies to show your support for this annual fundraiser and volunteer and/or donate! Website: www.linconhillsladiesgc.memberplanet.com

• • •

LH Men's Golf

BY MIKE MCBACK

The Summer Heat tournament sign-ups are closing soon, so hopefully your all signed up. This is a 2-Man Better Ball on the Hills and Orchard starting at 7:30, just so we can Beat the Heat.

Next is the Event of the Year, the all new Member-Guest Invitational.

The Tournament will be held over two days, Monday/Tuesday September 11/12. Two events will be held on 9/11 - Putting Contest and Horse Race for Members and Guest. The Putting Contest will go from 2:00PM to 3:30PM. Steve Treadway has volunteered to run the contest, and he will set up the course and rules.

The Horse Race will be broken into two flights. Chad Bennett has agreed to allow the Horse Race on the Orchard Course. Mack Tucker has agreed to run the event.

We have requested a Beverage Cart for both events for the participants and observers.

The actual Tournament will be September 12. The Shotgun start will begin at 9:30. The event will have two flights competing for prize money.

Dan Guth is working on food for Continental Breakfast and Lunch. There will be drink tickets included in the Registration Package. Dan is also working on obtaining a bartender for Tuesdays Lunch.

Range balls will be provided by the Pro Shop at the driving range prior to the shotgun start. There will also be a Marshall(s) for

the event.

The entry fee will be \$200 per team, plus applicable green fees, which will be based on the member's payment status - Summit, Resident, Sierra, or non-member rate. The Horserace and Putting events are a separate fee (TBD). Registration in the Pro Shop will not be required, as green fees will be paid in advance. The Registration Form will ask if the Member will be using their own cart, or a Club Cart so the Pro Shop will know how many carts they will need to provide.

Players will check in on the patio deck Tuesday morning. Each Member will receive an envelope containing 2 \$50 gift certificates to be used that day in the Pro Shop and 2 Drink Tickets, Scoring instructions, Rules Sheet, and Hole In One rules. It has not yet been determined if the drink tickets can be used at the Beverage Cart.

• • •

Swimming & Water Walkers Club

BY ROSEMARY TANFANI

Our Hot August Splash event takes place Sunday, August 6, from 4-7 PM in the OC outdoor lap pool and the alcove area above the OC swimming pool.

After the demonstration of swimming and water walking techniques in the lap pool, the pizza party is on at 5PM. All Sierra Splash participants will be honored, and all swimmers and water walkers who registered miles to Lake Tahoe will be eligible for a free drawing of 20+ gift cards from local merchants, including Indian Creek Golf Club, and Mitzi Anderson,

Coldwell Banker real estate agent.

The statistics from Sierra Splash are impressive. Thirty-seven people made it to Lake Tahoe (93 miles), with four making it to Emigrant Gap (53 miles) and seven to Colfax (30 miles).

Top male and female swimmers were Jack Lopez with 931.67 miles, and Diane Haley, 316 miles. Top female and male water walkers were Kathy Carpenter with 332.33 miles and Connie Hoetger with 318.33 miles.



Special thanks go to Hagai Narkis, who designed, organized and implemented the mileage reporting project.

The next club meeting is Monday, August 21 at 3 PM in the Fine Arts Room.

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

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(more Club News cont' on page 33)

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Jim & Liz



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Observations on Elderly Matters

BY MARTIN GREEN

In a previous "Observations" I noted that I had somehow gotten on the e-mailing list of something called Quora Suggested Spaces. Their e-mails consisted of a question related to elderly people and an answer by someone. Most of the time, the questions were a little inane, such as "Does living alone make you feel lonely?" (I'd say that in all probability the answer is Yes) or of not much interest.

However, sometimes there's a question that does catch my attention and one such was what should elderly people NOT do? As an oldster, I was curious as to what I shouldn't be doing, and I found the answer to be interesting. It was by some lady, and it was that older people should not be moving around too quickly. It goes on to say that when you get out of that chair, do it slowly. When someone rings the doorbell, don't sprint as if the house is on fire. It isn't. You've got all the time in the world and that goes for driving too. And don't lift stuff. Old people should not try to pretend they're training for the Olympics. That ship has sailed.

What this boils down to is that the elderly should recognize that they are just that and accept their limitations, or otherwise they're courting trouble. I think this is wise advice and maybe it struck me as so at this particular time is that I violated what is the cardinal rule for old people, DON'T FALL and not recognizing my limitations was a contributing factor.

