

# SUN SENIOR NEWS

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## Kathy Druge — The Quilting Queen

BY JENNIFER MARTIN

“This is my dream house! I want to live here!” This was the exclamation from the young granddaughter of a friend upon seeing Kathy Druge’s house for the first time. A resident of SCR since 1997, Kathy has used her tasteful sense of décor to create a beautiful, comfortable environment for herself and her white Persian cat, Peppermint.

Born in Oakland, California, in 1944, Kathy was raised in San Lorenzo with two brothers and one sister, all twenty years older than her. Kathy’s father was killed in a train accident when she was only ten years old, so growing up with just one parent and no siblings in the house made for a lonely existence. When she was nine, she learned to sew, eventually becoming skilled enough to make all her own clothes. This was also the time she got into quilting, creating her first one for her doll, never having seen a real quilt before.

After graduating from San Lorenzo High School in 1961, Kathy married Ken Bauer,



PHOTO BY JENNIFER MARTIN

bought a house and had two children, Don and Renee. Periodically, she worked in retail, selling clothes, and later when the couple had moved to Grass Valley, she worked for an auto parts store. She also ran a 4H club for four years, supervising 75 children in taking care of dogs and horses, cooking, and, of course, quilting. At one point Kathy owned two ranches, one

in Hayward and one in Auburn and took care of horses, chickens, cows, and more. She even raised Collies. “I’ve always been into kids and animals,” she says.

Kathy’s first marriage lasted 19 years, until she met Dan Druge, who had gone to the same high school, but was five years older than her, so they were never in the same classes together. She remembers seeing him once back in high school, thinking “Wow, I’ve never seen anyone like him!” Dan owned the Grass Valley Ford dealership and came into the auto parts store where she worked. It was love at first sight. “My life began when I met Dan,” she recalls. They were married on June 26, 1981.

After their wedding, the couple lived in a chalet in Cascade Shores in Nevada City. Their lives were filled with fun and adventure: snowmobiling, fishing, and traveling. Dan had a membership in the Grass Valley Sportsman Lodge at Weaver Lake and he and Kathy would take their boat out on the lake to fish for trout. “Weaver Lake was a big part of my life,” she recalls. “I miss it very much.” One time she caught 60 trout in one day and took them all

(cont’ on page 25)

## SCR Foundation 2023

BY LISA CRYAN

Calling all Bingo lovers! The Foundation’s next Bingo event is scheduled for Sunday, August 13 at 1:00 pm in the Timber Creek Ballroom. Tickets will be available for purchase at Courier Days in the Lodge Lobby on Tuesday, August 1 between 8:00 am and 11:00 am. You may also buy bingo cards at the door starting at 12:00 pm on game day.

- One bingo card includes 15 games, the cost is \$20.

- Feeling lucky? Buy two bingo cards (for one player) for only \$25.

- Feeling extra lucky? You may purchase bingo cards for a 16th game, the cost is \$2.

Win CASH - \$100 for each of the first 15 games, and \$250 for the final special game. Must be 18 to play. Join us for an afternoon of fun while supporting the Foundation. For more information, email [scrchair2@gmail.com](mailto:scrchair2@gmail.com).

A huge “Thank you!” to the Foundation’s Home Maintenance Team who have visited over 17% of the homes in our community and performed over 681 maintenance items in the first half of 2023. We’re always recruiting new team members. If you would like to join the Home Maintenance Team, please contact Doug Smoot, Director of Home Maintenance, at [scrhomeservices@gmail.com](mailto:scrhomeservices@gmail.com).



## BINGO — BINGO!!!

Join in the fun at the Timber Creek Ballroom on Sunday, August 13, 2023. Win CASH - \$100 per game plus \$250 for the final special game. Cost is just \$20 for 15 games plus \$2 for the final special game. Or get two 15 game packages for one player for only \$25! Cards go on sale at 12:00pm on game day with the games beginning at 1:00pm. Or avoid the lines and get your presale ticket at the Lodge on Courier Days – Tuesday August 1 between 8:00am and 11:00am. Must be 18 to play. Support the Foundation while having an afternoon of fun. For more information, e-mail: [scrchair2@gmail.com](mailto:scrchair2@gmail.com).



## Sunshine Services “We’re Here to Help”

BY PAT TEILH

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

Dial-A-Ride is now Arrow and is a shared ride transit service that operates within the city limits of Roseville. Anyone can use Arrow and passengers are transported in small buses that are ADA compliant.

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a week, 8am–5pm. To make your reservation, call (916 or 530) 745-7560. Rides are reserved at least one day in advance and up to 14 days in advance. Passengers receive a pick-up time when making reservation and need to be ready and waiting at the curb 15 minutes before and 15 minutes after the confirmed time because the Arrow bus may arrive any time during the 30-minute pick-up window. Bus drivers wait for passengers for no longer than two minutes.

Arrow bus Hours are Monday–Friday: 5:45am–10:00pm. Saturday & Sunday: 8:00am–5:00pm. There is no Arrow bus Service on New Year’s Day, Thanksgiving Day, and Christmas Day. There is limited service, 8:00am–5:00pm, on Memorial Day, Labor Day, and Independence Day.

Solid Waste Assistance Program: If you are physically unable to place your garbage and green waste containers at the curb for collection, you may request that the driver retrieve the cans from your driveway, roll them out for service and return them to their original location near your driveway. Call

916-774-5302 for this service. Let them know you are inquiring about the SOLID WASTE ASSISTANCE PROGRAM.

Mail delivery: To request mail delivery at your door, you need to write a letter requesting this change and attach a statement from your doctor. Send this doctor letter and your request to the post office that delivers your mail for approval. Address the request letter to POSTMASTER, U.S. POSTAL SERVICE, ROSEVILLE, CALIF. 95747.

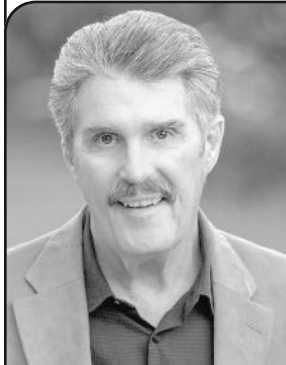
(cont’ on page 7)



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Email: SunSeniorAD@gmail.com



Gregg and Liz Goldthorpe

#### EDITORS

Gregg & Liz Goldthorpe

#### ADVERTISING

Gregg Goldthorpe

#### PRODUCTION ASSISTANT

Madison Goldthorpe-Lewis

#### CONTRIBUTORS

Jennifer Martin, Lisa Cryan, Pat Teilh, Geoffrey Browne, Peggy Wells, Linda Aug, Jackie Proett, Linda Vincent, Charlyn Ross, Jane Bohn,

Lenora Davis, Carol Kovach, Nancy Vavul, Peggy Voakes, Brian Sutton, Tim Miles, Cynthia Sindrey, Marisa Bernetti, Suzanne Crowder, Barbara Eichten, Sherri Scott, Geoff Marshall, Linda Vanderpoel, Steven Gustafson, Elna Ragan, Ed Cervantes, Janet Morelli, Suzette Austin, Silvana Hughes, Bob Montalvo, Don Woods, Diane Barnett, Rosa Volere, Anne Burney, Julie Harris, Pam Skarg, Nancy Labrada, Gary Beckman, Ralph Friend, David Zan, David Moore, Brence Davis, Cathy Fluellen, Cathy Fluellen, Cathy Schimansky, Roseville Police Department, Liz Noel, Martin Green, Roseville City Council.

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

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

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## Executive Director Comments

BY GEOFFREY BROWNE

As we move into our new Fiscal Year of 2023-2024, I find myself thinking of a "clean slate". But that term implies a certain lack of consideration or reflection about the past, and that is something that we don't do here in Sun City. The past is important to us, and we're proud of how far we've come and the people who've helped bring us here. Only by studying and learning from the past can we really move forward.

"Those who do not remember the past are condemned to repeat it." — George Santayana

And we are moving forward! We are constantly challenged to remain the premier active adult community in Northern California and we are up to that challenge!

Some of the things you'll see this coming year will be the same and some will change. Our commitment to the highest service levels, our top-quality restaurant, our best-in-class golf course and our other exceptional amenities will all continue to improve. Our exciting Activities and Fitness schedules are terrific, with new programs, some of which were suggested by you, added regularly. Some of the Committee Volunteers and Board of Directors will change, potentially moving the community in a slightly different direction. For those of you who haven't heard, there's a new Executive Director as well (ha-ha)!

We'll continue to improve the golf courses, offer up the Leadership Academy training to members interested in elevating

their volunteer opportunities, and bring in local government representative to help keep you informed. Our staff work hard to maintain the status quo when it comes to facilities, maintenance, and landscaping and that will not change.

We will be changing a very important part of our operations, starting in February of 2024. A new Club and Associations Management Software platform from Northstar Technologies will replace our aging platform from Jonas Software, which is not capable of performing many of the day-to-day functions we need to sustain our growth and service goals and objectives. This isn't something we just jumped into – it's a project more than 5 years in the planning and will power us into the future.

We look to the past for lessons learned through our community experiences, and now we're looking to you for help chart the path forward. Recently we introduced a re-invented version of the Suggestion Box by which members have an opportunity to let us know what they would like to see changed or introduced to the growing list of activity and event options available to our members. We've learned over the years that It's important for you to have a forum for positive, two-way communication, and we're listening. Together we can continue our "continuous improvement" strategy and ensure our momentum continues for many years.

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## All Tuned Up

BY PEGGY WELLS

Well, the dog days of summer are almost gone. Per Wikipedia, Hellenistic astrology connected the dog days with, among other things, heat, drought, lethargy, and bad luck. But here at ATU, we have been bucking the ancient and popular definitions, and are having a grand time making music every Thursday morning.

As of July 1, the new slate of officers is in place. We are very lucky that Ken Roberts and Jean Duffin have agreed to stay on as president and treasurer, respectively. Joining them as newbie vice presidents are Carolyn Winter and Peggy Wells. We all owe a huge debt of gratitude to our outgoing VPs, Gerry Cappelino and Cory Blasser. These two ladies worked tirelessly and into the wee hours, organizing our fall and spring shows, putting on a great holiday party, updating our songbook, and generally keeping the rest of us on track. Theirs will be difficult shoes to fill. Thanks Gerry and Cory!

