

SUN SENIOR NEWS

Your Community News Source — Serving Sun City Roseville — Online at: SUNSENIORNEWS.COM



IN THIS ISSUE

Neighborhood Watch.....	3
Safety First.....	5
Ambassador, Website.....	6
Executive Director.....	7
Harmonicoots,.....	7
Music and Laughter, Dance, Drama.....	11
Fine Arts, Needle Arts, Creative Arts.....	13
Stamp, Cinema, Solo Friends.....	15
International, Jewish Fellowship, Democrats.....	17
Computer, Healthcare Professional, Meditation.....	17
Socrates Cafe, Travel, Conservative Action.....	21
Rods & Relics, Garden.....	21
Cycling, Hiking.....	23
Birders, Cornhole, Croquet, Bocce, Pickleball.....	25
Volleyball, He & She Golf.....	27
Sierra Pines Ladies Golf.....	27
Timber Creek Women's Golf.....	27
Timber Creek Men's Golf, Golden Niners.....	29
Softball, Tennis, Billiards.....	29 - 31
Mah Jongg.....	32
Observations.....	33
Letters to the Editors.....	35
Veterans and Holiday Events.....	35
Sun Senior News Classifieds.....	35

And Much More . . .

PRSRRT STD
U.S. POSTAGE
PAID
ROSEVILLE, CA
PERMIT NO. 70

Sun Senior News
5098 Foothills Blvd., #3-405
Roseville, CA 95747

ECRWSS
RESIDENT
ROSEVILLE, CA 95747

Linda Vincent – Energetic and Outgoing

BY JENNIFER MARTIN

Henry David Thoreau once stated, “Success usually comes to those who are too busy to be looking for it.” That profound observation certainly applies to Linda Vincent who is one of the busiest and most successful residents here at SCR.

Born in Pleasanton, California, in 1954, Linda was an “Air Force brat,” with two siblings, one sister and one brother, both younger. Since her father was in the Air Force, the family moved a lot throughout her childhood. Her brother, Jim, was born in Japan where they lived for three years, and her sister, Vicki, was born in South Carolina. When Linda was in the eighth grade, the family moved to England where she attended middle school until she advanced to 9th grade. Linda lived in a boarding school, staying in the dorms during the week and returning home on weekends. Shy by nature, Linda soon learned to be more daring as she and her roommates experimented with smoking cigarettes. If they heard someone



PHOTO BY JENNIFER MARTIN

coming to check on them, they either threw the stubs out the window or shoved them in the bed post. She laughs recalling the mound of stubs that were found in spring outside their dorm window.

When Linda was in the 11th grade, her family moved to Michigan, but luckily for only one year because she didn’t like the cold

weather. Right before her senior year, there was one last move and that was to Sunnyvale where she graduated from Sunnyvale High School in 1972.

The following year, Linda married Bob Jones who was in the Navy. They had two children, Tiffani who now lives in Tacoma, Washington, with her daughter, Leilani, and Kevin who is unmarried and lives in Chapel, Nebraska. While the children were in school, Linda did administrative work for the Navy. Bob got out of the Navy, and they headed to Washington state where Linda lived for 35 years. Linda remembers how rainy it was there. In fact, the first year she was there, there was massive flooding which resulted in cows floating down a river of storm water. She and her husband liked to square dance and met many friends square dancing. They also joined a dart league. The darts they used were steel-tipped darts which they threw at bristle boards. And the fun part was they were so good at it, they won money for their outstanding play.

At this time, Linda worked at an elementary school as a lunch lady. “It was a fun
(cont’ on page 31)

SCR Foundation 2023

BY LISA CRYAN

Have you purchased your tickets for the Foundation’s Fall Gala on Friday, November 10? At the time of this writing, we have a limited number of tickets available to purchase. Event tickets and keys to the treasure chests can be purchased by contacting our Event Director, Kathi Stropkai, at scrfevents@gmail.com or 916-761-9964. Tickets are \$100 per person, treasure chest keys are \$25 each, or five for \$100. Don’t miss this chance to celebrate with our community!

Save these dates —

- Bingo lovers, rejoice! The Foundation is adding a third Bingo event in 2024 and we are also in the process of purchasing brand new equipment for an upgraded Bingo experience. The next Bingo event is scheduled for Sunday, January 7, 2024, at 1:00 pm in the Timber Creek Ballroom. Tickets will be available for purchase at Courier Days in January. Mark your calendars for this new event.

- The Foundation is once again partnering with the Community Association’s Activities Department by funding the quarterly Speaker Series in 2024. Please save Wednesday, January 17, 2024, at 1:00 pm for the next event. Details will be provided by the Activities Department.

The Foundation is proud to present our community with many social and educational
(cont’ on page 6)



Sun City Singers

BY JACKIE PROETT

It is November and time to give thanks. This year, the Singers are thankful for so much! First of all is the Joy of putting together our Christmas Concert, entitled: “A Wreath of Carols”. The date is Monday December 4 at 7:00pm in the Timber Creek Ballroom. Tickets will be \$18 Ticket chairman is Jahna Holmes 530-559-0599.

Also, on the top of our thank-you-list are Director, Paul and Accompanist, Andre. The new Officers and Chairs are so appreciated. One of the biggest Thanks of all goes to our overwhelming number of new members. We are blessed with the glorious sound!

Special thanks should go to music, but never ignore fun. Fun is what we had at our

October Fest party on the 25th. Yummy pizza, salad and dessert were served at the Sierra Pines. Our Hospitality Committee, headed by Marla Shuman, was in charge of the food and fun activities that took place. Good Job!

We must always remember to give thanks to our circles, our family circles, our circle of friends. Like our Concert title, “A Wreath of Carols”, a wreath is a circle with no beginning and no end. Our circles keep us safe, warmed, comforted. Like a wedding ring, they embrace us. Our Concert wreath or circle is made with Singers on one side, audience on the other. Thanks to all.

Lest we forget, thanks to the guy or gal who sells the most tickets to fill that yawning Ballroom! First place \$75, Second place \$50, Third \$25. Thanks to the Anonymous bounty donor.

Happy Thanksgiving to you, your family and friends.

•••

All Tuned Up

BY PEGGY WELLS

For many people, autumn is their favorite season, and it’s finally here. The leaves are starting to change, and the weather is clearer, crisper, and cooler. And, of course, with autumn comes pumpkin spice... everything. (A few years ago, Jimmy Kimmel taste-tested pumpkin spice pizza on his show! It did not go well.) Autumn has also inspired many terrific songs, such as “Autumn in New York”

(cont’ on page 7)



Back row from left: Barbara Wammer, Rick Pedigo, Terry Snook, Roger Gibson, Michael Ross. Front row from left: Delia Price, Cynthia Cecil, Karen O’Hara, Sue Davis, Ann Gibson. Missing from picture: Nina Swendig, Dorothy McCarthy, Rosie Stoer.



TLC MEDICAL
TRANSPORTATION



The New Standard in Non-Emergency Medical Transportation.

At TLC, we specialize in Ambulatory, Wheelchair, and Stretcher transportation, customized to your needs. Our trained drivers ensure smooth, on-time arrivals.

With state-of-the-art vehicles and a dedicated team, TLC is your trusted partner in non-emergency medical transport.



EXCLUSIVE OFFER:
Get **\$25 OFF**
Your First Ride!

916-750-3902 | tlcnemt.com | info@tlcnemt.com

Lenora Harrison
916.765.4188
Broker Associate | DRE#01229917
lenorasellssuncity@gmail.com

Larry Pearson
916.521.6516
Realtor | DRE#01938527
youragentpearson@gmail.com

YOUR NEIGHBORHOOD
REALTORS
with **1,000+**
Sun City Home Sales!

GUIDE REAL ESTATE | **Forbes** GLOBAL PROPERTIES

WeSellSunCity.com 



FREE ESTIMATES • FAMILY OWNED & OPERATED

R & A Dynasty Cleaning Systems

**Carpet Steam
Cleaning Special**
Save \$10 per
room!



Area Rug Cleaning

Special
\$49.95/room...
Regularly \$59.95
**10% off Area Rugs
and Upholstery
Cleaning**

Call: 925-253-1103 • Text: 925-262-3259

Email: robgeen@att.net



Carpet Cleaning



Hardwood Floors



Water
Damage
Service



Upholstery Cleaning



Tile &
Grout
Cleaning

The Sun Senior News - Lincoln Hills is a monthly publication, published by EGnews Inc.

916-727-6383 • E-mail: SunSeniorNews@gmail.com
 Ad rates are available online at www.SunSeniorNews.com or
 Email: SunSeniorAD@gmail.com



Gregg and Liz Goldthorpe

EDITORS Gregg & Liz Goldthorpe
ADVERTISING Gregg Goldthorpe

PRODUCTION ASSISTANT
 Madison Goldthorpe-Lewis

CONTRIBUTORS

Jennifer Martin, Lisa Cryan, Jackie Proett, Peggy Wells, Linda Vincent, Roseville Police Department, Pat Teilh, Barbara Latter, Latricia Nicholson, Charlyn Ross, Geoffrey Browne, Jane Bohn, Linda Aug, Vikki Clark, Lenora Davis, Nancy Yavul, Peggy Voakes, Carol Kovach, Tim Miles, Brian Sutton, Cathy Schimansky, Cynthia Sindrey, Lois Arlen, Karen Levine, Marisa Bernetti, Barbara Eichten, Linda Gordon, Ed Cervantes, Steven Gustafson, Pam Scheel-Hemingway, Sherri Scott, Elna Ragan, Suzette Austin, Silvana Hughes, Janet Morelli, Judith Shiveley, David Moore, Anne Burne, Julie Harris, Pam Skarg, Nancy Labrada, Maurice Chaney, Brian Jacobson, Gary Beckman, Ralph Friend, Bob Montalvo, Diane Barnett, David Zan, Cathy Fluellen, Martin Green, Michelle Monier.

CIRCULATION: The Sun Senior News - Lincoln Hills is mailed free to 7,000 homes in the Sun City - Lincoln Hills community. The delivery is targeted for the first week of each month.

Read Online - Digital Issues: The Sun Senior News - Lincoln Hills is available to download each month as a PDF digital file at: www.SunSeniorNews.com

Back issues are available to download there as well.
ADVERTISING: Visit www.SunSeniorNews.com or Email: SunSeniorAD@gmail.com for advertising information.

CLASSIFIED ADS - Email: Classified Ads should be emailed by the 12th of each month to: SunSeniorCA@gmail.com. See the Classified page towards the back of this issue for more information.

SUBMISSIONS: The Sun Senior News -

Lincoln Hills welcomes announcements from social clubs, schools, charitable organizations, non-profit organizations, local government and community events. Also, editorial contributions as well as articles, cartoons and photographs are welcomed and considered for publication. Deadline for submissions is the 15th of each month. Please submit via email to: SunSeniorNews@gmail.com

All information submitted to the Sun Senior News - Lincoln Hills must be accompanied by your name, phone number and written consent. All letters received become the property of the publisher (EGnews Inc.).

The Sun Senior News - Lincoln Hills reserves the right to edit letters for publication and liability purposes and are not guaranteed to be published.

All content and letters to the editors represents the opinion of the various authors and all content and letters should be considered as opinion and editorial in nature. Any representations expressed by the various authors are not necessarily shared or verified by the publisher. Advertisers are solely responsible for all representations made by their advertisements. EG NEWS INC. is not responsible for the content or accuracy of any advertisements. The presence of an ad within our publications or electronic communications does not imply endorsement of the advertised company, product, or service. Readers should use all due diligence regarding representations, products or services before a transaction is performed. EGnews, Inc. reserves the right to refuse any advertising.

EGnews Inc. publishers of the Sun Senior News - Roseville and Sun Senior News - Lincoln Hills
 Sun Senior News is not associated with Del Webb's Sun City.

Neighborhood Watch/Citizen Patrol Why We Fuss About Your Garage Door – Part II

BY LINDA VINCENT

Last month, I discussed theft as one of the two reasons we fuss about whether you have closed your garage door. Hopefully you found that to be interesting and a bit of humor because today there is nothing funny about checking your welfare. We are a senior community, and health issues and injuries can come over any of us with no warning.

Determining whether illness or injury is why your garage door is up is the highest priority task for Citizens Patrol Volunteers (CPV's). It is an extension of our neighbors-watching-out-for-neighbors mindset. It is no secret; residents have saved the lives of neighbors on at least three occasions in the past years by following CPV protocol.

When CPVs get no response at your phone, they seek out neighbors in hopes one will know about your health, travel plans, and so on. When neighbors assure CPVs that you are away, the task is simply to get the door closed, either by a willing neighbor or the police. (CPVs cannot enter without your presence).

Absent such assurance, CPVs assess the need to check your welfare by evaluating facts unique to that occurrence, such as:

- Is your car(s) in the garage?
- Are newspapers, flyers or packages present?
- Your age and health history as described

by neighbors

If it seems possible that you are home and incapacitated, CPVs ask a willing neighbor, or call police, to go in to search for you. Neighbors with your key are a Big help.

Obviously, the same indications to which CPVs alert should be even more discernable to residents who know their neighbors. Your safety is proportional to:

- How well your neighbors know you.
- How vigilant they are to indications that you may not be well.
- How soon they act on their suspicions – hopefully long before they are ever approached by CPVs making inquiry about your garage door.
- Unfortunately, not all neighborhoods are that closely knit, and that means CPVs will continue to fuss about you if your garage is open.



Daylight Saving Time!

November 5th at 2AM

WE'VE MOVED!

State Farm

Julie DeCarlo, Agent
 Lic. #0B98828
 916-783-4010
 Julie@juliedecarlo.com
 www.juliedecarlo.com

Same Great Service, NEW Location!

1259 Pleasant Grove Blvd. Suite 140
 Roseville CA 95678
 (S/E Corner of Foothills & Pleasant Grove
 Across Street From Arco AM/PM)

Under New Management

Aesthetics and Medical Procedures

- Botox/Fillers
- IV Therapy
- PDO Face Lift
- Scar Treatment
- Facial Contouring
- Liposuction
- Micro Needling
- Weight Loss

Call us for details:
916-500-2474

Address: 5120 Ward Lane, Rocklin, CA 95766

Lincoln Podiatry Center

Dr. Brian P. Keller, DPM
 Board Certified in Podiatric Surgery by the ABMSP

On Site X-Ray & Diagnostic Ultrasound

- Ingrown Nails
- Heel Pain
- Bunion Surgery
- Custom Orthotics
- Corns & Callouses
- Ankle Injuries
- Hammer Toes
- Diabetic Foot Care
- Foot Pain
- Plantar Fasciitis
- Nail Care
- Painful Diabetic Neuropathy

916 434-6410 **LINCOLN PODIATRY CENTER**
 841 Sterling Parkway, Suite 130 • Lincoln

GARY'S SPRINKLER REPAIR SERVICE

Local Experts • 31 Years Experience
Troubleshooting & Repairs

- Timers Set or Replaced • Wiring Issues
- Valve Replacements • Drip Systems Replaced

All Work Guaranteed

916-223-3706 LIC# 869624



Your Home is Worth More with Terri Cicchetti Group - The Top 1% Agent!

We Get 8.4-12%
HIGHER PRICES
FOR SELLERS



Text or Call Me!

