

SUN SENIOR NEWS

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Bill and Anna Woods — Quiet Strength, Opposites Attract

BY RUTH MORSE

Anna recommended Bill to be featured in the paper. This speaks to both his quiet strength and her opposite extroversion. When I went to meet with the couple, I found they both have amazing stories to tell. Anna is a Jew who converted to Christianity because of Bill's influence. Bill is a weightlifter who at the age of 81 is seriously thinking about competing for a world record in his age group for bench pressing.

Bill has been weightlifting for sixty years now. He can be seen at the local Sun City gym several times a week doing "reps" of 250 pounds. He doesn't always feel like going, but he has lived to see the changes it has made in his life, and he loves to help others learn how to safely lift weights if they are interested. Others have stated "Bill's in the house" when they see him working out. His blood pressure is a perfect 120/60. Suffering a shoulder injury years ago because his technique was not the best, he loves to encourage anyone interested in good technique so they can avoid injuries. One of the secrets is keeping the arms close to the side of the body. He lifts more than



Anna, Bill Woods and Sophie.

anyone else in Del Webb. When he was in his late forties, he won the world record by bench pressing 365 pounds. He would like to repeat that win for his current age group and would need to bench over 325 pounds.

When he started lifting weights six decades ago, he wanted to have big biceps to "show off for the girls." Now, both he and Anna, a line dance teacher in Lincoln Hills, found the activities which "keep their body moving." They want others to discover the benefits of movement in their golden years.

Bill had time when not weightlifting in his younger years to marry his first wife and they had two children together. Bill is still close to both of his sons. They live nearby—one lives in Folsom and one in Roseville. Before his marriage, he had grown up in Southern California in La Habra. It was in La Habra that he was hired to help groom horses, starting a lifetime attachment to equines. His family moved to Loomis when

(cont' on page 35)

LH Foundation — Happy New Year!

BY DENISE BOWDEN

The Lincoln Hills Foundation wishes everyone a happy and healthy 2024. We want to express our appreciation to everyone who donated to the Foundation this year. Your gifts make it possible for us to both continue supporting great organizations as well as add new grantees. 100% of all donations received go back into the community in grants for programs that support our seniors.

We will be back into the ballroom for Bingo on Wednesday, January 24th. Note that Bingo has now moved to mostly Wednesdays so check each month, so you don't miss out. Our volunteers are getting ready for the new season so get those daubers ready. This year we will be highlighting monthly an organization that receives grants from the Foundation. This is a great way to see the impact being made by the community's generosity.

If you are looking for ways to give back beyond just financially, we welcome Board Directors or Advisory Board members who would like to serve their community. 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. Reach out directly to me or join

(cont' on page 28)

Readers Theater Show — February 3 and 4

BY ALAN LOWE

The next Players Readers Theater will present "MEMORIES ARE MADE OF THIS," written and directed by Alan Lowe, February 3 and 4, at 3:00 PM in KS Presentation Hall. Readers Theater is free to the public.

This warm and funny one-hour presentation focuses on a couple, June and George, as they present five scenarios about life in their senior community.

The stories, written by June for the monthly Sunset Ridge News, are brought to life by five separate casts and include:

EXPIRATION DATE. George asks June to help him find the expiration date on a bag of salad. The quarrel that occurs ends with a question about a very different expiration date.

SHE. A single woman, Cindy, believes her boyfriend has run out on her. The following week a friend sees the boyfriend being intimate with another woman. How should she tell Cindy? Then things go in a direction nobody would have predicted.

AUTUMN LEAVES. Debbie wants to go on their community's fall bus trip to Reno. Her

husband, Marty says, "No way." Then a friend gives him a different view of the entertainment

"Autumn Leaves" can provide and you won't believe what happens next.

GOLDILOCKS AND THE THREE BARES. Can a dog control your life? Jared and Cassie question their relationship, as things appear in their bedroom that don't belong to them. Jared's mission—discover what is happening and save their marriage.

JUST ANSWER

MY QUESTION. Some questions in life and love go unanswered. We get caught up in the daily grind and lose sight of what should be our central focus. Such is the case in the lives of Max and Martha Sleppey.

Next Players meeting is Monday, January 8, at 4:00 PM, in KS Presentation Hall. For club information, visit www.lhplayers.org or contact President Craig Stults, 916-543-6782.

