

SUN SENIOR NEWS

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Dan and Carol Larsen — Catching Up and Classic Cars

BY RUTH MORSE

I met up with Dan and Carol Larsen for the second time in Sun City. They were interviewed in the Sun Senior News in 2019, before the pandemic. It was great to catch up with recent changes in their lives. We discussed everything from updates on grandchildren to their plans for cruising.

Dan was born in St. Louis and lived in the area until he was 16. He has a picture in his garage of a Soap Box Derby race he participated in when he was 12, where he came in third place in the state of Missouri in 1954. His love of driving and vehicles started early when he learned to drive, at age 12, on a farm tractor in a very rural area of Missouri. He had an F100 pickup truck that he was able to drive into town.

When Dan was 16, his father was promoted to Corporate Tax Manager and was transferred to work in San Francisco. The family moved to Walnut Creek. Dan was in the first graduating class from Clayton Valley High School in 1960. He later attended Diablo Valley College and then Sacramento State College where he received his

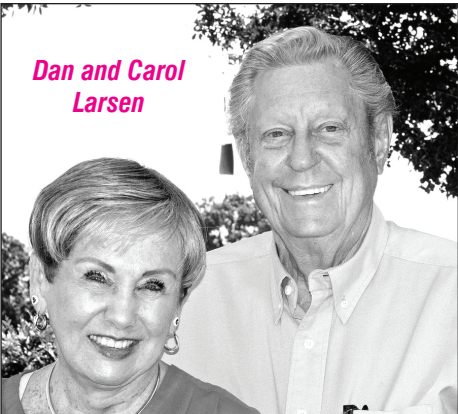


PHOTO BY JEFF ANDERSEN

BS degree in Industrial Management. During his college years, Dan joined Delta Sigma Pi fraternity. Years later, his granddaughter, Bella Purdy, joined the same fraternity. It's an inside family joke that Dan says they are "fraternity brothers" and Bella says they are "fraternity sisters." While pursuing his degree, Dan joined the National Guard. He started his career with Kaiser Aluminum and retired as Account

Executive from Bemis Packaging Company where he was an Industrial Sales Representative covering both California and Nevada.

Carol's trajectory to the Bay area was very different. She grew up in upstate New York in the town of Binghamton. When she was in her early twenties, she and a friend decided to move to California, and they drove cross country to San Francisco. Carol didn't have a job lined up and she had never visited California before the trip. Over the years, Carol developed her interviewing skills which led to her favorite position with Charles Schwab Co., Inc. in San Francisco. There she worked for 15 years and retired as Director of Professional Development. She was fortunate to meet Chuck Schwab (everybody called him Chuck) in person and appreciated the strong moral compass he provided for the company as it was in line with her values.

The couple dated for more than a decade before marrying in September 2004. Dan proposed to Carol at his parents' home in
(cont' on page 31)

LH Foundation — Heading Into Fall

BY DENISE BOWDEN

It is hard to believe that 2023 is two thirds over already. In September we celebrate Labor Day on the first Monday of the month, give solemn remembrance to those lost on 9/11 and make the transition into another season with the Autumnal Equinox. One day you may not be aware of is International Literacy Day. The Lincoln Hills Foundation strongly encourages everyone to take advantage of the programs we support for the Friends of the Lincoln Library (FOLL). Check out eBooks, eAudiobooks and movies anytime, anywhere right from your home. September also highlights the International Day of Charity, a day when we can all assess how fortunate we are and give thought to how we can help those in need.

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

On Thursday, September 28th doors open at 12:30 pm at Orchard Creek Lodge and the
(cont' on page 30)

"The Shame of Tombstone" to Play in November

BY DOUG BROWN

Step right up, ladies and gents, and get your tickets for the hilarious melodrama, "The Shame of Tombstone!" The Lincoln Hills Players will take you back to 1881 in that renowned Arizona town, (yes, Wyatt Earp's infamous "OK Corral" town!).

You'll be invited into Tombstone's Lucky Cuss Saloon (well, make that Orchard Creek Ballroom), to find out...will a one-time Boston stage diva prevail against a nasty, villainous judge? Or will Tombstone's tenacious town gossip, a witty soothsayer, and a French maid from Bisbee successfully unmask the mysterious Masked Canary, Birdcage Theater starlet?

A cast of outrageously funny characters — with names like Peachy Jamm, Pete Bogg, Mortimer Harshly, and Ol' Timer's sidekick, named Sidekick — all "get into the act," so to speak, of a stage-full of shenanigans and tomfooleries that'll keep the audience laughing—and guessing!

"The Shame of Tombstone" is under the creative, always upbeat leadership of Director Julie Africa, whom Lincoln Hills audiences have for years relied on for a delightfully funny and entertaining show. She (and cast and production team) will not disappoint!

This old west melodrama will be

pushed along by occasional ditties from the Tombstone Troubadours, who perform nightly at Tombstone's famous Birdcage Theater.

What's more, the audience will be treated to a special fifteen-minute post-intermission Vaudevillian stage show, right there in the Lucky Cuss Saloon. And...drum roll...it wouldn't be the Lucky Cuss without a troupe of fabulous dancers to keep the audience thoroughly entertained!

Tickets for the November 16-17-18-19 shows start selling September 17 in OC and KS Lodges, or online at www.sclhresidents.com.

Premium reserved seats are \$22 and standard reserved \$19.

For more information, visit the Players website at www.lhplayers.org or contact Players president Craig Stults at craigstults@sbcglobal.net. The next Players meeting is Monday, September 10 at 4:00 PM in Kilaga Springs Presentation Hall.

...

LH Chorus

BY GAY MACKINTOSH

Still high summer, but the LH Chorus is "Dreamin' of the Season"—our holiday concerts December 8-10. Come dream with us! Rehearsals start Tuesday, September 5, when our dreamy music selections will be revealed—from silly ("A Song of Santa" Holiday
(cont' on page 5)

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Neighborhood Watch

BY TERESA TANIN



National Night Out, held the first Tuesday in October annually, is a time to thank our first responders and show would-be criminals that our community is not an easy target for crime! Whether neighbors decide to celebrate in their own backyards, garage driveways, or attend the Special NNO at the SCLH Sports Pavilion, Neighborhood Watch is here to help. Visit NW website sclhwatch.org for NNO information or email NNOCordinator@sclhwatch.org or call 775-790-0835, regarding NNO October 3 events. If hosting your own event, be sure to take a group photo! Email your group photo to NWPhotos@sclhwatch.org indicating your Village # and MS #. Only a few "actual size" high quality photos will be published in the Compass magazine, so email them by the October 10 deadline. Residents can hold their own events or attend the Neighborhood Watch Special NNO event at the SCLH Sports Pavilion, October 3, 4:00-7:00 PM. Meet some of the special people from the Lincoln Police and Fire Departments, Neighborhood Watch, Neighbors In Deed, Placer County Services, and Lincoln Hills Foundation. Receive helpful information about local services. Enjoy the no-host bar and great food from vendor Cowabunga BBQ. Donations will again be collected for the Salt Mine food pantry. Neighborhood Watch is thankful to our generous residents and to the Lincoln Hills Foundation for their continued support of our seniors. We could not do it without you!

Additional event(s): For those who were not able to attend the Special Placer 2-1-1 Presentation, held September 13, 2:00 to 4:00 PM, at the Orchard Creek Grand Ballroom, visit the website 211connectingpoint.org for helpful information. Visit Neighborhood Watch website sclhwatch.org for a quick link and further information. Upcoming Meeting: Annual Neighborhood Watch Elections Meeting and Potluck, November 4, Kilaga Springs Multipurpose Room. All residents are welcome. More information will follow.

Strengthening Neighborhood Ties: Neighborhood Watch is pleased to welcome three new Mailbox Captains: Lydia King V41A-9; Robyn Urvinika V22B-6; and Katy Suggett V37-4. Disseminating safety and security information to SCLH residents is the basis of the Neighborhood Watch Mission Statement.

Our volunteers are crucial to this goal. Increase Personal Safety and Security Awareness: Beware of your surroundings. Do not approach those you do not know. Keep a safe distance.

Be the "eyes & ears" of the Police & Fire Departments: Report a crime to the Lincoln Police non-emergency number 916-645-4040 or go online to www.lincolncalifornia.gov and report a crime. Call and leave a message with Barry Johnson, Neighborhood Watch Public Safety Liaison 916-434-6538.

Encourage Emergency Preparedness: For local emergency preparation and disaster relief information please dial 2-1-1 any time 24/7 or log on to the Placer 211 website 211connectingpoint.org for more information.

Alert: One theft and two attempted thefts all occurred on July 29 (three in one day) as reported to the police. Suspects, according to one resident: Man and a woman both with dark complexions and both were "a little on the heavy side" and driving a black SUV-type vehicle. Walking home from her mailbox on Violet Ln, the resident was approached by the suspects in their vehicle, asking for directions. The female wore a headscarf and stated it was her birthday, she was 45 and from Dubai. After giving them directions, the resident told the suspects it was her birthday the next day. The female suspect became very friendly and reached for the residence hand. After trying to kiss the residents hand, she handed her a fake gold ring and attempted to put a necklace around the resident's neck. The resident then noticed that the suspect had taken her own necklace. The resident then grabbed her necklace from the female suspect's hand and quickly walked away to her home. (This attempted theft occurred in V10B which backs to the Sun City Golf Course and open space. Entrances are Tiger Lily and Hawthorne, off Sun City Blvd). Police reports were made.

Alert-FYI: Report burnt-out streetlights or broken sprinklers located on Association property by calling 916-645-4500 Association Maintenance Department. Leave a message as to the location, street name, and serial number on light pole. For these and more contact information, visit Neighborhood Watch website sclhwatch.org and click on "Who Should I Call."

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LH Chorus

(cont' from page 1)

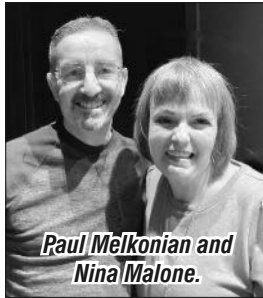
Mash-up) to sublime ("The First Chanukah Night"), ancient ("Joy to the World," 1719) to contemporary ("Cold Snap," 2015), and lots more.

Who better to make our choral dreams come true than our professional leaders, Director Paul Melkonian and Accompanist Nina Malone? Producer Karie Geiger, our elected Steering Committee, hard-working Support Task Force, dedicated section leaders, and many other volunteers will help create our December dreamscape.

