

SUN SENIOR NEWS

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And Much More . . .

Maryellen and Joe Kordas — Neighbors, Family and a Dog

BY RUTH MORSE

Maryellen and Joe Kordas have been in Lincoln Hills for five years. Married in 1970, they celebrated their fifty-third anniversary on August 22, 2023.

They came to the area following their daughter's family who relocated to Rocklin from San Diego. Maryellen and Joe have twin grandsons and they are thankful to be near them. The couple previously moved to the San Diego area while their daughter did her residency at UCSD. Their son-in-law's parents also lived in the San Diego area and moved to Lincoln Hills to be near the family at the same time.

Maryellen and Joe were "Chicago folks" until Joe, a physicist and engineer, accepted a job in 1974 at the Livermore Laboratory in Livermore, California. Joe was one of eight children growing up and Maryellen was the youngest of three with two much older siblings. Joseph went to graduate school at Michigan State University. Lawrence Livermore National Laboratory is a federally funded research and development center established in 1952. The



Joseph and Maryellen Kordas with their dog Malina.

PHOTO BY JEFF ANDERSEN

Kordas family stayed in Livermore until their move to San Marcos in the San Diego area about thirteen years ago. Their son and daughter-in-law still reside in the Bay Area in Berkeley. Their son is an electrical/software engineer, and their daughter-in-law is an attorney. Their son currently works for a company called Planet and they photograph earth from space every twenty-four hours. The couple lives in a Berkeley house

that is more than 125 years old. Their son has a sailboat and enjoys sailing. Family members love to enjoy a sail when they are visiting.

Passionate about many things in retirement, Maryellen is especially interested in letting people know about her involvement with RANN, Roseville Area Neighbors and Newcomers. The group was started in Roseville in 1977 and was featured in a story in the Sun Senior News in August. Maryellen is currently the President of the organization that has four hundred and fifty members. RANN encourages new friendships and provides untold opportunities to engage. Being new to the area and conversant in computer skills and databases, she looked for opportunities for involvement and found RANN. From the beginning, she held an office. Her first year she was Vice President of Membership. She has also been Treasurer and, for two years, President. While RANN is not a Sun City group, it has many members from Sun City as well as from other neighboring

(cont' on page 29)

LH Foundation — October Bingo!

BY DENISE BOWDEN

October is a month of both serious and silly. We start the month on October 1st acknowledging Breast Cancer Awareness Month. We wear pink, celebrate each year that someone we know marks another milestone of health, and pay tribute to those we have lost. My tribute this year goes out to a young colleague from my workdays who we lost recently. Her battle was a brief one, but I know she would have found benefit from a group of kind and compassionate individuals like those here in SCLH in the Bosom Buddies Group.

The Lincoln Hills Foundation is proud to be a long-time supporter of Bosom Buddies, let's all keep them in mind when we wear pink this month.

We end the month on a silly note as we use Halloween as an excuse to dress up and eat way too much candy, bad for teeth and waistlines but good for our spirits. Our October Bingo is on Thursday, October 26th and we are encouraging our Bingo players to come dressed to celebrate the holiday, even if it is a few days early.

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

(cont' on page 31)

Players

BY DOUG BROWN

The Shame of Tombstone to play in November — The Lincoln Hills Players' November 16-19 performances of the hilarious *Shame of Tombstone* will take you back to that renowned "OK Corral" Arizona town in 1881.

As the curtain opens, you'll meet the two lead characters. Amanda Goodsort (Jeri Ferris), one-time Boston society belle, is a highly regarded pillar of the town. But the regard for Amanda is not so high in the eyes of Judge Mortimer Harshly (Ken Reiss), an ill-tempered, disreputable rogue.

Jeri says she's "delighted to be playing Amanda Goodsort. I always wanted to be an admirable, upright, refined figure, an inspiration to all — and now I am! (at least on stage)".

Ken's Judge Harshly will be quite the contrary. Ken quips, "Villains in a melodrama have no redeeming qualities. As such, they are booed by the audience and mistrusted by the other characters. That makes playing the role great fun."

A flamboyant supporting cast of ten other Tombstoners, with names like Peachy Jamm,



Judge Harshly sneers at two Tombstone lovebirds.

Ole Timer, Pete Bogg, and "Harvard-educated" Lonely Wolf, are soon embroiled in a profound mystery: just who is Birdcage Theater's star performer, known only as the Masked Canary?

Playwright Tim Kelly delivers perfect "old west" flair to Orchard Creek stage with a script full of capers, laughs, word plays, and wacky mix-ups. Masterful director Julie Africa will once again have audiences in stitches as her actors bring all the outrageous scenes to life. And singers and dancers just add to the fun!

On November 16-19 you'll find out if the "shame" of Tombstone will finally be unmasked! Maybe you'll be taught the moral lesson that

(cont' on page 5)

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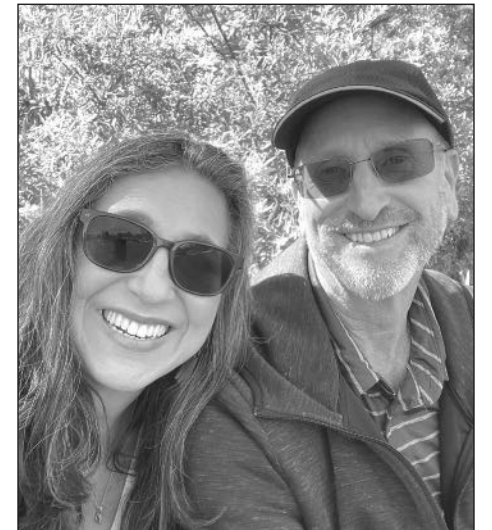
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From the Editors



Gregg and Liz — Then and Now!



We love celebrating milestones and Gregg and I have reached another one. We just celebrated our 35th wedding anniversary. We are amazed how quickly the time goes by, faster and faster as we get older. We have worked side-by-side our entire married life. We really don't know what it's like not to be together, 24/7.

I guess we must really like each other to enjoy so much togetherness.

Here's to many more decades of togetherness!

Liz and Gregg Goldthorpe

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Players

(cont' from page 1)

"Crime Doesn't Pay," or, at least, not as much as it used to.

Hurry! Tickets are going fast in the lodges and online (scan the QR code, see ad on page 2). Round up kids and grandkids and more for this G-rated show!

• • •

LH Music Group

BY DAN LEHRER

For the September meeting we opened by traveling back to the Psychedelic sixties and we all sang "Mellow Yellow." We closed with "Oh, Lonesome Me." Whatever level of play you are at, please come by and you will find a very supportive and encouraging audience. Our performer list fills up fast, so if you want to participate, come by 1:30 pm to sign up. It's always amazing to listen to such a wide variety of musical genres. From Country to Blues to



Alan & TLC

classical we've got it all. All of us are striving to learn new songs and stretch our abilities. It's a team effort each month to make the sound quality, set up and group song choices all work. We keep learning each time and are grateful for the opportunity to be in such a fine venue. We meet on the second Wednesday of the month from 2:00 to 4:00 PM in P-Hall (KS) through October. We love an audience so please come on down. You can find the Lead Sheets for the group songs and more information on our website; the password is musicgroup. The Guitar Ensemble meets Fridays from 1:00 to 3:30PM (OC). Open to Lincoln Hills Residents. Contact Sal Caruso at 916-343-5810 for information. Ukulele Ohana meets Wednesdays, 1:00 to 3:00 PM (OC). Open to Lincoln Hills residents. Contact Ron Peck at 925-788-5869 for information. You can also contact Dan Lehrer at dlehrer72@gmail.com.

• • •

LH Chorus

BY GAY MACKINTOSH

"Dreamin' of the Season"? The LH chorus is busy dreamin' up our holiday concerts December 8-10, when we'll sing "A Song of Santa (Holiday Mash-up)" and much, much more.



"The First Chanukah Night" falls on December 7 this year, so at our December 8 evening concert we'll be lighting "two Chanukah lights in mem'ry of the miracle of the second Chanukah night."

It's unlikely we'll be making "Snow Angels" as "The Snow Begins to Fall" in Lincoln--so we'll have to make do with "California Dreamin'." Still, we can look forward to a "Cold Snap" as we make "Our Grown-Up Christmas List" wishing "Joy to the World."

"Count Your Blessings Instead of Sheep" and you'll soon be dreamin' of "O Holy Night" when "yonder breaks a new and glorious morn." "Ave Maria" and "Bethlehem Spiritual" beckon "O Come, All Ye Faithful" to remember that "Silent Night."

Rounding out our December dreamscape, "Irving Berlin's Christmas" will surely get you in the mood for "A Holly Jolly Christmas."

Come dream with us in the Ballroom on December 8 (Friday evening), 9 (Saturday matinee), or 10 (Sunday matinee). Tickets go on sale October 17. Reserve your favorite seats online or in line at the membership desks. See this month's Compass for details.

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

• • •

Tap Company

BY ALISON WOLFE

Everybody Dance Now! "... Dance till you can't, Dance till you can't dance no more ... Let the music take control, Let the rhythm move you ..." Another fantastic dance show to be produced by the Tap Company is coming your way in the spring of 2024, Everybody Dance Now. It's shaping up to be a lively and entertaining production with dancers, singers and other artists performing to all genres of music. So, mark your calendar, April 4,5,6,7. You won't want to miss it. Also, don't forget to sign up for tap classes. Alyson is keeping us on our toes (LOL) and exercising our brains by adding challenging new foot combinations to our technique classes on Mondays and Tuesdays at 10:00 AM. See you there.

• • •

Ballroom Dance Club

BY ERNIE MICHELI

The Ballroom Dance Club has a website! The website will provide a calendar of events, news articles, photos, leadership, application form, contact information and bylaws. You can view the website at schbdc.com.

Many thanks to George Sylvia who volunteered to help develop the site. He also trained and mentored a website manager. George's patience and guidance was present throughout the process. Our new website would not have been possible without George, who so willingly helped with our website development.

October lessons will feature the rumba. In the United States rumba is most commonly danced socially within ballroom dance studios. The rumba is a favorite for dance instructors and new dancers alike for the forgiving slower pace of the dance's steps and music. Rumba provides a great starting point for the foundational moves with social Latin dancing. Rumba is also a popular style for wedding couple's first dance. While the dance has evolved over the years, the spirit and soul of the dance lie in Latin American music and dance. The beautiful rhythms and body expressions of the rumba make it one of the most popular ballroom, dances.

On Saturday, October 28 we will be having another Ballroom Saturday Night with a Halloween theme. The party will be held from 6 - 9 PM at the Kilaga Springs Lodge.

Annual membership dues are only \$10

a person and is open to all SCLH residents and sponsored guests. Lessons are offered in the Kilaga Springs Lodge Multipurpose rooms each Tuesday from 2:00 to 3:00 PM for beginners and 4:00 to 5:00 PM for more experienced dancers. Open dance is from 3:00 to 4:00 PM during which you can practice the many dance styles including the current month's offering. Contact Sal Algeri at 916-770-0077 for more information.

• • •

Country Couples

BY RICH AND DONNA PICK

Country Couples have a wide range of dances, and we try to please as many dancers as we can. When some of the dances have too many turns or need more turns, Dennis and Georgi work on alternative steps for those who would like them, enabling everyone to enjoy the different dances.



Country Couples partner dance.

Country Couples held another dinner gathering on September 20th at 4pm. We gathered at Siinos Restaurant in Lincoln, outside on their patio. 39 members attended. This is a wonderful local restaurant serving great food. Their pizzas are to die for, service is extremely fast, and their servers are very courteous.

The September Structured dance on the 7th had a very good showing of Country Couples and Ballroom Dancers. Lots of fun for everyone. On Friday mornings we practiced the dances on the scheduled dance list, with the help of Brian and Colleen and Ivan and Irene.

In Country Couples Western Dance class, we learned a new dance called Martini Time. This is a beginner/intermediate dance, and Dennis and Georgi did a great job of teaching it. It is a 64-count dance with a number of holds and not a lot of turns. This dance also had great music with a little bit of Latin making you feel like you are in another country.

(cont' on page 7)

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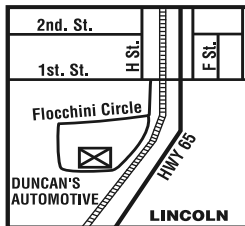
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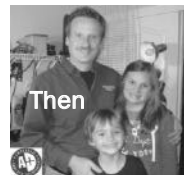


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Michelle's Featured Listings



1863 Winding Way – Tahoe w/Casita, 3 Car and Solar

This exquisite Tahoe Model boasts an attached casita, solar panels, and a convenient 3-car garage (w/NEV charger), all nestled within minutes of the Orchard Creek Lodge, Fitness Center, and Sports Complex. Its impressive features encompass granite countertops, modern stainless steel appliances, recessed lighting in most rooms, a whole-house fan, central vacuum system, ceiling fans throughout, an upgraded HVAC system with a dual-control thermostat, a warm and inviting gas log fireplace, sun tunnels for added natural light, and a casita with a convenient half bath. The garage includes a utility sink, while the extended patio cover overlooks a low-maintenance landscape complete with artificial turf, a tranquil water feature, and mature trees that enhance privacy. Rest assured, the Kitec plumbing has already been replaced, ensuring peace of mind for the fortunate homeowner.

Offered at \$789,000



907 Coachman Lane – Plumas w/Solar

This lovely Plumas model, with OWNED SOLAR, is located within minutes of shopping and charming downtown Lincoln. Lovingly cared for by the original homeowner, features include freshly painted interior, engineered wood flooring, crown molding, cozy gas fireplace, recessed lighting, central vac, plantation shutters, built-in gas cook-top, Corian counter tops with decorative tiled backsplash. The guest bedroom is perfect for crafters or a second office/den with its built-in desk, drawers, file cabinet, etc. The master suite offers a large adjoining bath with dual sinks and spacious walk-in closet. The south/east facing backyard with covered patio allows for cool outdoor entertainment and enjoyment while gazing at the soothing landscape. This home is priced to sell so don't wait!

Offered at \$609,000



1170 Overland Lane – Alpine Model

Rare and hard to find mid-sized home on open space view within steps of a walking trail. What more could you want? This highly upgraded Alpine floor plan with newer HVAC comes with laminate flooring, maple cabinetry, stainless steel appliances and loads of windows making every room light and bright. The spacious entry leads into the open floor plan of the great room. The den/office has custom built-ins with shelving and drawers. The master suite is separate from the guest side and offers a bump-out window for added square footage, dual sinks, generous shower stall with seating, ginormous walk-in closet big enough for all season's of clothes. The fully covered back patio faces open space and conveniently located to walking trail, the perfect spot to waive at all your new friends you'll meet after getting settled in.

