

SUN SENIOR NEWS

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Ada Hale — From Striving to Thriving

BY JENNIFER MARTIN

“If you go to karaoke at Timbers Lodge, you might have seen me singing “It’s All About the Bass by Meghan Trainor,” says Ada Hale, one of our more active and vibrant residents at SCR. She even has a fan club present in the audience, backing her up on the song.

Ada was born in 1943 and raised in Dubuque, Iowa. She and her older sister Jackie had a fabulous childhood, she recalls. While her dad, John, was away serving in the Army, her mother, Dorothy, always sang songs as she cooked and did housework. Ada thought everybody’s mother did that. Every Christmas her mother would sit with her children as they leafed through “wish books,” Sears and Penney’s catalogs. And on Christmas morning they were always amazed that Santa gave them exactly what they wanted.

When her father came home, the family expanded to three additional daughters. When they went on Sunday rides in their black 1937 Hudson Terraplane, Ada always sat behind her



PHOTO BY JENNIFER MARTIN

dad, her sister, Jackie, sat behind her mom and sometimes mom would give each a half a stick of Juicy Fruit gum. What a treat! And the ride was the event. On rare occasions, they stopped for chocolate ice cream cones.

One winter day, Ada accepted a ride home from junior high school from her sister Jackie. As she climbed into the back seat of

the two-door coupe, she was introduced to the driver, Clayton Specht, and, looking into his deep brown eyes, immediately thought, “I’m going to marry him.” And four years later, she did just that. She was 17 and Clayton was 19.

The couple had three daughters, Terry, Cindy and Laurie, and enjoyed a happy life until a tragic motorcycle accident took Clayton’s life. Ada, devastated, became a widow at 21, having lost the love of her life.

She thought her life was over. God had other plans. Time passed and she did marry again. Her second husband, David Knepper, was a farmer and he loved those three little girls. They lived on 350 acres, which had a small river running through it. They had two boys, Steven and Ronnie, completing their family. Ada would get into the wagon with the five kids and David would hook up the tractor and drive them all over their land. They picked walnuts, cut down their own Christmas trees, and had picnics by the river.

Four years later, tragedy struck again. David suffered for years with manic depression, which required hospitalization. One night, *(cont’ on page 27)*

SCR Foundation 2023

BY LISA CRYAN

August was a busy month for the Foundation with another successful Bingo fundraiser and the transition of our Foundation’s leadership from Nancy Schubach to Doug Smoot. A huge thank you to Nancy for her support of the Foundation’s mission to address the physical, cultural, educational, and social needs of Sun City Roseville residents. Nancy wore many hats while serving on the Foundation’s Board for six years and we can’t thank her enough for her dedication and hard work. While Doug is no stranger to the Foundation, serving as our Maintenance Program Director, he’s accepted the additional responsibility of Chair. We also welcomed Mary Ann Chittick as our newly appointed Grants Director to help us operationalize our grant program.

As life returns to normal after the pandemic, the Foundation is happy to announce that it 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 *(cont’ on page 29)*



Sun City Harmonicoots

BY LINDA AUG

Many songs remind us of the lazy, hazy, crazy days of summer. In fact, some of the biggest billboard hits were summer songs. “Hot Fun in the Summertime,” “California Girls,” “A Summer Place,” “Surfin’ Safari” and “I Get Around” were all huge summer billboard hits.

The Sun City Harmonicoots certainly “Got Around” in the summer of 2023! Thank you to Brian and Tracy Carr for inviting the Harmonicoots to be the musical kick off at the 4th of July Golf Cart Parade. We honored our country with patriotic tunes such as “This Land is Your Land,” “God Bless America,” “Stars and Stripes Forever” and “The Star-Spangled Banner” as the golf carts lined up with our Veterans in the lead!

Thank you to the Solo Club who invited the Harmonicoots for an encore performance to entertain at their summer social held at Sierra Pines on August 26th. Sing-along songs included “Take Me Out to the Ballgame,” “Bicycle Built for Two” and “Somewhere Over the Rainbow.”

Did you know the Harmonicoots and



Harmonicoots Celebrate 4th of July!

Travel Club took a trip together? It was a one day, sell out excursion on August 28th as we visited several musical destinations with songs such as “New York, New York”, “Around the World in 80 Days”, “California Here I Come”, “A Small World” and “Take Me Home Country Roads”. After a full day of “travel” we safely returned home to Sun City singing “What a Wonderful World” as the Harmonicoots played a tribute to Louis Armstrong and our wonderful world.

As you can see, the Sun City Harmonicoots have music for all seasons, occasions, and parties. And we are sporting a new hip fashion with our black and white musical shirts! Contact Joanne Stooksberry at 916-749-4425 for more information as we arrange our fall and holiday performances. You can be sure we have music for all seasons.

Harps up!

...

Music and Laughter

BY JANE BOHN

What a blast. Another full house with entertainers ready to perform. These talented neighbors of ours included Jan Given, Joe Given, Gary Mills, Ken Roberts, Al Nichols, Peggy Wells, Cory Blasser, Frank Kilarr, Bruce Ahnberg, Charlie Kidd, Andrew Bohn, and Frank Bohn. Space here limits me to specific fun renditions of their songs, jokes and sing-a-longs. Since our show is for one hour in order to get all that Music and Laughter in we ran over fifteen minutes and were unable to include everyone. I want to apologize to Jan Montero and Ed Lick our steadfast comics and will promise to do everything possible to get

(cont’ on page 5)

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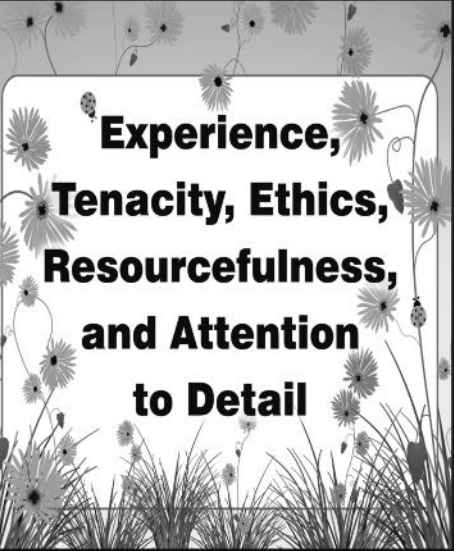
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Executive Director Comments

BY GEOFFREY BROWNE

Congratulation to the new Board of Directors, who were elected on July 18th and who were installed by City of Roseville Mayor Bruce Houdesheldt on August 3rd at the Annual Members Meeting.

Also on the same ballot, the community has voted overwhelmingly (85.1%) in favor of the proposed Phase B planned expansion and renovation of our Fitness Center. This project will not be paid for with your assessments, or a bank loan, or a special assessment, but with funds raised from the Special Use Fee and from unallocated excess business revenues generated mostly through our Golf and Food and Beverage operations. Now, how do we get this project off the ground?

The first thing we will need is to decide who will do the work. There are two main contracts that we will undertake, one for the Architect/Designer and one for the General Contractor (GC).

First, we start with the Architect who will review the preliminary schematic design and lead the process of obtaining entitlements from the City, a process that can take 3-4 months. Once the entitlements are close to being completed, design development starts and a cost estimate is generated, taking another 4-6 weeks.

Then the real detailed work begins as the construction documents are developed along

with cost estimates, with the GC providing input regarding constructability and cost decisions. Various city agencies undertake the required plan review, revisions are made and finally, a permit is issued (after all the fees are paid, of course!). This part of the process can take up to 6 months or longer, depending on how long the reviews take or how many revisions need to be made.

Now comes the General Contractor part. Once the construction drawings are finalized the contractor will understand what work needs to be completed and can go out to find all the subcontractors that will be needed to work in the various different fields. Bidding a larger contract such as this can take time as we require the GC to get several bids for each specialty in order to ensure we are getting the best quality for the best cost. Once all the bids are gathered (often a 6-8 week task), the GC can then provide the Guaranteed Maximum Price (or GMP) contract for final Board Approval. The final construction start date will depend on several factors such as accumulation of funds in the CAIA, contractor workload, weather, and/or supply chain concerns. In total the process just to get to the starting line for construction will likely take between 45 and 60 weeks.

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Music and Laughter

(cont' from page 1)

you in at our next show September 13th. Our enthusiastic prize winners were as follows: 1st prize Marina Tan, 2nd Joe Lopez, 3rd Nancy Johnson, 4th Bonnie Lahde, and 5th Kathy Cardoso.



We'd like to express our heartfelt thanks to all our entertainers, our fan club, our prize winners and our steadfast helpers; George Flaherty, Jill Aggersbury, Maria Hajgato, Arlette Bennett and Nancy Stetz. You all continue to add joy to my life and make my job a true labor of love. If those of you who have not tried us out and you desire more Music and Laughter in your life, we hope you'll bring your \$1 entry for the raffle and come join this awesome group at our next gathering on Wednesday evening, September 13th, 7pm (doors open at 6:30) at our Sierra Pines lodge, located on the corner of Del Webb and Whistlestop Way.

...

Sun City Singers

BY JACKIE PROETT

It's September and usually the beginning of relief from blistering summer days. This year, Miss Delta Breeze has been in evidence and often, the bearer of cool gifts. What a great year! We have had tons of rain, which makes tons of green, which makes fewer fires, which makes cleaner air and better health. The only thing better than all that, is music!

The Singers loved their summer nap but joyfully trooped back to making music on Monday August 14 at 2:30pm. We were welcomed with packets of Christmas Music that did a better job than the AC. New and old members appeared to enjoy the bounty.

On Monday, August 7, the Board and



Committee Chairs met at Co-Pres., Elizabeth Gustafson's home. Refreshments and business went hand in hand. Marla Shuman, Hospitality Chair is considering new ideas for parties and hopes that the old committee members will still want to serve. New people are also welcomed to the fun.