On a personal note (no musical pun intended), our Thursday morning session is always the highlight of my week. We are just a bunch of friends having fun making music with our voices and with a wide range of instruments: guitars, ukuleles, harmonicas, piano, violin, saxophone, and percussion. Everyone gets a chance, and as ATU member Charlie Kidd once said, it is the most forgiving audience one will ever get. There is a line in an old Carpenters tune that, in my opinion, perfectly captures

the spirit of All Tuned Up: "Don't worry if it's not good enough for anyone else to hear. Just sing, sing a song!"

...

## SC Harmonicoots Group

BY LINDA AUG

The record for being the youngest harmonica player was set by Arpan Ghata of Kolkata, West Bengal in 2016. At 5 years old, Arpan was playing music and theme songs in Hindi, English and West Bengali. The record for being the oldest harmonica player was set by, Francisca Susano, who at age 122 "blows into her harmonica daily to keep her lungs and heart healthy."

While these players are famous, they are not unusual. Stevie Wonder started playing harmonica at age 9 and Bob Dylan at age 11. Many harmonica players, including several Harmonicoots have been playing since childhood or young adulthood. One former



Jackson and Vance with their grandmas.

Harmonicoot at age 85 had been playing for 80 years. "My dad shoved a harmonica in my hand at age 5 to shut me up! Been playing ever since."



The Harmonicoots always welcome fresh talent and visitors. This summer Jackson (grandson of Dennis and Rebecca Hellman) visited the Harmonicoots and played alongside his grandparents. Jackson especially enjoyed "Take Me Out to the Ballgame" which is his grandpa's favorite. Meet Vance! (grandson of Debra Hamilton). Vance stopped by for a visit and played several solos for the Harmonicoots and joined in on "Twinkle Twinkle Little Star", "Puff the Magic Dragon" and "It's a Small World."

While Arpan, Jackson and Vance are showing all of us that learning the harmonica can begin at a very young age, Francisca shows us we can play long into our super-senior years and get many physical and emotional health benefits.

Thank you to the SOLO club as we return for the 3rd time to play for their August 19 social. On August 28 the Harmonicoots will take a musical trip around the world for the

Travel Club's social at the Pines.

Whether you're a Jackson, Vance, Arpan or Francisca, the Sun City Harmonicoots want to play with you or for you! Call Joanne Stooksberry at 916-749-4425. Harps Up!

...

## Sun City Singers

BY JACKIE PROETT

It's August and the Dog Days are upon us! This year, for the most part, has been gentle and mild. The Delta Breeze has been our favorite guest of honor. If this holds true for August, then those growly big dogs will morph into cuddly, soft puppies! When Dog Days become Puppy Days, those triple digits are manageable.



Neighborhood Singers enjoying vacation.

Just ask the Singers, they've been training the pups for years. Between the Air Conditioner and singing Christmas Carols, a

(cont' on page 9)

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## Neighborhood Watch/Citizen Patrol

BY LINDA VINCENT

As I travel thru our community in my car or golf cart, I can see on a daily basis, people driving their cars and golf carts and not obeying the rules of the road. Not Stopping at STOP signs, or yielding to traffic can definitely cause an accident. Even in our "safe" community, we still have rules of the road to follow. Slow down and stop at the Stop Signs so no one ends up getting hurt. Just recently, we almost had a head-on collision with a golf cart and a car!

Unfortunately, many use our longer streets, i.e., Del Webb Blvd, Sun City Blvd, Timberrose, Buckskin, and Rose Garden and a few others as their own personal speedway. **STAY ALIVE AT 25!**

Excerpts taken from Roseville Police Department:

- According to the National Highway Traffic Safety Administration, the latest data on distracted driving reveals:

- More than 400,000 motorists were injured in accidents caused by distracted driving and 2,800 deaths occurred as a result.

- Distracted driving spikes at night between 6:00 pm and 11:00 pm.

- Roughly 20% of injuries occurring in car accident crashes involve distracted driving.

- Drivers are distracted by their phones at least 10% of their driving time.

- Three primary types of distractions:

- Mental or cognitive – when a driver's mind is focused on something besides driving.

These can include talking to another passenger, thinking about something that is upsetting, road rage, daydreaming, or being under the influence of drugs and/or alcohol.

- Visual – looking at things other than the road. This could include dropping something on the floor, changing music channels, controls in the car or Texting/dialing your cellphone.

- Manual – when one or both hands are taken off the wheel. These can include eating and drinking, adjusting your child's seatbelt, smoking, searching through your purse or wallet, or turning knobs in your car.

Complacency can be a huge factor. Many accidents happen near or around your home due to your familiarity with the surroundings. Do your best to stay focused on the task of driving safely and you will be able to respond more quickly, be better positioned to think clearly when needing to respond, and likely spot a distraction before it becomes a problem.

**STAY ALIVE AT 25!**

Important Phone #'s:

- Emergency 9-1-1

- Non-Emergency Police, 774-5000

- Sun City After Hours Emergency, 624-6811

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

- neighborhoodwatch@scrca.org

- Citizens Patrol Office – 774-3853 (8am-Noon), Mon/Wed. citizenspatrol@scrca.org

## Ambassador Committee

BY LINDA NELSON

Our committee has had a somewhat active month. We have hosted our summer or June New Resident Welcome Reception on June 24 for new residents who have registered with administration. We hold these receptions 3 times a year to welcome new residents who have not only just moved in but also have registered with administration and obtained an ID card. We give informational presentations and host a wine and snacks get together to help new people learn their way around and how to participate here in Sun City Roseville. Included below are some pictures of the event. Our next Reception is in November. In addition to this activity, we



also elected a new Committee Chair for the Ambassador Committee since our current Committee Chair will be leaving in July. Our new Chair will be Latricia Nicholson and her Vice Chair will be Suzie Ladas. They have just

completed interviews for the 2 vacant slots on the committee. We will be announcing the new members and saying goodbye and thank you to the 2 members leaving in our article next month.



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## Website Work Group

BY CHARLYN ROSS

### What Is Your Suggestion?

When you buy a home in Sun City Roseville (SCR), you are buying one share in a community of 3,110 homes. Along with that share comes the availability of an enhanced lifestyle delivering a wide range of activities and well-maintained facilities geared to the varied requirements of its residents.

To maintain that vision, SCR has to be sensitive to its population's requirements and desires. This is best achieved when residents become involved in the Board of Directors, Committees, activities, and events that govern and enhance the day-to-day life style. Also, it requires effective avenues of communication between residents and the Association. At times such communication might relate to a minor suggestion or comment.

An enhancement has been made to the Announcement page of the Resident Website, [www.scrs.org](http://www.scrs.org), to provide for such a situation. A "Suggestions" icon has been placed below the Courier/photo icon. To submit a suggestion, click on this "Suggestions" icon. The next screen explains the submission form requirement, which includes a limitation of 200 words. Therefore, it is best to be as brief and clear as possible.

Scrolling down on this webpage you will find the route that each submission will take.

To continue, you need to click on this webpage's "Suggestions" icon, review the

instructions provided, click "Register" to confirm your email address, and finally click "Next" to reach the form. All personal information has been entered on the form from the SCR Data Base. You need only add your statement to the "Suggestion Submission" box, then click "Next", review the form, make any required changes, then click "Confirm."

This new Website feature is part of the Association commitment to improving communications with its residents, and by doing so, achieving its vision and thereby maintaining the value of your "share" of SCR.

### Common Login Problems

When you are required to enter your email address on the Resident Website login screen, be aware that some devices may automatically capitalize the first letter of your email address. For your login to be accepted, you will need to erase the "capitalized" letter and replace it with the lowercase of that letter.

The first time that you login at the Resident Website, [www.scrs.org](http://www.scrs.org), you need to decide on a "password." It is important you write down your password, and maintain that document in a secure place, should you need to login again at some future time.

If you forget your password, click on the "Forgot password" link on the login screen. You will be asked to enter your email address and complete the "I'm not a robot" action, then click on "Submit." Within a short time you will receive an email with directions for changing your password. Just remember to

write down and secure the new password.

### Our Website Needs You!

The Website Work Group meets 9:00 – 10:00 am, the first Wednesday of each month, in the Aspen Room. The meeting is open to all residents. Staff is interested in your views of the Resident Website.

### Need Assistance?

A Resident Website Workshop on "How can I use this tool?" will be held on Thursday, September 21, 1:30 – 2:30 pm in the Lodge, Card Room. As seating is limited, you need to register at the Activity/Monitor Desk in the Lodge Lobby to attend this free workshop.

Should you have Website questions, please contact Julia Schmunk, our Website Designer, by phone 916-774-3878, by email at [julianns@scrca.org](mailto:julianns@scrca.org).

## SCR Foundation

(cont' from page 1)

Save the date! This year the Foundation's Fall Event is scheduled for the evening of Friday, November 10 in the Timber Creek Ballroom. Planning is underway and details will be shared in the coming months.

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

## 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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## Sun City Singers

(cont' from page 5)

sweater is often advised. Now, with our 2023 Weather God, several really toasty days may see the likes of "Delta", and Ain't that cool?

For those of you who have been anxious to join us, the time is now, on Monday August 14, 2:30pm in the back of the Ballroom. You will receive a packet of shivering music, and like the puppies we ask you to sit and stay! You could be sick as a dog, but rehearsing for our Christmas concert, always, magically heals.

Our Wrap Party in June was a great success. We discussed comments from our audience and shared ideas for the future. We are so lucky to know that our future holds, Paul Melkonian, continuing as our Director, and Andrey Andrievskiy as our Accompanist!

Our only very sad note is the passing of beloved Bass, Doug Stenger. He and his wonderful singing-saw will be sorely missed. Prayers--- for Sharon and family.

Here's a final toast to our 25 years in business. Here's to 25 more! Yippee!

• • •

## Music and Laughter

BY JANE BOHN

A capacity crowd got the show off to a rousing start with a full-throated "Happy Birthday" sung to our Sun City neighbors born with July birthdays. Once again, talented performers signed in to our Open Mic format allowing us the music, laughter, and sing-a-longs that lift our Spirit. Here comes a huge thanks to singer/guitarist Ken Roberts, vocalist Peggy Wells, singer/guitarist Gary Mills,



Music and Laughter

Bob Schuermann on Ukulele, Singer/guitarist Bob Swanson, Jokerster Jan Montero, and soloist/comic Ray DeBenedetto. Utilizing the



overhead screen, time allowed the audience to belt out two favorite karaoke songs; "Lean on Me" and Neil Diamonds "Sweet Caroline." Needless to say, everyone enjoyed another fun filled hour. Our raffle ensued with the following enthusiastic prize winners; 1st prize Cal Conley, 2nd Jill Aggersbury, 3rd Nancy Johnson, 4th Diane Rishe and 5th Susie Philipp.