Heeding the admonition not to fall, as I'm

sure many Sun City residents will attest to, is not that easy. Almost everyone I know has fallen at one time or another. I Googled and found that about 36 million falls were reported among older adults each year, and these resulted in about 32,000 deaths. Each year, about three million older adults are treated in emergency departments for a fall injury. One out of every five falls causes broken bones or a head injury. And we know that a common result of a fall is a broken hip. All in all, pretty scary stuff, and I'm thankful I seem to have survived my fall with just a few scrapes and bruises.

Another don't for oldsters can be avoided, and that is to not climb on ladders. One statistic I saw is that 43 percent of fatal falls involved falling off a ladder. So, don't think you have to clean out your gutters every year. There are plenty of younger people advertising they will do it and it will be worth the cost.

Aside from these things involving physical activities to avoid another big don't for us seniors is don't fall for scams. According to something called the Elder Fraud Report from the FBI, losses from scams more than doubled from 2019 to 2021, reaching almost \$1.7 billion, a tidy sum. I remember that in my old neighborhood a smooth-talking guy talked a lot of people into some investment that would pay them a lot of money and also save them on taxes. Of course, it turned out too good to be true.

Nowadays, I think most scams come through robocalls and e-mails and sometimes I feel that there's a whole army of people out there trying to separate us oldsters from our money. The best thing to do with robocalls, the scam experts say, is not to answer them. If it's the rare real call, let that person leave a message. As for scam e-mails, never click on a link to something and if you're told you've won some kind of reward, you probably haven't.

There are undoubtedly a lot of other don'ts for senior citizens, like don't get too grumpy and ornery and don't expect things to be the same as when we were youngsters. I'd add don't watch the news on television because it's too depressing, but you have to know something about what's going on in the world so maybe watch a little bit and of course don't believe everything you hear, especially from the "experts."

A final don't I'd like to suggest, which applies to youngsters as well as oldsters, is don't become a slave to your iPhone, iPad, computer and other technogadgets. The trouble is that these devices have become so integral to our lives and make things so much more convenient that this is impossible not to do. For example, I'm writing this on my computer and will send it as an attachment to an e-mail. And when one of the technogadgets stops working for no reason, which they have a habit of doing, call upon your grandkids. They'll know what to do.

So, take things slowly, don't climb on ladders, watch out for scammers, and try not to fall.

Welcome to RANN

BY LIZ NOEL

One of the great joys of being a woman in Sun City is that there are so many ways to meet other women and make connections through shared interests. One way that many of us have discovered is joining a group called RANN (Roseville Area Neighbors and Newcomers). If you haven't heard of it before, it is because the group has gathered members word-of-mouth.

Have you seen us on the Bocce Ball courts, or at Timbers? We have card groups for Bridge and Canasta and more... the list goes on. We have monthly breakfasts in Granite Bay, Sun City Roseville and Sun City Lincoln. We also have parties where spouses or partners are welcomed and much more!

We have an annual luncheon and auction that focuses on raising funds for a nonprofit each year. In March 2024 you may join us as we support Acres of Hope. Last year we celebrated Compassionate Planet's efforts to help emancipated foster youth. We started out in Roseville in 1977 as a newcomers' group and grew "like topsy" with members never wanting to leave and newcomers eager to join. We would love for you to be one of the latter, not because we are shrinking (we're over 400) but because we feel "the more the merrier". Our welcome coffees start up again in September. Please check us out at <https://www.rann.club>

Our President, Maryellen Kordas, is happy to hear from you as well: maryellen.rann@gmail.com



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Fiddler On The Roof At Lincoln Theatre Company — A Timeless Story Of Tradition, Love And Change

BY PEGGY SCHECHTER

Fiddler on the Roof, this beloved musical has captured the hearts of audiences worldwide since its debut in 1964. This timeless story continues today with performances by the Lincoln Theatre Company. This story is set in 1905 and tells the story of Tevye, a poor Jewish milkman living with his wife and 5 daughters in a village in imperial Russia.

There is humor, drama and poignant musical numbers that help to explore the themes of tradition, family, love and the coming winds of change that were sweeping through their lives. This portrayal highlights the resilience and determination of Tevye and his family to maintain their traditions and cultural identity. This tradition is central to the storyline and beautifully tells the struggle they endured to preserve traditions while acknowledging the need for adaptation to the changing times.