Registration is open the first three weeks of the upcoming concert season, starting September 5 at 1:30 PM, KS Presentation Hall. We invite newcomers to give us a try, and if you're not soon dreamin' of the season, you can turn in your music by September 26 for a refund (\$20). Some choral experience and ability to read music is useful. You'll need to learn your part (using our helpful MP3 voice files) and attend Tuesday afternoon rehearsals plus sectionals as scheduled.

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

• • •



Paul Melkonian and Nina Malone.

LH Music Group

BY DAN LEHRER

Our Group songs for the August meeting were the rousing song "When the Saints Go Marching In" and the beautiful Elvis song "Can't Help Falling in Love." A special performance by the Guitar Ensemble was enjoyed by all. Whatever level of play you are at, please come by and you will find a very supportive and encouraging audience. Our performer list fills up fast, so if you want to participate, come by 1:30 pm to sign up. It's always amazing to listen to such a wide variety of musical genres. From Country to Blues to classical we've got it all. All of us are striving to learn new songs and stretch our abilities. It's a team effort each month to make the sound quality, set up and group song choices all work.



Guitar Ensemble Sounding Great!!

We keep learning each time and are grateful for the opportunity to be in such a fine venue. We meet on the second Wednesday of the month from 2:00 to 4:00 PM in P-Hall (KS) through October. We love an audience so please come on down. You can find the Lead Sheets for the group songs and more information on our website; the password is musicgroup. The Guitar Ensemble meets Fridays from 1:00 to 3:30 PM (OC). Open to Lincoln Hills Residents. Contact Sal Caruso at 916-343-5810 for information. Ukulele Ohana meets Wednesdays, 1:00 to 3:00 PM (OC). Open to

Lincoln Hills residents. Contact Ron Peck at 925-788-5869 for information. You can also contact Dan Lehrer at dlehrer72@gmail.com.

• • •

Country Couples

BY RICH AND DONNA PICK

Country Couples gathered again recently, this time at the Yard House in Roseville. We started the beautiful evening during Happy Hour with many items offered at happy hour prices and many different beers were on tap. We highly recommend this restaurant to anyone who was unable to attend. The highlight of the evening was getting together with longtime friends and fellow Country Couple dancers. We also had the opportunity to sing Happy Birthday to Lynda Wilson and Gary Moulton. The restaurant even provided a birthday dessert for them.

The last couple of months we've learned some new dances. In June we learned "Jackson Straight", and July brought in "7 Summers with You" and "Lonely Girl". We learned these dances by taking Country Couples Western Dance, listed in the Compass, which is taught by expert dance teachers Dennis and Georgi Dawson. Every Saturday at 4:00 there is a practice for those who are taking the class. Deborah and Jim Christie and Colleen and Brian Hope lead these practices.

On Fridays we hold a practice for Country Couples members at 9:30 for beginner dances and 10:30 for intermediate dances. When we say beginning or intermediate we mean the complexity of the dances. Members are able to attend one or both practices. These reviews are guided by Jim and Deborah Christie, Brian and Colleen Hope, Irene and Ivan Hesson, and Gary and Laura Wermuth.

April Cederburg would love to talk to anyone who is interested in joining our wonderful social group. Her phone number is 916-390-3931. Website SCLHCC.com

• • •

Tap Company

BY ALISON WOLFE

July was a busy month for the Tap Company even though there were no tap classes. First, Alyson Meador gave us a dance to work on and practices were held on Monday, Tuesday and Saturday throughout July. Then at the end of the month, the Tap Company's annual Spring luncheon took place in the Solarium at Orchard Creek Lodge. A buffet luncheon was enjoyed by the attendees. There were some thirty members in attendance. Mary Adamson, President, welcomed all and gave special recognition to those past tappers who



Rose Murphy, Muriel Menig, Carol Rose, Diane Savoia, Stephanie Chambers and Kathy Lopez.

came: Muriel Menig, Rose Murphy, Mary Albertazzi, Minnie Gonzalez, Kathy Lopez, Rose Ramsdale. And finally, would you believe it's time to plan the next Tap Company sponsored production to be performed in Spring 2024? The committee has already had their first meeting and plans are underway. If you thought the last show was great, this next production is going to be just as great, if not greater. Stay tuned.

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(more Club News cont' on page 9)



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THE MOST AWARDED LOCAL NEWS



WATCH
CHRIS THOMAS & LORA PAINTER
WEEKNIGHTS AT 6

ONLY ON

abc10

Mixed Media Club

BY JILL SHORT

Years ago, in our youth, September meant “Back to School.” For us now, it is time to get “Back to Art.” Mixed Media Club is a great place to do just that. We teach you about materials and techniques. The club is place where we want everyone to feel welcomed. It is a group that encourages each other and enjoys being creative together. Join us for monthly voluntary art challenges, guest teachers, and monthly projects that we lead you through. The Mixed Media Club meets the 3rd Wednesday of the month at 1:00 PM. We are usually done by 3:30, but have the room until 5:00 PM. Our club year starts in September with collecting our dues of \$25. Emails are sent out to our members before each meeting with information about the upcoming meeting. We will ask for an RSVP. Asking for an RSVP is to assure that we have enough space set up and have enough materials.

At the September 20th club meeting we are going to do a creative round robin activity. Each person starts their art and then the art piece will be passed around the room where everyone will be adding on to each other's work. You will be directed with what to do on the project before passing it on to the next person. It is always interesting to see the result. The October 18th meeting has us decorating club aprons. Each paid member will receive an apron to decorate. Our art challenge for September is to use a chair in your art. The October challenge is the prompt, “Trick or Treat.”

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

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Needle Arts

BY MARY SWANSON

Join us on Tuesday, September 12, 2023 in P-Hall (KS) at 1:00 PM as our general meetings resume. The business portion of our meeting begins the day, and then our featured presenter, followed by show and tell when we hope many of you will share your summer creations. Our featured presenter is Melissa Lee, an illustrator and surface pattern designer. She does freelance and art licensing work and is a proud fabric designer for Riley Blake Designs. Get to know Melissa prior to our meeting by visiting her website, www.melissaleedesign.com.

Workshops continue with an open workshop on Friday, September 1, 2023 from 1:00 to 4:00 PM when the sewing room will be open for use. On Tuesday, September 5, 2023 at 1:00 PM in the sewing room, Debbie Bainbridge will be demonstrating paper piecing. Check the NA website (sclhna.com) for the complete workshop calendar, sewing room calendar and lots of other useful information.

Have you been indecisive about attending the NA fall retreat at Mercy Auburn? I felt the same way last spring and am so happy I chose to attend that I'm returning this time around. There are only a few spots remaining available for the September 25 through 28, 2023 retreat, which includes private sleeping rooms and all meals and snacks, at a cost of \$380. NA membership is not required to attend, and friends are welcomed to join you as long as space is available. Signup is required and all information is on the NA website (sclhna.com).

• • •

Painters' Club

BY TAMSEN ARMSTRONG

Come meet and mix with others on the journey to creativity in art! Our club's monthly meetings focus on supporting painters of all mediums and levels with interesting demonstrations and presentations. Last month we got a peek into the colorful world of pastel painting by our own Karen Jones, an accomplished artist and teacher. September's meeting will feature an oil painting session with Tamsen Armstrong. Everyone is welcome!

Our August meeting was our “flame” paint challenge competition. It's always interesting to see what other artists come up with on a subject. Members submit their work in a self-chosen category of beginner, intermediate or advanced and everyone votes for their favorite. The next challenge will be in November when painters will show us their interpretation of “flight”.

Call to Artists! There might still time to sign up for a space at the annual Artisans at the Lodge event held on Sunday, October 8th. Deadline to register is September 8 and fast approaching. Contact Susan Berg at sberg123@me.com. For more information. Be sure and stop by that day to support our local artists who work hard to make unique and useful arts and crafts.

Current Art Show: Simple Pleasures Cafe in downtown Lincoln is currently featuring our work, which will be on sale for reasonable prices through October 2nd. Consider gifting a unique keepsake that will be cherished.

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 Linda Shields at linda_c_s@yahoo.com for more information 916-761-4549.

• • •

Paper Arts Club

BY LINDA LUCCHETTI

Let's get ready to—Demo! On September 7, we host our annual Demo Day event to learn more about a variety of tools and techniques from our club members. This takes place from 9:30 - 11:30 A.M. at our usual meeting location.

Our window (OC) will be on display again in October. So, get ready for some spooky cards! Don't forget, we always are taking generic cards for our Sunshine greetings. Make a person's day, lift their spirits, make a card!

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

Our August meeting featured a hands-on “workshop” on photographing people. Ron Nabity was the featured presenter. Ron walked us through the simple techniques on how to use available light to improve your people photos. Ron demonstrated and explained aspects of light including dealing with overhead sunlight, finding the most flattering light and how and when to use fill flash. Afterwards, we took

(cont' on page 11)



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Bounce Back From Edema

Loomis resident, Beth, had been home bound because of Lymphedema. "My legs and feet were swollen and I was having flare ups so often, I could hardly walk. But I didn't want to spend all my days laying down with my legs raised." Then she found an effective treatment option at Lincoln Acupuncture and Integrative Health.

Lymphedema is the pain, blistering and swelling of the body, especially the legs caused by the build up of lymphatic fluids when the veins of the circulatory and lymphatic systems are impaired. Beth explained that she spent most of her waking hours in pain and trying to manage the extreme swelling. "I was never told what options I had, only that I was very swollen and the best I could hope for was that it didn't get worse."

She was experiencing the hot, tough skin, and at times, the leaky fluids that those suffering with lymphedema often describe. "There have been times my feet have been so swollen I was afraid they would tear, and I would lose my feet. I need to be active to help move the fluid, but I'm so swollen, I can hardly walk. It's a vicious cycle." Beth hadn't worn any of her favorite clothes in so long because they no longer fit over her legs and certain fabrics touching her legs created intense sensitivity.

Unfortunately, far too many people have an experience so similar to Beth. Chronic vein and impaired circulation contribute to the build up of fluids and toxins in the cells of the body and is the leading cause of Lymphedema in the US. Wounds, surgeries, cancer and cancer related treatments can also contribute to Lymphedema.

Summer is here, but instead of enjoying lazy days in the water and dancing at an evening concert, the heat has caused a flare up of swelling, now you're wrapping your legs and staying close to the bathroom because of the Lasix.