530-919-1747



Terri Cicchetti

tcicchetti@kw.com

DRE#02075629

kw FOLSOM

KELLERWILLIAMS.
DRE #01406150

Safety First —

BY ROSEVILLE POLICE DEPARTMENT

As we head into this bustling holiday season, we'd like to share some precautions you can take to protect yourself, your information and your packages.

While shopping online:

- Create strong passwords that are difficult to guess. Include numbers, capital letters and special characters like " !?&@ ". Additionally, don't use the same password for all your logins. If you have to write them down to remember, keep the list locked away somewhere at home.
- Only shop and pay at secure, reputable sites that have a URL starting with https://.
- Never use a debit card to shop online. Credit cards have more added protections.
- Validate emails and who sent them. If you click on the sender's name, you'll often see the email is actually not from Target, Walmart, or Amazon.
- Avoid opening emails that suggest you've won a prize. You haven't. Never click to open a file from someone you don't know. It could contain a virus that takes your personal information.
- Watch for pre-checked boxes. They may sign you up for a product or service or add your name to a mailing list.
- Carefully review your order before completing a transaction. If something was added that you don't want, remove it.
- Make sure you check and keep any emailed order confirmation to ensure it's

for exactly what you intended to buy at the correct price.

Protect those packages:

- Once you've ordered items, make sure they're not stolen from outside your door.
- Track your packages and ensure that you provide a hidden space for packages to be left.
- If you're going to be out of town, don't order items to sit on your front steps, have it delivered to a trusted neighbor or use a service like Amazon locker.
- If you're away from home for an extended amount of time, ask USPS to hold your mail.

If you believe you're a victim of package or mail theft, file a report on the Roseville Police Department website: www.roseville.ca.us/police

It's important to frequently check your bank and credit card accounts. If something appears in your account that you don't recognize, immediately call your bank or card issuer.

In-Person Grief Support Group

BY PAT TEILH

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

\$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).



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 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 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.aauwrosevillesouthplacer.org.

"Christmas Around the World" Luncheon

BY BARBARA LATTER

"Christmas Around the World" is the theme for a women's holiday luncheon at 11:30 AM December 2nd in the Timbers Ballroom. Sponsored by the women of Pleasant Grove Community Church, the event is open to the public.



You are invited to start the merry season around beautifully decorated tables with a delicious catered luncheon, accompanied by the strolling Encore Dickens Carolers and the Salvation Army Brass Band. There will be a special Advent message by Tiffany Holland, Assistant Vice President, Marketing and Communication at Wm. Jessup University.

Adding to the festivities will be drawings for gift baskets. In keeping with the theme attendees may wish to dress in the style of their heritage.

Tickets to the event are \$30. Entrée choices are: Napa Valley Chicken Breast, Sliced Tri-Tip and Veggie Stacks. Ticket sales begin Sunday, November 5 before and after the morning service at the church, located at 1730 Pleasant Grove Blvd., Roseville. Or for tickets and information you may contact Kay Thomson at 408-836-3311 or katie.thomson@yahoo.com. The last day to purchase tickets is November 19th.

Are you in Pain? Do your feet hurt? Do your knees or hips hurt?

GIVE US A CALL at 916-961-3434
and one of our Doctors can help you with your
podiatric and orthopedic needs



Premier
Podiatry &
Orthopedics

Our office is located in Roseville at
576 N Sunrise Avenue #230
Roseville, CA 95661

Phone **916-961-3434**

Website **www.pposac.com**

OAKMONT SENIOR LIVING Traditions Memory Care



THE BEST CARE. FOR THE BEST LIFE.

Whether your loved one is in the first stages of memory loss or is experiencing more advanced symptoms, Oakmont of Roseville can help.

Call **(916) 297-4512** to schedule a private or virtual tour today!

PERSON-CENTERED CARE

Specially Designed Community
Compassionate Care Providers
Individual & Group Activities
Restaurant-Style Dining

Assisted Living & Memory Care
Oakmont
of Roseville

1101 Secret Ravine Pkwy · Roseville, CA 95661
(916) 297-4512 · oakmontofroseville.com

Ambassador Committee

BY LATRICIA NICHOLSON

On September 9, Latricia and Dan Nicholson hosted a gathering of the Ambassadors to say best wishes to outgoing members Mary Onodera and Rosemary Dinse and to welcome new members Donna Weigelt and Mary Porter.

The Ambassadors will be hosting the next

New Resident Orientation on November 4, for residents who bought and registered in May, June, July and August. The orientation will feature Board Members and Sun City Roseville staff speaking on activities and other valuable information. There will be an opportunity to meet other new residents and begin to form friendships, an asset of living in Sun City. Refreshments will be served and there will be great door prizes!



Outgoing/Incoming Gathering — First Row: Mary Porter, Joan Rose, Rosemary Dinse, Donna Weigelt, Lee Schaffer. Second Row: Suzie Ladas, Carole McCullough, Carol Roden, Dana Eggerts, JoAnne Gregson, Linda Nelson and Latricia Nicholson. Back Row: Carol Norris, Mary Onodera and Paula Hau.

Website Workgroup

BY CHARLYN ROSS

Choices, Choices! Throughout our lives we have to make choices. As a toddler, what color crayon to use for a picture. As a teenager, what outfit is suitable for a school event. As an adult, what to prepare for dinner. When we finally reach the retirement years and decide to move to Sun City Roseville (SCR), we believe the necessity to make so many choices may diminish. It doesn't take long to realize that is not going to happen.

Living in SCR, we are confronted with a number of choices each day. There are meetings we would like to attend for the Clubs and Groups, Committees, and Board of Directors. Also, there is a variety of activities, which peak our interests. Then, there are "meet and eat" dates with new friends, as well as planning a walk or swim for "me" time. It may be difficult keeping track of all our choices. A calendar, whether paper or digital would help. And, the Resident Website, www.scrs.org, can assist in adding those choices onto your calendar.

After you log onto the Resident Website, review the Announcements area, where some meetings and special events are often highlighted. Then, check out the "Calendar" link in the black menu bar or from the "View Calendar" button below the photo. On the Calendar webpage, the links in "All items... Restaurant and Lounge" (light green text) will provide information in the form of different colored squares. The links for "Week", "Month", "Year", or at the far right "Today" will refine your search. Those colored squares represent the following entities:

- Board of Directors – Brown
- Committees & Workgroups – Blue
- Clubs & Groups – Green
- Activities – Red
- Fitness Center – Grey
- Timbers Restaurant & Lounge – Dark Brown/Black

As the saying goes "Life is full of choices!" The choices that SCR provides will certainly fill up your calendar.

The eCourier

The printed Village Courier magazine is available at the beginning of each month.

However, the information and articles that appear in that magazine were submitted at the beginning of the prior month. The online eCourier, which is available at the middle of each month, was created to provide residents with up-to-date community information.

On the fifteenth of each month, residents receive an email reminder that the monthly eCourier is available for viewing. The Board of Directors, Executive Director, and Department Managers provide many informative articles.

The eCourier can be viewed on the Resident Website from the "Community" menu. The eCourier webpage is designed to be seen on either a computer screen or smart phone, by scrolling down. Prior month issues of the eCourier can be viewed by continuing to scroll past the current month's articles.

Stay current on all your SCR choices by checking out the online Calendar and the eCourier.

Our Website Needs You! Staff is interested in your input about the Resident Website. Please use the "Suggestions" link, below the photo on the Announcement webpage, to submit your comments. Indicate that your suggestion relates to the Resident Website.

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

SCR Foundation 2023

(cont' from page 1)

events each year as evidenced by the list above. We also offer many other programs and services to our community but are you aware of them all? If not, you can ask our Maintenance Team for one of our brochures or pick one up outside the Administration Office in the Timbers Lodge. You can also visit our website at www.scrfoundation.org where we have up-to-date information on: Home Maintenance, Events, Survivor Guides, Alternate Living Considerations, Medical Equipment Loans and Dial-A-Ride. If you have any questions, you can also call the Foundation's phone number at 916-774-9040.

Executive Director Comments

BY GEOFFREY BROWNE

“Persuaders are irreplaceable,” says Carmine Gallo in *Five Stars: The Communication Secrets to Get from Good to Great*. I haven’t moved that far into the book yet but so far I agree with the first premise: that the nature of work is changing. If you can inspire imagination and persuade people to embrace change, you will go far. We’re not talking drastic change, here, we’re talking about constant change to stay relevant and modern, to get with the times. A type of “Continuous Improvement” one might say. With the advent of machines and AI being poised to replace around 47% (yes, almost half) of jobs in the next decade, those skills that machines don’t have are becoming very valuable to business. Emotional Intelligence (or EQ), empathy and purpose have all found their way into the business lexicon as qualities that high-performing people use to advance themselves, and those around them.

And businesses that have a purpose are already one (huge) step ahead – they attract people who share that purpose. Those people are more highly engaged, give more of themselves and feel a sense of belonging that ties them to the company and its leadership. If you Start with Why as Simon Sinek says you should, your employees become persuaders for your business by communicating that purpose, the ‘why’ in all they say and do.

For us here at Sun Coty Roseville, our

purpose is clear – we are here to serve our customers, also known as our membership. As I move into my second year here, I am excited when I remind our staff, volunteers and board members that we are in the customer service business. There’s almost a light bulb moment when the “why” becomes clear. The simplicity of service is energizing and demands infectious. The concept spreads outward like a wave.

So, find your purpose, and communicate the heck out of it. Because the secret of staying one step ahead of the machines is persuasive communication of your (and your business’) purpose-driven ideas and motivation.

“Leadership is the art of getting people to do what you want them to do because they want to do it.” Dwight D. Eisenhower

All Tuned Up

(cont’ from page 1)

and “Autumn Leaves”. Don’t forget this great lyric from Lerner and Loewe: “If ever I would leave you, it couldn’t be in autumn...” Not to mention the Halloween songs: “Monster Mash”, “Spooky”, “Season of the Witch”, “Zombie”... One could go on forever. Here at ATU, the arrival of autumn means preparation

for our fall show, set for October 28 at Sierra Pines. Those of you who have seen our shows know that we have lots of very talented people, and they will be rehearsing all month, both at our regular Thursday morning sessions, and on their own at home. It’s a lot of work but we love it. And don’t be surprised if you hear people humming *Autumn Leaves* – it makes a great earworm!

• • •

Sun City Harmonicoots

BY LINDA AUG

According to Google, 63% of Americans choose Fall as their favorite season. Here are the top reasons why: Changing of colors, pumpkins, falling leaves, delicious desserts, cooler weather, comfortable fashion, fire pits, hot chocolate, and boots! However, if Google had an office on Whistlestop Way perhaps they would include “and listening to the Sun City Harmonicoots play “Que Sera”, “There is a Tavern in the Town” and “Beer Barrel Polka”!

The Coots celebrated Oktoberfest in the



Timbers Lobby on Thursday evening Oct 15th and had an enthusiastic audience who joined in the “oom pah pah”. You may have even witnessed some residents doing the “Chicken Dance”. If you missed this lobby show, you have two more chances! Mark your calendars for December 7th when the Harmonicoots play holiday music in the lobby from 5:30 to 6:30 pm. Come and sing your favorite holiday songs and enjoy the festive decorations in the lobby.

Thank you to the Veterans and Patriots Club for inviting us to perform at Pearl Harbor Day on December 7th at Sierra Pines. The Sun City Harmonicoots have a long history with the Veterans Club, and we are honored to be asked once again to perform for this moving ceremony and program.

Hats off to Barbara Mills who has volunteered to update and manage the Sun City Harmonicoots web page located on the Sun City website. Please visit our site, enjoy our photos, and look for upcoming gigs! Better yet come and visit us on Thursdays from 1:00 to 3:00 pm in Sierra Pines.

Holiday time is here, and it is not too late to book the Sun City Harmonicoots for your club or groups parties. Let the Sun City Harmonicoots bring the sounds of the season to you! Call JoAnn Stooksberry at 916-749-4425 for more information. We will rock you! Harps Up!

• • •

(more Club News cont’ on page 11)

PECK • SALES
HEATING & AIR • SERVICE
CONDITIONING • INSTALLATION
CSLB# 566294
www.PeckHeatingAndAir.com 916-409-0768

Be Prepared for COOLER TEMPS with our Super Early Bird “Fall” Special!

ADVANCED WHOLE HOUSE FANS

Roseville residents: **\$400 REBATE**
(2500 CFM required) Call for details.

We are Hiring Service Technicians!

Super Early Bird Fall Tune Up Special! **\$69**

Expires 12/21/23

Three Generations Strong

Happy Thanksgiving from
FRED FESTERSEN • NICOLE ADELMAN • JOHN LADAS

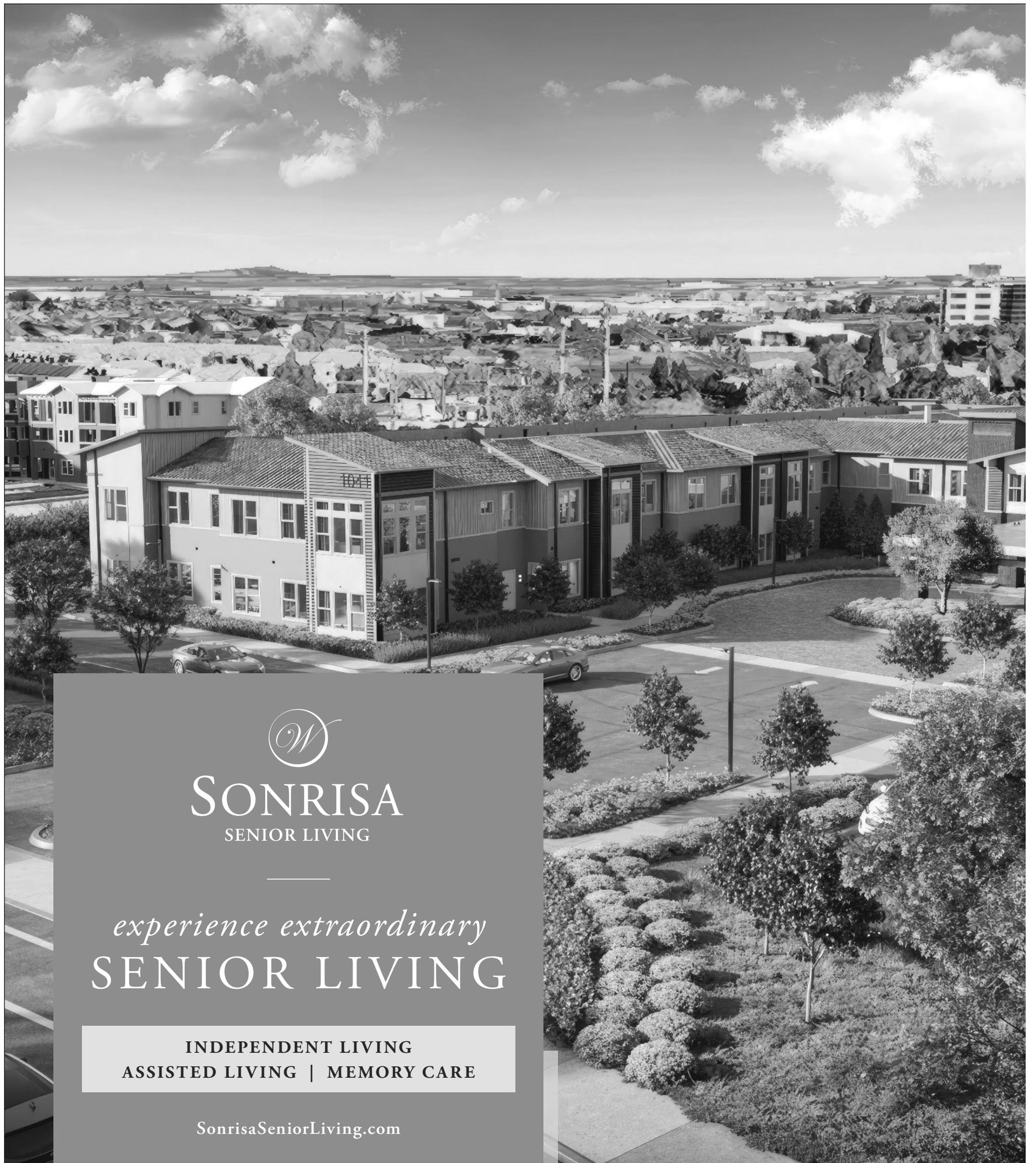
Proudly serving Roseville & Sun City with over 60 years of combined & dedicated Real Estate Experience! Our success comes from our honest approach, professionalism and integrity.