Gail Hixson has been searching for online guides for learning our music. In days of yore, each section had an extra day a week to rehearse in someone's home. That person usually could play the piano to help us out on parts. We no longer have that advantage, so new methods are needed.

Life goes on. Kids are back in school and though the year's days dwindle, the kids and Singers years are just beginning. September gives us Labor Day and the first day of Autumn. It's time for us to strengthen our Club with new members. We meet every Monday at 2:30 in the back of the Ballroom. You'll be welcomed with open arms and cooling, healing music! The Delta Breeze is not the only one with cool gifts! Come join us.

...

SCR Drama Club

BY LENORA DAVIS

September is here and summer is nearly over, but the Drama Club has been as busy as ever with acting workshops and auditions completed. Rehearsals for our November performances began August 29 and will continue until we perform. We feel that we are progressing as actors, directors and technicians – all with the single goal of providing bigger and better shows in the future. Because our rehearsals can be intense and time consuming, we decided to treat ourselves with an Improv workshop with an experienced actor and playwright, James Van Eaton, on October 10. This should be an exciting and informative evening that no one should miss.

We encourage all of our members to step out of their comfort zones and try acting in whatever capacity suits their personalities. Our Reader's Theater is a great place to start, since it does not require memorization. And, if acting is definitely out of the picture, that is no problem since we can always use people to help with stage crew, ticket sales, Courier Days and other background activities.



By now, many of you are already familiar with our productions and may have wondered how you could participate. We always welcome new people to join in the fun and rewarding times we have. For more information, contact Susan Glover (530-388-6367) or Lenora Davis (707-350-1357).

...

SCR Needle Arts Club

BY PEGGY VOAKES

"We get old when we stop playing." — Jill Connor Browne

I feel we are so fortunate to have all the opportunities to play which our Needle Arts Club affords. All the Special Interest Groups offer us the chance to make new friends and be inspired with new ideas for creativity. We have many interesting classes throughout the year. Sign-up sheets are always available in the Needle Arts Room, as well as at our General Meeting. We have the luxury of our Needle Arts Room, full of equipment, books and magazines, and plenty of room to spread out projects. Our many annual events allow us to participate by volunteering in so many ways.

Speaking of events and volunteers, our Holiday Craft Faire committee is already hard at work preparing for that wonderful event. They will be looking for volunteers, so you will all have a chance to participate in the fun.

The return of Kim Brownell at our August meeting was an inspiring delight. She comes up with the most creative uses of "stuff" that I know I would never think of. I can see her art being incorporated into garments and fun home décor items.

Our September General Meeting, Wednesday, September 6, promises to be another one not to miss. I will let our VP Dianne Faulkner tell you about that in her column, so do keep reading on!

I look forward to seeing you all on September 6. In the meantime, keep playing!

...

Creative Arts Club

BY CAROL KOVACH

Raku-Fired Pottery Workshop — Last July I took two one-week workshops conducted by Randy Brodnax and Don Ellis, at Sierra Nevada College in north Lake Tahoe (now the University of Nevada, Lake Tahoe campus).

Both workshops focused on a variety of

alternative raku firing techniques and glazes, including post-fire fuming, copper matte alcohol reduction, stannous chloride fuming and color crackle glazes. We brought bisqued pieces ready for applying glazes. Many of the pieces were fired in a gas kiln to 1800 degrees, taken out one by one and sprayed with stannous chloride and then transferred to a table-top sand-pit. Each piece was quickly placed on a piece of newspaper, covered by a metal can, and then oxygen was prevented from entering the can by pushing sand around the can, allowing each piece to oxidize.

My favorite decorating technique was using horsehair to produce delicate designs on a raku fired pot by gently holding strands of horsehair against a hot piece of pottery from the kiln. The horsehair "melts" creating soft black linear designs with smoky patterns and trails. Feathers were used to create additional effects. Small amounts of sugar were also thrown on the pot to add additional effects.

Another process involved wrapping a bisque-fired piece in aluminum foil sprayed with copper sulfate along with color enhancers (seaweed, coarse salt, pieces of copper from a pot scrubber). The foil saggar package was then wrapped tightly and crumpled to allow some foil to touch the piece. Packets were stacked in the gas kiln and fired to 1200 degrees. The foil burnt to tissue paper ash leaving a variety of muted earth tones.

Yet another technique involved finishing firing by literally blow torching pieces after watching the gorgeous colors from the glaze to develop under a Pyrex bowl!

...

Fine Arts Club

BY NANCY VAVUL

The Fine Arts Club is happy to announce its events and class schedule for September. From captivating painting sessions to insightful discussions, we have exciting activities lined up just for members.

On Monday mornings, dive into the realm of oils with Susan Edie. Discover the richness of oils as you learn traditional and contemporary oil techniques. Susan's skills will make each session an inspiring journey.

Monday afternoons, join us for the Acrylics class with Donna Self. Discover the versatility of acrylic paints and learn techniques that will bring your artwork to life. Donna's expert guidance will help you unleash your artwork.

If drawing is your passion, then join Pat Jordan on Tuesday mornings. Pat's engaging teaching style will help you improve your skills

(cont' on page 9)



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Neighborhood Watch/Citizen Patrol

BY LINDA VINCENT

Home safety tips for seniors — With a growing number of older adults living independently, it's increasingly important to make sure that they're safe at home. Falls, burns, and poisonings are among the most common accidents involving older people. Older adults who live alone may also become the victims of criminals who target older people. If you're an older adult living on your own, or care for an older person living alone, here's what you need to do to stay safe.

Keep emergency numbers handy ,
Always keep a list of emergency numbers by each phone.

- 911 • Poison Control: 1-800-222-1222
 - Family member or friend to call in case of emergency
 - Healthcare provider's office
 - Prevent falls
 - Don't rush to answer the phone.
- Many people fall trying to answer the phone. Either carry a cordless or cell phone or let an answering machine pick up.

• When walking on smooth floors, wear non-slip footwear, such as slippers with rubber/ no-slip bottoms or flat, thin-soled shoes that fit well.

Protect against fire and related dangers

- If there is a fire in your home, don't try to put it out. Leave and call 911. Know at least two ways to get out of your home.

- When you're cooking, don't wear loose

clothes or clothes with long sleeves

- Replace appliances that have fraying or damaged electrical cords.

- Don't put too many electric cords into one socket or extension cord.

- Install a smoke detector and replace the battery twice a year.

Protect Yourself:

- Keep your windows and doors locked at all times.

- Never let a stranger into your home when you are there alone.

- Talk over offers made by telephone salespeople with a friend or family member.

- Do not share your personal information, such as social security number, credit card, bank information, or account passwords, with people you do not know.

- Do not let yourself be pressured into making purchases, signing contracts, or making donations. It is never rude to wait and discuss the plans with a family member or friend.

Important Phone #'s to remember:

- Emergency 911, Non-Emergency Police, 774-5000. Sun City After Hours Emergency, 624-6811.

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

neighborhoodwatch@scrca.org

- Citizens Patrol Office – 774-3853 (8am-Noon), Tues/Thurs/Fri

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Governmental Affairs

BY MICHAEL WELCH

The Governmental Affairs Committee meet the 2nd Tuesday of every month in the Aspen/Birch Rooms at the Lodge.

July was the end of a busy legislative month. The GAC tracks Federal, State, and local legislation. The idea is to bring as much pertinent information that may affect the Sun City HOA and its resident. During this legislative recess we have the privilege to bring our representatives to our Ballroom and our Committee rooms to get the local updates of the agendas, from all the agencies. Next month September they will be back to their respective offices.

We have their staff members at each of our meetings through the year. Consider attending the Governmental Affairs Committee meetings, bring your questions, concerns and have an opportunity to meet with the staff members of these office holders.

Look forward to seeing you there!

Website Work Group

BY CHARLYN ROSS

The Home Stretch—Using horse racing vernacular, at the beginning of this year, Sun City Roseville “shot out of the gate” to begin the Phase A2 Project, remodeling the Fitness Center Dressing Rooms as well as the Creative Arts and Fine Arts Rooms.

Residents soon “settled into a good pace” after becoming familiar with the limitations of accessing the Fitness Center. Now, we are “rounding the final curve,” entering the “home stretch,” and looking forward to passing the “winning post” early in October. After 27 years of use, we will welcome this refreshing of our facilities, and most certainly, the return to easy access to the Fitness Center, all of which certainly deserve a “rose garland”.

Last July, the residents strongly voted to approve the next major project, Phase B, the expansion of the Fitness Center exercise area. However, we will have time to relax and enjoy the rewards of our Phase A2 race, before we “gear up” for the Phase B.

A reminder that information on all our remodeling projects is available on the Resident Website, www.scrs.org, from the “Under Construction” and “Strategic Plan” buttons.

You ought to be in pictures! — The Photo Gallery, a Resident Website feature, offers our Clubs and Groups the opportunity for their members and events to “be in pictures”. The link to the Photo Gallery is in the Community menu. After you access this feature, you will see “All albums” in green text, with an arrow at the left side. Clicking on the arrow opens the list of albums that have been set up for every Club and Group, as well as the Activities Department.

For example, “Timber Creek Women’s Golf” has used their album to feature photos of their current membership. The Cycling

Club and Hiking Group have filled their albums with photos from their many events over the years. Under “Activities” there are yearly albums with photos from the many Association events, like our 20th Anniversary Celebration in 2016 and “Grandparent’s Day” this past July.

Julia Schmunk, our Website Designer, can work with a designated member of your Club or Group, to initiate and maintain your album. She will post the photos provided by your designated member; however, they need to be in the correct format, i.e. .jpg, .jpeg, or .png. She can be reached by phone 916-774-3878, by email at julianns@scrca.org.

