

SUN SENIOR NEWS

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Players

BY DOUG BROWN

THE SHAME OF TOMBSTONE, with a talented cast under the direction of Lincoln Hills greatly admired Julie Africa, opens November 16! The LH Players will take you back to mid-1880s Tombstone, in Arizona Territory. As the curtain opens, Fifi, a French maid from nearby Bisbee, welcomes you to “wild and woolly” Tombstone, and into the home of Amanda Goodsort, inspiration to the town’s residents.

History shows that Tombstone, founded in 1877, became a miner’s dream with the discovery of a nearby silver strike, swelling to a bustling town of 7,500 by the mid 1880s. With extra cash in their pockets, Tombstone’s growing number of “lucky strikers” occupied saloons—filled with poker players and whiskey lovers—and became frequent patrons of the Bird Cage Theatre, famous for, let’s just say... more than just theater. Of course, handfuls of crooked-minded rogues lusted to seize the fortunes of others. In 1881, Wyatt Earp came to Tombstone to rid the town

(cont’ on page 27)

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LH Foundation — Last Bingo of the Year!

BY DENISE BOWDEN

There are so many celebrations and events in November starting with Daylight Savings time ending. We want to acknowledge Caregivers Appreciation month and thank Del Oro Caregiver Resource Center for the care and support they provide with the grant they receive from us and remind everyone that Friends of the Lincoln Library (FOLL) will surely be celebrating Book Lovers Day. Our respect and thanks go out to all Veterans who we honor on November 11th. Finally, we cannot forget the biggest day of all, the favorite of many, Thanksgiving Day, a time to gather with friends and family.

The biggest day for us is Tuesday, November 21st, our final Bingo of the year. Set aside turkey prep for a couple of hours and join us. Remember the day of the week is different this month so mark your calendars.



(cont’ on page 31)

LH Music Group

BY DAN LEHRER

For the October costumed meeting, we opened with a “spooky” song made famous by Donovan “Season of the Witch.” We closed with “Paint It Black.” Jamming to Key to the Highway was a blast. We had a great time at our annual Music Group Holiday Party. Potluck salads, dinners and desserts complimented the fine performances and Group Holiday songs. We all enjoyed singing and playing our instruments to those traditional tunes. Whatever level of play you are at, please come by and you will find a very supportive and encouraging audience. Our performer list fills up fast, so if you want to participate, come by 1:30 pm to sign up. It’s always amazing to listen to such a wide variety of musical genres. From Country to Blues to classical we’ve got it all. All of us are striving to learn new songs and stretch our abilities. It’s a team effort each month to make the sound quality, set up and group song choices all work. We keep learning each time and are grateful for the opportunity to be in such a fine venue. We meet on the second Wednesday of the month from 2:00 to 4:00 PM in P-Hall (KS) through October. We love an audience so please come on down. You can find the Lead Sheets for the group songs and more information on our website; the password is musicgroup. The Guitar Ensemble meets Fridays from



Beetlejuice Laurie, Pumpkin Dan, Metal Mike and Pirate Steve.

1:00 to 3:30PM (OC). Open to Lincoln Hills Residents. Contact Sal Caruso at 916-343-5810 for information. Ukulele Ohana meets Wednesdays, 1:00 to 3:00 PM (OC). Open to Lincoln Hills residents. Contact Ron Peck at 925-788-5869 for information. You can also contact Dan Lehrer at dlehrer72@gmail.com

LH Chorus

BY GAY MACKINTOSH

Great seats are still available for our holiday concert, “Dreamin’ of the Season.” Get your tickets now for December 8th (7:00 PM Friday), 9th (2:00 PM Saturday), or 10th (2:00 PM Sunday). Purchase tickets at the lodges or at www.sclhresidents.com: Ballroom premium reserved seats \$22, standard reserved seats \$19.

Our mix of traditional and contemporary pieces is sure to get you in the holiday mood. Test your musical knowledge with these dreamy tidbits!

Did you know that the tradition of holiday

(cont’ on page 4)

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Neighborhood Watch

BY TERESA TANIN

National Night Out, held annually the first Tuesday in October, was again a very successful event! Neighbors gathered together to show would-be criminals that this community is ready to thwart crime. Our strength

is in neighbors knowing neighbors and in being the “eyes and ears” of the Lincoln Police and Fire Departments. Many gathered in their own neighborhoods and over 200 attended the community-wide event at the Sports Pavilion.

It was a great time to recognize and give thanks to our First Responders and several Placer County service organizations/agencies. Lincoln Police and Fire Departments were in attendance including Placer County Probation,

Placer Protect, Placer County Public Health Education Divisions, and Project Lifesaver, all of which were representative of some of the best services available to our residents. Linda Minor, Neighborhood Watch Executive Director, led a question-and-answer session with all of the attending agencies, including Detective McCauley. This was a perfect way for residents to experience a one-on-one conversation. Residents were also eager to once again donate to The Salt Mine food pantry—we thank our generous community! Please see website schWatch.org for NNO event photos. You may see someone you know!

Neighborhood Watch Mission Statement through the dissemination of information:

- Strengthen neighborhood ties
- Increase personal safety & security awareness
- Be the “eyes and ears” of the Lincoln Police & Fire Departments
- Encourage emergency preparedness

Strengthening Neighborhood Ties: Neighborhood Watch is pleased to welcome



a new Mailbox Captain, Marcia Hashimoto for Village 19B MS 6. Thank you Marcia. We appreciate you volunteering to help keep our neighborhoods a safer place to live.

Increase Personal Safety and Security Awareness: Get to know

your neighbors. Let then know when you will be on vacation. Exchange keys and phone numbers. Leave some lights on or put them on a timer as well as a radio. Your home should always appear to be occupied, as recommended by the Lincoln Police Department.

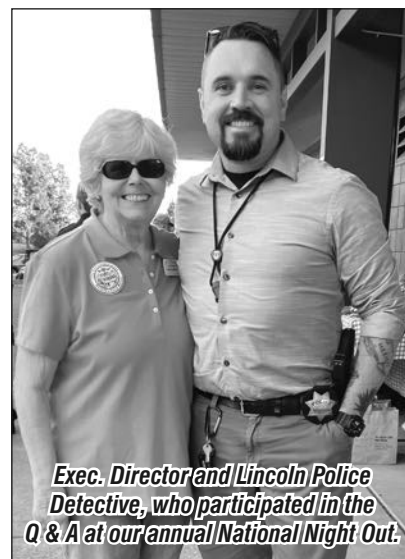
Be the “eyes & ears” of the Police & Fire Departments: If you see something say something. Call the Lincoln Police non-emergency number 916-645-4040 or report a crime online at www.lincolncalifornia.gov report a

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

Encourage Emergency Preparedness: Visit Neighborhood Watch website schwatch.org to view helpful links to Placer County Services, including 2-1-1 referrals, Project Lifesaver, and the Lincoln Police Department “real time crime map” just to name a few.

ALERTS: Beware of strangers entering your home. Never leave your home unlocked when getting your mail. Even for just a few minutes. See “Alerts” on website schwatch.org for petty theft details. Never buy gift cards for anyone you do not know. Better yet, only buy gift cards when you plan to hand deliver them to your grandkids. See all “Alerts” and FYI’s on website schwatch.org. If you’d like to receive “Alerts” to your personal email, click on “Add Me To Alerts.”

Neighborhood Watch is extremely thankful to the Lincoln Hills Foundation for their continued support.



Exec. Director and Lincoln Police Detective, who participated in the Q & A at our annual National Night Out.

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LH Chorus

(cont' from page 1)

carols dates back to the 14th century? We'll be singing the oldest carol still popular today "O Come, All Ye Faithful." Its current rendition is from the late 19th century, but its history can be traced back to 1640 in the Latin form of "Adeste Fidelis."



Which of our songs mix the old and the new? Our updated arrangement by contemporary musicians Joshua Spacht, Cason Cooley, and Jason Gray of "Joy to the World" was originally written in 1719 by Isaac Watts with music attributed to Handel. "O Holy Night," based on a 19th century poem, has been recorded by popular artists including Josh Groban, Celine Dion, Mariah Carey, and Martina McBride.

What was the first song to be played from space? "Jingle Bells" was heard during the

1965 Gemini 6A space flight. The astronauts played it on harmonica and small bells to prank NASA Mission Control, claiming they saw a UFO—Santa's sleigh!

Join us in December for lots more musical treats, from the sublime to the rousing. Flautist Mona Stryker will add ethereal accompaniment to "The First Chanukah Night" and "Ave Maria." New favorites include "Cold Snap," "Snow Angels," and "A Holly Jolly Christmas" with kazoos! Will Santa and his elf appear?

Visit lincolnhillschorus.org for more information or contact membership chair Mari Long at mlong24sjca@sbcglobal.net or 916-409-9136.

...

Country Couples

BY JIM CHRISTIE

In September, Country Couples held a Wild Wild West Potluck Dance. We had a really strong showing of local cowboy and cowgirl dancers who got out on the dance floor to find those runaway steps to many dances that were on the current most wanted list.



Jane and Bob at the Wild/Wild West Dance

(cont' on page 5)



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Three Generations Strong

Country Couples

(cont' from page 4)

We knew the Castaways would Waltz Across Texas, so we followed the Mexican Wind hoping to get them on the floor. Along the way, we found a lot of Seashells for some darn reason. When we got tired, we rested and had some really good grub. Those dancers sure provided an amazing evening meal. As the posse continued through the evening, we found a Horseshoe and a fellow wanted to give us a Wooden Nickel for it. A Drifter we came across told us he was dating some Colorado Girls in a place called Villa Romance. That didn't matter to us, so we kept on hunting the Pontoon Gang, as they were known. When we got further south, we saw a group of Sidekicks playing a lot of Red-Hot Salsa on the other side of some Blue Waters we had to dance through. We managed to get to the end of that Hudson Valley Cha, (that'd be country language for fancy steppin'). Luckily, we were guided by a full Luna Moon. It was getting late, and the search was coming to a close. As we all had a great time and wanted the journey to Last Forever, we all agreed, "Let's Do That Again!"

Country Couples also had a social dinner at Siino's last month. It was a beautiful setting on their patio. Service and food were exceptional. If you are interested in seeing our group in action, stop by the Fine Arts Room (OC) on Friday mornings between 9:30 and 11:30 to watch us dance, or call April Cederburg at 916-390-3931. Hope to see you all soon.

...

Ballroom Dance Club

BY ERNIE MICHELI

The Ballroom Dance Club held its Saturday Night Live party on October 28. The party had a Halloween theme and included best dressed contest in several categories. Desserts, decorations and music contributed to the festivity. Dancing the many ballroom styles was also a large part of the evening's activities. More information about our Halloween party will be provided in next month's issue.

As the year 2023 winds down, the Ballroom Dance Club will offer instruction in the cha cha during November. Weekly lessons will not take place in December, but the Christmas Potluck and dance will be held on December 12.

Sal and Ruth Algeri are very thankful to all the ballroom dancers who have supported the weekly lessons and parties throughout the year. They extend a very happy Thanksgiving to each of you. We encourage you to periodically check the Ballroom Dance Club website at sclhbdc.com as up-to-date information will be posted.

Annual membership dues are only \$10 a person and is open to all SCLH residents and sponsored guests. Lessons are offered in the Kilaga Springs Lodge Multipurpose rooms each Tuesday from 2:00 to 3:00 PM for beginners and 4:00 to 5:00 PM for more experienced dancers. Open dance is from 3:00 to 4:00 PM during which you can practice the many dance styles including the current month's offering. Contact Sal Algeri at 916-408-4752 for more information.

...

Tap Company

BY ALISON WOLFE

Another fantastic dance show produced by the Tap Company in the spring of 2024, Everybody Dance Now, is shaping up to be a lively and entertaining production with dancers, singers and other artists performing to all genres of music. Mark your calendar for April 4, 5, 6, 7. You won't want to miss it.