We'd like to express our heartfelt thanks to all our entertainers, our fan club, our prize winners and our steadfast helpers; Jill Aggersbury, Maria Hajgato, George Flaherty, and Arlette Bennett. You all add joy to my life and make my job a breeze. We hope you'll pass the word about this group, bring your \$1 entry for the raffle and join us at our next gathering on Wednesday evening, August 9, 7pm (doors open at 6:30) at our Sierra Pines lodge, located on the corner of Del Webb and Whistlestop Way.

• • •

## SCR Dance Club

BY LENORA DAVIS

It's hot, but we are not. We are as cool as can be hanging out by the sea and cruising thru town with the rag top down. The wind in our hair with never a care. Let's go back to a time when the Beach Boys were in their prime. Join us at our Beach Party social on August 21. This event will be one you won't want to miss. So, grab your Hawaiian beach wear and come dance the night away listening to all of your favorite beach party songs. Tickets are available (only \$5) at any dance class or at the door.

If you attended our Election dinner-dance on June 28, you know we can throw a good party. Our various dance classes dazzled the audience – it was no less than spectacular. Following their performances, we elected our officers for this year (see photo) – all of whom are excited to serve the Dance Club and continue on with our successes. They are (left to right) Vikki Clark, Mike Reed, Kathy Westcott, Charlie Baughman.



New officers 7-1-23.



We are continuously updating our website with our dance schedule, photos and scheduled events. Be sure to check it out.

Finally, I would like to say, as your secretary for the last 2.5 years, it has been a pleasure and honor to serve you. Shelly was right – it was a lot of fun!

See you on the dance floor.

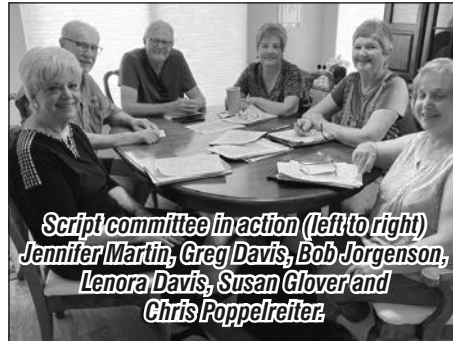
• • •

## Drama Club

BY LENORA DAVIS

August is here and we are in gear, planning and rehearsing our next big production on November 20.

In July we had director, acting and memorization workshops to help us improve our skills and we had many meetings of our script review committee. We selected the plays we will perform in the November 20 show, as well as plays for our Traveling Troupe to perform for clubs that have requested entertainment.



Script committee in action (left to right) Jennifer Martin, Greg Davis, Bob Jorgenson, Lenora Davis, Susan Glover and Chris Poppelreiter.

Last month the Traveling Troupe performed a skit for the Bocce Club, written and directed by our own Jennifer Martin. The theme was a few Sun City residents learning to play bocce, in a lighthearted manner. The audience and the actors all enjoyed this performance.

We are always welcoming new members. So, if you think you might be interested in joining us, and the fun we have, come to one of our regular meetings which are held on Tuesday

evenings (except the first Tuesday each month) at the Sierra Pines. These meetings start at 6:30. Also, you may contact Susan Glover (530.388.6367) or Lenora Davis (707.350.1357) for more information.

• • •

## Creative Arts

BY CAROL KOVACH

The Creative Arts room expansion is moving along at a good clip. The new kiln room now has its high ceiling and window to allow for better ventilation. The roof is nearing completion, and we are told that our room will be completely off limits for the next two months as work on the interior will necessitate total access. We will have to work from home if we want to continue to make items, taking them to local places to get them fired. We continue to keep in contact with each other on some Friday mornings on the patio of the Timbers restaurant.

A very large collection of glass and tools was donated to CAC by a former resident of Sun City, Roseville. Thanks to the tireless efforts of CAC president June Evans and a team of dedicated members, the entire collection was moved to a nearby storage facility and then made available to members of Sun City Roseville and Lincoln to purchase. What wasn't sold was donated to local schools and non-profit organizations – all within the one-month of free rent at the storage

facility! Proceeds from this generous donation will go toward building a new specialized large table in our expanded facility.

We took down our exhibit at Lincoln City Hall on June 30th after a two-month run; a lovely reception sponsored by the Art League of Lincoln was held on June 8. Several of our members sold pieces and had a chance to chat to attendees.

• • •

## Fine Arts Club

BY NANCY VAVUL

Are you looking for a way to express your creativity and immerse yourself in the world of art? Look no further than the Fine Arts Club! In this club you will find a supportive and encouraging environment, where fellow artists share their experiences, techniques, and insights. Although there will be a brief hiatus from classes and workshops in August, the

(cont' on page 10)

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## Fine Arts Club

(cont' from page 9)

club will host regular classes and workshops starting up again in September where members can learn new skills and expand their artistic horizons. From drawing to painting in oils, watercolors, or acrylics, this club covers a wide range of artistic disciplines. This month, be sure to check the room for the September signups.

One of the club highlights is its guest artist program. Renowned artists from the local community share their knowledge and expertise with members. Be sure to join us on August 10 at our general membership meeting when Barbie Smith, a wonderful painter in oil, will speak to us and share her insights. Interactions with master painters provide invaluable learning experiences but also foster a sense of inspiration and motivation to take your artistry to new heights.

Our club also organizes regular platforms to showcase members' work. Whether you're a seasoned artist or a budding talent, having your art displayed and appreciated by others is a rewarding experience. The gallery wall in the Fine Arts room, the hallway showcase next to the room, and the card room walls all display art by our members. The fall craft fair, the spring art festival and various pop-up sales offer the opportunity to exhibit and sell work more formally.

So, embrace the joy of creation and watch your artistic abilities flourish. The Fine Arts Club is where dreams become masterpieces and artists become family.

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## Needle Arts Club

BY PEGGY VOAKES

We welcome our members and guests back from our July break on Wednesday, August 2, 2023, in the Ballroom at 1:30 pm. Our program will be the return of the Wacky Doodle Quilter, Kim Brownell. Kim is known for her whimsical style and bright colors. This is sure to be a fun and inspirational program!

Our June business meeting installed, and re-installed, club officers. So, you will see a new face on the stage—mine, Peggy Voakes—along with our returning officers, Diane Faulkner, VP; Nancy Dunne, Treasurer; and, Linda Nelson, Secretary. I am grateful to have them and their experience with me and am honored that the women who have come before me in this position, and you, feel that I can continue the long and strong tradition that is the Needle Arts Club. I will do my best, relying on those women, and on you, my fellow members, who are always there to volunteer when asked.

After the June business meeting, many of our own talented members treated us to a variety of artful objects. I hope you were as amazed and inspired as I! So much talent in this club!

We enjoyed a Thread Connection Potluck at Sierra Pines on June 28. While a smaller gathering than usual, we had plenty of great food, fun, and a wonderful trunk show by member Dee Cavanagh of her award-winning garments. Stay tuned for updates on Thread Connection.

Our business year began on July 1. If you

haven't had the opportunity to pay your dues, yet, Karen Porter will be at the door on August 2, making it easy for you to get that checked off your list of things to do!

...

## Cinema Group

BY BRIAN SUTTON

Join us for this informative, enjoyable August movie,

"Hidden Figures" (2016). Run time: 2 hours 7 minutes,



In heartwarming, crowd-pleasing fashion, this film celebrates overlooked and crucial contributions from a pivotal moment in American history. Three brilliant African American women at NASA (played by Taraji P. Henson, Octavia Spencer, Janelle Monáe) serve as the brains behind one of the greatest operations in history, the launch of astronaut John Glenn into orbit. This was an achievement which turned around the Space Race and galvanized the world.

This film was Oscar Nominated for Best Picture, Best Supporting Actress, and Best Adapted Screen Play.

Movie Rating Websites: IMDB rated it a high 7.8; "Rotten Tomatoes" ratings were Critics 93% - Audience 93%;

TIME Magazine reported it "a dazzling piece of entertainment and a window into history."

The San Francisco Chronicle reported

that Henson, Spencer and Monáe all excel, conveying the intensity and worthiness of these women's ambitions, even as they deal, almost in a matter of fact way, with obstacles that are maddening.

Friday, August 18, 1:30 pm, Spruce Room, Sierra Pines

As always, Admission is Free!

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

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## Roseville Stamp Club

BY TIM MILES

A lot going on in the Stamp Club. Let's mention the upcoming meeting which are held on Tuesdays at the Sun City Roseville Lodge meeting rooms. The August dates are August 8 and August 29. The September dates are September 12 and September 26. Meetings start at 6:30 pm and are usually over by 8:45. You can access hinges, album pages, catalogs, along with a lot of information available to you from the members. If you have an "old" album in the closet, come to a meeting and our members will be glad to give you an approximation of its value. You might choose to join as the dues are cheap.

Al Capparelli (916-771-8288) is having his open house garage get-togethers on certain days (Call him first as he has commitments on certain days that take precedence over

(cont' on page 11)

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## Roseville Stamp Club

(cont' from page 10)

other events). He'll be happy to help, and we have access to a new US collection with a lot of mint stamps.

Al Raub recently sent all our members an up-to-date membership list with addresses and phone numbers, and we thank him for keeping us in the mix on a timely basis.

Also, we bid a fond goodbye and God-speed to Bob Cook who lent his good hand to a lot of work with the club. Bob and his wife moved to West Virginia and will be missed.

The SACAPEX show put on by the Sacramento Stamp Club is set for November 4-5 (see [www.sacramentostampclub.org](http://www.sacramentostampclub.org)). It is always a good event.

• • •

## International Social Group

BY CYNTHIA SINDREY

A survey was sent to all members asking for their input and many have already been returned. The results, so far, show that we are doing a good job with our events which honor different countries all over the world, the food served is enjoyed and the entertainment showed that music and speakers talking about their heritage is enjoyed, so moving on we will take the suggestions to heart and hopefully please our current members. It may also bring in new members who we greet with open arms.

By the time you read this article we will have had our Annual July BBQ honoring America. Good food and socializing were

enjoyed by all who attended.

