

SUN SENIOR NEWS

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And Much More . . .

Carol Kovach—World Traveler, Artist, and Teacher

BY JENNIFER MARTIN

If you were lucky enough to see the Creative Arts Club's showcase in August this year, you'll have been awestruck by the beautiful and intricate Raku ceramics of Carol Kovach. This past summer in Tahoe, Carol took a class in Raku given by Randy Brodnax and Don Ellis whose classes are sought-after worldwide. "They use incredible glazes," she says. "You never know what's going to come out." She's been creating impressive pottery for 30 years now.

Carol has been a SCR resident for three years. Born in 1941, she grew up in Cheshire, England, with two brothers and one sister. Her mother owned a private elementary school and a children's hotel. Students, whose parents worked in places like India or were away on conferences or vacations, came to stay at the hotel, giving Carol a multi-cultural experience in her childhood. Her family had a full-time cook and an ironing lady. "One of my tasks," Carol remembers, "was to hang the wash out



Carol Kovach with her pottery.

PHOTO BY JENNIFER MARTIN

on the line because we didn't have a dryer."

Her love of travel began at the age of 12 when she went on an exchange-student visit to France. She was the first in her family to travel on a plane, so when it landed outside Paris, she didn't know what to do and since her parents had never traveled by plane, they couldn't give her any advice ahead of time. It was only when she saw her suitcase on top of a bus headed for Paris that she got a clue. She simply followed her suitcase and eventually met the family she was supposed to stay with. "Every summer when I was younger, we went somewhere," she recalls. France was the first of what would amount to 30 visits to other countries around the world.

Carol left high school at age 16 which was common then and attended what we would call a community college for several years. At the same time, she worked as a secretary/research assistant for Phillip Andrew, a professor at

(cont' on page 31)

SCR Foundation 2023

BY LISA CRYAN

The Foundation was established to provide services that address the physical, cultural, educational, and social needs of Sun City Roseville residents. With that in mind, we recently partnered with the Community Association's Fitness Center and funded two CPR/AED/First Aid classes. We had an enthusiastic response and full participation, so we are looking into the feasibility of funding more classes in the future. Details will be provided by the Fitness Center so stay tuned for more information.

Important Reminder! The Foundation will once again host its annual fall event. Traditionally held as a fundraiser, this year we want to focus on thanking our residents for their continued support and to celebrate our wonderful community with an elegant gala.

The gala has been scheduled for Friday, November 10 at 5:30 pm in the Timber Creek Ballroom. We will celebrate with a delicious dinner, scrumptious dessert, wonderful live music, and plenty of dancing. To whet your appetite, here's a preview of the plated dinner:

- Four oz filet mignon with a brandied, flamed, three peppercorn sauce
- Four oz chicken breast with a champagne, chive butter sauce



Neighbors Helping Neighbors

Sun City Singers

BY JACKIE PROETT

It's October and the Masquerade begins! The green leaves and flower laden bushes are in full disguise. Leaves are now painted orange and red, russet and ocher. Bushes are ready for their long winter nap. We, also, put away our summer togs and don turtlenecks and boots. We eat soups instead of salads and pumpkin and spice fill the air.

Last month's invitation to join our ranks was answered by a small landslide of new members. They are Soprano — Cynthia Cecil and Sue Davis, Alto — Susan James, Dorothy McCarthy, Rosie Stoer, Nina Swendig, Barbara Wammer, Bass — Terry Snook. All were invited to a New Member Welcome Party at the Hixson's home on September 19. Questions, answers, rules and regulations were discussed over a sip and a nibble.

For all the rest of us Singers, Marla and the Hospitality Committee, are planning an October Fest of some sort. Where will it be, what will we eat, and should we wear costumes? Only the shadow knows, and we'll find out when all the pieces are in place! Is the shadow that guy stirring the cauldron?

Ideas for our Christmas Concert are definitely being stirred up. New one—an anonymous donation of \$150 dollars will be shared by those who sell the most tickets. The Concert title is A WREATH OF CAROLS. Ticket prices are \$18, Chairman is Jahna Holmes 530-559-0599. So, sell, sell sell!

All the Singers know that Witches roost

before Angels soar. For without evil, where is the good? Trick or Treat!

...

All Tuned Up

BY PEGGY WELLS

For many people, autumn is their favorite season, and it's finally here. The leaves are starting to change, and the weather is clearer, crisper, and cooler. And, of course, with autumn comes pumpkin spice.... everything. (A few years ago Jimmy Kimmel taste-tested pumpkin spice pizza on his show! It did not go well.) Autumn has also inspired many terrific songs, such as "Autumn in New York" and "Autumn Leaves". Don't forget this great lyric from Lerner and Loewe: "If ever I would leave you, it couldn't be in autumn..." Not to mention the Halloween songs: "Monster Mash", "Spooky", "Season of the Witch", "Zombie".... One could go on forever. Here at ATU, the arrival of autumn means preparation for our fall show, set for October 28 at Sierra Pines. Those of you who have seen our shows know that we have lots of very talented people, and they will be rehearsing all month, both at our regular Thursday morning sessions, and on their own at home. It's a lot of work but we love it. And don't be surprised if you hear people humming Autumn Leaves – it makes a great earworm!

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(more Club News cont' on page 3)

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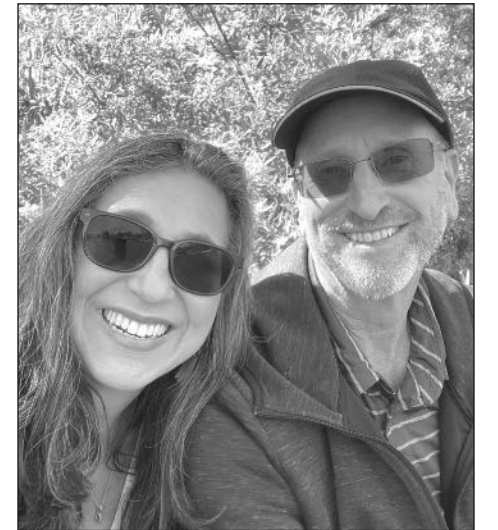
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From the Editors



Gregg and Liz — Then and Now!



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

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

Here's to many more decades of togetherness!

Liz and Gregg Goldthorpe

Music and Laughter

BY JANE BOHN

Geez, we had to add chairs again! But I'm not complaining cause these wonderful fans and entertainers keep us all happy and smiling. Here comes the fabulous list of fun talented entertainers who live in your neighborhood: Jan Given on piano, Joe Given on Violin, Elton Pamplin on Sax, singer/guitarist Ken Roberts, Comic Ed Lick, singer Peggy Wells, singer/guitarist Gary Mills, story teller Pam Wilkinson, singer Cory Blasser accompanied by Gary Mills, comic Jan Montero, singer Linda Lyon, singer Ray DeBenedetto accompanied by guitarist Gary Mills, and last but not least comic/story teller George Flaherty. Needless to say, the hour flew by, and we ran over fifteen minutes.

Our prize winners included, 1st prize Anne Becker, 2nd Joe Given, 3rd Roberta Simpson, 4th Jodi Kramer, 5th Bev Levin.



Hearty thanks to the many dedicated fans, entertainers and behind the scenes volunteers who make Music & Laughter possible: George Flaherty, Maria Hajgato, Arlette Bennett, and Nancy Stetz.

Look forward to seeing you at our next gathering Wednesday evening, October 11, 7pm (doors open at 6:30) at our Sierra Pines lodge, located on the corner of Del Webb and Whistlestop Way.

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(more Club News cont' on page 5)

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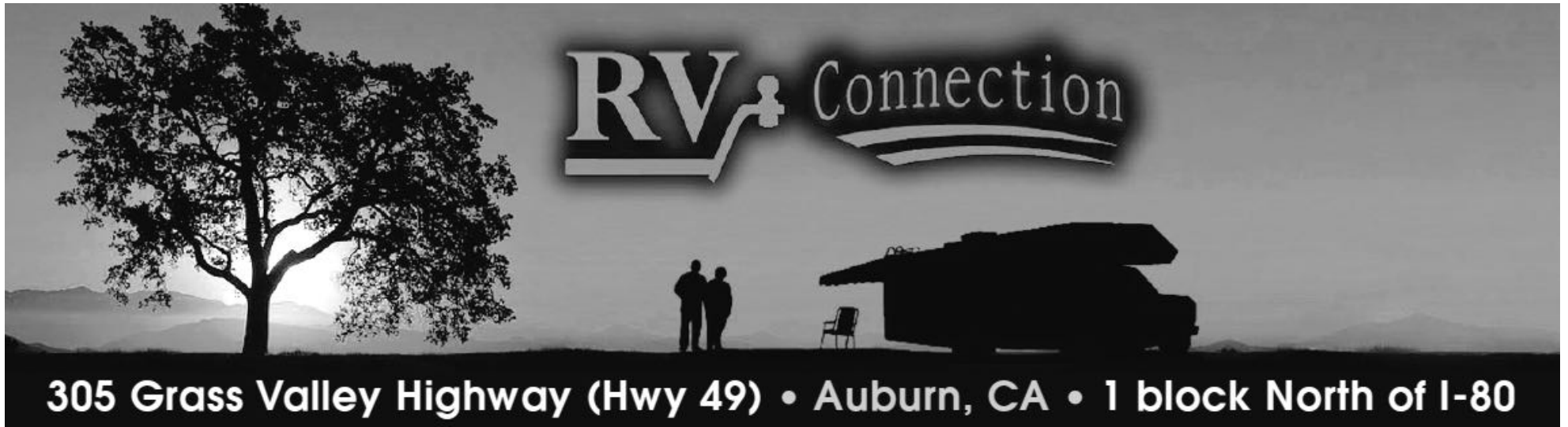
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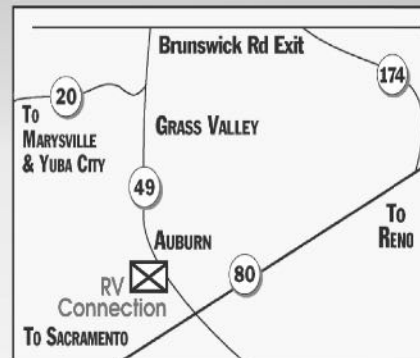




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Harmonicoots

BY LINDA AUG

Harmonica players are often asked the same questions. Starting with “How long have you played the harmonica?” to “What got you interested in the harmonica?” and finally “Can you play me a song?” But today we will answer some unasked questions which you may find interesting.

Do you have to read music to play the harmonica? Many harmonica players don’t read music. They have learned to develop an “ear” for the “key” and find that particular “sound” on the harmonica. We call them gifted! In fact, many harmonica players feel reading music may interfere with the ability to “play from your heart” – much like telling a story with musical notes. Others may choose sheet music written with “harmonica tabs” instead of notes. A tab is simply directing the player to the hole to use to obtain a particular note. Others, gradually and over a period of time, learn to read music by repetitive playing. And some read music or play a combination of all methods.

How often do you practice? We are encouraged to practice so we are prepared to play as a group when we meet. For most of us, we pick up our harps 3 or 4 times a week for short practices. The Sun City Harmonicoots are a harmonica BAND, which is very unusual. Playing TOGETHER, beginning and ending TOGETHER, harmonizing and having musical rhythm takes practice.

What types of music do you play? The Harmonicoots have extensive playlists for all occasions. We specialize in patriotic, holiday and seasonal music. We play Beatles, Dylan, Queen and Big Band tunes. We have had the honor of playing at several Celebrations of Life for fellow Harmonicoots.

Come by the Pines on Thursday



Harmonicoots

afternoons and pay us a visit. Or contact JoAnn Stooksberry at 916-749-4425 for more information. Harps Up!

Creative Arts Club

BY CAROL KOVACH

Countdown To Re-Opening — Looking forward to the re-opening of the Creative Arts remodeled room sometime in October. Our room was totally closed during the past weeks as the builders moved into the original space to work on adding a new skylight, ventilation, electrical upgrades and an additional room to house the kilns. For weeks the ceiling lay in shambles all over the worktables as lighting was upgraded. This new lighting will enable members to see the colors of glazes more accurately.

