

SUN SENIOR NEWS

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LH Chorus

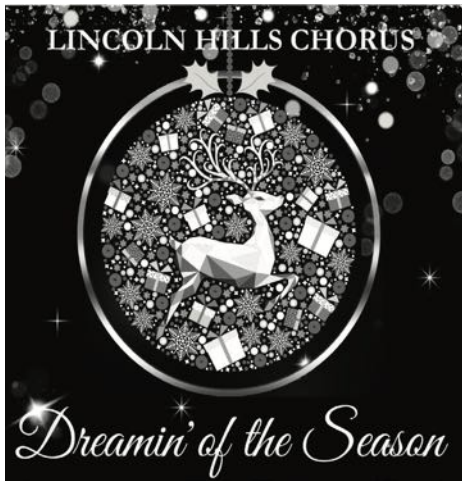
BY GAY MACKINTOSH

Hallelujah! Our holiday concert "Dreamin' of the Season" is coming right up. Good seats are still available. Get your tickets now for December 8th (7:00 PM Friday), 9th (2:00 PM Saturday), or 10th (2:00 PM Sunday). Buy tickets at the lodges or at www.sclhresidents.com: Ballroom premium reserved seats \$22, standard reserved seats \$19.

Are you dreaming of a white Christmas (if only in your dreams)? We'll set your dreamscape with "The Snow Begins to Fall," "Snow Angels," "Cold Snap," and Irving Berlin's "Snow." Or if you're "California Dreamin'" of warmer climes, we'll also be singing "Bethlehem Spiritual," "Silent Night," and "The First Chanukah Night."

American Sign Language expert Cat Bain is sure to get you dreaming with her lovely interpretations of "O Holy Night" and "Silent Night." And flautist Mona Stryker will add her dreamy accompaniment to "The First Chanukah Night" and "Ave Maria."

"Old Mister Kringle is soon gonna jingle



the bells that'll tingle all your troubles away" ("A Song of Santa Holiday--Mash-up"). We'll surely be singing more of your favorites old and new. So come dream with us!

Interested in joining the LH Chorus? Rehearsals begin in January for our spring concert of Broadway favorites. Visit lincolnhillschorus.org for more information or contact membership chair Mari Long at mlong24sjca@sbcglobal.net or 916-409-9136.

LH Foundation – Happy Holidays!

BY DENISE BOWDEN

It's hard to believe, but the 2023 December holidays are upon us, and it seems like December is one big holiday. It includes the big ones like Christmas, New Year, Hanukah, and Kwanza. It also includes a plethora of days to acknowledge such as Pearl Harbor Day or days to celebrate such as my personal favorite, National Chocolate Day. Don't forget that December 21st is the Winter Solstice, the shortest day of the year.

As many celebrations center around food, please remember that food insecurity is a significant issue for seniors even here in Lincoln Hills, and we often are not aware of situations that are as close as next door. We encourage you to reach out to and check on friends and neighbors, share a meal or share the Holiday festivities, you never know who may need that Christmas dinner doggie bag.

December is a month off for our Foundation Bingo, but we will be back in January with daubers ready. Dates have not been assigned yet for 2024 Bingo but watch for the email announcement shortly.

If you want to be added to the mailing list to receive the complete schedule email lincolnhillsfoundation@gmail.com.

Don't forget Olive Oil is back and it makes a great host or hostess gift. Go to oliveoil@lincolnhillsfoundation@gmail.com and (cont' on page 34)

Kilaga Springs Library News

BY JOY HUTCHISON

With all of the activities many of our Lincoln Hills residents enjoy during this time of year, your Kilaga Springs Library has a remedy to help you decompress: Read a book! Our volunteer library elves have set up a display of holiday-themed books for your reading pleasure. The authors and stories may be familiar, including authors such as Nicholas Sparks, Debbie Macomber and even John Grisham's Skipping Christmas (poor man), with humor, and holiday cheer. Other authors may be new to you, but whatever your choice, hopefully you will find a story that will touch your heart. Select a book that suits your fancy, read at your leisure, and return it when you're finished.

The library recently asked for Large Print books. In addition to generous donations in that category, many gently used books have also been added to our library selection. We sincerely thank all of our patrons for their generosity.

For more information or questions contact Library Coordinator Sarah Kevin at sikevin@gmail.com

LH Music Group

BY DAN LEHRER

The Music Group is looking forward to a new year filled with music, fun and friendship. Whatever level of play you are at, please come by and you will find a very supportive and encouraging audience. Our performer list fills up fast, so if you want to participate, come by 1:30 pm to sign up. It's always amazing to listen to such a wide variety of musical genres. From Country to Blues to classical we've got it all. All of us are striving to learn new songs and stretch our abilities. It's a team effort each month to make the sound quality, set up and group song choices all work. We keep learning each time and are grateful for the opportunity to be in such a fine venue. We meet on the second Wednesday of the month from 2:00 to 4:00 PM in P-Hall (KS) through October. We love an audience so please come on down. You can find the Lead Sheets for the group songs and more information on our website; the password is musicgroup. The Guitar Ensemble meets Fridays from 1:00 to 3:30 PM (OC). Open to Lincoln Hills Residents. Contact Sal Caruso at 916-343-5810 for information. Ukulele Ohana meets Wednesdays, 1:00 to 3:00 PM (OC). Open to Lincoln Hills residents. Contact Ron Peck at 925-788-5869 for information. You can also contact Dan Lehrer at dlehrer72@gmail.com.



Ballroom Dance Club

BY ERNIE MICHELI

The Ballroom Dance Club held its Halloween Dance Party on October 28. The number and quality of costumed participants was outstanding. Those attending the dance found a Halloween themed mural that portrayed a haunted house, flying bats and a full moon. The mural also served as an excellent backdrop for taking photos. In addition, the table settings and buffet counter continued the theme with carved pumpkins, witches and caskets filled with candy. Many thanks to Barbara Swerdlow and her decorations committee.



Val Elliott and her kitchen crew continued the theme with an assortment of desserts. The desserts included pumpkin and apple pies, cheesecake, frosted brownies and candy. Well done kitchen crew.

Other contributors to this special evening were John Kirkwood, Master of Ceremony. (cont' on page 9)

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Gregg and Liz Goldthorpe

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

EDITORS
Gregg & Liz Goldthorpe
ADVERTISING
Gregg Goldthorpe
PRODUCTION ASSISTANT
Madison Goldthorpe-Lewis

CONTRIBUTORS

Gay Mackintosh, Joy Hutchison, Denise Bowden, Dan Lehrer, Ernie Micheli, Carole Moore, Jeri Di Fiore, Teresa Tanin, Alison Wolfe, Gary Moulton, Doug Brown, Jill Short, Mary Swanson, Tamsen Armstrong, Linda Lucchetti, Diane Margetts, Lionel Rainman, Nina Mazza, Anne Constantin Birge, Nancy Switzer, Joan Lacktis, Judy Ganulin, Kathy Shaddox, Patti Kingston, B.L. Lewis, Sue Dumas, Alison Shelton, Marianne Oliphant, Stu Singer, Bill Weaver, Victoria White, Linda Bevis, Joanne Schumacher, Elna Ragan, Lorraine Immel, Rick Carreiro, Ruth Baylis, Tom Frady, Rosemary Tanfani, Diane Ferrari, Kim Petruzzelli, Molly Morris, Carl Lynch, Pan Flaherty, Heidi Mazzola, Carole Eubanks, Carol Lopez, Mike McBack, Jon Kline, Mel Switzer, Mona Stryker.

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From the Editors



FROM OUR FAMILY TO YOURS — HAPPY HOLIDAYS!



NICK, LANDON, MADISON, LAKEN, GREGG, LIZ, BEN AND EMILY

Merry Christmas and Happy New Year!

Get on Board — The SCLH Board of Directors

BY CAROLE MOORE, SCLH Elections Committee member

The 2024 SCLH election cycle has begun, and the Elections Committee is actively seeking candidates to run for the Board of Directors, for which there will be 3 openings. This is your opportunity to represent your fellow homeowners and contribute to your community's future direction.

Consider becoming a candidate. Join us at the Candidate Information Session on Wednesday, January 17, 2024 and ask your questions. If you are unsure if holding office is for you, consider reaching out to friends, neighbors and fellow club members who have the qualities and life experiences of someone you would want to represent you, and encourage them to become a candidate.

Some important dates for this phase of the

election cycle:

- January 17, 2024: Candidate Information Session. Attend if you are considering to run or if just curious about the process.
- January 19, 2024: Candidate Filing opens.
- February 20, 2024: Candidate Filing closes at 4:00 pm.
- February 22, 2024: Candidate Briefing Session for eligible candidates who filed to run. Campaign rules and other procedures related to being a candidate will be discussed.

Need more details? Write to Twila Miller, chairperson: Elections.Committee@sclhca.com

Or visit the Association's website for members: <https://sclhresidents.com/group/pages/home> sign in, then choose "Committees", then "Elections Committee."

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SCLH Prairie View Court and Lane Halloween Stroll

BY JERI DIFIORE

All dressed up and in costume, Sun City Prairie View Court and Lane... Residents strolled Halloween, while enjoying each other, stopping at two wine stations, and collecting over 65 bags of food left on driveways. Donations filled St. Vincent de Paula's food pantry to the brim!



In case a doctor was needed at Wine Station hosted by Corene Bennett.



Wine Station hosts Jill and John Eisenhower, plus Kit Zielenski.



Hosts Village 5, Cynthia and Ron Siebe.



Captain Kay Riga Ron Siebe, Jerome and Janet* (*St. Vincent de Paul volunteers).*



Gary Shamber, performed his annual garage guitar concert for his SCLH neighbors. This year introducing his own songs, thank you to all who attended.



Gary Shamber

Neighborhood Watch

BY TERESA TANIN

On behalf of all Neighborhood Watch volunteers: Happy—and safe—Holidays!

Neighborhood Watch held its annual elections meeting and breakfast potluck on November 4. A quorum of Village Coordinators and Directors voted to elect four returning Directors to complete the 2024 board of eight. The bylaws allow for fourteen directors so more are needed. 2023 accomplishments were then discussed including updates from each Director and support group member. The Q & A session soon followed. The coffee was hot and the potluck dishes were delish...ous!

All residents, including renters, are members of Neighborhood Watch. If your cluster mailbox is absent a Mailbox Captain, volunteer! Volunteering for Neighborhood Watch can be in many capacities. Not only for Mailbox Captains, but also as Village Coordinators, support group members and event helpers. Welcoming new residents and passing along safety and security information is a vital part of being a Mailbox Captain. Village Coordinators manage the Mailbox Captains and Directors oversee the Coordinators. Visit sclhwatch.org (About Us, Join Us, Recruiting Brochure) to view descriptions of volunteer opportunities.

A special thank you for the continued support from the Lincoln Hills Foundation. Thank you!

Neighborhood Watch Mission Statement through the dissemination of information:

- Strengthen neighborhood ties
- Increase personal safety & security awareness

- Be the “eyes and ears” of the Lincoln Police & Fire Departments
- Encourage emergency preparedness

Strengthening Neighborhood Ties: Neighborhood Watch welcomes new volunteers, Patty Bennett, Mailbox Captain for Village 20 MS 1 and Mailbox Captain Keith Richards for V 24A MS 5. We are so grateful for our two new volunteers. Volunteers occasionally retire after many years so new volunteers are needed to fill empty spots. Does your cluster mailbox have a Mailbox Captain? If not, please consider volunteering to help keep neighbors connected resulting in our community being a safer place to live. Visit sclhwatch.org and click on “Want



to volunteer?” We all benefit.