Offered at \$539,000



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Country Couples

(cont' from page 5)

Please come on in and join us. We are having lots of fun, proving that "You can't have too much fun." Anyone interested in joining us please contact: April Cederburg 916-390-3931. Website: sclhcc.com

• • •

Mixed Media Club

BY JILL SHORT

When you think of October what comes to your mind? Is it pumpkins, candy, beautiful falling leaves, trick or treat, or apple picking? Whatever it is, October is a perfect time to create something fun. Mixed Media Club wants to help its members get into the art mood. To begin your art adventure put on your art apron. Wait, you will want a special apron! The club is furnishing each paid member an apron that we will be decorating at the October 18 meeting. After that everyone will have a fun apron to wear at all the Mixed Media Club meetings. If you have not paid your yearly dues, you can pay at our October meeting. The yearly dues are \$25. The club meets the 3rd Wednesday of the month at 1:00 PM in the Fine Arts Room (OC). Members, be sure to bring in any art you have done to share with everyone, especially our art challenge. October's art challenge is to use the prompt, "Trick or Treat" to create a piece of art. There are no other rules. The club will take a break from giving art challenges until the new year. This does not mean stop being creative. The holidays are a perfect time

to make some enjoyable art projects. Share these with the rest of the club at any of our meetings. Chris Fetter sends out emails to members before our meetings explaining what we will be doing and what supplies are needed. For more information or questions contact our President, Chris Fetter, at 916-276-7895 or email at: mixed.media.chrisf@gmail.com

• • •

Needle Arts

BY MARY SWANSON

General meeting have returned and we hope that you will attend our next one on Tuesday, October 10, 2023 at 1:00 PM in P-Hall (KS). Kim Brownell, who calls herself the 'Wackydoodle Quilter', will be our featured presenter. This should be a fun afternoon as Kim doesn't always follow the rules and tends to ignore the quilting police. She hopes to inspire you to have fun and learn what you can create. Don't forget that the color orange is this month's featured color.

Fall has arrived, which means year end activities have begun. At our October meeting the nominating committee will be presented and they need everyone's support as the search for new officers is on. Several positions will be open, including President and other positions that are critical to keeping our club operating. Many of the officers that have served over the past few years are stepping back and new blood is needed. Mentorship will be provided if desired. Mark your calendars for the annual December luncheon to be held at Orchard Creek ballroom on December 12, 2023.

Workshops are continuing. On Tuesday, October 17, 2023 Estelma Wilson will be teaching Beginning Crochet. Sign-ups and a small fee are required for this class. Check the NA website for more workshop/class information.

Fall also means the start of membership renewal for 2024 and the fee of \$20 will give both returning members and new members membership through all of 2024. The membership form (2023 form is acceptable) can be found on the NA website (sclhna.com).

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Painters' Club

BY TAMSEN ARMSTRONG

Finally, it's Fall! And that brings cooler temperatures, changing colors, and the question: "What's on your pallet?"

Call to Artists: Buonarroti Ristorante wants your paintings on their walls, especially anything with Autumn or Winter themes. Submissions are due on October 3rd. Contact Joan Musillani at 916-712-4393. The show will run from October 6th to February 9th.

Congratulations to our Flame Challenge winners! Lisa Caliouette, 1st (beginner); Marianne Oliphant, 1st (Intermediate); Tied

for 2nd Intermediate: Joan Kline and Jane Barry; Susie Crawford, 1st and Chris Olsen, 2nd (Advanced). You all really lit up the room!

A must see! October 8th is the Artisans at the Lodge event where resident artists and crafters display their handcrafted gift items at the OC Lodge. Hope you get a chance to stop by and find that perfect gift.

Our September meeting featured an oil painting demonstration by Tamsen Armstrong with a return engagement demo at our October meeting on the 17th.

November's Paint Challenge is "Flight," so time to get creative and show us what that word means to you.

We are now on Facebook! Our private group is up and running for you to post your latest masterpiece, ask a question or share some good painting tips. Our general meetings are on the 3rd Tuesday of every month at 1:30 in the OC Art Room, and dues are \$15 a year. Contact

Marianne Oliphant at 530-919-1750. Or Jane Barry 909-238-3424.

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Lisa Caliouette, Flame Challenge painting.

(more Club News cont' on page 9)

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Paper Arts Club

BY LINDA LUCCHETTI

The annual Demo Day in September was a success with some new, as well as tried and true, techniques demonstrated. Thanks to all the demonstrators and those who helped make it possible – and fun!



Our window (OC) display is full of fall and Halloween cards. Swing by to take a peek. As always, we are taking generic cards – get well, sympathy, and thinking of you – for our Sunshine greetings. Bring your cards to our general meeting or to Open Lab.

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

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

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LH Photography Club

BY DIANE MARGETTS

Truman Holtzclaw took us on a virtual wildlife tour of Lincoln Hills for our Sept meeting! Truman is an avid birder, naturalist and a retired science teacher. He combines knowledge of animals with passion for photography. Truman shared stories and photos of the various animal life that co-exists in the Lincoln Hills. Truman's backyard is a preserve in itself with every species of bird you can imagine for our area with the occasional visit by a bobcat family as well as other Lincoln Hills wildlife—it was a joyful presentation!

I interested in smartphone photography? Don't miss the October photography SIG. Since we don't always have our cameras but generally have our phones, Kate McCarthy will be taking us through the particulars of capturing great photos with your phone.

As our Buonarroti exhibit comes to an end, a Simple Pleasures Café exhibit will be starting up on October 2. We also have ongoing exhibits at the Kilaga Springs Library and Spa.

The Social Committee has been actively pursuing activities for our members. Our next Show and Tell Extravaganza is scheduled for Oct 28 at Kilaga Springs. It will be followed by a pizza party! Space is limited, so if you don't already have your ticket, buy it now—the cost is a mere \$5! Our Christmas party will be on December 2 in the Orchard Creek Ballroom. Details will follow so keep an eye on our website.

To enjoy some wonderful photography, check out our Facebook Page. The Club Facebook page is open to all residents of SCLH who are interested in photography. Members post photographs, suggestions, answer questions, and add ideas for local places to try out your skills with the camera. Beginners are especially welcome. To see what our photographers have been up to, go to <https://www.facebook.com/groups/SCLHPHOTOGRAPHYCLUB/?ref=bookmarks>.

Contact: Diane Margetts; 916-955-1809

Website: <http://www.lhphotoclub.com>

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Woodcarvers Club

BY LIONEL RAINMAN

Woodcarving is an enjoyable hobby by many people here and around the world. The term “carving in the round” is anything carved in three dimensions. Specifically, there is REALISTIC, which are objects carved with absolute realism. Typically, these are birds and fish but can be a human figure or still life. Carving of animals usually entails coloring and painting to create that realistic look. A carved duck that is painted in detail will look like it could fly away. Caricature can describe carvings that have exaggerated features. Western themed carvings of cowboys and horses are common, but any human or animal subjects can be carved as a caricature. These can be painted as well. Stylized carvings are undetailed and smooth in appearance with lines that are smooth and flow in gentle curves. These would be more of a sculpture and are designed to show the beauty of the wood with a clear finish. Novelty carvings are things like chains, balls in a cage, and puzzles. One exception to carving in the round is “relief” carving. This term refers to carving in which the subject is

carved down into a flat piece of wood. The idea is to make the viewer think the carving has more depth than there is wood available. This type of carving can best be displayed as a wall hanging.

Some of these styles of carving can be seen at the Woodcarvers Club. Please drop in and see what we are doing. No carving experience is needed or required, and tools are available. The club meets every Wednesday at KS from 1:00 to 4:00 PM in the Sierra Room.

Contact: Lionel Rainman, 916-253-9534

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Genealogy Club

BY NANCY SWITZER

“Give me your tired, your poor. Your huddled masses yearning to breathe free, the wretched refuse of your teeming shore. Send these, the homeless, tempest-tost to me, I lift my lamp beside the golden door.” These words are from the poem “The New Colossus,” written by Emma Lazarus. The poem is found on a plaque at the base of the Statue of Liberty.

“This red brick world of Ellis Island was their gateway, a place of almost mythic transformation. Through one door entered Russians, Greeks, Italians, Jews. Through another door they emerged Americans.” Vice President Dan Quayle. (1990)

Nearly 12 million people were processed on Ellis Island from 1892-1954. They were welcomed through the “Golden Door.” This is the topic of our October 20, 2023 meeting, presented by Valeric Jordan, a retired psychologist who took up genealogy after retirement. This presentation describes the role of Ellis Island between 1892-1924 as the largest US Immigration Station of the time, as well as the forerunner of the US Public Health Service with its extensive hospital facilities.

The meeting will start at 10:00 AM at Presentation Hall at KS. After the meeting we will carpool to Janet Motta's home for a picnic held in her backyard. This free picnic is for members only.

Genealogy Workshops are offered on some Mondays. Not a member? Contact Kate McCarthy at starkayak@icloud.com for more information.

Contact: Rita Perada 510-710-5704, ritaperada@gmail.com

Website: www.suncitylhgc.com

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LH Astronomy Group

BY BILL WEAVER

The general membership meeting is scheduled for October 3, 2023, and begins sharply at 6:45 PM in the Kilaga Springs Presentation Hall.

Scott Perry's presentation: “There are many delightful examples in Mother Nature of the emergence of structure and beauty ranging from atomic physics and mathematics to geology, biology and especially to astronomy.”

Having been immersed in physics, astronomy and teaching for all of his adult life he has come to have a greater sense of wonder and a profound awe for the beauty that mother nature offers us. As a young man anticipating a career as a science teacher he wondered if he would ever understand the beauty of a rainbow at a deeper, perhaps more mathematical level and would it seem mysterious and enchanting.

LHAG Cosmology Interest Group (CIG): October 16th at 6:45 PM in the Fine Arts room of the Orchard Creek Lodge, session will cover Gravitational Waves Investigate the physics of gravitational waves, a phenomenon predicted by Einstein and long thought to be undetectable. It took one of the most violent events in the universe—colliding black holes—to generate gravitational waves that could be picked up by an experiment called LIGO on Earth, a billion light years away. This remarkable achievement won LIGO scientists the 2017 Nobel Prize in Physics. For information, contact Ron Yelton at ryelton660@aol.com.

LHAG Telescope Interest Group (TIG) Star Party—Involve members who set up their telescopes for viewing solar system planets/moons and other interstellar and deep space objects. Come and enjoy the experience of viewing the fascinating Cosmos through a telescope. Set up prior to sunset in the upper tennis courts of the SCLH Sports Complex: Tuesday, October 12th. Sunset is at 6:30 PM. For information contact Bob Collins at bobpcoll@community.net.

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

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(more Club News cont' on page 11)



TRAVEL – Club Cruise

If you love river cruising or are interested in learning more about the fabulous destinations that river cruising can offer, you are invited to join us for an afternoon with **Ama Waterways** on

Thursday, November 2, 2023 from 1:00 – 3:00pm in the Solarium room in the **Orchard Creek Lodge**. We will have a representative from Ama Waterways showcasing some of the most popular destinations throughout Europe, including cruises along the **Rhine, Danube, Siene, and Douro rivers**. Everyone is welcome, but reservations are required since seating is limited. *Please contact Trish Hernandez at 916-789-4100 or trish@clubcruise.com to RSVP for this very special event.*

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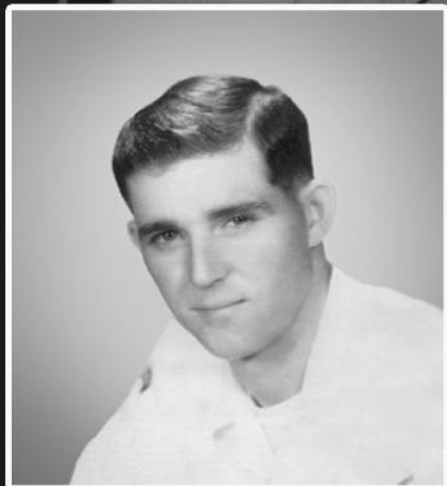
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Neighbors InDeed Carbon Monoxide Alarms

BY DAVE SHORT

Why should we have carbon monoxide (CO) alarms? Not only are they legally required, but because CO is DEADLY. It's a colorless, odorless gas that enters our bloodstream and bonds with our red blood cells and keeps oxygen from attaching to red blood cells. Because you cannot see it or smell it, it's called "The Silent Killer".

CO is already in our homes at levels that our bodies can handle. CO comes from gas ovens and ranges, water heaters, furnaces, gas clothes dryers, and cigarettes. But if your gas appliances have a yellow flame instead of blue, get them checked by PG&E. A yellow flame means that the gas is not burning properly, and CO is the result.

When you hear the alarm beeping, what should you do? Get everyone outside, then call 911. Open windows and doors and turn off any gas burning appliances.

The beeps: 1 beep – new battery, 4 beeps – CO detected, 5 beeps – end of unit's life. Some manufacturers use different patterns, so check the instructions.

Maintenance is minimal, but don't ignore the alarm for its 7-10-year lifespan. Every month, press the test/reset button to test the battery, circuitry and speaker. Use pressurized air to remove dust inside the unit and change the batteries yearly. Neighbors InDeed has stickers



available for tracking the date of battery changes. We recommend the First Alert plug-in alarm.

The symptoms of CO poisoning: headache, cherry red lips and nail beds, unconsciousness and death. Even if you survive a significant exposure, it can cause brain damage.

A few folks in our community have removed the CO alarm from their homes because "it was just too much trouble". Do not do that to yourself – install one now.

We do not answer the phone. Please leave a message at 916-223-2763 and we will return your call Monday – Friday, 9 a.m. to 5 p.m.



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Apple User Group

BY NINA MAZZO

Cleaning our smart devices can be taken care of with a few easy steps. Apple products are made with a variety of materials and while each might have specific cleaning requirements, using only a soft lint free cloth lightly dampened with warm water should take care of those day-to-day smudges. The September issue of the Cider Press newsletter has a few more cleaning tips along with an interesting article on how to use what is called Scheduled Send in Apple Mail. Check out this issue and prior issues at our club website.

New product announcements September 12th included an iPhone 15 with 48MP main camera for super high-resolution photos and 2x Telephoto; in addition, an iPhone 15 Pro - the first iPhone with a titanium design and a powerful iPhone camera system and finally, Apple also announced a Series 9 Apple Watch with a brighter display and new way to use without touching the screen.

Very exciting for those of us who look forward to the latest greatest tech Apple products!