The room expansion now has its new outside window, and the newly built kiln room is almost ready to receive the kilns, which have been stored at Alpha Fired Arts awaiting installation. As we approach the finishing stage of construction we are waiting excitedly till the day in October when we can finally enjoy getting together using the new facility and christening the new kilns.

We have continued to display members’ work in our display window opposite our room during the studio closure, although the end of August saw a trickle of the normal traffic walking past as the fitness center changed their access route.

As the building nears completion our members look forward to getting back to

working again on their creative pieces and sharing them with Sun City residents.

You will be able to see the new art pieces at the November 4th Holiday Boutique, sponsored by Needle Arts Club.

• • •

Drama Club

BY LENORA DAVIS

With scripts in hand and rehearsals coming along nicely, the Drama Club is sure to put on two fantastic performances, November 19 and 20. Because we have sold out many weeks before our last two performances, we have decided that this time we will have a Sunday luncheon matinee and a Monday evening performance, both in the ballroom.



Reader's Theater Workshop.



The matinee plated lunch menu will be a choice of chicken salad sandwich, veggie wrap or chef salad for only \$30, including the performance. Tickets for the Monday evening performance (no meal) will be \$15. For ticket information contact Lenora Davis (707-350-1357) or Susan Glover (530.388.6367). Remember that tickets will NOT be available at the Activities desk – only from Club members and at Courier Day, November 1, between 8am and noon, if still available.

October will be devoted to rehearsal of the various skits we have selected, and we are excited to have a number of new members ready to get up on stage and perform for you. We

even have a new director, Carol Kovach, who many of you may already know through the Creative Arts Club. Not only is she talented in her pottery skills – she has years of experience in theater, both acting and directing. See her seated in one of the attached photos of our recent Reader’s Theater workshop.

On October 10 we have planned an improv workshop led by a very special guest instructor, James VanEaton, who is visiting us from Portland, Oregon. James is an experienced actor and playwright, having recently written a play performed at the Fertile Ground Festival in Portland, and which will be performed in Sacramento, at the Ooly theater, on October 6, 7 and 8. For more information about this play, or about the Drama Club in general, contact Susan Glover (530-388-6367).

• • •

Fine Arts Club

BY NANCY VAVUL

As the vibrant hues of autumn paint the world around us, it’s the perfect time to let your inner artist shine. The Fine Arts Club is thrilled to announce a diverse array of classes this October that will surely ignite your creative spirit.

Whether you’re a seasoned artist or just dipping your brush into the world of creativity, our October classes have something for everyone. Choose from a variety of mediums, including drawing, watercolor, oils, acrylics, and alcohol ink. These classes offer the perfect opportunity to learn new techniques or refine your existing skills.

We understand that the renovation activities to the room can be confusing, so we’ve made it easy for you to join in on the artistic fun. Schedules and location details for these classes will be prominently displayed in two convenient spots, the art room window and the wooden mailbox by the door. You’ll never miss a session, thanks to these easily accessible sources of information.

We are delighted to introduce our guest demonstrator, Patty Pierpoint Dong, for our general meeting on October 12. Patty is a renowned artist known for her incredible work in both oil and acrylics. Her unique perspective and expertise promise to provide valuable insights and inspiration to all attendees.

The Fine Arts Club is excited to participate once again in the November craft

(cont’ on page 11)



Harmonicoots perform.

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Executive Director Comments

BY GEOFFREY BROWNE

By the time you are reading this article, I'll have passed the one-year mark as your Executive Director. As I write this, I am putting the final touches on my 2023-24 Operational Plan, aligned with the Goals and Objectives approved by the Board at their August Board Retreat. Of course, part of that process has been reviewing all the things that we were able to accomplish the previous year.

I didn't know it at the time I signed on (or maybe it just didn't register), but it was going to be a very busy year! I'm glad for that, in retrospect, because the steep learning curve combined with the multi-project workload gave me no time for doubts! We had work to do, so we did it! And in looking at this year's projects, I suspect there will be a similar sense of striving to keep up with all the work we want to accomplish.

The Board has set four main goals for this year, and while some may feel familiar to you, the projects associated with those goals are new and exciting.

Enhance the Community Appearance: The focus will be on working closely with the City on the 4th year of the Street Repair plan, the two approved Master Improvement Plans, and the completion of the ongoing Phase A-2 Construction Project. From a day-to-day, perspective, keeping up the landscaping, assisting homeowners in keeping up community maintenance standards and working hard to keep the Golf Courses in great shape will all help support strong property values in Sun City Roseville.

Increase Community Engagement

and Connection: Working to improve communication, outreach and wellness support to all of our residents will be an important priority for us this year. Strengthening our relationship with the City of Roseville, The Sun City Roseville Foundation, Sun City Lincoln Hills, and our County, State, and Federal representatives allow us to be better positioned to make decisions that benefit the community.

Ensure a Strong Financial Position: A long-standing goal here in Sun City Roseville, we have started the year off strong and have committed to being fiscally responsible, keeping expenses under control, maintaining reserves at or close to 100%, and not "borrowing to build". These are tested and true financial policies that will keep us sound and prepared for the future.

Promote Continuous Improvement: To ensure that we remain the "Premier Active Adult Community in Northern California", we MUST keep getting better. We are planning for our long-awaited Software Update (2024) the Fitness Center Expansion, the Lodge refurbishment, and Landscaping and Golf Course Improvements that will keep us on the cutting edge and in demand.

Follow our progress in achieving these and other goals as we work hard to bring you the highest level of service we can. Visit The Timbers Restaurant, play a round at Timber Creek or Sierra Pines, and come to our Board and Committee meetings to express your opinions and suggestions. Get involved and stay involved!

Local Nonprofit Grants Wishes to Seniors!

BY JEANNIE DUNLAP

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

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

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



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

Photo by Stephanie Berger

or feel valued.

Through this program, seniors may qualify for a wish if they are 65 or older, reside in Placer County and have limitations that cannot be met on their own. Once a month the Board of Directors will review wishes to determine if they meet the criteria and are financially feasible. Silver Wishes is a designated 501(c)(3) nonprofit charity. Monetary donations are also accepted in an effort to fund as many wishes as possible. For additional information please contact Stephanie Berger at 916-521-4393 or visit silverwishes.org

Neighborhood Watch/Citizen Patrol

BY LINDA VINCENT

Why We Fuss About Your Garage Door – Part 1

One reason we fuss is our concern for your overall health. Next month, Part II will address that. Today, Part I will address matters of theft, or worse.

Day or night, it takes an intruder about 20 seconds to trot up your driveway, grab your stuff from your garage, and return to his/her car. And, if he continues on into your living quarters, he is potentially much more dangerous than a mere sneak thief. Don't give them an opportunity. We have many people in and out of Sun City (delivery drivers, contractors, yard service and the occasional "solicitor").

Our Police Chief tells us "The problem with Roseville, is it is Roseville". His point: we have comparatively low crime, which tends to lull residents into not having their eyes and ears attentive to bad guys and bad stuff. That "problem" is worse in Sun City, because we are essentially crime free. Do you think it won't happen to you? Well, chances are it won't, but that is due, in large part, to the diligence of Citizens Patrol Volunteers and your neighbors all around you watching out for one another.

No one knows how often neighbors alert neighbors to open garage doors, but Citizens Patrol closes 350 garage doors each summer. The annual average is 150. Without that persistence, the underbelly of this large

metropolitan area would soon discover and spread the word, that over in Sun City, on any given night, at least a dozen of "those old folks" will have left their garage doors open – they would steal us blind.

So, look around before you close up for the evening. Make sure you and those around you have remembered to close their garage. And if you see something, say something - call the police.

Important Phone #'s —

• Emergency: 9-1-1; Non-Emergency Police: 916: 774-5000

• Sun City After Hours: Emergency: 916: 624-6811

• Neighborhood Watch Office: 916: 774-3817 (Tues, Thurs, Fri – 8-12)

Neighborhoodwatch@scrc.org

Website Work Group

BY CHARLYN ROSS

Did You Hear That? In finding a theme for this October Website Workgroup article, I recalled Wadsworth's famous poem "Paul Revere's Ride," which begins "Listen my children, and you shall hear..." I am sure that sometime this month, if you listen intently, you will hear something exceptional

in Sun City Roseville (SCR). An enormous "sigh" will emanate from the residents of our community. The reason will be the realization that the extreme inconveniences caused by our recent construction are no longer necessary, as the construction work is completed. This means that the walkway between the Lodge and Fitness Center (FC) will be accessible again. Water will flow from FC drinking fountains. The FC locker rooms and restrooms will be open for use. And, the Creative and Fine Arts Rooms' occupants will enjoy the absence of construction noises. The "Under Construction" button on the Resident Website home page, www.scrs.org, will let us know when we can all participate in that "enormous sigh of relief."

Library Website Update — One of the special amenities that we are fortunate to have in SCR is our Library, which is located in the Lodge to the right of the lobby monitor's desk. Our Library has over 4,000 books, consisting of hardcover, softcover, large print, and audio. The Library volunteers, besides providing assistance to residents, maintain this resource by continually purchasing new additions, deleting unrequested items, and providing the free jigsaw puzzles exchange area. The Library is open to residents Monday to Saturday 10:00 AM to 4:00 PM and Sunday 10:00 AM to 2:00 PM.

In an attempt to improve finding a reading selection, the Library has installed a new online, search program, which you can access from its webpage. The Library webpage is found on the Resident Website menu bar, in the "Amenities"

menu. An explanation for using this new search program is available on the Library's webpage.

The searchable list includes all titles currently available and can be sorted by Author, Title, or Format. For example, if you enter "Large Print" in the "Text To Search For:" field, then click on "Format," you will get a list of all the Large Print books that are available. To sort the list by Title, Author, Type, or Format, click on any of those words at the top of the list. An arrow will appear next to the word. Click on the arrow to sort the list, A to Z or Z to A.

To learn what new books have been added to the Library resources each month, you should read the "Library" page in our monthly Village Courier publication. Then listen, and you may hear another "sigh" from those residents who have just discovered the convenience of this wonderful amenity.

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

Need Assistance? Should you have Website questions, please contact Julia Schmunk, our Website Designer, by phone 916-774-3878, by email at julianns@scrc.org.

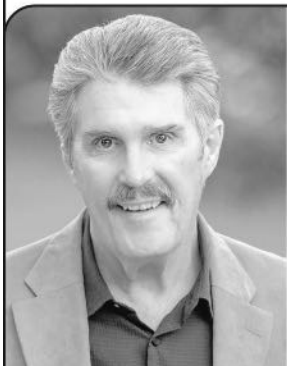
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15 DAY HAWAII from SFO! PRINCESS

Crown Princess ~ 3080 Passengers

Nov 26, 2023	S/O	\$1,783	\$2,314
Jan 7, 2024	\$1,561	\$1,698	\$2,498
Mar 9, 2024	\$1,238	\$1,473	\$2,048
Apr 4, 2024	\$1,248	\$1,485	\$2,398

Sail round trip from San Francisco, California to Kauai, Nawiliwili Hawaii; Honolulu, Hawaii; Hilo, Hawaii; Ensenada, Mexico, San Francisco, California.

***LINCOLN SHUTTLE TO SHIP AVAILABLE!**

11 DAY ALASKA From SFO! PRINCESS

Crown Princess ~ 3080 Passengers

May 15, 2024	\$948	\$1,133	\$1,598
Jun 17, 2024	\$1,098	\$1,488	\$1,998
Jul 9, 2024	\$1,198	\$1,597	\$2,198
Aug 11, 2024	\$1,148	\$1,556	\$2,048

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

***LINCOLN SHUTTLE TO SHIP AVAILABLE!**

10 DAY MEXICO From SFO! PRINCESS

Crown Princess ~ 3080 Passengers

Dec 12, 2023	\$768	\$933	\$1,098
Jan 23, 2024	\$648	\$788	\$1,198
Feb 7, 2024	\$698	\$848	\$1,148
Mar 25, 2024	\$749	\$899	\$1,379

Sail round trip from San Francisco, California to Puerto Vallarta, Mexico; Manzanillo, Mexico; Mazatlan, Mexico; Cabo San Lucas, Mexico; San Francisco, California.