At the next event which will take place on Wednesday, September 27 at Sierra Pines starting at 6:00pm. Germany is the country we are honoring with an authentic 'October Fest' which in Germany is actually celebrated in September and goes through October. BEER, BEER, BEER. We will be serving German themed dinner along with liquid refreshments.

Planning is already in the works for January 2024 when dinner, music and dancing to celebrate 'Bringing in the New Year' This has been rated as one of the best events we offer. Details will be forthcoming by flyers for our members and in the rack at the lodge where you will also find membership applications and flyers showing what our club is all about.

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

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## Jewish Fellowship Circle

BY LOIS ARLEN AND KAREN LEVINE

A special thank you with appreciation to Diane and Allen Greenberg for leading the Shabbat service and to several JFC Board members who hosted the Oneg in June.

A delicious cold-cut Shabbat dinner is planned for Friday, August 4, 2023 at 6:00pm at Sierra Pines. We don't even have to leave Roseville to get a real taste of New York City and dine on very good authentic delicatessen food that will be shipped directly from a superb deli in the Bronx, New York! Immediately following the dinner will be a Shabbat service.

The Book Club will reconvene on Monday, September 11, 2023 at 7:00pm at the home of Diane and Ronold Rische. For those who have already read the previous book, a new book will be chosen. Both books will be reviewed at this meeting.

On Monday, September 25, 2023 there will be a Break the Fast dinner after Yom Kippur.

Join in the fun with the Jewish Fellowship here at Sun City Roseville. Recently we had an ice cream social with all the toppings. After dessert we enjoyed friendly and fun games of corn hole and a putting contest. A nice evening was had by all for fun and eating ice cream.

We have Friday evening services each month on the first Friday of the month. In August the JFC Board members will lead the services. There will be a short service with readings and singing, and afterwards a nice Oneg follows. Mark your calendars and come join us!

• • •

## Democrats of SCR

BY MARISA BERNETTI

Reminder: Dickey's BBQ Pit's chicken n' ribs and member potluck - Wednesday, August 30th, 11am-3pm, Sierra Pines - Be there!

As I meandered our lovely community over the 4th of July week, I was heartfelt to see so many American flags proudly fluttering in the breeze. Unfortunately, I also observed some things which go against our national flag etiquette. No matter the season, it is always a good time to review how to properly adhere

to the U.S. flag code to display our patriotism. Our flag is a living symbol and should be treated as such.

According to VFW.org "the American flag has a long history, and VFW members have spent nearly as long defending, as honoring our nation's most iconic symbol of freedom." Some of the notable rules:

1. On the same or different staffs, the U.S. flag is at peak, above any other flag.
2. It is universal custom to display the flag only from sunrise to sunset. However, for a patriotic effect, the flag may be displayed twenty-four hour a day if properly illuminated during the hours of darkness.
3. Do not display a flag which is torn, tattered, faded or in some disrepair.
4. Flag disposal: contact the local VFW Post for proper disposal.
5. Always allow it to fall free. Do not fasten, tie it back or have it catch on something.
6. Do not use the flag as clothing.
7. Never use the flag for decoration. Use bunting with the blue on top, then white, then red.
8. Do not let the flag touch the ground.
9. Do not fly the flag upside down unless there is an emergency.
10. The flag should not be displayed during inclement weather, except an all-weather flag.
11. Display the flag on all national holidays, plus special days as designated in the U.S. Code Guide.

• • •

(more Club News cont' on page 13)

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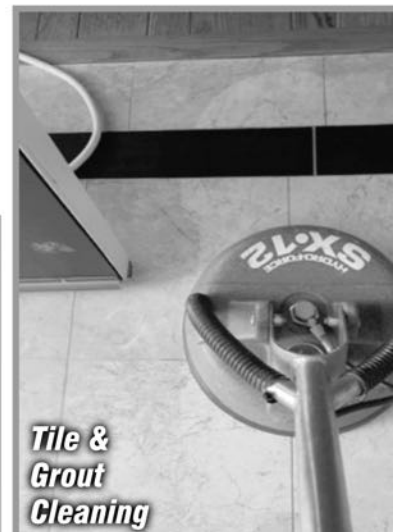
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## Boomer Generation

BY SUZANNE CROWDER

This is the first article since your new board and council has taken over on July 1, 2023. So welcome President, Tom Harvey; Vice-President, Judi Garcia; Secretary, Lori Zeledon; and Treasurer, Ann Waters. Returning Council members are: Membership, Dev Corlett; Social, Kathy DelGrande, Pam Cabezas and Tena Johnson. New to the group is Member at Large, Ken Landrum; and several more council members will be announced shortly. Congratulations to all.



June 21, 2023 General Meeting and Election.

The first Council Meeting was July 5, 2023 and the first General Meeting was July 19, 2023. At the Council Meeting, the new officers and Member at Large were introduced. Most of the remainder of our time was spent discussing ideas for the General Meeting on the 19th. At the General Meeting, more new Council Members were introduced as well as welcoming several new members to Boomers. We had some great snacks, fun games, and had a healthy discussion of ideas the members would like the board to consider for upcoming events. As always, everyone had a fun evening.

Now it's time to mark your calendar for the Events for the year, Fall Event on September 20th & 21st and Winter Event on November 15th & 16th. We'll start off 2024 with our annual "After Holiday Party" on January 24, 2024. Watch you e-blasts for more information. And don't forget to check the website for all the SIG updates.

Remember, Membership dues are being collected for the July 1, 2023-June 30, 2024 year. Only active members can participate in Boomer Generation activities, so get your membership dues in now. Please use the on-line form or pick up a form in the lobby and submit with CHECKS ONLY made out to Boomer Generation for \$10 per person.

Your Boomer Council

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## Computer Club

BY BARBARA EICHTEN

Our next General meeting will be on the 4th Monday, September 25, 2023 in the club Room. Bring any suggestions for future meetings or call 916-587-2862 prior to this meeting.

Photo: Group will meet on the 3rd Friday, August 18 at 10:00am in the Club Room.

Submission of a maximum of 3 photos, sent to PhotoSIG916@gmail.com, is due by Monday, August 14. August's theme is "Nature Sun City Roseville". Pictures must be taken between January 2020 and the present. Contact Dennis Studer or Jenni Ramirez for additional information.

Genealogy: Group will meet on the 2nd Thursday, August 10 from 2:00-3:30 in the Club Room. Bring your device (iPad, tablet, laptop, if you can) and any materials you are using for your research. We will have a short presentation to "get you started" on Family Search. You will be able to work on your own family with help available.

iDEVICES: Group will meet the 1st Wednesday, August 2nd at 10:30am in the Club Room. Bring your devices (iPad, iPhone, Mac Computer) and your questions.

Open sessions in the Club Room for Computer Club are on Fridays August 4, 11, 18, 25 from 1:00-3:00pm (subject to change)

Check the scres.org website for further information or call 916-587-2862.

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## Conservative Action Group

BY SHERRI SCOTT

The Fourth of July has passed and beyond the fireworks and parades, the day gave us an opportunity to think about the birth of our nation and celebrate the ideas that made this country great. The Declaration of Independence and the Constitution of the United States embody the fundamental tenets of a belief in God where all men are created equal and endowed with certain unalienable rights of life, liberty, and the pursuit of happiness. A new federal government with limited powers via checks and balances was formed with the consent of the governed. Conservatives of today still believe in our 1776 foundational mores and values and oppose the aggressive movement toward a "King-Like" centralized top-down controlling executive

form of government.

Our group did not hold a meeting on July 3rd due to the long holiday period for the Fourth. However, many CAG members were still very busy in June and July. State Assembly and Senate representatives received calls and letters from us supporting or opposing the many bills initiated by this year's session of the legislature. Others assisted in organizing and supporting a fundraiser for our local candidates, which did quite well in donations received. Yet others had fun while working and participating in the July Fourth golf cart parade in Sun City and the 4th of July parade in Lincoln. Of course, we participated in every first of the month Courier Days.

Our next meeting will be held on August 7, 2023, in the Ponderosa room at Sierra Pines starting at 6:30 pm. Please join the camaraderie and action planning among our 147-member strong group.



David Dupree and Steve Cho.



Sue Sequeira

...

## Veterans and Patriots Club

BY GEOFF MARSHALL

To those of you who missed the presentations from our June meetings (10am the first Wednesday of every month / Timbers Ballroom) you missed a great presentation from Rob Born whose Bio for his government service to this country is second to none! From a Marine Corp Officer to the State Department Terrorism task force to FBI Bomb Technician in Afghanistan Rob has earned a great retirement! Thank you, Rob!

The quality of the speakers that we have put together for this community is second to



Rob Born

none. On August 2nd, we have Lt. Colonel Richard Lang – Commander and U-2 Pilot of the 1st Reconnaissance Squadron. Come and out and hear his story, it will be very interesting. We would also like to remind each of you that you don't need to be a member of the Veterans and Patriots Club to attend our General Meeting. Just bring yourself and a friend and enjoy the speaker, donuts and coffee and at the end of the meeting maybe win one of the four, or five raffle give aways by our great Sponsors.

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

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## SCR Travel Club

BY LINDA VANDERPOEL

The Sun City Roseville Travel Club's (TC) next meeting will be the Summer Social on August 28, from 5:30 pm to 8:00 pm at Sierra Pines. There will be a brief business meeting before the event. The Fabulous Hot Dog Festival, will be catered by Andee Falco, from the Divine Grazing Boxes, and live entertainment will be provided by our own SCR Harmonicoots.

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

September 14-27, African Safari (Collette)  
September 16-22, Holland America Cruise/Quebec City to Boston (Alamo)

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

October 12-19, Fall Foliage (Collette)

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

Scheduled trips for 2024 include:

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

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

April 3-16, 2024, England and Scotland (Collette)

May 2024, Amish Country and

(cont' on page 14)

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## SCR Travel Club

(cont' from page 13)

Philadelphia (Collette)

July 2024, Iceland (Collette)

October 28, to November 6, 2024 Europe WWII 80th Anniversary of D Day Tour (Collette))

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

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

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## Socrates Café

BY STEVEN GUSTAFSON

Socrates Café is Sun City's philosophy group. Typically, more than a dozen of us have invigorating discussions on the first Monday of the month at the Timbers lodge.

Recently, the US Supreme Court ruled on the legality of affirmative action in college admissions and on the legality of a web designer's refusal to advertise a gay wedding. Socrates café avoids discussing political opinion or religious belief. However, we often discuss ethics—right versus wrong behavior.