Our club program committee will feature presentations on these new products at our October meetings/seminars. Check the club website calendar and watch for weekly emails sent to our members with program dates and details.

In September, we celebrated our club's 21st birthday in the Orchard Creek Ballroom. We had a great time with delicious food, unique

centerpieces and many wonderful prizes. Attached are photos of our Master of Ceremonies Rich Fitzmaurice and his very talented sidekick D.J. and



event co-chairs Bonnie Esker and Nina Mazzo.

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

SCHOOLS

BY PATTI KINGSTON

Kerry Callahan, Superintendent of the Western Placer Unified School District, was the featured speaker at the annual SCHOOLS meeting last month. She pointed out that after a survey was conducted, voters saw a need for

funding for facilities and infrastructure. "We are a growing community and are reaching our capacity to serve all the new students moving into the area." It is possible that the district will go to voters for a future facilities bond. She expressed enthusiasm for the work of the SCHOOLS program and for the volunteers who help in the Lincoln schools.

The SCHOOLS volunteer program is underway for the 2023 -2024 school year. Volunteers are needed for grades K-5 and for the Phoenix Continuation High School where tutors help with English, Math or History. Some of our elementary volunteers have continued to work with teachers over the past 2 years, using imaginative ways to be of help. Some have corrected papers and made copies of schoolwork sheets for the teacher without being in the classroom. The days and hours of service are up to the volunteer. No teaching experience is necessary. Many volunteers are in the classroom 1 day a week for a few hours. They work closely with the teacher and are under her direction.

If you have volunteered in the past and would like to share your experience, contact Patti at pkington@att.net to tell your story. Some volunteers have been profiled in past issues of this newspaper and there are many volunteers with interesting classroom experiences.

Teachers are asking for SCHOOLS volunteers because they appreciate the help, and the children look forward to having them in the classroom. To volunteer at Phoenix Continuing High School contact

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

Shalom Social Group

BY JUDY GANULIN

Shalom Social Group members have an exciting fall season! On October 10 our Women Together heard ER doctor Linda Hermann. Our first-ever Bingo and Pizza event, complete with prizes, will be on October 25 at Kilaga. The fun continues with our annual Game Night on November 15 and then our always-anticipated Hanukkah dinner on December 11. We continue to volunteer at the Placer Food Bank. Our focus is on Jewish history, culture and food, but membership is open to all. For more information, please contact Margie Gulko, 916-543-5303, or Deanne Iliff, 530-518-3704.

Singles

BY KATHY SHADDOX

Fall is in the air and our Singles Club has lots of fun things to do in October. Starting off on October 1st at 4:00 pm we gather at the OC Outdoor Patio for our Birthday Celebration. Any member having an October birthday will get a free drink on the club and Dennis Doane will lead us in singing to them. On October 3rd at 4:15 pm we have our monthly Activities Meeting. Join us to help plan our future events.

The Singles Business Meeting will be
(cont' on page 15)

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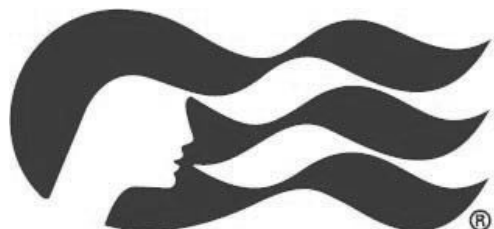
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Days & Destination	Cruise Line ~ Sailing Date	Starting Price/ Inside Ocean View Balcony		
15 DAY HAWAII from SFO! PRINCESS Crown Princess ~ 3080 Passengers	Nov 26, 2023	S/O	\$1,783	\$2,314
	Jan 7, 2024	\$1,561	\$1,698	\$2,498
	Mar 9, 2024	\$1,238	\$1,473	\$2,048
	Apr 4, 2024	\$1,248	\$1,485	\$2,398
	Sail round trip from San Francisco, California to Kauai, Nawiliwili Hawaii; Honolulu, Hawaii; Hilo, Hawaii; Ensenada, Mexico, San Francisco, California.			
*LINCOLN SHUTTLE TO SHIP AVAILABLE!				
11 DAY ALASKA From SFO! PRINCESS Crown Princess ~ 3080 Passengers	May 15, 2024	\$948	\$1,133	\$1,598
	Jun 17, 2024	\$1,098	\$1,488	\$1,998
	Jul 9, 2024	\$1,198	\$1,597	\$2,198
	Aug 11, 2024	\$1,148	\$1,556	\$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	\$768	\$933	\$1,098
	Jan 23, 2024	\$648	\$788	\$1,198
	Feb 7, 2024	\$698	\$848	\$1,148
	Mar 25, 2024	\$749	\$899	\$1,379
	Sail round trip from San Francisco, California to Puerto Vallarta, Mexico; Manzanillo, Mexico; Mazatlan, Mexico; Cabo San Lucas, Mexico; San Francisco, California.			
*LINCOLN SHUTTLE TO SHIP AVAILABLE!				
16 DAY MOROCCAN & IBERIA PASSAGE PRINCESS Sky Princess ~ 3660 Passengers	Mar 9, 2024	\$998	\$1,599	\$1,601
	DONT MISS OUT ON THIS AMAZING DEAL!			
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.				
14 DAY MEDITERRANEAN PRINCESS Sky Princess ~ 3660 Passengers	May 5, 2024	\$1,608	\$2,709	\$2,932
	Sail round trip London (Southampton), visiting Vigo, Spain; Seville (Cadiz), Spain; Malaga, Spain; Corsica (Ajaccio), France; Gibraltar; Lisbon, Portugal; London (Southampton).			
15 DAY PANAMA CANAL PRINCESS Sapphire Princess ~ 2200 Passengers	Sep 28, 2024	\$1,598	\$1,698	\$2,598
	Sail from San Francisco, California to Fort Lauderdale, Florida visiting Puerto Vallarta, Mexico; Puerto Quetzal, Guatemala; Puntarenas, Costa Rica; Fuerte Amador, Panama; Transit the New Locks; Cartagena, Columbia; Fort Lauderdale, Florida.			

Round Trip 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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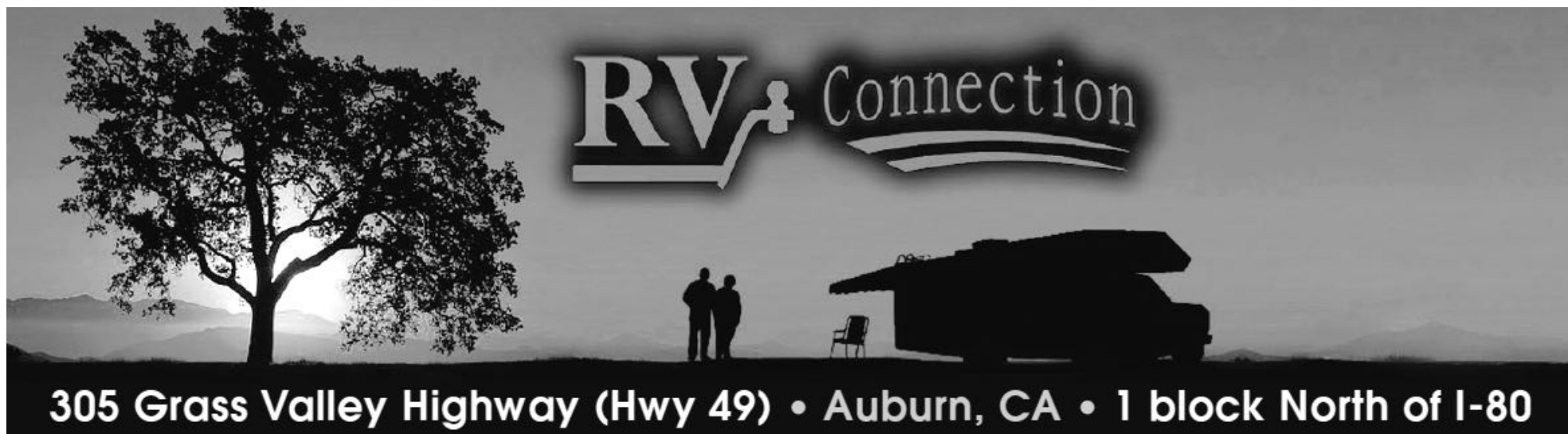
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Days & Destination	Cruise Line ~ Sailing Date	Starting Price/ Inside Ocean View Balcony		
7 DAY ALASKA CELEBRITY CRUISES				
Celebrity Edge ~ 2918 Passengers ~ Maiden Voyage Dec 2018 <i><u>Sail the best ship on the West Coast in 2024!</u></i>	May 31, 2024	\$729	\$1,129	\$1,529
	Jun 21, 2024	\$939	\$1,459	\$1,900
	Jul 19, 2024	\$899	\$1,399	\$1,999
	Aug 16, 2024	\$749	\$949	\$1,699
Sail round trip from Seattle, Washington to Ketchikan, Alaska; Endicott Arm & Dawes Glacier, Alaska; Juneau, Alaska; Skagway, Alaska; Victoria, BC, Canada; Seattle, Washington.				
12 DAY CANADA & NEW ENGLAND CELEBRITY CRUISES				
Celebrity Eclipse ~ 2850 Passengers	Sep 8, 2024	\$1,489	\$2,275	\$2,275
Sail round trip from Boston, Massachusetts to Rockland, Maine; Halifax, Nova Scotia; Sydney, Nova Scotia; Quebec City (2 Days) Charlottetown, Prince Edward Island; Portland, Maine; Boston, Massachusetts.				
80 DAY EUROPE REPOSITION CUNARD LINE				
Queen Victoria ~ 2061 Passengers	Feb 7, 2024	N/A	\$13,499	\$46,599
Sail from San Francisco, California to London (Southampton), England visiting Honolulu, Hawaii; Apia, Samoa; Suva, Fiji; Auckland, New Zealand; Wellington, New Zealand; Christchurch, New Zealand; Sydney, Australia; Whitsunday Island; Cairns (Great Barrier Reef), Australia; Bitung, Indonesia; Puerto Princesa, Philippines; Manila, Philippines; Hong Kong; Ho Chi Minh City; Singapore; Colombo, Sri Lanka; Port Louis, Mauritius; Port Elizabeth, South Africa; Cape Town, South Africa; Walvis Bay, Namibia; Tenerife, Spain; Funchal Madeira, Portugal; Southampton (London), England.				
10 DAY SOUTHERN CARIBBEAN CELEBRITY CRUISES				
Celebrity Beyond ~ 3260 Passengers	Jan 19, 2024	\$1,045	\$1,394	\$1,499
	Feb 9, 2024	\$1,045	\$1,299	\$1,699
	Mar 22, 2024	\$1,036	\$1,161	\$1,299
Sail round trip from Fort Lauderdale, Florida to Philipsburg, St. Maarten; Castries, Saint Lucia; Bridgetown, Barbados; Saint Johns, Antigua; Basseterre, Saint Kitts & Nevis; Fort Lauderdale, Florida.				
15 DAY BRITISH ISLES EXPLORER VIKING CRUISES				
Viking Venus ~ 930 Passengers	Apr 5, 2024		\$7,999	
Sail from Fort Lauderdale, Florida to Athens. Greece visiting Ponta Delgada, Azores; Cadiz (Seville), Spain; Malaga, Spain; Cartagena, Spain; Valencia, Spain; Barcelona, Spain; Villefrance-Sur-Mer (Nice), France; Livorno (Florence/Pisa), Italy; Civitavecchia (Rome), Italy; Naples (Pompeii), Italy; Taormina, Italy; Valletta, Malta; Souda (Chania), Greece; Rhodes, Greece; Kusadasi (Ephesus), Turkey; Piraeus (Athens), Greece.				
12 Day PARIS TO THE SWISS ALPS March – December 2023 & 2024				
Viking Longships ~ 190 Passengers			\$3,499	
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15 Day GRAND EUROPEAN TOUR May – December 2023 - 2024				
Viking Longships ~ 190 Passengers			\$4,299	
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Singles

(cont' from page 11)

held in OC Ballroom on October 12th at 6:00 pm. Following a short meeting, we will have Tabletop Thrift Shop chaired by Shirl. Make a reservation for \$5 to have table space for selling the treasures you don't want/need. Or come to shop from others.

On Saturday, October 14th at 9:00 am we have our 2nd Saturday Breakfast in OC Sports Bar hosted by Dennis Reid. Always a great time to meet other members and no reservations needed, just come.

Tickets on sale now for the following events:

Our Dining-Out Event will be on Thursday, October 19th at 4:00 pm. It will be our Octoberfest to be held at Dueling Dogs, 3030 Barrett Park Lane, Lincoln and hosted by Chuck Pineau. Tickets are \$25 members, Guests \$30 will include a Bratwurst Barbeque and music by Dust in My Coffee.

Our annual Halloween Dinner/Dance/ Costume Parade will be held on Tuesday, October 24th at 5:30 pm in the OC Ballroom. Tickets are \$25 members and Guests \$30. This includes an Italian Buffet, no host bar, prizes and live music. Wearing a costume is not required to attend.

Deadline to buy tickets for our Bus Trip is October 5th. Buy your tickets now for our Bus Trip on Saturday, November 4th to the Breeders Cup Races at Golden Gate Fields. Biggest race of the year. Cost \$190.00 members and \$200.00 for guests. This includes: roundtrip chartered bus, finish line seating in the Turf Club, Racing Program, Champagne greeting and bottle at each table, All-you-can-eat full stations Buffet, coffee, soda, tax and tip for table servers. Sign up with Kathy Shaddox 916-209-3307.

That's all folks for this month. Want to join? Call Sue 530-712-5051.

That's all folks for this month. Want to join? Call Sue 530-712-5051.

• • •

Lincoln Democratic Club

BY JUDY GANULIN

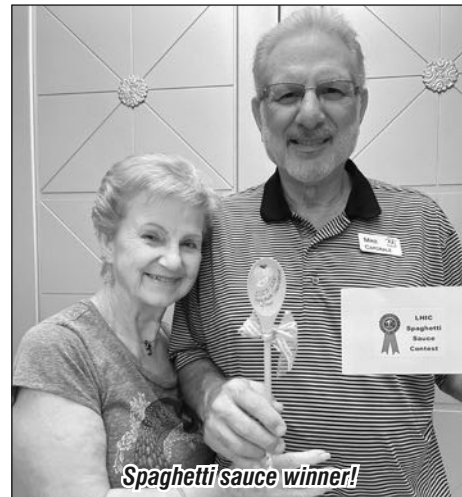
The Lincoln Democratic Club has some very interesting and informative programs coming up, starting with Placer County Supervisor Shanti Landon speaking on local issues at our October 19 meeting. In November we'll hear OLLI lecturer Terry McAteer. In January we'll hear from a representative of the Placer Food Bank, where our members continue to volunteer. Our final service in 2023 is November 15. We are starting a nomination process for next year's Executive Board members, as some of our long-serving members will retire at the end of the current term. For more information, please visit our website, <https://democraticclublincolnca.org>.