Increase Personal Safety and Security Awareness: Keep your home safe during the holidays. Leave lights on timers so your home always looks occupied. Monitor and track your package deliveries. If away, have a neighbor pick up your packages to avoid porch pirates! Do not buy gift cards for anyone you do not know!

Be the “eyes & ears” of the Police & Fire Departments: Call the Lincoln Police non-emergency number 916-645-4040 or report a crime online at www.lincolncalifornia.gov report a crime. Leave a message with Barry Johnson, Neighborhood Watch Public Safety Liaison 916-434-6538. Report an incident on website sclhwatch.org.

Encourage Emergency Preparedness: Call 2-1-1 for referrals 24/7 including personalized ride information. The Neighborhood Watch website sclhwatch.org provides helpful direct links to Placer County Services, including the Lincoln Police Department “real time crime map,” plus a direct link to the Sun Senior News website.

Alerts: See current and past “Alerts” and FYT's on website sclhwatch.org. If you'd like to receive “Alerts” to your personal email, click on “Add Me To Alerts.” Again, be aware of your surroundings at all times. Be safe.

We wish everyone a safe and happy holiday season! Neighborhood Watch.

Lincoln Police Department Volunteer Program

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

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

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Ballroom Dance Club

(cont' from page 1)

Mary Kirkwood sold tickets, Mark Worley set up and played dance music. Ruth Algeri arranged the music playlist. Cheryl Taylor oversaw and coordinated the night's events.

Costume judging was especially difficult given the creativity of all participants. Patty Dixon won the best dressed female as Gene Simmons of Kiss, a heavy metal rock singer. Gordon McKenzie won the best dressed male as the Mad Hatter. John and Laura Kosbau won the best dressed couple as Bat Man and Bat Girl.

Tuesday, December 12 will be the Christmas Potluck Party. Mark your calendar.

We encourage you to periodically check the Ballroom Dance Club website at schbdc.com.

Annual membership dues are only \$10 a person to all residents and sponsored guests. Lessons are offered in the Kilaga Springs Lodge Multipurpose rooms each Tuesday: 2:00 to 3:00 PM beginners; 4:00 to 5:00 PM experienced dancers; open dance 3:00 to 4:00 PM. Contact Sal Algeri at 916-408-4752 for more information.

• • •

Tap Company

BY ALISON WOLFE

Get ready. Another fantastic dance show is coming in April 2024. Produced by the Tap Company, Everybody Dance Now, will be lively and entertaining. Many members of the Performing Arts Consortium will be showcased. Chorus, Players, Tap, and Vaudeville have all collaborated to bring you a variety of dancers, singers and entertainers. All forms of dance routines are being choreographed and



From left to right - front row: Michelle, Mary, Jan, Danielle, Janice and Alison. Back row: Sharon, Diane, Becky, Pat, Kathy and Gail.

practices are already underway. Everyone involved is excited about showcasing their talents on stage.

The shows are set for April 4 and 5 at 7:00 PM and April 6 and 7 at 2:00 PM in the Ballroom (OC). Mark your calendar. Tickets go on sale January 17, 2024. For the best seat, be sure to purchase your ticket early.

• • •

Country Couples Club

BY GARY MOULTON

It has already been a busy 2023 social calendar for our Country Couples Club. We started the year with a January cruise on the Royal Princess to the Mexican Riviera which was preceded by a bon voyage party hosted by our very own "Captain Stubing" and "Cruise Director" Jim and Deborah Christie. Throughout the year, we gathered for six evening dinners at local restaurants plus a picnic at our Pavilion, which were organized by Rich and Donna Pick. All were well attended. Our recent Halloween Dance (a "ghoulish" affair) hosted by Jim and Jeanie Keener was our club's 5th dance of 2023. Additionally, two hours are reserved each Friday morning for dance reviews conducted by our dance practice leaders: Ivan and Irene Hesson, Gary and Laura Wermuth, Jim and Deborah Christie, and Brian and Colleen Hope.

Our final dinner get together of the year was held at Casa Ramos Restaurant in Lincoln, and we are looking forward to our annual Holiday Dinner Dance scheduled for December 14th. A special thanks to all our volunteer club members for the many activities our club enjoys. For more information, contact April Cederburg at 916-390-3931.

Website: schcc.com

• • •

Players

BY DOUG BROWN

The final curtain for our wild and wacky, melodramatic *Shame of Tombstone* was drawn November 19, as cast members and production team happily accepted appreciative audience applause. Kudos to Director Julie Africa

for delivering another four wonderful shows of resident entertainment to Lincoln Hills audiences!

In some ways, the sun never sets on the Players. Next up is our first 2024 production, a Readers Theater show playing Saturday and Sunday, February 3 and 4. These free performances in KS Presentation Hall always offer audiences a delightful way to spend a weekend afternoon. This time, "Memories Are Made of This," written by director Alan Lowe, is a warm and funny play centered around a couple in their 70s, as they take the audience on a nostalgic journey through five scenarios about life in their senior community. Sound familiar?

Auditions for Readers Theater will be from 1:00-4:00 PM, Friday, December 15 in KS Presentation Hall. Any Lincoln Hills resident may audition; if a non-Players-member is cast, he/she will simply need to become a member to perform. Script and audition form are on the Players website. Come one, come all!

And there's more! Put June 13-14-15-16 on your 2024 calendar for our summertime show in Kilaga Springs, "Old Hams." Everyone's going to identify with this show, set in a decrepit Victorian-style mansion in Burbank, CA, now a residence for retired senior actors; hence, the title "Old Hams." Jane Patton, who directed last year's "12 Angry Jurors" to sellout audiences, will return to direct this hilarious comedy.

The next official Players meeting is on January 8, 2024 at 4:00 PM in KS Presentation Hall. All are welcome to attend. Come on out and meet the members and find out what we're all about. For information visit www.lhplayers.org or contact Craig Stults, president, at craigstults@sbcglobal.net

• • •

Mixed Media Club

BY JILL SHORT

Grab a hot chocolate and enjoy the month of December. Mixed Media Club is taking the month off. It seems like many people have a lot on their calendar and we did not want to add more. The club will be ready to go January 17, 2024 with our first meeting of the new year. Meanwhile, take time to relax and do a little art. Nurture your creative side even when it is cold outside! Art is great to relieve stress and bring enjoyment into your life. Just get out some of your crayons and paint then play on paper.

The Mixed Media Club had a great time in October and November. We decorated our club aprons which you might catch us wearing at our meetings. In November we really had to think "outside the box" and get creative as we used Altoid tins for our art. Some of us made cute winter and Christmas scenes inside the tins and decorated the lids.

At our club, we want everyone to feel comfortable playing with all kinds of art supplies and to feel successful not worrying about being "good enough." The Mixed Media Club meets the 3rd Wednesday of the month in the Fine Arts Room (OC) at 1:00 PM. The club has a time of sharing the art challenge as well as any other projects done outside the club meeting. Most months we do an art project together at our meeting. For more information contact our Club President, Chris Fetter at 916-276-7895 or email at: mixed.media.chrisf@gmail.com

• • •

(more Club News cont' on page 11)



Players — Shame of Tombstone Cast and Production Team.

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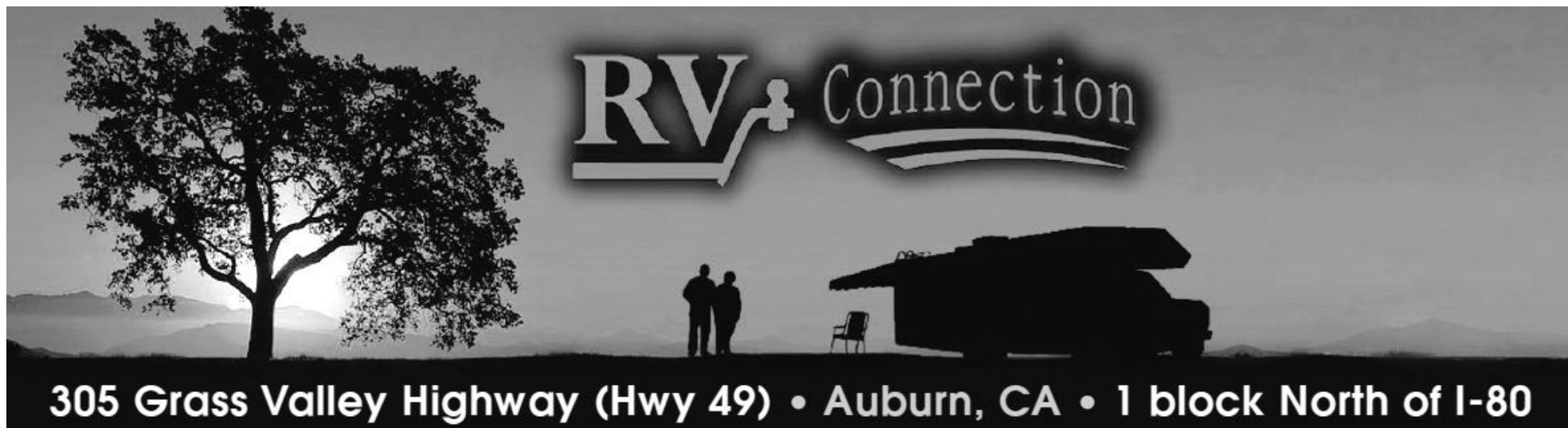
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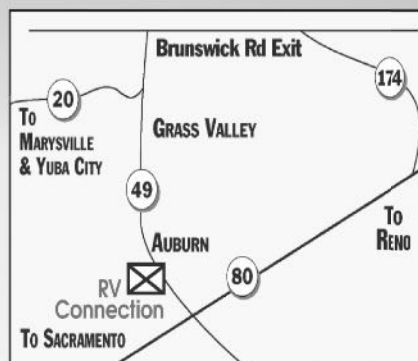
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Needle Arts

BY MARY SWANSON

The holidays are upon us, and the annual NA holiday luncheon will soon be here. We hope all NA members will join us on Tuesday, December 12, 2023 as we celebrate "A Gingerbread Holiday" in the OC Ballroom. Reservations are required and you'll find the luncheon registration form on the NA website (sclhna.com) under the 2023 Holiday Luncheon tab. Registration deadline is December 5, 2023. A beautiful holiday themed quilt will be raffled off during the luncheon and tickets will be sold at the luncheon. Doors open at 11:15 AM with a short business meeting at 12 PM and lunch will be served at 12:15 PM. The newly elected NA Board will be introduced during the business meeting.

Please make sure to check the Workshops calendar on the NA website. The December 5th serger class has been cancelled due to instructor's illness and additional classes have been added.

As always, the Community Service volunteers are busy working to fulfill requests from several organizations for holiday giving. Along with the quilts that have been handed out in the past several months the following quilts will soon be delivered: 30 teen size quilts to Koinonia Foster teens; 53 to Lincoln St. Vincent DePaul; 75 to Beale; 32 baby and 75 kids and adult size quilts to Loomis Christmas Baskets. Many thanks to Clareen Bolton and Bev Johnson who head up CS and to all the quilters and knitters who work so hard to make the quilts, knitted hats and blankets.

Happy Hanukkah and Merry Christmas to all!

• • •

Painters' Club

BY TAMSEN ARMSTRONG

"The object isn't to make art, it's to be in that wonderful state which makes art inevitable." --Robert Henri. Hope you find time this busy holiday season to find that special zone and make some art!

November 21 was our "Flight" Paint Challenge with many beautiful entries. Next challenge will be to paint something that "Sparkles" and have it ready by February 20th.