Presumably, the Supreme Court Justices

ruled primarily based on consistency with the US Constitution and fidelity to precedent. Their rulings (roughly stated) rejected affirmative action and affirmed the web designer's refusal.

However, suppose that the Justices were philosophers and were free to rule based on what is "right" and what is "wrong". Then what would their rulings be, and how would they be justified?

This question is of the sort that generates much discussion at Socrates Café. You are welcome to join us.

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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

(cont' on page 15)

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## Rods & Relics

(cont' from page 14)

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](http://www.rodsnrelics.net)

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## Mantra Meditation

BY ED CERVANTES

The Heart of Gold Meditation Group cordially invites you to join us for a peaceful hour of mantra meditation, music, and good company. Come learn a simple method of meditation that uses soothing mantras and music to ease the stress and anxieties of daily life. The timeless practice of mantra meditation is as universal as the sunrise. Everyone can enjoy the beauty of a sunrise and be warmed by its golden rays. Likewise, through this meditation everyone can find spiritual love, warmth, and comfort. Mantra Meditation – A Deeply Relaxing Experience. The program is donation based and the meditations will be practiced seated in chairs.

Here are the dates and locations for our upcoming meetings. Bring a friend and come make new ones.

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

Wednesday, August 23rd 1:30pm - 2:30pm in the Ponderosa Room at Sierra Pines

Friday, September 8th 1:30pm - 2:30pm in the Spruce Room at Sierra Pines

Mark your calendar and we look forward to meeting you.

Ed Cervantes and The Heart of Gold Meditation Group [mantramedclub@gmail.com](mailto:mantramedclub@gmail.com)

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## Birders

BY JANET MORELLI

SCR Birders will be posting a new Birding Field Trip Schedule on its website in August for the 2023-2024 birding season which will begin in mid-September 2023 and end in mid-May 2024. In the meantime, Birders will continue to birdwatch whenever they get the chance, in their backyards and neighborhoods, on vacations, at parks, outdoor restaurants, or on visits to out-of-town friends and relatives. Many will use the hot weather in the months of June, July, and August to study birding field guides, periodicals, and web sites to sharpen their bird identification skills.

A Cooper's Hawk is a medium-sized hawk that has a long tail with a white terminal band and short rounded wings. It has a black head with a black cap, rust colored horizontal breast bars, and a red eye. It feeds on small birds, lizards, and snakes captured in a surprise attack. It is commonly found near open woodlands and brushland. A Cooper's Hawk usually nests in the fork of a tall tree in a nest made of sticks and twigs. Sometimes, this bird may reuse an abandoned crow's nest. During incubation and the early stages of raising the young chicks, the male bird does all the hunting, bringing food to both his mate and the nestlings.



Cooper's Hawk

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## Garden Club

BY SUZETTE AUSTIN

The Garden Club does not meet in July and August. Be assured, we are busy booking interesting workshops and speakers for the Fall, as well as planning our Spring '24 Sun City Roseville Garden Tour.

Meetings resume on September 5 and are on the first Tuesday evening of each month. Doors open at Sierra Pines at 6:15 pm, our meetings begin at 6:45 pm and end by 8:15 pm.

Remember dues of \$10 per year are due at the September meeting and the registration form must accompany dues. You can find a form on our website or in the the Garden Club information slot in the lobby kiosk.

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## Cycling Group

BY SUZETTE AUSTIN

Our Cycling Group welcomes everyone to try our Rovers Rides. You don't even need to be a member of our group; the only requirement is that you must wear a helmet.

Though the focus is on new riders,

(cont' on page 18)



Koffee Klatch at Ann and Bill's

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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.

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## 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.

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## 16 DAY MOROCCAN & IBERIA PASSAGE PRINCESS

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Sky Princess ~ 3660 Passengers

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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

Nov 1, 2023

\$2,428 \$3,199 \$3,399

Enchanted Princess ~ 3660 Passengers

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

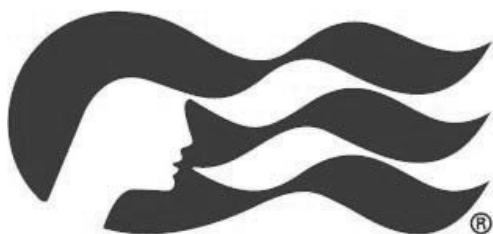
Dec 1, 2023

\$998 \$3,398 \$4,348

Enchanted Princess ~ 3660 Passengers

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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<b>7 DAY ALASKA CELEBRITY CRUISES</b>				
<b>Celebrity Edge ~ 2918 Passengers</b> <b>~ Maiden Voyage Dec 2018</b> <b><i>Sail the best ship on the West Coast in 2024!</i></b>	May 31, 2024	\$698	\$799	\$1,449
	Jun 21, 2024	\$749	\$879	\$1,399
	Jul 19, 2024	\$949	\$1,049	\$1,549
	Aug 16, 2024	\$749	\$950	\$1,399
Sail round trip from Seattle, Washington to Ketchikan, Alaska; Endicott Arm & Dawes Glacier, Alaska; Juneau, Alaska; Skagway, Alaska; Victoria, BC, Canada; Seattle, Washington.				
<b>94 DAY AUSTRALIA &amp; NEW ZEALAND HOLLAND AMERICA</b>				
<b>Volendam ~ 1432 Passengers</b>	Jan 3, 2024	\$16,699	\$18,649	\$40,499
<b>INCLUDES ROUND TRIP FIRST CLASS SACRAMENTO AIRFARE!</b>				
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.				
<b>10 DAY ULTIMATE CARIBBEAN CELEBRITY CRUISES</b>				
<b>Celebrity Equinox ~ 2850 Passengers</b>	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.				
<b>25 DAY MEDITERRANEAN REPOSITION HOLLAND AMERICA</b>				
<b>Oosterdam ~ 1964 Passengers</b>	Apr 5, 2024	\$3,099	\$3,299	\$4,929
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.				
<b>12 Day PARIS TO THE SWISS ALPS May – December 2023 - 2024 \$3,499</b>				
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<b>15 Day GRAND EUROPEAN TOUR May – December 2023 - 2024 \$4,299</b>				
<b>Viking Longships ~ 190 Passengers</b>	<b>INCLUDES ROUND TRIP SACRAMENTO AIRFARE!</b>			
Package Includes your home to the Sacramento Airport Transportation, round trip Sacramento Airfare, Airport Meet-And-Greet with Transfers from the Airport to the boat, your 15 Day Viking European River Cruise through France, Germany and Switzerland in standard accommodations with a window, all meals on board the boat AND daily sightseeing! Ask about higher category staterooms like a French Balcony or Veranda stateroom. Call for availability.				

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## Cycling Group

(cont' from page 15)

everyone is welcome. Rovers Riders meet and depart at 8:30 AM from the Tennis Courts on Sundays, Mondays and Wednesdays. These rides are about an hour in duration and average 10 mph. They ride on Sun City streets and local bike paths, avoiding heavy traffic. This group focuses on basic riding skills, rules and etiquette of the road and simple maintenance. Just show up, or contact Jeff Holland or Wendy Appleby for more information.

We have a Koffee Klatch coming up on August 7th at 9 AM hosted by Steve and Elizabeth Gustafson.

We are planning a "LuWow," a Hawaiian themed catered dinner on Sunday, August 20, at 5:30 pm. Members and guests are encouraged to wear Hawaiian attire and we'll play games and enjoy tropical music. This will be in place of our Club meeting that would be on August 21.

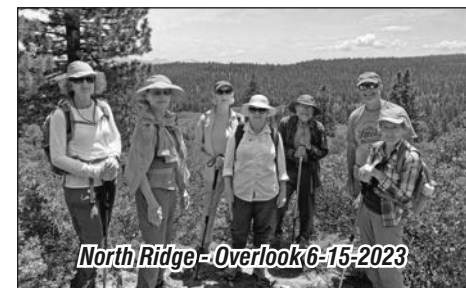
Our Club regularly meets on the third Monday of each month at 8 am in Sierra Pines. Our next meeting will be on September 18. Watch our Cycling Group website for the latest of all our rides and upcoming social events.

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## SCR Hiking Group

BY SILVANA HUGHES

All SCR clubs and groups are made possible only through the efforts of dedicated volunteers. At our group meeting on June 12th, we thanked Doris Merchant, who retired



from her position as Secretary, for her years of service. We also expressed our appreciation to our officers and hike leaders for all they do to keep the group going, as well as other members who help in countless ways even though they don't hold official titles. We welcomed two new members, Doug and Rose Smoot, who shared a little bit about their background and look forward to joining us on future hikes.

The next meeting is set for Monday, September 11, and food assignments will follow. Our Holiday Party will be held on Friday, December 8, in the Solarium Room.

Below are the scheduled hikes for August (subject to change depending on weather and trail conditions). We meet at the parking lot near the tennis courts at 7:45 for carpooling.

(cont' on page 19)

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## SCR Hiking Group

(cont' from page 18)

Remember to pack a change of shoes, lunch, plenty of water, sunscreen and bug spray. A detailed schedule is posted on the SCR website.

August 3 - Carson Pass to Woods Lake via Lake Winnemucca, rated 4.5 (easy to moderate), 5 miles, elevation gain of 700 feet, \$12 carpool ride.

August 10 - Three Lakes, rated 4.5 (moderate), 5.75 miles, elevation gain of 850 feet, \$12 carpool ride.

August 17 - Hawk's Peak, rated 4.5 (moderate), 6.5 miles, elevation gain of 900 feet; \$12 carpool ride.

August 24 - Summit Lake, rated 4 (easy to moderate), 6 miles, elevation gain of 650 feet, \$12 carpool ride.

August 31 - Loney Meadow to Rock Lake, rated 5.5 (moderate), 7 miles, elevation gain of 900 feet, \$12 carpool ride.

• • •

## SCR Senior Softball

BY BOB MONTALVO

The SCRSSC's spring season was a rousing success, with our games featuring lots of hits and sparkling defense, lots of Sun City residents in attendance enjoying themselves, and most importantly, very few serious injuries incurred by our aging athletes. We can now put away our gloves, bats, and balls to enjoy the rest of the summer with our friends and families, watching those endearing movies on the Hallmark Channel. If vacationing is on

the agenda, do travel safely and enjoy every moment. Try also to keep active during this off-season, as we need to keep our bodies moving and flexible. Remember that old adage, "use it or lose it."