The memorable musical numbers, including "Tradition", "Sunrise, Sunset" and

of course "If I were a Rich Man", encapsulate the emotions and aspirations of these characters and enhances the beauty of this timeless and popular musical production.

Jeff Teague returns as the director and choreographer of this production alongside Bill Zinn who also returns as Musical Director. Both directors worked as a team for Lincoln Theatre Company's last production, the popular and well attended *Breaking up is Hard to Do*.

Tevye, played by Gary Giurbino, portrays this Jewish milkman as a devoted

husband to his wife Golde, played by Rachel Rycerz, and a loving father to his five daughters Tzeitel (Leah Deutch), Hodel (Amanda Bistolfo), Chava (Sierra Nevin), Shprintze (MaKenna Spencer) and Bielke (Persephone Hanks).

Other memorable characters include Motel (Jack Fidler), Perchik (Matt Dunn), Fyedka (Drew Mayes), Yenta (Karen Tricomo), Lazar Wolf (Jameson Kaupanger), Grandma Tzeitel (Kay Jones), Fruma Sarah (Gracie

Hollwager), Rabbi (Steve Allison) and of course we can't forget the pivotal character, The Fiddler (Kayden Dayog).

Other characters in the ensemble include Brandon Hunter, Colin Monks, Dawn Maurer, Kasper Cummins-Rodriguez, Kourtney Seebree, Matt Toto, Susan Stecz, Tea Hanks, Travis Mononym, and Vik Verma. You will not want to miss this large cast of characters and their enormous talent and desire to bring this fabulous and memorable story to life.

Lincoln Theatre Company has been working behind the scenes for several years to bring this timeless show to all our patrons. It was not available for community theatre productions due to being on tour for a few years and then restricted during the pandemic. As soon as it became available, LTC jumped on the request to the publisher to produce this show and it was granted.

Tickets are now on sale by going to the LTC website at www.lincolntheatrecompany.org or by calling the box office at 916-409-7030.

There is also still time to get season tickets for Lincoln Theatre Company's entire 2023-2024 season which includes *Fiddler on the Roof*, *Holiday Cabaret*, *Night Watch* and *The Hallelujah Girls*. All shows are available on the LTC website or by calling the box office at 916-409-7030.

Air & Auto Show Returns to Lincoln Airport

Lincoln Airport will be hosting the 2nd annual Open House & Family Festival on Saturday August 26th. More than 50 specialty General Aviation and government aircraft will be on display, along with classic cars (Rods & Relics), sports cars, exotic cars, and military vehicles. Take a ride in a tethered hot air balloon (\$20)! Check out propeller and jet model aircraft.



The action starts at 7:30 with a hot air balloon rise and will continue through 2:00 PM. Last year saw 5,000 guests and event organizers expect to possibly double that this year. There is no cost to enter the event; parking is \$5 per vehicle. Food trucks and artisan vendors will be on hand to round out the day. Come early and stay for the fun.



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SCLH WRITER...

In Pause Mode

BY JOY S. HUTCHISON

My autumn love passed away two months ago. As most know who have lost someone dear, the first weeks became a jumble of phone calls, making arrangements, filling out paperwork and more. These activities kept me busy, alleviating my pain and sorrow. I now find that I am in Pause Mode.

Most relate to Pause Mode with their television, as they hit the button to leave the room temporarily to pee or grab a bowl of ice cream, and then return to Resume a program with its predictable ending. There is also "The Pause That Refreshes" with a promise that it will slake your thirst and put a smile on your face. My Pause is different than either one of them. I don't have control over how long my Pause will last or what the outcome will be, or whether I, too, will have a smile on my face once my Pause is over.

What I do know is this: I need this Pause. It is giving me time to rest and restore what I lost while caring for my love. It will give me time to consider possibilities that may lie ahead for the next chapter of my life. For the present, I am relishing the peace and solitude this Pause Mode offers, knowing that it is only temporary. When the time comes to Play and Resume again, I know I will be ready.

...

The Unexpected Visitor

BY JOY S. HUTCHISON

Waking early before the summer heat took all the moisture from my patio plants, I filled my water jug and opened the sliding door to the patio. Glancing around, I noticed some movement across the lawn area under the olive tree. On second glance, I realized I was looking at a very, very large feline. This was definitely not a house cat! The creature responded to my presence by raising his head, tweaking his ears, and stared right back at me. I muffled some sort of welcome to my world, gently sliding the patio door closed, while he rose and sauntered back into the underbrush at the back of my property.