Don't forget to sign up for tap classes. Alyson is keeping us on our toes and exercising our brains by adding challenging new foot combinations to our technique classes on Mondays and Tuesdays at 10:00 AM. There is also a beginners' class on Monday at 11:00 AM. If you ever wanted to learn to tap or are returning from a long absence, now is the time to put on those tap shoes. Signups begin on November 17, 2023.

Remember to keep dancing. "...Dance till you can't, Dance till you can't dance no more ... Let the music take control, Let the rhythm move you ..." Happy Thanksgiving.

...

Mixed Media Club

BY JILL SHORT

Ready or not here come the holidays. So, before we worry about Thanksgiving and all those December festivities let's take a deep breath and get creative. Last month the Mixed Media Club got some paints and decorated our club aprons. This month we are going to put Altoid mint tins to good use instead of adding them to the dump. The club will be

furnishing these. I must thank my husband, Dave, helping us in the project. He had to eat lots of mints to provide us with empty tins. He never complained once. We will be decorating these however you want. Maybe put a tiny art book inside with tiny art you make. Remember those school dioramas in shoeboxes we had to make in our childhood? Well, just think a much smaller scale and make tiny vignettes in the tins. Use your imagination and bring items to make your tin into a fun project. More information will be sent to members before the meeting. There are no art challenges for the club until the new year. You are welcome to share any projects you have done at our meeting.

Check out the window in the OC hallway by the Fine Arts room in November. The Mixed Media Club will be showing various mixed media art from our members.

Mixed Media Club meets the 3rd Wednesday of the month in the Fine Arts Room (OC) at 1:00 PM. We will not be meeting in December since it is a busy month for many. Our yearly \$25 dues were collected in September, but you are welcome to join us anytime. For more information or questions contact our President, Chris Fetter, at 916-276-7895 or email at: mixed.media.chris@gmail.com

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(more Club News cont' on page 7)

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Needle Arts

BY MARY SWANSON

Mark your calendar and plan to attend our next general meeting on November 14, 2023 at 1:00 PM in P-Hall (KS) when the election of officers for the NA 2024 Board will take place. It is vital to the continued success of NA for all members to participate. There are still some openings for board positions so please consider helping out. English born and raised Julia McLeod, an international award-winning quilt maker, now living and working in Northern California will be our featured presenter at the November meeting. Join us as we learn about her road to quilting, her specialization in silk quilts, and her passion for reuse and recycling.

We hope you've marked your calendars and saved December 12th for our annual Holiday Luncheon themed "Gingerbread M. Women". Vivian Glasspiegel, along with her gingerbread women are busy planning for this fun and special event. Sign-up sheets will be out soon with menu choices and pricing. Look for it in upcoming emails. Orchard Creek Ballroom doors will open at 11:30 am and lunch will be served at 12:00 pm.

Community Service volunteers are busy meeting donation requests for year end. Recently CS volunteer Brenda Wright and her husband personally delivered 25 quilts to the Maui Quilt Shop where the employees were so thankful for the contribution. While in the small store there was a couple picking out quilts as they had lost everything in the fire.



The Wrights offered this couple the luggage they had carried the quilts in, and they were so appreciative because they have had to relocate numerous times and need luggage or bags to carry their belongings. Thank you to the Wrights for their generosity.

• • •

Paper Arts Club

BY LINDA LUCCHETTI

During our October meeting, we recognized "World Card Making Day." Celebrated every first Saturday in October, it is dedicated to the crafty people who'd prefer making a card rather than buying one. For our club, it was also a DIY Day – Do it Yourself. We used available tools and materials to design and create cards for ourselves and donations.

As we come close to the end of another year of crafting and card making, our November meeting and project will be about planning and decorating the tables for December's annual holiday party. Time flies! Stay tuned for details.

• • •

LH Photography Club

BY DIANE MARGETTS

For our October General Meeting, Arik Gorban took us through single flash photography. He helped us understand portable lighting, light modifiers, and lighting techniques and how to utilize them for better results when photographing events, portraits, still life, and various natural subjects. Our November meeting will build upon this with a workshop to allow us to practice the techniques that Arik demonstrated to us. Workshops are a popular format for members so be sure not to miss it!

During October, we had another Show and Tell Extravaganza! As always, our talented photographers amazed and inspired us. To everyone's delight, Extravaganza was followed by a pizza party! Our next social event is our annual Holiday Breakfast on December 2 in the Orchard Creek Ballroom. We all love the wonderful buffet meal, the photo slide show and the social time we spend together.

Field trips have been in full gear as well with trips to see Lake Tahoe and Eastern Sierra fall colors. Check out our photographer's beautiful work in our website's gallery section or at Simple Pleasures Restaurant in Lincoln and the Kilaga Springs Library.

To enjoy some wonderful photography, check out our Facebook Page. The Club Facebook page is open to all residents of SCLH who are interested in photography. Members post photographs, suggestions, answer questions, and add ideas for local places to try out your skills with the camera.

Beginners are especially welcome. To see what our photographers have been up to, go to <https://www.facebook.com/groups/SCLHPHOTOGRAPHYCLUB/?ref=bookmarks>.

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

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

• • •

Woodcarving Club

BY LIONEL RAINMAN

Whittling and carving are two distinct forms of woodworking that involve shaping wood into desired forms. While they share similarities, there are key differences between the two techniques that set them apart.

Whittling is a traditional woodworking technique that involves the use of a small knife to remove shavings of wood from a larger piece. Whittling is typically used to create small, intricate designs such as figurines, spoons, or decorative objects. It is more casual and portable form of woodworking, often done while sitting and using a simple pocketknife.



On the other hand, carving involves the use of various tools such as chisels and gouges to remove larger portions of wood and create more detailed and complex designs. Carving requires more skill, precision, and use of specialized tools compared to whittling.

Both techniques offer unique opportunities for creativity and craftsmanship, catering to different preferences and skill levels.

You are welcome to visit at any time. We meet every Wednesday from 1:00 – 4:00 PM in the Sierra Room at Kilaga Lodge.

Contact: Lionel Rainman, 916-253-9534,
LRainman1414@YAHOO.COM

• • •

LH Astronomy Group

BY BILL WEAVER

The general membership meeting is scheduled for November 1, 2023, and begins sharply at 6:45 PM in the Kilaga Springs Presentation Hall.

Main Presentation: Professor of biology, Charles Dailey (Ret.) follows up his 2019 presentation to the LHAG on the "Clues Learned from Meteorites" with a talk on the "Astronomical Effects on Terrestrial Biology". He will discuss the current knowledge of the discovery of fossilized clues found in Earth-bound meteorites.

LHAG Cosmology Interest Group (CIG): The meeting scheduled for Monday, November 20, 2023, "The Milky Way and Other Galaxies". Take in our entire galaxy, called the Milky Way, locate Earth's position; then survey other galaxies, classifying their structure. Use the virial theorem to analyze a typical galaxy, which can be thought of as a "collisionless gas" of stars.

For more information, contact Ron Yelton at ryelton660@aol.com. LHAG Telescope Interest Group (TIG) Star Party

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

The TIG Star party telescopes are set up prior to sunset in the upper tennis courts of the SCLH Sports Complex. This star party is scheduled for Monday, November 13th. Sunset is at 5:00 PM. For information contact Bob Collins at bobpcoll@community.net.

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

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(more Club News cont' on page 9)

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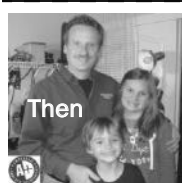
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LH Italian Club

BY LINDA LUCCHETTI

The Christmas Dinner and Dance is scheduled for December 3 in the Orchard Creek Ballroom. Check the website for details and registration information. Remember to sign up soon! The popular club events have been selling out quickly.

With the holidays approaching, here's an idea for unique gifts and stocking stuffers. Check out the Apparel Store tab on the website to shop for hats and men's and women's T-shirts with the club's colorful logo.

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

...

Genealogy Club

BY NANCY SWITZER

Happy Thanksgiving!

Family History month was in October, which was designated as such more than 20 years ago, after 9/11.

The FamilySearch article had 31 simple ways to celebrate family history month, and since Thanksgiving is all about families and gratitude, here's a top ten list. It would be fun to celebrate them with your family.

1. Read about the origin of your name
2. Make a beloved family dessert and share it with someone
3. Record a story on FamilySearch

4. Spend 5-10 minutes on Google Maps looking at street views of where one of your ancestors lived.
5. Try a new recipe for a food item from an ancestor's homeland. How does it taste?
6. Research one of your ancestor's homelands and learn something new about it.
7. Take a picture of a favorite family recipe and save it to FamilySearch.
8. Look at a family heirloom and tell someone where it came from.
9. See if you are related to anyone who fought in WWI by searching draft cards and other service records.
10. Watch a short family history class from RootsTech 2022 and...

Sign up for RootsTech – virtually it is free and will happen February 29-March 2, 2024!

Our next meeting is November 17th at 10:00 AM at KS, and Kate McCarthy is our speaker, with the topic of "Military Records." Meet afterwards in the Kilaga Café for Coffee, Cookies and Chat.

December 15th meeting is a Christmas Breakfast at OC Solarium. Cost \$10, RSVP by check, (to save your place) made out to SCLH Genealogy, 12/1 to Janet Motta, 211 Brockman Ct. Lincoln 95648

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

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

Website: www.suncitylhgc.com

...

Shalom Social Group

BY JUDY GANULIN

Shalom Social Group started a new event – Pizza and Bingo night – that was very successful. Our regular Game Night will still happen on November 15. Our biggest event of the year, our annual Hanukkah dinner, is on December 11, and plans are already under way. We still volunteer at the Placer Food Bank. We continue to keep the people of Israel in our hearts and prayers after the horrific attack they suffered. Our club is based on Jewish history, culture and food, but everyone is welcome to join. For more information, please contact Margie Gulko, 916-543-5303 or Deanne Iliff, 530-518-3704.

...

Lavender Friends

BY JOAN LACKTIS

The highlight of this month's activities for our club will be a catered dinner in honor of our members who are veterans of the military.

We have at least 13 veterans in our club, which amounts to roughly 13 percent of our membership. According to the U.S. Census, this is nearly twice the percentage of veterans in the population as a whole. LGBTQ people have always felt called to serve, even though, historically, they faced more than the usual challenges. Among them: they had to keep their private lives entirely private or risk consequences that could end their careers and damage their prospects for the future.

The Library of Congress maintains a

collection of stories of some of these veterans, called "Serving in Silence." Among the gay soldiers featured is that of Franklin Kameny, who served during WWII and was on the beach at Normandy. When Kameny returned home, he went to work for the Army Map Service as a civilian and was subsequently fired for being gay. He founded the Washington DC chapter of the Mattachine Society, a national activist group, and is considered one of the founders of the gay rights movement. We will be proud to honor our own Lavender Friends veterans — and hear their stories — on Nov. 11.

In December, we are looking forward to our 15th annual holiday dinner dance. This is a popular event that brings people from throughout the Sacramento region together for an evening of dining and dancing.