• • •

LH Italian Club

BY LINDA LUCCHETTI

On October 4, we hold our Annual General Meeting (AGM) at the Oaks Room in the Orchard Creek Ballroom. Members have been invited to attend, meet the Board, and ask questions.



Spaghetti sauce winner!

Do the words gobble, gobble remind you of anything? Yes, it's that time. Turkey Bingo, one of the club's cornerstone events, returns in all its glory, on November 5, at Sun City, Roseville. Check the website for details.

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

• • •

Lavender Friends

BY JOAN LACKTIS

No one lost any fingers or toes at our recent outing to Get Axed in Lincoln.

Twelve of us formed three teams of ax throwers. After an introduction from an attendant, we took a few practice throws and then started keeping score. There are several games, like Tic Tac Toe and Zombie Hunters, to keep it interesting. We enjoyed drinks from the bar and food ordered from a nearby restaurant. It was a fun way to spend an afternoon.



Sara Vega lets loose at Get Axed.

The following month we got more traditional with an ice cream social — with the ice cream supplied by the club and a potluck of toppings. Games were organized by a member.

In November, we are planning a dinner and program to honor our members who are veterans, and December brings us to our annual dinner dance. This is a popular event that brings members and friends from throughout the region to kick off the holiday season.

Membership in Lavender Friends is open lesbian, gay, bisexual and transgender residents, as well as other residents who endorse our goals of providing activities, information and support to one another in a safe and comfortable environment. For more information, see our website: lavenderfriends.com.

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Alzheimer's-Dementia Caregiver's Support Group

BY MARIANNE OLIPHANT

The Alzheimer's-Dementia Caregiver's Support Group offers information and support to those caring for a loved one with dementia. We have three monthly group meetings. Our Women's group meets at 1:00 PM on the 1st Wednesday in the Multi-Media Room (OC). The Men's group meets in the same room at 10:00 AM on the third Thursday. Both groups are focused on individual sharing. The General combined meeting is held on the 4th Wednesday at 1:00 PM in the Fine Arts Room (OC) and features a guest speaker. October's program is Karen Wood from CountryHouse Residence speaking on "Is your Loved One Ready for Memory Care?" At all meetings you will find a welcoming community ready to hear your questions and concerns.

Contact: Jo Fratessa - 916-759-8760.

• • •

Bosom Buddies

BY VAL SINGER

October is Breast Cancer Awareness month. There are all sorts of pink doodads and what's around, but Bosom Buddies members only have to look in the mirror to see the scars waged by breast cancer. Some of our buddies are still fighting and some have lost the battle.

Bosom Buddies is a support group with members who listen when another member is in distress or waiting for the results of the latest scan or biopsy. We listen to the good news, too, when a scan is ok. And Birthdays are important to Bosom Buddies. We treat each one as a gift, so members get a free lunch.

The Relay for Life was a great success and we raised over \$10,000. Thanks to Rich Woodward who made a large donation in honor of his wife, Kathy.

The "Caregivers Lunch" is October 7th, at 11:30 in the Sports Pavilion. Each of us who have experienced a major health problem have caregivers who make the healing process doable. Please bring that special caregiver, whoever it is - a husband, sister, brother, or that very special neighbor that was there for you. There will be a picnic lunch served and IT'S ALL FREE. And if that caregiver isn't available, bring yourself. Please RSVP to Verity

(cont' on page 17)

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Bosom Buddies

(cont' from page 15)

Gould at 916-719-8906.

September's meeting featured a speaker from HICAP (Healthy Insurance Counseling and Advocacy Program). Ms. Washington explained the difference between Medicare A and B, how to deal with Medicare expenses, appeals, and grievances. She had one piece of advice: Don't carry your Medicare card with you. Thieves can use it for any number of illegal activities.

If you have any suggestions for future speakers please call Patty McCuen, 530-575-2889.

Send your \$12 dues to Verity Gould, 2210 Longspur Lane.

If you have any questions regarding Bosom Buddies, contact Val Singer (916-251-6528) or Judy Stewart (916-408-3597).



Ms. Washington

Multiple Sclerosis

BY JERI DI FIORE

Want to live in your home as long as possible but need helpful ideas for the handicapped? At our October 17, 1 PM, OC Computer Room Meeting, Placer Independent Resource Services (PIRS) will be guiding us with information, towards their Mission "To

Advocate, empower, educate the community, and provide services for people with disabilities, enabling them to control their alternatives for Independent living."

Sue Armstrong is hosting this meeting and welcomingspeaker, Helene Ferreira, Assistive Technology Resource Specialist. All with MS, family, and friends are invited.

Also, we wish to thank our hero, Donna Judah, Coldwell Banker Real Estate, for personally donating \$1,000 to the MS Society, Lincoln Trailmixers, towards helping us become #1 of 40 teams in Folsom MS Walk.

...

Low Vision Support Group

BY STU SINGER

Our Next Meeting will be on Tuesday, October 3, 2:00 – 4:00 PM in the Fine Arts Room at Orchard Creek Lodge

Lisa Kwon an occupational therapist who teaches classes at Orchard Creek will speak about "Functional Vision" Learning how age related and brain injury acquired vision impairment can impact function and independence in your daily life. The discussion will include strategies on how to modify your environment, improve functional vision and learn of community resources to improve functional independence.

Save These Dates —

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

Dr. Glenn Yiu, Chairman of the Ophthalmology Department at UC Davis Medical School, will be speaking to the group about advances in medical treatments for

people with low vision. Dr. Yiu will be bringing along some of his young colleagues to share their insights as well.

Monday, December 4, 11:30 – 2 PM Solarium, Meridians Restaurant

Join us for our annual Holiday Party Luncheon. Details will be coming soon.

Low Vision Support Group Mission — Our mission is to provide information on current research, new technological equipment and practical application of daily living skills to enable those affected to maintain independence.

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

...

LH Amateur Radio Group

BY DANIEL LEHRER, KN6DRN

I gave a demo on Vara Chat, a relatively new digital method enabling Hams to have "conversations" using a keyboard and their radio. We successfully made contact with an operator in Minnesota. He was surprised and thrilled to hear he was on the air with 10 of us "listening." In September we enjoyed a Hams & Coffee get together at Kilaga Café. The conversations were both informative and fun. Consider coming on down to ragchew and join us for our next Hams & Coffee in December. The Club participated in the North America QSO Party. We made 40 contacts including three East coast stations, the Virgin Islands and Canada. We can help with programming handheld radios. Meetings are held at the South Tower every Monday night at 6:30 PM.



Our club conducts a weekly radio network at 7:00 PM every Monday on the W6LHR Repeater at 147.030 MHz, 167.9 PL. If you are looking for a way to engage in the community and have an interest in Amateur Radio, please check out the LHARG. For more LHARG information visit our Website, the URL is: lharg.us or email dlehrer72@gmail.com

...

Veterans Group

BY BILL L. LEWIS

The popular Oktoberfest Luncheon will be held on October 19, 2023, at 12p.m. in the Orchard Creek Ballroom, there will be no regular meeting this month. The Luncheon will include three menu choices of Beef, Chicken and Pasta that will include Dinner Rolls, Vegetables, Coffee, Iced Tea and Dessert. The No-Host bar will be open at 11:30 a.m. with your favorite Beverages.

All of our Social Events include a short period of time to conduct Group Business. At

(cont' on page 19)

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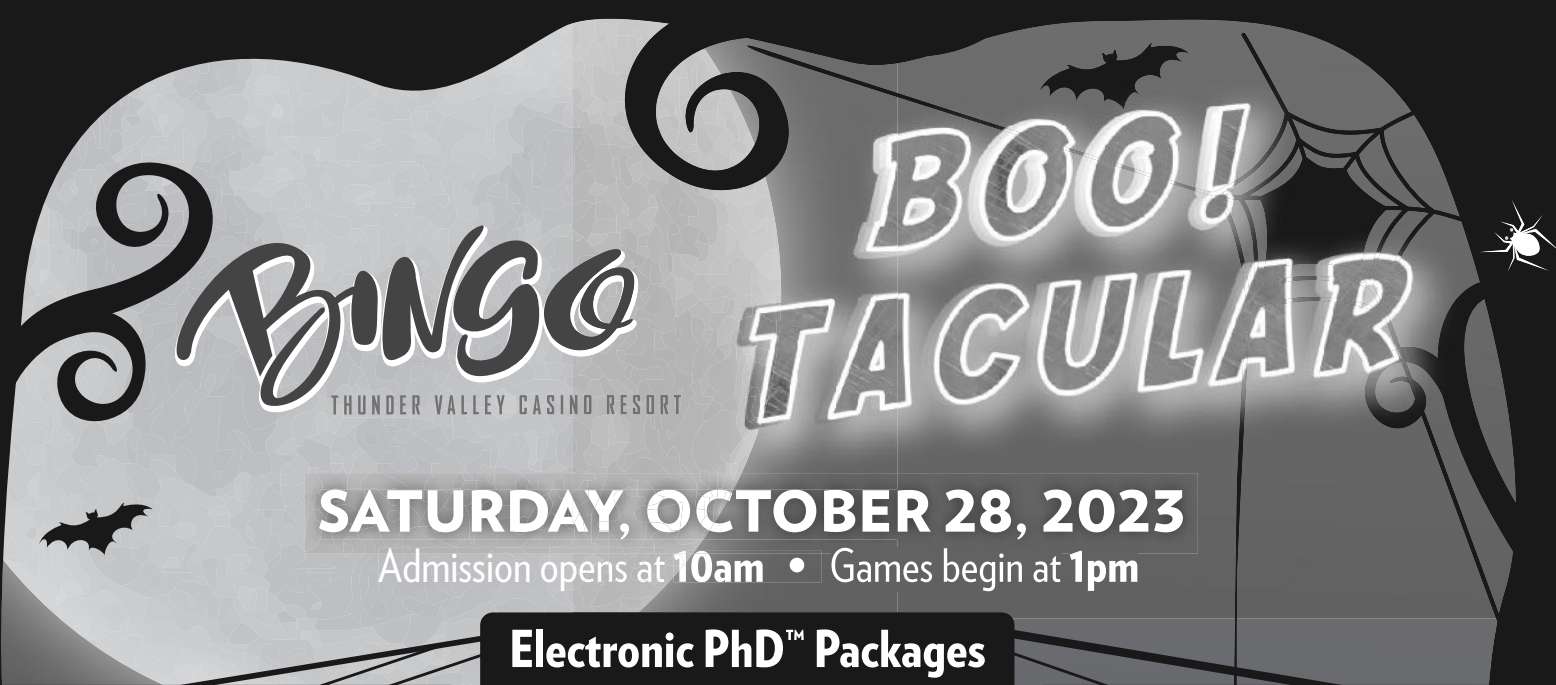
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Thunder Burst Special	\$2	1 game	3-on
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Double Action	\$2	1 game	1-on
Thunder 8 - VIPick'em™	\$1	1 game	1 line
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Lightning Wheel	\$5	1 game	3-on
Thunder Ball #2 #3	\$1 each		

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Veterans Group

(cont' from page 17)

this Social, President Dave Taylor will Provide an overview of the State of the Group and he will also introduce the candidates for the 2004 Board of Directors.

U.S. Navy veteran, David Conner will be the featured speaker for the LHVIG General meeting November 16, 2023 at 1:00 p.m. in the Kilaga Springs presentation Hall. David was raised in a military environment as his father was in the Navy Construction Battalion during WWII and his stepfather was an Air Force Pilot. David enlisted in the U.S. Navy when he was seventeen and served one tour of duty, 1960 to 1964. He will be speaking about the "Peace Time Profiles in Courage by those in the service.

The Flag Table will be open on October 15, 2023 in the Orchard Creek Lodge Lobby for the sale of Flags at a price of \$20. Please Fly Your Flag Proudly and turn in your old flags for retirement when they show signs of wear. There is also a box for flags to be retired in the room next to the Main Desk in the Orchard Creek Lodge.

In Memoriam

Don Jobe, U.S. Navy and Former LHVIG Board Member

U.S. Navy Veteran, Manuel "Sal" Salcido

U.S. Army Veteran, Arnie Schwartz

The Veterans group extends its deepest condolences to their families and friends.

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LH Republican Club

BY SUE DUMAS

Republican Club had a busy September! September 20 was "Meet the Sheriff". We had an opportunity to hear, meet, with Sheriff Wayne Woo at the Sports Pavilion. Thanks to Sheriff's efforts, Placer residents are safer than most! We also enjoyed healthy discussion, and a second "straw vote" for GOP Presidential hopefuls, while Live Streaming the Second GOP Debate September 27.

Fundraisers for local candidates running for countywide offices, sponsored by PCR Central Committee, have begun. The most recent one was "Boots and Brisket", raising approximately \$30,000.

Club Events: Wednesday, October 25 – Kilaga Springs (PH) 6:00 PM doors open –

6:30 PM program begins. Eric Early, will be our Guest Speaker. Eric is running for U.S. Senate. Bring a guest to Club events and get extra chance to win \$25 gift certificate!

Local Events: Eggplant Festival, Loomis - October 7, and Mountain Mandarin Festival, Gold Country Fairgrounds – Auburn – November 17 thru 19.

If you would like to become a member of our Club, go to website for application. Cost is \$15/per person - per year. This would apply to Associate Memberships (Placer County residents, not just Lincoln Hills), as well. Republican Club article is located in the Bulletin Board section of the COMPASS. (Note: See Website or RC Newsletter for drawing winners!)

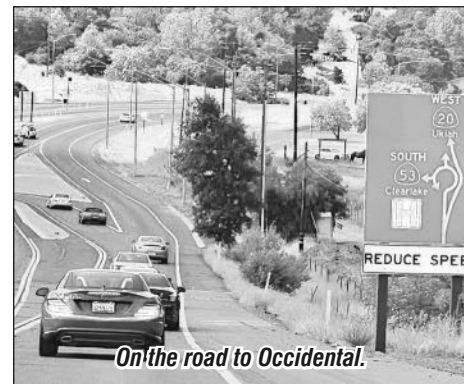
www.RepublicanClubSCLH.org

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Sports Cars

BY RICHARD PEARL

Events keep piling up and the Club remains active. September 22 (to be reported on next month) will see a day trip for lunch at the perennial favorite, the Dancing tomato Café, in Yuba City. October 17th will see a maximum of 20 cars heading to Kathrin's Biergarten for dinner. It's a short ride to Granite Drive in Rocklin, but then the fun



begins and it's only a few moments ride home. For those not familiar with the Club's rides, many times we have limited space so if you have an interest in a particular outing, you need to jump at the chance absolutely ASAP. The final social event - before the annual Holiday Party, will be a Western Dinner and Dance at Turkey Creek Golf Club.