***LINCOLN SHUTTLE TO SHIP AVAILABLE!**

16 DAY MOROCCAN & IBERIA PASSAGE PRINCESS

Sky Princess ~ 3660 Passengers

Mar 9, 2024	\$998	\$1,599	\$1,601
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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.

14 DAY MEDITERRANEAN PRINCESS

Sky Princess ~ 3660 Passengers

May 5, 2024	\$1,608	\$2,709	\$2,932
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Sail round trip London (Southampton), visiting Vigo, Spain; Seville (Cadiz), Spain; Malaga, Spain; Corsica (Ajaccio), France; Gibraltar; Lisbon, Portugal; London (Southampton).

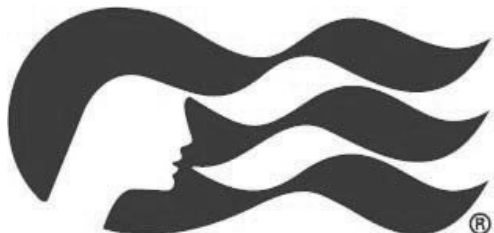
15 DAY PANAMA CANAL PRINCESS

Sapphire Princess ~ 2200 Passengers

Sep 28, 2024	\$1,598	\$1,698	\$2,598
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Sail from San Francisco, California to Fort Lauderdale, Florida visiting Puerto Vallarta, Mexico; Puerto Quetzal, Guatemala; Puntarenas, Costa Rica; Fuerte Amador, Panama; Transit the New Locks; Cartagena, Columbia; Fort Lauderdale, Florida.

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



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CST # 2033380-40 October 2023



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Days & Destination	Cruise Line ~ Sailing Date	Starting Price/ Inside Ocean View Balcony		
7 DAY ALASKA CELEBRITY CRUISES	May 31, 2024	\$729	\$1,129	\$1,529
Celebrity Edge ~ 2918 Passengers	Jun 21, 2024	\$939	\$1,459	\$1,900
~ Maiden Voyage Dec 2018	Jul 19, 2024	\$899	\$1,399	\$1,999
<i>Sail the best ship on the West Coast in 2024!</i>	Aug 16, 2024	\$749	\$949	\$1,699
Sail round trip from Seattle, Washington to Ketchikan, Alaska; Endicott Arm & Dawes Glacier, Alaska; Juneau, Alaska; Skagway, Alaska; Victoria, BC, Canada; Seattle, Washington.				
12 DAY CANADA & NEW ENGLAND CELEBRITY CRUISES	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.				
80 DAY EUROPE REPOSITION CUNARD LINE	Feb 7, 2024	N/A	\$13,499	\$46,599
Queen Victoria ~ 2061 Passengers				
Sail from San Francisco, California to London (Southampton), England visiting Honolulu, Hawaii; Apia, Samoa; Suva, Fiji; Auckland, New Zealand; Wellington, New Zealand; Christchurch, New Zealand; Sydney, Australia; Whitsunday Island; Cairns (Great Barrier Reef), Australia; Bitung, Indonesia; Puerto Princesa, Philippines; Manila, Philippines; Hong Kong; Ho Chi Minh City; Singapore; Colombo, Sri Lanka; Port Louis, Mauritius; Port Elizabeth, South Africa; Cape Town, South Africa; Walvis Bay, Namibia; Tenerife, Spain; Funchal Madeira, Portugal; Southampton (London), England.				
10 DAY SOUTHERN CARIBBEAN CELEBRITY CRUISES	Jan 19, 2024	\$1,045	\$1,394	\$1,499
Celebrity Beyond ~ 3260 Passengers	Feb 9, 2024	\$1,045	\$1,299	\$1,699
	Mar 22, 2024	\$1,036	\$1,161	\$1,299
Sail round trip from Fort Lauderdale, Florida to Philipsburg, St. Maarten; Castries, Saint Lucia; Bridgetown, Barbados; Saint Johns, Antigua; Basseterre, Saint Kitts & Nevis; Fort Lauderdale, Florida.				
15 DAY BRITISH ISLES EXPLORER VIKING CRUISES	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!
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Fine Arts Club

(cont' from page 5)

fair. This is your chance to showcase and sell your artwork to a wider audience. Don't miss this opportunity to share your creativity and perhaps find new admirers of your talent.

As October unfolds with its breathtaking beauty, take the time to nourish your artistic side. Join us in the Fine Arts Club for enriching experiences, and let's make this October a month filled with creativity and artistic expression.

• • •

SCR Needle Arts Club

BY PEGGY VOAKES

As I write this, still in shorts and flip-flops, it is hard to believe we are looking into the pumpkin-spiced month of October. The quilt I am working on currently is, quite coincidentally, full of orange fabrics. I am very fond of that color, and of pumpkin pie, so I am ready for all that Fall brings. I hope you are, too!

The Craft Faire and Bake Sale committees are gearing up for our November 4, 2023 event. You will have received an eBlast asking you to help promote this by copying and pasting our gorgeous poster into your social media sites. (I did this, so I know you can, too.) Additionally, we will be looking for volunteers to help with various aspects of the event. Many of you who have helped in the past have already signed on again for this year, having discovered how much fun volunteering can be. We appreciate your help so very much!

Your Council is working on so many fun events, some old and some new! I am encouraging you to join in, not only as a participant, but as a volunteer, so you can get in on the behind-the-scenes fun.

Our September presenter, Marjan Kluepfels, was a delight on all fronts. She is a very creative fiber artist and shared her artistic journey and creations with a wonderful sense of humor. I think many of us left the meeting with renewed imaginations.

Bring it on, Fall!

• • •

Cinema Group

BY BRIAN SUTTON

Join us for the October movie... Arsenic and Old Lace (1944). Directed by Frank Capra. Run time: 1 hour, 58 minutes



Mortimer Brewster (Cary Grant) falls for Elaine Harper (Priscilla Lane), and they are married on Halloween. When the newlyweds return to Brewster's family home to deliver the news, Mortimer is surprised to find a corpse hidden in a window seat. With his eccentric aunts (Josephine Hull, Jean Adair), disturbed uncle (John Alexander), and homicidal brother (Raymond Massey), he starts to realize that his family is even crazier than he thought.

This is the kind of movie for which mere analysis cannot do justice to how well everything fits together. The characters, cast, and writing are all perfect, and the crazy story gives every character some great moments. There is plenty of witty dialogue, lots of funny slapstick and physical humor, and quite a few wild plot developments. Something we would expect from a Frank Capra movie.

The cast also includes some recognizable actors from prior years, Peter Lorre, Jack Carson, and Edward Everett Horton.

Movie Rating Websites: IMDB – a high 7.9 out of 10. Rotten Tomatoes – Critics 86% - Audience 92%

Friday, October 20, 1:30 pm • Spruce Room, Sierra Pines. As always, Admission is free!

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

• • •

Roseville Stamp Club

BY TIM MILES

We're into Fall and things are picking up. Our meetings are all set for October and November, and we will have two meetings in November, which is change from prior years. All meetings start at 6:30 pm and we're usually on our way home by 8:40 pm. Most meetings are at Sun City Roseville Lodge (7050 Del Webb Blvd). The three following meetings

will be at the Main Lodge- October 17, Oct 31, and Nov 14.

However, in a pleasant change from past years due to holiday dinners at the Lodge, we will have a second monthly meeting on Nov 28 at the Sierra Pines Clubhouse (7600 Whistlestop Way), same starting time. (plenty of parking right at the room entrance). We always have door prizes and a drawing for prizes.

Take note that as we get into the December holiday time, the Lodge is unavailable so be prepared to make your needs known as to materials needed for the hobby (stamps, hinges, spare pages, materials, albums, etc. Al Capparelli (916-771-8288) has access to all of this for members of the club and the prices we pay are considerably less than standard store prices.

Also, anybody is invited to attend our meetings and observe the workings of our club (one of the oldest in the area). Bring any old album to a meeting or call Al and we can appraise it for free and let you know it's value within a reasonable amount (you'll be surprised). One thing about the hobby is that it doesn't involve a lot of driving, expense, or labor. You can keep things at your pace, within your desires, so it is ideal for seniors like us.

As to area stamp news, keep in mind the upcoming SACAPEX Stamp Show put on by the Sacramento Stamp Club on Nov 4-5. They have auctions, dealers from all over the West.

Lastly, pay attention to your emails from Al Raub (acraub.cal@gmail.com) as he issues timely messages per: club news.

• • •

International Social Group

BY CYNTHIA SINDREY

The International Social Groups' committee met to plan for the future even though there were some of the members missing. Our membership is growing again after losing members due to Covid19 or some moving away. We discussed the September event which was a "Catered Italian Dinner and Entertainment". Our November event will take place on Wednesday November 1st at Sierra Pines, starting at 6:00pm. An "Early Thanksgiving Potluck Dinner and Entertainment" will take place, so we are hoping for a good turn out and lots of food and fun. We have even reserved Sierra View Country Club in Roseville for Saturday,

January 13, 2024, to celebrate "Bringing In The New Year" with a 3-course dinner followed by "The Cocuzzi Duo" for our singing and dancing enjoyment.

Nomination flyers will be sent to all members in November to vote for the committee serving the 2024 year, January thru December. Anyone interested in serving on our fun social group please be sure to add your name to the list or contact Cynthia or Charlotte who are listed below. Flyers are also available on the rack in the Lodge.

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

• • •

Solo Friends

BY CATHY SCHIMANSKY

Solo Friends small group gatherings are hosted at members' homes, our general meetings held at the Timbers ballroom and our Sierra Pines catered social dinner parties are all opportunities to share cheerful times together.

Solo Friends all members large group scheduled activities for 2023 are two general meetings on Monday, October 2nd and Monday November 6th from 6 to 7 pm in the Timbers ballroom, social dinner and entertainment parties on Saturday, October 21st and Saturday, November 18th at the Sierra Pines clubhouse and finally the year-end holiday celebration dinner party at the Timbers ballroom on Tuesday, December 12. Both the October 2nd and November 6th Solo Friends general meetings are free meetings open to both members and non-member residents. The seven special small group activities events are held on various days and times hosted by the small group activity coordinators. The small group activities and catered dinner parties are for members and members' guests. More information about Solo Friends including the membership roster, photo gallery and membership application can be found online on the Sun City Residents website using the Solo Friends Group link under the Clubs and Groups menu path on the home page.

December 31, 2023 is the end of our Solo Friends group annual/fiscal membership year and the new 2024 annual/fiscal year begins January 1, 2024. Our new 2024 calendar of

(cont' on page 13)

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Solo Friends

(cont' from page 11)

activities will be released soon. Our group's 2024 membership runs from January 1, 2024 through December 31, 2024. Existing and new members have a "holiday relief due date" for paying their membership checks by the end of January 2024.

• • •

Jewish Fellowship Circle

BY LOIS ARLEN AND KAREN LEVINE

As we begin the start of the Jewish New Year, we wish everyone a healthy, happy and sweet New Year.

Kudos to our JFC Board members who did an outstanding job hosting the special Shabbat dinner that was delivered from a deli in the Bronx, for leading the Shabbat service and for hosting the Oneg in August. Everything was enjoyed by all.

We look forward to getting together for our annual Pot Luck dinner on October 15, 2023 at Sierra Pines. Details will follow in an email to all JFC members.

A wine trip to four Lodi wineries is planned for October 19, 2023.

Also, our JFC Board has recently decided and will continue to donate to worthy organizations.