- Professional photography
- Video tours
- Property websites
- Effective negotiating
- Free Home Market Evaluation
- Free Home Warranty

BROKER ASSOCIATE/REALTORS
(916) 223-1826
(916) 223-5776
(916) 716-0317
www.RosevilleAgent.com
festersen@hotmail.com

Fred CalDRE#00477890
Nicole CalDRE#01912976
John CalDRE#01944035

Each office is independently owned and operated.



SONRISA
SENIOR LIVING

experience extraordinary
SENIOR LIVING

**INDEPENDENT LIVING
ASSISTED LIVING | MEMORY CARE**

SonrisaSeniorLiving.com



One Campus. Three Upscale Living Choices Designed for You.

Inspired Independent Living

Discover a lifestyle unlike any other in Roseville at Sonrisa Senior Living, now under new management by Watermark Retirement Communities®. Let yourself be drawn in by a vibrant community where countless opportunities for enrichment and enjoyment await. With refined residences, award-winning Watermark University programs, exquisite dining, and concierge service, it's easy to live well here.

Assisted Living and Memory Care, Redefined

Sonrisa Senior Living has expanded to include innovative Assisted Living and Memory Care. Here, discover the perfect blend of independence and personalized support in an engaging setting. With elevated amenities, signature dining, and integrated wellness offerings, enjoy an independent lifestyle with the peace of mind that comes from knowing customized care is available.

Call 279-895-6144 to learn about our phenomenal campus and schedule your private tour today.



Independent Living: 1031 Roseville Parkway | Roseville, CA 95678

Assisted Living and Memory Care: 1041 Roseville Parkway | Roseville, CA 95678

A WATERMARK RETIREMENT COMMUNITY™ RCFE LICENSE #315920051 23-RSA-3937A



fountains Dental Excellence

**Complimentary Initial Consultation
for Dental Implants,
TMJ Issues, Cosmetic Dentistry,
Invisalign and Sedation Methods.**

\$174 value (Not Including x-rays/scans)



www.FountainsDentalExcellence.com

1186 Roseville Pkwy STE 120,

Roseville, CA 95678

916-780-3000

Music and Laughter

BY JANE BOHN

Hooray for prize winners Ann McKeel, Carolyn Winters, Jan Given, Maria Hajgato, Diane Flaherty, and Peggy Wells. We hope they will return and actively spread the word of the fun happening at Music and Laughter. Our fabulous entertainers who graciously approached the microphone included Jan Given, on saxophone and piano, Elton Pamplin on Clarinet, Joe Given on violin, Ken Roberts/singer guitarist, Peggy Wells, a cappella singer, Frank Kilarr, a capella singer accompanied by Jan Given on piano, Ray DeBenedetto, a capella singer, and comics Ed Lick and Jan Montero. Our receptive audience chimed in on many of the songs including two Karaoke songs shown on our overhead screen. Here comes a huge thank you to our fan club, entertainers, and steadfast helpers George Flaherty, Maria Hajgato, Arlette Bennett and Rebecca Hellman. For you newcomers, we always meet at our Sierra Pines Lodge located on the corner of Del Webb Blvd.,



Jan Given and Elton Pamplin

and Whistlestop Way. We meet each second Wednesday of the month at the cost of a \$1 entrance donation for our prize raffle at the end of the show. Ask around about this fun group called Music and Laughter and come join us Wednesday evening, November 8 at 7:00 pm. Doors open at 6:30pm. Looking forward to greeting your smiles.

Dance Club

BY VIKKI CLARK

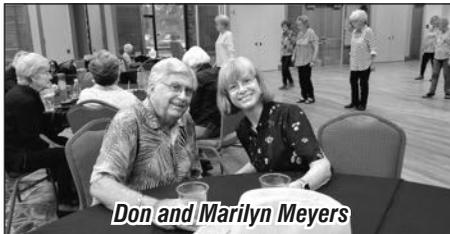
With Fall in full swing, what better way to spend time indoors than dancing! For those of you that have never danced, no fear, we have openings in our "Step into Line" class. Our instructor, Shelly Winters, will have you doing the basic dance steps to a variety of music, while learning the basic terminology. This class doesn't require a partner, but feel free to bring a friend and be prepared to have fun.

The Dance Club has been very busy. September brought out dancers from all over the community. DJ & Line Dance I teacher, Bill Swayne had everyone in the crowd on the floor for over 2 1/2 hours. Many dancers had not attended Bill's class, but were able to follow the simplified moves and had a great time.

A Haunter Harvest dance was held on



Line Dance 1 Social



Don and Marilyn Meyers

October 16th. All the ghouls and goblins came out to dance to tunes from the live band, Crystal Image. Visual effects on the overhead screen enhanced the spooky atmosphere. What a great kick-off to the upcoming holiday season!

Save the date for December 5th for the Holiday Glitz. This is a dinner/dance that should not be missed. Check in and no-host bar will begin at 5:00. The menu will include a choice

of; New York Steak, Sea Bass, Chicken or Pasta. Performances will be provided by Strutters Tap, Strutters Jazz, Clogging, Country Couples and Introduction to Line Dance. So put on your favorite party outfit and meet us on December 5th. Table reservations are available at any dance class until November 21st.

Start of the New Year right on January 15th with Jukebox Favorites dance. This will include all of our favorite party dance music. Tickets will be available for \$5. More to come!

Drama Club

BY LENORA DAVIS

We are so excited to be able to present to you our November 19 luncheon and November 20 evening performances. Tickets sell out fast,

so if you haven't gotten yours yet contact Susan Glover (530-388-6367) or Lenora Davis (707-350-1357).

We have a great lineup of short comedies for you:

1. Little Red Riding Hood (senior style). This is not as you remember it. Grandma, Riding Hood and the Wolf are much older and, let's just say, their priorities have changed.

2. No Frills Airlines. Think low budget with a burned-out flight attendant and no in-flight extras, or even basic ones, to make your trip more pleasurable.

3. Gym Guys. Three guys meet at the gym to work out, and discuss their lives. Their antics will certainly entertain.

4. Joggin' Along. Everyone loved them last time and here they come again, discussing their private lives. This will make you laugh again.

5. Limited Warranty. Remember the "Twelve Days of Christmas" gifts that her true



Linda and Dave Tennes



Pam Wingo

(cont' on page 13)

Sun City Roseville Specialist

Call when You Need Your Home Sold Right

... and at the BEST PRICE!

Take the Hassle Out of Moving!

Our Showcase Listing Service includes:

- FREE Donation Service
- FREE House Cleaning
- Professional Photography and Virtual Tours
- Estate Sale Assistance
- FREE Carpet Cleaning



Don Schlaegel
 Broker DRE# 00647027
 Donschlaegel@gmail.com
 916-926-9511



Martin Schlaegel
 Transaction Coordinator
 mschlaegel@comcast.net
 916-765-5172



LIVING LIFE AFTER COVID

"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

Drama Club

(cont' from page 11)

love gave to her? Apparently, she did not like them and wants to return them. This one will have you laughing and singing along just in time to get you in the mood for Christmas. You will not be disappointed.

So you say: "This is awesome, and I already have my ticket. But, who is the pig?" Isn't she adorable? She is one of the Three Little Pigs as part of our touring troupe, which has performed for the Solo Club in October and will be performing for the travel club in December. If your Club is interested in booking this short skit in the next coming months, contact Susan Glover (530-388-6367).

Above, see Linda and Dave Tennies as Riding Hood and the Wolf, plus Pam Wingo as one of the Little Pigs.

•••

Fine Arts Club

BY NANCY VAVUL

November is shaping up to be an exciting month for the Fine Arts Club! With the Craft Fair scheduled for November 4, artists are encouraged to bring in their masterpieces for sale on November 3. Along with Needle Arts and Creative Arts clubs, it's a fantastic opportunity to showcase and sell your artwork to the community.

Our general meeting will be held in our newly enlarged and renovated room on November 9. At this meeting you can listen to interesting presentation ideas, get the

latest information on events and classes, and sign up for those particular opportunities that interest you. General meetings are especially important for keeping up-to-date.

Throughout November, we have a variety of classes to enhance your skills. Dive into acrylics on Monday afternoons, explore drawing on Tuesday mornings, or immerse yourself in watercolor on Tuesday afternoons. Additionally, mark your calendar for the alcohol ink workshop on November 30—a unique chance to experiment with this vibrant medium. In this workshop Sherry will lead the class in the creation of ball ornaments for the holidays. This will be a wonderful opportunity to connect with fellow artists and create something beautiful together. Finally, remember that the Fine Arts room is available to members for open studio time on Wednesdays, Fridays, and weekends. Feel free to make use of this wonderful facility.

Please note that there will be no classes during Thanksgiving week, allowing everyone to enjoy the holiday festivities. Looking ahead, save the date for our Winter Wonderland holiday luncheon on December 8 at Sierra Pines. It promises lots of festive fun and surprises—check the sign-up sheet for details.

November is packed with artistic opportunities, so make the most of the Craft Fair, demonstrations, and classes. Your involvement insures a vibrant and flourishing artistic community.

•••

SCR Needle Arts Club

BY PEGGY VOAKES

We want to invite all our SCR neighbors and your friends and families to join us on Saturday, November 4 for our Annual Craft Faire and Bake Sale! The Ballroom and halls of our Timbers Lodge will be filled with vendors displaying a wide assortment of wonderful items. Our Needle Arts room will be doing duty as a bake shop, filled with home-made goodies from our members. Additionally, the Creative Arts and Fine Arts rooms will be open with those groups' amazing creations for sale. Hours are from 9:00 AM to 2:00 PM.

I can't say enough about our Chairpersons for this event, Barbara Aaberg, Carolyn DeSantis, and Elaine Tom, along with their incredible volunteers! There are so many details and moving parts to bring this event to life – I am in awe!

Thanks to our Vice-President Dianne Faulkner's thinking-outside-the-box mindset, our members enjoyed Dawn Cannon's (Finely Organized) presentation at our October meeting. Not only a lot of great tips for organizing our craft and other rooms, but a new outlook on happiness and having/keeping/tossing stuff to realize more joy in our lives.

Our November 1 General Meeting features one of my favorites – Show and Tell. I am looking forward to seeing all our members' wonderful accomplishments. I hope you will join us in the Ballroom at 1:30.

Happy Thanksgiving!

•••

Creative Arts Club

BY CAROL KOVACH

Holiday Craft Faire - November 4TH
Opening day for our newly expanded and remodeled Creative Arts room took place in mid-late October. The new kilns were installed in the new kiln room, with proper ventilation and specially designed walls to handle the heat generated by the kilns.

With the additional kiln we will be able to handle all the items created by our growing membership.

We look forward to showing off our new larger facility featuring new and improved lighting, better ventilation, a sky light, more lockers, additional workspace for a new worktable and a room to store pieces waiting to go into the kiln and items awaiting retrieval by members.

As of this writing the outside space was getting a new concrete walkway poured and fencing removed ready for new landscaping. The area outside the expanded room will get a new concrete entrance way to accommodate the many members who come and go from the parking lot.

The larger space will enable us to display member-made works more advantageously at our November 4th craft fair. We will once again offer a variety of pottery, stained glass, ceramics and decorative painted art pieces. Hours are 9am to 3 pm. So come and get your unique handmade gifts or just a special something for you.

•••

(more Club News cont' on page 15)




ANNE WIENS

REALTOR® | BROKER ASSOCIATE

BUYING? SELLING? RELOCATING? INVESTING?
Call 916.847.6006 For All Your Real Estate Needs.

- Professional marketing, negotiation, and communication.
- Real Estate Team with 35+ years combined experience.
- Nearly 800 local real estate transactions closed.
- Visit AnnesFanClub.com for reviews from happy clients.

REALTOR®/ Broker Associate
• e-PRO® • CNE • SRES®
Outstanding Life Masters Club Member
Coldwell Banker International
President's Elite

Email: Anne@YourAgentAnne.com
CA DRE Broker License # 01425896

www.ActiveAdultPlacer.com
www>YourAgentAnne.com



Reliable

Buick • GMC

Cadillac

Roseville

OIL & Filter Change

TIRE ROTATION

Dexos oil and filter change with tire rotation. Up to 6 qts of Dexos synthetic engine oil.

\$67⁵⁵

GM vehicles only.

11-30-23

783-5233

400 Automall Dr. • Roseville

www.ReliableDealer.com



CREATE A *Lasting Legacy*

Every life makes a ripple. It impacts the people you care for, the community you support—it's the legacy you hope to build.

Placer Community Foundation is here to help you create that legacy. We work with you and your estate planning advisor to determine tax-wise ways to support the causes you care about for generations:

- Give to your favorite nonprofits and causes
- Manage gifts to multiple charities in one place via a simple memorandum, which you can change at any time cost-free
- Give almost any kind of asset (stock, real estate, retirement plans, life insurance proceeds)
- Avoid setup costs and management of a family foundation


**Placer
Community**
FOUNDATION

Call (530) 885-4920 or visit
PlacerGives.org to learn more.

Roseville Stamp Club

BY TIM MILES

The Holiday Season will be upon us and there will be NO meetings in December for the Club, due to holiday dinner commitments. However, the November meetings are set for Tuesday, November 14 at the Sun City Roseville Lodge (7050 Del Webb Blvd) and November 28 at the Sierra Pines Clubhouse (7600 Whistlestop Way). Both meetings start at the usual 6:30 pm. Note the two different locations. We always have door prizes and holiday surprises for all attendees.

The Sacapex Stamp Show is set for November 4-5 at the Scottish Rite Center, 6151 H St, Sacto (joannebe@pacbell.net).

The Filatelica Fiesta (San Jose Stamp Club) is set for November 18-19 (sanjosestampclub@gmail.com) should you be in that area on the dates.

The PENPEX stamp show is on December 2-3 at the Community Activities Bldg., 1400 Roosevelt Ave., Redwood City (<https://www.penpex.org/>).

Given the holiday travel during the holidays, you just might be in the areas named. As this column is being written, Al Capparelli (916-771-8288) is down with COVID so, by the time of publication, he should be completely recovered. Meantime there will be NO garage sessions or mixing. However, he will still have access to supplies and whatever a member may need. Naturally, call first as he has other commitments that take precedence.

Lastly, pay attention to Al Raub's emails

(acraub.cal@gmail.com) as he keeps us alert to any upcoming events as they happen.