Ah, relief! He was gone, hopefully leaving the neighborhood for open space. All morning as I took care of the household chores facing me, I would glance out into the backyard, hoping that my visitor hadn't decided to return. By noon I thought I was on my own again when he suddenly appeared, pawing the loose mulch under the shaded olive tree as if to prepare a soft nest for his afternoon nap. And did he nap! As the sun slowly rotated toward the west he gradually nudged himself toward the lawn area, stretching out full length, only to twitch his ears from time to time. By 4:00 PM he had moved onto the lawn, all the while relishing the shade. I kept checking up on him, but he just lolled about until the sprinklers came on in the early evening. With that, he jumped toward the hillside, pawing at the recently turned mulch bed, swatting who knows what



(probably lizards) and just had a high old time prancing and racing around the yard. By 8:00 he was out of sight again, ducking into the underbrush, disappearing in the night.

I've enjoyed watching the gray squirrels skitter along the fence and listening to the songbirds. Now I can add a bobcat to my list of nature's visitors here in Lincoln Hills.

...

We welcome your submissions such as humorous observations and poetry. Please see page 3 for submissions information.

SIR: Social Activities for Men

The mission of SIR is to improve the lives of our members through fun activities, lunches, and events while making friends for life.

The Lincoln Hills Branch of SIR meets on the 3rd Tuesday of the month at Catta Verdera Country Club. Contact Phil Sanderson, Membership Chairman at 916-408-4764 or Jay James, Big Sir, at 408-533-3132. SIR, Inc. is a non-profit organization that provides social activities for men. SIR is strictly social, it does not do fundraising, has no religious affiliation, and is non-political. To learn more, visit www.wearesir.com or www.sirbranch13.com. Come, join us for a free lunch.



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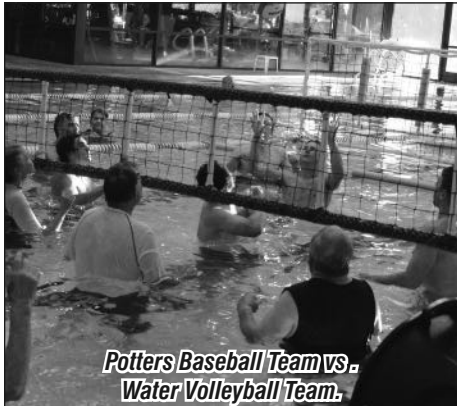
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Water Volleyball

BY DIANE FERRARI

Hello summertime blues! It's been hot, and the pools have been cool! Join us for Water Volleyball, cool vibes, fun times and chase those blues away. We will play in the outdoor pool at Orchard on August 27th at 5:30 PM for the last time this summer. Come out and join in the fun. Don't know how to play? We provide training, mentors and a fun time learning how to play with a focus on



fun. Want to try it out before joining? Come on out to Free Play Saturday every Saturday at Kilaga at 9:00 AM. We have Team nights, Ladies Night and Ladies Competitive night- a level for every player. Join now to be a part of the fun in and out of the pool.

Last month we enjoyed playing against the Lincoln Potters Men's Baseball Team. Great play, true athleticism and Sun City actually won a few games. A good time was had by all. The Volleyball group then went to watch these young men play Potter's Baseball and cheer them on! Join us October 6th for our Fall Festival at the Pavilion. We welcome all levels of interested players. Find us at LHWaterVolleyball.com. Or Call Jerry Grisler 209-648-9534 for more info. It's still warm, the water is fine so come on out and splash away with us!

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Pickleball Club

BY MOLLY MORRIS

The recent APP Newport Beach Open pickleball tournament was quite a success for three of our club members.



Congratulations to our Triple Medal Winner! LeRoy Weighall recently played in the APP Newport Beach Open winning GOLD medals in all three of his (age 65 plus) events. Gold in 4.5 Singles; Gold in 4.5 Mixed Doubles and Gold in 4.0 Men's. These wins give him an automatic ticket to play in the USA National Championship in Dallas, TX this fall. Congratulations are also in order for Mark Henrickson who won Gold in Men's 4.5 (55 plus) with a friend from nearby Rusch Park.

Mark also accomplished another daring feat... his 4.0 singles category was full so he played up in level in the 4.5, 55 plus age grouping and... got a Silver! Well Done!