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

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(more Club News cont' on page 10)



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Lincoln Hills September Sales Snapshot

Address	Street	Sq. Ft.	Orig. Price	Selling Price	Floorplan
1848	Alpenglow	1120	\$480,000	\$467,000	Millpond
2107	Lockwood	1155	\$489,900	\$490,000	Sequoia
1894	Hidden Hollow	1322	\$520,000	\$520,000	Bridgegate
601	Yerington	1322	\$550,000	\$540,000	Bridgegate
1778	Grand Pheasant	1361	\$495,000	\$520,000	Madera
1844	Cottage Rose	1473	\$540,000	\$535,000	Almanor
2630	Kingfisher	1655	\$615,000	\$615,000	Trinity
1980	Mary Rose	1705	\$639,700	\$650,000	Echo Ridge
228	Saddlehorn	1777	\$609,900	\$610,500	Tehama
669	Rustic Ranch	1795	\$729,000	\$650,000	Tehama
2457	Longspur Loop	1795	\$695,000	\$695,000	Tehama
907	Coachman	1836	\$609,000	\$599,000	Plumas
2366	Longspur	1836	\$695,000	\$690,000	Plumas
372	Daylily	1837	\$644,900	\$645,000	Plumas
1281	Tarapin	1854	\$639,000	\$634,000	Plumas
404	Mossy	1855	\$599,000	\$550,000	Plumas
2120	Stone House	1911	\$829,000	\$749,000	Fremont
1200	Sun Valley	1967	\$715,000	\$715,000	Fremont
835	El Capitan	2049	\$799,000	\$765,000	Annadel
1760	Barn Valley	2049	\$769,000	\$745,000	Annadel
1050	Stone Pine	2049	\$785,000	\$800,000	Annadel
1469	Tallac Lane	2156	\$799,000	\$855,000	Fremont**
1879	Echo	2240	\$949,000	\$795,000	Napa
1846	Cliff Swallow	2264	\$760,000	\$750,000	Napa
869	Wildomar	2612	\$849,000	\$725,000	Springcrest
1647	Gingersnap Lane	2612	\$919,000	\$799,999	Springcrest
1212	Lasso Lake	2830	\$1,050,000	\$712,000	Santa Barbara
1197	Overland	2832	\$1,190,000	\$1,190,000	Sonoma*/**
268	Lariat Loop	2955	\$935,000	\$816,000	Meadowgate*/**
1216	Dapple Dawn	2955	\$1,400,000	\$1,384,025	Meadowgate*/**
405	Rustic Ranch	3057	\$1,150,000	\$1,090,000	Santa Clara*
839	Wagon Wheel	3073	\$1,200,000	\$1,175,000	Santa Barbara*/**
109	Walden View	3081	\$1,199,000	\$1,250,000	Santa Barbara*/**

* View / Golf Course View ** Casita

Total Homes sold in Sun City per MLS 9/1/23 - 9/30/23

Singles

BY KATHY SHADDOX

Is it November already? Our bus trip to the Breeders Cup Horse Races at Golden Gate Fields is on Saturday, November 4th.

Don't forget to turn your clocks back one hour on Sunday, November 5th so you can be on time for our November Birthday Celebration in the Meridian's bar on November 5th at 4:00 pm. If you have a November birthday, the club will buy you a drink! Dennis Doane will lead us in singing to you.

There will be no Activities Meeting this month. On Thursday, November 9th we have our monthly general meeting. Following the short meeting we will have our Turkey Bingo with a Bang! Lots of fun and prizes to be won. Be sure to come.

Don't miss our 2nd Saturday Breakfast on November 11th at 9:00 a.m. in the Sports Bar. Great place to meet new members. Dennis Reid is our host. Join him and remember so reservations are needed. Just come, enjoy and pick what you want from the breakfast menu.

Because of the Thanksgiving events that we spend with family and friends we will not have Dining Out this month. We also will not have a social event. \ Just wishing a Happy Thanksgiving to all members.

Also, remember that we are starting to collect dues for 2024. Contact Sue Kuukka for form or information. If you are not a member yet, please contact Sue to join at 530-712-5051.

Well, that's all folks!!!

...

SCHOOL

BY PATTI KINGSTON

Studies of Blue Zones, where people live to be in their 90s and to 100, have shown that one of the facets of living that long is volunteering and being involved with the community. We have all the possibilities for longer life in this area, and volunteering in our Lincoln schools is a positive step for volunteers and for the schools.

Emily Barney is a counselor at Phoenix High School. One of her challenges is preparing students for life after High School. She also manages the tutoring program and sees the need for many more willing volunteers to help at Phoenix High. She is looking for volunteers to tutor a student or two. You need not have had experience teaching, and the day and number of hours is up to you. All it takes is a willingness to help young people with their studies so they can graduate from High School. Tutors sit with a student one on one and help with English, Math or History.

The volunteer tutors are invaluable to the students, helping them with their assignments. Every class must be passed with a 70% or higher. There are no "Ds" or "Fs". Sometimes students just need someone to sit with them and go through the steps of an assignment. Maybe even just be with them and show interest.



Emily Barney

(cont' on page 11)

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SCHOOL

(cont' from page 10)

Many times, a special relationship is formed. One student who was reluctant to come found he had such a good rapport with the tutor that he asked to be able to continue with tutoring. Emily reports there are dozens of such stories. Positive feedback makes a difference, sometimes just finding someone who sees them as a valuable human being.

There have been challenges because of COVID and sometimes English language learners take longer to catch up with some classes. A volunteer can make a difference in their being able to pass classes.

Volunteers are also needed in K-5 classrooms. If you are interested, contact Cyndi at ccolloton@yahoo.com. To volunteer at Phoenix High School contact Irma at jmeidm@aol.com.

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Apple User Group

BY NINA MAZZO

Operating System (iOS 17) updates for the iPhone include a couple of nifty tips. You can now customize how the contact card appears when you are calling someone with Contact Poster. NameDrop is another new feature where you can send contact information to other people by placing your iPhone near their iPhone. For details read the October issue of the Cider Press Newsletter on our club website.

On Thursday, November 2nd, Ken Silverman will present "Apple WatchOS 10

Updates". He will provide a brief overview of the redesigned apps, additional watch faces, a redesigned interface and more.

Tuesday, November 14th is our general meeting. Join tech Ken Silverman and non tech Nina Mazzo as they present

"Have You Discovered Streaming? Can You Cut The Cord?"

They will try to demystify streaming on your TV, iPad or iPhone by discussing what streaming is and exploring how you enter the world of streaming.

Check our website for renewal information; calendar for member open labs; monthly Cider Press Newsletter and more.

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

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LH Republican Club

BY SUE DUMAS

Happy Thanksgiving! To celebrate this family holiday tradition, we will not be having a meeting in November.

"Thank you for your service" to our Military and family members November 11th!

Save the date: Thursday, December 7 (Pearl Harbor Day) Lincoln Republican Club Christmas Cocktail Party (no host bar) 4 to 6 pm.

Now through the end of 2024, you will be receiving a mid-month update on events and/or special notices and specific volunteer opportunities. In addition, when needed, you will receive flyers - also via your email.

We are always in need of volunteers and

encourage you to join in the fun by sharing your gifts and talents to further the conservative views we strive to maintain. Supporting our city and our schools...we encourage you to get involved in your community, city and county. Call Carol Wilson to find out how! cwnilson37@gmail.com

Library News: New on our bookshelf is NY Times best seller: "The Puppeters" by Jason Chaffetz. And lots of other titles. Check list on website!

To become a member, go to website for application. Cost is \$15/per person - per year. Associate Memberships (Placer County residents, not just Lincoln Hills). Club article is in Bulletin Board section of COMPASS.

www.RepublicanClubSCLH.org

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Sports Cars

BY RICHARD PEARL

The Dancing Tomato Café ride to yuba city was its usual hit. Dinner at Kathrin's Biergarten is scheduled for October 17th (after press time for the Sun Senior News so it will be reported on next month). Also scheduled after press time is a October 26th Country Western Dinner & Dance at Turkey Creek Golf Club. At this point there are no trips scheduled for November but keep

checking your emails. Also keep in mind our Holiday Party at Catta Vadera Country Club. It's always a snazzy affair with many members wearing tuxedo's for the guys and long gowns for the ladies.

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

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(more Club News cont' on page 15)



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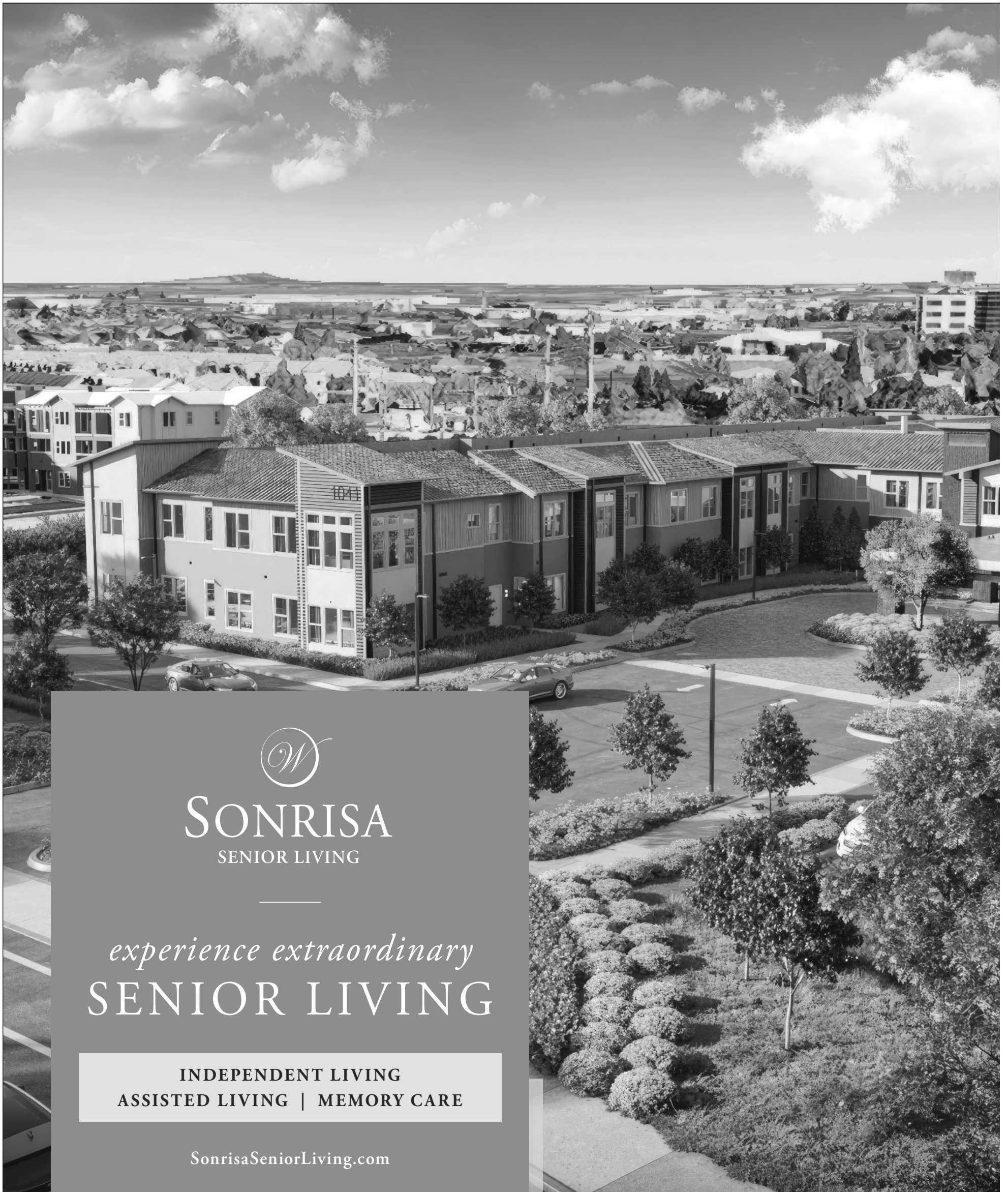
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Rods & Relics

BY ELNA RAGAN

Each year, members of the Car Club suggest the names of charities to receive a portion of our annual Downtown Lincoln Car Show's proceeds. The charities then made presentations at a recent General Business Meeting and the results are in! The top three charities selected to receive a portion of proceeds from the Saturday, June 1, 2024 Car Show are: Silver Wishes (Grants a "one time" wish to seniors in Placer County), Gold Country Wildlife Rescue (Rehabilitates and releases injured and orphaned wildlife), and the Salt Mine Food Closet (Provides daily fresh and pantry box food to its Lincoln and Sheridan clients). Congratulations to the winners!

Tuesday, October 3, 19 Club members attended lunch at the Twelve Bridges Waffle Farm. This lunch, organized by Sherrie Hickerson, is always a casual, relaxing, fun get-together!