Of course, we invite any reader to attend our meetings and see what and how the hobby is handled by members and to bring that "old" album from the dusty shelf to a meeting and see the rise in value that has occurred since your last appraisal, if any.

Cinema Group

BY BRIAN SUTTON

Join us for the November movie and short film...

WHAT A WAY TO GO (1964)

Starring: Shirley MacLaine, Paul Newman, Dean Martin, Gene Kelly, Robert Cummings, Dick VanDyke, and Gene Kelly. Run time: 1 hour, 51 minutes

After attempting to donate \$200 million to the Internal Revenue Service, Louisa (Shirley MacLaine) finds herself in the care of a psychiatrist, Dr. Stephanson (Robert Cummings). She relates the improbable story behind her strange gift. It includes a pair of penniless husbands (Dick Van Dyke, Paul Newman), who build large fortunes before suffering early -- and unusual -- deaths. To break the curse, Louisa weds a millionaire (Robert Mitchum), then a clown (Gene Kelly), without much improvement.

Hollywood Reporter's review: Hard to define but easy to recommend. This 20th-Fox



presentation is a funny, musical comedy, or comedy with music, with all the glamour that Hollywood can throw into one film, and a high-powered cast to light the marquee.

Also this special short film....

THE SNOWMAN. Run Time: 26 min
After an English boy makes a snowman on Christmas Eve, it comes to life to take him on an adventure to the North Pole.

Ratings: IMDB 8.2; Rotten Tomatoes: 80% - 91%.

Oscar nominated for Best Short Animated Film

Friday, November 17, 1:30 pm. Spruce Room, Sierra Pines

As always, Admission is Free!

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

Solo Friends

BY CATHY SCHIMANSKY

Members will have two remaining 2023 social events. Our "Friendsgiving" members and members' guests catered Thanksgiving-themed social dinner followed by bingo will be on Saturday, November 18. Our December and group's annual year-end celebration catered holiday party followed by D J music and dancing is scheduled for Tuesday, December 12th.

We seniors all have some sort of "story" whether they are past or current emotional



Five new members with group officers Diane and Sharon at the September 2023 social!

or physical challenges. Making new friends and promoting positive relationships can help heal "life speed bumps". A simple smile or positive head nod can go a long way; gratitude is an attitude.

Solo Friends promotes the mindset that every day is a new opportunity to be kind and reach out/share friendship. By reaching out whether by meeting new friends or deepening current friendships we enable our "cup to be half-full" when giving "verbal hugs" and sharing smiles together. Living in the present and focusing on creating moments of happiness we can successfully not only be physically "above ground" but avoid the sadness of recounting negative past experiences and be "mentally above ground" as well. Truly we have opportunities to attain a sense of warmth and satisfaction by extending a warm smile multiple times a day to others.

Each day is a new day and tomorrow "today" will be a memory and it takes sixty-four muscles of your face to make a frown and only thirteen muscles to make a smile. Why work overtime?

(more Club News cont' on page 17)

Sam's Electric

Local and semi-retired 40 years experience
LICENSED ELECTRICIAN

ANY TYPE OF ELECTRICAL REPAIRS:

- CEILING FANS**
- RECESSED LIGHTING**
- EXTRA / OUTDOOR PLUGS**
- HANDYMAN REPAIRS**
- PANEL SAFETY CHECKS**

Low rates!

916-521-8319
WE ANSWER OUR PHONE!

Senior discounts
Financing Available

Lic # 483222

**Experience,
Tenacity, Ethics,
Resourcefulness,
and Attention
to Detail**

Put my 22 years' Del Webb Experience, Legal Education and Marketing Expertise to work for YOU!

Paula Nelson
email: REALTOR@PaulaNelson.com

916-240-3736
DRE lic. # 01156846
www.PaulaNelson.com

COLDWELL BANKER
SUN RIDGE REAL ESTATE
Each office independently owned and operated.

THE MOST AWARDED LOCAL NEWS



WATCH
CHRIS THOMAS & LORA PAINTER

WEEKNIGHTS AT 6

ONLY ON

abc 10

International Social Group

BY CYNTHIA SINDREY

It is hard to believe that 2023 is almost over. The Group has had some great events during the year, and we are not finished yet. On November 1 which is the first Wednesday of the month instead of the usual fourth Wednesday so that we don't conflict with Thanksgiving. We will be meeting at 6:00pm at Sierra Pines where we will have an "Early Thanksgiving Potluck Dinner" followed by a very interesting program to be given by Gopal Kapur. In line with our members cooking for the potluck he will be teaching us how to cook.

That will be the final event for 2023, but we have already set a date for our annual "Bringing in the New Year Dinner" with entertainment by the Cocuzzi Duo. They will be playing music during the evening, and you may sing along or dance the evening away. This has always been our most popular event. It will take place at Sierra View Country Club in Roseville and rides will be available for those that either don't drive or would rather not drive at night.

Flyers with details will be e-mailed and postal mailed to our members and will also be available on the rack in the lodge.

I would personally like to thank Charlotte Sloan and crew for taking over the last event when I was unavailable, and also to Gillian Ficarra who always does an amazing job of making centerpieces for the tables.

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

• • •

Jewish Fellowship Circle

BY LOIS ARLEN AND KAREN LEVINE

A special thank you with appreciation to Ruth Elkins and Ray Seamans for leading the Shabbat service and hosting the Oneg in September.

After recently celebrating the High Holy days, I was asked several times the question: "What is Tashlich and why do we do it?" Tashlich, which is translated to "casting off", is a ceremony performed on the afternoon of the first day of Rosh Hashanah. During this ceremony Jews symbolically cast off the sins of the previous year by tossing pebbles or breadcrumbs into flowing water. During this ritual it is thought that by tossing the

breadcrumbs into the water you are thinking of the things you have done wrong in the past, and by throwing them away you are looking for improvement in the coming year.

Our Break the Fast dinner after Yom Kippur was enjoyed by all with delicious and bountiful traditional Jewish food of lox, bagels and cream cheese, herring, various kugels, egg and tuna salads and desserts which included rugelach.

The next Book Club meeting will be on November 13, 2023 at 7:00pm at the home of Ruth Elkins and Ray Seamans. The book that will be discussed is "My Grandfather Would Have Shot Me".

Hanukkah candles will be lit in the lobby at the Sun City lodge by our JFC members during the week of Hanukkah.

Stay tuned for upcoming details for our annual Hanukkah dinner party in December.

• • •

SCR Democrats

BY MARISA BERNETTI

We have breaking news! We have two marvelous speakers at the November 22, 9:00 am meeting at Sierra Pines, Dan Walters and Jessica Morse.

Dan Walters, the Dean of California political journalism and the public's eyes and ears on the State Capitol for almost 60 years, will be the highlighted guest speaker. It is the day before Thanksgiving, so we'll be giving thanks for this rare opportunity to hear his insights, experience and juicy recollections about "how the sausage is made" in California.

Jessica Morse declared her candidacy to replace Kevin Kiley in US Congressional District 03. Jessica knows this district. She grew up here. Her ancestors were pioneers who settled in the Sierra foothills. Her family remains stewards of these lands. Her promise is to find solutions to tough problems and be accessible to us, her constituents. Come listen to how Jessica plans to represent our district in Congress.

Let's pack the house! 9:00 am for check-in and coffee social and 9:30 am, for the meeting/speakers.



Dan Walters



Jessica Morse

A festive Holiday luncheon and short meeting are planned on December 27, 12:00-3:00 pm at Sierra Pines. Details TBD. More info, email marisa.scrca@gmail.com.

See our FaceBook page: <https://www.facebook.com/DemocratsOfSunCityRoseville>.

• • •

SCR Computer Club

BY BARBARA EICHTEN

There will be no General Meeting in November, December, or January. A club meeting will be held in February.

Photo: Will meet on the 3rd Friday, November 17 at 10:00 am in the Club Room. Come to the meeting and see how the Photo SIG (camera club) does things. Submission of a maximum of 3 photos, sent to PhotoSIG916@gmail.com, is due by Monday, November 13. The photos will be juried at the regular meeting. November's theme is "Sunrise or Sunset." Photos may be taken between January 2020 and the submitted date.

Contact Dennis Studer or Jenni Ramirez for additional information.

Genealogy: There will be no Genealogy meeting in October, November, December, and January. The group will resume in February.

OPEN sessions are on Friday November 10 and 17 from 1:00 - 3:00 in the Club Room.

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

• • •

Healthcare Professional Group

BY LINDA GORDON

The Healthcare Professionals Group is celebrating our Second Anniversary in existence in Sun City Roseville. Before the pandemic it was an organization of only Registered Nurses. However, when we returned after the shutdown, we decided to open the group to all members of the Healthcare Family. If you are a member of any Healthcare field, you are welcome to join the Healthcare Professionals. This includes, past or present, Doctors, Nurses at all levels, X-ray or Lab Technicians, all Ancillary Units or anyone who has worked in hospitals or Patient Care fields.

We meet bi-monthly on the first Wednesday of the odd numbered months for

socialization, lunch & usually a speaker.

For November we are planning something a little different. Since we have such a friendly group that seems to enjoy our social time, we have decided this month to forgo a speaker and enjoy each other. Any of our members or guests who would like to say something to the group will be welcome to do so.

The meeting is November 1 from 11-1pm in the Sierra Pines Ponderosa Room. Cost for lunch is \$10. RSVP required to Linda Gordon information below.

Blood Pressures are back! The group also sponsors a Blood Pressure Clinic each month. Due to the construction in the fitness Center, we have had to put these clinics on hold until the construction is complete. With the Fitness Center scheduled to reopen mid-October we will be restarting the Blood Pressure Clinic on the 2nd Wednesday of every month from 9:30-10:30 in the Fitness Center. Our first clinic will be Wednesday November 8.

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

• • •

Mantra Meditation

BY ED CERVANTES

The Heart of Gold Meditation Group of Sun City Roseville cordially invites you to join us for a peaceful hour of mantra meditation, music, and good company. Come learn a simple method of meditation that uses soothing mantras and music to ease the stress and anxieties of daily life. The timeless practice of mantra meditation is as universal as the sunrise. By this simple process we begin to experience an ever-deepening inner peace, happiness and increasing insights into life.

The program is donation based and the meditations will be practiced seated in chairs.

Here are the dates and locations for our upcoming meetings.

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

Wednesday, Nov. 15th 10:30am - 11:30am in the Ponderosa Room at Sierra Pines

Mark your calendar and we look forward to meeting you. Ed Cervantes and The Heart of Gold Meditation Group
mantramedclub@gmail.com

• • •

(more Club News cont' on page 21)



WE BUY GUNS
BUY • SELL • CONSIGN

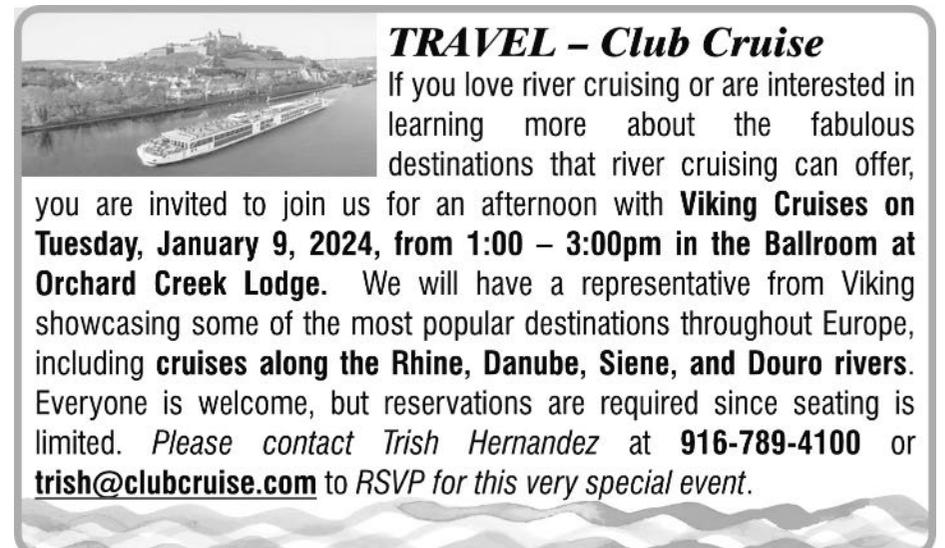
FREE FIREARM APPRAISAL
Fast, Friendly Service • Gun Smith
Gun Transfers & Registration

LINCOLN GUN EXCHANGE
NEW & USED

916-MR 1-GUNS
(671-4867)

607 5th Street, Lincoln
lincolngunexchange.com

Wed - Sat
10 - 5



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.*



CLUB CRUISE & TRAVEL

Call our travel experts and let's start planning your next vacation! Call 916-789-4100

We are a FULL SERVICE Travel Agency. Tell us where you want to go and we will help make it amazing!

Days & Destination **Cruise Line ~ Sailing Date** **Starting Price/ Inside Ocean View Balcony**

15 DAY HAWAII from SFO! PRINCESS

Crown Princess ~ 3080 Passengers

Nov 26, 2023	S/O	\$1,836	\$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.

***LINCOLN SHUTTLE TO SHIP AVAILABLE!**

11 DAY ALASKA From SFO! PRINCESS

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
-------------	-------	---------	---------

DONT MISS OUT ON THIS AMAZING DEAL!

Sail from Ft. Lauderdale, Florida to Southampton (London), England visiting Azores (Ponta Delgada), Portugal; Madeira (Funchal), Portugal; Casablanca, Morocco (for Marrakech); Seville (Cadiz), Spain; Lisbon, Portugal; Southampton (London), England.

22 DAY GRAND MEDITERRANEAN PRINCESS

Enchanted Princess ~ 3660 Passengers

Nov 1, 2023	\$2,724	\$3,324	\$3,486
-------------	---------	---------	---------

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

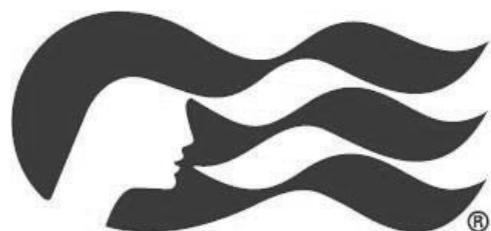
Jan 4, 2024	\$1,130	\$1,483	\$2,116
-------------	---------	---------	---------

Ruby Princess ~ 3080 Passengers

Mar 23, 2024	\$1,197	\$1,748	\$2,998
--------------	---------	---------	---------

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.



CLUB CRUISE Reservations, Serving Placer County Since 1991
851 Sterling Parkway, Lincoln, CA 95648

We're local, please visit us or call **(916) 789-4100**

Visit us online www.clubcruise.com Email: book@clubcruise.com

CST # 2033380-40 November 2023



CLUB CRUISE & TRAVEL

2024 Cruises are 60% full and filling up fast! Call to book your cruise ASAP!

Your local full service travel agency is just a phone call away. Our professional travel team is here to help make your trip better!

Stop by, call or email us to arrange your next trip with a professional travel agent.

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>Sail the best ship on the West Coast in 2024!</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				
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				
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				
Celebrity Equinox ~ 2850 Passengers				
	Jan 18, 2024	\$1,051	\$1,257	\$1,499
	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				
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				
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 \$4,499

Viking Longships ~ 190 Passengers

INCLUDES ROUND TRIP SACRAMENTO AIRFARE*!