November's Artist Spotlight:
Barbara Lee Walker

We get together every fall to celebrate the holidays and share our paintings. This year we met at the Turkey Creek Bar & Grill for lunch and chit chat.

Buonarroti Ristorante is featuring 18 of our club's paintings and worth the visit to enjoy a nice meal in this classic Italian bistro. Thanks to all the hard work by Joan Musillani and her crew for organizing and hanging the show. It will be up until February 9th.

The newly refreshed Art League of Lincoln features work by some of our members and will be holding their "ALL-I-Day" holiday boutique for those one-of-a-kind gifts through December 23rd.

We have updated our Sun City Resident Website page where club information and applications can be found. <https://sclhresidents.com/> Thanks, Marianne Oliphant! Time to renew your membership! Please be sure and fill in a new application as we are updating our records.

Our general meetings are on the 3rd Tuesday of every month at 1:30 in the OC Art Room, and dues are \$15 a year, \$25 for couples. Contact Marianne Oliphant at 530-919-1750 or Jane Barry 909-238-3424.

• • •

Paper Arts Club

BY LINDA LUCCHETTI

Happy Holidays! We'll gather for our annual Holiday Luncheon on Dec. 5. At our last meeting of the year held in November, we worked together to create paper gingerbread houses and figures for the centerpieces on our luncheon tables. It was a wonderful team experience!

Speaking of teams, have you ever considered being part of the Paper Arts Club Board? Please contribute your time and talents and join the team to help keep our club the fun and creative group that it is. Contact June or Sarah for more information.

We meet on the first (club meeting) and third (Open Lab) Thursdays of the month in the Terra Cotta Room at the Kilaga Springs Lodge at 9:00 A.M. Members can check the monthly newsletters (email) for updates and the status of activities and meetings.



For further information, contact: Teri Hersko, at hawaiiiteri@gmail.com

• • •

LH Photography Club

BY DIANE MARGETTS

Our November presenter was Jan Lightfoot. Jan has long been involved with photography in one form or another. She has recently enjoyed a slight departure into the world of altered realities and artistic stylizing by incorporating intentional camera movement. The idea behind Intentional Camera Movement or ICM photography is to add the illusion of movement to a still image. Long exposure is crucial for this technique since it creates a lot of motion blur. Jan finds the challenge of creating altered images while retaining original photographic detail to be a wonderful exercise in imagination. She demonstrated and explained this technique in detail. The following morning, several members gathered at a nearby outdoor location to practice this technique.

We exchanged our December General Meeting for our annual holiday breakfast! In addition to a fabulous buffet breakfast, we had extra fun packed in this year with a lively game of table trivia! Each table put their heads together to answer trivia questions on TV shows, movies, music and news stories. Truman Holtzclaw, once again, took holiday member photos and we enjoyed a rolling slide show of past years' member photos.

To enjoy some wonderful photography, check out our Facebook Page. The Club Facebook page is open to all residents of SCLH who are interested in photography. Members post photographs, answer questions and add ideas for places to try out your skills with the camera. Beginners are welcome. To see what our photographers have been up to, go to <https://www.facebook.com/groups/SCLHPhotographyClub/?ref=bookmarks>.

Contact: Diane Margetts; 916-955-1809

Website: <http://www.lhphotoclub.com>

• • •

Woodcarvers Club

BY LIONEL RAINMAN

If you're thinking about getting into wood carving, you may wonder what you need. An imagination is helpful if you look at a piece of wood and see something in it. Also, there are many books on carving and carving plans that help with the imagination and inspiration.

There is no need to outlay big bucks for carving tools as a pocket knife and a piece of wood can get you started. Wood carving can be addicting but carving skill doesn't happen if you spend a lot of money on tools. The best advice for improving your carving is to practice and carve with other more experienced carvers like those at the Woodcarvers club.

As you might imagine there are some hazards associated with wood carving since you are handling razor sharp knives or other carving tools. When carving, always keep safety in mind. Don't leave your knives or gouges lying around with edges exposed.

Whatever tools you decide to start with and whichever type of wood you choose for your first project, take your time, practice, be safe, and have fun.

Woodcarvers club can help you bring that first carving to a reality. Join us on Wednesday from 1 to 4 PM at the Sierra room at (KS)

Contact: Lionel Rainman 916-253-9534
lrainman1414@yahoo.com

• • •

Apple User Group

BY NINA MAZZO

Did you know you can setup follow-up medication reminders in iOS17 on your iPhone? Setting up these reminders can be found similarly to where you add new medications in the Health app. Check out more details in the November issue of the Cider Press found at our club website. Although there will not be any meetings or seminars in December, there will be two open labs for members – see calendar at club website for dates and times. This is also time for membership renewals also found at our club website. Do you sense a theme here? Yes, our club website is packed full of helpful hints, calendar and past videos of presentations.

Looking forward, January 9th general meeting will see Bill Smith discussing the many advances in Apple Health and on January 22nd, Andy Petro will continue discussing tips (iOS 17) on the iPhone using the iPhone camera.

During this season of thankfulness, we thank the many volunteers who help make our club helpful and useful throughout the year!

• • •

(more Club News cont' on page 17)

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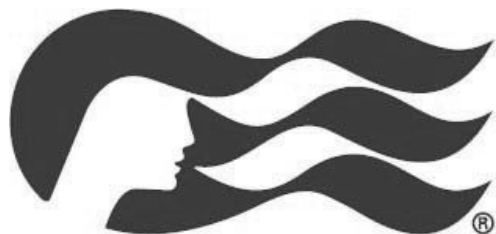
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Days & Destination	Cruise Line ~ Sailing Date	Starting Price/ Inside Ocean View Balcony		
15 DAY HAWAII from SFO! PRINCESS Crown Princess ~ 3080 Passengers	Jan 7, 2024	\$1,299	\$1,399	\$1,699
	Mar 9, 2024	\$1,299	\$1,546	\$1,949
	Apr 4, 2024	\$1,149	\$1,366	\$2,099
	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	\$799	\$954	\$1,398
	Jun 17, 2024	\$948	\$1,285	\$1,648
	Jul 9, 2024	\$998	\$1,330	\$1,998
	Aug 11, 2024	\$948	\$1,285	\$1,598
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	Jan 23, 2024	\$649	\$789	\$1,099
	Feb 7, 2024	\$599	\$728	\$1,149
	Mar 25, 2024	\$778	\$945	\$1,098
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	\$948	\$1,453	\$1,528
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Sail from Ft. Lauderdale, Florida to Southampton (London), England visiting Azores (Ponta Delgada), Portugal; Madeira (Funchal), Portugal; Casablanca, Morocco (for Marrakech); Seville (Cadiz), Spain; Lisbon, Portugal; Southampton (London), England.				
24 DAY SOUTH PACIFIC PRINCESS Crown Princess ~ 3080 Passengers	Sep 24, 2024	\$1,618	\$2,099	\$2,599
	Sail from San Francisco, California to Auckland, New Zealand visiting Honolulu & Maui, Hawaii; Papeete, Tahiti, Moorea, French Polynesia; Bay of Islands, New Zealand; Auckland, New Zealand. Ask about \$899 airfare.			
16 DAY PANAMA CANAL PRINCESS Sapphire Princess ~ 2670 Passengers	Sep 28, 2024	\$1,128	\$1,200	\$2,199
	BOOK NOW! PRICES LIKE THIS DON'T COME AROUND VERY OFTEN!			
Sail from San Francisco, California to Fort Lauderdale, Florida visiting Puerto Vallarta, Mexico; Puerto Quetzal, Guatemala; Puntarenas, Costa Rica; Fuerte Amador, Panama; Full Transit the New Locks of the Panama Canal; Cartagena, Columbia; Fort Lauderdale, Florida. Limited availability, book soon!				

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



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Viking Longships ~ 190 Passengers

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SHORT NOTICE CRUISE OFFERS:

13 Days – Far East – Celebrity – Bali to Singapore - January 4 & January 16, 2024	\$699	\$799	\$1,999
Bali, Lombok, Indonesia; Kuala Lumpur, Penang, Langawi, Malaysia; Phuket, Thailand; Singapore			
13 Days – Far East – Celebrity – Hong Kong to Singapore – January 3, 15 & 27, 2024	\$778	\$879	\$949
Hong Kong; Hanoi, Phu My, Vietnam; Bangkok, Ko Samui, Thailand; Singapore			
20 Days – South America – Royal Caribbean - Santiago, Chile to Los Angeles - January 23, 2024	\$1,699	\$1,999	\$3,899
Santiago, Chile; Arica, Chile; Lima Peru; Quito, Ecuador; Puntarenas, Costa Rica; Guatemala; Cabo San Lucas, Mexico; Los Angeles			
22 Days – Southern Caribbean – Holland America - Fort Lauderdale Round Trip – February 16, 2024	\$1,389	\$2,204	\$3,999
Fort Lauderdale; Curacao; Bonaire; Aruba; Half Moon Cay, Bahamas; Columbia; Panama Canal; Panama; Costa Rica; Cayman Islands			
15 Days – Eastern Caribbean – Holland America – Fort Lauderdale Round Trip – March 16, 2024	\$849	\$1,699	\$1,899
Fort Lauderdale; Turks and Caicos; Puerto Rico; St. Thomas; Bahamas; Jamaica; Grand Cayman; Cozumel, Mexico			
19 Days – South America – Princess – Santiago, Chile to Los Angeles – March 18, 2024	\$1,199	\$1,399	\$1,899
Santiago, Chile; La Serena, Chile; Pisco Peru; Quito, Ecuador; Puntarenas, Puerto Vallarta, Mexico; Los Angeles			
13 Days – Southern Caribbean – Princess – Galveston to Fort Lauderdale – March 24, 2024	\$799	\$949	\$1099
Galveston; Cozumel; Aruba; Curacao; Antigua & Barbuda; Tortola; Fort Lauderdale			
24 Days – World Cruise Segment – Princess – Rome, Italy to Fort Lauderdale - April 2, 2024	\$1,799	\$1,999	\$3,299
Rome, Florence, Genoa, Italy; Villefranche, Marseille, France; Barcelon, Seville, Spain; Lisbon, Portugal; Morocco; Canary Islands; Bermuda; Fort Lauderdale			
14 Days - Transatlantic – Holland America – Fort Lauderdale to Rotterdam - April 13, 2024	\$749	\$1,199	\$1,299
Fort Lauderdale; Azores; Brest, France; Portland, England; Le Havre (Paris), France; Dover (London), England; Rotterdam, Netherlands			
14 Days - Transatlantic – Royal Caribbean – Miami to Barcelona - Apr 28, 2024	\$648	\$798	\$1,339
Miami; La Palma & Tenerife, Canary Islands; Malaga, Alicante & Barcelona, Spain			
16 Days – Transatlantic – Royal Caribbean - Galveston to Barcelona – May 1, 2024	\$699	\$959	\$1,599
Galveston, Texas; Nassau, Bahamas; Ponta Delgada, Azores, Portugal; Malaga, Valencia, Barcelona, Spain			
7 Days – Alaska – Royal Caribbean – Vancouver Round Trip – May 12 & 19, 2024	\$532	\$623	\$1,158
Vancouver, Canada; Inside Passage; Sitka, Juneau, Haines, Tracy Arm, Alaska			

Prices are per person based on double occupancy and subject to availability at the time of booking. Taxes, Fees, & Port Expenses as well as Travel Insurance are additional. Please call for current availability and pricing.