The “Suggestions” Button Works! — It has been reported that the “Suggestions” link, which has been added to the homepage has been quite active. There were 63 suggestions in the first three weeks.

The “Suggestions” button initiates the online form, which is used to submit a suggestion to the Association. Once received, the contents are reviewed, and the message is directed to the appropriate staff member.

However, should you have any Properties or Golf concerns, please submit them on the designated, hard copy forms, which are available from the Administration Office.

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

Ambassador Committee

BY LINDA NELSON

This month the Ambassador Committee has some turnover of its membership and leadership as most committees do. We are welcoming Donna Weiglet and Mary Porter to the Ambassador Committee membership. They are beginning in August. We are saying goodbye and a big THANK YOU to Mary Onodera who was chair of the committee for the year just ending. She was on the committee for a few years prior to becoming the chair. Also, we are saying goodbye and THANK YOU to Rosemary Dinse who was on the committee for several years and served as chair during the pandemic. She is moving on to be a member of the HOA Board of Directors. We wish both of them much success in their future roles. We are very grateful for their time and talents and follow up on many coordinating issues through the years. As most of you know the work of all of the committees is performed by volunteers. Latricia Nicholson will become the new Chair and Suzie Ladas will become the new Vice Chair. We will be having a goodbye and welcome get together to acknowledge the transition of membership and leadership.

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Bounce Back From Edema

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

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

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

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

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

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

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

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

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

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

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Fine Arts Club

(cont' from page 5)

and bring your drawings to life.

In the afternoon on Tuesdays, immerse yourself in the world of watercolors with Patricia Abraham. Unleash the beauty of this medium as Patricia guides you through various techniques and approaches to create watercolor masterpieces.

On Friday mornings, let Pat Jordan's relaxed beginners drawing class introduce you to the fundamentals of drawing and the power of lines, shading, and composition.

If you're looking for a unique and vibrant medium, join Sherry Bleiweiss for Friday afternoon Alcohol Ink class. Let your creativity soar as Sherry guides you through this captivating medium with vibrant colors and stunning abstracts.

Moreover, mark your calendars for our general meeting on September 14, when we will host guest speaker, Scott O'Connor. Scott will provide an insight into the happenings at the Crocker Museum. Be prepared for an enlightening talk of the art world.

For sign-ups and information about construction interruptions, visit the Fine Arts room. Don't miss this opportunity to expand your artistic horizons and connect with fellow enthusiasts. We look forward to seeing you in September.

...

Cinema Group

BY BRIAN SUTTON

Join us for the September movie...

"What's Up Doc?" (1972)

Directed by Peter Bogdanovich. Run time: 1 hour 34 minutes

The story involves two researchers, who come to San Francisco to compete for a research grant in music. At the same time, a woman has her jewels stolen and a government whistle blower arrives with his stolen top-secret papers. Then, there is the accidental mix-up of four identical plaid overnight bags, which lead to a series of increasingly wild and wacky situations.

Roger Ebert reported, "The strength of a movie like this is that you don't have to believe too much for too long, because there's something else happening."

The movie won the 1973 Writers Guild



Association, "Best Comedy Written for the Screen".

Laughter is guaranteed with stars like Barbara Streisand, Ryan O'Neal, Madeline Kahn, Kenneth Mars, and Austin Pendleton.

Movie Rating Websites: IMDB rated it a high 7.7; "Rotten Tomatoes" ratings were good at Critics 89% - Audience 88%

Friday, September 15, 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.

...

International Social Group

BY CYNTHIA SINDREY

One of our popular events, the "July 4th. BBQ" took place in July and was enjoyed by all who attended, especially the ribs that were grilled to perfection. The weather was HOT so everyone sat indoors. Traditionally we do not have entertainment for the BBQ, but since everyone was together they were missing some entertainment, so they just became social which is what we are all about.

It really worked out well, but we did have entertainment planned for our next event, which was supposed to have been honoring Germany with an October Fest, however, we had difficulty in finding a German caterer. The event has been changed to honoring Italy which will take place on Wednesday, September 27 at Sierra Pines beginning at 6:00pm. Yes, we do plan on having entertainment!

January 2024 has been reserved for "Bringing In The New Year" event, which has been the most enjoyed evening by our members and guests. It will take place at Sierra View Country Club which along with great food "John & Kristy Cocuzzi" will be there for us to sing, dance and enjoy.

Details of September and November events will have flyers showing prices and details. They will be e-mailed and post mailed to our members and will also be available on the rack in the Lodge.

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

...

Jewish Fellowship Circle

BY LOIS ARLEN AND KAREN LEVINE

A special thank you with appreciation to Diane and Ron Rishe for leading the Shabbat service and to Julie and Andrew Brasch for

hosting the Oneg in July.

Our annual Pizza and Bingo night was a lot of fun. Delicious pizza, salad and, of course, our members brought delicious desserts. We played several simple Bingo games and then the final game of "blackout".

The Book Club will be meeting on Monday, September 11, 2023 at 7:00 pm at the home of Diane and Ron Rishe. The book that will be discussed is All About Me by Mel Brooks.

Hard to believe that Fall is almost upon us. And with the Fall comes our Jewish New Year of the High Holy Days. Fun facts about Rosh Hashanah: Rosh Hashanah is the only Jewish holiday that begins on the first day of the Jewish month. There are several traditions in celebrating Rosh Hashanah: Candle lighting, Shofar blowing, Tashlich (the throwing of your sins into the river), festive meals, honey and apple eating and reflection and renewal. Following a day of fasting on Yom Kippur we will have our traditional Break the Fast dinner on Monday September 25, 2023 at 7:00 pm at Sierra Pines.

A wine trip to Lodi is being planned with a tentative date of October 19, 2023.

...

Roseville Stamp Club

BY TIM MILES

We'll get right to the Sept meeting dates which are held at the Sun City Roseville Lodge (7050 Del Webb Blvd) meeting rooms on Tuesdays at 6:30 pm. The dates are Sept 12th and 26th. As of the date of this installment, we haven't been assigned dates for the October meetings and so they will be listed as we receive them. From time to time, we have been putting out a list of available US stamps to save you time before attending the meetings. Al Raub (acraub.cal@gmail.com) has been sending the list out in an email so make sure Al has your correct email address. These lists will really save you a lot of time.

Al Capparelli (916-771-8288) has an evaluation session set up in his garage for Sept 21 and 22 but be sure and call first so things don't get too crowded.

We are also taking notice of the upcoming SACAPEX Stamp Show put on by the Sacramento Stamp Club. It'll be Nov 4-5 (see www.sacramentostampclub.org)

They usually get quite a few dealers, and they have everything up for purchase that you could possibly need.

Al Cap has several collections that we are breaking down and making available to members. Contact him and let him know what you are looking for and he'll take care of the locating and let you know.

Any reader who has an "old" collection stashed on the top shelf of the closet and wants to get a current estimate of value is more than welcome at our meetings. Bring the album and our members will give you a quick idea of value and you will be surprised. The meetings are usually over by 8:45 pm and there is a lot of info re: stamps, albums, pages, covers, hinges and anything at all of a philatelic nature.

...

Travel Club

BY PAM SCHEEL-HEMINGWAY

By the time you read this, the Summer Social, catered by "The Divine Grazing Boxes" will have been a huge success. Hope you didn't miss out on the "best hot dog you've ever eaten"! And how about those SCR Harmonicoots?!

Recently completed Travel Club trips include a Mississippi River cruise and the "Cowboy Country" trip to the northern national parks. As you can see from the photos, we had great groups for both of these trips! Up next is the September African Safari.



At our July meeting, Council member Andrea Norcia provided information about Collette's travel insurance plan and reminders about the lack of Medicare coverage when traveling abroad. Handouts from her presentation can be found on the Travel Club

(cont' on page 10)

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Travel Club

(cont' from page 9)

web page on the SCR web site.

Other trips available for booking for Travel Club members include:

Holland America Cruise/Quebec City to Boston – September 16 – 22 (Alamo)

Columbia River Cruise/Vancouver to Clarkston – September 24-October 1 (Alamo)

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)

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

Coming soon will be booking information for:

Amish Country+Philadelphia – May 2024 (Collette)

Iceland land tour-July 2024 (Collette)

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

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

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 September 25. Hope to see you there!

...

Conservative Action Group

BY SHERRI SCOTT

Pictured are three school age Moms giving the presentation during our August 7 meeting. They are actively involved in the NorCal Freedom Alliance and Moms4 Liberty



Placer County groups. The mothers in these organizations work with Roseville School Boards and others within the school districts to ensure all students receive a quality education.

Our next meeting date will be announced later.

...

SCR Computer Club

BY BARBARA EICHTEN

The General Meeting will be on the 4th Monday, September 25, 2023 at 10:00 in the Club Room. Bring any suggestions for future meetings.

Photo: Will meet on the 3rd Friday, September 15 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, September 11. The photos will be juried at the regular meeting. September's theme is "Flowers." Photos must be taken between January, 2020 and the photo

(cont' on page 11)

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SCR Computer Club

(cont' from page 10)

submittal date. Contact Dennis Studer or Jenni Ramirez for additional information.

Genealogy: Will meet on the 2nd Thursday, September 14 at 2:00-3:30 in the Club Room. BRING your device (iPad, Computer, if you can) and any materials you are using. We will have a short presentation to "get you started" on Family Search. You will work on your research with help available.

OPEN sessions are on Friday September 1, 8, 15, 22 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

• • •

Solo Friends

BY CATHY SCHIMANSKY

Our Sun City Solo Friends monthly meetings, small group gatherings and social dinners are opportunities to be with people who make you feel good and be grateful.