Some fun facts about Sukkot: After the fasting holiday of Yom Kippur, Jewish people build a hut or a sukkah in their garden. The sukkah must consist of two and a half walls and a roof made of branches and leaves. It is important that one can still see the sky when inside the sukkah. Many families have their meals and some even sleep in the sukkah (weather permitting of course). The most common sukkot dishes are filled with vegetables symbolizing the bounty of the harvest. The holiday commemorates the 40-year period when the children of Israel wandered in the desert after leaving slavery in Egypt, living in temporary shelters as they traveled.

• • •

Socrates Café

BY STEVEN GUSTAFSON

Socrates Cafe is Sun City's philosophy discussion group. But don't let the word "philosophy" put you off. Our discussions (usually over a dozen of us) are friendly and

don't require academic knowledge.

For example, we might discuss this saying by a distinguished philosopher, Winnie the Pooh:

"Your life is a garden,
Your thoughts are the seeds,
If your life isn't awesome,
You're watering the weeds."

Or we might discuss a serious question, such as "Until about 300 years ago, slavery was widely regarded as normal and not morally repugnant. Now slavery is universally condemned. What changed?"

Our discussions are guided by a facilitator who proposes the questions we consider. As the above examples illustrate, almost nothing is "off limits". However, we avoid discussing political opinions or religious beliefs.

We meet on the first Monday of the month in the Timbers Lodge. Our next meeting is October 2nd. You're welcome to join us.

• • •

Conservative Action Group

BY SHERRI SCOTT

Our meeting on Labor Day was well attended. Members moved from table to table where discussions were held on various subjects of interest. Members could also sign up for active involvement in such areas as Election Integrity, General Elections and/or Local Elections, School Board Meetings and Candidate Support, Propositions and Legislative Bills, Courier Days and Social Events. The meeting was capped off with light refreshments.

Please note, our next meeting will be held on October 2 in the Birch/Cedar room starting at 6:30 pm. We are looking forward to our guest speaker, Jonathan Zacherson, who will bring us up to date on three school related initiatives to be placed on the 2024 ballot.

Our meetings are open to Sun City residents who are moderate or conservative in their political views and are seeking additional



Gwen Myers and Dee Smith.

information on governmental issues of the day. We welcome your attendance and your contributions to the discourse during our one and one-half hour meetings.

Again, we will not be meeting at Sierra Pines on October 2. We will see you in the Lodge's Cedar/Birch rooms at 6:30 pm. See you there!

• • •

Travel Club

BY PAM SCHEEL-HEMINGWAY

By the time you read this, the September African Safari trip will be a fond memory. We can't wait to see the pictures!!

At our September meeting, Jay Fehan from Collette enticed us with details of trips to come. Trips now available for booking for Travel Club members include:

New England Fall Foliage – October 12-19 (Collette)

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

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

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

Danube River Cruise – March 24-31, 2024 (AmaWaterways through Alamo)

England & Scotland – April 3-16, 2024 (Collette)

Amish Country+Philadelphia – May 6-12, 2024 (Collette)

Iceland land tour – July 7-16, 2024 (Collette)

Europe-(WW II 80th Anniversary of D-Day+Paris) – October 28-November 6, 2024 (Collette)

Machu Picchu+Galapagos Islands – October/November 2024 (Collette)

Coming soon will be booking information for:

Washington DC/Greenbriar/Williamsburg holiday trip – December 2024 (Collette)

See the Travel Club web page on the SCR web site for details on all trips.

Our next meeting is in the Ballroom at 3:00 pm on Monday October 23. This is our final meeting for 2023, so hope to see you there!

• • •

SCR Democrats

BY MARISA BERNETTI

We have evening meetings! Wednesday, October 25, will be our first evening meeting at Sierra Pines; hours: 6:00 pm (check-in and social); 6:30 pm meeting and presentation (see Speakers below). We will alternate monthly between morning and evening meetings. Even months will be evening meetings. Odd months will be mornings. November will be a morning meeting, 9:00 am (check-in and social); 9:30 am meeting. These evening meetings may create some difficulties for those with mobility or sight issues. Suggestions:

1. Dial-a-Ride, 916-745-7560, curb-to-curb bus services, until 10:00 pm, with 24-hour reservations (wheelchair accessible). Contact Pat Teilh at 916-521-9729 or Donna Leitz at 916-952-0510 for tickets, \$1 each way.

2. Ride with other members/friends.

3. Use Lyft or Uber.

Membership: 2023-2024 dues are now overdue. Membership dues are \$15 per person. Mail your checks to Cheryl Thyken, 7147 Lost Lake Lane. If not paid by the end of October, your membership will become inactive; you will not receive any Dems communications. The 2024 elections and your membership are critical to our Democracy!

New membership applications (color blue) are available at the admin's club/group kiosk. If paying at our meetings, include your name and a phone number on your envelope.

Speakers: October 25th speaker will be a representative from Placer County's Elections Office. The topic is the effects of the Voter's Choice Act (VCA) and the County's transition from a traditional polling place model to a vote center model.

"Follow" us on FaceBook <https://www.facebook.com/DemocratsOfSunCityRoseville>. Call Marisa Bernetti, 916-745-9571 for more information.

• • •

(more Club News cont' on page 15)

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SCR Computer Club

BY BARBARA EICHTEN

There will be no General Meeting in October.

There will be no iDevice meeting on October 11. Other Wednesdays on October, the Club Room will be open for questions.

Photo: Will meet on the 3rd Friday, October 20 at 10:00 am in the Club Room. Come to the meeting and see how the Photo SIG (camera club) does things. Submission of a maximum of 3 photos, sent to PhotoSIG916@gmail.com, is due by Monday, October 16. The photos will be juried at the regular meeting. October's theme is "Insects." Photos may be taken any time until the photo submittal date. Contact Dennis Studer or Jennii Ramirez for additional information.

Genealogy: There will be no Genealogy meeting in October.

OPEN sessions are on Friday October 6, 13, 20, 27 from 1:00 - 3:00 in the Club Room.

Check the scres.org website for further information or call Barbara Eichten (901-626-9821) or barbaraeichten@gmail.com

• • •

Mantra Meditation

BY ED CERVANTES

The Heart of Gold Meditation Group cordially invites you to join us for a peaceful hour of mantra meditation, music, and good company. Come learn a simple method of meditation that uses soothing mantras and music to ease the stress and anxieties of daily

life. The timeless practice of mantra meditation is as universal as the sunrise. Everyone can enjoy the beauty of a sunrise and be warmed by its golden rays. Likewise, through this meditation everyone can find spiritual love, warmth, and comfort. The program is donation based and the meditations will be practiced seated in chairs.

Mantra Meditation – A Deeply Relaxing Experience.

Here are the dates and locations for our upcoming meetings.

Wednesday, Oct. 11th 1:30pm - 2:30pm in the Ponderosa Room at Sierra Pines

Wednesday, Oct. 25th 1:30pm - 2:30pm in the Spruce Room at Sierra Pines

Friday, Nov. 3rd 1:30pm - 2:30pm in the Spruce Room at Sierra Pines

Mark your calendar and we look forward to meeting you. mantramedclub@gmail.com

• • •

Republican Group

BY CAROLE VAILLANCOURT

Please note: The October 5, 2023 has been cancelled. Our next meeting will be on Thursday, November 2, 2023 at 7 PM.

This meeting will be to vote on dissolving the Group due to the lack of Volunteers to step up to assume the needed Leadership positions.

At the September meeting a 30-day notice was given to members, as outlined in the Association Guidelines for Resident Groups, to begin this process. This action will be effective December 31, 2023.

If you are a Republican resident of Sun

City, unaffiliated with the group at present, but are interested in Volunteering for these positions.

Please e-mail Caroleva@surewest.net

Our Christmas Event will still take place on 7 December 9:30 AM, Timber Creek Restaurant. Members will be notified of this event by E-blast and posted on the Web site.

• • •

Rods & Relics

BY ELNA RAGAN

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

The Car Show Awards announcement from the Lincoln Airport Open House held on August 26, was amazing! The following Club members brought home three of the four top awards: "Best Sports Car," Terry and Betsy Edwards' '62 Corvette; "Best Classic Car," Jim Long's '35 Chevy Master Deluxe; and "Best of Show," John Papanicolas' 1940 Ford Convertible." Congratulations to all!

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

Each year, the proceeds from our Downton Lincoln Car Show are awarded to three charities. On September 21, six charities

made a brief presentation at our General Business Meeting. The three charities that received the most votes were determined at a later time. The results will be announced in next month's article. To date, our Club has donated \$253,441.00 to local charities!

The Club is always looking for new members. All owners with vehicles model year 1979 or before, or replicas of such vehicles, are eligible to be regular members of the Rods & Relics Car Club. For more information, check out our Web Site listed below.

Contacts: Tom Indrieri, President 916-645-2035, Mike Carvidi, Membership Director 707-849-2834. Web Site: www.rodsnrelics.net

• • •

Garden Club

BY BARBARA EICHTEN

The Garden Club will meet on October 3 at Sierra Pines. Doors will open at 6:15 and the meeting will begin at 6:45. October's speaker is Julie Barbour, UC Master Gardener and Composter and has many years working in the retail nursery trade. Julie grew up in Northern California and received her Bachelor's from UC Davis. In 2019, Julie became a Certified Integrated Pest Management Advocate with Our Water Our World. Her work brings university science to help people have healthier soils and plants reducing the need for expensive and toxic chemicals. We invite all to join us, meet fellow gardeners and enjoy cookies.

Remember dues of \$10 per year are due and the registration form must accompany (cont' on page 17)

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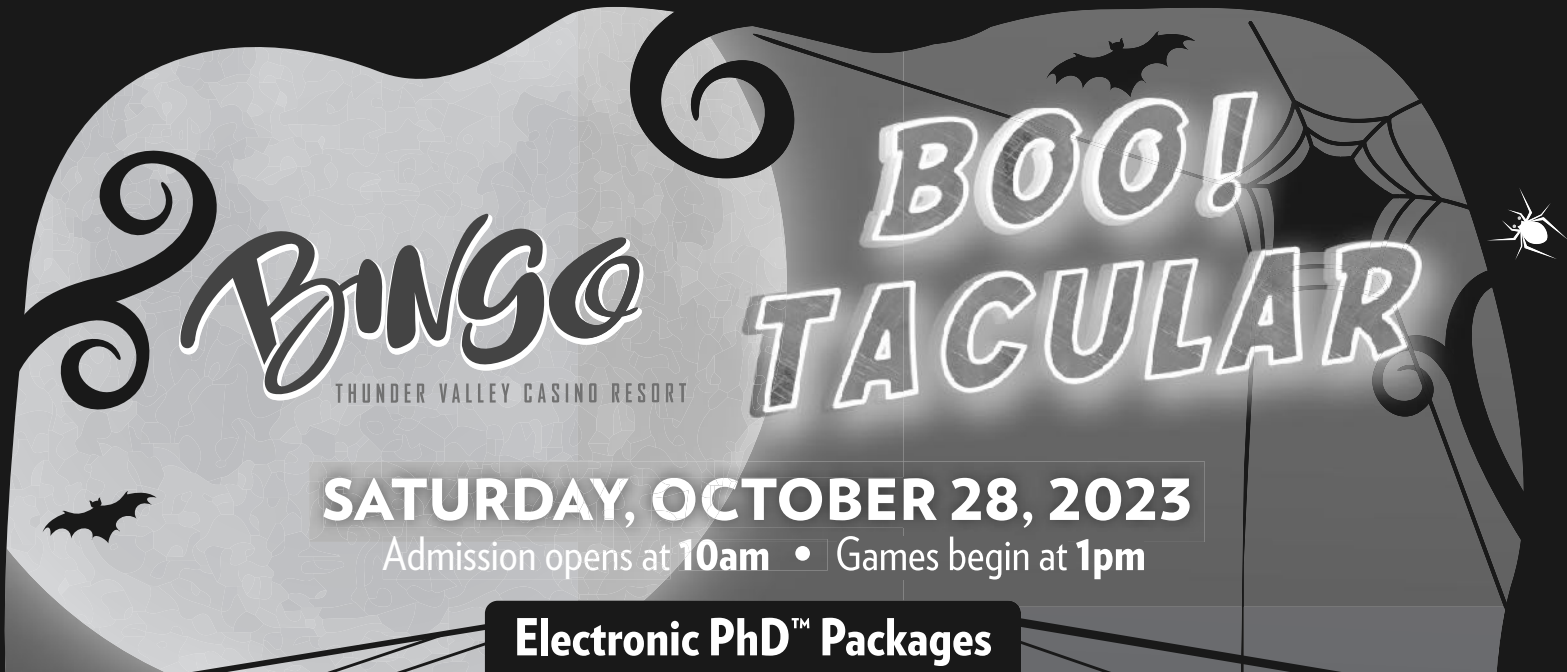
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Garden Club

(cont' from page 15)

dues. You can find a form on our website, in the Garden Club information slot in the lobby kiosk, or at the monthly meeting the first Tuesday of the month.