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LH Writers' Group

BY ANNE CONSTANTIN BIRGE

The line, "We write, therefore we are" is from the 2015 Richard Paul Evans book, *The Mistletoe Inn*. Most writers, who are given enough time and resources, can write about almost anything. I once wrote a story about a Christmas gift that inspired many and endured retelling through five decades of Grands and Great-Grands. Early cold mid-1970s Oklahoma December day, Cindy, Daddy's 8-year-old granddaughter was upset. Her birthday was on December 18th and she felt didn't get the same number of presents as her two brothers. Without blinking an eye, Daddy asked if she'd like to have his June 15th birthday, with one caveat: When she got "old enough," she had to give her birthday to someone else in need. Her eyes lit up like Christmas lights and she squealed with delight. Though he's been gone since Christmas 1991, there's not a Christmas we don't remember his special birthday gift for one of his Grands. (This is a true story.)

The Writers' Group meets from 5 to 7 pm on the 2nd and 4th Mondays in the Orchard Creek Lodge Computer Room. Bring 12 to 14 copies of your less than 1,300-word poems, shorts-shorts, chapters to a book or articles. Members from relative beginners to published authors, read aloud to one another while the listeners read along and then provide comments. For more information, please call Anne Constantin Birge 909-965-3556.

...

Genealogy Club

BY NANCY SWITZER

Happy Holidays!

We will be having a Holiday Breakfast, Dec. 15th at 10 AM at Meridians Solarium Room. The cost is \$10 per person (members only). The Orchard Creek Buffet will be served at less than half-price. There is a limit of 40 members, and your check with your name on it will reserve your place. Send check to Janet Motta, 211 Brockman Ct., Lincoln, CA 95648. We will not have a regular meeting due to the holidays.

Looking for gift ideas? Here are some that might be perfect for you or someone on your list. (Borrowed from Family Search Blog)

1. A DNA Test
2. A Map of an Ancestral Homeland
3. A Published History or Travel Book

4. A Membership to a Genealogical or Historical Society

5. Registration to an Online Family Tree Database.

For the rest of the family:

1. A Framed Family Tree or Pedigree Chart

2. Framed Photo of an Ancestor

3. Physical Photo Album or Book or Journal

4. A Family Heirloom

5. A Family Recipe Book

Time to renew your Genealogy Club Membership. Go to the website: www.suncitylhgc.com, download and fill out the membership form and send it with your \$20 check to Janet Motta. (address above)

Don't forget to sign up for RootsTech, February 29—March 2, 2024. Online it is free and you can watch over 200 sessions.

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

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

...

Lavender Friends

BY JOAN LACKTIS

Who doesn't love a holiday movie? We enjoy seeing people find love and holiday spirit beside a sparkling fire at a snowy chalet or the family home. And we at Lavender Friends especially appreciate it when the movies feature LGBTQ characters in their movies.

Recently, it's been possible to find several such movies. On Netflix, there's "Single All the Way." On Hulu, you can watch "The Happiest Season" and Lifetime's "Under the Christmas Tree." There are several others you can search for across the spectrum of channels and streaming platforms. So, whip up some hot chocolate and invite your friends and family over for some holiday cheer, LGBTQ style.

Lavender Friends is preparing to end the year the same it has done for 15 years now—our annual holiday dinner dance. In 2024, we are looking forward to a new year full of activities planned by ACE, the nickname for our activities committee. ACE will get some help in January at our biannual business meeting, which will include an "idea fest," complete with gifts for those who come bearing suggestions for outings and activities (club members: watch

for details in your weekly emails).

Lavender Friends is a club for LGBTQ residents and their supporters in this community. Check out our website at lavenderfriends.com Happy holidays from our club to each of you.

...

Shalom Social Group

BY JUDY GANULIN

Shalom Social Group members and guests had a wonderful time at our Hanukkah party, with delicious traditional food, lively music, exciting prizes and great fun! At an earlier meeting Rabbi Alan Rabishaw of Temple Or Rishon brought us up to date on the situation in Israel. Our January meeting will feature Tevin, head of the Jewish Film Festival, who will preview some of the films to be shown there. We continue to volunteer at the Placer Food Bank. We are drafting a survey of our members' interests. For more information, please contact Margie Gulko, 916-543-5303 or Deanne Iliff, 530-518-3704.

...

Singles

BY KATHY SHADDOX

As we enter into the magical last month of the calendar year for 2023, we feel the chill in the air and the many festive events taking place around us. Our bus trip to the Breeders Cup at Golden Gate Fields in November was a huge hit for all that attended. Our Halloween Dinner/Dance/Costumes was fantastic too.

Singles are ready to get started in December! We begin with Sunday, December 3rd at 4:00 PM in the Meridians Bar for our monthly Birthday Celebration. If you are a member and have a birthday this month, join us and be treated with a drink of your choice and hear all of us sing to you lead by Dennis Doane.

No Activities Meeting this month. On Saturday, December 9th at 9:00 AM is our 2nd Saturday Breakfast hosted by Dennis Reid. What a great way to meet more singles and enjoy your breakfast which you can order off the menu, whatever you wish. No reservations needed.

No Business Meeting this month as we are all so busy getting ready for the upcoming holidays. Also, no dining out event for December.

On Monday, December 18th at 5:30

PM in the OC Ballroom we will have our annual Christmas Party. Please see flyer sent separately about how to get your ticket. Reservations and payment needed in advance.

Our last event for the year will be our Pre-New Year's Party to be held on Thursday, December 28th at 5:30 PM at Kilaga Springs. Flyer to follow with details as to cost and food, etc.

Don't forget to send in your dues for 2024 which is due January 1st.

As you read this article doesn't it look like we are having a lot of fun? If you wish to join the Singles Club, please contact Sue Kuukka at 530-712-5051. See you all next year... 2024.

...

Democratic Club

BY JUDY GANULIN

The Lincoln Democratic Club is growing! One reason may be our interesting and informative programs. On November 16 we'll hear OLLI lecturer Terry McAteer on politics. Our Holiday Banquet is set for December 11; reservations are still available but going fast so make yours now if you plan to attend. We continue to volunteer at the Placer Food Bank, and a Food Bank representative is scheduled to be our January speaker. Our 2024 officers have been nominated. They will be introduced at our December meeting. For more information, please visit our website, <https://democraticclublincolnca.org>.

We welcome new members. Join us!

...

SCHOOLS

BY PATTI KINGSTON

The dedicated SCHOOLS volunteers are mid-way through the school year and have found creative ways to help our Lincoln school teachers. It's not too late to sign up to spend time in a K through 6 classroom. Teachers always need the help and it doesn't matter

(cont' on page 19)



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SCHOOLS

(cont' from page 17)

when you join in.

Volunteers are needed for grades K-5 and for the Phoenix Continuation High School where tutors help with English, Math or History. Some of our elementary volunteers have continued to work with teachers over the past 2 years, using imaginative ways to be of help. Some have corrected papers and made copies of school work sheets for the teacher without being in the classroom. The days and hours of service are up to the volunteer. No teaching experience is necessary. Many volunteers are in the classroom 1 day a week for a few hours. They work closely with the teacher and are under her direction.

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

Teachers are asking for SCHOOLS volunteers because they appreciate the help and the children look forward to having them in the classroom. To volunteer at Phoenix Continuing High School contact Irma at jmeidm@aol.com. To find out about volunteering in elementary schools K-5 contact Cyndi at ccolloton@yahoo.com.

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LH Veterans Group

BY B.L. LEWIS

There will be no general meeting in the month December as we will be enjoying our Holiday Luncheon on Thursday, December 14, 2023 in the Orchard Creek Ballroom. The menu includes Roasted Turkey Breast with mashed potatoes, turkey gravy, cranberries, and roasted vegetables; Oven Roasted Salmon with sauce béarnaise, grain pilaf, roasted spinach sauté and roasted vegetables; Winter Pasta Fusilli with Butternut squash, sautéed spinach, with pine nuts, white wine sauce and roasted vegetables. Dessert will be Cinnamon apple pie. Reservations are needed by December 7, 2023. Contact Claire Luke at 916-253-3711 for tickets and information.

The Price is unchanged from Last year; \$35 per person. The no-host bar will be open at 11:30 a.m. and Lunch will be served at 12 noon.

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

are interested in becoming a Board member, please submit your name to President David Taylor by December 10, 2023.

Please remember to fly your flag proudly and turn in your old flags for retirement when they began to show signs of wear. Richard Fuller is the Chairman of the Flag Sales Committee and can be reached at 916-409-9209 and email: mrmapp@earthlink.net to volunteer for flag sales duty. The Flag Table will be open on December 15, 2023 in the Orchard Creek Lodge Lobby for the sale of Flags at a price of \$20. Morning coffee with the troops on Mondays, Wednesdays, and Fridays at the Kilaga Springs Café gives you an opportunity to solve the problems of the world.

In Memoriam — Thank you, Lord at this time no one has passed.

...

Republican Club

BY SUE DUMAS

Merry Christmas & Happy Holidays!

Farewell 2023, bring on 2024! We are having a Christmas Cocktail Party to wish friends and fellow conservatives Holiday Joy and Happiness! Thursday, December 7th - 4:30 to 6:30 PM; KS - Placer Room. Please bring your favorite hors d'oeuvre to share. There will be festive entertainment and No Host Bar. A \$5 per person cover charge will be collected at the door. Proceeds will benefit Beale AFB Families. Please RSVP to Aggie Marsh 916-409-5699 aggiemarsh59@yahoo.com.

This was a very full/eventful year! Next year will be more demanding of our time,

talents, and resources. With the Primary Election (March 5th) and Presidential Election (November 5th), 2024 may be the most important election year of our lifetime!

January's Annual Kick-Off meeting will have an exciting new format with rotating discussion tables hosted by guest facilitators discussing issues on Local, State, and Federal levels. Will include election process, laws, etc. See January Newsletter for 2024 meeting/event dates.

1st Annual Lincoln Regan Trump Dinner, February 3rd, 2024 = Blue Goose Event Center, Loomis. Early Bird Special \$75/person, price increases 1/1/24. Tickets: placergop.org

Scheduled next year; five Guest Speaker meetings with officials covering relevant issues, more video presentations, and Club Socials. Plan in 2024 being exciting!

In an effort to grow and be more inclusive, our Club is expanding by reaching out to Placer County Republicans as Associate Members. If you know someone interested, please visit our website for application and review of By-Laws. Our Club runs on a calendar year collecting Dues of \$15 per person, per year.

Mail checks to Alice Crawford, 555 Stockman Lane, Lincoln 95648. Or checks or cash accepted at our functions. Do not miss out on newsletters or activities by staying current on dues and any info changes.

www.RepublicanClubSCLH.org

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(more Club News cont' on page 21)

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LH Italian Club

BY LINDA LUCCHETTI

Buon Natale. Felice Anno Nuovo. Happy Holidays! As the holidays draw near, we look forward to 2024. Here are just a few activities we have lined up for the new year. Our annual Crab Feed is set for January 12 at McBean Pavilion. On February 1, we'll learn about Italians loving all things coffee. And, on March 20, we'll kick up our boots at Western Night at the Blue Goose in Loomis. Check the website for more details about these and future events.

Shop for unique gifts and stocking stuffers at the Apparel Store tab on the website. You'll find hats and men's and women's T-shirts with the club's colorful logo.

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

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Bosom Buddies

BY ALISON SHELTON

President Patty McCuen led our November meeting, discussing several club items. We also welcomed two new members.



Now, we're counting down the days until our favorite event of the year -- the annual holiday party. Cheryl Hansen, Dee O'Hara and their elves are making sure this year's

celebration will be another festive one.