Our best Solo Friends members are not alone and unconnected but together and collectively experiencing good times with other true quality friends. Those many Solo Friends members who are cheerful and

energetic people are our group's biggest assets. We appreciate and admire the cheerful and energetic members who contribute time and talents to volunteer to help with our gatherings. These positive attitude members give of themselves; the energy they expend results in their "magically" feeling welcomed and happy. These happy Solo Friends members who volunteer their time are the reason that Solo Friends has grown to be such a successful and upbeat group. These much appreciated Solo Friends members learned that building friendships takes energy and work; the resulting feelings of acceptance and belonging fuels their happy and cheerful lives.

The August 26th Saturday night social featured a salad bar menu and entertainment by the Sun City Roseville Harmonicoots. The Harmonicoots performed earlier this year at a Solo Friends spring social so they are back by popular demand.

The September 16th Saturday night social offers a different format than our usual Saturday social dinners. The September social is a members' free-to-attend casual game and snacks evening; attending members will provide their own snacks and beverages while lead host Sharon Hearden will conduct table games.

The remaining Solo Friends social dinners

for 2023 will be on Saturday, October 21 with a Halloween theme, Saturday, November 18 with a Thanksgiving/Gratitude theme and finally the Tuesday, December 12 Winter Holiday theme.

• • •

Veterans and Patriots

BY GEOFF MARSHALL

Recently the Veterans and Patriots have been able to acquire some exceptional speakers who have and are contributing to the on-going security of this great country. Our speaker for the August general meeting was Lt. Colonel Richard Lang- Commander and U-2 Pilot of the 1st Reconnaissance Squadron. We were all excited to hear about the U-2 and its many iterations since it first went in service in 1958. Lt. Col. Lang didn't disappoint!



Vets and Pats Pres Geoff Marshall and Lt. Col. Lang (USAF).

On September 6th, at 10am in the Ballroom we will have from the Veterans Services Office of Placer County a new twist to the program. We will have guest speakers who will speak too and clarify the current Veterans programs that are available to the Veteran Community. If you or someone you know that is a Veteran, they won't want to

miss this meeting.

We are currently working on a Fall Dinner, hopefully on Oct. 8th, more to come in the near term.

On that note, we would also like to remind each of you that you don't need to be a member of the Veterans and Patriots Club to attend our General Meeting. Just bring yourself and a friend and enjoy the speaker, donuts and coffee and at the end of the meeting maybe win one of the four, or five raffle give aways by our great Sponsors.

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

• • •

SCR Democrats

BY MARISA BERNETTI

Our first "Donuts with Dems in the Park" was held on 8/5. Sun City Democrat Group was represented by Kathleen Crawford, Chair, Placer County Democrat Central Committee (PCDCC), Ann Neumann, Vice-Chair, SCR Democrats and several Group members.



Susie Philip, Ann Neumann and Kathleen Crawford.

(cont' on page 13)

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SCR Democrats

(cont' from page 11)

Our September 27 Speakers Series will be a presentation by California Department of Justice (DOJ) Community Outreach Specialist Efrain Botello, from Attorney General Rob Bonta's Office of Community Awareness, Response and Engagement (CARE). This presentation is intended as a follow-up to the June presentation by Nancy Appel of the Anti-Defamation League.

All members and guests are welcome to attend this presentation on Wednesday, September 27, at 9:30am at Sierra Pines.

New: Evening Meetings. The first is October 25th, 6pm check-in and lemonade social; 6:30pm meeting, speaker TBD.

Reminder: Dues (\$15/member) are due by September 30th. Join us!

...

Socrates Cafe

BY STEVEN GUSTAFSON

You've probably heard this famous saying by Benjamin Franklin: "...in this world, nothing can be said to be certain except death and taxes."

But what about mathematics? Isn't it certain that $1 + 1 = 2$? Surprisingly, the answer is NO! In mathematics, a proposition is certain if it can be proved true. Mathematicians have shown that no such proof is possible for $1 + 1 = 2$ using the rules of logic (logic is a branch of philosophy).

So, Benjamin Franklin could be right---the only 100% certainties are death and taxes. But what about things that are highly likely but not certain? For example, freedom of speech is likely desirable in most situations, but certainly not all — a Supreme Court Justice once said that you are not free to falsely yell "fire!" in a crowded theater.

At Socrates Cafe we (usually over a dozen of us) discuss a range of topics in the "likely but not certain" category... In September we'll meet on Monday 11 September at 10:00 in the Timbers Aspen/Birch rooms. You are welcome to join us.

...

Mantra Meditation Group

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.

By the process of mantra meditation,

our mind and heart are gradually purified of all kinds of worry, hankering and deep-seated fears. We begin to experience an ever-deepening inner peace, happiness and increasing insights into life. 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. Bring a friend and come make new ones.

Here are the dates and locations for our upcoming meetings:

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

Friday, September 22nd: 1:30pm - 2:30pm in the Spruce Room at Sierra Pines

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

...

Healthcare Professionals Group

BY LINDA GORDON

The Healthcare Professionals Group is growing. Calling all past and present Healthcare Professional to join us. We are a new but very congenial group with members from various Healthcare professions. We allow for plenty of time to get to know each other, to enjoy a speaker and to have lunch.

Our next meeting will be on Wednesday, September 6, 11:00am-1:30pm in the Ponderosa Room in Sierra Pines. Our speaker will be Lisa Robinson, General Manager of the Roseville Health and Wellness Center. She will speak about "Healthy Aging Through Strength Training." Lunch will be served. The cost is \$10. We must have your RSVP for the meeting for setup and food. RSVP by September 1 to Linda Gordon, information shown below.

Due to construction in the Fitness Center our Blood Pressure Clinic is on hold. We hope to resume this on the 2nd Wednesday of each month in the fitness Center when construction is completed. Stay Tuned for more info.

For more information, to get yourself on the mailing list & RSVP to the meetings contact Linda Gordon at garlind77@gmail.com or 510-813-7815 (call or text).

...

Rods & Relics

BY ELNA RAGAN

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

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

vehicle owners.

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

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

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

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

...

Birders

BY JANET MORELLI

SCR Birders have posted a new schedule of planned birding field trips on the Birders Group website for the months of September 2023 through May 2024. On September 21, Birders will be going to Veterans Park/Pleasant Grove Creek Trail and the next trip, on October 5, will be to Ferrari Ponds in Sun City Lincoln Hills.

SCR residents who have had their email address added to the Birders' mail roster will receive an email approximately one week before each trip informing them of the meeting place and time, estimated duration of the trip and walking distance to be covered plus other information regarding carpool and refuge/park entrance fees and lunch arrangements (if any). To be added to the roster, SCR residents should call Janet Zeitman, 916-771-5235 or Janet Morelli, 916-782-6393.

The Yellow-billed Magpie, a noisy member of the crow family, has the distinction of not being found in any other part of the world but in California's Central Valley and some coastal valleys. Black-billed Magpies, on the other hand, are found in places throughout the world except for ranges occupied by the yellow-billed species.

Other than its yellow bill, this black/white

bird has a yellow patch of skin surrounding its eyes, an unusually long, sometimes iridescent green tail, and a white belly. It feeds primarily on the ground with members of several colonies, eating insects, but also enjoying fruit, nuts, bird eggs and carrion. It nests in loose colonies with one domed communal nest, made with sticks lined with mud and finer materials placed 45-60 feet high in a tree.

Yellow-billed Magpies have managed to survive a recent extinction threat: the West Nile Disease. In the early 2000's, spread by mosquitoes, the disease killed half of all species members. Fortunately, their numbers have been increasing each year since then.

...

Garden Club

BY SUZETTE AUSTIN

Our meetings resume on September 5 at 6:15 at Sierra Pines after taking July and August off. Karen Covey, Placer County Master Gardener since 2007, will be our speaker. She is currently the Project Leader for the upcoming Demonstration Garden at the Loomis Library. Karen's presentation will focus on the current design, plant palette, and the status of the demonstration garden at the Loomis Library. We invite all to join us, meet fellow gardeners and enjoy cookies.

Julie Barbour will be our speaker for our October 3 meeting. Julie grew up in Northern California and received her Bachelor's from UC Davis. She is a long time UC Master Gardener and Composter and has many years working in the retail nursery trade. 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.

Remember dues of \$10 per year are due at the September meeting and the registration form must accompany dues. You can find the form on our website or in the the Garden Club information slot in the lobby kiosk, or we'll have them at the meeting for you to fill out.

Garden Club meetings are on the first Tuesday evening of each month. Doors open at Sierra Pines at 6:15 pm, our meetings begin at 6:45 pm and end by 8:15 pm. We invite you to join us.

...

(more Club News cont' on page 15)



Yellow-billed Magpie

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SCR Hiking Group

BY SILVANA HUGHES

Hiking presents an opportunity to break away from our busy lives and numerous responsibilities, and to reconnect with nature as we take in the beautiful landscapes of the Sierra Nevada mountains where most of our hikes take place. Many of our hikers are avid and talented photographers who capture the beauty of the places and things encountered along the way. They send their photos to our fellow group member William Haley who then expertly identifies the vistas and the various plant species, flowers and occasional butterflies, and curates the Hiking Group's collection of photographs that are posted to the SCR photo gallery. Many thanks to the photographers and to Bill Haley for making these beautiful photographs available for all to enjoy!



Below are the scheduled hikes for September (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, lunch, plenty of water, sunscreen and insect repellent. A detailed schedule is posted on the SCR website.

September 7: Mount Judah, rated #6 (difficult), 6 miles, elevation gain of 1300 feet, \$12 carpool ride.

September 14: Round Lake Trail to Round Lake & Milk Lake, rated #4.5 (easy to moderate), 5 miles, elevation gain of 700 feet, \$12 carpool ride.