"Share the Bounty." We have tables available at the monthly meeting for you to share your Extra fruit or vegetables, such as plums, tomatoes, basil or other herbs. Each person can donate a variety. A "Serving Suggestion" such as "allow to ripen on the counter a day or so" or "chill and enjoy," as well as the Name of who is donating. If you have too much to bring in, you can just bring a sample and contact information to stop by and "pick up" more.

Remember this is the year for the SCR Garden Club Garden Tour of Home Gardens. Please consider volunteering for the Garden Club. There are many "small" ways that you can contribute. Contact Barbara Eichten (901-626-9821) or Chris Watt (408-202-6806). You are welcome to talk to any. Council member at the monthly meeting.

• • •

Birders

BY JANET MORELLI

Birding fieldtrip season has resumed after a four-month break for summer weather (too hot to stand in the sun trying to find birds hiding in the shade of leaf-covered trees). Now that the summer season is winding down and fall and winter seasons will be starting soon, SCR Birders will be taking advantage of the field trips planned for the next 8 months. A schedule of those trips has been posted on the Birders Group web site.

Most months between September and May will have two scheduled birding field trips of travel distances ranging between 5 miles and 150 miles each. One week before each field trip, an email will be sent to provide more information on the upcoming trip such as the meeting time and place, duration (hours),



Savannah Sparrow

car pool cost, walking distance, and park or preserve fees. To be added to the Birders' email roster, SCR residents can contact either Janet Zeitman 916-771-5235 or Janet Morelli 916-782-6393.

A Savannah Sparrow is a common bird in Northern California's open, grassy country. It is most often found in small groups either on the ground or perched on the tops of weeds or fences. Its plumage is a streaky brown with a white belly, a pale median crown stripe, and a strong dark eyeline and "mustache". It has a relatively short, notched tail when seen on the ground or perched, but appears straight when seen flying. These birds prefer swiftly running to flying and resort to flying only as a last alternative. Nesting is on the ground in a cup of grass lined with finer materials. There are 17 recognized subspecies of this sparrow, each slightly different in coloration and song. This many subspecies usually indicates that the birds are faithful to their native area.

• • •

SCR Hiking Group

BY SILVANA HUGHES

Lake Tahoe is world renowned as the jewel of the Sierra Nevada, yet there are many smaller lakes in the Tahoe National Forest that are attractive destinations for hikers. Our trips have taken us to numerous other lakes in the area many of which are accessible only via hiking trails. On our recent "Three Lakes Hike" we visited Angela, Flora, and Azalea Lakes via the Donner Summit Lakes Trail. Thanks to our talented photographers for capturing the views!

Hikers pondered the difference between a lake and a pond: They differ in surface



Hikers at Lake Flora 8-10-2023

area, depth, and volume. A pond is shallow enough for sunlight to reach the bottom and temperature is uniform, whereas a lake is deep so sunlight doesn't reach the bottom and temperature is not uniform (simple definition per <http://lakeaccess.org>). Both lakes and ponds can be natural or manmade.

Below are the scheduled hikes for October (subject to change depending on weather and trail conditions). We meet at the parking lot near the tennis courts at 7:45 for carpooling. Remember to pack a change of shoes (to keep the drivers' cars clean), lunch, plenty of water, sunscreen and insect repellent. A detailed schedule is posted on the SCR website.

October 5 - Lake Valley Reservoir Overlook, rated #5.5 (moderate to difficult), 7.25 miles, elevation gain of 700 feet, \$10 carpool ride.

October 12 - Malakoff Diggins, rated #5 (moderate), 7 miles, elevation gain 850 feet, \$12 carpool ride.

October 19 - Bullards Bar (Vista Point to Dark Day), rated #4 (easy to moderate), 6 miles, elevation gain 450 feet, \$10 carpool ride.

October 26 - Bobelaine, rated #2.5 (easy), 4.5 miles, elevation gain 100 feet, \$8 carpool ride.

• • •

Cycling Group

BY DIANA RISCHLING

Have you noticed the changes? Leaves are not quite so green, mornings are a bit cooler, and the sky hints of rain. Yes, we are approaching that time of the year when outdoor activities are enjoyable any time of the day. Cyclists look forward to the exercise and challenge of exploring neighborhoods,

local pathways and the ever-expanding streets of Roseville. However, the city is also repairing and resurfacing many of our Sun City streets. While this is happening, cyclists need to be extra cautious when riding through or near the work sites. It is best to avoid construction areas but if you can't, reduce your speed. You may even need to stop, get off your bike and walk around the impacted area on the sidewalk. Keep a firm grip on your handlebars as you navigate along the newly tarred gravel foundation areas. Even a small piece of gravel can alter your course enough that you'll need to respond quickly and decisively. This project will eventually improve all of our streets - for cars as well as bike riders - but being safe is still the top priority for us all.

Our social committee, Dee Franz, Laurie Morkert, Barbara Eagle and Elaine Turnbull, hosted a unique "LuWOW" at Sierra Pines. Dinner included tasty chicken skewers, pulled-pork fried rice, fresh fruit salad, spinach salad and banana cream pie. For entertainment we played "What is in the Sock?" and a version of musical chairs some called "Pass the Palm Tree". Prizes were awarded to game and contest winners.

Group riding continues on Sunday and Wednesday mornings. Meet the ride leader at the tennis courts at 8:30 am for a local ride of about an hour. The monthly cycling group meeting is on the third Monday at 8:00 am at Sierra Pines.

• • •

(more Club News cont' on page 21)



Cycling members enjoying the "LuWOW" dinner.

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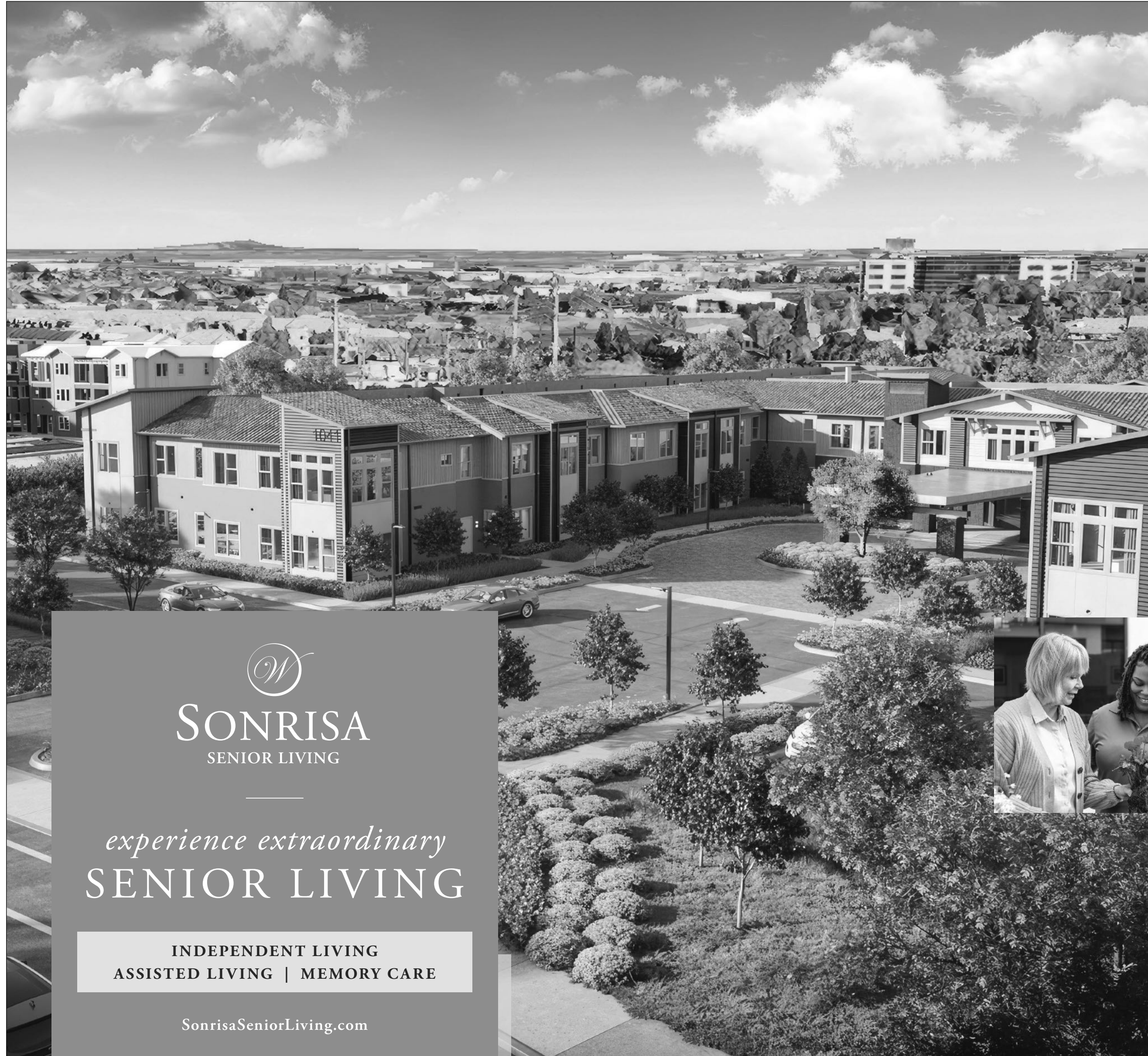
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He & She Golf Club

BY JULIE HARRIS

Hopefully all you He & She members are signed up for the Fall Fiesta on October 9 at Sierra Pines. Remember it's a BYOB event so bring your favorite libations. Bottled water will be provided. The Mexican menu sounds delicious!

Golf Fun Facts:

- In 1895, the winner's share of the prize fund at the first U.S. Open Championship, a 36-hole stroke-play tournament held at Newport Country Club in Rhode Island, was \$150. Adjusting for inflation, the 1895 winner's haul equates to about \$5,600 today.

- According to studies by the USGA, the average length of drives for amateur golfers across all levels is 215 yards. For amateur women golfers, drives average 147 yards.

- Iceland boasts more golf courses per capita than any other country. Located just below the Arctic Circle, the small island nation with a population of 388,000 people is home to 65 golf courses. That's one course for every 6,000 Icelanders. Golf season is short—late May to early September—but between early June and late July you can play past midnight.

Recent He & She tournaments delivered the following first and second place winners along with closest to the pin.

18 Holes at Timber Creek —

1st Place: Tena Johnson, Ed Van Patton, Deb & Paul Gassen \$8 each

2nd Place: Carol Norris, Jim Lynch, Paul Nieback, Gordy Smouter \$7 each

Closest to the pin —

Ladies — Karen Shahoian 8'11" \$5

Men — Ed Van Patton 5' 1/2" \$5

9 Holes at Sierra Pines —

1st Place: Tony & Janet King, Dwight & Joan Rose \$8 each

2nd Place: Michael & Pam Hemingway, Jim Hackbarth, Arlene Lizotte \$7 each

Closest to the Pin —

Ladies — 1st Place: Denise Gilbert 28'6" \$5

2nd Place: Roxanne Warloe 30'8" \$3

Men — 1st Place: Tony King 8'9" \$5

• • •

Sierra Pines Ladies Golf

BY PAM SKARG

"And all at once summer collapsed into fall". Oh boy! with fall comes pumpkin spice lattes, candy corn, fall decorations, Halloween and cooler weather for golf.