Doors open Thursday, December 14 at 11:30 in the Kilaga Kitchen/Multipurpose Room, and all members are invited. Our menu includes meat and veggie lasagnas and parmesan chicken pasta catered by Siino's, Caesar salad, bread/butter with lemon and white raspberry bundt cakes and the O'Hara's homemade brownies for dessert. After lunch, the Sunny Singers will entertain us with a medley of holiday songs.

One of our talented ladies, Kay Brady, spends months crafting a special gift for each guest. Just when we think she can't top last year's gift, she has another surprise for us.

In keeping with the holiday spirit, we ask each member to bring an unwrapped toy to put into the Marines' Toys for Tots boxes. Last year, we filled four toy boxes and hope to do the same this year.

Patricia Slaven designed our colorful invitations, so members should already have received theirs. If you haven't RSVPed yet, please do so as soon as possible to Mary Shelton at 916-409-9923. We need a head count.

As we close out the year, Bosom Buddies would like to say "thank you" to the Lincoln Hills Foundation for its generous grant that enables us to support our ladies. With their help, we're able to honor our ladies in a number of ways such as birthday lunches, because we know how special every birthday is.

"Together, we are strong; together, we make a difference; together we will survive!" We wish you a happy and healthy holiday season.

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Alzheimer's-Dementia Caregiver's Support Group

BY MARIANNE OLIPHANT

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

Contact: Jo Fratessa 916-759-8760.

...

Low Vision Eye Support Group

BY STU SINGER

Save These Dates—Monday, December 4, 11:30 – 2 PM Solarium, Meridians Restaurant. Join us for our annual Holiday Party Luncheon.

Our Next Meeting will be on Tuesday, January 2, 2:00 – 4:00 PM in the Fine Arts Room at Orchard Creek Lodge.

Bring in the new year with a presentation by Jerrod Seiberg, California DMV Driver Safety Manager on the processes available for

obtaining a driver's license for individuals with Low Vision. Jerrod is the regional ombudsman for senior citizens and is an outstanding resource for information on the various rules and regulations governing the various types of driving licenses in the state of California and specifically in Sun City, Lincoln Hills.

Tuesday, February 6 in the Fine Arts Room at Orchard Creek Lodge from 2:00 – 4:00 PM

Our speaker will be Rachel Norton, Director of Clinic Services and Outreach for the Society for the Blind. She will be sharing information about her organization, the specific services offered, as well as details regarding their low vision clinic. There will also be a discussion concerning what a low vision examination can provide. The presentation will also include some magnification devices and low vision aids for the group to see what is available and what may be helpful.

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

For questions or to suggest speakers, topics, request electronic copies of our notices or remove your name from our mailing list: Contact Stu Singer at 703.864.8161 or stuartsinger3@gmail.com

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Multiple Sclerosis

BY JERI DIFIORE

An exciting holiday bash is planned for our MS Group and guests, which will include, complimentary bingo and acknowledging the

(cont' on page 25)

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Lincoln Hills October Sales Snapshot

Address	Street	Sq Ftg	Orig. Price	Selling Price	Floorplan
2038	Stonecrest	1020	\$435,000	\$435,000	Millpond
1550	Topanga	1065	\$375,000	\$330,000	Condo
248	Saddlehorn	1148	\$530,000	\$520,000	Millpond
2747	Woodacre	1322	\$526,500	\$508,000	Bridgegate
1523	Perdita	1515	\$585,000	\$590,000	Pine Hill
1798	Cliff Swallow	1531	\$550,000	\$521,000	Alpine
340	Lilac	1549	\$550,000	\$540,000	Alpine
1223	Hawthorne	1549	\$578,000	\$480,000	Alpine
1170	Overland	1549	\$539,000	\$535,000	Alpine
1422	Mockingbird	1549	\$550,000	\$517,500	Alpine
200	Cabot	1626	\$589,500	\$584,000	Lassen
203	Saddlehorn	1626	\$589,000	\$570,000	Lassen
1471	Ivy Arbor	1687	\$575,000	\$545,000	Baldwin
2261	Monument	1779	\$659,000	\$659,000	Tahoe
1287	Freschi	1782	\$679,900	\$672,500	Santa Cruz
875	Boulder	1841	\$667,000	\$675,000	Quail Cove***
1876	Creekcrest	2049	\$759,000	\$707,500	Annadel
1995	Mary Rose	2187	\$769,000	\$747,000	Fremont*
2556	Black Hawk	2192	\$854,900	\$790,000	El Dorado*
905	Yosemite	2397	\$739,000	\$735,000	Monterey
957	Truchard	2504	\$879,000	\$879,000	Marin
1831	Glenbrook	2612	\$880,000	\$870,000	Springcrest
708	Yerington	2745	\$1,099,800	\$1,005,000	Tiburon**
869	Wagon Wheel	2831	\$1,019,000	\$1,019,000	Sonoma*/**
1206	Secret Lake Lp	3034	\$1,300,000	\$1,250,000	Springcrest*/**

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Multiple Sclerosis

(cont' from page 21)

2023 MS Walk Super Donors, featuring \$1,000 donors, Donna Judah of Coldwell Banker, and the Hinda Weber family.

Tuesday, December 19, 1 to 4 pm, Kilaga Springs, Lincoln Room (by the kitchen).

Call Joni Deutsch at 916 398 0349 for payment details of \$10 and to reserve your order, choice of: Roast beef, ham, or turkey and cheese. RSVP by Sunday, December 17.

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LH Astronomy Group

BY BILL WEAVER

The LHAG does not hold meetings or activities during the month of December.

Thomas E. Jones, Executive Director of the California Aerospace Museum is scheduled for a presentation to the LHAG membership on January 3, 2024, about NASA's Neutral Buoyancy Laboratory (NBL).

The Neutral Buoyancy Laboratory (NBL) is one of the world's largest indoor pools and can support multiple large-scale operations utilizing both underwater and topside assets simultaneously. The NBL is utilized for mission planning, procedure development, hardware verification, astronaut training, and refinement of time-critical operations necessary to ensure mission success during spacewalks.

Astronomical Events for January 2024

January 3, 4 - Quadrantids Meteor Shower. The Quadrantids is an above average shower, with up to 40 meteors per hour at its

peak. It is thought to be produced by dust grains left behind by an extinct comet which was discovered in 2003.

January 11 - New Moon. The Moon will be located on the same side of the Earth as the Sun. This is the best time of the month to observe faint objects such as galaxies and star clusters because there is no moonlight to interfere.

January 12 - The planet Mercury reaches greatest western elongation from the Sun. It will be at its highest point above the horizon in the morning sky.

January 25 - Full Moon. The Moon will be located on the opposite side of the Earth as the Sun and its face will be fully illuminated. This full moon was known by early Native American tribes as the Wolf Moon because this was the time of year when hungry wolf packs howled outside their camps.

For more information about the LHAG, contact Bill Weaver at hamweaver@wavecable.com or more information regarding this bulletin, please contact Bill Weaver, LHAG President.

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LH Amateur Radio Group

BY DAN LEHRER, KN6DRN

Claire, KI6VWG, Doug, KD6PGQ, and Dan, KN6DRN provided communications help at the annual Tour de Lincoln Bicycle Event. They served in vehicles as Supplies and Gear (also known as SAG). SAG volunteers ride along the paths of riders offering help in case of breakdowns or other issues. Communication



support is also given at rest stop stations. Jim, KG6GYM and Art, KI6GYY attended the annual Pacificon Convention. They listened to informative presentations and met Dave Casler, KE0OG, one of our hobby's leading educator. While flying back after visiting his grandchildren in NY, Dan, KN6DRN checked into our Monday night net from 35,000 feet via Echolink. Consider coming on down to rag chew and join us for our next Hams & Coffee in December. We can help with programming handheld radios. Meetings are held at the South Tower every Monday night at 6:30 PM. Our club conducts a weekly radio network at 7:00 PM every Monday on the W6LHR Repeater at 147.030 MHz, 167.9 PL. If you are looking for a way to engage in the community and have an interest in Amateur Radio, please check out the LHARG. For more LHARG information visit our Website, the URL is: lharg.us or email dlehrer72@gmail.com

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RV Group

BY VICTORIA WHITE

This has been an amazing year with the RV Group. Our rallies have all been fun and exciting as there were many destinations that we hadn't been before. We have a full agenda of rallies for 2024 and if you haven't signed up for any of them, check with the Wagon Master for the trip you might want to go on. If you've been wanting to look into our group or join, come to our first meeting, January 11, 2024 to see what we are all about. Traveling with a group is the ultimate fun.

Our nominations for the new Board Members have been made and they will be sworn in at our Holiday Party in December. Congratulations Jake Baker, for President, Ron Lunsford, for Co- Vice President and Tari Briscoe for our Membership Chairperson. We appreciate the outgoing Board Members, Mary Romo, Cara Roberts, Maggie Giuliani, Ron Darville and Vicki White. All their dedicated work kept our group moving in the right direction and "Thank you" to those who will be staying on, Roy Deeble, Maureen Williams and Robyn Kain, you are our glue!

Join us at our meetings held the second Thursday of each month at KS, 4:30 PM in the Placer Room. For information contact Sharon Skar at 916-434-7799 or marlowensharon@gmail.com.

Respectfully submitted,
Victoria White 530-3203-0498
weimawoman@yahoo.com

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(more Club News cont' on page 27)



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LH Travel Group

BY LINDA BEVINS AND JOANNE SCHUMACHER

Happy Holidays to all from the Lincoln Hills Travel Group! As you raise a glass of eggnog with friends, share your thoughts for travel adventures for 2024. Looking for new destinations? Check our website: www.lincolnhillstravelgroup.com. All trips include airfare and transportation to/from the airport! And new trips are always being added to our website.

Perhaps we're traveling to destinations already on your bucket list; OR feel free to call us if there is a destination you are interested in that is not on our web site. We can always help you with any Collette tour or a date different from the one listed. By going through the Travel Group to book with Collette, we put together the complete package for you including airfare and transportation to/from the airport. And if you comparison shop for trip insurance, you'll find that Collette has one of the most flexible, cost-effective plans available.

We appreciate everyone who took the time to come to the last travel show. Save the date of Wednesday, January 24, 2024, for our next Travel Shows in the Willow Room at the Lincoln Library at 10:30 am and 1:00 pm. The shows are free, but reservations are required.

Please consider joining the Lincoln Hills Travel Group. The Membership form is on the website (<https://lincolnhillstravelgroup.com>) under "How to Join", and the cost is only \$10/year, January to December 2024. You will receive the Club's monthly newsletter highlighting new and exciting tours as well as travel tips and musings from our committee.

Lincoln Hills Travel Group Committee Member Contacts: Sheron Watkins 916-849-9504 sheron55@att.net, Louise Kuret Auerbach 916-408-0554 louisekuret@att.net, Lyle Auerbach 916-847-6544 lea925@att.net, Linda Bevins 916-666-7627 djbevins17@gmail.com, Joanne Schumacher 415-999-1242 jkschumacher1@gmail.com

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Rods & Relics

BY ELNA RAGAN

On Saturday, November 4, Club members helped at the Lincoln Public Library Semi-annual Book Sale by moving the unsold books and magazines back into the library's inventory.

The long-awaited tour of the local Sierra Pacific log processing facility, just north of Lincoln, took place in the morning on Thursday, November 16. Fourteen Club members, under the leadership of Chuck Barnhart, made the tour! The process of seeing trees turned into finished wood products was amazing!