Fortunately, Beth's daughter read about Lincoln Acupuncture and the different options available to help those suffering from Lymphedema. Having made every effort with the compression bandages, manual lymphatic drainage, and even so far as considering surgery options to drain fluids and remove skin, Beth can share how her life is now so different.

"What's most important to me is I can walk without a cane. I don't spend days in bed, feet elevated with a puppy pad to catch the fluids leaking from my legs. The pain is down and the swelling is so much less. I didn't like that my husband was missing out on the fun because of me, but not anymore!"

Managing a chronic and progressive condition requires consistent care. Left untreated, it can lead to serious infection and other complications. The clinic Lincoln Acupuncture and Integrative Health specializes in

treating complex chronic conditions, eliciting consistent life improving results through the integration of acupuncture along with the latest cellular biotechnologies such as ATP Resonance BioTherapy and Terahertz Frequency. Treating the full body system and targeting at the cellular level restores and rebuilds the health of the veins and lymphatic vessels. Blood flow is optimized, swelling reduces, hardening of the skin is less, and the risk of painful cellulitis skin infection is mitigated.

If you or someone you love has been struggling with excessive swelling and pain, we understand your struggles. Call Lincoln Acupuncture Clinic to schedule a consultation. It may be the last resort with best results you can give yourself.

**Lincoln Acupuncture
& Integrative Health
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aculincn.com**



Tired of swelling? CALL 916-884-0398

LH Photography Club

(cont' from page 9)

camera or smart phone outside for hands-on experience!

We enjoyed a fabulous 'field trip' to the Van Gogh Exhibit. Cameras and cell phones were clicking! All 10 participants gathered at a local pub afterwards for fish and chips.

Our current member exhibits include Buonarroti Restaurant, Kilaga Springs Library and Kilaga Springs Spa. An exhibit at Simple Pleasures Restaurant is coming up in October. We are looking for a volunteer to coordinate the library exhibit; for more information, visit our website.

Bob Baikauskas coordinated the August Photography SIG which explored the various websites and apps to help you research and explore locations, track moon, sun and/or galaxy position and phases, determine the best dates and times to photograph and where to place your camera to get the shot you want.

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

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

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

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Woodcarvers Club

BY LIONEL RAINMAN

Woodcarvers are patient and capable of transforming the mundane into the magical. With knives and chisels in hand and imagination at play, woodcarvers conjure wonders that make ordinary trees jealous. Think about it, while most trees spend their days just standing there, woodcarvers take their time to turn wood into stunning sculptures. Woodcarving isn't about chopping away at the timber. Every carving stroke is a step resulting in intricate patterns and graceful curves. Let's not forget the tools, chisels and knives are the woodcarvers toolkit. They whittle and chip away, creating shapes that seem to defy logic.

Although our carvers may not be as described above, we strive to work and create projects that bring joy and satisfaction to the carver or the recipient of a carved item.

For those new to carving we have a large library of carving related books and magazines, occasional classes, tools to try out before purchasing and encouragement and help from other members. We meet every Wednesday at 1:00 to 4:00 PM in the Sierra room at (KS) Contact: Lionel Rainman 916-253-9534, Lrainman1414@Yahoo.com

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LH Italian Club

BY LINDA LUCCHETTI

In wine there is wisdom! On September 20, the club will host "Vini di Italia" at the Rose Garden in Del Webb Roseville. Reg Underwood of Total Wines will guide us through a tasting of several Italian varietals. Following will be a buffet dinner.

On October 4, we will hold our Annual

General Meeting (AGM) at the Oaks Room in the Orchard Creek Ballroom. Come on down to meet the Board, listen to their reports, and ask questions. (More information to come.)

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.

• • •

LH Travel Group

BY LINDA BEVINS AND JOANNE SCHUMACHER

All travelers are invited to the free Lincoln Hills 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: travelgrouplh@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 with colorful slides by Jay Fehan, our Collette Representative. Perhaps your bucket list includes trips such as the colorful Fall Foliage, exotic Spain and Portugal, a cruise on the mighty Mississippi River, or a yacht cruise in Croatia.

For a special treat, join us next year celebrating the 80th Anniversary of D-Day. It's an unforgettable journey of remembrance traveling between London, beaches of Normandy, and Paris. Explore London's connections to World War II, cross the English Channel, and retrace the journey 160,000

courageous Allied troops took on June 6th, 1944.

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

The LH Travel Group is not a travel agency. We are a committee of volunteers that presents opportunities for Lincoln Hills residents to travel with friends, neighbors and acquaintances.

Please check out more tours** being offered by the Travel Group on the website:

www.lincolnhillstravelgroup.com

LH Travel Group Leaders — Sheron Watkins: 916-849-9504 sheron55@att.net; Louise Kuret Auerbach: 916-408-0554 louisekuret@att.net; Lyle Auerbach: 916-847-6544 lea925@att.net; Linda Bevins: 916-666-7627 djbevins17@gmail.com; Joanne Schumacher: 415-999-1242 jkschumacher1@gmail.com

** All trips 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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Singles

BY KATHY SHADDOX

Here we are in September "the end of summer and beginning of fall"? Our busy Singles have their Activities Meeting on Tuesday, Sept. 5th at 4:15 pm in the OC Ceramics Room.

Dennis Reid will host our 2nd Saturday Breakfast on Saturday, Sept. 9th at 9:00 am held in the Sports Bar. No reservations needed. Great place for new members to meet other

(cont' on page 13)



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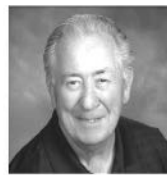
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Singles

(cont' from page 11)

members. On Sunday, September 10th at 4:00pm held at the OC Outdoor Patio is our monthly Birthday Celebration. Are you a member with a Sept. Birthday? Come and get a free drink on the club!

Our Business Meeting is on Thursday, Sept. 14th at 6:00 pm in the OC Ballroom. After a short meeting we will be playing a fun game, "Two Truths and a Lie". Be sure to join us and see if you can guess the truths or the lie!

Please Note: No Dining out this month.

Our BIG September Event is our Annual Bocce Ball Tournament to be held on Wednesday, Sept. 27th at the Sports Pavilion. Be sure to sign up with Dennis Beldon at the Business Meeting, if you want to play.

The club voted to change the name of the event to the Beldon Bocce Tournament since Dennis Beldon has chaired this event every year and runs the weekly Wednesday Bocce Ball games for years! On Thursday, Sept. 28th we will have our annual Bocce Bash Dinner-Dance at 6:00 pm at the Sports Pavilion. More info to follow.

So now if you are so excited and want to join the Singles Club contact our membership chair, Sue Kuukka at 520-712-5051 and she will get you a form!

...

Lavender Friends

BY JOAN LACKTIS

Lavender Friends has reached 100 members, with two more quickly following! Sometimes people are surprised to find such a large LGBTQ population living in a

suburban senior community, but we move here for the same reasons as everyone else — amenities, proximity to the mountains and the city, and a supportive environment as we age.

We are primarily a social club and having a large number of members means we can always find a group for an activity that someone suggests. Activities can be something simple, like trying out a new restaurant or winery. But recently we had enough interested members and guests to qualify for a free shuttle bus to Red Hawk Resort + Casino in Placerville to enjoy an afternoon of bowling, gambling and dining in their award-winning buffet.

Our members are lesbian, gay, bisexual and transgender residents, as well as allies who support our goals of providing activities, information and support to one another in a safe and comfortable environment.

Some upcoming events include an ice cream social to celebrate our 100th milestone (and then some) and a dinner to honor the military veterans among us (we have all the branches of service covered). For more information, see our website: lavenderfriends.com.

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Shalom Social Group

BY JUDY GANULIN

The Shalom Social Group has a full schedule of varied activities. Our members volunteer at the Placer Food Bank. We have a Bingo and Pizza event scheduled for October 25. Our annual Hanukkah dinner will be December 11. Our January membership meeting will feature Tevin, head of the Jewish Film Festival, previewing the Festival films. Our own Hagai Narkis gave an overview of the current political situation in Israel at the recent Men's Club brunch. Women Together's October 10 event will feature ER doctor Linda Hermann. Our membership is open. Please contact Margie Gulko, 916-543-5303, for information.

...

Genealogy Club

BY NANCY SWITZER

Remember that when a family member passes away, they take a library of memories with them. It's a genealogist's duty to record them before that happens.

This story is about my paternal grandfather Miles J. Burns. When his family moved to L.A., his father opened a store close to where studio people lived, and through them he got his start working in the movies. Here is the information from the Internet Movie Database:

"Miles J. Burns was a cinematographer, known for The Installment Plan (1920) and Kick (1920). These two films were Silent Pictures, and the following is the plot for The Installment Plan.

An advocate of the scheme of making purchases on the dollar down and dollar when you get me plan, a man, upon being married,

proceeds to live right merrily until the army of collectors grows to abnormal proportions. For a time he is able to avert the inevitable, but eventually the crash comes. The result is that his apartment is left entirely bare and only the baby remains his." (IMDb)

This memory is searchable because of the IMDb, but if not for this source, it would be lost. Take the time to record your memories so your ancestors will know you!

Our next General Meeting is Friday, September 15th at 10 AM at P-Hall. (KS)

After the meeting we will meet in the Café courtyard for cookies and discussion.

Due to unforeseen circumstances the BBQ is postponed to April 2024.

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

Contact: ritaperada@gmail.com

Website: <https://www.suncitylhgc.com/>

...