September 21: Rubicon (Emerald Bay to DL Bliss), rated #4.5 (easy to moderate), 5.75 miles, elevation gain of 650 feet, \$12 carpool ride.

September 28: Loch Leven via Salmon Lake, rated #5 (moderate), 5.75 miles, elevation gain of 700 feet, \$10 carpool ride.

• • •

Cycling Group

BY SUZETTE AUSTIN

Steve and Elizabeth Gustafson hosted a Koffee Klatch on August 7th on their beautiful patio. We wish to thank the Gustafson's as well Bill Swayne and Ann White, Gerri and Jim Junso and Pete and Dee Franz for hosting Koffee Klatches this summer.



Our Club celebrated a "LuWOW," a Hawaiian themed catered dinner on Sunday, August 20 at Sierra Pines. Members and guests wore Hawaiian attire, and we played games and enjoyed tropical music. We dined on Chicken Kabobs, Kailua Pulled Pork and other delicious side dishes and desserts.

The Cycling Club welcomes everyone to try our Rovers Rides. You don't even need to be a member of our group; the only requirement is that you must wear a helmet. Though the focus is on new riders, everyone is welcome. Rovers Riders meet and depart at 8:30 AM from the Tennis Courts on Sundays. These rides are about an hour in duration and average 10 mph. They ride on Sun City streets and local bike paths, avoiding heavy traffic and focus on basic riding skills, rules and etiquette of the road as well as simple maintenance. Just show up or contact Jeff Holland or Wendy Appleby for more information.

Our Club regularly meets on the third Monday of each month at 8 am in Sierra Pines. Our next meeting will be on October 16. Watch our Cycling Group website for news on all our rides and upcoming social events.

• • •

Cornhole

BY STEVEN GUSTAFSON

In Sun City Roseville, we play cornhole at the "Senior distance"---21 feet between the fronts of the cornhole boards.

This differs from the tournament distance of 27 feet, but it is allowed for those over 65 according to official cornhole rules.

For those over 80 there is the "Super Senior Distance"---15 feet. At this distance my 10-year-old granddaughter beats me almost every time!

The bottom line is that cornhole can be enjoyable for almost everyone. Currently,

about a dozen of us have a great time playing every Tuesday at 9:00 on the Sierra Pines horseshoe lanes.

You are welcome to join us.

• • •

Bocce

BY DAVID MOORE

Warm summer weather hasn't deterred Sun City Roseville Bocce Club members from heading to the courts.

A mixed blind draw tournament was held on Saturday, August 2 which was the first official play on our two new bocce courts.



First place was taken by Ken Lane, Susan Moore and Pete DiLanardo. Second Place was won by Mike Foote, Arlene Lizotte and Mike Christy while third was taken by Bill Pagano, June Woodland, Kenny Smith and Aud Bair.

Forty players turned out to participate in the Pick Your Partner Mixed Tournament on a very warm Saturday, July 22.



Medina Lane, Ken Lane, Dawn Haskins, and Ron Brower won first place. Sydnee McKinney, Jack McKinney, Vicki Pagano and Bill Pagano took second place and Third Place. Bill Dunk, Bobbi Dunk, June Woodland and Paul Keck finished third.

A lot of fun was had by the kids, grandparents and Bocce Club volunteers who participated in Grandchildren's Day on the Courts. Teaching six-year-olds how to play bocce was an amusing endeavor as was watching most of them throwing the ball using two hands. Some of the older kids said they

really enjoyed bocce and they seemed possible future club members in another half century if they move here.

Following the games, a hot dog lunch was served on the bocce patio with entertainment provided by a magician.

Looking ahead, the Fall mini-leagues begin on September 6 and continue through October.

• • •

Croquet Club

BY ROSA VOLERE

What's going on with the Croquet Club? It's pretty much business as usual... or should I say, "fun" as usual. It appears we have new groups playing at various times throughout the week and some members playing several times per week. It's great to see such enthusiasm among our members.

Here's hoping that that enthusiasm extends beyond the court. Because our club is shrinking, it is so very important for us to encourage our friends, neighbors, and community members to consider joining the Croquet Club. This game does not require the physical demands as many other games, like tennis, pickleball, and yes, even golf. It is much easier on the body! But it is very challenging and requires skill, strategy, and execution. And no matter what level of play you achieve; it is lots of "fun". So, members, get out there and enthusiastically recruit!

Our "fun" extends off the court, as well, with our quarterly meetings and socials. While these meetings are considered "business" meetings, and we do conduct what's necessary to keep the club operational, such as budget planning and election of officers, we also throw in some "fun". Besides some good "eats" planned and served by Debbie Phillips, Sally Wander and their crew, there is usually some sort of game played to keep everyone involved socially which generates lots of laughs. So, "fun" is the name of the game... on and off the court.

As the summer draws to an end, we look forward to the cooler fall weather when our outdoor activities are limited only by the daylight rather than the more restrictive heat. But whatever you do, have "fun", stay healthy, and be safe. Blessings to all!

• • •

Pickleball Club

BY ANNE BURNEY

The Pickleball courts have been busy this summer with early morning play but also lots of folks coming out and drilling and playing in the evenings. We have 10 new members

(cont' on page 19)



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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	\$1,448	\$1,724	\$2,398
Mar 9, 2024	\$1,238	\$1,473	\$2,048
Apr 4, 2024	\$1,248	\$1,485	\$2,398

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

***LINCOLN SHUTTLE TO SHIP AVAILABLE!**

11 DAY ALASKA From SFO! PRINCESS

Crown Princess ~ 3080 Passengers

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

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

***LINCOLN SHUTTLE TO SHIP AVAILABLE!**

10 DAY MEXICO From SFO! PRINCESS

Crown Princess ~ 3080 Passengers

Dec 12, 2023	\$768	\$933	\$1,098
Jan 23, 2024	\$749	\$899	\$1,379
Feb 7, 2024	\$749	\$899	\$1,379
Mar 25, 2024	\$749	\$899	\$1,379

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

***LINCOLN SHUTTLE TO SHIP AVAILABLE!**

16 DAY MOROCCAN & IBERIA PASSAGE PRINCESS

Sky Princess ~ 3660 Passengers

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

22 DAY GRAND MEDITERRANEAN PRINCESS

Enchanted Princess ~ 3660 Passengers

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

15 DAY PANAMA CANAL PRINCESS

Island Princess ~ 2200 Passengers

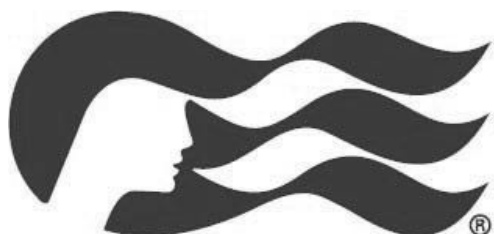
Jan 4, 2024	\$1,098	\$1,307	\$1,968
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Ruby Princess ~ 3080 Passengers

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

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



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Celebrity Edge ~ 2918 Passengers

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	May 31, 2024	\$698	\$799	\$1,449
	Jun 21, 2024	\$749	\$879	\$1,399
	Jul 19, 2024	\$949	\$1,049	\$1,549
	Aug 16, 2024	\$749	\$950	\$1,399

12 DAY CANADA & NEW ENGLAND CELEBRITY CRUISES

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.

	Sep 8, 2024	\$1,489	\$2,275	\$2,275
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14 DAY EUROPE REPOSITION CELEBRITY CRUISES

Celebrity Apex ~ 2910 Passengers
Sail from Fort Lauderdale to London (Southampton), England visiting Ponta Delgada, Azores; Cork (Cobh), Ireland; Dorset (Portland), UK; Brussels (Zeebrugge), Belgium; Southampton (London), England.

	May 2, 2024	\$1,187	\$1,240	\$1,299
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10 DAY SOUTHERN CARIBBEAN CELEBRITY CRUISES

Celebrity Equinox ~ 2850 Passengers

Sail round trip from Fort Lauderdale, Florida to Georgetown, Grand Cayman; Willemstad, Curacao; Oranjestad, Aruba; Kralendijk, Bonaire; Fort Lauderdale.

	Jan 18, 2024	\$1,045	\$1,394	\$1,499
	Feb 24, 2024	\$1,045	\$1,299	\$1,699
	Mar 14, 2024	\$1,036	\$1,161	\$1,299

15 DAY BRITISH ISLES EXPLORER VIKING CRUISES

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.

	Apr 5, 2024			\$7,999
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15 Day GRAND EUROPEAN TOUR May – December 2023 - 2024 \$4,299

Viking Longships ~ 190 Passengers
Package Includes your home to the Sacramento Airport Transportation, round trip Sacramento Airfare, Airport Meet-And-Greet with Transfers from the Airport to the boat, your 15 Day Viking European River Cruise through France, Germany and Switzerland in standard accommodations with a window, all meals on board the boat AND daily sightseeing! Ask about higher category staterooms like a French Balcony or Veranda stateroom. Call for availability.

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Pickleball Club

(cont' from page 15)

that joined Pickleball last month. Welcome to Sandi Nordquist, Ron Crane, Joanne McHugh, Richard Campagna, Michael Ross, Richard Edson, Marianne Daly, Debbie Titensor, Kevin Conway, and Ray Fellows.

In July Sun City celebrated our grandkids with "Kids on the Court" day. There were over 50 kids that came to the Pickleball courts for instruction and lots of play. Both instructors and grandkids had fun.

Last month the club held a beginner pickleball clinic for new members wanting to learn how to play pickleball. There were eight new players who were taught basic skills like serving the ball, returning a serve, and dinking the ball. At the end of the session attendees could keep score and play out a game.