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

CLUB CRUISE Reservations, Serving Placer County Since 1991

851 Sterling Parkway, Lincoln, CA 95648

We're local, please visit us or call **(916) 789-4100**

CST # 2033380-40 November 2023

HERE FROM THE BEGINNING. HERE FOR YOU TODAY.



Anne Wiens
#01425896
916.847.6006



The Festersen Ladas Group
Fred Festersen #00477890 916.223.1826
Nicole Adelman #01912976 916.223.5776
John Ladas #01944035 916.716.0317



Jennifer Hilton
#01011487
916.275.4438



Mitch Yeaton
#01118576
916.532.1962



Tonya Hamlin
#02058639
916.759.4683



Mitzi Anderson
#01911208
530.906.2358



Lisa Marie Ellis
#02197844
916.847.3702



Susan Wheat
#02202876
916.204.9554



Nick Brooks
Owner/Broker
#01061232

To express our gratitude for your support through the years, we're giving you a FREE PIE at our office on November 15! Use the QR code below or visit www.pieandgratitude.com to reserve yours! Limited to the first 200 SCR residents to respond.

LOCATED BY WELLS FARGO & STARBUCKS IN THE
RALEY'S CENTER
AT PLEASANT GROVE & WOODCREEK OAKS BLVD.

916.772.6600
CBSUNRIDGE.COM



FOR REVERSE MORTGAGES &
ALL YOUR FINANCING NEEDS ...



Ryan Nordby
Mortgage Broker
NMLS #260857 I DRE #01405357
Cell: 916.600.6480
Ryan@NordbyTeam.com



COLDWELL BANKER
**SUN RIDGE
REAL ESTATE**

CA DRE #01441035
Each office is independently owned and operated

Socrates Café

BY STEVE GUSTAFSON

As you may know, Socrates Café is Sun City's philosophy discussion group. Typically, over a dozen of us meet at 10:00 in the Timbers Lodge on the first Monday of the month. We use microphones and a circular arrangement of tables so we can all hear and see each other. Almost everyone has something interesting to say!

A facilitator (a different person each month) proposes the questions for discussion. The questions have covered an amazing range of topics. For example, suppose that medical experts say that unless enough people get a certain vaccine, a widespread pandemic and many preventable deaths are likely. Is it unethical for you to refuse to get the vaccine because you don't want any infringement on your personal freedom?

We avoid discussing political opinion or religious belief, but political philosophy (What is the best form of government?) and religious philosophy (Can we prove that God exists?) are fair game. For example, Socrates Café has discussed kakistocracy, which is government by the worst, the least qualified, or the most unscrupulous.

Our discussions focused on the best way to prevent this form of government. It was mentioned that classic western philosophy rejects democracy as the answer, argues that democracy devolves into kakistocracy, and claims that dictatorship by an eminently qualified "Philosopher King" is the best form of government. But we agreed that today we despise authoritarianism and welcome democracy. As Winston Churchill famously said "...democracy is the worst form of government, except for all the others..."

Our next meeting is November 6th. You are welcome to join us.

• • •

Travel Club

BY PAM SCHEEL-HEMINGWAY

The September African Safari trip was a big success.

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

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

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

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

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

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

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

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

Machu Picchu+Galapagos Islands – September 30-October 13, 2024 (Collette)

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

WashingtonDC/Greenbriar/Williamsburg holiday trip – December 2024 (Collette)

See the Travel Club web page on the SCR web site for details on all trips. Just click on the "Trips" button to see links to the flyers for all available trips.

Because the fourth Monday in November falls after Thanksgiving Day, the Ballroom is not available for club usage, so we will not have meetings in November or December this year. Our next meeting is in the Ballroom at 3:00 pm on Monday January 22, 2024; however, don't miss the Holiday luncheon on Monday December 18. The SCR Drama Club is preparing a new comedy performance just for us and CJ Kidd is also slated to perform. Watch for the flyer!

Your Travel Club Council wishes one and all a Happy Thanksgiving and safe travels, wherever they may take you!!

• • •

Conservative Action Group

BY SHERRI SCOTT

Our next meeting on November 6 at 6:30 pm at Sierra Pines will feature Vice Mayor Krista Bernasconi who will bring us up to date on the status of the Roseville Industrial Plan (Phillip Road Site) proposal in our area. She has been a member of the Roseville City Council since 2018 and has served as Vice Mayor and Mayor. Prior to being a Council member, she served on the Planning Commission for eight years.

Our October 2 meeting focused on elementary education with the presence of two current school board members, Jon Fenske – Dry Creek Joint Elementary School District

and Jonathan Zachreson – Roseville City School District.

There will be no meeting in December. Starting next year, Amy and Steve Cho will assume the leadership of CAG. We want to profusely thank Gwen Myers for all she has done in establishing this Group and the successes we have had along the way.



• • •

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

• • •

Garden Club

BY SUZETTE AUSTIN

At our November 7 Garden Club meeting Lani Houck will speak on pruning, including evergreen and deciduous trees, as well as fruit trees. Lani has taught environmental horticulture and agriculture classes at Sierra College and has worked with the Roseville Urban Forrest Foundation (RUFF) as a certified arborist and program manager.

Our Club Holiday Celebration will be a



breakfast at 8:30 am on December 5 at the Lodge. Start thinking about a fun gift to bring for our gift exchange.

Mark your calendar for our Sun City Roseville 2024 Garden Tour which will be held on May 4. Eight houses will be included in the tour and we'll start selling tickets at February Courier Days.

Mike Horrell hosted an October workshop in his garden focusing on dividing perennials and bulbs, as well as planting annuals.

Julie Barbour was our speaker for our October meeting. She is a Certified Integrated Pest Management Advocate. Her work brings university science to help gardeners have healthier soils and plants, reducing the need for expensive and toxic chemicals.

We have a table at our meetings to "Share the Bounty." If you have a garden and have extra fruit, herbs or vegetables you are invited to share. You may want to add serving
(cont' on page 23)



43 yrs Experience

BONHAM ELECTRIC, INC.

REMODELING - REPAIRS - NEW CONSTRUCTION

- * Kohler Generators
- * LED Lighting
- * Electric panel Upgrades

- * Smart Devices
- * P. V. Solar & Repairs
- * Senior Discounts Available

COMMERCIAL - INDUSTRIAL - RESIDENTIAL



916-564-3530

EMAIL: BONHAMELECTRIC@GMAIL.COM

www.bonhamelectric.com



Lic#905104

RC Painting

Interior & Exterior Painting

- Quality Workmanship and Materials
- Competitive Rates
- Small Jobs Ok
- Excellent Local References

Please call for your free estimate

530-305-2943

lic# 1004744.

Forget Mow, Blow, & Go!™

USING THESE PAILS MAKES ALL THE DIFFERENCE.

The only way to provide a manicured look to your yard is to yank, trim, rake, and remove weeds, leaves, and debris BY HAND...AND WE DO IT!



We provide an English-speaking crew member at every visit. • Irrigation systems are regularly checked for proper operation. • FREE Timer Adjustments • (3) Service Plans to choose from. • NO contract required. • Change plans anytime. • Improvement project in mind? We prepare all documentation and submit it for Architectural Approval at NO ADDED COST!



530-740-3592

Martin's Landscape
CA Contractor Lic #1007425
City of Lincoln Lic #06875
BONDED & INSURED



Specializing in the Western Placer Area

- Active in Real Estate and Lending for over 35 years
- Consistent Placer County Top Producer

**FREE HOME MARKET EVALUATION
FREE PARTIAL STAGING
VIRTUAL TOURS ON A NEW LISTING!**

*Let Me Help You Find
Your New Home!
And Sell Your Current One!*

Donna Judah



916-412-9190
djudah@sbcglobal.net
CalBRE #00780415
1500 Del Webb Blvd. #101
Lincoln, CA 95648

Former Del Webb Sales Associate in Both Lincoln Hills and Sun City Roseville



SUN RIDGE REAL ESTATE

35 Years in the Business



INDEPENDENT LIVING • ASSISTED LIVING • MEMORY CARE
Call 916-755-6553 to set up a tour today!



WellQuest
of GRANITE BAY

Voted Best of The Best in Granite Bay 2023!

WellQuest of Granite Bay Senior Living offers age in place accommodations for seniors exploring Independent Living, Assisted Living and Memory Care.

Our Resident's have access to our many unique amenities:

- Heated Swimming Pool
- On-site full time Physical Therapy
- Nearby Paved Nature Trail
- Spacious Apartments
- 5 Star Cuisine in an Open Dining Setting
- Covered Dog Park

Call today to schedule your Tour and experience the difference and feel the WellQuest Vibe!

916 864-9800

WellQuest of Granite Bay Senior Living

9747 SIERRA COLLEGE BLVD.
GRANITE BAY, CA 95746
WWW.WELLQUESTGB.COM

Garden Club

(cont' from page 21)

suggestions, such as “allow to ripen on the counter” or “chill and enjoy” as well as the name of the donor.

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

• • •

Cycling Group

BY SUZETTE AUSTIN

“There’s Gnome Place Like Home in the Fall” was the theme of our October dinner celebration in Sierra Pines. In addition to delicious Chicken barbecued by our Karl Zuchold, we played games and there were door prizes. A big thank you to Chef Karl and also to Barb Eagle and Laurie Mockert for organizing this festive evening.

We had a wonderful Fall breakfast ride, where riders met for a morning ride and then returned to join non-riders at the Timbers for breakfast. Thank you to Carol Weaver for organizing this fun event.

Our Rovers Rides continue, weather permitting, on Sundays and Wednesday mornings departing at 8:30 AM from the Tennis Courts. Though the focus is on new riders, everyone is welcome. These rides are about an hour in duration and average 10mph. They ride on Sun City streets and local bike paths, avoiding heavy traffic and focus on basic



riding skills, rules and etiquette of the road as well as simple maintenance. You don’t even need to be a member of our group; the only requirement is that you must wear a helmet. Just show up or contact Renee Hawkyard for more information. Welcome to all our new riders!

Our Cycling Club Holiday Dinner will be on December 13 in Sierra Pines. Watch the website for more details.

Our meetings will be combined with social events whenever possible. Dues of \$6 per member are due now. Please make your check out to SCR Cycling Group and drop it off or mail it to Ann White at 501 Pineneedle Court.

Our next meeting will be January 15 at 8:00 AM in Sierra Pines.

• • •

SCR Hiking Group

BY SILVANA HUGHES

On our September hikes in the high Sierra Nevada, the weather was pleasant, and we saw full lakes, a variety of flowers still in bloom, and many different mushroom species. Our hike leaders always monitor the latest weather forecast and road conditions for the areas we plan to visit, which are determined weeks if not

months in advance. On one occasion, when just a day before our hike thunderstorms were predicted for the original destination, hike leader Don Stoye was able on short notice to lead us on a different hike that all enjoyed. A big thanks to Don!

Bill Haley curates our photo gallery and is able to identify the viewpoints on the trails, and many varieties of flowers, trees, mushrooms, mosses, lichen, and butterflies that are spotted by the hikers. He adds these identifiers to the photos. We invite all to take a virtual hiking tour by viewing the Hike Group photo gallery on the SCR website and learn the names of many species of native flowers and other plants, as well as butterflies and other insects.

Our holiday dinner party is scheduled for Friday, December 8. Details and cost will be provided in the near future.

In Spring and Summer our hikes take us into the high Sierra Nevada; starting in



November our hikes will keep to lower elevations to avoid the cold temperatures and unpredictable winter road conditions in the high mountains. Below is the November schedule, subject to change depending on weather and trail conditions. We meet at the parking lot near the tennis courts for carpooling. For our fall and winter hikes, the meeting time has been changed to 8:45am, with a 9:00 departure.

Remember to pack a change of shoes (to keep the drivers’ cars clean), lunch, water, sunscreen and insect repellent. A detailed schedule is posted on the SCR website.

November 2: Magnolia Ranch & Dave Moore Nature Area, rated #4 (easy), 5.5 miles, elevation gain of 450 feet, \$8 carpool ride.

November 9: Nimbus Hatchery to Sunrise, rated #3 (easy), 7 miles, elevation gain of 150 feet, \$8 carpool ride.

November 16: Weimar, rated #5 (moderate), 5.5 miles, elevation gain of 900 feet, \$8 carpool ride.

November 23: No hike, enjoy your Thanksgiving!

November 30: Cool to Dam Overlook, rated #4.5 (moderate), 6 miles, elevation gain of 700 feet, \$8 carpool ride. in the high mountains.

• • •

(more Club News cont' on page 25)

Caring
PET CREMATORY
The Dignified Choice

916-469-0801
4720 Beloit Drive
Sacramento CA 95838
www.caringpetcrematory.com

Compassion, Care and Respect

- Specializing in Private Caring Cremation of Your Pet.
- Family Witness & Same Day Cremation Available.
- Your Beloved Pet will be ready to go home in 3-5 business days.
- Memorial Keepsakes to Help You Honor their Life.
- Family Owned since 2013. Our pets are our family.

**Our pets deserve the Best.
In the hands of people who care.**



305 Grass Valley Highway (Hwy 49) • Auburn, CA • 1 block North of I-80



BUY • SELL • CONSIGN

We Buy

- Motorhomes
- Travel Trailers
- 5th Wheels
- Campers



We Consign

Trades Welcome

Small town dealership with small town prices! Stop by for a FREE appraisal.

53 YEARS OF LOCAL RV EXPERIENCE

Visit our Website: www.ShopRVconnection.com

Open 7 days 9am to 5pm • After hours appts. available

Call **(916) 765-1022**

Pictures of units are examples only.

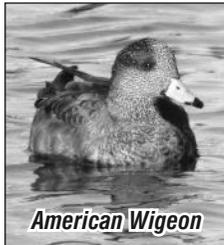
Birders

BY JANET MORELLI

SCR Birders are looking forward to the bird migrating season and the birding field trips planned to take advantage of the many wildlife refuges and preserves located in the Sacramento Valley area. Two field trips are planned for each month through the month of May. The schedule is posted on the Birder's web site showing the planned destinations and the estimated duration and walking distance for each trip. A week before each trip, an eBlast is sent to each resident on the Birder's e-mail roster providing more information including meeting time and place, site access fees and carpool fees (if any) and for longer trips, whether to bring a lunch or plan on a restaurant stop before the ride home. To be included on the e-mail roster, call Janet Morelli at 916-782-6393.

The two trips planned for November are the Dry Creek Trail in Roseville on November 2 and the Cosumnes River Preserve in Galt on November 16. The first trip in December will be to the Lincoln Water Treatment facility on December 7.

The American Wigeon is a large dabbling duck that visits our area in the winter. The male bird, most easily identifiable, has a white or buffy forehead and hip patch, green head, pinkish/brown body, and a small bluish gray bill with a dark tip. A dark eye-patch and a pointed black tail with white underparts also aid in its identification. The broad white crown of this bird gives this Wigeon the nickname of "baldpate".



American Wigeon

This bird can be found in fresh water as well as sheltered saltwater foraging for aquatic plants, seeds, and an occasional snail, with its tail up and head down in the water. Instead of a running to take off into flight, the American Wigeon can spring directly into flight.

Cornhole

BY STEVE GUSTAFSON

Elaine Zilonka, Sun City's Fitness Director, has said that playing cornhole could improve your eye-hand coordination, your balance, your ability to move smoothly, etc.

Cornhole could also improve your short-term memory--as in remembering the score!

We play cornhole (often about a dozen of us) on Tuesdays at either 9:00 or 3:00. How do we decide? The time that has the most comfortable temperature is key.