We again want to thank our generous sponsors for helping to keep us on the field, playing this great game that truly helps us stay young at heart. Thanks to our Team Sponsors: Coldwell Banker, Wesley Your Roofing Contractor, Eskaton Village, Excel Realty, and Oakmont Ivy Retirement Living. Thanks also to our All-Star sponsors: Sew Cal Embroidery, Fred Brandt's Fusion Fitness, Fresh Green Cleaners, and Charles Dental Group. When you visit these fine establishments, be sure to thank them personally. We hope they'll all be with us again in 2024.

Speaking of the 2024 season, the SCRSSC wants to encourage the women of Sun City Roseville to dust off their softball gloves and come to our pre-season try-outs next February. Pam Wingo broke the gender barrier this year, the first woman to play softball at Sun City. She didn't expect to be the only woman, but she reported feeling well received by everyone and supported by her teammates. She enjoyed the experience of playing next to her husband and feels it would be wonderful to have more women join us next season. Sign-ups will begin in late fall.

• • •

## SCR Table Tennis Group

BY DON WOODS

Table tennis is a sport that has drawn interest around the world. From casual players to professionals, table tennis has become a favorite sport. Table tennis has produced many inspiring stories of players in their journey.

Deng Yaping is a former Chinese table tennis player who is considered one of the greatest players of all time. She won four Olympic gold medals, 18 World Championship titles, and numerous other honors. Deng's story is inspiring due to her humble beginnings. She was born into a poor family in China with many obstacles to overcome. She trained tirelessly and eventually rose to become a champion and an inspiration around the world.

Willy Leparulo is a player from the Philippines. He was born with a rare medical condition called Arthrogryposis Multiplex Congenita, which affects his joints and muscles. Despite this, Willy has become an accomplished table tennis player, winning numerous titles and representing the Philippines in international competitions. He has demonstrated that many things are possible with effort.

Ibrahim Hamato, an Egyptian table tennis player, has an inspiring story. He lost both arms in a train accident when he was 10 years old. This did not stop him from pursuing his passion for table tennis. He developed a unique playing style, using his mouth to hold the paddle, and has become an accomplished player, even competing in international competitions. His story is a testament to the human spirit and

the power of determination.

Many Sun City residents have played table tennis in the past. Now is the time to renew interest in the game for all of the benefits that it will provide.

Come join us at the Sierra Pines: Tuesday and Thursday - 2:00 pm to 5:00 pm; Saturday - 9:00 am to 12 noon.

• • •

## SCR Tennis Club

BY DIANE BARNETT

Due to the summer heat, many playgroups have adjusted their start times to play tennis in the early mornings and/or later in the evenings. The MWF Men's group is now playing at 7:00 am and the Tuesday evening drop-in group is now playing at 7:30 pm, to take advantage of any evening breeze that may be blowing around. The Saturday Drop-In Group voted to retain their 8 am start time, and play days and tournaments are still being scheduled in the morning on various Saturdays.

Nancy Kacey, SATA (Sacramento Area Tennis Association) Team Captain, reports that her summer league has kicked into gear and they are playing competitive league tennis in the early evening, throughout July and into the first part of August. The SATA League has been a big success in the Tennis Club. Call Nancy Kacey or Michelle Weeks if you want to become involved in a fall league competition.

Members are on a mission to form new and exciting activities and one of those activities

(cont' on page 21)

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## SCR Tennis Group

(cont' from page 19)

involves setting up and hitting off of the ball machine. Practice drills and creative shots are one of the many uses of the ball machine. Contact Patrick Maglione or Ray Barnett for further information.

August 2, is the annual Tennis Club "free" Pizza Party for members who paid their dues by the end of July 2023 for the upcoming 2023-24 Fiscal Year. The "free" pizza dinner has been a hit with Tennis Club members for many years. Linda Gordon, Social Chair, reports that 2 kinds of pizza will be provided by Al's Pizza (formerly Pete's Pizza), along with salad and dessert. Wine, beer, water, and soft drinks are always available and always "free" at the Tennis Club socials and dinners. So, join the Tennis Club and join in the fun!

• • •

## Cornhole

BY STEVEN GUSTAFSON

Cornhole is an especially friendly game. That's why you see players on backyard patios, on outdoor areas of bars and restaurants, and on cruise ships. Unlike many other games, cornhole is low-stress and enjoyable because the camaraderie is high, and the competitiveness is low.

Sun City's Cornhole Group plans to have a tournament in the near future (details to be announced). The tournament will be at our regular summer day, time, and place: Tuesdays at 9:00 on the Sierra Pines horseshoe lanes. You will be welcome to enter or watch the tournament or to simply play your own games.

• • •

## Croquet Club

BY ROSA VOLERE

Our author, Gail Daley, is leaving Sun City and moving out of state. Many thanks to her for all the wonderful articles she's written. Tried as we did, we couldn't convince her to continue from afar! So, who has taken on this worthy and rewarding task? Good question... that will go unanswered for now, as this is only temporary until we can strong arm someone to take over on a regular basis.

While talking about our club events, let's reach out to our community to encourage residents to join the Croquet Club. Using "whites" as an excuse not to join? "Whites"

shmites, baloney! Not a reason is it?

If you are not a member, but happen to be reading this article, listen up! Our croquet games are nothing like those you played in your backyard as a kid...far from it. This is a game of strategy requiring skilled execution. Don't believe that? We have Croquet Club members who also golf, that can tell you otherwise. Challenge yourself...or are you just afraid?

And what else? We meet quarterly, getting the boring business stuff over quickly so we can have a great meal, refreshments (of an alcoholic nature if you prefer), and fun games. Everything that promotes social interaction in a warm and friendly atmosphere. We also meet the first and third Thursday on the croquet patio for informal socializing (booze too, but it's BYOB), and you might even squeeze in a little croquet.

Hey, there's more! There is 6 wicket and 9 wicket croquet (come find out the difference), with scheduled club play times. Come learn to play croquet, enjoy our socials, meet some new folks... you'll be glad you did.

All you members, see you out there!

• • •

## Pickleball Club

BY ANNE BURNEY

The "I Love Pickleball" movement continues to grow here in Sun City. We had two new members last month that joined our club. We welcome Jana Adams and Teri Seaman. In addition to new members, we also have several new improvements to our courts. We have new heavy-duty benches on the courts, new numbering on the courts and just in time for summer, a new sunshade.

Last month we had another tournament called Kings and Queens of the court. They all played six games to 15 points each. At the end of each game the winners moved up a court and the losers moved down a court. At the end of the six games, the last four players on court one played a final match, and the winners



Greg Morgan, Pam Wingo, Gary Pyle, and Wendy Leimbach.

were crowned King and Queen. Pictured are our final 4 celebrating.

Pickleball tip of the month - The ATP (Around the Post) is the most beautiful shot in Pickleball. The keys to this shot are patience, a crossover step, and follow through. As the ball travels outside of the post wait as long as you can to hit the shot and then... wait a moment longer to hit the ball. A crossover step is needed for the backhand ATP and allows you to extend your reach out wide and low to the ground. Your follow through should lift the ball and shape it into the back corner of your opponent's court. This shot takes a little practice but once you get the feel, it easier than it looks.

Attention new players: The Pickleball Club hosted a beginner Pickleball clinic on July 15 at 9:00 AM. For more information about future clinics please contact Wayne Miller at tollman80@yahoo.com if you're interested.

• • •

## He & She Golf Club

BY JULIE HARRIS

Looks like those warm sunny days of June are gone and replaced by the hot and sizzling days of summer. The good news is that our bi-weekly shotgun tournaments start at 8am and we're done long before the heat of the day.

It's time to start thinking about the new He & She Golf Club board for 2024. Several of the current board members have graciously agreed to stay on for another year but we are looking for a new Vice President as well as two event planners. If you are interested or have questions about these positions, please contact Julie Harris at 530-362-0573 or talk to any current board members. We need YOU!

Each tournament has too many winners to include in this article but here are just a few of our top dogs:

18 Holes at Timber Creek

1st Place: Frank Paluch, Shirley Libis, Rich Aug, Johnice Swallender \$7 each

2nd Place: Barbara & Gary Mills, Karen & Ken Shahoian \$6 each

Closest to the pin

Ladies - 1st Place: Marianne Daly 30' \$5

Men - 1st Place: Steve Proctor 4'4" \$5

9 Holes at Sierra Pines

1st Place: Don & Marilyn Meyers and Janet Zeitman & Toni Ulloa \$7 each

1st Place: Andrea Norcia, Gail Riddle, Christina Leaman \$7 each

2nd Place: Wayne Berger & Jahna Holmes, Hideko Gongaware & Joanne Mastalski \$6 ea.

2nd Place: Rob & Kathy Schroeder and Dennis Hellman & Cory Blasser

Closest to the Pin

Ladies - 1st Place: Elizabeth Gustafson - 13'3" \$5

2nd Place: Christina Leaman - 19'6" \$3

Men - 1st Place Dennis Hellman 12'1" \$5

2nd Michael Hemingway - 12'5" \$3

To join the He & She Golf Club please go to website for all the information as well as a membership form.

• • •

## Sierra Pines Ladies Golf

BY PAM SKARG

Summertime and the living is easy in Sun City. Where people can come to play golf at two of the nicest golf courses in Northern California. How lucky are we to have such wonderful people to live, laugh and play golf together.

Speaking of wonderful people, Cathy Hurst is one of those ladies, who was kind



New members of the Sierra Pines Ladies Golf: Linda Case, Lisa Gryan, Donna Lynne Weigelt, Karen O'Hara and Nina Swendig.

enough to open her home for the first New Member Social of the year. Wendy Sutter, our Captain, welcomed the new members and it was a fun morning getting better acquainted with the new Lady Niners, which we are now up to eight since the beginning of the year.

We are looking forward to the 9/18-hole mixer to be held this year at the Timbers with the 18-hole Timbers women golf group. It's always a fun day for everyone. Also, to show our appreciation to the maintenance crew for the wonderful job they do all year, we serve them ice cream during their lunch break. Thank you, gentlemen. More on these events next month.

Sierra Pines is in wonderful condition,

(cont' on page 23)

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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."**

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

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## Sierra Pines Ladies Golf

(cont' from page 21)

inviting us to come and play. The following ladies did just that:

Most Improved for June:

1st Flight - Theresa Howard

2nd Flight - Gail Hixson

3rd Flight - Christy Bennett

4th Flight - Rhonda Bubbico

Chip-Ins for June:

June 7th - Darlene Reber - hole #3

June 14th - Bobby Hostler - hole #2

Valerie Wilson - hole #8

June 21st - Darlene Reber - Hole #2

June 28th - Bobby Hostler - hole #6

Deb Gassen - hole #2

Birdies for June:

June 28th - Pat DeCroix - hole #5

Valerie Wilson - hole #2

Great golfing ladies, Congratulations!!!