Here are eight helpful Pickleball tips to



help improve your Pickleball serve: Make contact with the ball under your belly button, find a large target and aim, relax your body, use your shoulders to swing, try serve deep, rely on your core muscles, don't step into court after your serve, and practice, practice, practice.

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.

...

SCR Softball

BY BOB MONTALVO

Let's recognize two new SCRSSC officers who were elected at the August 2 member meeting, and two current officers who will serve another term in 2024. Frank Tom will serve as club President, Rich Muentner is the new Vice President, while Richard Epting will continue as Treasurer and Gary Gregson will continue as Secretary. Frank is assuming the role that was ably carried out by John Woodbury this year. When asked for a comment, our outgoing president said, "It was my pleasure to lead a club with great members and so many people contributing." I'm sure I speak for many who want to thank John for his leadership, and for a job well done.

Looking ahead to the 2024 season, it's good to know that the SCRSSC is fiscally healthy. As you may know, new uniforms/hats were purchased for the 2023 season at a cost of \$3,000. According to our treasurer, we currently have over \$2,500 in the bank, with no significant debts left to pay before the 2024 player fees start coming in. With continuing support from our sponsors, our club will start next season in great shape. It's hoped that all our players will stay physically active during this off-season, so they will also be in good shape. Do be sure to stretch and walk daily, eat healthy foods, and maintain your social relationships.

...

SCR Tennis Club

BY DIANE BARNETT

Welcome September! We hope you dropped by the 3 Sports Courts on August 28 to see 69 (or more) Grandkids on the Tennis, Pickleball and Bocce courts learning some basic skills from Club members who volunteered their time and efforts to make this one of the most successful Grandparents Days ever. Pictured are Tennis Club members Ray Barnett and Nancy Kacey demonstrating



to the youngest group of grandchildren (6-8 years old) how to grip, swing and hit tennis balls. Thanks to our members who donated a variety of tennis racquets for the kids to use and to our 13 members who volunteered their time teaching 3 different age groups of grandkids basic tennis skills and running some tennis play time. The Tennis Club thanks Sharon Mowry and Beth Acre for all their efforts in putting this successful event together. Last but not least our thanks to John Desmond, Nancy Kacey and Terry Armstrong who took lots of great pictures.

The Tennis Club General Meeting was held on August 2 followed by the annual "free" pizza party for Tennis members that had paid their dues for the upcoming year. Pizza, salad and dessert was served by the Tennis Social Committee for all to enjoy. Pictured and introduced at the meeting is the Sun City Roseville SATA (Sacramento Area Tennis



Association) Team led by Captain Nancy Kacey and Co-Captain Michelle Weeks. The team is ending Summer League and is currently in 3rd place. The Team will be entering the SATA Winter League. Contact Nancy for further information.

Susan Pankopf announced that she is beginning a women's Round Robin tennis group on Tuesdays to replace women's Tuesday drop-in. She is forming a list with subs and will set up foursomes to play. Contact Susan for more information. Remember to stay hydrated!

...

Table Tennis Group

BY DON WOODS

Members of the Sun City Table Tennis Group will be enjoying some upcoming fun events. These events will be open to all Sun City Residents to enjoy and participate.

We have been accustomed to playing table tennis as doubles at our regular play times on Tuesdays, Thursdays and Saturdays. In doubles, two players compete against two other players. What is being proposed is to



have singles events within our group on a once-a-week basis. A "Ladder" system of play would be used to match players based on their level of play. One player would be matched with another player who plays at the same level of play. The "Ladder" permits a player to compete with/against other players with whom he/she may not have played before. It's a very social happening allowing one to get to know other members even better and develop their table tennis skills. Sounds like fun!

We are setting up an automated "Pong" machine which will help build paddle skills at hitting the ball more correctly. The "Pong" machine is set to deliver balls in regular and consistent succession. The player can set the controls beforehand at the control box. The machine can be loaded with different programs so as to enable the ball delivery according to one's own preference. This would include topspin, backspin, right sidespin, left sidespin among others.

The machine also has a net in the opposite direction for catching the returning balls for play.

A video of the Pong machine performance can be seen here:

Siboais table tennis machine ping pong machine - YouTube

Come and join in on the fun and activity with our Table Tennis Group. Our meetings are at Sierra Pines - Tuesdays and Thursdays from 2:00 pm to 5:00 pm. On Saturdays we meet from 9:00 am to 12 noon.

...

He & She Golf Club

BY JULIE HARRIS

This is not meant to sound like a broken record, but we are still looking for 2024 Board members. This is not a big commitment, just a little bit of your leisure time. For more details, please reach out to one of the current board members listed on the He & She Golf Club website. This is a great way to meet more members and get involved in your community.

The Fall event is right around the corner so be sure to save the date of October 9. There will be a fun dinner event at Sierra Pines. Watch your email for more details.

The tournaments at Timber Creek and Sierra Pines have different game formats each time. The tournaments have too many winners to include in this article but here are just a few of our leaders from the July 24 tournament:

18 Holes at Timber Creek

1st Place: Barbara & Gary Mills and Ken & Karen Shahoian \$8 each

2nd Place: Julie & Steve Harris, Steve Hennessey, Jerri Lehnhoff \$7 each

Closest to the pin

Ladies: Julie Harris 8'5" \$5

Men: Steve Harris 2'3" \$5

This is probably not the first time, but it is noteworthy that both husband and wife won the closest to the pin on the same day. Go Harris's!

9 Holes at Sierra Pines

1st Place: Michael & Pam Hemingway, Paul & Deb Gassen \$6 each

1st Place: Marty & Bob Hostler, Bill Pagano & Candi McDonald \$6 each

2nd Place: Jay Dameron & Geri Womack, Fred Festersen, Charlotte Johnson \$5 each

Closest to the Pin —

Ladies — 1st Place: Deb Gassen 2'6" \$5

2nd Place: Heidi Gangaware 11' \$3

Men — 1st Place: Jay Dameron 11'9" \$5

2nd Place: Michael Hemingway \$3

...

Sierra Pines Ladies Golf

BY PAM SKARG

Hello September thank you for the reminder of how beautiful change can be. The subtle change in color at Sierra Pines this month tells us that fall is upon us. This is a perfect time to get out and enjoy the beauty, weather, and golf.

Ryan Citarella, the teaching Pro at the Timbers, joined the Lady Niners on July 26 for a morning of golf as the ladies tried to "Beat the Pro". Drum roll please!: our Pro posted a 37, the ladies who posted less were: Janet Zeitman 31, Kathy Hagiwara 34, Pam Hemingway 34, Carolyn Pittman 34, Joan Rose 34, Valerie Wilson 34, Pat DeCroix 35, Heidi Gongaware 35, Gail Hixson 35, Roberta Hostler 36, Jan Rivera 36, Karen Shahoian 36 and Stephanie Tran 36. Way to go ladies!!

The Maintenance Crew at Sierra Pines have done an outstanding job at keeping the course in tip-top condition and to show them their appreciation the Lady Niners served them ice cream at noon on July 26 and as they entered the room, the ladies gave them a standing ovation. There were a lot of smiling faces.

An enjoyable morning of golf was held at the Timbers on July 19 for the 9/18-Hole Mixer. It's always fun to join our sister golfers at their home course. Congratulations to the winners:

First Place: Cindy Gray, Karen Shahoian, Shirley Libis and Mary Chittick

Second Place: Cindy Murphy, Claudia Schnarre, Sandra Morea and Sherrill Pahl

Third Place: Marsha Suter, Christina Leaman, Maureen Nutter and Carolyn Pittman

The Most Improved Players for July:

First Flight - Karen Shahoian

Second Flight - Joan Rose

Third Flight - Carolyn Pittman

Fourth Flight - Pat Horning

Player with Chip-Ins for July:

July 12 - Roxanne Warlow - Hole Two

Gloria Nelson - Hole Two

July 26 - Deb Gassen - Hole Nine

Valerie Wilson - Hole One

Shelly Weisman - Hole Six

Jan Rivera - Hole Five

Players with Birdies for July:

July 26 - Jan Rivera - Hole Five

Christina Leaman - Hole Nine

An up-and-coming tournament is the Club Championship to be held September 25, 27 and 29. More information next month and who wins the Championship.

...

Timber Creek Women's Golf Club

BY NANCY LABRADA

We are happy to welcome new member Marianne Daly who moved to Sun City August of 2022. She came to California from Charleston, South Carolina in 2018. She has been playing golf for 15 years. Marianne enjoyed careers both as a Flight Attendant and a Special Education teacher. Her Big Sister is Marsha Suter.

Our 9/18 Mixer hosted by Robin Shafer and Linda Stenvick was held on July 19. What a great turnout and wonderful way for the 9-hole players and 18-hole players to get together. Congratulation to our overall winners, Cindy Gray, Shirley Libis, Mary Ann Chittick and Karen Shahoian. We enjoyed an outdoor lunch at the Bocce court. Thanks to Bobbi Dunk for helping with the luncheon.

Our Most Improved Players for July are Susan Green (1st Flight); Julie Harris (2nd

(cont' on page 20)



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Timber Creek Women's Golf Club

(cont' from page 19)



Flight); and Karen Shahoian (3rd Flight). Congratulations!

The NCGA held an Open Play Day at Valley Hi Country Club on July 25. 11 of our members represented our club and three were winners. Hats off to JoAnne Gregson, Diane Dooley and Karen Shahoian for making us proud.

There will be a General Meeting September 19 at 1:30 pm in the Aspen/Birch rooms. All members are invited to attend and hear what is going on with our Club.

...

Timber Creek Men's Golf Club

BY GARY BECKMAN

Things have been heating up with the Timber Creek Men's Golf Club and we are not talking the weather! At the time of this publication, we will have just wrapped up our second Club Championship event of the year, the Match Play Tournament which takes up to 6 golfing days in the month of August to complete! Please check our website to see the results.