From the fall equinox to the spring equinox the temperature is usually best at 3:00, and from the spring equinox to the fall equinox it is usually best at 9:00. The fall equinox was September 22nd, and the spring equinox will be March 19th. (Day and night are equally long at an equinox)

So, on the first Tuesday after September 22nd we switched from 9:00 to 3:00, and on the first Tuesday after March 19th we will switch back to 9:00. If you can remember all this, it is evidence that cornhole can improve your long-term memory!

In November we will play cornhole at 3:00 Tuesdays on the Sierra Pines horseshoe lanes. You are welcome to join us.

Croquet Club

BY JUDITH SHIVELY

Croquet is more than you think. When you envision Croquet, I bet you remember the backyard Croquet we all played as kids. But it has a new life – Six Wicket Croquet – which is a challenging strategic game.

This six-wicket game offers a partnership competitive game. There are two teams, and each player follows the colored lines on a stake for whose turn to play: blue, red, black, or yellow. Blue and black are partners. Red and yellow are too. Partners are determined by a draw. After play starts a player may aim their ball to hit another one. It can be your partner's ball or the opponent's ball. Your ball is placed beside the hit ball and two shots are awarded to be used to clear a wicket. However, your ball is now "dead" on the hit ball. A Deadness Board will be marked. When another wicket is made the deadness is erased. The challenge is learning the many ways to strike your ball for the best advantage for your team. There is only one stake in the middle of the course. Both partners must hit the stake after clearing all wickets to win the game.

Bet you just thought "wow" I had no idea. Some have compared it to golf for its competitive nature but in golf you cannot hit your opponent's ball and knock it out of its position. Plus, the cost of a mallet is not as pricey as golf clubs and a game is 75 minutes

long. Pay a visit to the two courts located at the Pines. There are mallets and balls for public use. You can get them by checking at the desk. Call Bert Donlon (916-773-3458) to arrange a lesson.

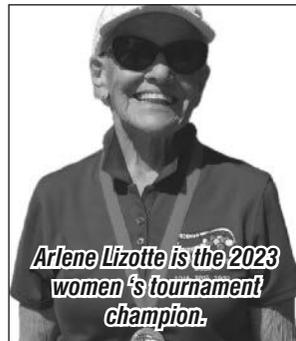
You will fall in love with this challenging delightful game!

Bocce Club

BY DAVID MOORE

It is official! After months of tournaments the Sun City Roseville Bocce Tournament champs have been crowned. Mike Bubbico bested the men while Arlene Lizzote topped the women.

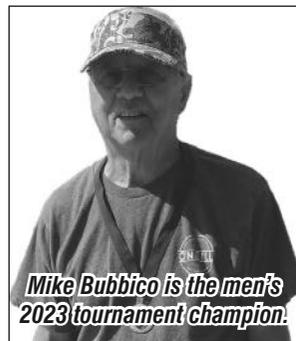
Arlene, who is 86, is now a five-time champion, having previously won in 2007, 2015, 2016 and 2019. She is an original Bocce Club member and her victory in 2023 made her the first women's tournament winner as before that the competition was not separated by gender.



Arlene Lizzote is the 2023 women's tournament champion.

Elaine Turnbull, 84, who has been playing three years placed second while Bobbi Dunk, 85, who has been playing for 13 years came in third.

On the men's side the finishes were extremely close. Mike Bubbico, 77, who has been playing bocce for 18 years and second place finisher Ken Lane, 71, who has been playing five years, scored the same number of total points in the five games but Mike having given up fewer points to his opponents was declared the champ. Pete DiLorenzo, 75, who has been playing for eight years, came in right behind them in third place.



Mike Bubbico is the men's 2023 tournament champion.

The 2023 season marks the end of Ron Onodera's tenure as tournament chair as he

is retiring from that key post after having kept things running very smoothly and efficiently.

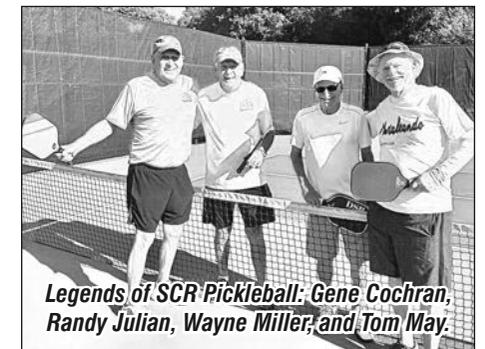
By the time you read this the mini leagues will be completed but because of the publication printing schedule a report will have to wait until next month.

We end our monthly report on a sad note as we report the Bocce Club lost a member, Dave Drapeau, known to many of us for his infectious smile and friendliness as we offer our condolences to his wife Sandee and his sister Maryann, both of whom are bocce regulars.

Pickleball Club

BY ANNE BURNE

Last Month the Pickleball club hosted a Newcomers Tournament. There were 11 new members that registered for the tournament. Most of the attendees had taken the Intro to Pickleball clinic and learned how to keep score and the fundamentals of playing. They were ready to compete. It was a big success with lots of Pickleball followed by a luncheon. Thank you to our tournament director, Pam Wingo and her many volunteers that helped the tournament run smoothly. Pickleball club has also been hosting several Dinks and Drinks events. Players come out in the evening for Pickleball and socializing. The evening events have been very popular as the weather has cooled down.



Legends of SCR Pickleball: Gene Cochran, Randy Julian, Wayne Miller, and Tom May.

There is a new series on Netflix called "Living to 100." There are five regions around the world that have a higher-than-average number of centenarians. One of those regions is Loma Linda California. Why is Loma Linda producing so many people living into their 100's? According to Dr. Loida Median, the Godmother of Loma Linda pickleball, the answers are nutrition, exercises daily, and to

(cont' on page 27)

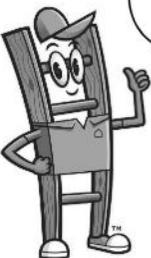


(916) 500-4314

HomeDetailServices.com

LEAVE THE LADDERS TO US!

- Gutter Cleaning
- Window Cleaning
- Solar Panel Cleaning
- Christmas Lights



Scan & claim your free quote today!






LET US HELP YOU CARE FOR YOUR LOVED ONE

We specialize in:

› Personal Care	› Alzheimer's
› Companion Services	› Parkinson's
› Homemaker Services	› Heart Failure
› Respite	› Post-surgical Care
› Hospice Support	› Multiple Sclerosis

We assist you with Long Term Care insurance processing.

No deposit required.

Nurse oversight included.

Independently Owned & Operated

Insured & Bonded – Roseville, CA • 916 781 6500



LiftMaster®



See and hear what's happening in your garage.

- The LiftMaster Garage Door Opener, with built-in camera and 2-way communication, provides peace of mind your garage is safe and secure. Model 85503
- REAL TIME VIDEO MONITORING
- 2-WAY COMMUNICATION
- SMART PHONE CONTROL
- INTEGRATED BATTERY BACKUP



COMPLETE **Garage Door Installations**

*Many Styles & Colors to Choose From
Less Expensive Than Home Depot & Lowe's
Over 20 Years of Experience*



owner Ivan Garcia
License # 893431

916-708-4225
Bonded & Insured

Pickleball Club

(cont' from page 25)

socially connect. She believes that Pickleball is part of the secret to longevity. Together exercise and a sense of community is what Pickleball provides. Pickleball club members here in Sun City show up three to five times a week and get exercise, laughter, and a feeling that they belong. If you're interested, come and join us between 8:00 and 11:00 am Monday through Saturday.

If you are new to the game, please contact Wayne Miller, our "Intro to Pickleball" manager at Tollman80@yahoo.com. Wayne keeps a list of individuals that would like to attend a new players clinic. Once enough people have expressed interest, he will arrange the next clinic. Be sure to let him know if you are interested in attending.

• • •

SCR Volleyball

BY MARISA BERNETTI

Court Volleyball is on summer hours, Fridays 8:00-10:00 am. On Friday, Dec. 1, we change to winter hours every Thursday, 2:00-4:00 pm at pickleball court #1.

Water Volleyball meets in the indoor pool every Monday, Wednesday and Friday, 11:00 am-1:00 pm.



Join us for fun and energetic sessions of volleyball on the court and/or in the water! Meet two of our players:

Greg Worth moved to Sun City with his wife Cindy after 37 years in San Jose. Growing up, he swam competitively, played water polo and skied at most of the Sierra areas through high school. While earning an Engineering Degree at Cal Poly SLO he played intermural and beach volleyball, plus did social and swing dance with Cindy. After working in Computer and Semiconductor Equipment Manufacturing for 25 years, he shifted to Healthcare IT until retirement. Almost two years ago, the Worths moved to Sun City to be near their son and two grandsons. Now he is busy with bocce, golf, pickleball and court volleyball.

Marisa Bernetti is Volleyball Group's president for nearly five years. She comes to SCR by way of Danville and Fair Oaks, since 2012. Marisa was very active in high school sports, especially volleyball and soccer, but also golf, badminton and modern dance. Languages and speech were her passion as she presided over the French and Spanish clubs, participated in the debate club and was co-commander of the drill team. After graduating from UCLA, she began her professional careers with 20 years at Pacific Bell as Director of Strategic Technology Planning and another 25 as an entrepreneur and President of KCM Leisure Enterprises, Inc., predominantly in the hospitality industry. Today, she's active in golf and both water and court volleyball, because it's all about laughter, exercise and comradery.

• • •

He & She Golf

BY JULIE HARRIS

The popular He & She Fall Mexican Fiesta at the Pines was a success with great food, great fun and great comradery. Thanks to all who made that possible, especially our event planners, Kathie De Vito and Linda Ryan. Now, it's already time to start thinking about the Holiday bash, scheduled for December 1. This will be held in the Ballroom at Timbers Lodge with live music. Be sure to keep an eye out for the emails with all the information.

Our General Meeting is scheduled for November 13 at 8:00 am at the Pines. The 2024 Budget as well as the new board will be voted in. Please make an effort to attend this very short meeting as we will need a quorum for the vote to pass. Our regular scheduled golf will be immediately afterwards at the respective courses, so you'll only have to get up ½ hour earlier! We're counting on you!

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

18 Holes at Timber Creek / Sep. 18

1st Place: Steve Hennessey, Jerri Lehnhoff, Jim Dachauer \$7 each
2nd Place: Marsha Suter, Marianne Daly, Fred Festersen \$7 each

Closest to the pin

Ladies — Jo Anne Gregson 6'4" \$5

Men — Bill Wells 4' 8" \$5

9 Holes at Sierra Pines / Sept 11

1st Place: Dirk & Kathy Fowler, Leon & Barbara Futran \$8 each

2nd Place: Tony & Janet King, Rhonda Slusser, Debbie Huntington \$7 each

2nd Place: Don Meyers, Fred Festersen, Charlotte Johnson \$7 each

Closest to the Pin

Men — 1st Place: Tony King 9'11" \$5

2nd Place: Don Meyers 12'11" \$3

• • •

Sierra Pines Ladies Golf

BY PAM SKARG

"Hello November thank you for reminding us we have so much to be thankful for." Besides the obvious, certainly a factor in my life is living here in Sun City and being a part of the Sierra Pines Ladies Golf club. So thankful for the new faces and new friendships that are being formed on the golf course every Wednesday.

Our big event of the year, the Club Championship tournament was held September 25, 27 and 29 followed on Friday by a lovely luncheon and awards presentation held in the Rose Garden. Deb Gassen and Theresa Howard co-chaired this event and as always, a fun time had by all. Handmade personalized bag tags were given as tee prizes. Great job ladies!



Flight B Winners of Championship Tournament: Bobbie Hostler, Marlene Bell, Lisa Cryan and Pat Llapitan.



Flight C Winners of Championship Tournament: Carolyn Johnson, Kathy Schroeder, Marilyn Meyers, and Frankie-Lee Schesser.

Drum roll please!! The trophy and title went to Elizabeth Gustafson as this year's Club Champion. Congratulations, Elizabeth for taking the title again for the second year in a row.

The following are the first-place winners in their flights. Please refer to our website for second through fourth place winners, also for

closest to the hole winners.

Flight Winners: Flight A - Deb Gassen; Flight B - Bobbie Hostler; Flight C - Carolyn Johnson; White - Janet King.

Most Improved for September: First Flight - Valerie Wilson; Second Flight - Lisa Cryan; Third Flight - Frankie Lee Schesser; Fourth Flight - Marilyn Meyers.

Chip-ins for September: September 6th — Wendy Suter - hole six; Ellen Thomas - hole four; Phyllis Melberg - hole six.

September 25th — Phyllis Melberg - hole two.

September 27th — Jan Rivera - hole three.

September 29th — Jackie Shook - hole six; Wendy Suter - a chip-in and birdie on hole five.

Congratulations to all the winners!!

A quote from Hank Aaron: "It took me seventeen years to get 3,000 hits in baseball. It took me one afternoon on the golf course."

• • •

Timber Creek Women's Golf Club

BY NANCY LABRADA

Our Club Championship was played on September 20, 27, and October 4, culminating with a fantastic pizza party hosted by Paula Hau, Robin Shafer, Andy Hau, Debra Durbin, and Bobbi and Bill Dunk. Another great job, Paula et al. Congratulations to our 2023 Club Champion, Cindy Gray! Lynn Pearsall was the overall winner from the White tees.



2023 Club Champion, Cindy Gray, Captain, Barb Simon, White tee winner and Lynn Pearsall.

We held Play for P.I.N.K. tournaments on October 4, 11, 18, and 25. Due to the wonderful support of our members, our Club made



P.I.N.K. Committee, Nancy Gould, Lois Habein, Barbara Mills and Paula Hau.

(cont' on page 29)

SAM'S GARAGE DOORS

- NEW INSTALL
- REPAIRS
- BROKEN SPRINGS
- OPENER INSTALL
- OPENER REPAIR
- DOOR OFF TRACK
- MOST ANY GARAGE RELATED PROBLEMS



\$55 SERVICE CHARGE PLUS ANY WORK PERFORMED & ANY PARTS

916-769-8345



REBARK TIME, INC
FOR ALL YOUR LANDSCAPING NEEDS

FREE ESTIMATES!

www.rebarktime.com

- Thinning/Pruning of all Plants Shrubs and Trees
- Tree Training/Maintenance
- Weed Abatement • Planter Beds
- Pathways/Walkways/Walls
- Boulders/Stream Beds • Bark Installation
- Outdoor Drain Repair and Unclogging

916-764-7650
Licensed/Insured
#23559/03224

Tree Care - Planting - Irrigation - Fertilization

Quite possibly the best place to find besties.



Find Your Pals at The Pines Senior Living

A movie-watching bestie next door. A book-club bestie down the hall. And an exercise bestie upstairs. Please call or visit our website for more information. Just imagine the possibilities.



Ask About Our Special Savings!*

(916) 745-6238

500 W Ranch View Dr, Rocklin, CA 95765

merrillgardensthepines.com



Lic #312700739

*Limited time offer. Call for details.

GUTH & CHANGARIS

A Professional Law Corporation

Estate Planning and Elder Law Attorneys



Penelope A. Changaris

Experience
Caring
Professional
Service



John L. Guth

Living Trusts • Wills • Probate • Trust Administration • Conservatorships

Serving Placer, Sacramento, Yuba, & Sutter Counties

916-774-7030 (Roseville Office)

530-674-9841 (Yuba City Office)

See Website: www.guthandchangarislaw.com

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

Roseville Gets \$8 Million Grant for Two New Groundwater Wells

BY MAURICE CHANEY, *City of Roseville Environmental Utilities Public Information Officer*

In a proactive move to address the challenges posed by climate change and to align with statewide water management objectives, Roseville has received an \$8 million grant from the California Natural Resources Agency and Department of Water Resources.