Don't you love this time of year?

The biggest tournament for the Lady Niners was our end-of-the-golf season Club Championship held on September 25, 27 and 29. The word championship is scary for some ladies who may think it's an all-out war on the golf course, but nothing is further from the truth. It's always a friendly-fun tournament followed by a beautiful luncheon in the Rose Garden on Friday, where payouts and awards are presented. The lady with the gross overall score received the title of Club Champion and was presented with a trophy. Deb Gassen and Therese Howard co-chaired this fun tournament and because of their time and energy this week went on without a glitch. We appreciate all you do for our club. More details and pictures to follow next month.



Theresa Howard and Debbie Gassen.

Most Improved for August:

First Flight - Stephanie Tran

Chip-Ins for August:

August 2: Sharon Young - Hole Eight

August 9: Darlene Reber - Hole Seven and Carolyn Pittman - Hole Three

August 23: Carolyn Pittman - Hole Eight, Monica Konkel - Hole Six and Annette Eastman - Hole Two

August 30: Darlene Reber - Hole Six, Carolyn Pittman - Hole Six and Jan Rivers - Hole Five

Birdie for August:

Trish Nicholson - Hole Seven (her first birdie)

Great golf ladies in some very warm weather.

• • •

Timber Creek Women's Golf Club

BY NANCY LABRADA

October is a busy month with several events in store for us. Our three-day Club Championship tournament concludes on October 4, followed by our Sunheim Cup played with Sun City Lincoln Hills ladies' group. Our day for hosting is October 11.

Also, October is Breast Cancer Month, and our Club will be supporting Play for P.I.N.K. each Wednesday. Barbara Mills is once again spearheading this worthy endeavor. You are encouraged to wear pink and play with a pink ball. There will be a table at the sign-up area to collect donations and you will receive a nice "goodie bag". 100% of the funds donated go to research.

The Most Improved Players for August are: Susan Green (1st Flight); Karen Shahoian (2nd Flight); and Barbara Mills (3rd Flight). Congratulations!

We are happy to welcome a new member, Lora Lee Del Rosario, who moved from the East Bay to Sun City in May 2021. Lora Lee was a competitive bowler who began to play golf at the age of 50. She has been a very active member of the LPGA Amateurs, performing in several different capacities through 16 years. Her big sister is Marsha Suter. Please welcome Lora Lee.

October is the last month to post Birdies/Chip-Ins and EC. Also, membership renewal starts this month with a November 1 deadline to be included in the 2024 Member Directory.

• • •

Timber Creek Men's Golf

BY GARY BECKMAN

Things are cooling off with the Timber Creek Men's Golf Club and we are not talking the weather! At the time of this publication, we will have completed our Club Championship Tournaments, our Member/

Guest Tournament, along with our NCGA competitions for the year. Please check our website for the results of all tournaments. CVS has also completed its season with a large group of golfers from other clubs playing the last event at Timber Creek on September 11th. Thanks to all of the volunteers that helped make this CVS event a success!

Looking forward, we still have the Autumn Leaves Scramble on October 10th and the Turkey Shoot on November 14th. These are always fun tournaments that our members really enjoy. Watch your emails for Tournament Flyers with information about signups and details.

We also have the last RAMP outing of the year in October with the Lakes on the 3rd, Oaks on the 12th, and the Pines on the 19th. All start at 7AM (be there early) and include coffee, doughnuts and \$15 raffle. We hope to see all of our volunteers out on the course!

Finally, we have our General Meeting scheduled for November 1st in the Ponderosa Room at the Pines, where in addition to our regular meeting, we will be holding an election for our Club Officers for 2024. We hope to see you all there!

• • •

Golden Niners

BY RALPH FRIEND

Our article this month highlights a Golden Niner who has lived in Sun City for a year and a month. He was a state employee for over 25 years before his retirement. His name is Mark Dinubilo and he moved to Sun City Roseville from Carmichael where he lived for 10 years. Mark and his wife, Cathleen, have a daughter and a son who both live in Citrus Heights. They have several grandchildren.

Mark enjoys the "Sun City life" and the many activities to get involved in. He also enjoys taking "field trips" to many of the interesting historical places in the area.

When asked how he started golfing, he talked about being introduced to golf by his father. He would golf on weekends with his dad and his friends. Mark grew up close to Land Park in Sacramento where he would golf. He also golfed at the Bing Maloney golf course.

The Golden Niners welcome Mark and everyone who wants to be a part of the fun that we have as well as the friendships that

(cont' on page 23)



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

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SSN 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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Golden Niners

(cont' from page 21)

are evident in the club.

Each week a tournament is held at the Sierra Pines course. Club members sign-up the previous week to golf either at 8:00 am or 10:30 am. A small entry fee of \$3.00 is paid to enter the tournament. Each player is placed on a 4-person team. The combined scores, as well as handicaps, are considered to determine the teams who have earned credit at the Timber Creek pro shop.

The following top ten players and their August winnings are: Cary Diskin - \$43 Anthony Riggio \$41 Lloyd Leitz and George Flaherty - \$39 Dean Johnson - \$37 Jim Wilson - \$36 Bill Bernard - \$32 Gary Pyle and Don Cook - \$31 Jim Jordan - \$30.

...

SCR Tennis Club

BY DIANE BARNETT

As I write this article, it is early September. The weather is getting cooler and it's a great time of the year to play tennis. Members are playing in small groups, scheduled drop-ins, hitting off the new ball machine, taking lessons and clinics, and playing in club tournaments and play days. The "Fall Frolic" mixed doubles tournament is scheduled for Saturday, September 16 with play beginning at 9 am with no-cost drinks and snacks. Your hosts are Susan Pankopf and Dale and Lynn Mellberg. The last tournament of the year is scheduled for

November, so come to the October general meeting and watch your email for further information.

Sun City SATA Tennis Team Captain Nancy Kacey reports that their Fall League is about to begin and will run through December 2, after which SATA will take their December break until matches resume in Spring 2024. The Sun City SATA ladies' team has 14 players, and throughout these past months, several team players have been taking lessons and attending clinics in anticipation of beginning their Fall Matches on Monday evening, Sept 11. We are proud to announce that our club's Spring SATA women's tennis team finished 3rd in the SATA League. Congratulations ladies and special thanks to Nancy Kacey and Michelle Weeks for their leadership and their devotion to the game of tennis and the Tennis Club.

The October social and dinner will take place on October 4 following the club's bi-monthly meeting. Dinner will follow the social and the general meeting with a catered pasta dinner you won't want to miss. The annual Tennis Club Christmas party is just around the corner and Linda Gordon and the social committee will soon begin their planning. So, what are you waiting for? Join the Tennis Club and join the fun!

...

Pickleball Club

BY ANNE BURNEY

The Pickleball club continues to be the happening place here in Sun City Roseville. Last month we had 11 new members join the Pickleball Club. Welcome to Marilyn Phelps, Marilyn Dray, Sherilyn Larsen, Karen Bader, Kevin Conway, Julie, Weir, Connie Foppiano, Stan Diorio, Judy Corona, Marilyn VanDyke, and Arlene Stocker.

In September the club hosted "Dinks and Drinks." On a Saturday evening members brought something lite to eat and drink and then played pickleball and partied the evening away. There was a good turn out with lots of new and seasoned players getting to know each other and playing our favorite sport. It was a cooler than usual evening making it a perfect night to socialize and then play pickleball.

Last month the club held a Saturday morning brunch. New members were invited to come and have bagels and cream cheese and



orange juice. New members got a chance to visit and play pickleball with long time members. The brunch turned out great with over 55 new and seasoned players getting together to enjoy brunch and play some pickleball together.

Pickleball Tips: Staying balanced on the the court is crucial in helping you win more points. Here are a few tips to help you stay balanced: Stay low, take small steps, avoid over-swinging, keep your paddle up and ready, recover to the ready position after each shot, stay relaxed, and warm up properly before playing.

If you are new to the game, please contact Wayne Miller, our "Intro to Pickleball" manager at Tollman80@yahoo.com. Wayne

keeps a list of individuals that would like to attend a new players clinic. Once enough people have expressed interest, he will arrange the next clinic. Be sure to let him know if you are interested in attending.

...

(more Club News cont' on page 25)



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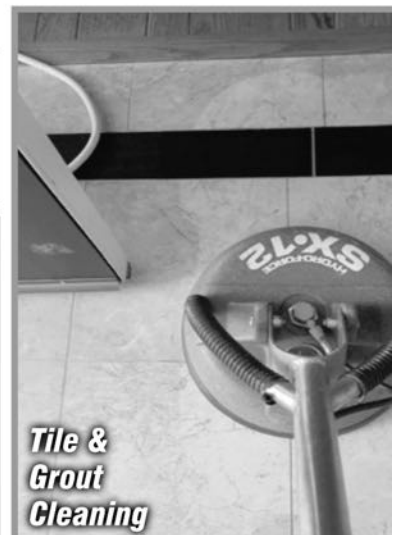


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HOPE AFTER SHINGLES

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

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

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

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

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

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

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

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

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

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

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

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

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

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

If you or a loved one is experiencing the pain of an active shingles outbreak or are now suffering from post-herpetic neuralgia, RaeAnn Salvador, Lac and the staff at Lincoln Acupuncture and Integrative Health are here to help. Visit **AcuLincoln.com** for more information or call **916-884-0398** to schedule an appointment for an initial consultation.

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SCR Volleyball

BY MARISABERNETTI

Volleyball at SCR is regularly enjoyed on the court and in the pool. No fees or annual dues are required to join the Group. Both games are co-ed. Just join us at any play day.

Court Volleyball: Fridays, 8:00–10:00am (Summer Hours). Pickle ball court #1. Court VB is always a high energy and a friendly competitive sport. We currently have three to four players on each side.

Note: On Thursday, November 2, we will change to winter hours, Thursdays 2:00 - 4:00pm. In May 2024, we'll revert again to summer hours on Fridays.

Water volleyball: Monday, Wednesday and Friday, 11:00am–1:00pm (including holidays). We consistently play with six players, or more, on each side. There is no specific team set-up. It's generally a first come, first serve, so a new player rotates in at side out. We try to have an equal balance of players, so each side has an equal opportunity to win. But the major goal is to have some exercise and lots of fun!

The last quarterly social was on Friday, September 22 at Sierra Pines. The Group feasted on a complete and delicious dinner catered by the Olive Garden. Our next social will be a Christmas/Holiday event in December



(TBD). It always includes raffle prizes and a cheery holiday carols sing-along.

For questions, contact Marisa Bernetti at 916-745-9571 or 916-666-7795. See you on the court or in the water!

• • •

SCR Softball

BY BOB MONTALVO

Fun fact: In the ancient Roman calendar there were ten months, from March to December, and October was the eighth month, thus the name October, from the Latin “octo” for eight. We're now sliding quickly (or so it feels) to the end of the year, with Halloween, Thanksgiving, Christmas, and New Years on the horizon. We're also in the off-season for softball, but don't put away that bat and glove, as the SCRSSA is holding softball practices at Mahan (NOT Mahany) Park to keep us loose and active. Check the website for the days/times.

Looking forward to the 2024 season, the club is encouraging more women to play with us. As mentioned in the August Courier article, Pam Wingo played softball with us last season. Asked about her experience, she said, “I really became close to my teammates, and even some players on other teams. It felt really good to have the comradery, win or lose...It was always nice



to high-five the opposing team at the end of each game. I loved the sense of humor and poking fun at each other.” Pam was also candid about not enjoying the occasional arguments between players and officials, the excessive testosterone on the field, but club president Tom Frank has stated that next season existing rules about such misbehavior will be strictly enforced. Staying safe and having fun playing this game will be the main focus. Pam hopes more women will play; saying, “If you want to play, expect to play with men, and realize they're usually stronger...but show no fear! Once you prove yourself by getting a good hit and/or making a play and enjoying the banter, they'll be accepting and supportive.” She enjoyed playing very much, and hopes she's joined by other like-minded women.