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

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Road Runners Motorcycle Club

BY JACQUELINE MCDERMOTT

As the leaves change their colors, Road Runners can't resist the call of their motorcycles, eager to ride through the enchanting fall scenery. All suited up in leather or kevlar-lined jackets and helmets, the brisk air on our cheeks and fun camaraderie fills our adventurous hearts with joy.

The winding country roads will soon be adorned with vibrant red, orange, and yellow hues, creating a breathtaking tunnel of foliage. The sounds of our motorcycle engines purring through the quiet countryside and the scent of fallen leaves will soon fill the air. With each twist and turn, Road Runners feel a sense of freedom and exhilaration, knowing each ride together is cherished.



Live your best life and pursue your joy. Join us! Our social meetings are on the fourth Thursday of each month at 5:30 PM in the Multipurpose Room (OC). We often meet after our regular meetings at a local restaurant and enjoy friends and family dinners. Our group rides are on the Second Saturday of the month. Kickstand-up time varies at our meet-up point located at the Twelve Bridges Chevron. Call or email our Membership Chairman, Manny Perez 925-787-1221 Manwil412@wavecable.com to learn more about our club activities throughout the month.

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Rods & Relics

BY ELNA RAGAN

Last month's activities started on Friday, September 8, with a "Feel Good" event at the Lincoln Meadows Care Center. The residents enjoyed seeing all the classic vehicles, having lunch outside, and visiting with our Club members. Thank you, Chuck Barnhart, for heading up the event!

The Car Show Awards announcement from the Lincoln Airport Open House held on August 26, was amazing! The following Club members brought home three of the four top awards: "Best Sports Car," Terry and Betsy

Edwards' '62 Corvette; "Best Classic Car," Jim Long's '35 Chevy Master Deluxe; and "Best of Show," John Papanicolas' 1940 Ford Convertible." Congratulations to all!

On September 12, our Club had its monthly lunch at the Twelve Bridges Waffle Farm. Sherrie Hickerson organized this event. There was a very large turnout. A good time was had by all!

Each year, the proceeds from our Downton Lincoln Car Show are awarded to three charities. On September 21, six charities made a brief presentation at our General Business Meeting. The three charities that received the most votes were determined at a later time. The results will be announced in next month's article. To date, our Club has donated \$253,441.00 to local charities!

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, Mike Carvidi, Membership Director 707-849-2834. Web Site: www.rodsnrelics.net

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RV Group

BY VICTORIA WHITE

It's that time of year when our Board of Directors are putting out feelers for replacements for outgoing Board Members. There are several openings just looking for that special person. Clubs need new ideas and directions on a yearly basis and the best way is with "new blood" to put it bluntly. Consider yourself in a leadership position and make a difference. This will enrich your life and help our club grow. Openings include President, Vice President and writer for the Compass and the Sun Senior News monthly articles.

Gilroy/Moss Landing rally took place September 22nd to October 1st. Newport Beach rally is coming up November 12th through November 17th with many rigssplitting off afterwards to desert areas and further.

Meetings are every 2nd Thursday, 4:30 PM at KS in the Placer Room. Appetizers served! Call Membership Coordinator Sharon Skar at 916-434-7799 or marlowensharon@gmail.com for information on joining this great group.

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(more Club News cont' on page 20)



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LH Travel Group

BY LINDA BEVINS AND JOANNE SCHUMACHER

All travelers are invited to the free LH Travel Show on October 24 & 25. Everyone is welcome to attend the show, but reservations are required since seats are limited.

Place: Via Roma, 2270 Nicolaus Road, Lincoln. Time: 3:30-5 pm

E-Mail: travelgroup1h@gmail.com, include names of attendees, the date you wish to come (either October 24 or 25), your phone and e-mail address.

The Travel Show in October is narrated and includes colorful slides by Jay Fehan, our Collette Representative.

New Collette Tour: one departure only, limited space. Amish Country, Philadelphia, Longwood Gardens, Nemour Mansion with Gardens, Hershey. Only two hotels, departure date is May 6 -12, 2024. Price is \$3399, double occ. Link: gateway.gocollette.com/link/1206923 Questions: contact Linda Bevins.

Trip updates – The Greenbrier/DC trip will be moved to early April of 2025 so we might catch the Cherry Blossoms. The deadlines for Rome and the Amalfi Coast and The Italian Lakes are coming up soon. You can do one of the two trips or enjoy them back-to-back making for a fabulous 17 days in Italy! Check out our website for more details.

Be sure to mark your calendar for the 2024 Travel Show on January 27, 2024, in the Kilaga Springs Lodge.

Please check out more tours** being

offered by the Travel Group on the website: www.lincolnhillstravelgroup.com

LHTravelGroup Leaders: Sharon Watkins 916-849-9504 sharon55@att.net, Louise Kuret Auerbach 916-408-0554 louisekuret@att.net, Lyle Auerbach 916-847-6544 lea925@att.net, Linda Bevins 916-666-7627 djbevins17@gmail.com, Joanne Schumacher 415-999-1242 jkschumacher1@gmail.com

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

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

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Garden Group

BY LORRAINE IMMEL

"You Too Can Grow African Violets" is the topic of Mary Thompson's presentation for the General Meeting, October 26, 2:00 PM, KS. Mary is the President of the Central Coast African Violet Society.

Her love of African Violets came from her mom. In 2009 she started a club in her hometown of Paso Robles, CA. Several years ago she became active in the African Violet Society of America (AVSA) becoming a Director of The Violet Preservation Committee that is committed to finding named violets that were hybridized over 10 years ago. (Yes, Violets have names!) As Chair of the Affiliates Committee for AVSA, Mary also keeps track of information about all of the AVSA clubs in the world.

(cont' on page 21)

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-Dr. Robert Pretzlaff

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Garden Group

(cont' from page 20)

Mary will be bringing an African Violet care handout sheet. Be sure to pick one up at the check-in desk and, also, a survey. It is helpful to your Steering Committee to know what your suggestions for programs are and how you assess the programs of the month.

The meeting will also include Brown Bag Sales, Door Prizes, and Master Gardeners Q & A's (1:30PM). Social Chair Debbie Schryver will be available for sign-ups for the December 4th Holiday Luncheon. All members were sent details on this in an email.

This month marks the last General Meeting of the year due to Thanksgiving on the 4th Thursday in Nov. and Christmas. We will end the year with the Holiday Luncheon in December.

The Master Gardeners of Placer County have their new Fall issue out of the "Curious Gardener." It's an online magazine-no cost... you can subscribe/unsubscribe/or neither. It gives garden tips, ideas, websites to garden info and videos.

<http://pcmg.ucanr.edu/?newsitem=99028>

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Bird Group

BY RUTH BAYLIS

We are well into the fall migration for birds. Watch your yards and LH trails for arriving White-crowned Sparrows, Golden-crowned Sparrows, and Dark-eyed Juncos. As I am writing this (Sep 15), one of our birders

is reporting seeing 2 adult white-crowns at his birdbath this morning. And this is after a morning walk along the Ferrari Ranch Trail spotted a Say's Phoebe, Greater Yellowlegs, Lesser Sandpiper, and a Northern Flicker. Welcome to Fall!

We have a busy schedule of upcoming events. Updated information, including cancelations or rescheduling, will be provided by bird group email. Unless otherwise noted, trips meet for carpooling at the west end of the Orchard Creek parking lot, near the fitness center indoor pool.

- Oct 9, Mon, 1:30PM: Monthly meeting, Ed Pandolfino. Ed is an old friend to the Bird Group and a well know birding expert, author, and presenter. He returns this time to pique our interest in Sparrows with his presentation "Sounds of the Sparrow".

- Oct 13, Fri, 8:00AM: Driving trip around the Lincoln Wastewater Treatment Plant ponds.

- Oct 25, Weds, 11:15AM: Bird Group Potluck at SCLH Sports Pavilion.

- Oct 29, Fri, 8:00AM: Driving trip to Vic Fazio Yolo Bypass, Davis.

- Nov 13, Mon, 1:30PM: Monthly meeting, Truman Holtzclaw. The topic is "Wildlife of Sun City, Lincoln Hills". If you missed Truman's community forum, or want to see it again, don't miss this presentation of beautiful photos and informative observation notes about SCLH wildlife. You might be surprised by what you have not seen.

For a full listing of future events, birding tips, a photo gallery, bird lists from trips and

more, visit our website: <http://www.sclhbirders.org>

You can communicate with the Lincoln Hills Bird Group at email address: SunCityBirders@sclhbirders.org

• • •

Hiking-Walking Group

BY GAY MACKINTOSH

Hikers and walkers are eagerly welcoming fall! Come join us for fun activities and lots of opportunities to get outdoors.

Bruce Quick's colorful program on his inspirational walks in Europe enlivened our annual Meeting September 26. Elected to two-year terms beginning October 1 are Tom Denzler, President; Carol Yoder and Gay Mackintosh, Co-Vice-Presidents; Laura Hamilton, Treasurer; and Carolyn Woolston, Secretary.

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

Keep an eye on our website for upcoming

hikes and special events. Be sure to check back regularly for weather-related or other necessary changes.

- BONUS HIKE: Tuesday, October 10. Loch Leven Lakes (Yuba Gap area). Three beautiful alpine lakes nestled among granite outcrops. Moderate/Strenuous 6 miles with 600 feet total altitude gain.

- 3rd Thursday, October 19: Little Bald Mountain (Foresthill). Moderate/Strenuous 5 ½ miles to a fire lookout with 360° views.

- 1st Tuesday, November 7: Effie Yeaw Nature Center (Carmichael). Easy 4 ½ mile loop.

- 3rd Thursday, November 16: Hike Leader Needed!

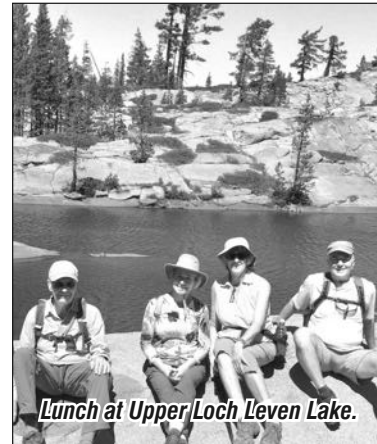
- 1st Tuesday, December 5: Hidden Falls - Dennis's Bench (Auburn area). Moderate 6 miles.

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

Call President Tom Denzler, 530-368-2564, with questions about the Hiking Group.

• • •

(more Club News cont' on page 23)



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See upcoming events on our Facebook page

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LH Cyclists

BY TOM FRADY

Bike Path Etiquette — Some of you may know that recently the issue of bikes on our trails came up at a Board meeting. It seemed to many of us it was going to be a “no bikes on paths” pre-determined outcome. However, thanks the knowledge, information and activism of club members and interested parties, the matter was (possibly) permanently tabled.

However, if we riders are going to continue to use the LH paths, we need to practice good trail etiquette. Here are some guidelines. I am speaking to riders about LH paths, not trails such as The American River Bike Trail, which is designed to be used by a different clientele.

First, be courteous. All trail users should be respectful of other.

Riding on our paths is not the time to go for a speed record. The speed limit for bikes on paths is 15mph, but this is often too fast for safety or politeness.

The argument whether pedestrians should be on the right or left is moot because our paths are not wide enough to have a “lane” in each direction. So, when approaching from behind, gently let the walkers know you are coming. Don’t wait ‘til you are yelling in their ear.

I prefer a “bikes back!” to “On your left (or right)” because the walker will often move to the side on which you intend to pass. Give ample warning so they can make it clear to you where they are going. Ride slowly. If you cannot keep your bike balanced at walking speed, you

probably aren’t ready to be on the path.

Technically, anything with a motor is prohibited on our paths. If you are an e-bike rider, you will want to be especially careful and not call negative attention to yourself.

Finally, when you do pass others, say “Thank you”. Be an ambassador for cycling.

Hey, it’s time to register for the 21st Tour de Lincoln, October 21st.

...

LH Water Volleyball

BY DIANE FERRARI

FAs the days of Fall are edging closer to Winter, it’s time to try a new sport. Come to Free Play Saturday at Kilaga at 9:00 AM. Join now to be a part of the fun in and out of the pool. We welcome all levels of interested players. Find us at LHWaterVolleyball.com. Or Call Jerry Grisler 209-648-9534 for more info. We had a busy month; the membership helped the residents of Lahaina with a fund raiser in conjunction with Jessup University. The Jessup Women’s Volleyball team traveled to Hawaii and brought donations from our Water Volleyball and Beer Club to the residents of Lahaina. We also celebrated the end of summer with an outdoor game and pizza party, and we enjoyed an end of September evening at the home of the Buck’s with libations and appetizers. We danced the night away at our annual Fall festival and we have a holiday party coming in December, so please join us. We really are fun both in and out of the water! We are accepting nominations for upcoming vacancies on our Board with voting to take



Mel Switzer, Water Volleyball Board member presents Jessup University with donations for Lahaina Fire victims.

place by the end of the year. So, stay tuned for voting. We offer training classes to learn how to play and how to improve your level of play. We provide mentoring to new members so you can feel comfortable and learn how to play, so come on out! The water is fine!

...

Swimmers & Water Walkers Club

BY ROSEMARY TANFANI

Clubmember Ilene Marshall, confesses she first started swimming in a public pool, during high school, due to a handsome lifeguard. (Who didn’t have a crush on a lifeguard while of high school age?)

And though she enjoyed her swimming, she did not have easy access to a swimming pool once she graduated



Ilene Marshall

high school.

It was when she moved to Lincoln Hills in 2020, that she got back in the pool. She found she missed the water, and with her very active “sweet tooth,” she found swimming helps control her weight. She now swims three times a week and enjoys the cooler water at the KS pool.

Marshall adds, “I am thrilled to have this wonderful pool to swim in, and to share this common interest with a great group of swimming people.”

She encourages beginners to get in the pool and start out with a small goal; “walk a bit, swim a bit and see how it feels. You might just get hooked!”

The Swimmers and Water Walkers Club also provides free mentoring sessions to members who want to improve their strokes and walking techniques. Contact, Jim Klein, club president, swimmers.walkers@gmail.com.

...