On that Thursday afternoon, Club members met at the Big 5 parking lot to caravan to the 1st and Joiner Fire Station and participate in Lincoln's Annual Turkey Drive. The donated turkeys will be distributed to local families via Lincoln's Salt Mine and the Placer County Food Bank. We were joined by members of the Sports Car Club. There was a very impressive array of classic and sporty vehicles!

At our monthly General Business Meeting the main topic of discussion was the preparation of our annual Christmas event to be held at the Orchard Creek Lodge in Del Webb on Saturday, December 16. A relaxing evening is planned to feature a delicious dinner, musical entertainment, and dancing.

Club members are looking forward to participating in the annual Christmas Parade held downtown on Saturday, December 2. It is always fun when Lincoln's families line the City's streets to enjoy the Christmas Parade and start the Christmas season!

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

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

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Garden Group

BY LORRAINE IMMEL

Merry Christmas, Happy Hanukkah, and Joyful Holiday Season! May the Spirit of the Season bring Peace to us all!

The Annual Garden Group Luncheon "Gingerbread Lane" finished the last of our events of the year. Social Chair, Debbie Schryver, made 100 home-made Gingerbread cookies for the group and the others on the committee put the Gingerbread "Guys & Gals" Centerpieces together as a door prize
(cont' on page 28)



Letters to the Editors...

Authors are solely responsible for the content of their letters.

SF Bus Shopping Trips

Destination: Union Square: Post & Powell Streets — Union Square is not what it was a few years ago. It has now become the site for the homeless, drug users, crimes against persons, naked people, open defecation on the sidewalks, and the mentally ill. As a retired law enforcement officer, I am concerned, as well as many of my colleagues who are familiar with the area, for the safety of our elderly residents, some of whom will be using wheelchairs and walkers.

The October Compass advertisement on Page 63 states a lovely day of shopping.

How is that possible with over forty stores around Union Square closed due to crime and people afraid to be around Union Square. Even the beautiful Westfield Mall has closed along with many Market Street merchants. I have reached out to the Trip Coordinator, Scott Cason,

suggesting he select another location; however, no response. I also spoke with our Association Executive Director, forewarning him of the issues our residents would be subjected to, however, he felt everything would be O.K., because he was from the San Francisco area and is familiar with Union Square. I emphasized that should one of our residents become a victim, and possibility injured, there could be some liability assessed to our Association.

I have done my "Due Diligence" as part of my oath to "Protect & Serve".

Should you be concerned, as I am, please contact Mr. Bodyfelt or any Board Member and suggest the shopping trips be moved to another location without the dangers posed in San Francisco's Union Square.

Ron Pettitt

• • •

Neighbors InDeed — To Winterize is Wise

BY RICK CARREIRO

Now that we are on Standard Time, this is the perfect time to remind ourselves to "Winterize". It is wise because it can make you more comfortable, save you money, and most importantly maintain the value and safety of our Lincoln Hills homes.

- Rainfall and Storms: Have your rain gutters and downspouts cleaned as this prevents overflow, which creates flooded areas alongside your home and can affect your foundation. You might also consider having those tree branches trimmed to reduce the gutter debris they create. While you're at it, have your roof inspected for loose or cracked tiles which will worsen with storms and can cause leaks that become very expensive.

- Comfort and Efficiency: A well-insulated attic will not only help retain heat in the winter keeping you comfortable, but also saving you money. It is suggested to have a rating of R-30 for attics. Another addition some use is a reflective but breathable "blanket" to add to this effect. You can also reduce the heat in rooms or areas of the house not in use by closing the room vents a bit.

- Additional Winterizing Steps: Sealing windows and doors for drafts will add to your comfort and savings. A little caulk, sealant or weather-stripping easily and quickly improves comfort and saves money. You might consider a programmable or smart thermostat as well, since you can lower the temperature when you're not present by using your cell phone. Multilayered clothing, blankets, and insulating drapes can also keep you warm. Finally, setting your sprinklers to a reduced schedule saves water and money. In the winter it is recommended to turn your sprinklers on about 1 minute per week to prevent the valves from getting stuck.

- Neighbors InDeed Help: Our Information and Referrals volunteers can suggest needed vendors. Our Handy Helpers can change furnace filters, program thermostats, reset your sprinklers, and provide other helpful tasks.

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

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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.*

Garden Group

(cont' from page 27)

for each table!



2024 Garden Group Membership: Enrollment Begins 12/01/2023.

Early sign up prior to our January 2024 General Meeting is encouraged to avoid the long line at registration. Note: checks will not be processed until January 2024.

Dues -- \$20 per household payable by check (preferably) or cash

Mail or drop off completed and signed 2024 Registration Form, Waiver Form and \$20 dues to Marjie Anderson (1560 Millpond Lane, Lincoln, CA 95648) 916-408-7685.

New members: complete and sign 2024 registration form and waiver form; include \$20 check (preferably) or cash. Forms found on our website (www.lhgardengroup.org).

2023 Renewing members: 2024 registration form will be preprinted for all 2023 members.

Only renewing members with information changes need to complete a 2024 registration form.

Submit a \$20 check (preferably) or cash. Will have a separate membership table at

the Gingerbread Lane luncheon for early sign up. Be sure to bring your \$20 check (preferably) or cash to sign up early.

• • •

Bird Group

BY RUTH BAYLIS

It is nice to see the returning birds this winter and hopefully they will bring more rain, as predicted. Buffleheads are now being seen on our ponds along with Hooded Mergansers.

This was a very busy month for our birders. The potluck was much enjoyed with food, games, and many folks went home with auctioned items or prizes. California Scrub Jays and Northern Flickers predominated at our bird walk in Veterans Memorial Park in Roseville. A Say's Phoebe and many Yellow-rumped Warblers were good winter bird sightings. Gray Lodge Wildlife Area north of Yuba City is a primary spot to view flights of Snow Geese as they move around the ponds and feeding areas. We were not disappointed. Several Wilson's Snipes, a Sora, and a Loggerhead Shrike were good finds. Turkey Vultures must find lots of carrion here as they are always plentiful. At our November meeting, Truman Holtzclaw entertained us with a repeat showing of his presentation on Wildlife in Lincoln Hills.

(cont' on page 29)



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Bird Group

(cont' from page 28)

Here are some upcoming events. Updated information, including cancellations or rescheduling, will be provided by bird group email.

- Dec 11, Mon, 1:30PM: Monthly meeting. Gary Hengst will speak on the "Operations of the Lincoln Wastewater Treatment Plant and its Impact on Nature/Birds".

- Dec 15, Fri, 8:00AM: Driving trip to Sacramento and Colusa National Wildlife Refuges. All day, usually with lunch stop at Grandzellas in Williams. Meet for carpooling at the west end of the Orchard Creek parking lot, near the fitness center indoor pool.

- Dec 28, Thurs: Christmas Bird Count. Team leaders will set times.

For a full listing of future events, birding tips, a photo gallery, bird lists from trips and more, visit our website: <http://www.sclhbirders.org>

You can communicate with the Lincoln Hills Bird Group at email address: SunCityBirders@sclhbirders.org

LH Cyclists

BY TOM FRADY

Did you ride in the 21st Tour de Lincoln on October 21st? I realize some of you may have already forgotten if you did or not, but if you remember, you and 289 other riders found it to be a great day to be on a bike. The weather was perfect, the routes ranged from pleasant

to tough, the rest stops were well-stocked and the post-ride BBQ was perfect. I hope you bought one of the special T-shirts. Some of us with local knowledge forged our own routes, modified to make the day even better.

Put October 19, 2024 on your calendar right now. I'll wait.

Another date for your calendar is January 26, 2024 at 5:00pm. That's the date for the club dinner. I don't have too many details, yet, but it will be an Italian Buffet (I had a girlfriend in high school named "Italia Buffet", pronounced "boo-fay").

The Social Committee has done a fantastic job this year making it possible for the membership to get together on a more regular basis. We all appreciate it very much.

Hikers and Walkers

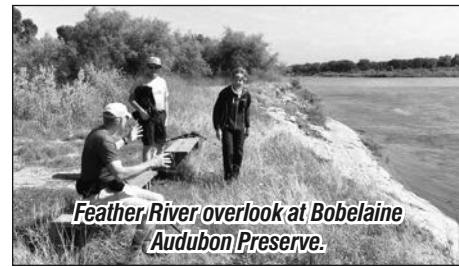
BY GAY MACKINTOSH

LH Hikers and Walkers are ready to ring out the old year and ring in the new! The Solarium rang with laughter as we donned holiday sweaters and hats for our November 30 Happy Hour. Our busy Social Committee is already planning more fun events for 2024.

In December and January, look for choose-your-pace walks continuing every Wednesday that it's not raining. An array of hikes will also help lighten the darkening days ahead. Watch our website <http://www.lincolnhillshikers.org> for weather cancellations or other schedule changes.

Upcoming hikes:

- 1st Tuesday, December 5, Bobelaine



Audubon Preserve (Nicolaus). Easy 5 miles through lush riparian forest along the Feather River.

- 3rd Tuesday, December 19, La Provence Holiday Lunch Hike (Roseville). Easy 5½ miles to beautifully decorated restaurant.

- 2nd Tuesday, January 9, Hidden Falls—Bench and Back (Auburn). Moderate 6 miles with visit to Dennis Ratay's memorial bench plus views of Deadman's and Coon creeks.

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

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

Not a member yet? Send your check for

\$10 per person to: Lincoln Hills Hikers and Walkers, 2898 Coopers Hawk Loop, Lincoln CA 95648.

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

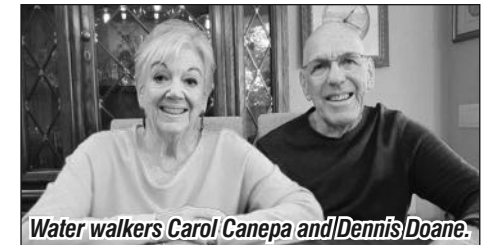
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Swimmers & Water Walkers Club

BY ROSEMARY TANFANI

Carol Canepa and Dennis Doane have been walking thru life together for 18 years, having met as singles at Lincoln Hills.

Canepa has always enjoyed water exercise,



but, after Covid hit at Lincoln Hills, and water aerobic classes were cancelled, she started water walking in the OC pool.

Doane was not a water exerciser, but while line dancing in 2023, he suffered a torn meniscus in his knee. As part of his rehabilitation program, he started water walking in the OC pool.

Now the couple are water walking together in the pool. "I think we're addicted", says Canepa. They both love the soothing, relaxing feel of the water. "And better yet," says Doane, "the water is easy on the joints,"

(cont' on page 31)

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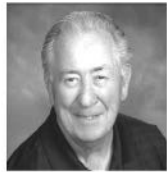
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Swimmers & Water Walkers Club

(cont' from page 29)

and one doesn't feel pain."

Though one can reserve one of three lanes at OC pool for swimming or water walking, there is a big open pool area for water walkers that requires no reservation. The OC open area is available most afternoons but check the pool schedule before you go.

Water walking in the pool is one of the best aerobic activities one can do. Give it a try!

Club contact is Jim Klein at swimmers.walkers@gmail.com.