Coming up, we are looking forward to one

of our biggest events of year: our Member-Guest Tournament which takes place on September 22nd and always has a full field so be sure to talk to your bestie and sign up early. This is a great event not to be missed!

At the time of writing this article, our 12 person NCGA Team is in a heated battle to go to the next level of playoffs. We also have (2) two-person teams playing in NCGA Tournaments. Hopefully we can report good news in our next newsletter!

We have had a great CVS season this year, playing 10 courses around the area, and getting some great food to go along with the fun and challenging golf! The last event is at Timber Creek on September 11 and the Men's Club is hosting so we will need a number of volunteers to help out.

We also have RAMP ongoing in September with the Lakes on the 7th, Oaks on the 14th, and the Pines on the 21st. All start at 7AM 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 September 6th in the Ponderosa Room at the Pines. We hope to see you all there!

...

Golden Niners

BY RALPH FRIEND

This month's featured Golden Niners' is Rich Muentner. You may already know Rich, as he participates in bocce, pickleball and softball, in addition to belonging to the Golden Niners. I asked him why he joined the Golden Niners and he said he had heard "good things" from friends about the club and he wanted to play 9 holes of golf in addition to the 18 holes he

(cont' on page 21)



"My family is very thankful for the care and kindness given to our Dad."

Amy, Daughter of a CountryHouse resident

When reflecting on her father's time at CountryHouse, Amy said knowing he was always in good hands brought the family immense comfort. The little moments of joy each day—like a cooking project or bus ride—are what their dad loved most.

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Golden Niners

(cont' from page 20)

was already playing. He likes the "casual", fun attitude of the group.

Rich has been married 41 years and he has two children and 3 grandchildren. His son and family live in Roseville and his daughter and her family live in Sacramento. Prior to moving into our Sun City community, Rich and his wife lived in Roseville. He knew about Sun City and he wanted to be a part of it. He has lived here for 2 years now and he hopes he will live here for many, many more!

Rich stated that he is very appreciative for the time that people gave to our community in the past and he wanted to thank everyone who volunteers their time currently to make Sun City Roseville great!

Remember that all of the Tuesday winnings go to the pro shop, where credit is issued in your name. The following players were our "top ten" for July: Stan Johnson - Mark McGushin - \$33
Jeff Mattimoe - \$31
Walt Bromby - \$29
Dwight Rose and Paul McWilliamson - \$27
Robert Ange and Howard Sandler - \$26
Ray Seamans and Rich Forhan - \$25

...

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 Bob Cecil was on the winning team every week. Congrats to Bob.

Winners of the tournaments in July were:
July 4 - 9 Ball: No tournament due to the Holiday

July 11 - 8 Ball: Bob Cecil & Chuck Vermette

July 18 - 8 Ball: Bob Cecil & Jerry Crosby

July 25 - 8 Ball: 3-way Tie: Bob Cecil & Ken Neal, Ron Judd & Gene Ballard, Jerry Crosby & Bill Stephens.

...

Mah Jongg Club

BY CATHY FLUELLEN

It's so nice to see our new members enjoying the game of Mah Jongg. It takes a while to learn all the rules and the more you play the better you get. Becoming familiar with all the hands on the card can really help your game. Be bold, try a hand you haven't tried

before. Don't stick with one group, and watch what your opponents are playing.

There are also other mediums that can help. YouTube has tips, lessons and instructions on strategy. There are several books on Mah Jongg on Amazon. And what I like best is playing a real game on the computer. On www.RealMahJongg.com you can play a game with either real people or the computer. It is free for a short period of time, then a month fee. There are also free programs too. Just google mah jongg games and make sure it is the American Mah Jongg game.

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.

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

...

Bridge Club

BY MARGE PFEIL

Hello everyone and welcome to the Bridge Club. Have you ever wanted to learn to play bridge? Now is the time to sign up for our beginning bridge, taught by Susan Pankoph, ACBL Ruby Life Master. These classes will begin September 13th from 9 to 11 in the Card Room, and continue every Wednesday for 8 weeks. Please email Susan @ sndpank@gmail.com to sign up.

Upon completion of the 8 weeks of lessons, the natural progression would be

to join the weekly social game, led by Willi Williams on Thursday mornings from 9 to 12, again in the Card Room.

A duplicate bridge game called Fun and Friendly, is played on Wednesdays from 12:30 to approx. 4pm, again in the Card Room. Another duplicate game will be on Mondays, again from 12:30 to approx. 4 pm at the Pines.

The game of bridge is especially great for seniors, keeping our brains active and engaged while having fun and meeting new people.

Hope to see you at the bridge table.

...

Bunco

BY PAT OBERLANDER

We hope you will be joining us at Bunco on the 2nd and 4th Monday of each month. Sign in starts at 8:30 am and we start playing at 9:00 am. Good way to meet neighbors and lots of fun. We'd love to see you. We're in the card room at Timber's Lodge. You don't have to commit to every time, but once you start, you'll be hooked.

Winners for July 10: Helga Herrington, Pat Oberlander, Jackie Spencer, Geri Pankyo, Nora Bork.

Winners for July 25: Jackie Spencer, Geri Pankyo, Terri Lane.

...



Bunco Winners!





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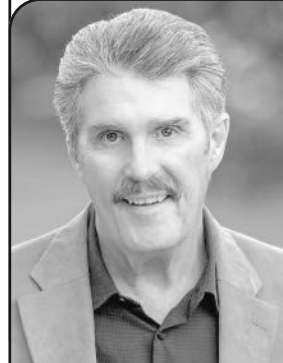


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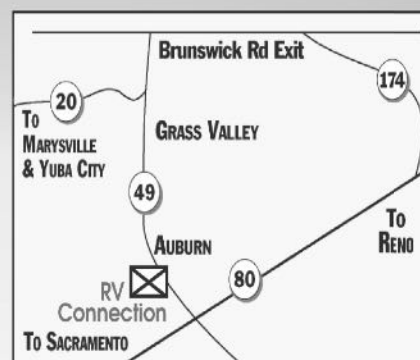
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Observations on air-conditioning...

BY MARTIN GREEN

The Weather: Last winter it was pretty wet as atmospheric rivers were causing storms over California. This summer it's been pretty hot, not only in California but pretty much everywhere in the world. I asked my artificial intelligence (AI) app as to why this was so, but it told me it didn't have the latest information, so I went to Google, which can provide an answer to just about everything. The short answer was that it's the result of "natural variations within the climate system and human-caused climate change with a hefty serving of El Nino thrown in." Aha, our old friend El Nino; might have known that would be involved.

Luckily, someone invented air-conditioning so we can make it through the hot days. But what did people do before air-conditioning? The ancient Egyptians hung wet reeds in their windows and the breeze would blow through the water-soaked plants and send cool air into their dwellings. The Romans would have cold water from their aqueducts pumped into pipes in their walls. Someone in China invented a human-powered rotary fan that was used to cool members of the Emperor's court. Good to remember these things if your air-conditioner conks out, during the hottest day of the summer of course, and the air-conditioner company is so busy it can't get to you for a few days.

I remember that when I was a kid growing up in the Bronx we didn't have air-conditioning but we'd go to the movies, which did, every Saturday to spend a few hours watching the news, serials, cartoons and films. Some summers we would get out of the hot city by what was known as "going to the mountains," which meant going to a bungalow colony in upper New York State where families shared kitchens and conditions were primitive, but it was cooler. If we didn't go to the mountains that summer, we kept our windows open at night and some people slept out on fire escapes. My grandfather had a little house in Brighton Beach and my mother would take me and my sister there via an hour's ride on two subways, but when we got out, we could feel the cool ocean air. All in all, I'm glad we now have air-conditioning!

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

Ada Hale

(cont' from page 1)

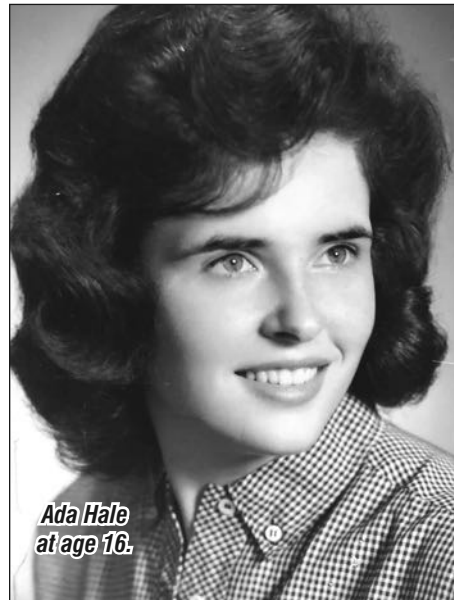
Ada was awakened by a phone call from the hospital. She went downstairs and looked out the window at the beautiful falling snow. Her five children were asleep upstairs. The voice on the phone said, "Your husband took his own life." She buried her husband on Christmas Eve day.

Years later, the same horrific illness took her son, Steven. "My heart goes out to any and all families who have ever experienced this debilitating and deadly disease," says Ada. "No one should ever lose a child." When her son died, Ada reflected, "I thought I knew what pain was, but I didn't. I didn't want to recover from this loss. But God had other plans. My four magnificent children saved me."

Ada's way of coping with grief and pain was to reach out to others. She started a support group for families who suffered similar losses. She also did volunteer work answering hotlines at suicide prevention phones in Burlingame.

Always working on herself, she read dozens of self-help books by favorite authors like Louise Hay, Wayne Dyer, Melodie Beattie, and Don Miguel Ruiz who wrote the Four Agreements. She also spent many hours in Twelve Step groups and attended numerous self-awareness workshops on weekends. Today she treasures every hour she spent attending these meetings and reading these books because they helped her truly love herself.