Lincoln Democratic Club

BY JUDY GANULIN

Our August meeting featured Nevada Irrigation District General Manager Jennifer Hanson. Future speakers include a Cal Fire representative (September 21) and Placer County Supervisor Shanti Landon (October 19). We continue to volunteer at the Placer Food Bank. Lincoln City Council updates report that the committee overseeing the Titan missile issue is active. The rationale for the proposed hike in water, sewer and waste

(cont' on page 15)



Lincoln United Methodist Church
Sunday Worship 10 AM

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

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

EZ Dinner Night, Wednesday, September 13, 5:00 - 7:00 pm

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For more information visit us online at lincolnumc.com
See upcoming events on our Facebook page or call us at 916-645-3588

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1360	Strolling Hills	1298	\$735,000	\$735,000	Bridgegate
1370	Perdita	1298	\$519,999	\$523,000	Bridgegae
1075	Dogwood	1473	\$549,000	\$587,000	Almanor
876	Mossy Ridge	1491	\$619,000	\$585,000	Almanor
1751	STONE HOUSE	1515	\$580,000	\$595,000	Pine Hill
1916	Farmgate	1515	\$550,000	\$545,000	Pine Hill
1134	Barnswood	1704	\$629,000	\$623,500	Echo Ridge
210	Albion	1741	\$649,000	\$649,000	Coronado
1877	Audubon Hill	1764	\$639,000	\$660,000	Santa Cruz
2018	Grand Pheasant	1785	\$665,000	\$652,880	Santa Cruz
2012	Farmgate	1791	\$589,000	\$603,000	Tahoe
1920	Andover	1791	\$639,000	\$634,900	Tahoe
1773	Leander	1791	\$611,000	\$611,000	Tahoe
2813	Black Hawk	1854	\$639,000	\$625,000	Plumas
2603	Woodacre	1873	\$640,000	\$620,000	Orchard Crest
204	Stags Leap	1967	\$659,000	\$652,000	El Dorado
1453	Barn Valley	2073	\$800,000	\$810,000	Annadel**
1481	Barn Valley	2073	\$850,000	\$855,000	Annadel**
360	Shepherds	2073	\$699,000	\$700,000	Annadel
1528	Sweet Juliet	2151	\$699,999	\$660,000	Sausalito
1188	Fairway Valley	2280	\$929,000	\$929,000	Shasta**
1649	Barn Valley	2371	\$799,000	\$840,000	Fremont*/**
1197	Lasso Lake	2635	\$1,019,000	\$1,102,500	Sonoma**
970	Yosemite	2801	\$950,000	\$865,000	Meadowgate
1884	Glenbrook	2801	\$979,900	\$984,000	Madowgate**
2371	Stepping Stone	3046	\$1,400,000	\$1,300,000	Carmel**

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Lincoln Democratic Club

(cont' from page 13)

disposal rates seems necessary because the city can no longer continue to cover funding shortfalls as it has in the past. For more information, please see our website <https://democraticclublincolnca.org>.

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SCHOOLS

BY PATTI KINGSTON

Volunteer and support our Lincoln Elementary Schools by spending time in the classroom! This is a chance to be a part of a child's early learning experience as they are introduced to the basics and the socialization that the schoolroom teaches. Volunteers help teachers in many ways, based on the needs of the teachers and the classroom.

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

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

have questions about the process of moving its board of trustees toward area elections in an attempt to balance the trustees by population. She will have time to answer your questions.

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

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

• • •

Apple User Group

BY NINA MAZZO

There are several Mac keyboard shortcuts that can help users get the most from their iMac, MacBook Pro and MacBook laptop. The "esc" key can be a handy tool as you can use it to cancel a previous command. Command "W" closes the active window you are currently in and Command "M" will minimize the front window to the Dock. You will find these and more helpful keyboard shortcuts in the August issue of the Cider Press newsletter located on our website.

Thursday, September 7th, our intrepid Ken Spencer will return from his weeks' long travels.

As we go to press, we don't have the title of his presentation however as we know, Ken is an excellent speaker and he is bound to teach us all at least two new things so for now, mark your calendar and emails will be sent ahead of time with his topic. Ask the Tech begins at

6:45 PM with the program at 7:00 PM in Kilaga Springs Presentation Hall.

Monday, September 25th, speaker Andy Petro will present "10 Little Known Fun Features on the iPhone". Join Andy as he takes a closer look at some of the more unusual features including: turning your iPhone into a karaoke player; have "Hey Siri" print a display of your request; remove backgrounds from photos and images and more. With Andy Petro's unique delivery, you know you will learn while having fun! Ask the Tech begins at 10:15 AM with the program at 10:30 AM in Kilaga Springs Presentation Hall.

Please note there will not be a general meeting this month.

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

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LH Republican Club

BY SUE DUMAS

Due to date and time conflict with Debates, Guest Speaker Eric Early, candidate for U.S. Senate was rescheduled.

Club Events: Wednesday, September 20, Sports Pavilion - 2:00 PM to 4:00 PM "Meet the Sheriff" - Placer County Sheriff, Wayne Woo. Sheriff Woo will talk about current law enforcement challenges, and his efforts to keep Placer safe. Finger Food and water will be provided. Cost is \$5 per person and will be collected at check-in table. Reserve your spot on or before Saturday, September 16. Contact Aggie Marsh 916-409-5699 or aggiemarsh59@yahoo.com. Door Prize!

Wednesday, October 25 - Kilaga Springs, (PH) - 6:00 PM, Program begins at 6:30 PM - Guest Speaker

No meeting in November.

Thursday, December 7 - Christmas Holiday Celebration - Kilaga Springs - Placer Room.

Local Events: Auburn Fair - September 7 through 10.

Hot Chili Cool Cars in Rocklin Sept. 16. Fall Home Show - Auburn Fairgrounds - September 22 through 24.

If you would like to become a member of our Club, please go to the website for application. Cost is \$15/per person - per year. This would apply to Associate Memberships (Placer County, not just Lincoln Hills), as well. Republican Club article is located in the Bulletin Board section of the Compass. www.RepublicanClubSCLH.org

• • •

LH Astronomy Group

BY BILL WEAVER

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

Ron Yelton will present Part 1 of a tour of DSOs (Deep Space Objects.) This first part will cover clusters and nebulae and explain the difference between open and globular clusters. Understand the various kinds of nebulae - why some glow and some do not and what they are made of.

LHAG Cosmology Interest Group (CIG) The September 18th session will cover Supernovas and Neutron Stars

Look inside a star that weighs several solar masses to chart its demise after fusing all possible nuclear fuel. Such stars end in a gigantic explosion called a supernova, blowing off outer material and producing a super-

(cont' on page 17)

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LH Astronomy Group

(cont' from page 15)

compact neutron star, a billion times denser than a white dwarf. Study the rapid spin of neutron stars and the energy they send beaming across the cosmos.

The CIG sessions take place on the third Monday of each month at 6:45 PM in the Fine Arts room of the Orchard Creek Lodge. For information, contact Ron Yelton at rylton660@aol.com.

LHAG Telescope Interest Group (TIG) Star Party

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

The TIG Star party telescopes are set up prior to sunset in the upper tennis courts of the SCLH Sports Complex. This star party is scheduled for Tuesday September 12th. Sunset is at 7:20 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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LH Amateur Radio Group

BY DAN LEHRER, KN6DRN

John, NQ6Q gave an informative demo on Weak Signal Propagation Reporter aka WSPR. The members learned that this software program is designed for sending and receiving low-power transmissions to test propagation paths on HF bands. We also had a LoTW demo by Dan, KN6DRN. LoTW

software is administered by the ARRL and allows Ham Operators to log their QSO's and confirm those contacts. Operators can work towards awards such as "Worked All States" and proudly display certificates attesting to their accomplishments. Please join us for our next Hams & Coffee in December at the KS Cafe. Consider dropping by to rag chew. We help with programming handheld radios. Meetings are held at the South Tower every Monday night at 6:30 PM. Our club conducts a weekly radio network at 7:00 PM every Monday on the W6LHR Repeater at 147.030 MHz, 167.9 PL. If you are looking for a way to engage in the community and have an interest in Amateur Radio, please check out the LHARG. For more LHARG information visit our Website, the URL is: lharg.us or email dlehrer72@gmail.com

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Veterans Group

BY B.L. LEWIS

Veterans Group Director and Treasure Jeff Davis will be the featured speaker the general meeting 1:00 p.m. September 21, 2023, in the Kilaga Springs Presentation Hall. Jeff is a U.S. Army veteran with a degree in electrical engineering performing highly specialized electronics work from 1968 to 1995 general meeting. He will be talking about Area 51, the Air Force's Nevada Test and Training Range which is located 120 miles Northwest of Las Vegas. He will also be talking about testing the well-known aircraft such as the Archangel 12 (A-12), the SR-71 Blackbird and the F-117 Nighthawk stealth fighter. Jeff also occasionally worked developing the payload of the SR-71.

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

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.

The Veterans Group Annual Ice Cream Social took place on August 12, 2023, in the Kilaga Springs social areas. Everyone attending had a good time doing what we do best, socializing and eating! The Leatherby's Ice Cream and the varieties of toppings were a great success, and everyone had a good time and had their fill of ice cream, including second helpings.

The popular Oktoberfest Luncheon will be held on October 19, 2023, at 12p.m. in the Orchard Creek Ballroom. There will be 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.

U.S. Navy Veteran, Don Jobe passed away on July 20, 2023. He was an E5 Radio Operator stationed at the Naval Air Station, Jacksonville, Florida serving from 1967 until he was retired in June 1971 due to a temporary disability. Don is survived by his wife Gloria and a daughter from a previous marriage. He was a longtime member of the Lincoln Hills Veterans Group.

Welcome Aboard to new members Phillip Cameron, U.S. Air Force, Daniel Jorgensen, U.S. Army, and Deny Valentine, U.S. Army. We also invite you to attend the September General meeting so that we can introduce you to the Group.

The Flag Table will be open on September 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 LHVG Board Member

The Veterans group extends its deepest condolences to Don's family and friends.

...

Lincoln Multiple Sclerosis Group

BY JERI DI FIORE

On Tuesday, September 19, at 1 PM, in OC Multi-Media Room, SCLH Fitness Supervisor, Rex Owens, will guide us through avoiding falls, and how to get up from a fall. He'll share techniques that help improve core strength and reflexes to prevent falls. Also shared will be ways to improve walking and balance.

This topic is truly relevant for all of us with MS!

Now, to share the Trailmixer's excitement and gratitude to Real Estate Hero and Angel, Donna Judah, Coldwell Banker, Lincoln Hills!

Donna wrote a personal check for \$1,000 putting the Lincoln Trailmixers into first place out of 40 teams in the Folsom MS Walk.

Thank you, Donna, for your kindness and generosity, 916 412-9190. We do have a very narrow lead and encourage you to call Captain Joni Deutsch at 916 398-0349 with your forgotten or additional donation to this worthy cause.

We want to thank all of you who have helped the Trailmixers Team get to this point, as it would not have been accomplished without every individual donation.

...

(more Club News cont' on page 21)

"We would highly recommend Michelle to anyone purchasing or selling a home. Even after the sale, she continues to stay in touch making sure **every need and question is addressed.**"

Jim & Jan

"I've been in Real Estate for over 35 years in many states and have **never worked with a more professional Realtor than Michelle.** She went the extra mile at every turn. I would highly recommend her."