This financial infusion, thanks to the efforts of the Regional Water Authority and local water agencies, will help finance the development of two groundwater wells within the city by covering nearly half the cost. Roseville's share is part of a more extensive regional funding package totaling \$55 million, dedicated to supporting essential groundwater infrastructure initiatives spanning the Sacramento region.

By making more groundwater available and using it in the area, local water agencies can lessen the amount of water taken from the Lower American River when it doesn't rain much. This will help have more water in the river to support the fragile environments and fish like salmon and steelhead.

"We understand the critical importance of having a variety of water sources to ensure there's enough water for both our residents and the environment," explained Bruce Houdesheldt, Mayor of Roseville. "While the regional funding supports crucial groundwater projects across the area, it also enables Roseville to construct more groundwater wells, enhancing the reliability of our water supply for our growing community."

As part of Roseville's Aquifer Storage and Recovery (ASR) Program, two ASR wells are being constructed in central and west Roseville. These wells are significant because they can

take out groundwater during a drought and put water back in when there's a lot of rain.

Investing in ASR infrastructure helps us manage water in a sustainable way that fits with how our city's water works. It also makes our water supply more dependable and helps us handle the growing problems caused by climate change in Roseville and the Sacramento area. With the completion of these two new ASR wells, Roseville's ASR well infrastructure will grow from seven to nine wells, with further expansion plans over the next three to five years.

"Our groundwater program continues to expand and develop because it plays a vital role in the economic well-being of our community and the broader region," stated Sean Bigley, Assistant Director for Roseville Environmental Utilities. "Over nearly two decades, we've made significant investments in groundwater, enabling us to store and refill the aquifer when surface water is plentiful and preserve it for dry periods. Adding more wells to our program means we can store even greater amounts of water for future use."

With ample rain and snowfall this year, Roseville banked enough water to supply more than 6,000 homes. These water supply infrastructure investments will enhance Roseville's current groundwater program, allow additional groundwater banking as excess surface water becomes available, and help create reliable water supplies for our customers and the region.

For more information about Roseville's groundwater program, visit Roseville.ca.us/groundwater.

Introducing myRSVL with Three New Easy Ways to Report Issues and Concerns to the City

BY BRIAN JACOBSON, *City of Roseville Public Affairs and Communications Manager*

Easily report and track concerns on a wide range of local, non-emergency issues through myRSVL, a new innovative tool from the City of Roseville.

myRSVL can be accessed through a new smartphone app, via a web browser, or Rosie, the City's chatbot.

The myRSVL app is available on the Apple and Google stores. Use the QR code to download the free app.

You can also reach myRSVL at Roseville.ca.us/myRSVL on any web browser, or

Text "hello" to 866-25-ROSIE to report issues or get answers to city questions from Rosie, the city's chatbot.

You can use myRSVL to report a variety of service requests, including but not limited to:

- Graffiti removal
- Pothole repair
- Library room rentals
- Dog parks concerns
- Irrigation concerns
- Street sign repairs
- Illegal dumping



- Drainage issues
- Park Maintenance
- Tree concerns
- Traffic signals
- Public nuisances

myRSVL is not for emergency use. Call 9-1-1 for all emergencies.

Capture images or videos of local concerns and submit them through myRSVL. Add a brief description of the issue and send it directly to the City for prompt resolution.

Users can also take advantage of your smartphone's geo-location technology to provide the precise location of the reported issue, making the process even easier.

Within myRSVL, you can also view and track nearby issues. For those who opt to provide contact information, the application provides notifications regarding the status of your requests, keeping you informed throughout the resolution process.

The myRSVL app also has direct links to City news, job openings, City events, and answers to many of your questions about the City.

Timber Creek Women's Golf Club

(cont' from page 27)

a generous donation to the Breast Cancer Research Foundation. Thank you to Barbara Mills and her committee of Paula Hau, Nancy Gould, and Lois Habein for spearheading this worthy fundraiser for the fifth year.

The Most Improved Players for September: Cindy Gray (1st Flight); Sherrill Pahl (2nd Flight); and Nancy LaBrada (3rd Flight). Congratulations!

On September 14 and 15, several Timbercreek Ladies participated in a golf tournament at Sierera View Country Club. Kudos to Bev Hagopian and team for winning the "Horserace".

Just a reminder to please check the back of the weekly scorecards for Rules of Play. Our Tournament Chair will advise us when they go into effect by noting them on the back of the scorecard. Winter Rules, "mark, lift, clean, and place the ball", are determined by the weather and condition of the course.

We are looking forward to the Holly Jolly Tournament on December 6, a festive, fun day so sign up, wear your "jolly" golf outfits, and come play in our last tournament of the year.

Wishing everyone a very Happy Thanksgiving!

• • •

Timber Creek Men's Golf

BY GARY BECKMAN

It is getting closer to the end of 2023 and many of our tournaments and social events have been completed, however, the Timber Creek Men's Golf Club still has a lot going on! At the time of this publication, we will have completed our most recent tournament, the Autumn Leaves Scramble, but we still have a couple of exiting events upcoming In November and December. Please check our website for the results of all tournaments that have been completed during the year.

At our General Meeting on November 1st, at the Pines, we will be holding our election for our TCMGC Officers for 2024. We hope for a good turnout for this important meeting!

Looking forward, we will have the Turkey Shoot on November 14th. This is always a fun tournament as the Club Members try to play well in order to win a Turkey for Thanksgiving! Watch your emails for Tournament Flyers with information about signups and details.

On December 6th we will have our Holiday Breakfast and Skills Challenge. This is our last General Meeting of the year, and we will welcome in our new Club Officers for 2024. The meeting also includes Breakfast, Raffle Prizes, and a Skills Challenge: Long Drive, Chipping & Putting - 4 flights based on NCGA handicaps. This is a great event so be sure not to miss it!

Last, but not least, on December 12th we will hold the Last Chance Tournament. This is a Team Scramble from the Red and White

Combo Tees. This is your last chance to play from the shorter tees and to show the golf course who is the real BOSS (lol).

• • •

Golden Niners

BY RALPH FRIEND

I had the pleasure of playing a round of golf with Don Meyers. Don has lived in Sun City for the past six years. Before that, he lived for about ten years in a small town on the Northern California coast by the name of Montague. And prior to that he lived in the golf community of Rancho Murieta for 17 years. When he was asked why he moved to the "very isolated" Montague, he stated that he and his wife were looking for rural property and he loved to fish! The Klamath River was about 20 minutes from his home. Don has two children, a daughter in Orinda and a son in Roseville. His wife of 53 years passed away and now he and his second wife are living happily in Sun City. Before moving to Montague, he worked in the office of the Attorney General in Sacramento.

I asked him how he got started golfing and he proceeded to tell me about how he learned to play golf in the Navy. He was stationed on an aircraft carrier and when they had liberty ashore, he would check out some loaner clubs and he and his Navy buddies would go play golf! Don also plays Bocce, he and his wife do line dancing and he tried his hand at Pickleball. He says he really enjoys playing nine holes of golf with the Golden Niners. He not only finds it fun, but he really enjoys meeting interesting

people with lots of different experiences.

Come join the Golden Niners, have fun and meet Don and the other friendly members!

September winners were: \$37 Anthony Riggio - \$32 \$30 Rich Forhan - \$29

There was \$1,412.00 total won in Rich Muentner - Howard Sandler -

The big and Greg Worth - \$27 Kimura and Ken Mack - \$25

\$24 Paul McWilliams, Tom Guisto Bill, Allen Greenberg.

• • •

SCR Senior Softball

BY BOB MONTALVO

The Sun City Roseville Senior Softball Club was founded in 1996 and it has steadily grown, supported by generous donations from many community businesses. One of our most steadfast supporters has been Lenora Harrison, who through her real estate firm and Coldwell Banker has been supporting our softball club since 1997. She has a new brokerage firm with her son Larry, Guide Real Estate, located at 1960 Blue Oaks Blvd. #180, and they will again sponsor a team in 2024. This will be her 26th year of support and the SCRSSC very much appreciates her loyalty. In late October, Lenora and Larry hosted her yearly end-of-the-season party for the team she sponsored, at her beautiful Sun City home, and a wonderful time was had by all.

The SCRSSC membership meeting is today, Wednesday November 1, 1:30 at Sierra Pines, and you're invited to attend. In an early

(cont' on page 30)



Offering Independent and Assisted Living



Engaging Activities



Caring Staff



Spacious Apartments



Desirable Amenities

Experience the Cogir Difference. Schedule your tour today!

FOR MORE INFORMATION CALL DALE MASTERS (916) 619-0262



7418 Stock Ranch Road
Citrus Heights, CA 95621
License #342700471

COGIROFSTOCKRANCHSENIORLIVING.COM



Ask how to get one month **FREE!***

*Limited time offer. Contact Community for more details.   

GUIDE
REAL ESTATE

Forbes
GLOBAL PROPERTIES

**Team
Grove**

Who would know your home and community better than a resident realtor?

- 30 years in real estate and lending
- Over 20 years serving the Del Webb communities
- A resident of Sun City Roseville

As part of my service, my sister with her years of design experience will help get your home ready for market. Getting the highest possible price is the "Team Grove" goal.

Your Needs Will Always Come First with Me.



Rick Grove

Masters Club Member

Email: rickgrove@sbcglobal.net

Website: rickgrovehomes.com

PH: 916-296-7752

DRE #01177945

SCR Senior Softball

(cont' from page 29)

October count, we had 45 committed players for the 2024 season, with 14 "maybes". In 2023 we had 60 plus four substitutes, so we're looking for lots more of you to sign up. Although it's still early, practices are being held on most Mondays & Wednesdays at Mahan Park (not Mahany), so come out and keep your batting eye sharp and your muscles limber for next spring. They'll be much more to be thankful for later this month, if you're staying in good physical shape.

For those of you looking forward to the Christmas season, be aware that Sun City Roseville allows you to start putting up your outdoor decorations on November 27, so you many want to pull those boxes out of storage and check those light strands for dead bulbs, by the middle of the month. Meanwhile, your SCRSSC wishes you a memorable Thanksgiving.

• • •

SCR Tennis

BY DIANE BARNETT

Pictured are just a few of the 70 members who attended the final general meeting of 2023 and enjoyed a delicious Italian dinner catered by Original Al's of Roseville. The theme was "Buon Appetito" and everyone truly did "enjoy their meal!" Chicken Gorgonzola Pasta



Lynne Mellberg, Linda Gordon (Club Social Director), Pam Underwood, Dale Mellberg and Ed Underwood.



Sally Kimura and Pati Struble

and Cheese Raviolis were served with Italian salad and cheesy French bread. Dessert was homemade Biscotti prepared by Pati Struble

Winter has arrived which means that the Holidays are almost here! As the weather changes, so does Daylight Savings Time which will end on November 5. On November 11, Veteran's Day, there will be a Club Play Day to pay tribute to our Veterans hosted by Susan Pankopf and friends. A heartfelt "thank you for your service" goes out from the SCR Tennis Club to the military veterans of the United States Armed Forces. Snacks will be

provided, and the event is free! Look for the sign-up sheet on the court bulletin board.

Mark your calendar! December 11 is the annual Tennis Club Christmas Party in the SCR Ballroom. You won't want to miss this

Holiday celebration where folks dress in fine

(cont' on page 31)



Unbelievable Senior Living UNPRECEDENTED SAVINGS

Place a deposit on an apartment by November 30, 2023, and get your 1st and 6th months of base rent, FREE*.



COUNTRYHOUSE
RESIDENCE *for memory care*
by Agemark Senior Living

8485 Barton Road, Granite Bay, CA
(916) 899-6565

*Restrictions apply, see offer details at countryhouse.net/twomonthsfree

RCFE #312700033

SCR Tennis

(cont' from page 30)

attire and enjoy a great meal and live music for listening/or dancing pleasure.

On the courts, daily play and drop-ins continue year-round (weather permitting). Don't forget to get certified to use the ball machine if you haven't already. Hitting with the ball machine not only improves your skills but is good exercise. Nancy Kacey reports that the SCR Tennis Team is halfway through their fall SATA season. She says, "we are having a great time, meeting competitive opponents and enjoying lots of laughs."

The Tennis Club welcomes new members and there is always something for everyone. Contact Ray Barnett at 916- 759-2578 to join the Tennis Club.

• • •

Billiards

BY DAVID ZAN

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

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

The members of the Billiard Club would like to thank past President, Derek Tegg, for all he has done to make the Billiards Club the fun club that it is. Derek has decided to retire from playing billiards and he will be greatly missed.

Gentle reminder to any member cancelling their pool cue locker rental should drop their locker key in the drop box after cleaning out their locker.

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

Winners of the team tournaments in September were:

Sept 5 – 9 Ball: Ken Neal and Jeff Mapes

(cont' on page 32)

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

Linda Vincent

(cont' from page 1)

job," she says, "because I worked with kids." She'd participate in their Halloween parade and loved dressing up, a tradition she keeps alive even today.

Then she started working part-time for Rocket Research, now known as General Dynamics. She was a security officer, processing people's fingerprints, processing them for security clearances, and protecting classified documents from the government. This was where she met her second husband, Joe Vincent, who was the love of her life. She remembers how he really went all out the night he proposed, having her picked up in a limo which took her to an elegant restaurant in downtown Seattle, and gifting her with a fur coat along with an engagement ring. Of course, she said yes, but would have said yes without the limo and fur because she was definitely in love. The couple married in 1990.

Years later, when Joe got sick with cancer, Linda received a lot of support from family and friends and members of United Church of Christ. Pastor Steve even bonded with Joe over chicken gizzards of all things. Linda helped with the church's food pantry clerical needs. The members comforted her during Joe's illness. Sadly, he passed away at age 54 in 2009.

Two years later, Linda moved to Sun City Roseville where she rented a house on Sugar Pine Loop for more than six years and got to know her neighbors well. She started working for Neighborhood Watch/Citizens Patrol in 2013 and, since 2020, has been its coordinator, working three days a week. "I enjoy it," Linda says of her job as coordinator. "I feel like I'm doing something for the community." As part of her responsibilities, she trains people for Citizens Patrol to observe the neighborhood in the evening, watching for non-working streetlights or if garage doors have not been shut. She also works with 34 village communicators, sending communications to residents on topics such as how to keep safe at home, how to avoid being scammed, etc.

Besides working for NW/CP, she also works at the Monitor's Desk every other Sunday. Linda keeps busy with Boomers, Travel



Linda Vincent holding handcrafted items she brought back from her recent trip to Kenya.

Club, Bocce (was former President), the Dance Club (where she line-dances three times a week) and the Sierra Pines Ladies Golf Club.

In 2018, Linda decided to move in with her mother, Joy Winston, who has lived here since 1997. Of course, her dog, Frankie, an Australian shepherd/German shepherd/Husky mix came with her to play with Joy's dog, Taylor, a Boston terrier/beagle mix. Linda hung bells up on the screen door leading to the backyard and trained the dogs to ring the bell if they wanted to go outside. Most of the time, it works very well.