On Saturday, October 7, George Funk represented our Club at the Capital City Mopar Show.

On Friday, October 20, a "Feel Good" event was scheduled at the Sierra Regency senior facility. The residents always enjoy the tasty lunch and talking with the Club members about the vintage vehicles that are there.

On Saturday, October 21, our Club enjoyed a BBQ lunch at Jerry Polen's shop in Sheridan. The initial plans for our 2024 Downtown Lincoln Car Show were also discussed.

On Tuesday, October 31, Club members took a tour of Bill McAnally's NASCAR Racing Garage in Roseville. Race vehicles are built and prepared for NASCAR racing. This facility is a First-Class production. It was a fascinating and informative tour!

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 members of the Rods & Relics Car Club. For more information, check out our Web Site listed below.

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

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LH Amateur Radio Group

BY DAN LEHRER, KN6DRN

The Club participated in a New Resident Orientation. Art, KI6GYG and Dan, KN6DRN explained Ham Radio in Lincoln Hills to one licensed Ham and another new resident who will be taking the Technicians exam soon. The Group welcomed new member Mike, KK6GRT. Dan, KN6DRN gave a demo on CHIRP, a software program that allows operators to easily program their handheld transmitters (HT's) to pick up local repeaters. Dan, KN6DRN earned his POTA Hunter award successfully contacting 600 stations. The Club participated in the California QSO Party. Stations from all over the US and the World try to contact California Stations over a two-day period using phone (SSB). We contacted 19 states, 20 California counties, Australia and Italy. All together over 60 QSO's were recorded. What a blast! Consider coming on down to rag chew and join us for our next Hams & Coffee in December. We can help with programming handheld radios. Meetings are held at the South Tower every Monday night at 6:30 PM. Our club conducts a weekly radio network at 7:00 PM every Monday on the W6LHR Repeater at 147.030 MHz, 167.9 PL. If you are looking for a way to engage in the community and have an interest in Amateur Radio, please check out the LHARG. For more LHARG information visit our Website, the URL is: lharg.us or email dlehrer72@gmail.com

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Veterans Group

BY B.L. LEWIS

Saturday, November 11, 2023, Lincoln Hills Veterans Day Program will start at 9:00 a.m. with the placing of the wreath next to the Memorial Plaque in the Orchard Creek Portico. The event also features patriotic vocal selection by the Lincoln Hills Chorus Men's Ensemble. At 10:30 a.m. the Roseville Community Concert Band will provide a concert of America's music in the Orchard Creek Ballroom. The Veterans Day ceremony will begin at 11:00 a.m. in the Orchard Creek Ballroom, with Posting of the Colors by the Lincoln High School Army Cadets; the National Anthem sung by Sophia Lane; the Pledge of allegiance led by U.S. Army Veteran Joan MacAdams; the Keynote Address will be

provided by Supervisor Shanti Landon and the Two-bell Ceremony Honoring Fallen Lincoln Hills Veterans

The November 16, 2023, LHVg general meeting will be held at 1:00 p.m. in the Kilaga Springs Presentation Hall. The featured speaker will be U.S. Navy Veteran, David Conner, speaking about his military service in the 1960's aboard the USS Princeton (LPH-5). David has also been involved in the leadership of the Lincoln Hills Community serving on the Board of Directors for six years and was the Board president in 2019.

The LHVg Board of Directors have been operating with five members this year and found that it is not as effective as a seven-member board due to adding additional responsibilities to each member. At this time a survey has shown that we have enough people interested in serving on the Board to have seven members. The names of the 2024 LHVg Board member candidates are, David Taylor, Jeff Davis, Richard Fuller, Joan MacAdams, Peter Gilbert, Shirley Schultz, and Jim Mikacich; these candidates will be presented to the LHVg membership at the 2023 Oktoberfest Luncheon and voted on at the November 16, 2023 general meeting. Other members that are interested in becoming a Board member, please submit your name to President David Taylor by November 10, 2023.

Please remember to fly your flag proudly and turn in your old flags for retirement when they began to show signs of wear. Richard Fuller is the Chairman of the Flag Sales Committee and can be reached at 916-409-9209 and email: mrmap@earthlink.net to volunteer for flag sales duty. The Flag Table will be open on November 15, 2023 in the Orchard Creek Lodge Lobby for the sale of Flags at a price of \$20.

Morning coffee with the troops on Mondays, Wednesdays, and Fridays at the Kilaga Springs Café gives you an opportunity to solve the problems of the world. Plan now to attend the Veteran's Group Annual Holiday Luncheon on Thursday December 14, 2023 in the Orchard Creek Ballroom. The price is unchanged from last year \$35 per person, the no-host bar opens at 11:30 a.m. and lunch will be served at noon

In Memoriam — Edward Charles Bader II, U.S. Army Veteran. The Veterans Group extends its deepest condolences to the families and friends of Edward.

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Democratic Club

BY JUDY GANULIN

The Lincoln Democratic Club is excited to announce that our membership is growing! We are delighted to welcome our new members into our club. We enjoyed hearing Placer County Supervisor Shanti Landon at our October meeting. We look forward to hearing Dr. Terry McAteer this month. And we eagerly anticipate our annual Holiday Party, scheduled for December 11 this year. We continue to volunteer at the Placer Food Bank and anticipate hearing from a Food Bank representative early next year. Several of our members volunteered to help at the State Democratic Party conference next month. Please visit our website, <https://democraticclublincolnca.org>.

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LH Travel Group

BY LINDA BEVINS AND JOANNE SCHUMACHER

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

Q&A:

Q: Do I need to become a Travel Group Member before I sign up for a trip?

A: No, please sign up for trips as soon as possible so you don't miss out. You can send in your membership check in parallel.

Q: When I sign up for a trip, what money is collected?

A: On initial sign up, Collette collects a deposit for the trip, any excursions that you sign up for, and trip insurance (if requested). Your final payment will be due on the date indicated on the website as you are signing up.

Q: If I miss the sign-up deadline (and early discounts), can I still go on a trip?

A: Yes, the sign-up deadline is the date (usually 6 months prior to the trip leaving) that we lose any discount that Collette notes on our website. You can still sign up and if space is available, you'll get confirmed on the trip.

New Collette Tours:

"Amish Country" <https://gateway.gocollette.com/link/1206923> May 6 -12, 2024

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<https://gateway.gocollette.com/link/1210320> September 20 - October 2, 2024

(cont' on page 16)



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"Covid was rough on everyone, but I was one of those unlucky ones and my cough caused me to tear muscles in my chest and sides. I've pulled muscles before but never had I been in so much pain, and the area was really swollen. Obviously, I kept coughing so I imagine that didn't help because long after my covid symptoms disappeared, I was still in pain. Months went by and I wasn't healing. I mean, how do you rest an area that you use to breathe?"
shares Joseph M of Sun City.

At Lincoln Acupuncture, we have been successfully treating Covid "long haulers" since the early days of the pandemic. We have protocols and treatment alternatives that really help to combat lasting fatigue, shortness of breath, and muscle weakness. Joseph was the first person I saw whose infection caused a severe injury shares Acupuncturist RaeAnn Salvador.

"Normally with acute injuries, I instruct my patients to ice, take an ibuprofen and come see me if the pain persists for more than a week or two. Joseph had been suffering for months, his body was simply refusing to heal."

The human body is a self healing organism. When you scrape your knee, your blood will quickly work to clot and scab. Your liver has a unique ability to regenerate after injury. If you break a bone, there are specific cells that work to

knit the edges back together.

Unfortunately, there are also a number of factors that prohibit those regenerative cells from completing the task they were designed to do including stress, age, lack of sleep, and suffering from serious infection or disease.

In Joseph's case, his battle with Covid really affected his muscle tissue's ability to heal and repair. Beyond the body just being terribly fatigued from fighting a very challenging infections, his cells were nearly depleted of oxygen. At Lincoln Acupuncture, we have several cutting-edge therapies to treat conditions of this nature, and at the forefront of those is O3 Regenerative Therapy.

"I'll be honest, I was skeptical at first, jokes Joseph. "It's just all so different from what I'm used to in a doctor's office and I'm sure my eyes bugged out of my head. But I was out of options and too many people have had incredible results at her hand, that I couldn't say no. With each treatment, I felt better and better. Not 10 treatments in and I was back to playing pickleball! I'm definitely living life again."

Lincoln Acupuncture is the premier provider of O3 therapy in the area. As an energized form of oxygen, O3 is far reaching tendons, cartilage, ligaments and tissues. When performed by a licensed professional, of which Lincoln

Acupuncture features the best, O3 has been proven to not only reduce inflammation but regrow new tissue, making it a viable option for pain management and an optimal alternative to surgery. The result is enhanced and effective healing!

Other common symptoms amongst those in recovery from Covid include: digestive issues, low energy, brain fog, changes in heart rate, tremors, blood clots, joint discomfort or even immune compromise.

"I go back to Lincoln Acupuncture for almost every ailment and condition since," shares Joseph. "Now I check in every few weeks for maintenance. I know I make it sound like changing the oil on your car but that's exactly what it is. Unfortunately, I don't have the luxury of ordering custom new parts for my body, so I plan on taking care of the one I have."

Lincoln Acupuncture specializes in treating chronic pain and complicated conditions. The conditions that Western medicine professionals deem untreatable then send you on your way with a prescription in hand - that's where we do our best work. There are real solutions to your suffering, and they start here at Lincoln Acupuncture.

Have questions or ready to schedule a new patient consultation? Call our office at **916-884-0398** where a Vitality Coordinator is waiting to help you achieve optimal health and wellness.

Visit AcuLincoln.com to learn more or call 916-884-0398

LH Travel Group

(cont' from page 15)

"Painted Canyons of the West" <https://gateway.gocollette.com/link/1210228> September 22 - 30, 2024 Features Utah's 5 National Parks

Please check out more tours** being offered by the Travel Group on the website: www.lincolnhillstravelgroup.com

Lincoln Hills Travel Group Leaders: Sheron Watkins 916-849-9504 sheron55@att.net; Louise Kuret Auerbach 916-408-0554 louisekuret@att.net; Lyle Auerbach 916-847-6544 lea925@att.net; Linda Bevins 916-666-7627 djbevins17@gmail.com; Joanne Schumacher 415-999-1242 jkschumacher1@gmail.com; Collette Tours: CST# 2006766-2 Alamo World Travel: CST# 2008416-1

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RV Group

BY VICTORIA WHITE

Our rallies for 2023 are just about completed. Just finishing up was a double rally starting in Gilroy and ending in Moss Landing, south of Santa Cruz. Gilroy entertained us with the Renaissance Fair in Hollister. Very fun, well attended, perfect weather lots of period costumes and great food and drink. Moss landing was full of surprises firstly by being on a tour boat and tagging alongside a very large pod of whales doing what they do naturally, breaching and spouting then following all the sea lions into a school of fish that they all fed on. The Monterey Bay Aquarium didn't fail to disappoint along with Pacific Grove for dinner and shopping and a girls' day out in Carmel. The guys golfed.

The members that signed up for Newport Dunes RV Resort in Orange County are now taking advantage of warm balmy weather, glamping in waterfront sites. A beautiful area with a plethora of activities includes a trip to Catalina Island, swimming in the bay, biking on the miles of trails, golfing and visiting Balboa Island, also partaking in the shopping and restaurants at Fashion Island and Lido Marina Village-Cannery Village. We are very active on our rallies but theres still plenty of time for relaxing. On January 1st many of our members will be on the ultimate rally by going to the Rose Parade in Pasadena, CA. Their time there will be filled with going to watch or partake in putting flowers on the

floats, watching the marching bands practice, going to be with the equestrian riders and their horses and of course watching the parade, front and center! Thanks to Steve Beede for planning a full week of activities. Several of the members will go onto other destinations including the dessert.