We shone in Newport Beach in another area too. Our very own Certified Referee, Andrea Mayorga referred 66 games in less than a week, while also training to line judge on the pro court. She was busy! (There are very few Certified Referees in California and Andrea works hard traveling to tournaments and training more Refs throughout the state.)

If you want to learn to play pickleball and be involved in the Pickleball Club, please send an email to welcometopickleball@gmail.com and you will be registered for our free Intro to Pickleball class held bi-monthly on Wednesdays from 9:00-10:30 AM. Please wear tennis shoes and bring water.

• • •

LH Shuffleboard Club

BY JON KLINE

We are a no dues club, and all residents and their guests are encouraged to come and learn to play shuffleboard. People of all ages and fitness levels can play this sport; no bending or lifting is required. Remember to wear sunscreen and a hat and stay hydrated; there is a water fountain near the courts. All sessions are held at the rear bocce area of the Sports Plaza on our professional grade

PolyCourts. We offer a quick orientation to the safety and game rules at every session.

Weekly play continues on Tuesday and Saturday mornings: two sessions each day - 8:30 to 10:00 and 10:00 to 11:30. Come early to beat the heat. Whenever you arrive, we will fit you into a game in progress; the courts accommodate up to 16 players at a time. Our social gathering session is Wednesday evening from 6:30 to 9:30. Bring your dinner, snack & beverage to the picnic area adjacent to the courts. Socialize before and after you play a game, and bring a folding chair for extra seating.

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

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

• • •

Duplicate Bridge Club

BY MONA STRYKER

Elise Homer and Sharon Duley are two tireless members who help keep our club running smoothly. Players call Sharon Duley if they need a partner. Elise receives the sign ups before each game and sets up the seating.



She then checks everyone in before each game, giving them their table assignment. Thank you, Elise and Sharon!

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

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

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

For further information, go to our website shown below.

Partnership chairman: Sharon Duley 916 253-3885

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

Website: www.bridgewebs.com/lincolnhills/

• • •

Cribbage

BY MEL SWITZER

We're off to play some Cribbage, The wonderful game with Nobs.

We know it is a wiz of a game

If ever a game there was.

If ever, oh ever a game it twas,

The Game of Cribbage is one because,

Because, because, because, because,

Because of the wonderful things it does!

We're off to play some Cribbage

The wonderful game with Nobs!

So before you start singing "Ding, dong the witch is dead,"

We are calling all Sun City Munchkins, to just follow the "gray asphalt road" to the OC Card Room every Tuesday morning at 8:30 and watch out for tornados but be on the lookout for 15's, 31's along with double runs and flushes. Leave Toto at home please.

It's easy to play and the rules haven't changed since your grandpa taught you to play way back in 19??.

Grant Lee played with enough heart to be declared the winner on 6/13 and our pal Paul Winters used his brains to win on 6/20. But it took a lot of courage for Cyril Kalbach to skunk people and win on 6/27. Holiday champion Brian Burns couldn't wear the Ruby Red Slippers on 7/4 because they wouldn't fit but on 7/11 Jack Poshepny was heard singing in the hallway "Somewhere over the Rainbow" because he posted the day's highest score. So, remember, "There's no place like home" but the OC Card Room on a Tuesday morning at 8:30am is a close second.

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HAIR CARE SERVICES. Enjoy this specialty service provided in the comfort of your home. Licensed cosmetologist. Kimberly 916-837-1637.

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TIMESHARE CANCELLATION EXPERTS. Wesley Financial Group, LLC Over \$50,000,000 in timeshare debt and fees cancelled in 2019. Get free informational package and learn how to get rid of your timeshare! Free consultations. Over 450 positive reviews. Call 855-946-0763.

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ELIMINATE GUTTER CLEANING FOREVER! LeafFilter, the most advanced debris-blocking gutter protection. Schedule a FREE LeafFilter estimate today. 20% off Entire Purchase. Plus 10% Senior & Military Discounts. Call 1-916-953-5518.

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FOR SALE

WEBER ORIGINAL KETTLE 22 inch charcoal grill. Good condition \$80. Unused last four years. 650-283-3439.

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FRANCISCAN 5-STRING BANJO, Very lightly used + strap, stand, soft case, \$100. Call Jack 865-603-2972.

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KINKADE "A VIEW DOWN CALIFORNIA STREET" No 132/980 Canvas. 24" x 20" issued 1992, COA - \$600. 916-408-5350.