"I went to play golf to shoot my age and shot my weight instead." Bob Hope

...

## Timber Creek Women's Golf Club

BY NANCXY LABRADA

Congratulations to Diane Dooley who is the Red Tee winner and to Jahna Holmes who is the white tee winner in our Handicap Championship Tournament! A special thanks to Paula Hau and her committee for serving us a wonderful pizza luncheon on the Bocce courts. It was a great social event.

Our ladies are playing great golf! Pam Hemingway recently received her



pin for breaking 100. A major accomplishment! The Most Improved Players for July are Cindy Gray, 1st Flight; Lynn Pearsall, 2nd Flight; and Theresa Howard, 3rd Flight.

Susan and Becky Green, Cindy Gray and a guest played in the Foundation Golf Tournament. They took first place in the 18-hole division. The nine-hole division was won by Deb and Paul Gasson, Theresa and Ron Howard. Our 18-hole ladies' rule!

On July 19th we enjoyed a wonderful 9/18 Hole Mixer with the Sierra Pines Ladies Golf Club. This year it was hosted by the TCLGC on the Timbercreek course with a great turnout. Robin Shaffer, Linda Stenvick and their committee provided a nice lunch. It was a fun opportunity for all our lady golfers to socialize at this annual event.

The monthly General Meeting will be held on August 16. Whether or not you play that day, do come to the Birch/Aspen Room at 1:30 pm and keep up to date on our Club's activities.

...

## Timber Creek Men's Golf Club

BY GARY BECKMAN

The Timber Creek Men's Golf Club is in the middle of an exciting time for our golfers. Although quite a few of our golf events have been completed, we have saved many of our best outings for the second half of the year.

In July we held our always fun Firecracker Tournament where all of our participants teed off from the Red, White, and Blue tees. We also held our annual BBQ at the Pines. This was a chance for our golfing members to enjoy some social time with the other members while having some delicious food and drink after their round of golf.

In August, we are holding the second of our two Club Championship tournaments for the year. The format is Match Play with Flights from the Black, Blue, Gold, and Red Tees. The 16 player flights will require that a contestant play 4 rounds of golf in order to win their flight. This is always a great tournament that requires our members to play heads up golf against each other.

If you like to play other golf courses, we still have several CVS (Central Valley Senior) events left on our schedule. CVS events are held monthly. Check your TCMGC emails for dates and sign-up details.

We also have RAMP ongoing in August

with the Lakes on the 3rd, Oaks on the 10th, and the Pines on the 17th. All start at 7AM (or earlier) and include coffee, doughnuts and \$15 raffle. We hope to see all of our volunteers out on the course!

Finally, we have our General Meeting scheduled for August 2nd in the Ponderosa Room at the Pines. We hope to see you there!

...

## Golden Niners

BY RALPH FRIEND

This month's spotlight shines on Brooks Blaskower. He is married and he has six children. Two of his children live in Roseville and the other four live throughout California. Brooks was raised in Marin County and he lived there for almost sixty years. He was a police officer in San Rafael until he retired. Brooks started playing golf after his shift and he found that he liked it! Brooks also enjoys playing tennis. He was about five years old when he started playing tennis and he eventually belonged to the United States Tennis Association. He still plays tennis here in Sun City. Brooks and his wife enjoy living here in Sun City and he enjoys playing golf with the Golden Niners. If you go out looking to meet Brooks, he will probably be on the golf course where he plays three or four times a week. Welcome to the Golden Niners,

Brooks!

Top money winners in June are: Franklin - \$36; Gabe Andrade - \$35; Randy Meyers - \$31; Keith Ivy, Doug Peck and Bob Schesser - \$30, \$28; Bob Eggerts and Jerry McCauley - \$25; and Dennis Thompson - \$23.

Congratulations to all - please remember that all winnings are credit in the golf proshop. Stay cool...

...

## Billiards

BY DAVID ZAN

The Billiards Club continued to be very active during June. Monday morning Ladies (9:00 am to 11:00 am) would like to increase their numbers and are looking for new players. No experience necessary. If you are not coming out because you are worried about your skill level, I am happy to give informal lessons (group or individual). Any afternoon except on Wednesdays is good for me. Just email me (David Zan) at dzan@surewest.net to get a lesson scheduled.



The Tuesday evening couples group continues to play on the 1st and 3rd Tuesday of the month at 6:00 pm. They are also looking to increase their numbers.

The Team Tournaments on Tuesday are attracting a full house and are very competitive. This month Ron Judd was on the winning team three out of four weeks. Congrats to Ron.

The next singles Double Elimination Tournament will be held over two days on August 29 and 30. Mark your calendars. A signup sheet will be posted in the Billiards room the first week of August.

Winners of the tournaments in June were:

June 6 - 9 Ball - Ron Judd & Jerry Crosby

June 13 - 8 Ball - Ken Neal & Bob Daly

June 20 - 8 Ball - Ken Neal & Ron Judd

June 27 - 8 Ball - Tie: Don Warden & Ron Judd / David Zan & Terry Satchell

...

## Bocce Club

BY DAVID MOORE

Plenty has transpired since the last report from the Bocce Club.

The Blind Draw Tournament had an overflow turnout on July 8, but the good news is that by the time you read this the two new courts should be available for use which should mean fewer would-be players will be

(cont' on page 25)



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

### Kathy Druge

(cont' from page 1)

home, not aware that it was illegal to keep that many. In 2008, Dan held the record for catching the biggest trout off the dock there.

Travels took them to the Orient, England, the east coast of America and Hawaii. One of Kathy's favorite places to visit was Sisters, Oregon, where she enjoyed the beautiful mountain scenery and the local spa where she got massages. She even took a fly-fishing lesson. She smiles when reminiscing about her trips to Sisters. "I've been there 23 times," she says. "I just love it there."

Because of her love for kids, Kathy went back to school at Sierra College to get her teaching credential and began teaching pre-school. Because of her love for animals, she began volunteering at Ride to Walk, a pastime that she had for 11 years. Ride to Walk's mission is to enhance the lives of children and adults with disabilities by providing innovative therapeutic horseback riding activities that are recreational in nature and adapted to the individual's needs and disabilities. Kathy's job was to walk next to the horse, guiding it as the rider benefitted from the muscle movement generated by this activity and making sure the rider was safe and didn't fall off the horse. She remembers many gratifying moments working with the handicapped and was so happy when she could see their dramatic improvement as she guided the horses they were riding on. One special moment she has always treasured was the time she watched a young girl, who had been initially unable to walk at all, cross the stage to get her diploma.

Kathy and Dan moved to SCR in 1997. When she first moved in, Kathy joined everything from aerobics and line dancing to golf. And since her house model included a casita, she ramped up her love of quilting by



Kathy Druge at age 21



Dan and Kathy Druge on their wedding day.

turning the casita into a quilting studio which still showcases her exquisite handmade quilts. She also joined the Needle Arts club and taught quilting classes to SCR residents for 15 years. A well-known book on quilting featured one of her quilts on its cover and readers bought the patterns she created which were highlighted in the book. When you think about it, she could make a claim to fame as being the Quilting Queen of Sun City Roseville, but she's never been one to exert bragging rights.

When asked about actual "claims to fame," in her lifetime, Kathy said she has two that come to mind. One was working in the auto parts store with Chuck Yeager, a United States Air Force officer, flying ace, and record-setting test pilot who in October 1947 became the first pilot in history confirmed to have exceeded the speed of sound in level flight. In 1983, a movie was made about Chuck and other flying aces called The Right Stuff and Kathy recalls talking to him about it because he had a cameo part in the movie which starred Sam Shepard, Scott Glenn, and Ed Harris.

Her other claim to fame was surviving the hurricane which hit Kauai in 1992. She and Dan were staying at the Coco Palms, the same hotel where Elvis filmed Blue Hawaii, when the island was slammed with winds that got as high as 225 mph. Refusing to go to the basement with the rest of the hotel guests, they stayed in their room which was on the top floor of the hotel, but when the walls starting caving in, they went down into the lobby and rode the storm out. Later, when she and Dan got back home, they were interviewed by the Nevada Union newspaper. She told them that Iniki—which is Hawaiian for "strong

and piercing wind"—lasted several hours and sounded like a locomotive. She jokingly said to the reporter, "It was a bad hair day." Kathy found out later that it was the most powerful hurricane to strike Hawaii in recorded history and caused around \$3.1 billion in damage and six deaths, making it the costliest natural disaster on record in the state.

After Dan passed away in 2008, Kathy began slowly withdrawing from golf and many of the other activities she had been involved with here, keeping only quilting as an abiding pastime along with yearly trips to Sisters with close friends. She cherishes the happy memories she made with Dan and tries to live up to the words of Ralph Waldo Emerson who once said: The purpose of life is to be useful, to be honorable, to be compassionate, to have it make some difference that you have lived and lived well.

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

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### In-Person Grief Support Group

BY PAT TEILH

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



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### Bocce Club

(cont' from page 23)

turned away. The tournament was won by Terry Lane, Elaine Turnbull, Pete DiLonardo and Gordon Badovick. Second place was taken by Medina Lane, June Woodland, Ken Lane and Dick Gehrler. The team of Rhonda Bubbico, Mary Scott, Jack Ramos and Mike Christy placed third.

Later that evening a sellout crowd turned out for the Wrangler Roundup at Sierra Pines to enjoy chicken and pulled pork BBQ with potato salad, beans, fruit salad and ice cream. A comedy especially created for the bocce club was presented by the new Sun City Roseville Drama Club.

The Men's Pick a Partner Tournament on June 24 was won by Mike Bubbico, Gregg Hutchison, Jerry Fredericksen, and Bob Horning. Second place went to Gordon Badovick, Ron Onodera and Jerry Green while Mike Johanik, Mike Christy and Tony King took third place.



Mike Bubbico, Gregg Hutchison, Jerry Fredericksen and Bob Horning won the Men's Pick a Partner Tournament.

Two tournaments are scheduled for August: A Mixed Blind Draw on Saturday, August 5 and the Last Chance to Qualify on August 26. Both have sign-ups at 8 a.m. with an 8:30 a.m. start.