Our new Board Members will be voted on at our November meeting on November 9th and will be installed at our Holiday Party on December 14th. Look out for your invitations to the Holiday Party in the first half of November. Sign up early, you don't want to miss this final event of the year.

To join our group or learn more about it, contact Sharon Skar at 916-434-7799 or email marlowensharon@gmail.com. Meetings are on the second Thursday of each month at 4:30 PM at KS in the Placer Room.

...

Alzheimer's-Dementia Caregivers Support Group

BY MARIANNE OLIPHANT

The Alzheimer's-Dementia Caregivers Support Group offers information and support to those caring for a loved one with dementia. We have three monthly group meetings. Our Women's group meets at 1:00 PM on the 1st Wednesday in the Multi-Media Room (OC). The Men's group meets in the same room at 10:00 AM on the third Thursday. Both groups are focused on individual sharing. The General combined meeting is held on the 4th Wednesday at 1:00 PM in the Fine Arts Room (OC) and features a guest speaker. The General meeting will not be held during November and December but the Women's and Men's meetings continue. At all meetings you will find a welcoming community ready to hear your questions and concerns.

Contact: Jo Fratessa 916-759-8760.

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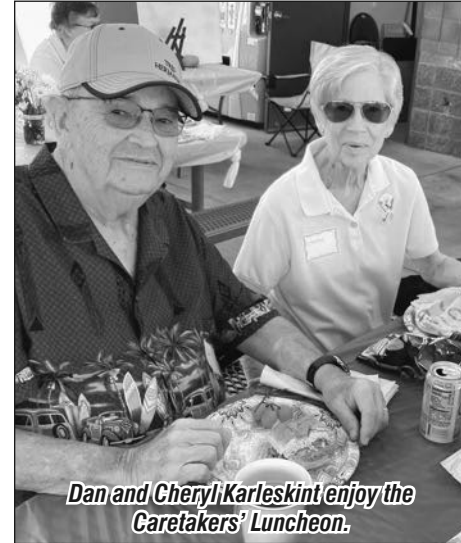
HAPPY THANKS GIVING

Thursday, November 23rd

Bosom Buddies

BY ALISON SHELTON

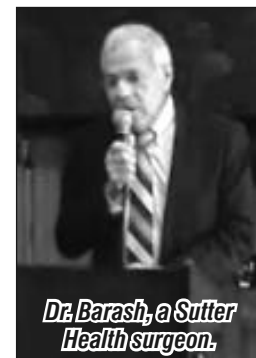
To say "thank you" to some special people who helped us along our breast cancer journey, we hosted a Caretakers' Luncheon last month. These people included family members and friends who gave us support when we most needed it. Often, they didn't know the impact



Dan and Cheryl Karleskint enjoy the Caretakers' Luncheon.

they made and deserved to be honored. Each "special" guest was presented with a comfort bird carved and donated by the Woodcarvers' group, and we want to say "thank you" to them, also. This lunch, spearheaded by Verity Gould, was such a success that we hope to make it an annual event.

Our October speaker was Dr. Barash, a surgeon with Sutter Health who always provides interesting and updated information. He talked about the latest in mammograms, such as the 3-D ones which eliminate many of the false positives found in regular tests. He also explained how immunotherapy will be the wave of the future. As Dr. Barash pointed out, breast cancer is multiple diseases. "One size fits one!" Doctors can't treat their patients all the same.



Dr. Barash, a Sutter Health surgeon.

Bosom Buddies' welcomes breast cancer survivors as well as those still undergoing treatment. We are a group of ladies who have experienced a variety of treatments: surgery, radiation, oral and IV chemotherapies, hormone therapies and reconstruction. We have a wealth of knowledge we're willing to share.

If you would like to learn more about Bosom Buddies, please call Judy Stewart at 916-408-3597 or drop by one of our meetings the second Thursday of the month, at 1:00 PM in the Multipurpose Room at Orchard Creek. There's no pressure to join; you're welcome to pop in and listen. You'll find us a welcoming group.

What is most important to us is to stay positive and to encourage each other. We mean it when we say, "We're here for you."

...

Hearing Support Group

BY JOANNE MITCHELL

The Hearing Support Group met last month and discussed a number of things. We have some members participating in the research program that is studying the ability to hear music with cochlear implants. We reported on our experience at the SacState Audiology Clinic, which was most excellent. They are non-profit, and so were able to spend a great deal of time on our exams. They provide an audiology student-in-training, along with a licensed audiologist, and the testing is most thorough as a result. We will meet again on Friday November 3rd at 10AM in the Orchard Creek Lodge Multipurpose Room.

...

Low Vision Support Group

BY STU SINGER

Our Next Meeting will be on Tuesday, November 7, 2:00 - 4:00 PM in the Fine Arts Room at Orchard Creek Lodge

Dr. Glenn Yiu, Chairman of the Ophthalmology Department at UC Davis Medical School, will be speaking to the group about advances in medical treatments for people with low vision. Dr. Yiu has invited some of his young colleagues to share their insights from the perspective of medical students.

Save These Dates — Monday, December 4, 11:30-2 PM Solarium, Meridians Restaurant

(cont' on page 19)

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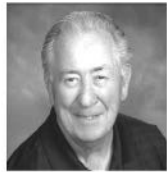
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Low Vision Support Group

(cont' from page 17)

Join us for our annual Holiday Party Luncheon. Forms to order your choice of meal will be available again at the November gathering. The deadline for submitting your form and check is November 25. The form will also be sent out in email form.

Tuesday, January 2, 2024 — Bring in the new year with a presentation by Jerrod Seiberg, California DMV Driver Safety Manager on the processes available for obtaining a driver's license for individuals with Low Vision. Jerrod is the regional ombudsman for senior citizens and is an outstanding resource for information on the various rules and regulations governing the various types of driving licenses in the state of California and specifically in Sun City, Lincoln Hills.

Low Vision Support Group Mission Statement

Our mission is to provide information on current research, practical application of daily living skills and new technological equipment to enable those with low vision to maintain their independence. Meetings are on the first Tuesday of each month and are open to all Sun City, Lincoln Hills residents.

The Low Vision Support Group is funded by the Lincoln Hills Foundation.

For questions or to suggest speakers, topics, request electronic copies of our notices or remove your name from our mailing list: Contact Stu Singer at 703-864-8161 or stuartsing3@gmail.com

• • •

Multiple Scleroses

BY JERI DI FIORE

It's Holiday time again! On November 21 we will Zoom the Meeting. As it's only a couple of days before Thanksgiving, our Planning Committee figured an in-person meeting would be poorly attended. This Zoom can be a time to discuss your planning Holiday gatherings, including managing your MS.

Also, from Menu to Bingo, at this November Zoom, we'll catch up with our Group's December 19 exciting Holiday Party plans!

A Zoom Link will be sent the weekend of November 17.

Hope to see you!

• • •

Bird Group

BY DON BAYLIS

November brings us into the peak of birding activities in Central California. While we have birds breeding and living here year-round, the winter migrants tend to be larger, noisier and can be found in open water and bare trees.

Our monthly meeting is the second Monday of the month, and Monday, November 13 at 1:30 in Presentation Hall will bring us Truman Holtzclaw with his photos of the Wildlife of Sun City. On December 11, Gary Hengst will speak on the operation of the Lincoln Wastewater Treatment Plant and its Impact on Birds/Nature. If you are not aware, Lincoln welcomes birders to the treatment plant, one of the best water bird sites in Lincoln.

Ed Pandolfino spoke to us for our October meeting. His talk was on sparrows and their songs. To the surprise of many the sparrow family songs range from some of the simplest to other species who seem never to repeat their song.

In November, our all-day birding trip to Gray Lodge Wildlife Area is on the 10th. This state managed refuge is host to migrant waterfowl from geese, ducks, cranes, and raptors, in numbers from the hundreds of thousands to millions. After Gray Lodge, we lunch in Gridley before returning.

A trip to Effie Yeaw Nature Center on the American River was September 29. 32 species were spotted, with good numbers of Sandhill Cranes, Bushtits, and Cedar Waxwings. A Osprey with a fish was seen.

There were two birding trips scheduled for October. Our first October trip was to the Lincoln Wastewater Treatment Plant on the 13th. The plant has several acres of safely treated water ponds that attract waterfowl and wading birds. Our four cars-full of birders spotted 38 species, about our average. By the time you read this, more species of ducks and geese should be visible. Our trip to Vic Fazio on the 27th will be reported on in December.

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



lists for each trip are posted on the website under Lists.

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

• • •

Garden Group

BY LORRAINE IMMEL

Happy Thanksgiving to you, your family, and your friends!

Reminder-there are no General Meetings in November or December. We will still have sign-ups for the Dec. 4th Christmas/Holiday Luncheon available-check your "invite info email" that was sent to each member. Also, remember you can invite a friend, too!

There will be registration for the 2024 Garden Group Membership at the Luncheon, or it can be mailed in December. (Registration forms are on the website: lhgardengroup.org.) Be sure to let us know if you have changed your email/address/phone. It helps to have as many as possible register at the luncheon

for the ease of not having to stand in line at the January meeting. If you are a member this year, all you have to do is bring a check (made-out to SCLH Garden Group or cash) for \$20 per household.

The Steering Committee is planning the meetings and events for 2024 and setting-up for the new slate of Garden Group Officers 2024 and 2025. We welcome: President-Penny Grmolyes, Vice President-Roz Odell, Secretary-Diane Johnson, and Treasurer-Natalie Zeek. Our thanks to outgoing President-Robin Juhasz and VP-Carol Caruso. We are also losing our Field Trip Coordinators Pat Murphy and Pam Miller, who have done a stellar job and looking for a couple of you to come forward and volunteer for that fun activity. Convince a "fellow garden friend to assist you."

Next year's plans will have all the activities and events as usual: General Meetings, Socials, Classes, Workshops, Field Trips, Demonstrations, and other activities.

• • •

Hiking-Walking Group

BY GAY MACKINTOSH

Change is in the air! LH Hikers and Walkers are anticipating a busy schedule in the chilly days ahead. But keep an eye out for last-minute changes, especially as the weather becomes unsettled. Our website <http://www.lincolnhillshikers.org> is always current, thanks to webmaster David Wood.

Upcoming hikes:

- 1st Tuesday, November 7. Effie Yeaw Nature Center Trails (Carmichael). Easy 1 1/2 mile loop.

(cont' on page 21)





TRAVEL – Club Cruise

If you love river cruising or are interested in learning more about the fabulous destinations that river cruising can offer, you are invited to join us for an afternoon with **Viking Cruises** on **Tuesday, January 9, 2024, from 1:00 – 3:00pm in the Ballroom at Orchard Creek Lodge.** We will have a representative from Viking showcasing some of the most popular destinations throughout Europe, including **cruises along the Rhine, Danube, Siene, and Douro rivers.** Everyone is welcome, but reservations are required since seating is limited. *Please contact Trish Hernandez at 916-789-4100 or trish@clubcruise.com to RSVP for this very special event.*



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Michelle's Featured Listings



1468 Tallac Lane – Meadowgate on Fabulous Fairway View

Experience the synergy of this Del Webb Estate Series "Meadowgate" floorplan. Crafted w/ the expertise of builder's upgrades & infused w/ the homeowner's personal decorative flair, this home stands as a true testament to uniqueness. Notable enhancements encompass engineered wood flooring, Masterpiece maple cabinetry, granite countertops, state-of-the-art stainless-steel appliances, & a generously sized circular dining bar, ideal for hosting gatherings. The center island facilitates seamless meal preparation, while the great room & den/office are adorned w/ tasteful built-in features. Throughout the home, higher ceilings grace the living spaces, accentuated by crown molding, HVAC upgrade, & the privacy & style of plantation shutters. Embracing modern technology, the home features programmable & remote-controlled multi-level Hunter Douglas Duet shades. The master suite is an expansive retreat, offering ample space. The den/office, defined by elegant glass French doors, boasts a Murphy bed, a well-appointed desk, & built-ins for additional storage. As you step into the backyard, prepare to be mesmerized. Situated on a nearly 9,500-square-foot lot, the property presents breathtaking panoramic views of the 9th & 16th fairways of the Hills Golf Course.