• • •

Tap Company

BY ALISON WOLFE

This spring the curtain will open in the Ballroom (OC) for the Lincoln Hills Tap Company's production, "Everybody Dance

(cont' on page 7)

Lincoln Hills Players Club presents

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Readers Theater

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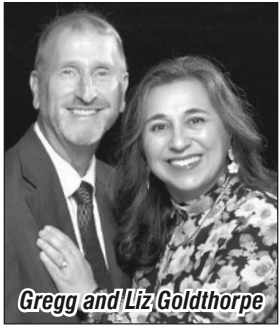


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What's the Plan? - Demystifying the Strategic Planning Process

BY THE STRATEGIC PLANNING TEAM

In 2024 SCLH will take on creating a Strategic Plan which will define a roadmap for the future of the community. The question most often asked is "Why do we need a Strategic Plan." A fair question and one that we will dive into with more detail as the process moves forward but at a high level let's begin with "who, what, where, when, and why."

Why do we need one? A plan gets the community aligned to a common set of goals, so we remain consistent and successful in the future. It assists in decision making and helps manage change effectively over time. It goes beyond day-to-day operations and focuses on the bigger picture.

Who does it? Everyone! We all have a stake in the community and should be involved with the planning of our future. Stakeholders are residents, owners and renters, employees, clubs, interest groups and committees. We all contribute to the process.

How is it done? It is a complex and time-consuming process, but the result is a valuable tool for planning for the future. It includes deep dives into the current situation, identification of our vision and key initiatives just to get started. Resident input is a key component here.

Where? It starts at the Board level and is

driven by the Executive Director.

When? Strategic Planning is a living process. This is a journey to the future of SCLH and we are starting now. The plan gets reviewed and refreshed annually and the goal is to intersect with the yearly budgeting process so sound decisions can be made.

A well-thought-out strategic plan will not immediately answer every question or solve every problem, but it will help SCLH navigate the complexities of today's changing world and position SCLH for sustained success.

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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SCLH Elections Committee BOD “Candidate Information Session”

BY CAROLE MOORE, SCLH Elections Committee Member

The Elections Committee will hold a “Candidate Information Session” for potential candidates for the three opening Board of Director positions.

- Wed., January 17, 2024 • 10:00 a.m.
- Presentation Hall at the KS Lodge

This session is open to the entire community and is your chance to see what running for a Board position would entail. This is an educational event, so even if you are unsure about running for a position, or just curious, please join us to learn about the process and get your questions answered.

Some important dates for this phase of the election:

- January 19, 2024 Candidate Filing opens
- February 20, 2024 Candidate Filing closes at 4:00 pm
- February 22, 2024 “Candidate Briefing Session”

Eligible candidates will be briefed on Campaign rules and other procedures related to being a candidate.

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

Or visit the Association’s website for members: <https://schresidents.com/group/pages/home> sign in, choose “Committees”, then “Elections Committee”

Kilaga Springs Library News

BY JOY HUTCHISON

With New Year’s resolutions still fresh in our minds, one of the perks of living in Lincoln Hills is the opportunity to get involved in our community. The Kilaga Springs Library is staffed by residents who enjoy spending two hours a week volunteering.

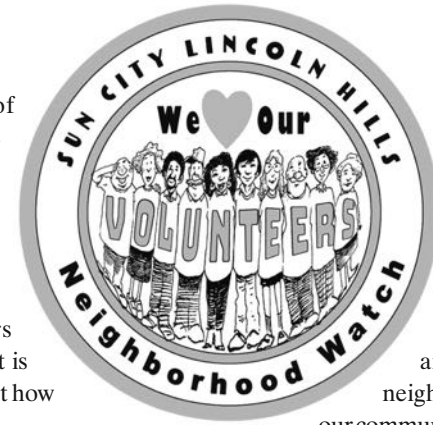
The popular Meet the Author Lecture Series continues this year, with a slight change. They are now scheduled for the fourth Monday of the month, still in Presentation Hall at 2:30. Kicking off 2024, the January 22nd program will feature a panel composed of four local mystery writers.

Greeting and business cards, to-do lists, photographs, a wrist fracture brochure and a walker guide. What do these assorted items have in common? They have been discovered inside books recently read and returned to the library. If any of these items sound familiar to you, please drop by Kilaga Springs Library and ask a volunteer to show you where they are waiting to be claimed.

Please contact Library Coordinator Sarah Kevin at sikevin@gmail.com for library information.

Neighborhood Watch

BY TERESA TANIN



We often think of bridges as those we drive over or under. Bridges for the New Year, however, are more in the line with bridges of communication. Our community offers many ways to learn what is happening around us, but how do we access such?

Neighborhood Watch offers detailed safety and security information and continues to be the bridge between residents and the Lincoln police and fire. Visit schwatch.org for helpful links of direct access to community services, including the Lincoln Police crime-mapping system. Stay safe, informed, and add your email to “Add Me To Alerts.” Residents can also click on “Who is My Captain?” February 15 is the deadline to provide emergency contact information to your Mailbox Captain. Such confidential information can save precious time in a crisis. Not able to access the web page? Email our Executive Director, Linda Minor at executivedirector@schwatch.org or call 707-235-0778 for more information.