James

"Michelle has far surpassed any agents we have used in the many years of service we've experienced. **You've got our recommendation.**"

Lee & Valerie

"You are **more organized** than any other Realtor we've ever worked with the in the past (8 homes bought & sold), **seriously you are amazing!**"

Jim & Liz



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Crown Princess ~ 3080 Passengers

Nov 26, 2023	S/O	\$1,783	\$2,314
Jan 7, 2024	\$1,448	\$1,724	\$2,398
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	\$1,124	\$1,698
Jun 17, 2024	\$1,198	\$1,612	\$2,098
Jul 9, 2024	\$1,298	\$1,717	\$2,198
Aug 11, 2024	\$1,148	\$1,544	\$2,048

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

***LINCOLN SHUTTLE TO SHIP AVAILABLE!**

10 DAY MEXICO From SFO! PRINCESS

Crown Princess ~ 3080 Passengers

Dec 12, 2023	\$768	\$933	\$1,098
Jan 23, 2024	\$749	\$899	\$1,379
Feb 7, 2024	\$749	\$899	\$1,379
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
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Sail from Ft. Lauderdale, Florida to Southampton (London), England visiting Azores (Ponta Delgada), Portugal; Madeira (Funchal), Portugal; Casablanca, Morocco (for Marrakech); Seville (Cadiz), Spain; Lisbon, Portugal; Southampton (London), England.

22 DAY GRAND MEDITERRANEAN PRINCESS

Enchanted Princess ~ 3660 Passengers

Nov 1, 2023	\$2,399	\$2,799	\$2,799
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Sail round trip from Rome (Civitavecchia), Italy visiting Santorini, Greece; Athens (Piraeus), Greece; Kusadasi, Turkey (for Ephesus); Mykonos, Greece; Katakolon (Olympia), Greece; Corsica (Ajaccio), France; Toulon/Provence (La Seyne), France; Barcelona, Spain; Genoa, Italy; Florence/Pisa (Livorno), Italy; Kotor, Montenegro; Corfu, Greece; Sicily (Messina), Italy; Naples, Italy (for Capri & Pompeii).

15 DAY PANAMA CANAL PRINCESS

Island Princess ~ 2200 Passengers

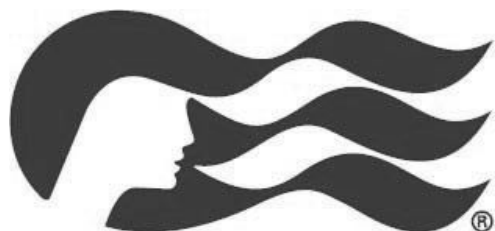
Jan 4, 2024	\$1,098	\$1,307	\$1,968
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Ruby Princess ~ 3080 Passengers

Mar 23, 2024	\$998	\$962	\$2,608
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Sail from Fort Lauderdale, Florida to Los Angeles, California visiting Cartagena, Columbia; Full Transit the New Locks of the Panama Canal; Fuerte Amador, Panama; Puntarenas, Costa Rica; San Juan del Sur, Nicaragua; Huatulco, Mexico; Puerto Vallarta, Mexico; Los Angeles, California. Limited availability, book soon!

*Shuttle from Lincoln to the ship in San Francisco is \$200 per person. Prices are per person based on double occupancy and subject to availability at the time of booking. Taxes, Fees, & Port Expenses as well as Travel Insurance are additional. Please call for current availability and pricing.



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Days & Destination	Cruise Line ~ Sailing Date	Starting Price/ Inside Ocean View Balcony			
7 DAY ALASKA CELEBRITY CRUISES					
	May 31, 2024	\$698	\$799	\$1,449	
Celebrity Edge ~ 2918 Passengers	Jun 21, 2024	\$749	\$879	\$1,399	
~ Maiden Voyage Dec 2018	Jul 19, 2024	\$949	\$1,049	\$1,549	
<i>Sail the best ship on the West Coast in 2024!</i>	Aug 16, 2024	\$749	\$950	\$1,399	
Sail round trip from Seattle, Washington to Ketchikan, Alaska; Endicott Arm & Dawes Glacier, Alaska; Juneau, Alaska; Skagway, Alaska; Victoria, BC, Canada; Seattle, Washington.					
12 DAY CANADA & NEW ENGLAND CELEBRITY CRUISES		Sep 8, 2024	\$1,489	\$2,275	\$2,275
Celebrity Eclipse ~ 2850 Passengers					
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.					
14 DAY EUROPE REPOSITION CELEBRITY CRUISES		May 2, 2024	\$1,187	\$1,240	\$1,299
Celebrity Apex ~ 2910 Passengers					
Sail from Fort Lauderdale to London (Southampton), England visiting Ponta Delgada, Azores; Cork (Cobh), Ireland; Dorset (Portland), UK; Brussels (Zeebrugge), Belgium; Southampton (London), England.					
10 DAY SOUTHERN CARIBBEAN CELEBRITY CRUISES		Jan 18, 2024	\$1,045	\$1,394	\$1,499
Celebrity Equinox ~ 2850 Passengers	Feb 24, 2024	\$1,045	\$1,299	\$1,699	
	Mar 14, 2024	\$1,036	\$1,161	\$1,299	
Sail round trip from Fort Lauderdale, Florida toGeorgetown, Grand Cayman; Willemstad, Curacao; Oranjestad, Aruba; Kralendijk, Bonaire; Fort Lauderdale.					
15 DAY BRITISH ISLES EXPLORER VIKING CRUISES		Apr 5, 2024			\$7,999
Viking Venus ~ 930 Passengers					
Sail from Fort Lauderdale, Florida to Athens. Greece visiting Ponta Delgada, Azores; Cadiz (Seville), Spain; Malaga, Spain; Cartagena, Spain; Valencia, Spain; Barcelona, Spain; Villefrance-Sur-Mer (Nice), France; Livorno (Florence/Pisa), Italy; Civitavecchia (Rome), Italy; Naples (Pompeii), Italy; Taormina, Italy; Valletta, Malta; Souda (Chania), Greece; Rhodes, Greece; Kusadasi (Ephesus), Turkey; Piraeus (Athens), Greece.					
12 Day PARIS TO THE SWISS ALPS		March – December 2023 & 2024		\$3,499	
Viking Longships ~ 190 Passengers		INCLUDES ROUND TRIP SACRAMENTO AIRFARE!			
Package Includes your home to the Sacramento Airport Transportation, round trip Sacramento Airfare, Airport Meet-And-Greet with Transfers from the Airport to your hotel in Paris for 2 nights, your 7 Day Viking River Cruise in standard accommodations with a window, 2 nights in a hotel in Zurich, Switzerland, daily sightseeing, and all meals on board the boat as well as breakfast in the hotels in Paris and Switzerland. Ask about higher category staterooms like a French Balcony or Veranda stateroom. Call for availability.					
15 Day GRAND EUROPEAN TOUR		May – December 2023 - 2024		\$4,299	
Viking Longships ~ 190 Passengers		INCLUDES ROUND TRIP SACRAMENTO AIRFARE!			
Package Includes your home to the Sacramento Airport Transportation, round trip Sacramento Airfare, Airport Meet-And-Greet with Transfers from the Airport to the boat, your 15 Day Viking European River Cruise through France, Germany and Switzerland in standard accommodations with a window, all meals on board the boat AND daily sightseeing! Ask about higher category staterooms like a French Balcony or Veranda stateroom. Call for availability.					

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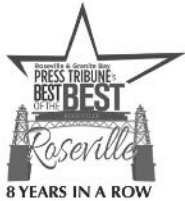
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Hearing Support Group

BY JOANNE MITCHELL

At our August meeting, we discussed three items of interest. The first was regarding a new research project at Columbia University Medical School which is studying the ability of cochlear implant users to hear and appreciate music. The doctoral candidate doing the study was a Broadway musician before deciding to pursue a career in medicine. The second item was a report on new research being conducted by MedEl, one of three suppliers of cochlear implants. They are working on improving electrode frequency in implants by sending signals directly to the auditory nerve, bypassing the cochlea entirely. This will eliminate the presence of echo, which is a common complication of implant use. They have completed working with animal models and are ready to test the devices in humans.

Finally, we revisited the FCC's newly established requirement that all captions must now meet accuracy standards of 95-98%, regardless of whether they are an accommodation or routine technology.

Our next meeting will be in the multipurpose room at OC on Friday, Oct 6th at 10AM. We will not meet on the Friday before Labor Day weekend.

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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. September speaker is Denise Davis with the Alzheimer's Association of Sacramento. Her subject is "Stages of Alzheimer's". At all meetings you will find a welcoming community ready to hear your questions and concerns. Contact: Jo Fratessa - 916-759-8760

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Bosom Buddies

BY VAL SINGER

I'm Back... I want to thank Mary Allison Shelton for filling in for me while I was incapacitated. She did a marvelous job. I also want to thank everyone who sent me a card. It meant so much to me to know you were all rooting for me. I think all the prayers worked as I'm able to walk again. Many, many thanks!

The Officers' Luncheon was a huge success as the picture shows. (pic) A big thank you goes to Patty, President; Peggy Ryan, Vice President; Verity Gould, Treasurer, along with all the support staff. Patty will be our President one more year. She was presented with a gift from all of us for the great job she did as our



President last year.

The annual relay for life sponsored by the American Cancer Society was held on August 12th and was a huge success. The theme was, "These Boots Were Made For Walking Over Cancer". (pic)



Our speaker for September will be Carolyn Washington from HICAP which advocates on behalf of Medicare beneficiaries and their families. They target federal and state level legislators and their staff through media and educational campaigns.

October 7th is the Cargivers' Luncheon. Please let Verity know if you plan to attend.

Dues are due in September. \$12 for the year payable to Bosom Buddies and sent to Verity Gould, 2210 Longspur Loop.

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

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Low Vision Support Group

BY STU SINGER

Here are some dates to note on your calendars. Upcoming Meetings —

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

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

Tuesday, October 3, 2:00 – 4:00 PM Fine Arts Room (OC)

Lisa Kwon an occupational therapist will discuss "Functional Vision" Learning how age related and brain injury acquired vision impairment can impact function and independence in 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.

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

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

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

Low Vision Support Group meetings are open to all SCLH residents.