Offered at \$1,300,000



938 Wagon Wheel – Tehama on Open Space

This immaculate Tehama model, situated adjacent to open space, offers the convenience of being located just a short distance from Kilaga Springs Lodge and the fitness center. The kitchen is adorned with rich cherry cabinetry, providing ample storage, complemented by extensive granite countertops. A delightful breakfast nook, adorned with custom window treatments, faces the front of the home, making it the ideal place to enjoy your morning coffee while greeting passing neighbors. The spacious great room is flooded with natural light, thanks to its numerous windows. A buyer's favorite, this model features a master suite with enough space for a cozy sitting area. The accompanying bathroom includes a raised vanity with dual sinks, a shower stall, and a generously sized walk-in closet. Separated from the master suite, you'll find a guest room, a guest bathroom, and a den/office space. The backyard is oriented to the North, providing optimal exposure and shade, and it includes a covered patio for your outdoor enjoyment. Additionally, you'll have the convenience of nearby walking trails to explore at your leisure.

Offered at \$624,000



183 Timberland Lane – Apline with Loads of Upgrades

Don't miss out on this beautifully enhanced Alpine model. This home is brimming w/ exquisite upgrades that are sure to impress. The interior boasts an array of lavish features, such as rich cherry cabinetry, Silstone countertops, a tastefully tiled backsplash, state-of-the-art stainless steel appliances, & elegant tile flooring in high-traffic areas. The aesthetic appeal is further heightened w/ plantation shutters, soothing ceiling fans, & the warm glow of recessed & pendant lighting. The master bedroom showcases a unique bump-out window, & its en-suite bathroom is a true gem, offering a raised vanity w/ dual sinks & an expansive walk-in closet that's downright ginormous. The convenience of an inside laundry area only adds to the home's allure. Step outside to a breathtaking private backyard oasis. This outdoor haven features an artificial turf that's both easy to maintain & looks stunning year-round. The surrounding landscape is mature & beautifully manicured, offering a serene backdrop for relaxation. Even the side yard has been fully landscaped to perfection, ensuring every corner of the property is a visual delight. Situated on a corner lot, this home enjoys the shade of a magnificent large tree that adds to its curb appeal. With so much to offer, this home won't last!

Offered at \$569,000



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Hiking-Walking Group

(cont' from page 19)

• 3rd Thursday, November 16. No Hands Bridge to Cool Deli. Moderate/Strenuous 7 miles.

• 1st Tuesday, December 5, Bobelaine Audubon Preserve. Easy 5 miles.

• 3rd Tuesday, December 19, La Provence Holiday Lunch Hike (Roseville). Easy 5½ miles.

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

Walkers now meet at 8:00 AM every Wednesday morning for 2½-3-mile treks exploring SCLH trails. Walk for Wellness meets at the same time and place so you can choose a slower pace with focus on improving mobility. Email Karl Aitken karlaitken@comcast.net about Walk for Wellness. Call Coordinator Debbie Schryver, 916-666-1741, with questions about the Walking Group.

What better way to celebrate fall than Happy Hour in the Solarium! Mark your calendar for Thursday, November 30, 3:00 PM. Not a member yet? Please send your check for \$10 per person made payable to Lincoln Hills Hikers and Walkers to: Lincoln Hills Hikers & Walkers, 2898 Coopers Hawk Loop, Lincoln CA 95648.

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

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Swimmers & Water Walkers Club

BY ROSEMARY TANFANI

The Swimmers and Water Walkers Club will meet Monday, November 13 at 3PM in the OC Fine Arts Room.

Items on the agenda include:

Discussion of new officers for the two-year term, starting February 2024. The president, vice president and secretary will be there to answer questions for those interested in taking over a position.

Short discussion of reserved and unused pool lanes.

New process of sending pool concerns to the Wellfit staff.

Club sale and/or giveaway of swimming



President Jim Klein will lead the November meeting.



Tennis Ladies Christmas Luncheon.

related items. Bring your water exercise items to this meeting to sell. (Non-swimming items can also be brought.) Sales will be in cash, so club members, bring plenty of money!

Final raffle of gift cards.

Looking forward to seeing members and guests interested in water exercise at our November meeting.

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

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LH Tennis Club

BY PAM FLAHERTY

Tennis Club players play for the love of the game. However, yes, it does feel fantastic to win! Our club is winning all around these days. The USTA League, over seventy years old bracket, at the 3.5 level, is seven wins, zero losses and heading to finals. Our intramural Team Tennis League has fielded over 46 players and four teams at all levels for lots of winning competition Tuesday nights through mid-November. In addition, our Christmas

(cont' on page 23)

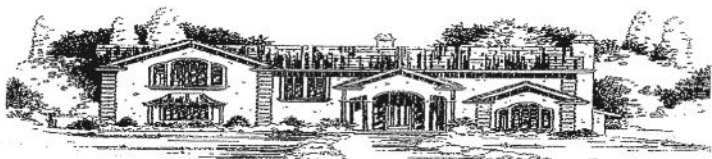
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LH Tennis Club

(cont' from page 21)

luncheons for Men and Women are scheduled for the first week in December and always promise winning holiday cheer!

Big Thank you to our Board for all of their advocacy throughout the year keeping our courts maintained (notice clearer night play with new lights) and supporting our tennis club which supports your play! Remember the squeaky wheel really is true!

See you on the courts!

...

LH Table Tennis

BY CARL LYNCH

The Most expensive ping pong paddle costs \$3000, Yikes! It's considered the "Stradivarius" of table tennis paddles because it uses the same type of wood and is crafted like a Violin!

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

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

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

Yes, indoor Table Tennis, in our air conditioned, well lit, and well-ventilated facility at KS, is dermatologist approved! No need for

any sunburns this summer while playing your favorite sport! And of course, your favorite sport is Ping Pong!

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

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

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

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

...

Lincsters 9-Hole Golf Club

BY CAROLE EUBANKS

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

2024 Board Positions — Congratulations to our 2024 board officers: Jane Hall, President and Captain; Susan Friedlund, Co-Captain; Linda Mosley, Secretary; and Kim Schultz, Treasurer. The Social and Publicity chairs are still open. The Social chair plans and manages the annual December awards luncheon and general meeting. The Publicity chair writes and



Ladies Golf 18-Holer: Breast Cancer Donation Presentation — Cindy and Stephanie with PBCF, Patty Owens and Kim Schultz.

submits Lincsters articles for the Compass and Sun Senior News. Please consider applying. We need you!

Upcoming Events — Wednesday rounds now start using our winter schedule. 1 PM shotgun!

December 5th – General Meeting and Holiday Luncheon

Tournaments

- Breast Cancer. We were proud to again co-sponsor the Placer County Breast Cancer fundraiser with the Ladies XVIII. Our joint effort raised over \$36,900! Thank you to all who played, planned, decorated, helped set up, and donated to this worthy cause.

Pace of Play — This topic was again discussed at the general board meeting. As a result, the board passed a working resolution to speed up play: after 10 strokes in any fairway, player must pick up the ball and post a 10 to their scorecard for the hole. This action will rule them out of Sweeps and the Putt Pool. Slight

changes to this resolution may be made in the future, but in the meantime, we appreciate your cooperation and look forward to a permanent resolution soon.

...

Ladies Golf 18-Holer

BY CAROL LOPEZ

Kathi McCoy captured the title of 2023 Club Champion and it's her third time winning this prestigious award at Lincoln Hills. Gay Wold, who chaired the event, deserves an acknowledgement for not only taking second place in the tournament but for arranging an enjoyable two days that culminated with lunch in the Secret Garden. Low Net over the field was secured by Sharon Knoll. Other winners, by flight, for Low Gross: Patti Tilton, Nancy Jenkins and Sandy Perrin; First Low Net: Kelley Royball, Linda Fitzmaurice and Pat Robinson and Second Low Net: Linda Blackburn, Judy Dong and Diana Lilienthal. Some members were unable to play one or both days, but showed up to support their fellow golf friends. McCoy, Wold, Knoll and Royball have been invited to participate in the NCGA/PWGA Northern California Tournament of Champions. We are proud of all our ladies, have a lot of fun and encourage other Lincoln Hills residents to join us. Website: lincolnhillsladiesgc.memberplanet.com

The saying "It Takes a Village" couldn't be truer! Along with the help of the Lincsters, Men's Golf Club, local residents, friends, businesses in Lincoln and surrounding communities, we are pleased to announce a donation to the Placer Breast Cancer Fund totaling \$40,000. There are too many wonderful

(cont' on page 25)



Table Tennis — Interclub event with Sun City Roseville.

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On Sept 28th, at the recent Beldon Bocce Bash, Dennis Beldon was presented a “plaque of appreciation” for his past 20 plus years overseeing the Singles Club weekly bocce games and annual tournament. Over 40 members participated in the tournament and 100 guests enjoyed the following dinner party. You can view all photos at <http://www.maggiemcgurk.photorelect.com>



Beldon Bocce and Sarah Lambrose,
president of the SCLH Singles Club.



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Ladies Golf 18-Holer

(cont' from page 23)

and generous people to thank, but we would like to express appreciation to members Patty Owens and Kathy Lee for taking the lead on this important tournament event, Georgia Richie-Lynch for handling all financial matters and donor support, and Lincsters Liaison, Kim Schutz, along with all their committee heads and team members. It was a huge success and an enjoyable golf tournament with lunch in the Orchard ballroom for awards and donor acknowledgements! Please continue to support victims of this horrible disease throughout the year by giving your time and financial support!

• • •

LH Men's Golf

BY MIKE MCBACK

Well, we are coming close to the end of the year with only two more tournaments left for 2023. Next is the Fall Favorite a 4 Man Scramble. On the Hills and Orchard courses, this will be played on November 21, starting at 9a.m. Get your team together, and let's all go out and have some fun.

I want to rewind and give a shoutout to the board members who put on a great tournament this year from scratch. The tournament was the Member/Guest tournament that was such a BIG success. Thanks to Bob Schoenherr, Tom Horan, Dan Guth, Brian Fox, and Jim McGeough, this tournament went off without a hitch. Great job guys!

• • •

Mad Hatters Bocce Group

BY KIM PETRUZZELLI

It's that awesome time of the year when you get to sleep an extra 2 hours before bocce. Each November, we move the start time for Thursday bocce to 10:00 am. To mark the changeover, Russ and I will be bringing donuts on the 2nd.

New, inexperienced, and handicapped players are always welcome. Don't know how to play? We'll guide you. All equipment is provided, and it's a great way to meet new people.

Our Mad Hatter Christmas Party is booked for Thursday, December 14th, following morning bocce. There will be a sign-up sheet available at the bocce courts on Thursday mornings, and we'll include all the details in next month's article.

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

• • •

Shuffleboard

BY JON KLINE

Winter schedule for shuffleboard club play continues every Thursday and Saturday afternoons from 1:00 to 3:45 PM at the rear bocce area of the Sports Plaza. Come anytime to start a game or join one in progress. We offer orientation to new players at every session. Tuesday afternoons will be reserved for clinics, tournaments and open play. Our first basic strategy clinics were held on Oct. 17. Club members learned how and when to

try certain shots to improve their scoring and when to play offense or defense during a game.

The search for a permanent location for 4-6 courts continues with a proposal submitted to the Properties Committee at their Nov. 2 meeting.

If approved, the subsequent Finance Committee and Board of Directors meetings in November will consider it.

Several L.H. social groups are organizing shuffleboard activities; contact your group for more information. For open play with friends and family, reserve a court for 1-2 hours up to 7 days in advance at: Resident Website/Wellfit Reservations/Bocce-Shuffleboard Court. Email the club for the basic game rules. The shuffleboard equipment is stored in the croquet locker behind the bocce courts; get the key at the OC Fitness desk. We are a no dues club, and all residents and their guests are encouraged to come to the courts and learn to play this sport. People of all ages and fitness levels can play shuffleboard; no bending or lifting is required.