• • •

Bocce

BY DAVID MOORE

The temperatures cooling just a bit, pumpkin spice being on menus and the Sun City bocce courts hosting throngs of players can mean one thing: Fall is here.

The courts look great with two new courts, easier-to-read scoreboards and safety handrails having been added to each court.

As you read this the Fall Mini League is in full swing with competition seven nights a week and during two morning sessions. The Mini League was preceded by some introductory lessons and the usual party/sign-up on August 23 with a record 508 people in attendance at Sierra Pines.

The “Last Chance” tournament on August 26 was won by Sandy Hanford and Bocce Club president Kenny Smith. Linda Fredericksen

and Jerry Bice took second while Mike Christy and Aud Bair claimed third.

The Women's Qualifying Tournament was held September 9 and Paula Happe, Dawn Haskin, Arlene Lizotte, Elaine Turnbull and Terry Lane earned entries in the club championship tournament.

By the time you read this report, the Men's Qualifying tournament will have been held as well as the Club Championship Tournament, where we will crown our male and female Sun City Roseville versions of Umberto Granaglia. For those few who haven't heard of Granaglia, he is widely considered the greatest bocce player of all time, having won 13 world championships, 12 European championships and 46 Italian national championships from 1954 to 1980.

• • •

Croquet Club

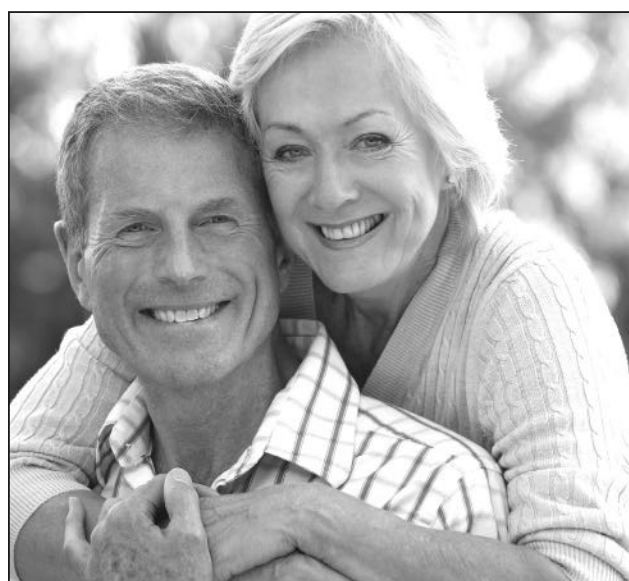
BY ROSA VILLA

Attention: Are you a couple sharing a residence? Does your partner often participate in an activity and leave you on your own? While that may please some of you, are you one that feels left out or alone and would like to share an outdoor activity with your partner? Can't play golf, tennis, or pickleball because of physical limitations? How about an activity besides bocce that you can both play together? How about one that is not physically demanding, but challenges your mind? How about one that requires skill, strategy, and execution? Have I asked you enough questions? Would you like an answer? Well, here's the answer... it's Croquet, is it not?

(cont' on page 27)



Bocce: Paula Happe, Dawn Haskin, Arlene Lizotte and Elaine Turnbull qualified for the championship tournament. JoAn Geistert is the alternate.



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Croquet Club

(cont' from page 25)

Sound familiar? What, another question? If you've read some of our previous articles, it should sound familiar, shouldn't it? Haven't we addressed some of these same questions and answers before? Are you paying attention? No? Why not? Isn't it about time you gave this court game a try? Don't know how to play? Afraid of a sticky wicket? Does your mallet swing in the right direction? Are you ball in hand? What does all this mean? Not to worry, we have members who are willing and able to show you the ropes, don't we?

So, ask yourself, "How do I get started?" Have you checked the Courier to find the Croquet contact? Could it be our Club President, Louisa Maglione at 916-740-2353? Do you know a Croquet Club member you could ask? Well, there are several ways to find out, aren't there? Have you noticed this article is written with all questions? The only question remaining is, "When are you gonna' check out the Croquet Club?"

Cornhole

BY STEVEN GUSTAFSON

What sport is played by more Americans than any other sport? Football? Baseball? Basketball? The answer is cornhole!

But, you say, cornhole isn't a sport, it's a game. Wrong! The dictionary says that a sport requires physical activity—other competitions, such as bridge or chess, are games.

A well-regarded study found that last year 48% of Americans completed at least one game in some sport. Completed means finishing a game, not just shooting a few hoops or tossing a few footballs.

The study found that of these Americans, 20% completed a game of cornhole—more than for any other sport!

In Sun City we play cornhole, usually about a dozen of us, at 9:00 Tuesdays on the Sierra Pines horseshoe lanes. You're welcome to join us.

• • •

Billiards

BY DAVID ZAN

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



(David Zan) at dzan@surewest.net to get a lesson scheduled.

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

The Team Tournaments on Tuesday are attracting a full house and are very competitive. This month we had lots of different winners.

Winners of the team tournaments in August were:

August 1 – 9 Ball/2-way Tie: David Zan & Bob Cecil; Chuck Vermette & Ken Neal

August 8 – 8 Ball: Don Warden & Ron Judd

August 15 – 8 Ball: Ron Judd

August 22 – 8 Ball: Jerry Crosby & Roy Stearns

August 29/30: The Men's singles tournament was cancelled due to several players having to drop out. Next Men's singles tournament will be January 30th and 31st.

• • •

Mah Jongg Club

BY CATHY FLUELLEN

Another fun Mah Jongg luncheon last month filled with wonderful treats and fun surprises. Annette Pettersen did a wonderful job of decorating the tables with festive table cloths and as a special treat included her home made cake pops as the center piece. Karen Levine surprised us with ice cream sundaes for dessert. At check in each person was given a little handmade box filled with candy. And as always it was great getting together with our



friends for a fun game of Mah Jongg. Thank you Annette and Karen for making a brown bag luncheon extra special.

Next month the luncheon will be October 27 in the Sierra Pines at 11:30. Lunch will be pizza and salad. Sign-up sheet will be in the card room the last week in September. Last day to sign up will be Friday, October 13.

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

• • •

(more Club News cont' on page 35)

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Safety First —

BY ROSEVILLE POLICE DEPARTMENT

You can help reduce crime in Roseville— We are fortunate to live in a relatively safe city, but there are always things you as a can do to deter crime. Here are the top five crime categories in Roseville, with suggestions for reducing crimes in each category:

1) Theft from a vehicle

A thief typically won't waste time or risk being caught breaking into your vehicle unless there is something of value to steal. Don't leave valuables in plain sight. Set the vehicle alarm if you have one. When parking away from home, park in a well-lit area, or an area with a lot of foot traffic

2) Petty theft

• Bicycle thefts top this category. If you leave a bicycle unattended, lock it securely. At home, secure bikes safely in your garage or shed.

• Next in this category is theft of wallets, phones, or purses from shopping carts. Don't leave valuables unattended in your cart. Thieves will quickly take any opportunity to snatch your valuables and run up charges on any credit cards.

• Third in this category is package theft. Thieves typically drive through neighborhoods to identify packages that are visible on porches. Create a space on your porch that enables delivery drivers to hide your package. Or, ask a trusted friend or neighbor to look out for packages and take them in. If you have a video

doorbell device and are away from home, you can monitor deliveries and be more precise when asking friends to help.

3) Motor vehicle theft

According to FBI nationwide data, vehicle thefts dropped 50% after the introduction of keyless ignitions. However, numbers have risen again because some drivers are leaving their key fob in their vehicle.

Safety tips:

• Take your key fob or key each time you leave your vehicle. Never hide a key or fob in or on your vehicle.

• Turn off and lock your vehicle every time you leave it, even if it's just for a few minutes.

• Lock and alarm your vehicle. If you don't have an alarm, use a steering lock or an electronic device that disables your ignition.

• Garage your vehicle whenever possible.

4) Vandalism of vehicles

• Theft of catalytic converters. Recent changes to California Statutes should reduce the incentive for this kind of theft, but you can protect your vehicle's converter by having it etched with your VIN number.

• Vandalism for the sake of vandalizing. Keying car doors or tearing off a door mirror are common examples.

Reduce your risk of vandalism by parking in well-lit areas when out and about. If possible, park your car in the garage.

5) Residential burglary

The best way to avoid burglary in and around your home is to make it less appealing to thieves. Thieves look for easy opportunities

such as:

• Are there lawnmowers, bikes or other valuables in view? Keep them in your shed or garage with the door locked.

• Are you away from home? Burglars don't usually break into an occupied home. When away, leave a light or radio on. Products are now available that project changing light patterns after dark that make it look like a TV is on.

• Is your yard overgrown or unkempt? Keep your front lawn mowed and bushes trimmed.

By taking a few precautions, you can reduce your chances of becoming a victim of crime. You will also be helping make Roseville a safer place to live.

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

BY ALAN LOWE

The 19th Annual Voices of Lincoln Poetry Contest was very successful again this year. The theme of the contest was "The Five Ws Of Life: Who? What? Where? When? Why? . . . Discover The Answers Through Poetry." The five (5) contest categories included the following: "Who" Is The Most Important

Person In Your Life? "What" Is Your Most Cherished Memory? "Where" Do You Want To Be Tomorrow? "When" Did You Do Something That Made A Difference In Someone's Life? "Why" Should You Never Stop Dreaming?

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

Judges selected 37 winning poems, submitted by 30 poets, including 13 "Young Poets," ages 11 through 18. Five residents from Lincoln, one from Loomis, three from Rocklin, and three from Roseville did very well in the competition. These twelve received one 1st place, seven 2nd places, and five 3rd places, as noted below.

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

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

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



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Celebrating the “Ms. Lisa Magic” After 40-Years

BY MICHELLE MONIER, *City of Roseville Parks, Recreation & Libraries*

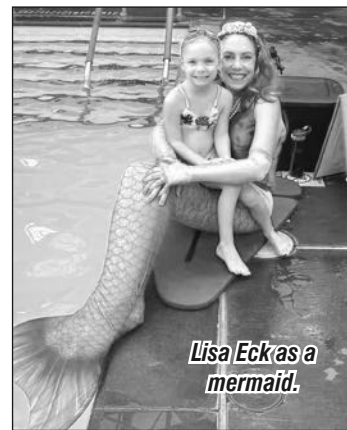
Once upon a time... there was a young girl named Lisa who started a job in the Downtown Roseville library. This marked the beginning of a 40-year journey that would prove to be a life-changing experience for both her and the community.

Lisa Eck began working as a shelver in 1983 while still a young high school student, “I wanted to work in research, away from people.”

However, that’s not exactly how things turned out. Fast forward 40-years, and Lisa is now a Librarian and one of the most beloved hosts of the Library’s storytime sessions.

With a determination to inspire and connect, she embarked on a mission to make books come alive for everyone she meets. Known for her engaging storytime sessions, Lisa brings characters to life with costumes and theatrics, captivating the imaginations of children and adults alike. “One of my favorite events is Read with a Mermaid,” she shares. “I dress up as a mermaid, complete with fins, and sit in a pool with the kids to read to them. It’s a magical experience.” This unique approach makes her storytime sessions a cherished tradition.

Colleagues respect her unwavering



commitment, and her innovative spirit earned her a special place in the hearts of Roseville’s residents.

Lisa’s personal journey is also intertwined with her connection to the library. Her love story with her husband, Mike, blossomed during their shared time working at the library as young adults. This love for libraries now carries on with their own teenagers, Abby and Alex,

affectionately referred to as “Ecklets,” both currently work and volunteer at the Roseville library.