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COBALT BLUE GLASS: Wine, champagne, water glasses, decorator pieces. Photos available. 916-367-6456.

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SHOPMATE, corded, heavy duty, single speed, 3/8 inch drill. \$25. Rich. 916-749-3458.

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WHEELCHAIR TRANSFER CHAIR w/ extra foot rest. \$75 OBO. Hilla Fawcett 916-408-1499.

• • •

ADULT TRICYCLE 20" Brand New With Back Basket, \$350. 916-408-1274.

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E-BIKE IN MINT CONDITION. Paid \$3500, Selling for \$2500. Call John at 916-434-1801

• • •

BARELY USED SINGER TOUCH & SEW DOUBLE ZIG-ZAG Model 758. Accessories included. \$60.

• • •

7' DOUBLE SIDED COMPACT FOLDING LADDER (as new) \$55. Call Joyce at 916-408-4342.

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STAINED GLASS PIECES AND TOOLS for sale, \$ 800 for all. Call Peggy, 916-429-5143.

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2001 CLUB CAR GOLF CART \$1200 OBO. Transport Wheelchair \$300 OBO. Call 916-201-1897.

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FOR RENT / WANTED

WANTED: BUYING RECORDS: Jazz, Blues, Rock, and R & B. Buying small and large collections, LP's, 45's, and 78's. Also looking for reel-to-reel tapes, (all types.) Call 530-273-8490

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COLLECTOR WILL PAY CASH FOR MILITARY ITEMS & COLLECTIBLES (Sacramento). I will pay cash for military and vintage collectibles. Helmets, maps, knives and bayonets, old west items, vintage military photos, model trains, unbuilt plastic models, old documents and more. Contact George 916-768-4694.

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WANTED! cars-truck-SUV's all years all makes. I pay top dollar! Always more than CarMax. 23 yr Lincoln Hills resident: Les Van Pelt 916-837-7659 or lesvp@yahoo.com

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BUYING ANY CAR, TRUCK, SUV, VAN. I am a licensed Auto Dealer. I do all DMV paper work. Always paying TOP prices. Free appraisal at your home. Montie Boatwright 916-417-7468. LH Resident.

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WANTED: BUYING OLD COINS, pay cash, free appraisals, discreet, I pay more! Private collector, SC resident. Call Jerry 1-916-772-4268.

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ANNOUNCEMENTS

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

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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

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

****FREE ADS — INCLUDE:**

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

Classified Ad Submissions — WHEN: By the 12th of the month. Please email the information below to: SunSeniorCA@gmail.com.
Subject Line should be SCLH Classified and your Phone Number (Example: SCLH Classified 916-123-4567)
1. Contact name and phone number.
2. Which category to place your classified ad in: (Service, For Sale, Wanted, Announcement)
3. Classified ad text - including the phone number you want readers to call.

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

BUSINESS ADS:

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

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

Business Ads are 15 words for \$35 for one-month.

Additional words \$1 each. (\$90 for three months for the same ad.)

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

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

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



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Price Evaluation



George Brown

Market Update

Both Sun city Lincoln and Sun City Roseville are getting to that age where there can be huge discrepancies in price for the same model home in a like location depending on condition and updates. I met with a couple who were interviewing agents. Their home was built in 1998 and they had kept tabs via my sales information on the back page and other sources. Their home was all original and the carpets were worn extensively at the doors from a pet. It was a traditional white tile, honey oak home and while the maintenance aside from the carpet was good, to bring that home into the homes being sold at the top end of the market in 2023 is \$100,000 or more. Buyer's right now have lots of choices in new 55 and older communities, not that all those are equal either. But if you are considering selling make sure you are comparing apples to apples.

Recent Sales in Lincoln Hills

1995 Creekcrest Lane	Annadel	\$890,000
2700 Black Hawk Lane	Marin	\$890,000
402 Calistoga Court	El Dorado	\$899,000
2084 Caravelle Court	Napa	\$900,000
1305 Lasso Lake Lane	Napa	\$905,000
1188 Fairway Valley Lane	Shasta	\$929,000
907 Granite Court	Tiburon	\$938,000
1226 Truchard Lane	Santa Barbara	\$ 1,070,000
845 Wagon Wheel Lane	Sonoma	\$1,100,000
1831 Barn Valley Lane	Meadowgate	\$1,100,000
1197 Lasso Lake Lane	Sonoma	\$1,102,500

George Brown 916-297-3500 CALL/TEXT

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