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

• • •

Water Volleyball

BY DIANE FERRARI

Time to get the holiday plans underway! Don't just sit around and watch football, come on out and play some water volleyball! Water Volleyball is a lower impact in-the-pool activity that will help you keep up your exercise regime while having some fun. Water Volleyball is a fun way to interact with others in a warm indoor pool: laugh, splash and make some new friends. Don't know how to play? We offer Mentoring, Drills and Skills classes with entry through advanced level play. There are monthly Ladies Nights, Tournaments and parties outside of the pool. Want to just try it out? Come to Kilaga on Saturdays for a Free Play Saturday. Saturday is the time to get in the water, try it out and decide for yourself how much fun it is! We have activities both in and out of the pool throughout the year. You just missed the Fall Festival but there is still time to join us at the upcoming Holiday Party in December. You don't want to miss this get-together. Join now to be a part of the fun. We welcome all levels of interested players. We will be electing various Steering Committee positions, so if you find yourself interested in making a difference, come join the Board. Find us at LHWaterVolleyball.com. Or Call Jerry Grisler 209-648-9534 for more info.

• • •

(more Club News cont' on page 27)



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Cribbage Group

BY MEL SWITZER

The Cribbage Movie

We are going to make a movie about Cribbage but cannot come up with a suitable title.

Should we call it, Cool Hand “Dory” (9/12), or Jean, Jean, the Winning Machine (9/19)? Maybe Dog “Rae” Afternoon (7/18) or Gary, “High Noon” Lancaster on 9/26, Maybe even Ginger Snap 10/10. All these recent winners are now bucks up due to superior play and Mr. Lucky helping them out.

Movie Outline:

Scene #1 – Would be winners strut into the OC Card Room on Tuesday at 8:30 AM dollar bill in hand and a rabbit’s foot in their pockets.

Scene #2 – A practice round is in order, but the worry is that Mr. Lucky is not in sight.

Scene #3 – An unexpected player is off to a great start and last week’s champion is wondering what is wrong.

Intermission – Potty Break-Cliff hanger

Scene #4 – It’s the next to last game and the “Leader of the Pack” gets yet another skunk. Like a nest of spies, everyone looks around to observe who hasn’t moved from their first table.

Scene #5 – It’s a horserace, (maybe a Turkey Trot) but the winner by a nose is Mr. Lucky’s favorite player, at least for today. We cannot give away the ending, can we???

Ending: The winnings are distributed, and Mr. Lucky disappears in a flash, possibly

to help the next winner in the sequel, “The Revenge of the Cribbage Champion”.

The admission is low, the expectations are high, and the fun is over the top. In keeping with the holiday, we have a “turkey” every week, which is the goal for some players after two losing rounds right out of the gate. But the winner this week could say “gobble, gobble” next week. It’s really all up to Mr. Lucky, who says “have a wonderful Thanksgiving holiday”.

Mel Switzer – Turkey Farm Proprietor

• • •

Duplicate Bridge Club

BY MONA STRYKER

Our Meet Up events continue to be well-attended. It is an excellent way to get to know other bridge players away from the bridge table. Our latest one was in Social Chairman



Duplicate Bridge Club Meet Up at Pat Lewis' home: Pat, Barbara Wheeler, Kaye Andrews and Nora Charles.

Pat Lewis’ beautiful backyard.

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

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

Saturdays: starting at 12:30 in Sierra Room (KS). Open section only

For further information, go to our website shown below.

Partnership chairman: Sharon Duley 916 253-3885

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

Website: www.bridgewebs.com/lincolnhills/

• • •

Players

(cont’ from page 1)

of a troublesome gang of these miscreants and did just that in the infamous shootout at the OK Corral.

The melodramatic SHAME OF TOMBSTONE centers on a popular Bird Cage Theatre entertainer, known to Tombstone denizens only as the mysterious “Masked Canary.” Without her mask on, she might be walking around Tombstone every day, and no one would know it! Who is she? Respectable, “town pillars” like Flora Courtland consider her “the SHAME of Tombstone,” who’s sully the town’s worthy reputation. How will characters like Judge Harshly, Ole Timer, Sidekick, and Cavalryman Pete Bogg figure into solving the mystery?

You’ll find out! But only if you get your tickets for the November 16-17-18-19 shows, still available in the Lodges or online at www.sclhresidents.com for a bargain \$22 (reserved) or \$19 (standard) each.

For Players information, visit www.lhplayers.org or contact Craig Stults, president, at craigstults@sbcglobal.net.

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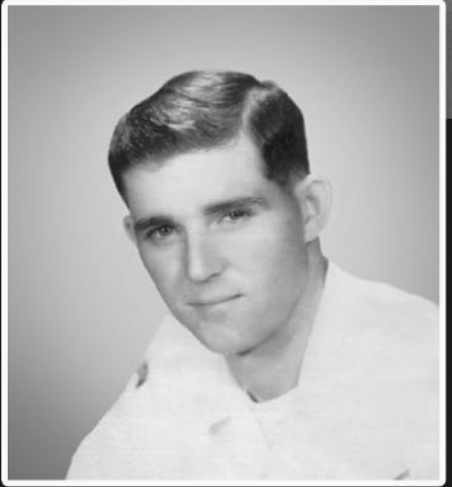
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SSNLH WRITER...

Eating Lasagne Alone

BY JOY S. HUTCHISON

Tonight, I ate lasagna alone. Oh, I had craved the spicy dish for quite some time, but decided I could forego it since I am now just cooking for one. After all, history of my cooking skills meant making this family favorite in a super large lasagne pan that included sweet sausage, onions, marinara sauce, ricotta cheese, spices and al dente noodles.

Tonight was different. I prepared a small Caesar salad to go along with my entree and, of course, a lovely glass of wine.

Something didn't feel right. I was sitting alone. Where was the conversation? Where was the laughter? Where were the old jokes, family stories of crazy uncles and childhood memories?

Yes, my body has been nourished... a balanced meal that included the proper ingredients to maintain my health. However, what was missing was most certainly not the food. Lesson learned... sometimes a good meal isn't just what's on the plate. From now on I'll share with family and friends, so I won't be eating lasagne alone.

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

SIR: Social Activities for Men

The mission of SIR is to improve the lives of our members through fun activities, lunches, and events while making friends for life.

The Lincoln Hills Branch of SIR meets on the 3rd Tuesday of the month at Catta Verdera Country Club. Contact Phil Sanderson, Membership Chairman at 916-408-4764 or Jay James, Big Sir, at 408-533-3132. SIR, Inc. is a non-profit organization that provides social activities for men. SIR is strictly social, it does not do fundraising, has no religious affiliation, and is non-political. To learn more, visit www.wearesir.com or www.sirbranch13.com. Come, join us for a free lunch.



Neighbors InDeed Time Soon To "Address" This Issue

BY RICK CARREIRO

ARTWORK BY RUDI FRANKE

Neighbors InDeed Handy Helpers can help ensure the continuous operation of your lighted address sign in preparation for Daylight Savings Time.

Making sure your address sign is on and stays lit is important for many reasons:

- **Visibility and Emergency Response:** It ensures that your address is easily visible especially at night or during emergencies, aiding first responders and service providers in locating your home quickly and accurately.

- **Safety and Security:** A well-lit address sign enhances the safety of your household by enabling guests, deliveries, or emergency services to find your location promptly, reducing the risk of accidents or delays.

- **Accessibility:** Essential for visitors, guests, family members and those with impaired vision to easily identify and enjoy coming to your home.

- **Recommendations:** Lit address signs are



a valuable asset to all homes but especially in our community as this small addition can potentially make a big difference in critical situations, possibly saving precious time and even lives.

If your address light bulbs go out, call Neighbors InDeed at 916-223-2763 and one of our Handy Helpers will replace the bulbs free of charge.

As always, please remember we don't answer the phone; simply leave us a message at 916-223-2763. We will return your call as promptly as possible between 9 AM and 5 PM, Monday through Friday.

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Lincoln Police Department Volunteer Program

The program is open to Lincoln Residents, who are 21 years old or older. This ongoing recruiting effort is for those individuals who would like to volunteer for our Patrol Division (vehicle patrol, "eyes and ears" in the community). Qualified individuals will receive training on all aspects of Police Volunteer work.

For more information, contact Roy Osborne at 916-645-4081.

Help our community grow strong — support our advertisers and community organizations!



LH Foundation

(cont' from page 1)

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

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

Olive Oil is back. Go to oliveoil@lincolnhillsfoundation@gmail.com and place your order online or call 916-409-2016. Our on-demand ordering this year allows us to provide a wider selection of both regular and flavored oils as well as balsamic vinegars. A single bottle is \$19 or buy two items for \$37.

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

Do You Have a Desire to Give Back to Your Community?

BY ANN STULTS

If the answer is yes, there are many avenues available to you in our local community. One of these is to become a Sutter Roseville Auxiliary volunteer at Sutter Roseville Medical Center. Recent and not so recent retirees find they still want to be productive and share their experience from their respective careers. Interacting with fellow volunteers, hospital staff and patients helps you to maintain your learned skills and gives you the satisfaction of making a difference in your community. New Auxiliary volunteers are given training for their respective hospital service assignments and do not need to have any hospital background.

There are various volunteer opportunities at Sutter Roseville Medical Center that might be of interest: Auxiliary Gift Shop, Charts, Infusion/Cancer Services, Outpatient Surgery Recovery, Sutter Rehab Institute, Women/Children Services, Doula, Cardio & Pulmonary Rehab, Outpatient Trauma Clinic, Outpatient Therapy/Wound Care, and Welcome & Information-Emergency Department. These are all areas where volunteers supplement the staff except for the Gift Shop as this is totally



Linda a volunteer and membership chair.

staffed and operated by the Auxiliary volunteers. The Auxiliary has donated several hundred thousand volunteer hours to the hospital since its inception in 1956 and has also donated over \$2.2 million for much needed equipment/projects to the Sutter Medical Center Foundation through fundraising and Gift Shop receipts.

New volunteer applicants attend two orientation meetings for information and placement within a specific hospital service. Monthly orientations are held. Once a service has been assigned and all requirements including the Covid vaccination(s) have been met, training begins.

For more information about what volunteers do and to complete an application, please visit the Sutter Roseville Medical Center website: <https://www.sutterhealth.org/srmc/volunteering/srmc>

For more information, contact: Mike O'Hagan, Auxiliary President; mohagan66@gmail.com

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-Dr. Robert Pretzlaff

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Crown Princess ~ 3080 Passengers

Nov 26, 2023	S/O	\$1,836	\$2,314
Jan 7, 2024	\$1,561	\$1,835	\$2,471
Mar 9, 2024	\$1,298	\$1,545	\$2,051
Apr 4, 2024	\$1,248	\$1,485	\$2,419

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

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Crown Princess ~ 3080 Passengers

May 15, 2024	\$882	\$1,248	\$1,565
Jun 17, 2024	\$1,140	\$1,586	\$1,930
Jul 9, 2024	\$1,241	\$1,588	\$2,087
Aug 11, 2024	\$1,139	\$1,535	\$1,976

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	\$838	\$910	\$1,048
Jan 23, 2024	\$733	\$979	\$1,217
Feb 7, 2024	\$747	\$870	\$1,270
Mar 25, 2024	\$837	\$979	\$1,197

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	\$958	\$1,453	\$1,543
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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	\$2,724	\$3,324	\$3,486
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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	\$1,130	\$1,483	\$2,116
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Ruby Princess ~ 3080 Passengers

Mar 23, 2024	\$1,197	\$1,748	\$2,998
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Sail from Fort Lauderdale, Florida to Los Angeles, California visiting Cartagena, Columbia; Full Transit the New Locks of the Panama Canal; Fuerte Amador, Panama; Puntarenas, Costa Rica; San Juan del Sur, Nicaragua; Huatulco, Mexico; Puerto Vallarta, Mexico; Los Angeles, California. Limited availability, book soon!