An additional bridge of communication is our Association’s eNews. Receive information about upcoming activities, shows, classes, and meetings, but only if residents are signed up by sending an email to enews@schca.org. If you prefer a printed version, all residents receive the monthly Sun Senior News in their mailbox. Such a convenient way to stay informed!

Lincoln Hills Foundation supports many senior help organizations, including Neighborhood Watch. Thank you!

Neighborhood Watch Mission Statement through the dissemination of information: 1. Strengthen neighborhood ties. 2. Increase personal safety & security awareness. 3. Be the “eyes and ears” of the Lincoln Police & Fire Departments. 4. Encourage emergency preparedness.

1. Strengthening neighborhood ties: No new volunteers to report. Let’s make the New Year a volunteer year! Did you know that your cluster mailbox is more than just your mailbox?

It is a collection of nearby neighbors’ mailboxes. Each cluster mailbox is assigned a Neighborhood Watch Mailbox Captain, however, not all Mailbox Captains reside within that cluster mailbox area. “Neighbors knowing neighbors” is essential to keeping our community a safer place to live. More

Mailbox Captains are needed who live near their cluster mailbox. Help neighbors know their neighbors! Visit schwatch.org and click on “Want to volunteer?” Be sure you or a neighbor near you covers your cluster mailbox!

2. Increase personal safety and security awareness: Do not buy gift cards for anyone you do not know, period.

3. Be the “eyes & ears” of the Police & Fire Departments: If you see something unusual, take a photo from a safe distance and call the Lincoln Police non-emergency number 916-645-4040. You can report a crime online at www.lincolnca.gov report a crime or leave a message with Barry Johnson, Public Safety Liaison 916-434-6538.

4. Encourage emergency preparedness: Call Neighbors InDeed 916-223-2763 to find help in checking your smoke detectors and/or change your batteries.

“Alerts” are available on website schwatch.org. If you’d like to receive “Alerts” to your personal email, click on “Add Me To Alerts.” Our community is only as safe as our informed residents. Build your bridge of communication for the New Year---sign up, log in, or call today!

**Happy
New
Year!**
2024



TRAVEL – Club Cruise

If you love river cruising or are interested in learning more about the fabulous destinations that river cruising can offer,

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

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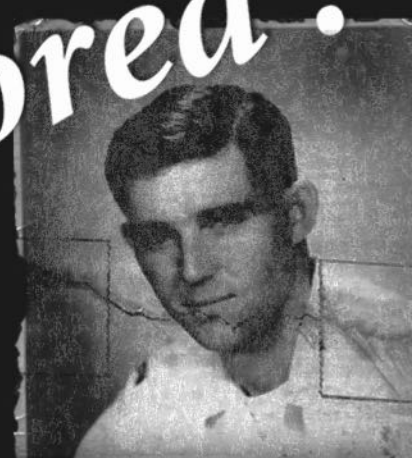
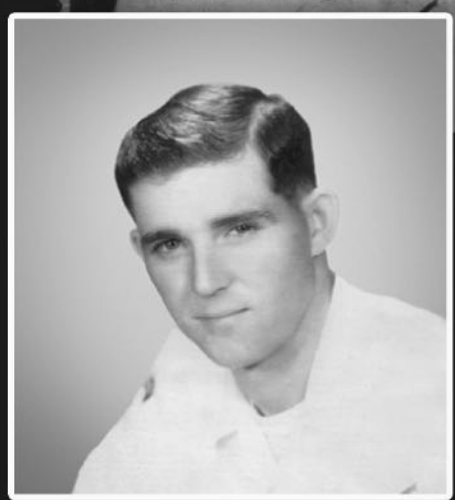
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Tap Company

(cont' from page 1)

Now". Once again, we will be welcoming the performers in our community back on stage. Many of them are from the Performing Arts Consortium (PAC) which includes Chorus, Tap, Players and Vaudeville. The variety of talent among these groups is amazing as you will see in the 20 some acts that "Everybody Dance Now" features. Though this production is put on by the Lincoln Hills Tap Company, a variety of dance genres will be represented, not



just tap. There will be hula, clogging, ballroom and jazz just to name a few. And in addition to the dance numbers, there will be singers and other performers to entertain you. A little of something for everyone.

Tickets go on sale January 17, 2024. They are available online thru the Resident Website or at the Lifestyle Desks. Show times and dates are April 4 and 5 at 7:00 PM and April 6 and 7 at 2:00 PM. Get your tickets now and enjoy a wonderful show!