Lincsters 9-Hole Golf Club

BY CAROLE EUBANKS

General News — Go to <https://www.lincsters.com> for questions. Among the other useful information, you can also find a copy of the Captain’s Monthly Newsletter. Send general email questions to lh9captain@gmail.com.

Open Board Positions — These board positions are open for the coming year: Secretary, Social Chair and Publicity Chair.

(cont’ on page 25)

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Lincsters 9-Hole Golf Club

(cont' from page 23)

See the Monthly Newsletter on our website for a list of responsibilities for these positions.

Upcoming Events —

November 1st – Front 9, 1 PM shotgun
November 15th – Turkey Trot Tournament
December 5th – General Meeting and Holiday Luncheon

Tournaments —

- Tin Cup Tournament was a big success. A huge thank you goes to Alyce and Carol, along with their committee, for the super fun tournament. The tent looked great! Winner for Low Gross was Carol McCann (score of 50). Low Net winner was Sara Cannon (score of 35). Flight winners include: Kevin's Flight – Jane Hall (net 36); Renee's Flight – Jeannine Wuschnig (net 37); Don Johnson's flight – Patty Alderete (net 38); and Cheech's Flight – Barbara Gorden (net 40). CTP – Madelyn Merola – 5' 2 1/2".

- Breast Cancer – Oct 5th. We were proud to again co-sponsor this important event with the Ladies XVIII. Thanks to all those who donated, volunteered, or played. Your contributions go a long way to support this annual charitable effort.

Reminders from the GM — Please cancel your tee times if you cannot play so we can offer the times to other golfers. There have been an excessive number of no-shows and repeat offenders, as well as booked foursomes showing up with only 1 or 2 players. Because these actions cost your club quite a bit of revenue, we are looking into implementing a policy that may result in playing restrictions and/or memberships being put on hold. Please be a responsible member!

• • •

Ladies Golf - 18 Holers

BY CAROL LOPEZ

Lincoln ladies love their golf! Carol McCann chaired an Orchard "Team 1 Best Ball on Even Holes and 2 Best Balls on Odd Holes" round on a HOT day. Forty-two ladies competed. First place, by one stroke, went to Ginny Smith, Suzanne Hutchinson, Liz Phillips and Cheryl DeWildt. Birdies were made by Ronnie Link, Patti Tilton and Linda Blackburn who, also, secured closest to the pin on 16 with a 2'6" shot.

A "Team Quota" tournament was played on the Hills course. Based on handicaps, players were assigned a number of expected points (quota/goal) for each hole and the team that exceeded their quota by the most were the winners. Deb Dunipace, with the help of Golf Genius, determined the team of Carol Lopez, Donna St. Peter, Sandy Tamanti & Sharon Knoll to be the winners. Knoll got a birdie and closest to the pin with her 14'8.5" shot on hole 5. Other birdies were made by St. Peter, Marcella Christoff and Mitsuko Cameron with Karen Thom and Nancy Jenkins chipping in on hole 1. It was a fun and interesting format!

Have you played a "ONES" format? Only holes beginning with one of these four letters (i.e.: 1, 6, 7, 8, 9, 11, 16, 17 & 18) are used to determine the winner with the lowest score. There were four flights, and first place winners were Donna Sanderson, Ilene Marshall, Linda Fitzmaurice and Dee Grimm. Donna Brinkerhoff receives acknowledgement for two chip-ins that day and Lissi Bedford was closest to the pin on Hole 11 at 4'5".

This month, on the 19th, will be our last monthly Net Chix tournament. Good luck to all players!

• • •

LH Men's Golf

BY MIKE MCBACK

Coming up is the Club Championship, which starts on October 30 with the Just-For-Fun and the second day of the Club Championship on October 31. On both days, the Tee Times will be 8:30.

Last year's winner was Bob Schoenherr. Watch for sign-up coming soon.

This is just a reminder for the golf course management. If you have a private golf cart, please respect the 30-yard rule and stay away from the greens, and please stay on the cart path on all par 3's so the course can stay in the great shape it's in right now. We continue to see abuse and neglect of this policy, and there may be new policies and procedures put in place for those who are unwilling to adhere to staying 30 yards away from the greens. Many members live on the course and monitor the courses better than we can, so we hear about carts being close to the greens more times than I would like to.

This is an important reminder to all golfers, especially some repeat offenders, to please cancel your tee times if you aren't going

to be playing. We have been seeing excessive no-shows and foursomes being booked and only showing up with 1 or 2 players. This has been happening a lot of the weekends, costing your club a lot of revenue. We understand things come up last minute, but please do not just book a foursome when you know you will only have 2 players so you can play by yourself. Going forward, we are going to look into implementing a policy for repeat offenders or a cancellation policy, which may result in playing restrictions and/or memberships being put on hold if this abuse continues. We constantly turn golfers away mainly because Summit members completely book the tee sheets with their advanced 16-day booking window perk. It is unfair to others if you book a foursome and either don't show up at all or show up with less than your foursome, resulting in tee times going unused.

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LH Pickleball Club

BY MOLLY MORRIS

As the weather cools, the courts are heating up! At the beginning of October, many of our yearly activities start again. Each day of the week, we offer round robins or drill practice for different levels of play. This year we are including a new group for those at the novice level of 2.0-2.49. This level will allow our new players to learn the game more quickly and make friends. We also have our competitive ladders for those who want a bit of a challenge.



Our Academy will be offering free classes to learn various techniques and strategies and will continue to offer the free Intro to Pickleball class.

If you prefer not to be involved in group activities, the front page of our website (lhpclub.com) has a link to Hold My Court where reservations can be made by any resident. Or feel free to play drop-in each morning on the upper courts from 8:30 AM to noon.

Are you just curious about Pickleball and want to see it played? YouTube has a plethora of matches and helpful videos to watch.

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

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Table Tennis

BY CARL LYNCH

Table Tennis Fun Facts — Ping pong has a British origin. Outdoor lawn events such as tennis were popular, and they brought the sport indoors in the name of whiff whaff. The first paddle was the back of a cigar box, and the first net was a stack of books. Surprisingly, the first ball was a champagne cork!

Table Tennis is the third largest worldwide sport in terms of participation after soccer and cricket.

According to the Olympic world library, over 10 million players participate in various table tennis tournaments each year.

The Guinness Book of World's Records, longest ping pong rally holder, is Peter Ives and his son Daniel from England. Their rally took 32,000 total hits. The father and son played this rally for an incredible 8 hours, 40 minutes and 5 seconds, didn't even stop for a bathroom break.

Psychologists consider ping pong to be the leading brain sport across the globe. Numerous research studies have shown that playing ping pong can improve cognitive awareness, concentration levels, and overall brain function.

Beginners can expect to burn between 200 to 350 calories if they play for an hour and advanced players can burn up to 500 calories.

Ping pong is an alternative name to Table Tennis that was trademarked in the early 20th century.

Are you ever too old to play Table Tennis? NO!

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

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(more Club News cont' on page 26)



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LH Tennis

BY PAM FLAHERTY

Tennis players have been eagerly awaiting the perfect playing weather that Fall ushers in. It's here! We will celebrate with our annual Octoberfest Tournament directed by Dave Mateer on October 26. Expect our usual German food, prizes and spectacular tennis entertainment! Check your email and our website for sign up information.



Our club has just donated over four hundred tennis balls, four Babolat racquets, a ball hopper and miscellaneous tennis gear to the Lincoln High School Tennis Program, coached by Todd Ho. In addition several club members volunteer with the program in the spirit of growing this wonderful sport.

Saturday morning ball machine practice will continue through October and then return in April of 2024. Drop-in Tennis is offered year round on Saturdays and Wednesdays. Check our website at www.sclhtg.com for specific times and court assignments.

Club Intramural tennis (LITT) is forming now and set to begin in October, for players that are 3.0 or above. LITT is a great way to

meet other players and and play competitive tennis with other club members.

Free beginning/refresher tennis is offered by contacting Steve at stevebringman@yahoo.com and club orientation is provided by contacting Val at vlaugtug@gmail.com. See you on the courts!

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LH Senior Softball League

BY HEIDI MAZZOLA

2023 Summer Coed Division play came to a conclusion with a double elimination playoff tournament that had its fair share of surprises, including some unexpected rain on the first day. The tournament showcased the talent and competitive spirit of participating teams, and the fans were treated to some spectacular play.



Congratulations to team Michelle Cowles Real Estate! They managed to achieve an impressive feat by going undefeated through the winner's bracket, displaying a blend of skill, teamwork, and determination. Another team that deserves special mention is team Mitzi Anderson Realtor. They played tough

(cont' on page 27)

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LH Senior Softball League

(cont' from page 26)

during the tournament, demonstrating their resilience by winning all but two games in the playoffs. Ultimately, Michelle Cowles emerged victorious in a nail-biter over Mitzi Anderson in a hard-fought championship game with a final score of 18-17.

Also, congratulations to team Mary Olsen Century 21. They not only had a solid performance during the tournament but boasted the best record of the season. They went an impressive 24-5 achieving a remarkable .828 winning percentage.

With the playoffs wrapped up, the 2023 Coed Summer season has officially come to an end, and Fun Ball has started. Coed Fun Ball is open to all members and is a great way to stay connected with friends and stay in shape. Games are played Wednesday and Saturday mornings starting at 9:00 a.m. Sign-ups occur weekly by way of a league email containing instructions. Come join the fun.

Looking ahead, planning for the 2024 season has begun. The budget is being developed, a Board election will soon take place, and rule changes will be submitted for discussion.

Congratulations to the Coed, Women's, and Coyotes teams for another successful summer season. See you at the field.

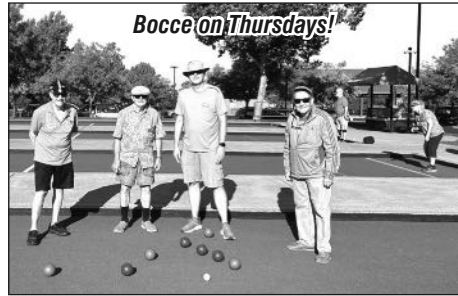
For the latest information, please visit our website at LHSSL.net.

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Mad Hatters Bocce Group

BY KIM PETRUZZELLI

Are you looking for a fun activity that will allow you to meet new people, force you to get out of the house, and won't require surgery afterwards? Look no further. We play bocce on Thursday mornings, and the game is easy to learn. Teams are formed as players arrive, and the balls are rolling by 8:00 am. All equipment



is provided, and it's not a problem if you can only play occasionally. We usually finish up around 9:30 am. Beginning in November, you'll get an extra two hours of sleep when we move our start time back to 10:00 am during the colder months.

Mad Hatters Contact: Russ Petruzzelli, LHBocce@gmail.com / 408-439-1848.

• • •

Shuffleboard

BY JON KLINE

Winter schedule for club play starts the week of Oct. 16-22. Regular club play doubles will be held every Thursday and Saturday afternoons from 1:00 to 3:45 PM at the rear bocce area of the Sports Plaza. Come anytime to start a game or join one in progress. Tuesday afternoons will be reserved for clinics, tournaments and special club events.

The search for a permanent location for 4-6 courts continues with direction from the Properties Committee Task Force. Club representatives are working with LH Administration to develop a cost-effective plan for a shuffleboard center at the Sports Plaza that meets the high-quality standards of the bocce, pickleball and tennis areas.

If you want to play with friends or family during the many hours available for open play, you can reserve a court for 1-2 hours up to 7 days in advance at: Resident Website/Wellfit Reservations/Bocce-Shuffleboard Court. The shuffleboard equipment is stored in the croquet locker behind the bocce courts; get the key at the OC Fitness desk. Tips for using the equipment are posted on the inside wall of the locker. You can email the club for the basic game rules. We are a no dues club, and all residents and their guests are encouraged to come to the courts and learn to play this sport. People of all ages and fitness levels can play shuffleboard; no bending or lifting is required.

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

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LH Thursday PM Bowling League

BY JIM MARKLE

Thursday PM Bowling League at Strikes Bowlero — Meet people, make new friends, have fun, and get some moderate exercise all in one place! Whether you are a long-time bowler, returning after a hiatus, or new to the sport, you are invited to join and will be welcomed with big smiles by the Lincoln Hills Thursday PM bowling league.

LH Thursday PM is a senior league; bowlers must be 55 or older. It is handicapped, mixed (any combination) 4-person team format at Strikes Bowlero, 5681 Lone Tree Boulevard, Rocklin, CA 95765 on Thursdays, starting September 7, 2023. Warm-up begins at 1:00 pm with bowling starting at 1:15 pm.

This is a sanctioned league requiring a valid 2023-2024 USBC (i.e., national bowling association) membership in order to be eligible to bowl. Membership can be purchased through the league on the first day of bowling, through another fall league in which you have already started, or on-line at BOWL.COM. League rules are based on USBC guidelines, with modifications as approved by membership.

This is a really fun league which has traditionally had many returning bowlers, with an average of 14 to 16 teams participating.

For more info. about signing up individually to be placed on a team, or to register a full or partial team, please contact Linda Zierman, League Secretary at 916-408-2397.

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(more Club News cont' on page 35)



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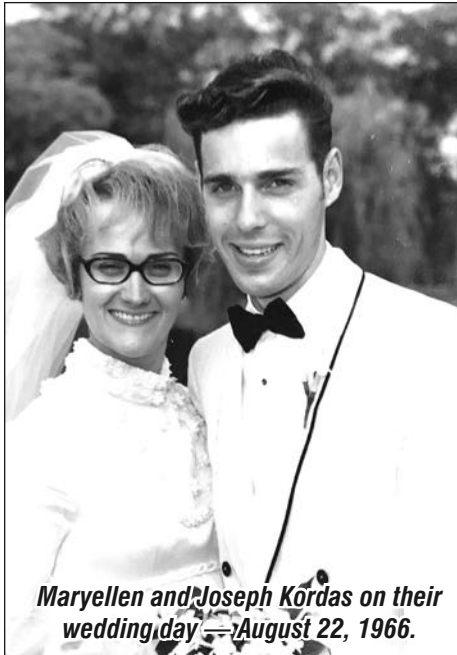
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SUN SENIOR PROFILES *Getting to know you...*

Maryellen and Joe Kordas

(cont' from page 1)



Maryellen and Joseph Kordas on their wedding day — August 22, 1966.

at Catta Verdera Country Club. Members can do as much or as little as they wish within the organization.

Another one of Maryellen's passions is Montessori education. She served as the President of the Montessori International Organization and traveled the world. Montessori teachers set



Maryellen Kordas — President of RANN.