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

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RV Group

BY VICTORIA WHITE

Our June rally took us to the historical area of Tuolumne. Black Oak Casino and RV is a delightful destination as there is so much history and so many places to visit. Columbia State Park is insightful especially with a docent led tour. Calaveras Big Trees offered us tours led by amazing speakers. We certainly came away with wonder from what (cont' on page 23)

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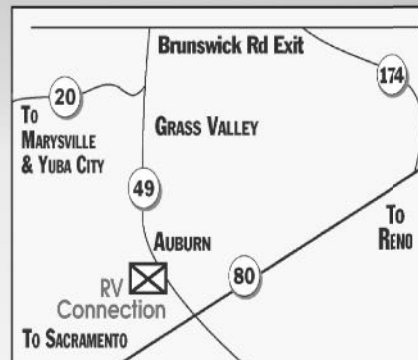
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RV Group

(cont' from page 21)

we learned. Murphys is such a charming town with great restaurants and its own Iron Stone Winery. Thank you wagon masters, Craig and Mary Carbrey and assistants Lenny and Lana Venturi.

July was sizzling here in SCLH but at Diamond Lake, Oregon the temperature was a pleasant 85 degrees. We were there five days, enjoying patio boats, kayaking, fishing (nothing caught by the way), beautiful views, hiking, learning to square dance in the street by our own personal caller, potlucks and socializing under the stars. One day was spent visiting Crater Lake, so impressive with its deep blue crystal-clear water with areas of turquoise and green surrounding the edges. A treat for sure.

From Diamond Lake we migrated down to Hornbrook, CA to Blue Heron RV park right on the Klamath river. Days were spent kayaking or tubing on the river, evenings of relaxing watching the wild horses roaming through our campground. Thanks to Wagon Master Steve and Ann Beede and Vicki White.

The next rally will be in Gilroy at the Gilroy Garlic USA RV park. There are many places to explore there including San Juan Bautista Mission, wineries and Pinnacles State Park. Following Gilroy will be Moss Landing KOA RV Park. Many fun things to do there as the coast is right across the street, Carmel and Monterey just south on Highway 1 and Santa Cruz and Aptos just north of there.

We invite you to visit our meetings or reach out to Sharon Skar, Membership Chair at 916-434-7799. Meetings are every Second Thursday 4:30 in the Placer Room at KS.

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Sports Cars

BY RICHARD PEARL

The good times, and sports cars, just keep on rolling. The Club had a great Social Lunch at the historic Cliff House in Folsom on July 12th. The Lake Almanor trip was fabulous and included great food, adult beverages, company, and boating. We also had 30 cars from our Club at the Catta Verdera Brews & Cruise event August 12th, sipping and chatting. In August the Club participated in the Lincoln Airport



Ladies at Lake Almanor.

Open House & Family Festival, where we displayed our cars on the tarmac with scores of great aircraft and thousands of guests from all over the region. To be reported next month is an overnight trip to Occidental on August 22-23. September 15th will have us at Pescatore Winery for dinner. We have at least two more social events scheduled before the end of the year, when we will close out the year with our Holiday Party.

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

...

Rods & Relics

BY ELNA RAGAN

On August 8, 19 Club members and friends enjoyed having lunch at the Waffle Farm Restaurant in the Twelve Bridges Shopping Center. The parking lot looked like a mini-Car Show with Club members' vehicles on display!

On Saturday, August 12, Club members drove to Wheatland for a Car Show event. It is always enjoyable visiting with other classic vehicle owners.

On Thursday, August 17, the Club's General Business Meeting returned to Strikes, in Rocklin, for its monthly meeting. It had been several years since we had met there. Club members were happy that a change in the business' room use policy made it possible for us to return. The large, private meeting room that we had met in before had become available.

The 2nd Annual Lincoln Airport Open House and Family Festival held on Saturday, August 26. Club members had their vehicles on display. This year, over 6,000 people were on hand to see unique general aviation and Government aircraft. There was a vintage and specialty Car Show, aviation simulators for the youths to experience, and a tethered Hot Air Balloon. It was a great experience!

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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Garden Group

BY LORRAINE IMMEL

Annual Table Talk: Thursday, September 28, Sports Plaza, Registration starts at 9:30 AM. This event replaces the General Meeting this month.

What's Table Talk?

Table Talk is a gathering of members sitting in small groups to view Garden Demos and Talks. Participants will rotate through four different sessions.

Donuts/Coffee will be available starting at 9:30 AM-sessions begin at 10:00 AM. Lunch will begin at 11:35 AM.

Lunch Menu: All lunches will include choice of sandwich with potato salad, caprese salad, chips, hummingbird cupcakes, lemonade, iced tea, and coffee.

Space is limited, so attendance is restricted to Garden Group members only.

Choose One —

Roast Beef Sandwich

Turkey Sandwich

Vegetarian (Cheese) Sandwich

Please choose a Lunch Selection and mail it, along with your name, email, and check for \$15-payable to SCLH Garden Group, to:

Debbie Schryver

1816 Cottage Rose Lane

Debbie must have this information in her hands by Sept. 20 to be included in the count or on a waiting list.

You should receive a confirmation by email. If you do not, please

email Debbie at dshumhaven@earthlink.net, or call at 916-666-1741

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(more Club News cont' on page 25)

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Bird Group

BY DON BAYLIS

All club activities, monthly meetings and bird trips, were suspended for August but will resume beginning in September.

A reminder that our monthly meeting is the second Monday of the month, and so we will resume on Monday, September 11 at 1:30 in Presentation Hall with Ed Harper. Ed has spoken to us several times over the years; on local birding, or on leading bird trips in his native Montana or around the world. This year, he will report on a recent bird trip to Japan.

October 9 will bring us another familiar speaker, Ed Pandolfino. In this presentation, he will concentrate on the Best Singing Birds... the sparrows. The more than 100 sparrow species have a range of songs, ranging from a species with a simple buzzy song to a species who might never repeat a song during its lifetime.

Our first trip of the birding year will be on September 29, to the Effie Yeaw Nature Center along the American River in Carmichael. The Center lies below the river bluffs of Carmichael and has trails through the meadows and woods near the river.

October will bring a flurry of activities: the General Meeting on the 9th, a trip to Lincoln Wastewater Treatment Plant on the 13th, a potluck on Wednesday, the 25th, and a trip to Vic Fazio Refuge at the Yolo Bypass on the 27th. Details on all of these will be available by



English (or House) Sparrow

email, articles, meeting and website in October. We look forward to seeing you at any or all of these activities.

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

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

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Hiking-Walking Group

BY GAY MACKINTOSH

"Something To Do in My Retirement!" Retiring from his 41-year career in Human Resources, resident Bruce Quick "chose a path and started walking." Join us for Bruce's exciting program at our Annual Meeting Tuesday, September 26, at KS Presentation Hall. He has combined his four Camino journeys, two walks in Italy, and a walk across Scotland into a colorful slide presentation with a narrative of his experiences.

Old Town Pizza slices will be available



Officer candidates Carol, Carolyn, Tom, Gay and Laura.

at 5:30 PM, followed by the program about 6:00 and election of officers. Candidates are: Tom Denzler – President, Carol Yoder and Gay Mackintosh - Co-Vice-Presidents, Laura Hamilton – Treasurer, Carolyn Woolston - Secretary (2nd term).

Choose a path and start walking with us! Check our website for all the details <http://www.lincolnhillshikers.org>. Walkers meet every Wednesday morning for 2½-3-mile treks on SCLH trails (call Debbie Schryver, 916-666-1741). "Walk for Wellness" offers a slower pace (email Karl Aitken karlaitken@comcast.net).

Spectacular scenery awaits you on some higher altitude hikes in September and October.

- 1st Tuesday, September 5. Cascade Canal (Nevada City). Shady trail through forest alongside historic canal. Easy/Moderate 6 miles.

- Bonus Hike: Tuesday, September 12. Lower Lola Montez Lake (Soda Springs). Moderate/Strenuous 7 miles to lovely lake at 7200 feet. Dip your toes or take a swim! 990 feet total altitude gain.

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

- 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. TBA

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

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Mad Hatters Bocce Group

BY KIM PETRUZZELLI

Thank goodness fall is approaching. We welcome all residents of SCLH to join us at the bocce courts on Thursday mornings. Our play officially starts at 8:00 am during the warmer months, and players begin arriving around 7:45 am. Yes, this does mean we have to get up way too early, but it's worth it to finish before the temperatures get stifling hot. There is plenty of parking at the sports pavilion, and our 12 bocce courts all have benches with shade awnings at each end of the courts.

The Mad Hatters play bocce ball year-round, and all skill levels are welcome. Teams of 4 players are formed on-the-fly each week so just show up! The focus is on recreation not competition, and we rotate players and teams with each 20-minute round. Our players usually spend about 90 minutes on the courts.

New, inexperienced, and handicapped players are always welcome. All equipment is provided, and we even have a spare "chicken foot" if you need help lifting up a bocce ball. Don't know how to play? We'll guide you. It's a great way to meet new people.

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

...

LH Shuffleboard Club

BY JON KLINE

We are a no dues club, and all residents and their guests are encouraged to come and learn to play shuffleboard. People of all ages and fitness levels can play this sport; no bending or lifting is required. Remember to wear sunscreen and a hat and stay hydrated;

(cont' on page 26)

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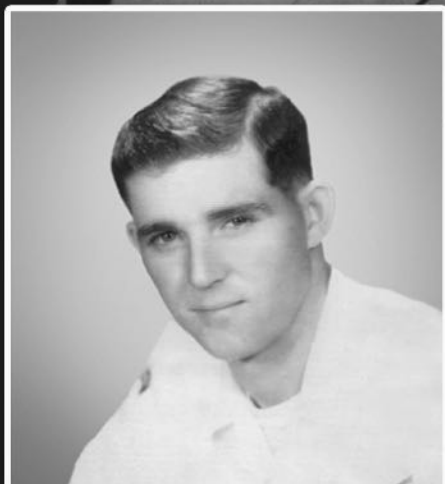
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LH Shuffleboard Club

(cont' from page 25)

there is a water fountain near the courts. All sessions are held at the rear bocce area of the Sports Plaza on our professional grade Poly Courts. We offer a quick orientation to the safety and game rules at every session.

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

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

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

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LH Pickleball Club

BY MOLLY MORRIS

The Pickleball Club would like to send a huge thank you to the maintenance staff and association employees of Lincoln Hills. All 13 pickleball courts have now been resurfaced along with the multi-purpose court and look gorgeous. The new LED lights make the courts

and parking lots brighter and safer. We know the staff worked diligently to complete all the repairs promptly, so Thank You!

Our Grandparents Day was a success! Grandkids aged 8-18 enjoyed their time on the courts with games, prizes, mini-lessons, and a bit of competition; all facilitated by Pickleball Club volunteers. The goal of the morning was to introduce pickleball to the families and to spread the fun and joy of the game. Mission accomplished!