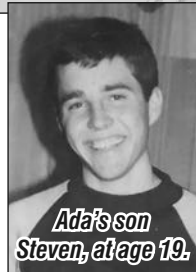
Ada and her family moved to Menlo Park in 1976 when she went to work for the Menlo Park Chamber of Commerce as an office manager. After a few years, she was approached



Ada Hale
at age 16.



Ada Hale's surviving children — Circa 2017.



Ada's son
Steven, at age 19.

by the head of a publishing company to become a commission-only salesperson. She accepted that position and that's when she found her true calling. She did it successfully for twenty years. She even received an all-expense paid trip to Curacao, a Dutch territory in the Caribbean, for a job well done.

In addition to her day job, for fun, Ada acted as an extra in two movies, "Beverly Hill Cops," and "The Sister Act" which, was filmed in San Francisco. She also became a print model and even landed a national television commercial for Sine-Aid headache tablets.

With her flexibility in commission sales, Ada was able to do quite a bit of traveling. She went to New York and saw The Lion King and to the UK where she took private tours of each theater. For her 50th birthday, she spent a month in Trinidad and Tobago, and even went to Brazil with a group led by editor-

in-chief of Essence magazine, Susan Taylor. Part of the trip was to deliver school supplies to children. The other part was attending a surprise workshop given by Iyanla Vanzant, an inspirational speaker, author, life coach and TV personality.

When she lived in Menlo Park, she had bought a beautiful custom-built home. "It was the best single investment I ever made," says Ada. "It allowed me to retire at age 59 and move to Sun City Roseville."

During her first three years here, she worked for Home Instead, where she did homecare for two clients in SCR. One of her favorite patients had Parkinson's disease, so when his wife went shopping, Ada would pull his wheelchair next to her chair and they'd follow an exercise tape on TV together. "He taught me how to bet on horses," she recalls. After that, she went on a bus trip to a horse race and, using what he taught her, won a trifecta.

Ada dove right into living an active life at SCR. During her two terms serving as a Sun City Ambassador, she participated in the SCR fashion shows as a model. She spent several years singing and performing with the Sun City Singers. She also found "her jam," water volleyball, three times a week. "The regular players call it laugh therapy," she says. Always going full blast, Ada also attends water aerobics and Pilate classes twice a week.

Fortunately, Ada's daughters live nearby, and she is close to her four surviving children, nine grandchildren, and fifteen great-grandchildren. "I like to say I have a tribe," she says. She turned 80 years old this year and thinks it's the best decade so far. "I had every reason to be bitter and angry at the world," she says. "What saved me was my willingness to grieve and do the work on myself to not only survive, but to learn to thrive."

Ada is a joy to know and have as a friend because she is upbeat, inspirational, and willing to share her life experiences with others. "I'm aware that we all are the sum total of all that we have experienced in life," she says, "and we get to choose every day. And I choose to be happy."

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(cont' from page 1)

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- Four oz chicken breast with a champagne, chive butter sauce
- Marinated shrimp skewer on a bed of mango salsa
- Truffle mashed potatoes and braised winter vegetables
- Dessert trio from the famous Devine Desserts bakery in Loomis, CA

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Event tickets and keys to the treasure chests will be available for purchase at Courier Days in the Lodge Lobby on Sunday, October 1 between 8:00 am and 11:00 am. Tickets are \$100 per person. Dress will be 'classic chic' for this elegant affair. Seating arrangements can be made when purchasing tickets. For questions, please contact our Event Director, Kathi Stropkai, at scrfevents@gmail.com.

Girls Share Science Camp Fun at AAUW Event!

BY DOTTI MAY

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

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

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



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

Photo credit: CA Tech Trek organization

Extension Project to Close Gap in Roseville Parkway

Construction of the Roseville Parkway Extension Project is anticipated to begin this fall and continue through early 2025.

The project will provide better vehicle, bike and pedestrian access. Improvements will also close the gap in Roseville Parkway and help connectivity between eastern and western parts of Roseville.

Improvements include:

- Adding a four-lane roadway from Washington to just west of Foothills Boulevard.

- Building a bridge over Industrial Avenue and the Union Pacific railroad tracks.

- New landscaping.
- Constructing a new multi-use path.
- Sidewalks and Class II bike lanes.

Construction funding comes from developer-paid Traffic Mitigation Fees.

Find out more about the project, what you can expect during construction, and subscribe to email updates by visiting roseville.ca.us/ParkwayExtension.

Safety First —

BY ROSEVILLE POLICE DEPARTMENT

Have you been bombarded with robocalls? Not only are they annoying, but they're often pushing scams. You know the ones, like fake auto warranties and credit card debt relief programs.

Did you know you can help Roseville Police, other law enforcement agencies, and the Federal Trade Commission (FTC) by taking action to stop them? The FTC and its federal and state law enforcement partners recently announced Operation Stop Scam Calls, the latest joint effort in the fight against illegal robocalls. This operation's goal is to stop multiple dishonest telemarketers, the companies that hire them, and Voice over Internet Protocol (VoIP) service providers that supply the technology for telemarketers to make millions of scammy robocalls.

Here's how you can help:

- Know your rights. A robocall trying to sell you something is illegal unless the company has your written permission to call you that way.

- Spot the scams that use illegal robocalls. Many illegal robocalls lead to scams. They might try to convince you the call is from the government, tech support, or your auto warranty company, but it's not. It's a scam.

- Hang up on phone scams.
- Report scams and illegal robocalls. Reporting helps law enforcement and investigators stop scams and illegal robocalls.

- If you are a victim of a scam, report it to your local police department.

- Report any attempted scams at ReportFraud.ftc.gov and report illegal robocalls at DoNotCall.gov. For more advice on how to stop unwanted calls, check out ftc.gov/calls.

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JOHN L. GUTH and PENELOPE A. CHANGARIS are both Certified Specialists in Estate Planning, Trust and Probate Law by the State Bar of California, with 70 years of combined experience.

SUN SENIOR NEWS CLASSIFIEDS

SERVICES

PET SITTING by Sun City Roseville Resident. 13 years experience. References available. 650-814-7414.

...

GARY'S SPRINKLER REPAIR: Lic# 869624. Valves replaced, Drip systems installed, Timers set or replaced. 916-223-3706.

...

WHEELER CLOCK WORKS. Certified Journeyman Machinist. Repair, Restoration of clocks: Grand father, Antique, Cuckoo. Jim Wheeler 916-303-3459

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ROOF INSPECTIONS AND REPAIRS. License #758107. Steve 916-997-2749.

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FENCE REPAIR, PAINTING & Power Washing: Reasonable, many Sun City references. Please call Josh at 916-307-8430.

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SUNSET LANDSCAPE. All Landscape necessities including •Basic Maintenance •Fence repair •Tree Services •Gutter cleaning. Free estimates. Salvador 530-315-0055.

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IN-HOME caregiving – hourly/daily/weekly. Also, transportation & errands. 12 yrs experience. Jan: 916-781-9651.

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GUTTER CLEANING, WINDOW CLEANING, SOLAR PANEL CLEANING, & CHRISTMAS LIGHTS... Home Detail Services. Call/Text: 916-500-4314

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PELICAN HAULING AND JUNK REMOVAL garage, yard, storage units, furniture, appliances, e-waste, & more. Call/text Andy at 1-916-712-7224 Business Lic #00833776

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CONTRACTOR, HANDYMAN. No job too small: Carpentry, Electrical, Plumbing, Sheetrock, and Dry Rot repair. Call Martin: 916-747-7888. LIC# 1042598.

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

...

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

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

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FOR SALE

TWO PIECE FRONT BRA/Apron fits 2007-2009 Kia Sorento as new, \$115. Call 916 408 4342.

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

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LEATHER SOFA, LOVE SEAT, CHAIR, OTTOMAN. Excellent condition. Text 720-841-0017 for pictures and info.

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60" ROUND GLASS TOP TABLE, six upholstered chairs, side table. Text 720-841-0017 for pictures and info.

...

COFFEE TABLE, 2 end tables, sofa table. Text 720-841-0017 for pictures and info.

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REVIVE ELECTRIC BED, up-down head/feet twin bed including remote control, with sleep number 360 Smart-bed mattress, wood headboard. Whole set \$800. Call Shirley 916-749-3303.

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RENTAL / WANTED ANNOUNCEMENTS

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

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

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COLLECTOR WILL PAY CASH FOR MILITARY ITEMS & COLLECTIBLES. I will pay cash for military and vintage collectibles. Helmets, maps, knives and bayonets, old west items, vintage military photos, model trains, unbuilt plastic models, old documents and more. Contact George 916.768.4694.

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

**FREE ADS — INCLUDE:

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

BUSINESS ADS:

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

Classified Ad Submissions — WHEN: By the 12th of the month. Please email the information below to: SunSeniorCA@gmail.com.

Subject Line should be SCLH Classified and your Phone Number (Example: SCLH Classified 916-123-4567)

1. Contact name and phone number.
2. Which category to place your classified ad in: (Service, For Sale, Wanted, Announcement)
3. Classified ad text - including the phone number you want readers to call.

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

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

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

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

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

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

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

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



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ON THESE HOMES
OR FOR THE
MARKET VALUE
OF YOUR HOME
771-4177

BRE #01163699



WHY PAY 6%?



George Brown

Experience Makes a Difference!!!

*Call us for an
Expert Home Price Evaluation*

Market Update

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

Recent Sales in Sun City

7264 Pineschi Place	Rosegarden	\$ 479,000
7369 School House Lane	Yosemite	\$640,000
4281 Enchanted Circle	Hearthwood	\$654,000
6025 Burnt Cedar Way	Plumas	\$672,000
300 School House Court	Regent	\$690,000
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