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



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Days & Destination	Cruise Line ~ Sailing Date	Starting Price/ Inside Ocean View Balcony			
7 DAY ALASKA CELEBRITY CRUISES					
Celebrity Edge ~ 2918 Passengers ~ Maiden Voyage Dec 2018 <i><u>Sail the best ship on the West Coast in 2024!</u></i>	May 31, 2024	\$765	\$957	\$1,504	
	Jun 21, 2024	\$883	\$1,342	\$1,820	
	Jul 19, 2024	\$932	\$1,244	\$1,992	
	Aug 16, 2024	\$737	\$1,025	\$1,657	
Sail round trip from Seattle, Washington to Ketchikan, Alaska; Endicott Arm & Dawes Glacier, Alaska; Juneau, Alaska; Skagway, Alaska; Victoria, BC, Canada; Seattle, Washington.					
12 DAY CANADA & NEW ENGLAND CELEBRITY CRUISES		Sep 8, 2024	\$1,299	\$1,699	\$1,947
Celebrity Eclipse ~ 2850 Passengers					
Sail round trip from Boston, Massachusetts to Rockland, Maine; Halifax, Nova Scotia; Sydney, Nova Scotia; Quebec City (2 Days) Charlottetown, Prince Edward Island; Portland, Maine; Boston, Massachusetts.					
14 DAY EUROPE REPOSITION CELEBRITY CRUISES		May 2, 2024	\$932	\$1,061	\$1,357
Celebrity Apex ~ 2910 Passengers					
Sail from Fort Lauderdale to London (Southampton), England visiting Ponta Delgada, Azores; Cork (Cobh), Ireland; Dorset (Portland), UK; Brussels (Zeebrugge), Belgium; Southampton (London), England.					
10 DAY SOUTHERN CARIBBEAN CELEBRITY CRUISES		Jan 18, 2024	\$1,051	\$1,257	\$1,499
Celebrity Equinox ~ 2850 Passengers	Feb 24, 2024	S/O	S/O	\$2,003	
	Mar 14, 2024	\$1,129	\$1,264	\$1,450	
Sail round trip from Fort Lauderdale, Florida to Georgetown, Grand Cayman; Willemstad, Curacao; Oranjestad, Aruba; Kralendijk, Bonaire; Fort Lauderdale.					
15 DAY BRITISH ISLES EXPLORER VIKING CRUISES		Apr 5, 2024			\$8,699
Viking Venus ~ 930 Passengers					
Sail from Bergen, Norway to London, England visiting Shetlands, Scotland; The Highlands (Invergordon), Scotland; Edinburgh (New Haven Harbor), Scotland; Orkney Islands (Kirkwall), Scotland; The Highlands (Ullapool), Scotland; Belfast, Ireland; Liverpool, England; Holyhead, Wales; Dublin, Ireland; English Channel; Dover, England; London (Greenwich), England.					
12 Day PARIS TO THE SWISS ALPS March – December 2023 & 2024					\$3,799
Viking Longships ~ 190 Passengers					
Package Includes your home to the Sacramento Airport Transportation, Airport Meet-And-Greet with Transfers from the Airport to your hotel (with purchase of Viking Air) in Paris for 2 nights, your 7 Day Viking River Cruise in standard accommodations with a window, 2 nights in a hotel in Zurich, Switzerland, daily sightseeing, and all meals on board the boat as well as breakfast in the hotels in Paris and Switzerland. Ask about higher category staterooms like a French Balcony or Veranda stateroom. Call for availability.					

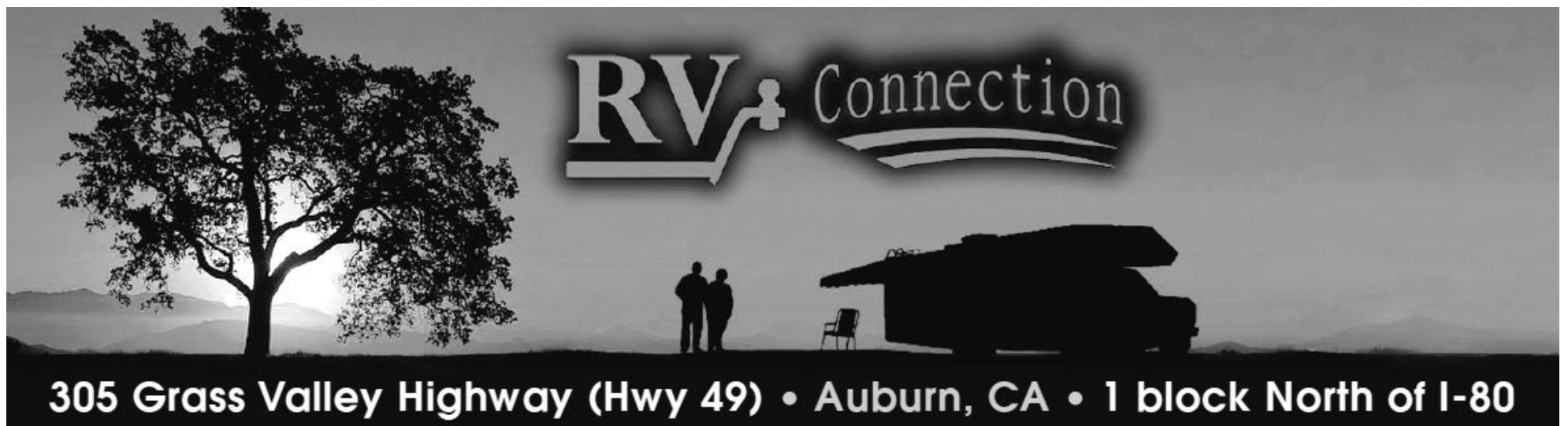
15 Day GRAND EUROPEAN TOUR May – December 2023 - 2024				
Viking Longships ~ 190 Passengers				\$4,499
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\$1,000 Donated to the American Association of University Women Roseville South Placer

The Placer Community Foundation is all about giving back, and to that end the foundation's Ruth Burgess Women's Fund has donated \$1000 to the American Association of University Women Roseville South Placer (AAUW-RSP).

science camp, a one-week camp held annually on the UC Davis campus. Barbara Shirk and Vicki Spannagel presented the check to AAUW-RSP President May at the branch's Kick Off meeting, held September 16 at the Maidu Center in Roseville. The nonprofit



Dotti May, Barbara Shirk, Lora Finnegan, Vicki Spannagel, Carolyn Garfein.

Photo by Steve Cho

"We're proud that the Ruth Burgess group has chosen to aid us in our mission to support the education of local women and girls," said branch president Dotti May.

The donation will fund a Tech Trek scholarship, which will enable a local eighth grade girl to attend next year's Tech Trek

AAUW-RSP branch is one of the premier scholarship organizations in the area, having awarded hundreds of scholarships locally in its 55-year existence. Those interested in joining, or to learn more about its education-focused mission can go to www.aaurosevillesouthplacer.org.

Make a Difference this Tax Season? Volunteer with AARP Foundation Tax-Aide in Lincoln!

BY GARY STEER

Do you like talking to people, meeting new people, or working on the computer? Are you looking for a rewarding opportunity to make a difference in your community? Each year, April 15 is widely met with feelings of pressure and anxiety. Some people sweat, many procrastinate – and a few simply deny it. Almost four out of five people who turn to AARP Foundation Tax-Aide are 60 or older, and household incomes aren't high. For many of them, a tax refund could mean they won't have to choose between paying for groceries and keeping the lights on. For the past 22 years, volunteers have been participating in the AARP Foundation Tax-Aide program in Lincoln. We need additional volunteers to join us to help taxpayers complete their 2023 federal and state income tax returns in Lincoln during the 2024 tax-filing season.

Becoming a volunteer is easier than you think! Volunteers are needed as schedulers to make appointments for our clients. No class is required; however, all volunteers must pass a ten-question ethics test. Schedulers return the client's phone call to set up an appointment time, explain what information to bring to their appointment, and log the appointments into a Google Calendar; schedulers must be computer literate.

Greeters' welcome clients, review and assemble their tax records, make sure they have

brought the necessary information so our tax preparers can complete their returns efficiently, and they manage the flow of clients being served. No computer experience is required to be a greeter!

Volunteers are especially needed as preparers to help the client prepare and e-file their returns. Even if you don't have accounting or tax preparation experience, becoming a tax preparer may be right for you if you have a knack for working with numbers. The free, comprehensive training and certification class for preparers will be held in January, 2024 in Roseville and Lincoln. Computer literacy is required to assist in providing our free e-file service.

All volunteers are asked to commit 4 hours in one day per week during the tax-filing season, February 6th (January 15th for schedulers) through April 15th. Volunteers of all ages and backgrounds are welcome; you do not need to be an AARP member or retiree to volunteer.

To volunteer or for more information about becoming an AARP Tax-Aide volunteer in Lincoln for the 2024 tax season, please e-mail yorke1946@gmail.com with your name, address, and phone number. Also, please indicate if you are interested in being a scheduler, a greeter, and/or counselor (preparer). We have a need for bilingual speakers. Dedicated translators who can assist our volunteers are also welcome.

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

SCLH residents get FREE non-business Classified Ads; limited to 15 words; one per household per month. Non-business Ad items include selling personal used items such as furniture, tools, books, rugs, electronics, personal car, golf cart, etc.

BUSINESS ADS:

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

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

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

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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**Wells Fargo Home Projects credit card is issued by Wells Fargo Bank, N.A., an Equal Housing Lender. Special terms for 24 mo. apply to qualifying purchases of \$1,000 or more with approved credit. Minimum monthly payments will not pay off balance before end of promotional period. APR for new purchases is 28.99%. Effective - 01/01/2023 - subject to change. Call 1-800-431-5921 for complete details. The leading consumer reporting agency conducted a 16 month outdoor test of gutter guards in 2010 and recognized LeafFilter as the "#1 rated professionally installed gutter guard system in America." *For those who qualify. One coupon per household. No obligation estimate valid for 1 year. Offer valid at time of estimate only. See Representative for full warranty details. Manufactured in Plainville, Michigan and processed at LHM/Mercer Group in Ohio. AR #0266320922, CA #1035795, CT #HIC0649905, FL #CBC056678, IA #C127230, ID #RCE-51604, LA #559544, MA #176447, MD #MHIC148329, MI # 2102212986, #262000022, #262000403, #2106212946, MN #IR731804, MT #226192, ND 47304, NE #50145-22, NJ #13VH09953900, NM #408693, NV #0086990, NY #H-19114, H-52229, OR #218294, PA #PA069383, RI #GC-41354, TN #7656, UT #10783658-5501, VA #2705169445, WA #LEAFFNW822JZ, WV #WV056912.



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Recent Sales in Lincoln Hills

2038 Stonecrest Lane	Mariposa	\$435,000
1848 Alpenglow Lane	Millpond	\$467,000
1778 Grand Pheasant Lane	Madera	\$520,000
248 Saddlehorn Loop	Millpond	\$520,000
1844 Cottage Rose Lane	Almanor	\$535,000
601 Yerington Place	Bridgegate	\$540,000
200 Cabot Court	Lassen	\$584,000
907 Coachman Lane	Plumas	\$599,000
228 Saddlehorn Loop	Tehama	\$610,500
2630 Kingfisher Lane	Trinity	\$615,000
1281 Tarapin Lane	Plumas	\$634,000

REAL ESTATE UPDATE

Market Update

We are at a point in the market where premium properties, those that have been updated or those that are located on view lots are still selling relatively quickly. While homes in good but original condition are taking longer to sell and are selling at prices discounted from the spring. Part of the issue is that many Sun City buyers need to sell their current home to buy, and that process has become arduous.

George Brown 916-297-3500 CALL/TEXT

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