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

Finally, congratulations to former Bocce Club president Rosemary Dinse on her election to the Sun City Roseville Board of Directors!

• • •

(more Club News cont' on page 27)



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## Bridge Club

BY BRENCE DAVIS

Bridge Club Spotlight: Bob Cecil, the new vice president of the Sun City's Bridge Club, was born and raised near Pittsburgh and went to Penn State where he majored in industrial engineering. There he met and married Cynthia, his wife of 53 years.

Bob learned bridge from his parents when he was 11 or 12. His very first bridge hand was more than memorable: There were three passes to him, and his dad asked if he had his bid ready. Bob said, "Seven no trump," and his dad told him he couldn't bid that. He did anyway and put his hand on the table...a lay-down 7NT. He had 29 points!

When he asked Cynthia if she played bridge, she answered, "Of course!" Since she'd never even played a single game, her friends quickly tutored her. However, in their first game together, Bob had more than a clue when she played both the ace and king on the same trick!

The Cecils moved every five years or so when Bob felt he'd given his all to each job—Alabama, Maryland, Michigan, Missouri, Pennsylvania, and then Claremont, California, where he retired. They have a son and grandchildren in South Carolina, a son in San Francisco, and a daughter and grandchildren near Pasadena.

They're a busy pair: Bob plays golf and is treasurer of the Billiards Club; Cynthia does



Bob Cecil

artwork, pottery, and gardening; and they both do hiking, bocce, and (of course) bridge!

Bridge Club News: On June 21st, 61 Bridge Club members attended its annual meeting and luncheon. Newly elected officers were Irene Lynn, President; Bob Cecil, Vice President; Joyce Wade, Secretary; and Dave Bucher, Treasurer.

Bridge lessons for beginners and those who want a refresher will begin Wednesday mornings in September. Interested members please contact Irene Lynn: irenelynn@verizon.com or 204-355-1143.

• • •

## Mah Jongg Club

BY CATHY FLUELLEN

The temperatures are heating up and what better time to come in out of the heat and play Mah Jongg.

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

Membership dues are now due in January. For that reason, the club hosted luncheon will be moved to February. Our next luncheon will be August 25 at 11:30 in the Sierra Pines clubhouse. Annette Pettersen, Karen Levine and Cathy Fluellen will be hosting a "Brown Bag" event. Each of us will bring own lunch. Water and dessert will be provided. The cost

is 3 dollars.

It's always nice to see new faces and meet new friends. If you would like to see how Mah Jongg is played, stop by and watch a game or two. We always welcome new members.

• • •

## Solo Friends

BY CATHY SCHIMANSKY

The Sun City Solo Friends Group continues its success in transforming the former Singles Club into a more powerful and revitalized organization whose membership is open to all Sun City residents. We now total 171 members strong with 83 newly joined in the past fourteen months!

Our recent July 15 Saturday night social barbecue Red White and Blue dinner was well attended with more than 70 members and guests. The apple pie and ice cream dessert were a great "finish" to the delicious barbecue dinner. The talented residents from the Music and Laughter group provided piano and violin music as well as

leading our members in group participation singing fun and patriotic songs.

Our next highly anticipated "A Hot August Singles Night" catered salad bar buffet with ice cream desserts will be held at the Sierra Pines clubhouse on Saturday, August 19 beginning at 6 pm.

Thanks go to Janet Mohr for hosting the July social dinner with her large volunteer team plus the three-man hard working barbecue grill team. Thank you in advance goes to Cal Conley and Jill Aggersbury for co-lead



The July 15 patriotic themed barbecue dinner three-man "grill team" and lead host Janet Mohr with her hard-working volunteer team.



hosting the August social dinner. The photos accompanying this article include the July 15, 2023 three-man grill team and the lead host Janet Mohr with her volunteer host team.

• • •



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## Safety First — Scams: Think before you tap the link!

BY ROSEVILLE POLICE DEPARTMENT

Scammers are always adapting their methods to bilk people out of money. A growing method is using text messaging. The Federal Trade Commission (FTC) has received a large number of reports from people reporting getting texts from scammers impersonating people and organizations they know and trust — such as their bank or Amazon.

Text scams try to get you to act NOW. The most-reported text scam looks like a fraud alert from your bank. It might say there is suspicious activity on your account and tells you to call a number. Or to reply “yes or no” to confirm a big purchase (that you didn’t really make). Stop! There is no real problem. They just want your money or personal information.

According to the FTC, these are the five most common text message scams:

1. Copycat bank fraud prevention alerts. People get a text supposedly from a bank asking them to call a number ASAP about suspicious activity or to reply YES or NO to verify whether a transaction was authorized. If they reply, they will get a call from a phony “fraud department” claiming they want to “help get your money back.” What they really want to do is make unauthorized transfers or get your personal information.

2. Bogus “gifts” that can cost you. What about those texts claiming to be from a well-known company offering a free gift or reward? If people click the link and use their credit card to cover the small “shipping fee,” they have just handed over their account information to a scammer.

3. Fake package delivery problems. People

may get a text pretending to be from the U.S. Postal Service, FedEx, or UPS claiming there is a problem with a delivery. The text links to a convincing-looking—but utterly bogus—website that asks for a credit card number to cover a small “redelivery fee.”

4. Phony job offers. Some scammers are using texts to perpetrate old-school forms of fraud—for example, fake “mystery shopper” jobs or bogus money-making offers for driving around with cars wrapped in ads. Other texts target people who post their resumes on employment websites. They claim to offer jobs and even send job seekers checks, usually with instructions to send some of the money to a different address for materials, training, or the like. By the time the check bounces, the person’s money—and the phony “employer”—are long gone.

5) Not-really-from-Amazon security alerts. People may get what looks like a message from “Amazon,” asking to verify a big-ticket order they did not place. If you call the number in the text, a phony Amazon rep offers to “fix” the account. But oopsie! Several zeroes are mistakenly added to the “refund” and the “operator” needs the caller to return the overpayment, often in the form of gift card.

So how do you avoid these and other text scams? Do not click on links or respond to unexpected texts. If you think a text might be legit, contact the company using a phone number or website you know is real. Do not use the information in the text message.

If you are a victim of a scam, report it to the FTC at [ReportFraud.ftc.gov](http://ReportFraud.ftc.gov) and your local police department.

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## 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](mailto:maryellen.rann@gmail.com)

## 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.



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# City Council Adopts FY2023-24 Budget Supporting Infrastructure and Maintaining Services

Roseville's Fiscal Year 2023-24 budget of \$784 million was adopted by City Council at its June 21 meeting.

The General Fund operating budget is \$214 million while the remaining \$570 million in funding is primarily dedicated to the electric, water, wastewater, and waste services utilities.

Public safety, parks, recreation, libraries, public works, and general government functions are included in the General Fund.

The City's Budget in Brief (available at [Roseville.ca.us/budget](http://Roseville.ca.us/budget)) offers a high-level view of the expenses, revenues and budget priorities in the FY2023-24 budget. Along with our Open Budget data (available at [budget.roseville.ca.us](http://budget.roseville.ca.us)), this is part of the City's commitment to providing complex operational and financial data in an open and easy-to-understand format. Open Budget provides a guided view of our budget and a transparent look at how public funds are allocated in Roseville.

General Fund: Where does the money go?



The FY2023-24 budget has been developed to account for the expected rise in labor costs and other unavoidable expenses. It also includes augmentations to maintain the City's service levels and address the City Council's top priorities. The budget aims to ensure the maintenance of necessary capital infrastructure, and the mitigation of unfunded liabilities for the long-term benefit of our community.

Fiscal responsibility with a focus on mission

The budget directly supports the City's mission to provide exceptional services in a

fiscally responsible manner. Here are some funding highlights in the FY2023-24 budget:

- Opening of new Fire Station 8
- Bolster the Police Social Services Unit
- Initiate the design of three new neighborhood parks

• Invest in capital improvement projects, including the Roseville Soccer Complex, a new electric substation to serve Creekview and Amoruso Ranch, and a new stormwater detention basin in the Al Johnson Wildlife Area

• Invest in asset rehabilitation and improvements, including Weber Park, Johnson Pool, the downtown Roseville water distribution system, the City's Traffic Operations Center, and City facility security

• Support business growth, attract private investments, and deliver housing options in ways that enhance community vitality

• Participate in regional efforts to identify strategies to address homelessness

• Pay down unfunded liabilities to improve the City's financial condition

• Maintain economic stabilization and emergency reserve funding goals to mitigate future economic downturns

Read more about notable capital improvement projects at [Roseville.ca.us/FY23CIP](http://Roseville.ca.us/FY23CIP)

The budget aligns with the City Council's Strategic Plan goals:

- Maintain a safe and healthy community
- Remain fiscally responsible in a changing world
- Enhance economic vitality
- Invest in well-planned infrastructure and growth
- Support community engagement and advocacy
- Deliver exceptional City services

Past year's City budgets, quarterly reports and information about the City's budget process can be found at [Roseville.ca.us/budget](http://Roseville.ca.us/budget).

## SUN SENIOR NEWS CLASSIFIEDS

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- ◆ 15 words for \$35. Additional words \$1 each.
- ◆ \$90 for three months, same ad! (15 words only) additional words \$1 each

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

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### Mayor Houdesheldt to deliver State of the City Address August 25

*Roseville Mayor Bruce Houdesheldt will deliver the 2023 Roseville State of the City address at 9 a.m., Friday, August 25 at Center Court of the Westfield Galleria.*

*The event is free and open to the public. Free tickets can be acquired at [Roseville.ca.us/SOC2023](http://Roseville.ca.us/SOC2023). The address will not be streamed but a recording will be available afterwards at [Roseville.ca.us/SOC2023](http://Roseville.ca.us/SOC2023) and on the City's YouTube channel.*

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# 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.

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

## Recent Sales in Sun City

7292 Timberrose Way	Calaveras	\$625,000
7369 School House Lane	Yosemite	\$640,000
4281 Enchanted Circle	Hearthwood	\$654,000
6025 Burnt Cedar Way	Plumas	\$672,000
300 School House Court	Regent	\$690,000
116 Pony Bob Court	Hearthwood	\$727,000
2091 Cadaleigh Lane	Tiburon	\$730,000
401 Heller Court	Timberlodge	\$785,000
7437 Goose Meadows Way	Delta Breeze	\$799,000
5533 Lantern Grove Lane	Hearthwood	\$825,000

\*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