Looking back on her journey, Lisa takes pride in her role as a Librarian who has fostered a love for stories and books. She says, “I wouldn’t be who I am today if I wasn’t given the chance to learn and grow over these last four decades. I love what I do. It allows me to lose my inhibitions, be playful and have fun with people of all ages. It’s an incredible job. I look forward to continuing to grow in my role and appreciate being allowed to be the Diva that I have become.”

Lisa’s unwavering commitment endures, and the City of Roseville continues to reap the rewards of her dedication, 40-years is worth celebrating!

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

Carol Kovach—

(cont' from page 1)

Oxford University. When he was invited to be a guest lecturer at the University of Pittsburgh, he invited Carol to work for him there, which she did for a semester until her visa ran out and she had to return to England.

Meanwhile the travel gene kicked in and she began looking for opportunities outside of England. In those days, postcards containing job information were placed on windows where she could browse to see if anything interested her. There was a new university in British Columbia that appealed to her and soon she found herself working in Vancouver at Simon Fraser University as the administrator of the Department of Political Science, Sociology, Anthropology and Archaeology. While she worked there, she took all kinds of classes, so she'd have an idea of the scope of what her new job entailed. She returned to Pittsburgh and took a job at the University and earned both a master's and PhD in Public Administration from the University of Pittsburgh. Back then, college tuition was only \$5 a unit for employees so Carol rejoices that she never got into student debt.

While working in British Columbia, Carol lived in a house with other graduate students and earned enough credits which helped her get into the United States. Because women were in high demand at the time, while finishing her dissertation, Carol got a teaching position at UCLA right away. She became an assistant professor in Business Strategy, a position she held for six years. She had married in 1976 and had two sons, Alexander, a property manager now living in Sacramento, and Steffan who works at Apple in Mountain View.

After UCLA, Carol became an associate professor at California State University, Northridge. She taught Business Management and Strategy for 8 years there, then decided



Carol Kovach checking out icebergs last year.



Creative Arts Club's showcase featuring Carol's pottery.

she was tired of the same weather and moved to Mariposa in 1990. She became Executive Director of the Mariposa County Arts Council for the next three and a half years. Five years later, she became a Senior Systems Analyst in Fresno County, teaching county employees how to use computer applications for the next 10 years.

While living in Mariposa and transitioning from city life to a small-town community, Carol got interested in "show biz." She got involved with the Golden Chain Theater, located in Oakhurst, 30 miles from Yosemite. First, she acted, then directed, was a stage manager, worked in the box office, did sound and lighting, and even painted scenery. The theater, which seated 300 people, needed a new roof, so Carol helped put on the "Rooftop Follies" for seven years, eventually raising enough money to pay for the roof. She laughs as she remembers that the show featured dancers doing the can-can at the start of every show.

Carol's son, Alex, found Sun City Roseville for her and she moved in 2020.



Carol Kovach acting as the Black Widow when she was with the Golden Chain Theater.

At first, COVID restrictions kept her from meeting very many people, but she enjoyed her solo time. "I like it here," she says. "I've always been comfortable being on my own. I've traveled on my own. Wherever things take me, I go. I don't want to plan everything. I like spontaneity."

Besides being a member of the Creative Arts club and becoming a volunteer at the Cancer Society's donation store, Discovery, Carol has joined the Second Act Studio Drama Club and will be directing a play (a take-off on the Three Little Pigs) which will be shown to the Travel Club and the Solo Club as part of the Drama Club's Traveling Troupe. She's also acting in the Drama Club's major production Nov. 19th and 20th, using her British accent to good advantage as the narrator in Red Riding Hood, a hilarious re-working of the fairy tale standard.

Carol's participation in drama had to work around a cruise she took in September. It began in Iceland where the passengers flew to the west coast of Greenland to board a ship with Swan Hellenic, which launched just last year and was created especially for northbound weather. She sailed over to the Labrador Sea, then went up to the islands where people had looked for the Northwest Passage and got frozen in. She visited remote Inuit communities including three places on the west coast of Greenland. Since all the cabins on the ship

had balconies, Carol enjoyed magnificent views from her room.

Many of Carol's traveling adventures have taken place through the auspices of Road Scholar, an American not-for-profit organization that provides educational travel programs primarily geared toward older adults. It offers study tours throughout the United States and Canada and in approximately 150 other countries. Carol likes Road Scholar's amenities like priority tickets to museums and excellent guided tours. Throughout her travel life, Carol's been to most of the European countries, Australia and New Zealand, Japan, China, Hong Kong, Liberia, Madagascar, South Africa, and Scandinavia. Her favorite country of all was Namibia.

Overall, Carol's found life at SCR quite friendly and welcoming. "I haven't felt like an outsider," she remarks. She looks forward to continuing with her pottery and drama activities and getting to know more people. No doubt, with her engaging personality and multi-talented background, she will.

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

Just let us know!

Call us at 916-727-6383 or e-mail us at:

SunSeniorNews@gmail.com

In-Person Grief Support Group

BY PAT TEILH

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

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Roseville South-Placer AAUW Branch

BY DOTTI MAY

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

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

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

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

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

Watch the 2023 Roseville State of the City Address

Roseville Mayor Bruce Houdesheldt gave the 2023 State of the City address on Friday, August 25, at the Westfield Galleria at Roseville on the anniversary of the day it opened 23 years ago.

You can watch the speech at [Roseville.ca.us/SOC2023](https://www.roseville.ca.us/SOC2023).

Friends of the Roseville Library

BY MARSHA LUCAS

The next big book sale by the Friends of the Roseville Library will be held Saturday October 7th at the Downtown Roseville Library 225 Taylor St. from 10:00 to 3:00. We will have all subjects of books plus CDs, DVDs, Laser Disks, LPs, puzzles, more. Great prices (\$2 for hardcover, \$1 for paperbacks, most children's books are just 50 cents.) Friends' members may enter early at 9:30 and you can join at the door for just \$15 per year. There is also a large collections, antique and vintage books, theology and philosophy and decor books.

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Observations on LLAs and TGHs

BY MARTIN GREEN

I had typed about half of this "Observations" and noted that I hadn't written about LLAs (Life's Little Annoyances) and TGHs (Things Guaranteed to Happen, usually bad), when it suddenly disappeared. This was appropriate to the "Observations" as it has been a recurring LLA and, as when I'd written a great deal, more than LLA, and I was going to cite this later on. Maybe my computer sensed this and decided to give me a sample of what it can do to me.

I'd also noted that although I hadn't written about LLAs and TGHs for a long time, I had written several months ago about robocalls and spam e-mails and these are certainly LLAs and in the case of scams can become more than that. As it happens, I came upon a recent Wall Street Journal article with the headline "Why We Get Scammed and What to do About it" and I thought it worthwhile to devote some space to it.

The article says that some psychiatrists and philosophers argue that we have a truth bias. "We automatically tag incoming information as true and must exert extra effort to remain uncertain or to relabel it as false. This bias is not a bug, but a feature. If we were unremitting skeptics, questioning everything we heard or saw, major decisions would be impossible, and every day would be a nightmare."

The article goes on to say that if the

incoming information is consistent and precise, we are more likely to accept it as being true. The article gives as an example a call from a supposed grandson who tells us he's in some kind of trouble and we must send him money immediately. "The time pressure and fear rev up the victim's truth bias and undermines their usual suspicion of requests for money." The scam will be even more convincing when artificial intelligence synthesizes the child's voice. I've heard a few cases where this has already been done with a claim that the child has been kidnapped and a demand for ransom.

So, what to do about all this? The article concludes by saying we should not think that scams succeed only with the gullible. "There are scams out there for each of us, no matter how sophisticated we think we are. Rather than, 'it can't happen to me' your mantra should be 'accept less, check more.'"

I'm not so sure that in this age of information overload people are so apt to believe what they are told, especially us senior citizens are aware that there are scams coming at us from all directions. The advice to accept less, check more is good. On the other hand, the scammers are becoming more and more sophisticated. As an example, I've gotten e-mails supposedly from a bank or from Amazon which look very authentic, with a logo and phone numbers to call as there might be a problem with your account. The thing to

do in a case like this is to call the appropriate customer service at a number you're sure is legitimate. Accept less, check more.

Okay, having taken care of that, let's turn to the LLAs and TGHs. As I noted above, my computer has been disappearing my writing. That's not all. Every day I delete the many spam e-mails that have accumulated overnight. Then when I look at my e-mails later, I see what I swear are the same spam ones. And if there is an occasional real e-mail that I want to reply to later that one is invariably gone, having been sent to the trash or some other folder. The computer does some other annoying things such as suddenly changing the size of words I'm typing or putting words in italics. Yes, I know it's because I've hit the wrong key somewhere but still the computer is a constant source of LLAs.

I can't overlook the annoying thing that keeps getting worse the older you get and that is things dropping to the floor and forcing you to painfully bend over to retrieve them. Try to drop something into a wastepaper basket and it will somehow make it to the floor instead. Take your pills and one of them will roll off onto the floor. Put something on the table and it will find its way to the floor. All TGHs and all annoying.

Another thing that gets more annoying as you get older is your forgetfulness. Things you're most likely to forget in my own experience are your iPad, your eyeglasses, your keys and your checkbook. TGHs. And right now, I'm supposed to take a pill with my meals and half the time I forget it. Also annoying is

when the pill doesn't help you at all.

I could go on and on but am running out of space and also don't want to have this "Observations" disappear again so will stop now.

In Memory...

Readers of "Observations" will have become acquainted with my wife Beverly, and some may know that she passed away in November of last year. October 3d would have been her 88th birthday and so I thought it appropriate to say a few words about her.

Beverly and I moved to SCR some 25 years ago and almost as soon as we moved in Beverly joined the Singers club. She enjoyed being in the Sun City chorus for many years, made many good friends and I believe for a time served as vice president. Beverly also joined the Fine Arts club, became a skilled watercolor artist and her paintings are in many Sun City and other homes.

Beverly made friends wherever she went, and they all describe her with such words as sweet, kind and thoughtful. She thought the best of everyone. Her sons describe her as the heart and soul of the family; a wonderful amazing talented woman and a constant cheerleader, nothing but love and light, sweetness and grace. Her daughters-in-law considered her a second mother. As for me, as I've written, when Beverly left me, she took away the sun. I was lucky to be married to her for 57 years.



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PROSPER 

Bunco

BY PAT OBERLANDER

Join the witches, goblins and ghouls of Sun City Bunco for Halloween month (October) for trick or treat! Join us in the card room at the lodge the 2nd and 4th Mondays. We start with signing in at 8:30am and the fun and games begin at 9am. Good way to meet neighbors and have lots of fun. We'd love to see you. You don't have to commit to every time, but once you start, you'll be hooked. Come down and trick or treat!



Bunco Winners!



Winners August 14: Dottie Thornton, Judy Spencer, Jean Saunders

Winners August 28: Sidnee McKinney, Nora Bork, Margrit Greiner, Yoshi Polgar, Terry Lane, Helga Herrington

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SCR Foundation

(cont' from page 1)

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Event tickets and keys to the treasure chests can be purchased with check or credit card at Courier Days in the Lodge Lobby on Sunday, October 1 between 8:00 am and 11:00 am or by contacting our Event Director, Kathi Stropkai, at scrfevents@gmail.com or 916-761-9964. Tickets are \$100 per person. Dress will be 'classic chic' for this elegant affair. Seating arrangements can be made when purchasing tickets.

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

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- ◆ First 15 words are FREE (for SCLH residents only), additional words \$1 each
- ◆ ONE AD PER HOUSEHOLD, PER MONTH
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Subject Line should be SCLH Classified and your Phone Number (Example: SCLH Classified 916-123-4567)

1. Contact name and phone number.
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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

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Market Update

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

George Brown-Owner
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4281 Enchanted Circle	Hearthwood	\$654,000
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300 School House Court	Regent	\$690,000
7400 Pineschi Place	Hearthwood	\$730,000
2091 Cadaleigh Lane	Tiburon	\$730,000
401 Heller Court	Timberlodge	\$785,000
7437 Goose Meadows Way	Delta Breeze	\$799,000
7340 Timberrose Way	Timberlodge	\$950,000

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