Our fall pickleball tournaments are once again slated for September. We are having 3 tournaments: mixed doubles on 9/12, and singles and the age 80+scramble will be held on 9/23. Feel free to come down to the courts and cheer for the participants!

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

...

LH Table Tennis

BY CARL LYNCH

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

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

(cont' on page 27)

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LH Table Tennis

(cont' from page 26)

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

Indoor Table Tennis is played in our air conditioned, well lit, and well-ventilated Multipurpose room at KS.



Did you know that indoor Table Tennis is Dermatologist approved? No sunburns while playing your favorite sport! And of course, your favorite sport is Ping Pong!

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

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

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

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

LH Tennis Group

BY PAM FLAHERTY

The annual Women's and Men's Doubles Tournament will be held September 14, 2023. Find a partner and join in the fun! All the festive prizes, food and good times will be shared with a dose of entertainment for spectators and maybe a place in our tennis club history. (You just might be engraved as a doubles team winner on one of our Tournament Plaques.) Also, coming in October is our annual Octoberfest tournament, sponsored by Schaack Physical Therapy. Check our website for information on this individual rotation tournament, directed by Dave Mateer.

We welcome all levels of tennis players. Whether you are just curious or interested in trying tennis, contact Steve at stevebringman@yahoo.com for free introductory or refresher lessons. You can also sign up for tennis lessons which are advertised in the Compass classes section. If you are new to the Tennis Club contact Val at vlaugtug@gmail.com for club orientation information. See you on the courts!

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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.

The weather has been hot! Remember to drink water before and during play and watch fellow players for symptoms of heat exhaustion. Symptoms include dizziness, fever, excessive fatigue, nausea, rapid breath, severe sweating,

cold clammy skin, and swelling in ankles, feet and hands. See the Captain's Monthly Newsletter on the website for more detail.

Be on the lookout for a feature article on the Lincsters in the Sun City Compass Magazine! The article will share insights into this fun and active group and discuss their very active role in Breast Cancer fundraising.

Tournaments — Breast Cancer — Oct 5th. Gift basket items for auction have been collected and the baskets are being assembled and made ready for sale at the tournament. In addition, you can buy jars of homemade strawberry jam. All proceeds benefit the Placer County Breast Cancer Foundation. These treats will keep for 3 years in your freezer and 6 months in your refrigerator! To purchase, and for more details, contact Susan Mox at 408.859.1513.

Reminders from the GM — Don't miss the January ILT trip to Puerto Vallarta. Call GM Chad for more information. More than 40 people have signed up to date, and there is room enough for more. This trip has been sold out in the past so don't wait.

These rules apply to the Lincoln Hills golf courses and driving range:

- Rake bunkers after use, fix ball marks, respect the 30-yard rule for greens, and stay on cart path for all par-3 holes.
- Follow the course dress code — no T-shirts or denim clothing.
- Only registered golfers are allowed on cart paths.
- No dogs are allowed in carts at the driving range.

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Ladies Golf -18 Holers

BY CAROL LOPEZ

This year the club celebrates its 20th Anniversary. Our current and past presidents were honored during lunch in the ballroom after the annual "Captain's Cup" which was a Net Best Ball of the Pair format on the Hills course. Partners in each fight were paid to four places and first went to: Flight 1, Kelley Royball and Mitsuko Cameron; Flight 2, Ilene Marshall and Eileen Boore and Flight 3, Carol Lopez and Linda Mann. Lissi Bedford chipped in on 6 and 10 as did Deb Dunipace for a birdie on 4. Additional birdies were made by Royball, Cameron, Gay Wold, Linda Blackburn and Sharon Knoll. Congratulations to all the winners and a special thank you to all our captains who have given so much to make our club enjoyable.



One Thursday last month the ladies played a "Stableford" on the Hills course and Georgia Richie-Lynch secured closest to the pin on Hole 16 with a 9'6.5" shot. Nancy Jenkins had the most points over the field with the closest player five strokes behind her.

The "Club Championship" will be held on the 14th and 21st of this month with the first round on Orchard and conclusion on Hills

(cont' on page 28)

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Ladies Golf -18 Holers

(cont' from page 27)

the following week. Will Rosie Warren, who beat out Patti Tilton the 2022 Most Improved Golfer and the 2021 Champion, be able to retain the title?

Next month, in addition to the annual "Breast Cancer Tournament", Lincoln Hills ladies will engage with Sun City Roseville in a "Sunheim" event. The first round on October 12th will be on our Hills course and on the 18th the final round will be played in Roseville. We are back to teeing off at 8:30 in October.

• • •

LH Men's Golf

BY MIKE MCBACK

With the 2nd Quarter of 2023 in the books, congratulations to the following individuals for Most Improved Golfer for the quarter in their respective categories:

Handicap 9.9 or lower: DJ Bender

Handicap 10.0 to 19.9: Ray Wertz

Handicap 20.0 or higher: Glenn Arney

A \$25 credit will be added to their Lincoln Hills Golf Shop account. Great job and keep up the posting.

We continue to get questions regarding the bunkers, so let's get to the bottom of this. The Men's Club board has voted to play the ball as it lies in the bunkers, footprints or not. The course spent a considerable amount of money upgrading the bunkers on both courses. It is time that we do our part. Yes, we know that during the "neglect" period we either pulled the ball out or raked and placed it. That phase is over. The message needs to be that members of our club follow good course etiquette and practices, which includes raking the bunkers.

I often play early and have noted that the maintenance crew has generally ensured the bunkers are in good condition to start the day. Let's all do the right thing and keep it that way.

As a reminder, the Men's Club Board of Directors recently revised the local rules for the Club's Tournaments and Special Events. They are now posted on our website. The changes include: All bunkers on both courses are back in play. Preferred Lies have been reduced from a club length to a scorecard length. And the special relief provision for Orchard Hole 14 has been removed.

Coming up after the Annual Member/Guest Invitational is the Club Championship/Just-For-Fun Starting on October 30 the Club Championship starts, and on October 31 the second day is for the Club Championship and Just-For-Fun. On both days the Tee Times will be 8:30. Watch for sign-up soon.

• • •

Swimmers & Water Walkers Club

BY ROSEMARY TANFANI

The Sierra Splash challenge ended in June and was celebrated at our Hot August Splash event and pizza party at the OC pool area on August 6. Prior to the pizza party, demonstrations of various pool exercise techniques were done by Kathy Carpenter (water walking), Hugh Wilder (backstroke), and Jim Klein (free style), in the OC outdoor lap pool.

Members are reminded that in person mentoring of those exercises are provided free during our mentoring sessions, which are the first week of the month.

Thanks are due to the Sierra Splash Committee members, Judi Carrothers, Darlene

(cont' on page 29)



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Swimmers & Water Walkers Club

(cont' from page 28)

Ford, Jim Klein, Nadine Miller, Hugh Wilder and Hagai Narkis, and the local merchants who supported the event. Special thanks goes to donors, Dick's Sporting Goods, Paul Martins Restaurant, Old Town Pizza, Siinos Restaurant, Real Estate Agent Mitzi Anderson of Coldwell



Banker, and club member Darlene Ford who donated SCLH gift cards.

We are looking forward to a repeat of Sierra Splash in 2024. Any ideas for a new destination?

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

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Water Volleyball

BY DIANE FERRARI

As summer fades into our memories and the Fall season is set to begin, we have many fun changes, events and happenings to usher our play into the Fall. Water Volleyball looks forward to our annual Fall Festival on October 6th with food, music and dancing at the Pavilion! Last month we kicked off our Thursday night "Play and Train." The "First Fifteen" is dedicated to the demonstration of a skill and practice in the pool to really get the feel for the skill. It's been very successful and player improvement has been immediate.

Don't know how to play water Volleyball? Come out to Free Play Saturday every Saturday at Kilaga at 9:00 AM. We have Team nights, Ladies Night and Ladies Competitive night—a level for every player from Beginner to Advanced.

Join now to be a part of the fun in and out of the pool. We have parties planned in September and a Holiday get together so join now. We welcome all levels of interested players. Find us at LHWaterVolleyball.com. Or Call Jerry Grisler 209-648-9534 for more info. It's time to FALL into Water Volleyball, what better time than now!

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LH Senior Softball League

BY HEIDI MAZZOLA

As we transition from summer to fall, Del Webb Field is scheduled for a temporary closure during the last three weeks of September. Our Facilities and Maintenance crew will be working to refresh the field, ensuring it remains in great condition for future use.

Saturday practices have wrapped up for the year, but the return of Fun Ball is on the horizon. Tentatively scheduled for the second week of October, Fun Ball is open to all players who've paid their 2023 dues. An upcoming email notification will provide sign up information and a start date.

The summer season saw spirited action on the field, with playoffs culminating in an exciting championship game at the end of August. Details will be shared next month.

In July, the Women's Division hosted their 2nd Annual Invitational Tournament. Four teams competed in a double-elimination format, and Dusty Hoetger's Balboa Bears emerged as this year's tournament winner.



Congratulations Bears! Well done.

As we say goodbye to the summer season, the League extends its appreciation to the dedicated volunteers who made it all possible—umpires, scoreboard operators, field crew, team managers, and hot dog day staff—your efforts were essential. Thanks also to our fans for their unwavering support.

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

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Coyotes Softball


BY GAGE JOHNSON

The Coyote 75's won the prestigious NCSSA Championships at Manteca's Big League Dreams park, August 10-11, winning three games and losing just one. In the final game, the Coyotes defeated the Solano Enforcers, a talented and higher rated team, 16-11. The Coyotes trailed early, but managed to tie the game going into the final inning, then scored 6 runs and held the Enforcers to 1 run to clinch the victory.

Overall, the Coyotes outscored their opponents 58-38. While averaging less than 15 runs per game, the Coyotes relied on superb defense to propel them to the championship. Every game featured outstanding plays by the outfield, infield, and pitcher, and was a total team effort. This was the last tournament of the season for the Coyotes.

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(more Club News cont' on page 33)



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Letters to the Editors...

Authors are solely responsible for the content of their letters.

Noise irritant...

Perhaps this topic could be an item for your reader thoughts, viewpoints and discussion. I believe same will receive an appreciable reader response factor.

Numerous SCLH residents are quite upset about the increased noise environments and no significant reduction action being taken. Initial community presentations (1999) by the Del Webb corporation promised the residents a quiet and serene community absent of noise irritants.

Many resident concerns presented to the governing BODs have resulted in no appreciable noise reduction improvement.