• • •

Water Volleyball

BY DIANE FERRARI

Water Volleyball is looking forward to the Holidays and a New Year! We welcome new members throughout the year and invite you to come on out and join us, the water is warm, the play is exciting, and it's fun filled. We provide fun, exercise and friendship and welcome all levels of volleyball play for both men and women. Training and mentoring are provided and there are additional Skills and Drills classes offered to help make you a more proficient player. The club provides the Skills and Drills class and will assign you a mentor to teach you how to play. Want to just try out playing? You can attend a free club play day on Saturdays at Kilaga. Come watch a game and cheer your friends on or get in the pool and give it a try! We have several levels of play and two types of volleyballs for the different levels

of play. In addition to the pool play, the club has various social events throughout the year from Fall Festivals, Pizza parties and Holiday get together to our serious Tournament Play. The "Some Spike It Hot" Tournament was held on November 13, 15 and 16th at the Orchard Pool. Come join us for fun, friendship and a little competition in the pool! Find us on the web at lhwatervolleyball.com or contact Jerry Grisler 209-648-9534 for more information.

• • •

Mad Hatters Bocce Group

BY KIM PETRUZZELLI

Our Potluck Christmas Party begins at noon at Kilaga Springs on Thursday, December 14, following morning bocce. You can still sign-up at the bocce courts on Thursday mornings, or by emailing us at the address below. We'll have coffee and water for you there, so just bring something to share and your sense of humor. Grab your ugly sweaters, because there will be prizes.

The Mad Hatters play bocce ball year-



Mad Hatters being silly!

round each Thursday morning, and all skill levels are welcome. Now that it's cold outside, we begin at 10:00 am. Teams of 4 players are formed on-the-fly each week so

(cont' on page 33)

It Was a "Doggone" Great Bus Trip!

BY ROSEMARY TANFANI

Sun City Lincoln Hills residents are going to the "dogs", and it couldn't be more fun!

On November 3, 45 residents took a bus trip to Santa Rosa, California, to attend a Canine Companions tour and puppy graduation, and to view the Charles Schulz Museum.

Canine Companions, with national headquarters in Santa Rosa, is the largest non-profit provider of service dogs in the United States. Lincoln residents were given a tour of the busy campus, then watched service dogs perform some of the 45 tasks that are so helpful to their owners. Canine Companions service dogs help people overcome physical, psychological and social barriers, helping them lead lives with

According to Charmaine Stainbrook, Director of Planned Giving, "These graduations reinforce what a privilege it is to have a job that allows me to be part of something that is so positive."

For more information about Canine Companions and how to be a puppy raiser, go to info@canine.org

The afternoon was spent with lunch at the Warm Puppy Café and browsing time at Snappy's Gallery and Gift Shop. A tour of the Charles Schulz Museum was led by Lincoln Hills resident, George Herrmann, a former docent at the museum.

Sun City Lincoln Hills has been running



Canine Companions Campus tour.



Puppy Raiser
Bringing Dog to
New Owner.



Dogs in Training.



Schulz Museum Tour
led by George Herrmann.

greater independence.

The graduation ceremony was held off campus, with countless dogs in training, paraded across the stage. The highlight of the ceremony was the five dogs brought to the graduation by their adult "puppy raisers". These dogs, with six months of training already completed, were then handed over to their new owners.

various bus tours for over twenty years. This tour was led by Scott Cason, Lifestyle Trip Coordinator, and his assistant, Christi Brown. Cason has headed 85 bus tours in the last two years and says, "My favorite part of these trips is to offer them to everyone in Lincoln Hills, no matter their abilities."

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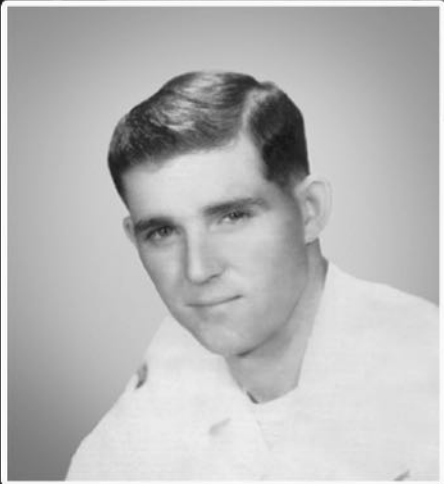
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Mad Hatters Bocce Group

(cont' from page 31)

just show up! The focus is on recreation not competition, and we rotate players and teams with each 20-minute round. Our players usually spend about 90 minutes on the courts. New, inexperienced, and handicapped players are always welcome. Don't know how to play? We'll guide you. There is plenty of parking available at the courts, and it's a great way to meet new people.

If Thursday mornings aren't convenient for you, or you just can't get enough bocce, there's also a fun drop-in bocce group called the Night Owls. No, no, it's not midnight. They play on Tuesdays at 4:00 pm.

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

• • •

LH Pickleball Club

BY MOLLY MORRIS

The Pickleball Club is excited to begin a Lincoln Hills Team Pickleball league. Our Team Pickleball league is based on the pro-tournament league called Major League Pickleball. This format is based on rally scoring which differs from all other pickleball games because a point is scored on each rally, rather than when a team is serving. This makes for a fun competition and close scores.

We will have five divisions of varying skill levels from 2.5 to 4.0. Each division has six to eight teams, each with eight members. What does all this mean? It means 240 members

will be involved in the games with many more cheering on the players!

Several board members are ending their terms. Thank you to Rein Lemberg, Molly Morris, Alison Campbell, Kat Kepus, Rita Weighall and Karen Goeman for their efforts on behalf of the Club. We would like to welcome Russ Petruzzelli (Vice President), Linda Shobe (Director of Communications), Michelle Williams (Director of Social Activities), and Ross Underwood (Director of Tournaments) to the Board. Their terms begin in January 2024.

If you want to learn to play pickleball or are interested in the Pickleball Club, please send an email to welcometopickleball@gmail.com. You will be registered for our free Intro to Pickleball class held bi-monthly on Wednesdays from 9:30–11:00 AM. Please wear shoes made for pickleball or tennis (No HOKAs please) and bring water.

• • •

LH Table Tennis

BY CARL LYNCH

Do you need a fun indoor activity now that the weather has turned to rain, wind, and cool temperatures? Woo Hoo! Table Tennis is IT!

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

However, in December, Sunday play will be in the Terra Cotta and Sierra rooms at KS.

If you are a resident here in SCLH you can drop in and join the fun.

You can also join our Lincoln Hills Table Tennis Club (LHTTC). Membership dues are not required.

To join, just sign up on the new member sheet at the play sessions or email pingpongsclh2@gmail.com.

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

We play on 7 tables, beginner to advanced levels on a drop-in basis. We play women's doubles, men's doubles, mixed doubles, and singles.

Reservations are not required. Please wear non-marking tennis shoes. Loaner paddles are available.

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

We set up a 'Robot' table tennis ball machine on Fridays to use for beginner coaching, warm up, training, and practice. Players may use it on a "first come first served" basis, and the signup sheet for a 15-minute timeslot is located there with the ball machine.

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

• • •

LH Tennis Group

BY PAM FLAHERTY

Warm holiday greetings to all tennis players and fans of the game. Nothing like a crisp, sunny, winter afternoon to play tennis! Drop-in tennis for all levels is scheduled for

Wednesdays and Saturdays from 9:00 AM until 11:00 AM on courts 1 and 2. Meet new players, find groups, and/or check out the ball machine all winter long.

The Tennis Club honored long time LHTG legend Jack Williams (95 years old and playing into early 90's) at the Octoberfest Tennis Tournament. His family attended and were all touched by the tribute to their dad Jack.

End of year is a time of renewal. The tennis club is electing a new slate of directors, setting dates for tournaments, planning events and keeping your courts playable and well lit! Speaking of renewal, be sure to renew your membership or join the club now!

See you on the courts!

• • •

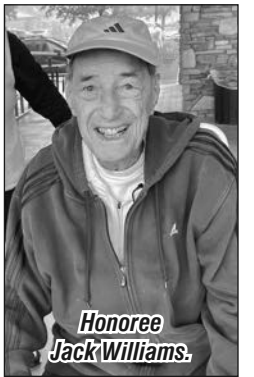
LH Senior Softball League

BY HEIDI MAZZOLA

Discover the perfect blend of fitness, friendship, and fun by becoming a part of our vibrant softball community! Whether you're a seasoned player or a rookie, our inclusive environment ensures a welcoming experience for everyone. The 2024 League Application will soon be available on our website: LHSSL.NET

Currently, Fall Fun Ball is in full swing,

(cont' on page 35)



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Michelle's Featured Listings



1863 Winding Way – Tahoe w/Casita, 3 Car and Solar

This exquisite Tahoe Model boasts an attached casita, solar panels, and a convenient 3-car garage (w/NEV charger), all nestled within minutes of the Orchard Creek Lodge, Fitness Center, and Sports Complex. Its impressive features encompass granite countertops, modern stainless steel appliances, recessed lighting in most rooms, a whole-house fan, central vacuum system, ceiling fans throughout, an upgraded HVAC system with a dual-control thermostat, a warm and inviting gas log fireplace, sun tunnels for added natural light, and a casita with a convenient half bath. The garage includes a utility sink, while the extended patio cover overlooks a low-maintenance landscape complete with artificial turf, a tranquil water feature, and mature trees that enhance privacy. Rest assured, the Kitec plumbing has already been replaced, ensuring peace of mind for the fortunate homeowner.

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938 Wagon Wheel – Tehama on Open Space

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

Offered at \$599,000



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SCLH WRITER...

A Tale of Christmas Past

BY JOY HUTCHISON

Sometimes there is one special memory that we keep in our heart. It stays with us no matter how long ago it happened. Mine was in 2002 when I lived in Washington. It was the Third Sunday of Advent and the children of the congregation were ready to present their Christmas program.

December 11th, the date of my father's death, was always hard on me. My father was born in Sweden in 1902 and had immigrated to America with his family when he was nine years old. He inherited the taste for adventure, and in his early 20's he headed west from Illinois to California on his bicycle, which is another story for another time.

At church on that Sunday of Advent in 2002, the children of the congregation were

dressed in various ethnic costumes of people from around the world. At the end of the program, angels carried baskets overflowing with shiny blue Christmas ornaments into the pews, each ornament imprinted with gold lettering depicting various countries. A red ribbon with a tag was attached to each ball. As the basket was offered to me, I reached in and took out an ornament.

In the narthex after the service, my husband held the ornament as I put on my coat. He asked, "Did you read what the tag on the ball says?" "No", I replied as I buttoned my coat. He handed it back to me and, as I glanced at the tag my eyes welled with tears. The message read, "Merry Christmas, GUD JUL Sweden."

Dear Readers, Gud Jul to you as well.

...

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

LH Foundation –

(cont' from page 1)

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

Interested in being a part of an organization providing support and opportunities for our seniors? We are looking for Board Directors or

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

Happy Holidays to all our supporters and Thank You!



BRE # 01821892



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LH Senior Softball League

(cont' from page 33)

with games played every Wednesday and Saturday starting at 9:00, weather and field conditions permitting. The influx of new players this fall season has brought a refreshing dynamic to our familiar softball arena.

As we gear up for the 2024 season, now is the time to contribute your suggestions and ideas, to the Board. Rule change suggestions must be submitted to the Commissioner in writing by February 1. Members interested in serving on the Rules Committee must submit their request to the Commissioner by December 31. Hall of Fame nominations can also be submitted through December 31. The HOF nomination form and instructions for submittal are on our website.

In the recent Board election, Heidi Mazzola was elected for a second term, Karl Wenzler reelected after a short hiatus, and Fred Serna is welcomed as a new addition. We extend our gratitude to outgoing President Bruce Briggs and Commissioner John Moran, who will continue to be involved in playing or managing in the 2024 season.