Maryellen and Joseph Kordas — December 2022.

communities and has been instrumental in providing Maryellen with many friendships and events to attend. Maryellen can be contacted at maryellen.rann@gmail.com. Check out the group at <https://www.rann.club>.

Every year, RANN gives back to the community by donating to a local cause that supports an unmet need in the community. Last year they supported Compassion Planet which is a group helping emancipated foster youth. This year they will be helping Acres of Hope. The luncheon and auction for Acres of Hope will take place in March 2024. Acres of Hope has a campus in Auburn that assists homeless women with children to get back on their feet. The thrift stores in Roseville called Renew supports this endeavor. Uniquely, the donations of clothing and household goods to the thrift stores also help furnish the residences at Acres of Hope, as well as the monetary benefits of the sales at the stores. In addition to the donations, RANN has many interest groups including luncheons with unique programs, bocce, golf, book clubs, genealogy and a cooking group called In My Kitchen. They also meet monthly for lunch starting in September

up their classrooms to promote safe, independent exploration and learning, often through hands-on activities and lessons. Maryellen spent forty years in a career leading a Montessori school where they built a 50,000 square foot campus. The school had five hundred children, seventy staff members, and is celebrating fifty years in 2026. In 2010, she was awarded the Bay Area Woman of the Year award for innovation in nonprofit funding. She has fond memories of students who thrived with the Montessori style of teaching that allows for individual differences. Many even came back to thank the teachers and the school later for the part the school had played in their lives.

Joe and Maryellen Kordas have settled into their beautiful home in one of the first neighborhoods in SCLH. Many of the neighbors are original owners and very friendly. The couple participates in Neighborhood Watch. Joe enjoys walking their rescue dog in the neighborhood but is currently recovering from back surgery. The rescue dog is an English Cream Golden Retriever and is a pure white color. Her name is Malina, which means raspberry in Ukrainian.

The dog was a junior champion in Ukraine and was brought to the states to breed. Golden Retrievers are known to be super adaptable, friendly and can be easily trained. Malina is very well behaved and friendly and sat near us during part of the interview. The couple are not sure how much English the dog understands but it seems to be well trained and responsive.

Often, parents in retirement who move to be near one or more of their children find that it does not work out. Common wisdom has sometimes warned against such a plan. The children can end up moving again, for instance. Luckily, for Maryellen and Joe this has not been the case. They love living near their daughter's

family and will be delighted to celebrate the twins' thirteenth birthdays in September. They are glad they are close enough to see their son and daughter-in-law in the Bay Area. Lincoln Hills has proven to be a great place with friendly people and activities galore. Maryellen is glad she can use her skills to give back to other community members and they both enjoy their home and rescue dog. Settled in after years of hard work, they have found joy with their situation and the people in their lives.

Share your story or know a neighbor who should be recognized? Just let us know! Call us at 916-727-6383 or e-mail us at: SunSeniorNews@gmail.com

Voices of Lincoln Poetry Contest Attracts 104 Poets from 46 Cities in 9 States and 3 Countries

BY ALAN LOWE

The 19th Annual Voices of Lincoln Poetry Contest was very successful again this year. The theme of the contest was "The Five Ws Of Life: Who? What? Where? When? Why? . . . Discover The Answers Through Poetry." The five (5) contest categories included the following: "Who" Is The Most Important Person In Your Life? "What" Is Your Most Cherished Memory? "Where" Do You Want To Be Tomorrow? "When" Did You Do Something That Made A Difference In Someone's Life? "Why" Should You Never Stop Dreaming?

The July 20th entry deadline attracted 104 poets. Poets submitted 216 poems in the five categories. Poets came from 34 California cities and from Phoenix, AZ; Tucson, AZ; Meriden, CT; Barnstable, MA; Minneapolis, MN; Albuquerque, NM; Dayton, OH; Beaverton, OR; and Mansfield, TX. International submissions came from Thornhill, Ontario, Canada; Toronto, Ontario, Canada; and London, England.

Judges selected 37 winning poems, submitted by 30 poets, including 13 "Young

Poets," ages 11 through 18. Five residents from Lincoln, one from Loomis, three from Rocklin, and three from Roseville did very well in the competition. These twelve received one 1st place, seven 2nd places, and five 3rd places, as noted below.

The Voices of Lincoln Poetry Contest special event, at which winning poets will read their poems, will be held on Sunday, October 15, 2023, from 3:00 - 5:30 pm, at The Salt Mine, 590 Lincoln Blvd, at 6th Street (Enter building on 6th Street), Lincoln, CA. Everybody is invited. This event is free to the public.

Winners will be presented with a commemorative chapbook of the winning poems.

The Voices of Lincoln Poetry Contest is presented by the Poets Club of Lincoln.

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Lincoln Hills August Sales Snapshot

Address	Street	SqFt	Orig. Price	Selling Price	Model
450	Hopkins	1155	\$529,000	\$495,000	Sequoia
1841	Blackbird	1190	\$487,500	\$499,000	Calaveras
614	Wagon Wheel	1190	\$490,000	\$496,000	Calaveras
271	Stags Leap	1195	\$465,000	\$465,000	Calaveras
1442	Perdita	1322	\$650,000	\$657,000	Bridgegate
2987	Coopers Hawk	1361	\$550,000	\$550,000	Madera
114	Ivy Arbor	1491	\$570,000	\$580,000	Almanor
980	Dogwood	1491	\$500,000	\$545,000	Almanor
305	Timberland	1549	\$579,900	\$569,900	Alpine
220	Wisteria	1571	\$595,000	\$595,000	Quail Cove
244	Saddlehorn	1626	\$600,000	\$590,000	Lassen
1801	Monument	1704	\$635,000	\$615,000	Echo Ridge
1775	Stone House	1740	\$625,000	\$615,000	Mendocino
668	Wagon Wheel	1767	\$639,000	\$679,000	Santa Cruz
2360	Fountain Hill	1769	\$624,000	\$624,000	Alpine **
1219	Tiger Lily	1777	\$570,000	\$570,000	Tehama
950	Truchard	1782	\$719,000	\$719,000	Santa Cruz*
2840	Blue Heron	1793	\$624,000	\$624,000	Tehama
1700	Glenbrook	1823	\$709,000	\$730,000	Echo Ridge***
2234	Longspur	1854	\$739,700	\$744,000	Plumas
300	Geary	1873	\$725,000	\$700,000	Orchard Crest
1432	Tallac	1873	\$649,000	\$644,000	Orchard Crest
1778	Winding	1886	\$649,000	\$637,000	Fremont
1175	Secret Lake	1887	\$675,000	\$670,000	Fremont
410	Calistoga	1967	\$725,000	\$725,000	El Dorado
1900	Echo	2026	\$759,000	\$759,000	Annadel
100	Waterfield	2044	\$669,000	\$669,000	Tahoe***
732	Castleberry	2073	\$795,000	\$850,000	Annadel*
1980	Briarcliff	2176	\$830,000	\$794,000	Sausalito
1733	Barn Valley	2176	\$864,900	\$885,000	Sausalito*
2185	Ginger Hill	2258	\$919,500	\$919,500	Napa*
887	Wagon Wheel	2264	\$995,000	\$1,105,000	Napa*
1017	Magnolia	2300	\$869,500	\$850,500	Fremont***
414	Calistoga	2372	\$799,000	\$845,000	San Mateo
2538	Walden View	2390	\$695,000	\$695,000	San Mateo
455	Snapdragon	2813	\$1,099,900	\$1,099,000	Sonoma***/*
2912	Eagles Peak	2814	\$1,300,000	\$1,198,200	Sonoma***/*

* View / Golf Course View ** Expanded

Total Homes sold in Sun City per MLS 8/1/23 - 8/31/23

Neighborhood Watch

BY TERESA TANIN

Please join us for the next special event to be held November 4, 9:30 to 11:30 AM, in the Multipurpose Room/ Kitchen (KS) for the annual elections meeting and breakfast potluck. As voting members, Village Coordinators are essential attendees to meet a quorum. All Lincoln Hills’ residents and Neighborhood Watch volunteers are encouraged to participate. Bring your favorite breakfast dish and keep stirring the pot, potluck that is!

Neighborhood Watch Mission Statement through the dissemination of information:

- Strengthen neighborhood ties
- Increase personal safety & security awareness

- Be the “eyes and ears” of the Lincoln Police & Fire Departments

Encourage emergency preparedness
Strengthening Neighborhood Ties:
Neighborhood Watch is pleased to welcome four new Mailbox Captains:

Debbie Trevor V34A-2; Ed Cortez V30C-4; Dorothy (Dot) West V41A-12+C-2 and Debbie Winkleman V22B-8.

Without our volunteers, Neighborhood Watch could not operate. We thank all of our volunteers and our new Mailbox Captains, for helping to pass along safety and security information. Each Mailbox Captain is encouraged to attend meetings and community safety events. Neighbors helping neighbors is vital so Mailbox Captains meet and/or contact their neighbors and collect confidential contact information. Such information has been used many times to help contact loved ones and in sharing contact information with first responders.

Thank you volunteers!
Increase Personal Safety and Security Awareness: There have been additional attempted thefts from what appears to be the same two individuals. Driving a black SUV and approaching unsuspecting residents, these two attempts to steal jewelry while pretending to be very friendly. If you see these individuals, try



to safely take a photo of the license plate. If anyone asks for directions, give them, but from a safe distance.

Be the “eyes & ears” of the Police & Fire Departments: Lincoln Police non-emergency number 916-645-4040 or report a crime online at www.lincolncalifornia.gov report a crime.

Leave a message with Barry Johnson, Neighborhood Watch Public Safety Liaison 916-434-6538.

Encourage Emergency Preparedness: If you missed the Special Placer 2-1-1 Connecting Point Presentation on September 13, visit NW website schlwatch.org to view the presentation video or dial 2-1-1 any time 24/7 for referral assistance or visit the website 211connectingpoint.org for more information.

Are you new to our community? Or, have you been a resident but have not received updated community information? Neighborhood Watch, in coordination with Neighbors In Deed and the Lincoln Hills Foundation, offer Welcome Packets and Senior Packets (for those without internet) to all Sun City Lincoln Hills residents. The Packets provide updated information at no cost thanks to the continued support of the Lincoln Hills Foundation. Email welcomepacket@schlwatch.org or call Dee at 916-209-3534 to order your packet today or visit NW website schlwatch.org to view the virtual packet (printable). Get yours today!

Alerts: To view all “Alerts” visit website schlwatch.org and click on “Alerts”

Lincoln Hills Foundation continues to support our senior community. Visit the website www.lincolnhillsfoundation.org for more information. 100% of donations are distributed throughout our community. Neighborhood Watch thanks the Foundation for its continued support.

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LH Foundation

(cont' from page 1)

a special Bingo lunch at Meridians beforehand.

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

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



Roseville South-Placer AAUW Branch

BY DOTTI MAY

American Association of University Women, Roseville South-Placer Branch presents a free seminar

Looking for an easy way to stay informed about the legislative developments impacting our community? Come hear about new California laws and get valuable insights into how potential state budget cuts may affect services vital to our community—such as childcare funding.

The American Association of University Women, Roseville South-Placer Branch presents a free seminar by Kathy Van Osten, AAUW CA Legislative Advocate and Partner at MVM Strategy. Van Osten, who has represented AAUW CA in the California Legislature since 2020, will offer a comprehensive update on the California Legislative session that concluded on September 30.

Light refreshments will be served in a comfortable and engaging atmosphere where you may learn, discuss, and connect with fellow community members. The free seminar takes place on Saturday, October 21 from 10 to noon at the Lincoln Public Library (485 Twelve Bridges Dr.).

To register for the event and reserve your spot, visit: <https://www.aauwrosellevilleplacersouthplacer.org/events>.

Local Nonprofit Grants Wishes to Seniors!

BY JEANNIE DUNLAP

Eleven years ago, my father had a stroke that severely affected his right side with hemiparesis. Recently, he fractured his back, causing him even more difficulty. He needed a ramp and travel chair to assist him with mobility, but insurance didn't cover it.

I heard about a nonprofit organization called Silver Wishes and emailed them about my father's needs. Shortly thereafter, I heard from Stephanie Berger, Silver Wishes founder, and his wishes were granted! Stephanie and a board member delivered a beautiful lightweight travel chair and portable ramp to my father. They went above and beyond with gift cards to his favorite restaurant and a frozen yogurt place! Thanks to Silver Wishes, my father can get around more safely and easily now.

Inspired by the Make-A-Wish Foundation, Silver Wishes focuses on bringing joy to seniors while making a meaningful difference in their lives. Founder, Stephanie Berger, started Silver Wishes when seeing how difficult the aging process was for families. She wanted to let seniors know that they matter and have a purpose. Silver Wishes doesn't want to bring smiles for a couple of hours -- they want to change a senior's outlook on life by helping them overcome a challenge, experience hope or feel valued.

Through this program, seniors may qualify for a wish if they are 65 or older, reside in



Wayne Dunlap was gifted a travel chair and ramp from Silver Wishes.