Resident discussions with the established community Pickleball Group leadership have not resulted in any positive actions.

In addition to the SCLH location, the noise from said pickleball courts now appear to be a nation-wide concern... thoughts on same appreciated.

Robert Woerlee

...

Im Memory —

Gay Patrick was born and raised in Mapleton, Iowa, where she met and married her husband Pat. Moving to California, she earned a BA in Home Economics from USF. For many years, she and Pat owned and operated grocery stores on the Monterey peninsula. They retired to Lincoln Hills in 2000. Gay enjoyed playing bridge and golf and was a member of the Republican Club and the United Methodist Church of Lincoln. She was married for 64 years. She is survived by her daughter Kim and a circle of friends.



LH Foundation

(cont' from page 1)

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

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AAUW Event!

BY DOTTI MAY

The AAUW Roseville South-Placer (RSP) Branch announces its fall kick-off event on Saturday, September 16, 2023, at the Maidu Center in Roseville. Join us to hear from an amazing group of girls that attended our weeklong science and math Tech Trek Camp. Our event starts at 10am and will include camp highlights, a video presentation and an engaging panel discussion connecting attendees with the UC Davis Tech Trek recipients (shown above). The event is free and open to the public.



Gaby Cogollo, Sophia Lozano, Nira Hundal, Lara Smith and Lynnemarie Wang won scholarships to Tech Trek camp awarded by AAUW's Roseville South Placer branch.
Photo credit: CA Tech Trek organization

Tech Trek is a dynamic week-long STEM camp supported by AAUW and designed for 8th grade girls. The camp focuses on providing a nurturing and enthusiastic environment to build confidence and interest in Science, Technology, Engineering, and Mathematics (STEM).

To join the event, please register on the AAUW RSP website at <https://www.aauwrosevillesouthplacer.org/events>.

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

Dan and Carol Larsen

(cont' from page 1)

Mulino, Oregon with many family members present. Between them, they have five grandchildren, two of whom have recently graduated college: Bella from the University of Cincinnati with a double major in Finance and Accounting while Brianna received her Master's degree in Education from the State University of New York (SUNY) in New Platz, New York.

Dan and Carol wax poetic about living in Lincoln Hills and their many and varied volunteer activities. They moved to the area from San Ramon, when their new house was built in 2005. They were surprised to find Dan's friends of 65 years, Herman and Gita Tijsseling, were already living here. Dan was in their wedding in 1963. Over the years the Larsens have become an integral part of the community—both Sun City and the surrounding town of Lincoln. Dan has an impressive list of past and present involvement including the Lincoln Hills Foundation, CERT (Community Emergency Response Team), the Compliance Committee, Neighborhood Watch, Director and Mailbox Captain, and The Rods and Relics Car Club as one of the original founding members. On the first Saturday of every June, the Club has a car show in downtown Lincoln with

classic cars and vendors. To date, the Club has donated \$253,400 to local, nonprofit charities.



Carol and Dan Larsen
Circa 2003

Together the couple support projects at Phoenix High School in Lincoln. They also assist in setting up the books for the Twelve Bridges Lincoln Library book sales. Carol has volunteered with AARP TAX AID for 12 years, was a member of CERT for 5 years, on the Elections Committee for 10 years, and is currently an Ambassador for SCLH where she shares information with prospective residents that may be

interested in moving into the community. She also serves on the LHAUG (Lincoln Hills Apple Users Group) board. Vitalant Blood Bank is particularly important to Dan and Carol. They donate every eight weeks and to date Carol has given more than 5 gallons as she started giving in 1973. Dan started giving in 2009 so he is catching up.

Dan's garage surpasses "man-cave" designation and reaches museum-level status with glassed-in displays of 1,291 various size scales of model cars, magnets, marshmallow Peeps, and solar-activated characters. Wife Carol makes sure the collections stay out of the house, and Dan ensures that they are neat, organized and logged with a little bit of obsessive-compulsive disorder mixed in.

The couple still make time for travel, one of their passions. They travel with Gerry and Bonny Esker, who is their friend and travel agent, plus several other friends. In the future, they have a cruise planned for the Panama Canal and a trip to Hawaii. They love Oceania cruises. Europe is one of their favorite destinations for the history, especially Italy, France and Ireland.

When the Larsens are not busy with their trips and activities, they enjoy their home with its great backyard and view. They are on a hill with a view of open space and beautiful oak trees. They have seen foxes, snakes, turkeys and coyotes. There is a great water fountain in their backyard. The Delta wind helps to keep the house cool during the hot summers. They love having so many wonderful close friends and the lifestyle that Sun City provides.

Dan is the more extroverted of the duo and Carol is sometimes known as "Dan's wife," which she doesn't mind at all. Dan and Carol have found a sweet spot in their relationship, their retirement, their community and their varied interests. They love their relationships with family and cherished friends, and their community service, helping the next generations by volunteering with local schools. Dan's hobbies keep him entertained and Carol's balance in the rest of the house with its Asian touches makes for a bright and serene environment.

Share your story or know a neighbor who should be recognized? Just let us know!
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Cribbage Club

BY MEL SWITZER

The summer months have brought out the royalty of Cribbage. The ladies have been dominating the Royal Court of Champions lately. The recent winners are: 7/18 Lana Venturi, 7/25, Nancy Murdick, 8/8 Rae Cook. True, Grant Lee and Brian Burns were co-champs on 8/1, but for the most part, it was the ladies taking home the bounty. So, presenting: The Cribbage Queens!!!

They are the Cribbage Queens — Smart and sweet, Over seventeen Cribbage Queens Feel the beat from the win machines, oh yeah. Watch them peg

Don't you cry — their having the time of their lives

Ooh, see those girls — watch that scene, digging the Cribbage Queens

Tuesday morn and the lights are bright, Looking out for that winning sight

Where they play the right card game — Getting in the swing

They came to dethrone the king — Anybody could be that guy

The game is young and the stakes are high — With a bit of good luck

Everything is fine — You're in the mood for a win

And when you get the chance — They are the Cribbage Queens

Smart and sweet — Over seventeen Cribbage Queens — Feel the beat from the win machines, oh yeah

Watch them peg — Don't you cry They're having the time of their lives — Ooh, see those girls

Watch that scene — Digging the Cribbage Queens

Come any Tuesday morning to play along with the rest of the serfs starting at 8:30AM in the Orchard Creek Card Room. Causal dress required.

...

Duplicate Bridge Club

BY MONA STRYKER

This month we are featuring our director of many years, Marvin Arnold. Always pleasant, he keeps our game and players abiding by the rules of American Contract Bridge League (ACBL). After the game, he sends the game results to ACBL where they are recorded.

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

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

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Partnership chairman: Sharon Duley 916 253-3885

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

Website: www.bridgewebs.com/lincolnhills/

...



Director
Marvin Arnold

SSNLH WRITER...

All About Linda

BY JOY S. HUTCHISON

Now that schools are back in session, many teachers have the challenge of having several children in the class with the same name that are spelled quite differently. For example, Ashley, Ashlee, Ashlie, Ashleigh... you get my gist.

Going back several decades, names were very basic and sounded exactly as they were spelled. One of them was Linda. The first Linda I knew is my cousin Linda. Our fathers were brothers and during our growing-up years we spent many birthdays and holidays together. We are still best friends and see each other quite often.

For many years, I really didn't meet very many Lindas until I moved to Lincoln Hills. Then, it seemed, everywhere I went I met a Linda! First was at my home in 2019 with my next-door neighbor Linda who would toss our newspaper over the back fence when we were gone, and it would land perfectly on our patio step. Then I moved to another Lincoln Hills neighborhood recently and met Linda who lives next to the mailbox I frequent on a daily basis. And then I met Linda who lives next door to me. And now, just a few weeks ago, I met another Linda and her husband at the Orchard Creek membership desk, which was something I never experienced before!

I had some business at the Membership Desk, and when I was through, turned around to discover a delightful couple who appeared to be new residents. I apologized for detaining them and introduced myself. They, in turn, did

the same. The wife's name was Linda. I said, "Did you know there's a song about Linda?" (This goes way back in my memory, since the tune was written in the late 1930's and was published in 1946. One of the renditions was sung by Frank Sinatra.) She replied, "Really?" In my recall, I remember it was about a love-lorn fellow who couldn't go to sleep even counting sheep because all of his dreams were about Linda. I then, for some reason, started humming "Tum-ta-dum-dum, tum-ta-dum-dum, and started swinging with the rhythm. Linda joined me, with a smile on her face. I then recalled the last line and belted out, "With one lucky break, I'll make Linda all mine!"

Linda and I broke out in laughter (much to her husband's chagrin) and I departed, saying "Welcome and have a nice day" with a smile on my face. I hope it made her day, as it did mine.

No matter how you spell it, you can never know too many Lindas!

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

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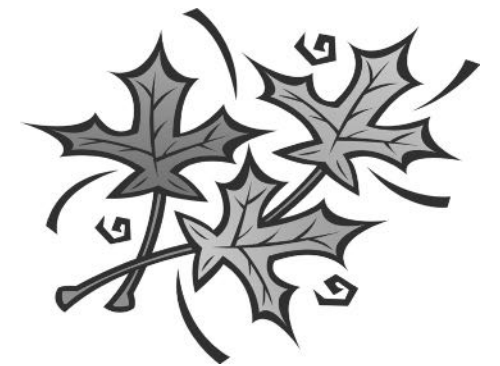
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- ◆ ONE AD PER HOUSEHOLD, PER MONTH
- ◆ *Any Real Estate or Business Ads* are not free. Please see "Business Ads"
- ◆ Lost and found items/pets.

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.

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

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

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

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

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

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2185 Ginger Hill Loop	Napa	\$919,500
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1197 Lasso Lake Lane	Sonoma	\$1,102,500
2371 Stepping Stone Lane	Carmel	\$1,300,000

REAL ESTATE UPDATE

The only constant in Real Estate sales is change. It is as common to have an upswing in values in the first 6 months of the year as it is to have a decline in the last 6 months of the year. Simply there is generally more demand from January to June then there is from June to December. It's not 100% correct but I believe this year will be no different. Looking through the number of days on the market for properties in Sun City gives an overview of the market conditions and what we are witnessing is longer times on the market. What that means to a seller is this, properly price your home for sale at the outset and you will end up with a higher return than over pricing your home and then reducing that asking price, as the extra time on the market reduces the amount offered by buyers who feel no competition after 45 days on the market.

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