Linda and her mother, Joy Winston, have been traveling companions for years and are very close. They like to cruise and have been to the Mediterranean, the East Coast up to Nova Scotia, the Caribbean and to Mexico. With the Travel Club, they visited the Grand Canyon, Zion National Park, Mount Rushmore, Niagara Falls, Nashville, the Smoky Mountains and more. They're looking forward to going on a cruise to Mexico next year with friends

and members of the Dance Club..

Recently Linda went with 13 members of the Travel Club to Nairobi, Kenya, Tanzania, and the Serengeti. She was gone for 19 days but loved every minute of it. She stayed in 4- and 5-star lodges but went on safari twice a day and got to see all the wild animals up close. She remembers the guide making certain animal sounds so the lions would come out of hiding. Her photographs of the lions are exceptional. She cautions people, however, not to go on safari if they have bad backs because the roads out in the wilderness are rutty and can cause severe back problems.

One experience in Kenya had her laughing at its memory. She got a chance to have her feet nibbled on by fish that liked to take the dead skin off your feet. After she had her feet in the water just for a minute, she lifted them out and saw six-inch long fish dangling from her feet and screamed, "Oh, I don't like it." She had thought the fish would be little, like minnows, and found the bigger ones a bit disconcerting.

Her love of Sun City is obvious, especially when working at the Monitor's Desk, she gets to expound on the many activities people can get involved with here. "It's a great community to live in," she says. "I just love all the people here." Next time you see her out and about, be sure to say hi. You're sure to get a warm greeting back from busy, but successful, Linda Vincent.

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

Just let us know!

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

SunSeniorNews@gmail.com

HAPPY THANKS GIVING

Thursday, November 23rd

YOUR ROSEVILLE HOME FOR REAL ESTATE

- AREA RESIDENT/SPECIALIST
- OUTSTANDING SERVICE
- COMPREHENSIVE MARKETING
- RESULTS

Call today for listing help or up-to-date market information.



Shaun Hilton ~ Broker/Owner, MBA ~ shaun@hiltonproperties.com

CALL TODAY
916.786.9162
www.hiltonproperties.com
BRE #01714579

hilton properties
YOUR HOME FOR REAL ESTATE

Lambert Funeral Home



A Family Tradition Since 1934
400 Douglas Blvd. • Roseville
783-0474

FD#734




Wise Villa Winery
 A World Away...
 Minutes from Home

**OPEN DAILY
AT 11:00AM**

**Full Menu Available
5 Days a Week**

916-543-0323
www.WiseVillaWinery.com
 4200 Wise Rd. Lincoln, CA

@esmeraldarodriguezphotography

Billiards

(cont' from page 31)



Sept 12 – 8 Ball: Jerry Crosby and Roy Stearns

Sept 19 – 8 Ball: Rich Cellamare and Ron Judd

Sept 26 – 8 Ball: David Zan and Tom Gonzales

...

Mah Jongg

BY CATHY FLUELLEN

In September we finished another series of Mah Jongg lessons. We want to welcome our new members to the club, Sharyn Bowen, Connie Lugo, Peggy Ervin, Janet Zeitman, Jacqueline Cadmus and Salli Scott. We hope you have lots of fun and may the jokers be with you.

If you are interested in learning the game and taking Mah Jongg lessons, please call Cindy Faulkner 916-759-7068.

We also want to thank all the gals that volunteered to put on the October luncheon. Shiela Lovato, Susan Pretel, Sharon Andrews, Suzanne Finkel, Pauline Rader, Colleen Stangby, Beverly White, Diane Elieff, Judy Benjamin, Lauri Moorman and Patricia Jednorozec. Thank you, ladies, for a lovely lunch.

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

...



WOODCREEK DENTISTRY

We Are Accepting New Patients!

Doctors Brian and Ling Ralli are a husband and wife dental office dedicated to high quality dental care for patients of all ages. We are preferred providers for many dental plans and look forward to meeting you.



www.DrRalliDDS.com
Visit us online!

773-0800

7456 Foothills Blvd., Suite 14 • Roseville
(Corner of Pleasant Grove & Foothills)

Game Day Express: Riding with Roseville Transit to Kings Games is a Slam Dunk

Are you tired of navigating busy downtown Sacramento traffic and parking lots? Make Roseville Transit part of your game plan! Join fellow Kings fans on non-stop bus service from Roseville to Sacramento for the Kings 2023-24 home games at Golden 1 Center.



Game Day Express is a safe, clean, and comfortable way to travel downtown and be treated like an MVP. Buses depart from Vernon Street in Downtown Roseville and stop a short walk away from the Golden 1 Center. Round-trip fares are as little as \$6.50 for Roseville residents.

Learn more and buy your tickets online at roseville.ca.us/GameDayExpress

Observations on Being Really Old...

BY MARTIN GREEN

I know that the older you get the faster time goes by, but when I saw that “Observations” was for November, meaning we’re coming to the end of the year, I was a little shocked. Wasn’t I just writing about atmospheric rivers and winter storms or about the hottest summer in world history? Now another winter is coming up, and it’s supposed to be an El Nino one. I’m not sure whether this means another stormy winter or a very dry winter, but I’m pretty sure the weather won’t be “normal,” whatever that is anymore.

On Being Old, Really Old: readers know old age is one of my interests, especially since I’ve become old and then really old. So, an article in the New York Times with the headline “It’s No Joke, Old Age,” caught my attention. The article was by Roger Rosenblatt, who I’ve cited before as he wrote a book called “Rules for Aging.” This time, Rosenblatt writes about being an oldster trying to get out of a taxi. “What you don’t want to do is get your left foot caught under the front right door before you try to swing your right foot toward the door; otherwise, you’ll topple over while attempting to pay the fare, possibly injuring your ankle, and causing the maneuver to go even more slowly. If you make it past the taxi door, there is still the one-foot jump to the street. You’re old, you could fall. Happens all the time.”

I haven’t been in a taxi for a long time but there are a number of other things which I did without giving them much in any thought that have become difficult for me to do. In my last phone conversation with my sister, who’s a mere 87 years old (Rosenblatt is a merer 83), she told me that everything for her had become a project and I think that pretty well says it for me. The first project for me is getting out of bed in the morning. That first time, getting from sit-to-stand sends stabs of pain through my knees, especially the right one.

The next project is getting dressed. What was once so simple now requires considerable acrobatics and then there’s the matter of the buttons, which I’ve concluded are enemies to old people. The other project I have to note (which Rosenblatt mentions also) is standing up from a chair. One of my sons, seeing my struggles with this, has gotten me a chair that doesn’t exactly eject you but tilts forward so that you are more or less propelled out. The chair is not as comfortable as my old lazy-boy but much easier to get out of and much easier on my knees. So, the real problem comes when I have to sit in an armless chair and have to find some way to hoist myself up.

A few other things that have happened as I’ve gone from being simply old to being really old, I’ll touch on here. I’ve been taking pills for years but now I’m taking even more pills, including an anti-inflammatory that’s

supposed to ease the pain in my right knee, but which so far hasn’t. The bum right knee makes me hobble around so that doing anything that involves moving from one place to another takes about ten times as long as it used to. Rosenblatt mentions the possibility of falling and says it happens all the time. Something happens to your balance when you become very old and you are always aware of that possibility, especially when almost every senior citizen you know in Sun City has had a fall, including yourself. As Rosenblatt writes, happens all the time.

Then, as all of us oldsters know, there’s being increasingly forgetful. One reason for losing track of passing time, which I began this column with, I think, is that the older you get, the more constricted your life becomes. No more club meetings. No more lunch dates. Of course, no more travel. So, there’s nothing on your calendar and nothing to distinguish one day from another. And then it’s November.

Just one more observation. You might not think you’re old and decrepit, but it seems that other people do. On my rare excursions out with people, some pretty old themselves, ask me if I’m alright and can they can help me. To some, just being in the nineties is some kind of achievement. What, you’re still able to get around, even if you’re hobbling and maybe using a walker so that you don’t fall? To myself I’m just old and know how far downhill I’ve gone.

Family Owned – Community Focused



916.783.7171

www.cochranewagemann.com



916.550.4338

www.csopc.com



Doug and Rita Wagemann
FDR 2864 CA INS LIC. OI49635





BINGO

THUNDER VALLEY CASINO RESORT

THE BEST BINGO IN THE AREA!

Enjoy specials, progressive jackpots, giveaways and more.

12 Regular Games pay \$1,199 and over

\$24,000

in payouts at every session!

THURSDAY, FRIDAY & SATURDAY

Admission opens at 4pm

Games begin at 6:30pm

SUNDAY

Admission opens at 10:30am

Games begin at 1pm

TIMES, DATES, SPECIAL EVENTS AND PRIZES MAY VARY.
VISIT THUNDERVALLEYRESORT.COM OR THE BINGO ROOM
DURING NORMAL BUSINESS HOURS FOR DETAILS.



THUNDER VALLEY
CASINO · RESORT

Gambling problem? Call (800) 522-4700.

MANAGEMENT RESERVES THE RIGHT TO ALTER OR CANCEL
ANY PROMOTION AT ANYTIME WITHOUT NOTICE

FREE VALET PARKING
TAKE I-80 TO HWY 65, LEFT ON SUNSET

LINCOLN, CA • 877-468-8777
THUNDERVALLEYRESORT.COM



Letters to the Editors...

Authors are solely responsible for the content of their letters.

What You Don't See Can Harm You...

New Roseville Electricity Meters Upgrade and Your Health

Like me, you may be a person who can become sensitive to electromagnetic radiation, aka, electromagnetic frequencies (EMF). The source of these frequencies includes wireless devices such as cell phones, Wi-fi tablets, and even baby monitors.

A newer source of EMFs are "Smart Electricity Meters" that replace existing "analog meters" and are typically attached to houses. They send out invisible EMF pulses that are a known health risk for cancer and DNA damage. The wireless signal can also cause ear ringing, disrupted sleep, nosebleeds, and headaches. Fires have also been reported. See more at EMF Safety Network, a California grassroots outreach. The "Environmental Health Trust/smart meters" is another trusted resource.

In July 2023, the City of Roseville quietly

began installing Smart Meters to homes. It has the potential to send EMF into both you and your neighbor's homes. There is no protection from EMF recommended by the wireless tech industry or governments. By way of contrast, our microwave ovens have a standard safety feature: the oven turns off when the door opens to protect you from electromagnetic frequencies.

The target date for full installation within Sun City Roseville is March 2024. The city intends to send a notice to our residents in January-February 2024.

You can get a head start to protect your health by calling Roseville's Electricity Meter Upgrade Opt-Out Program. Call 1-916-774-5300. Tell them you want to opt-out. They are willing and able to do this. You can also opt-out of gas and water smart meters. Visit the City of Roseville's official page - Meter Upgrade Opt-Out Program to view a map and timeline.

Nina D. Rhea, B.S., Public Health Educator, retired SCR resident

Veterans and Holiday Events Coming to Roseville

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

Join in celebrating our Roseville Veterans at our Honoring Veterans event on Thursday, November 9 at 5 p.m. in Vernon Street Town Square in Downtown Roseville.

Enjoy kids' activities, meet military representatives, listen to live music and try delicious food trucks! This special event is a FREE, family-friendly gathering that brings our community together to recognize and appreciate our Veterans' service and sacrifices. Donations for care packages are appreciated.

You can also join us at the dedication of our new bronze art sculpture called "Remembrance" at Veteran's Park North on November 11 at 2 p.m. The design is based on the red poppy, which has come to represent and symbolize the service and sacrifices made by our veterans. This new art is adjacent to the Memorial Tree Grove of Honor and Brick Walk of Honor at Veterans Memorial Park North.

Then, come out to our Downtown Holiday Celebration – It's the most wonderful time of



the year and we can't wait to share it with you in Vernon Street Town Square!

- Wednesday, November 29, 6 -7:30 p.m. - Tree Grove
- Thursday, November 30, 6 – 8 p.m. - Christmas Tree Lighting
- Friday, December 1, 6 – 8 p.m. - North Pole Tavern

Experience the magic of the season with us! For more details and tickets, visit roseville.ca.us/events.

SUN SENIOR NEWS CLASSIFIEDS

SERVICES

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

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

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

TLC MEDICAL TRANSPORTATION: Non-emergency medical transportation for ambulatory, wheelchair, and stretcher patients. Call 916-750-3902.

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

SUNSET LANDSCAPE. All Landscape necessities • Basic Maintenance • Fence repair • Tree Services • Gutter cleaning • Junk Removal • Outdoor lighting • Irrigation • Free estimates. Salvador 530-315-0055.

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

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

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

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

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

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

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

FOR SALE

SOLID ASHWOOD TRESTLE TABLE with 6 chairs, custom tabletop pads, and 1 leaf. Matching lighted hutch. Moving sale- like new condition. Text 916-533-3011 for pictures. \$500 the set.

FISHING BOAT 16 foot well equipped excellent condition. Asking \$8500, Montie 916-417-7468.

NEW 26" SIBOSEN 7 Speed Adult Tricycle. Manual, Helmet and Cover included \$350. Call 916-788-0990 Sun City RSVL.

WANTED/ ANNOUNCEMENTS

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

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

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

Morgan Oaks
Eternal Preserve
A GREEN BURIAL CEMETERY

Leave a legacy for future generations to enjoy!

OUR GREEN BURIAL:

- Offers minimal environmental impact
- Conserves natural resources
- Forgoes toxic embalming
- Provides an affordable way to say goodbye to your loved ones
- Delivers a lasting legacy for generations to come
- Includes 160 acre nature preserve with 3 miles of walking trails in a park like setting

Start your afterlife journey now with green burial and we will help you every step of the way.

421 Fleming Road, Lincoln, CA 95648

Located in scenic Placer County
Schedule your private tour of the property today.

833.667.4266

Hello@MorganOaksGreenBurial.com

www.MorganOaksGreenBurial.com

Mention this ad and receive a complimentary processing and recording fee with your plot purchase, a \$250 value!

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

****FREE ADS — INCLUDE:**

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

BUSINESS ADS:

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

Classified Ad Submissions — WHEN: By the 12th of the month. Please email the information below to: SunSeniorCA@gmail.com.
Subject Line should be SCLH Classified and your Phone Number (Example: SCLH Classified 916-123-4567)

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

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

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

Business Ads include anything of a commercial nature or service, including pet sitting, real estate, rentals, timeshare/condos, any service etc. **Business Ads** are 15 words for \$35 for one-month. Additional words \$1 each. (\$90 for three months for the same ad.)

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

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

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



Since 1991

**CALL US
FOR MORE
INFORMATION
ON THESE HOMES
OR FOR THE
MARKET VALUE
OF YOUR HOME
771-4177**

BRE #01163699



WHY PAY 6%?



George Brown

Experience Makes a Difference!!!

*Call us for an
Expert Home Price Evaluation*

Market Update

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-Owner
916-297-3500 CALL/TEXT

Recent Sales in Sun City

7573 Timberrose Way	Orchard	\$481,000
7472 School House Lane	Timberrose	\$499,500
7216 Sunstream Way	Rosetree	\$505,000
6003 Timberlodge Lane	Rosetree	\$520,000
7072 Hayride Lane	Baywood	\$575,000
7284 Timberrose Way	Shasta	\$580,000
424 Heller Court	Delta Breeze	\$651,300
241 Saddlebag Court	Yosemite	\$655,000
6137 Rose Garden Ln	Yosemite	\$660,000
365 Rosestone Court	Timberlodge	\$778,000

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