During this holiday season, we'd like to express our warmest wishes to all members of our softball community. Your hard work, commitment, and camaraderie make our league truly special. Here's to a joyful holiday season for all.

• • •

Lincsters 9-Hole Golf Club

BY CAROLE EUBANKS

General News

Go to <https://www.lincsters.com> for questions. You can also other useful information in the Captain's Monthly Newsletter. Send general email questions to lh9captain@gmail.com.

Latest News — Lincsters applaud Cathy Carpenter for her Hole in One! It was a blue flag on Hole 8 at Turkey Creek. Atta girl, Cathy! Thanks to a wonderful last-minute contribution from former Lincsters captain, Sharon McMillan, the final donation raised by our Breast Cancer Tournament was \$40,000! Golfers and lunch-only attendees included many of our sponsors, who joined a fun, successful day to complete our biggest event of the year and celebrate this collaboration with Ladies XVIII, Sponsors, and the Placer County Breast County Foundation. It really does take a Village.

Rule 27: Lost Balls — If you cannot find your ball after three minutes of searching, you must drop a ball, under a one stroke penalty, as nearly as possible to the spot where the original ball was lost. Time lost searching for balls is the Number 1 pet peeve of fellow golfers!

GM Message about Winter Water Concerns — The main focus of watering for the next few weeks will be the greens and tees. We will water fairways and rough only as needed. Bear with us if you notice fairways losing some color. It is not due to neglect, we're only living with restrictions imposed by

the Placer Water Conservation Association (PWCA) and the Nevada Irrigation District (NID) in their efforts to cope with our annual water supply limits.

Holidays — Thank you all for joining the Lincsters tradition of holiday cheer. This year's luncheon theme was TEESTHESEASON. We not only had a wonderful luncheon at Kilaga Springs, but initiated an outpouring of red and white wrapped gifts to help bring cheer to the men and women who live at Lincoln Meadows.

• • •

Ladies Golf - 18 Holers

BY CAROL LOPEZ

As the year draws to an end, we celebrate our membership and their accomplishments at the annual Holiday Luncheon being held in the Ballroom on December 11th. We will announce Most Improved, Most Birdies, Most Chip-Ins, Hole-in-Oners, and Best Eclectic golfers. Kathi McCoy will be recognized as the 2023 Club Champion and Diana Lilienthal as our 2023 Net Chix winner. Our current captain, Barbara Grant, will thank outgoing board members and chairpersons and welcome Wendy Seagraves, as our new captain, along with her team. A raffle will be held with proceeds going to the local Girl's High School Golf clubs.

We closed out the year with Donna St. Peter joining our monthly Net Chix winners, the team of Mitsuko Cameron, Nancy McDonald, Vivian Lim & Bonnie Hing securing first place in the Halloween ChaChaCha round on Orchard, and in a ONES tournament on

Orchard first place (flights 1-4) was awarded to Karen Gabriel, St. Peter, Lim & Hing. In recent rounds, chip ins were made by: Knoll, Parker, McNiff, Emge, Lim (from 60 yards out for birdie), Sutter, Jenkins, Brinkerhoff, Grant, Tamanti, Lilienthal, Hing & Hutchinson.

As part of your New's Year Resolution please include golf course rules: rake bunkers and leave rakes inside, fix ball marks on greens, use sand to fill divots on the fairways and tee boxes, respect the 30-yard rule in staying away from greens, stay on the cart path on all par 3's, observe pace of play and cancel or change tee times when necessary. Starting December 1st, the pro shop will begin accepting membership benefit programs for 2024.

Lincoln Hills' ladies have a lot of fun golfing and socializing so if you are new to the area or just looking for a new hobby, please consider trying our club out! Website: www.lincolnhillsladiesgc.memberplanet.com

• • •

LH Men's Golf

BY MIKE MCBACK

Our last tournament for 2023 is the Holiday Challenge, a 2-man Pinehurst. The date for this is Tuesday, December 12, starting at 9 a.m.

The Men's Club wants to congratulate this year's winners of the 2023 Men's Club Championship:

1st Place Gross – John Michael's with a 72. 1st Play Net – Michael McGuire-Back with a 67.

(cont' on page 38)



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"I Have Hope Again"

Roseville resident, Dawn R. had been experiencing the painful effects of Peripheral Neuropathy, "my feet and legs hurt, tingled and burned, all the time and my doctor told me there was nothing they could do. I was told that I would have to take Gabapentin for the rest of my life, that wasn't okay with me." Then she started treatment with acupuncturist, RaeAnn Salvador.

Peripheral Neuropathy is the pain, discomfort and numbness caused by nerve damage of the peripheral nervous system. Dawn explained that daily tasks like opening doors and using the bathroom were overwhelmingly painful. "How can you live for the next 20 years when you don't even want to get out of bed to do simple things?"

She was experiencing the burning, numbness, tingling and sharp pains that those suffering with neuropathy often describe. "The way that I would describe it, it's equivalent to walking on tacks all the time." Dawn hadn't worn socks in five years and was wearing shoes two sizes too big so that nothing would 'touch' her feet.

Unfortunately Dawn's story is all too familiar for the over 3 million people in the U.S. suffering from Peripheral Neuropathy.

If you are unfortunate enough to be facing the same disheartening prognosis, you're not sleeping at night because of the burning in your feet, you have difficulty walking, shopping or doing any activity for more than 30 minutes because of the pain.

You're struggling with balance and living in fear that you might fall. Your doctor told you to "just live

with the pain" and you're taking medications that aren't working or have uncomfortable side effects. Just know that there are options.

Fortunately, three months ago, Dawn read an article about Lincoln Acupuncture and the work being done to treat those suffering from Peripheral Neuropathy without invasive surgeries or medications. She can now share how significantly her life has been changed

"Now when I go to bed at night I don't have those shooting pains. I don't have that burning sensation. I can let the sheets touch my feet and it isn't painful," Dawn enthusiastically describes life after receiving treatment. "I can wear socks and shoes and I can enjoy working in my garden."

At Lincoln Acupuncture, results are achieved using the time tested science of Acupuncture combined with technology originally developed by NASA that assists in increasing blood flow and expediting recovery and healing to treat this debilitating disease.

What differentiates Lincoln Acupuncture is the use of the most cutting edge and innovative integrative medicine. Specializing in chronic cases, specifically those that have been deemed 'hopeless' or 'untreatable', Dr. Salvador consistently generates significant results. What was once a missing link in senior healthcare is now easily accessible to the residents of Placer County.

If you've missed too many beautiful days outside because of pain or you've passed on dancing along to songs of your youth because you're afraid of falling, it's time to give yourself a new opportunity.

It's time to let your golden years be golden!



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LH Men's Golf

(cont' from page 35)

The Men's Club wants to wish everyone a Happy Holiday season and thank all the members for another great year and hopes to see everyone back next year.

...

Shuffleboard Club

BY JON KLINE

More courts for shuffleboard are on the way! Last month the Board of Directors voted 4-3 to purchase 3 additional modular PolyCourts including equipment and scoreboards and place all 5 courts on the multi-use court, which is located next to the softball field parking lot. We will work with Administration to layout the courts and provide necessary seating and equipment storage at this site. Play will likely begin no later than January 2, 2024. Days and times for club play will be determined by club members and posted on the OC and KS club activity boards. Other large social clubs are forming shuffleboard groups and will schedule regular play times. Information about the court relocation schedule, equipment access, online court reservations and weekly clinics for new players will be communicated to all residents via Wellfit ENews.

Until this relocation happens, shuffleboard club play continues every Thursday and Saturday afternoons from 1:00 to 3:45 PM at the rear bocce area of the Sports Plaza. Email the club for the basic game rules. The

shuffleboard equipment is stored in the croquet locker behind the bocce courts; get the key at the OCFitness desk. We are a no dues club, and all residents and their guests are encouraged to come to the courts and learn to play this sport. People of all ages and fitness levels can play shuffleboard; no bending or lifting is required.

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

...

Cribbage Club

BY MEL SWITZER

A couple of traditional Cribbage Carols for all of our Loyal Readers:

I'm dreaming of a winning Cribbage
Just like the ones so long ago
Where the hands keep winning
And my "cats" are purring.
That keeps me raking in the dough
I'm dreaming of a winning Cribbage
With every new hand I am dealt
May all my card moves be right
And may all my Cribbage hands be bright
Ho, ho, ho

Here comes Mr. Lucky, here comes Mr. Lucky
Right down Cribbage Lane
Rae and Jack all their players, pullin on the reins
Bells are ringin', Mel is singin', all is merry and bright
So play your hands and say a prayer
'Cause Mr. Lucky comes tonight

We invite all "retired" cribbage players to come play every Tuesday at 8:30 AM in the OC card room.

We have lots of laughs and even if you haven't played in a long while, you are welcome to come and have fun with us. You may even "earn" some extra cash to buy a new Cribbage board, or at least a new deck of cards.

Our Recent winners are: John Gilmore (10/17), Howard Beaumont (10/24), Mel Switzer (10/31), Ginger Nickerson (11/7) and Mary Ales (11/14).

Happy Holidays to All from the Cribbage Club!

...

LH Duplicate Bridge Club

BY MONA STRYKER

Holiday greetings! We much enjoyed our Christmas Luncheon/bridge game on Weds., Dec. 13. Kudos to Pat Lewis and her social committee. Thinking of the less fortunate, we collected \$1,000 for our local Salt Mine.

There is no Wednesday bridge on most or all Wednesdays in December as the room is used for other purposes. Saturday games will be held as usual.

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

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

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

For further information, go to our website shown below.

Partnership chairman: Sharon Duley 916 253-3885

Contact: Elise Homer (elisehomer@gmail.com, 916 303-0751)
Website: www.bridgewebs.com/lincolnhills/

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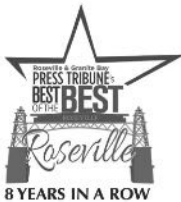


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◆ First 15 words are FREE (for SCLH residents only), additional words \$1 each

◆ 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, time-share/condos, etc.

◆ 15 words for \$35. Additional words \$1 each.

◆ \$90 for three months, same ad! (15 words only) additional words \$1 each

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

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

1. Contact name and phone number.

2. Which category to place your classified ad in: (Service, For Sale, Wanted, Announcement)

3. Classified ad text - including the phone number you want readers to call.

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

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

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

Business Ads are 15 words for \$35 for one-month. Additional words \$1 each. (\$90 for three months for the same ad.)

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

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

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



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CALL US OR EMAIL
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INFORMATION

916-771-4177

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VALUATION

EMAIL :
**gbrown@thompson
-brown.com**



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WHY PAY 6%

Experience Makes a Difference!!!

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Price Evaluation



George Brown

Recent Sales in Lincoln Hills

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

Market Update

Real estate sales are regionally very integrated. While there are always brighter spots and slower spots within the region, higher demand in some areas and lesser demand in others, there is still connectivity. Right now, regionally, the overall market has slowed significantly from the heated pace of last spring. What does that mean to someone who wants to buy or sell? Sellers need to be the best house at the best price within their specific market niche. This past June I met with sellers in Sun City Roseville and explained that the market was changing and they needed to look forward at where the market was heading and not backwards to prices achieved when there was higher demand. I suggested a max price of \$675,000, but they competed better at \$650,000. They listed with another agent at \$700,000, that doesn't seem much but they just kept lowering their price. They just lowered their price to \$599,000 because they missed the market and have moved out and need to sell. The lesson; Sometimes it makes sense to see what the highest sales price was in the past 6 months, sometimes that strategy costs thousands.

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

George Brown 916-297-3500 CALL/TEXT