Photo by Stephanie Berger

Placer County and have limitations that cannot be met on their own. Once a month the Board of Directors will review wishes to determine if they meet the criteria and are financially feasible. Silver Wishes is a designated 501c3 nonprofit charity. Monetary donations are also accepted in an effort to fund as many wishes as possible. For additional information please contact Stephanie Berger at 916-521-4393 or visit silverwishes.org

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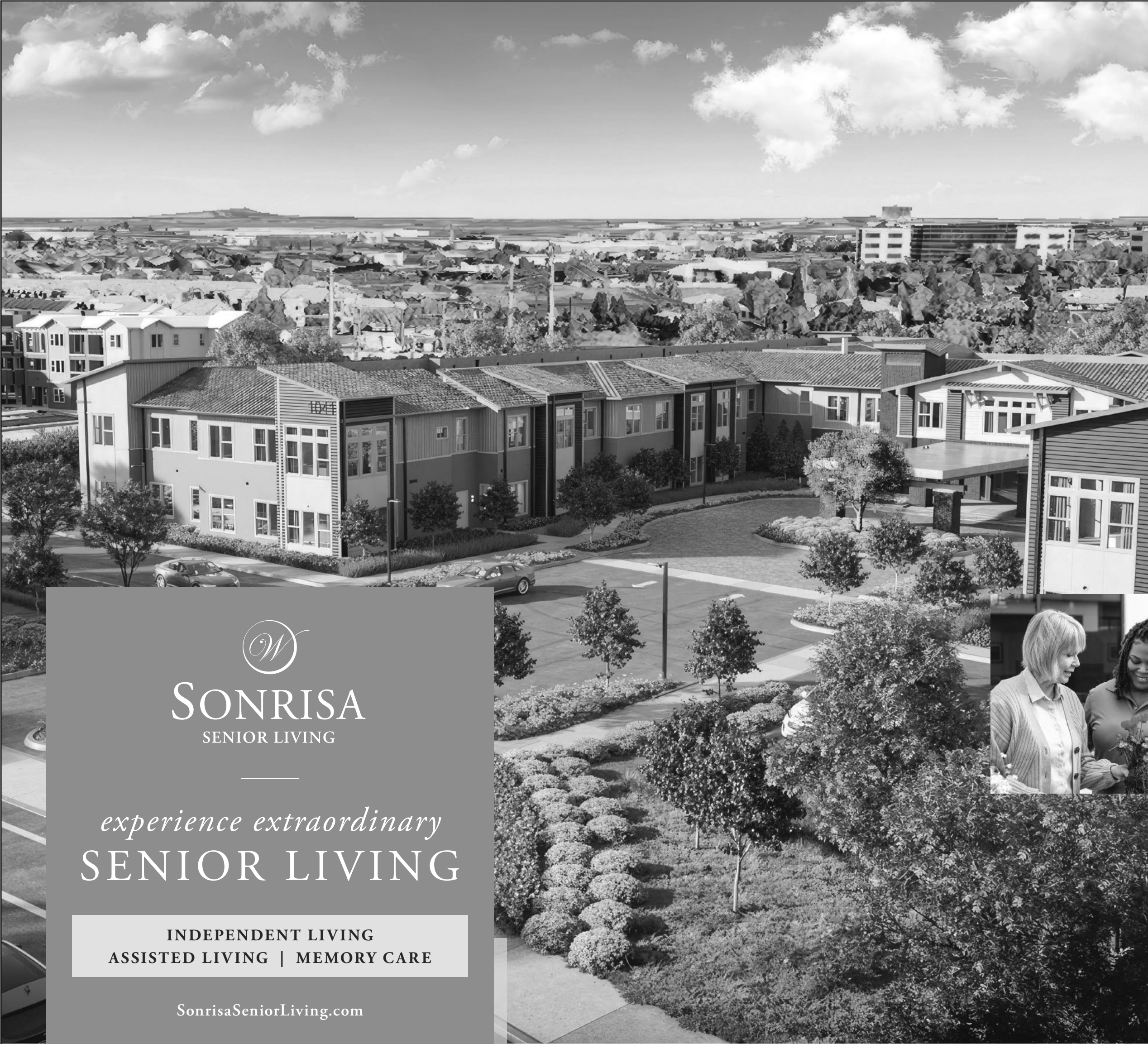
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HOPE AFTER SHINGLES

Local clinic treating shingles and post shingles complications with amazing results.

Mother's have described it as a "pain worse than labor," others compare it to passing a kidney stone.

Post Herpetic Neuralgia (PHN) is a complication following a bout of shingles and is often ranked in the top 5 most painful experience a person can endure in their lifetime. Affecting more than 18% of shingles patients, PHN causes you to experience the pain of active shingles for longer than 3 months, and in some cases, years after the rash has dissipated.

Audrey of Lincoln Hills shares her story. "I had been diagnosed with shingles, and I thought it was going to be like the flu or any other virus. I'd have it and then get over it. Two months later, the blisters were gone but the pain was so intense I was begging them to put me in the hospital and sedate me."

During active shingles, the virus injures nerves in and around the skin where the rash and blisters occur. Your immune system eventually suppresses the virus and the rash and blisters disappear. Unfortunately, nerve damage often disrupts the function of your nervous system and the damaged nerves send random, uncontrolled pain signals to the brain causing lasting, debilitating pain.

"I couldn't sleep," said Audrey, almost in tears. "I was always in pain. I couldn't leave the house. I thought this was the end of my life."

PHN pain has been described as burning, stabbing, and even gnawing. Even worse, it has a tendency to escalate to unbearable levels, episodes that Audrey referred to as "seizures." "You can actually feel them coming on, so you know you're about to be in major pain and there's nothing you can do about it."

This pain can gradually go away, return intermittently, or in worst cases, stay with you for the rest of your life.

After living with this for more than 2 years, Audrey was no longer willing to take that chance of enduring it for a lifetime and sought the expertise of RaeAnn Salvador, of Lincoln Acupuncture and Integrative Health. Sadly, we have seen an increase in PHN cases. My PHN cases are some of the most tragic cases I've seen. The pain these people experience is just beyond words. Fortunately, I am able to offer them real hope.

"I started going for treatment and everyday was better and better. After about a month, I told my husband, 'I'm going to start doing our big Sunday family dinners again,' shared Audrey. 'It's changed my life.'"

While the clinic specializes in acupuncture (it's in their name after all), it's the 'Integrative Medicine' part of the practice that's a hole-in-one when treating Post Herpetic Neuralgia.

ATP Resonance BioTherapy is the real winner here. ATP treats PHN two-fold. It both eradicates residual shingles virus which reduces future episodes, and it aids in repairing damaged nerves. Nerves have the ability to regenerate and repair on their own. "Our ATP therapy ensures and supercharges that process."

It should also be noted that if ATP Resonance BioTherapy is used to treat an active case of shingles, the lifespan of the active virus and the chances that you'll develop Post Herpetic Neuralgia reduce significantly.

When asking Audrey "how do you think things would have progressed if you'd never found Lincoln Acupuncture?" Her only response, "that's for a different conversation." Audrey's husband shares, "As a person, you can only handle so much pain. Audrey is on the other side of this now and to me, that's most important. And she got the results she needed by coming here."

If you or a loved one is experiencing the pain of an active shingles outbreak or are now suffering from post-herpetic neuralgia, RaeAnn Salvador, LAc and the staff at Lincoln Acupuncture and Integrative Health are here to help.

Visit **AcuLincoln.com** for more information or call **916-884-0398** to schedule an appointment for an initial consultation.

There is hope.

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Cribbage

BY MEL SWITZER

Poor Eleanor's Theme Song
Apologies to Dean Martin, who never
played Cribbage
Everybody wins at Cribbage sometime,
Mr. Lucky shines on them somehow.
Something in my cards just told me,
My sometime is now.
If I had it in my power,
I'd arrange for every deal to have that
charm.

Then every minute, every hour,
Opponents could never do me any harm.
Everybody wins at Cribbage sometime,
And although my dream was overdue,
Something in my cards just told me
My winning streak is through!

To prove the point, Eleanor Jones won
on 8/11 and Pat McGough was victorious on
8/22. Mary Ales fought through adversity on
8/29 and won first place and Lynn Bell came
through with flying colors on 9/5.

But alas, the worm turned on poor
Eleanor Jones. Mr. Lucky took a powder, and
she came in last place on both 8/29 AND 9/5.
"Her winning streak was through"!

Mr. Lucky shows up every Tuesday in the
OC Card Room promptly at 8:30AM. He is
like a ghost who has no loyalty, ready to help
out those he desires to win. But then beware;
he will jump to another player in the twinkling
of an eye. Just ask Eleanor Jones.

• • •

Duplicate Bridge Club

BY MONA STRYKER

We mourn the loss of
our friend and colleague,
Jack Uppal. Jack was a
strong advocate, for our
bridge group, teaching and
mentoring players at every
level of the game. Most of us
know him as a formidable bridge opponent,
but he was also an enthusiastic teacher and
mentor. He will be greatly missed by all.

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Saturdays: starting at 12:30 in Sierra
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shown below.

Partnership chairman: Sharon Duley 916
253-3885

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

Website: www.bridgewebs.com/
lincolnhills/

• • •



Jack Uppal

SSNLH WRITER...

Lost and Found

BY JOY S. HUTCHISON

I think many of you have had the same
experience. Perhaps something you had done
exceedingly well is now, you think, possibly a
thing of the past. Let me share with you my
recent experience at this "I can't believe it" age.

I started taking piano when I was five, since
Grandmother Sigrid had been a concert pianist
in Sweden, and my father insisted that all of
us kids would be exposed to that wonderful
musical culture as soon as we could read notes.
Over the years my proficiency developed until
I was ready for the Big Stage. Unfortunately
or fortunately, my mentor discouraged me
due to the rigorous and transitive traveling
a performer would have, so I didn't pursue
that lifestyle.

Over the years, I accompanied various
choral groups and even played for a musical
performed at the local college where I lived.
After moving back to California, being a
pianist came to a halt due to illness and other
responsibilities.

I recently had the opportunity to renew
my craft when our pianist at church left. I
thought, "Well, perhaps I could just volunteer
to help out when needed", which I did. Since
I no longer had a piano at home, I asked if I
could practice at the church. The first time
I sat down to play, my brain, my eyes, and
my hands seemed to all be going in different

directions! I struggled through a few pieces,
and gradually the rhythm came back, the
fingers started remembering to move, and I
made music again.

They say that you can get back on a bike
or a horse when you fall off. Sometimes, like
me, you just back off thinking that that part
of your life is over. I have learned that if you
embrace what you think was lost and approach
it again, you might be surprised that it was not
lost, but found in a way that has more meaning
and depth in the autumn of your life.

• • •

Who Knew Vegetables Could Be So Dangerous?

BY STUART SINGER

We never thought of it as an endeavor
that would be fraught with high physical
danger. We never thought of it as an endeavor
that would consume so much of our life. We
never thought, well, why would we think? The
instructions clearly stated that what we were
about to undertake was so easy a child could
do it. No, let's be precise, it was worse than
that. The manual said that a twelve-year old
should complete the process in twenty minutes.
Consequently, it was crystal clear that my
wife Sherry and I, combined owners of three
college degrees and more than fifteen times
the lifetime experiences of a preteen should
have no problems whatsoever.

"Well, if a child can do this," Sherry said

(cont' on page 37)



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Who Knew Vegetables Could Be So Dangerous?

(cont' from page 35)

to me with growing confidence, "I say we go for it!" Without hesitation I replied, "Yes indeed, let's take our stellar intellect and years of unrivaled success and go for it!"

Okay, I didn't say that, but I did think it. Enter our antagonist

Originally, we had planned to hire someone to put our diminutive, raised garden planter together but when we read that a sixth-grade girl could do in less time than an episode of "Seinfeld" that all changed. Looking back now I realize that claim was accompanied by scant documented data.

Sherry and I have a non-stereotypical gender relationship. A biologist by training, my wife is a mechanical engineer at heart. She loves building and fixings things with her hands, views Ikea as a worthy opponent and believes few "handy" tasks are beyond her capabilities. I, on the other hand, have learned through multiple, painful experiences that I do my best "building" with typed words.

Back to the project

As the work began Sherry warned me that the job may well take twice the alleged twenty minutes. Unlike me she has the annoying habit of reading and following directions. Dutifully she spread out a plastic tarp and placed all of the components—wood and hardware—in an orderly fashion. This prompted my first moment of anxiety. There were nearly 100 screws and twenty separate pieces of lumber.

Did they say twenty minutes?

Our progress was "two steps forward, one step back". At my suggestion the two end pieces were attached to their legs then screwed onto the side rails thus forming the planter's basic framework. Once completed Sherry determined that one end had its legs on backwards. The faulty end was removed, legs unscrewed, then screwed back on. The next step on the instructions said to slide in the base panels and then attach the second end. End piece was again removed, floor panels in and for the third time, end screwed on. At that point my status as team leader ended.

I really want to meet that child wonderkind.

The pain becomes real

As the work dragged on, Sherry's foot caught on a stone and she stumbled into a corner of a metal table which unfortunately was wedged up against a steel column causing it to plunge into her leg. I leaped up expecting a deluge of blood but none occurred. Instead, a knot the size of an egg instantly appeared just above her ankle.

Meanwhile the pieces of the raised garden sat quietly on the tarp.

When faced with adversity Sherry is always unfazed. She fought on to secure the two sides and the wheels. The pain increased; she decided we would finish the next day.

150 minutes had passed.

The bump was iced; the bump was heated. Motrin was taken; compression socks were worn. The swelling went from medium egg to large and blood was visibly pooling below the ankle as the rest of her foot joined the

swelling parade. Meanwhile my creaky elbows were forcefully reminding me how much they disliked fastening screws.

Construction: Day 2

Filled with pain killers and fading hope, we trudged to the backyard to finish the job. Fifty-six screws were required to attach the bottom slats and eight more were needed for the decorative crown pieces. With that the job was done. A little clean up and this nightmare would be over.

Not so fast DIY man.

As we gathered everything together, much to our chagrin an envelope containing a dozen more screws fell out of the tarp. A search found 3 unfilled holes on each corner. With the sound of our gnashing teeth in the background, the final touches were finally completed.

Epilogue

The information on our tomato plants says they should yield ripe fruit in sixty or so days. Hopefully by then we should have recovered enough to enjoy them.

...

Treasures of the Heart

BY PHIL ROBERTSON

Treasure we sought from long, long ago upon the High Seas and the depths below.

Spanish treasure ships with silver and gold stole from the Mayans sunk by pirates of old.

Diving the waters my lover and I for the pirates' gold, not a quest to deny.

Beautiful waters so warm and so clear held tight those treasures the pirates held dear

But treasure I found not silver or gold something far greater it can now be told.

No bluer of blues have there ever been than the vibrant blues of the Caribbean

But the purist blue I ever did spy is the royal blue of my lover's eye.

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



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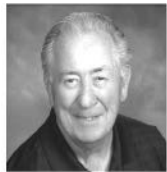
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CRAFT FAIRE AND BAKE SALE on November 3rd & 4th, 9 AM to 3 PM, featuring 40+ crafters. Lincoln Community Church, 950 E Joiner Parkway, Lincoln. Lunch available for purchase from 11 AM to 2 PM.

GARAGE SALE miscellaneous, seasonal items Easter to Christmas, stainless garbage cans like new \$40. 916-547-7809.

MULTI-GARAGES SALE. October 14 & 15, 8a-1pm, 1149 Secret Lake Loop. New and Used Good Stuff

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

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

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

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

BUSINESS ADS:

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

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

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

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

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

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



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109 Walden View Court	Santa Barbara	\$1,250,000

REAL ESTATE UPDATE

Market Update

As we head into fall I am seeing homes in Sun City more aggressively priced initially and the sellers who were looking for premiums staying on the market and eventually reducing their prices to match those coming onto the market priced lower. My advice for market conditions like this is to think of a staircase. When prices are going down it will cost a seller more time and money to follow their competition down the stairs. At some point if they are compelled to sell for whatever reason they will need to be on the same level as their competition and if the home has been on the market 60+ days, buyers are going to offer at a lower price than if the home had been on the market for 7 days.

George Brown 916-297-3500 CALL/TEXT

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