• • •

LH Music Group

BY JULIE RIGALI

We have our first meeting of 2024 on Wednesday, January 10. Please join us in P-Hall (KS) from 2:00 to 4:00. Whether you sing or play an instrument, or just want to listen to other performers. If you want to perform, sign-ups are available at 1:30 PM.

We meet on the second Wednesday of the month, January through October. Additional information can be found on our website, the password is musicgroup.

The Guitar Ensemble meets on Fridays from 1:00 to 3:30 PM (OC). Contact Sal Caruso at 916-343-5810 for information. Ukulele Ohana meets Wednesdays 1:00 to 3:00 PM (OC). Contact Ron Peck at 925-788-5869 for information. All groups are open to Lincoln Hills residents.

Music Group Contact: Julie Rigali 925-787-1875, rigalijulie@gmail.com

Website: www.lincolnhillsmusicgroup.org

• • •

LH Chorus

BY GAY MACKINTOSH

It's a wrap! The Lincoln Hills Chorus wrapped up our three sold-out performances of "Dreamin' of the Season" December 8-10. Amid all the holiday bustle, our "Grown-up Christmas List" wished for the gift of peace and "Joy to the World"—may our dream come true in the new year.

The Chorus thanks our extraordinary director Paul Melkonian and accompanist Nina Malone for a dreamy season. Highlights of our concert were American Sign Language interpreter Cat Bain and flautist Mona Stryker. Creating our holiday dreamscape were producer Karie Geiger, assistant producer Doug Brown, graphic artist Bonnie Almaguer, costumer Yolanda Molina, seating

coordinator Rosie Songey, and many other talented volunteers. Narrators were Karie Geiger, Dennis Reichmann, and Jackie Wilson. Technical director Jim Moon with his teammates Dave Wooldridge, Jeff Hanner, Lew Barnard, Bob Elo, Ron Baugh, Sharon Lefkov, Pete Beckett, and Chuck Koehler made us look and sound our best. Our thanks also to staff coordinators Allison Sertic, Cody Meikle, Esteban Ortega, and Jim Trondsen.

Helping make the Lincoln High School Choir's dreams come true, the Chorus presented a donation for their June musical tour to Austria, Germany, and the Czech Republic. The Choir is teaming up with the esteemed Placer County Youth Orchestra for this trip of a lifetime.

(cont' on page 10)



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Neuropathy Relief Is Possible

The most common method your doctor will recommend to treat neuropathy is with prescription drugs. While this may temporarily reduce your symptoms, medications such as Gabapentin, Lyrica, Cymbalta, and Neurontin are primarily antidepressant or anti-seizure drugs. These drugs may cause you to feel uncomfortable and have a variety of harmful side effects.

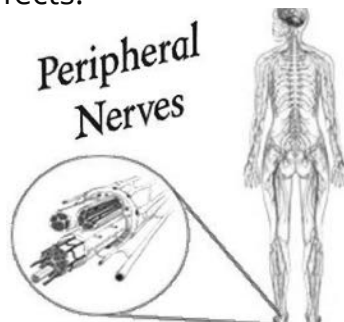


Figure 1: Notice the very small blood vessels surrounding each nerve.

Peripheral neuropathy is a result of damage to the nerves, often causing weakness, pain, numbness, tingling, and the most debilitating symptom, balance problems. This damage is commonly caused by a lack of blood flow to the nerves in the hands and feet. Every part of the body relies on blood via blood vessels, for oxygen and nutrients. Without it, the body begins to lose function.

As shown in Figure 2, as the blood vessels that surround the nerves become diseased, they shrivel. This prevents the nerves from getting the nutrients necessary to survive. The nerves begin to degenerate and no longer conduct sensation adequately.

When these nerves begin to "die" they cause you to have balance problems, pain, burning, pins and needle sensation, and other symptoms.

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1. Underlying cause?
2. Amount of nerve damage sustained?
3. How much treatment is required?

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1. Increase blood flow
2. Stimulate nerve fibers
3. Decrease brain based pain

The main problem is that those with Neuropathy have been given limited options for treatment: medications which often make you feel

sick or uncomfortable, or have to come to terms with the idea of "just living with it." There is now a clinic in Lincoln that offers you hope without worrisome side effects.

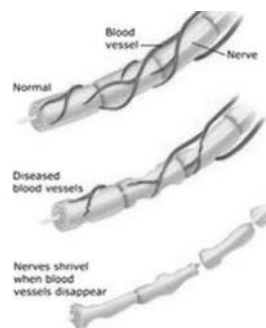


Figure 2: When blood vessels become diseased, they shrivel and are no longer able to provide nourishment to the surrounding nerves.

The treatment to increase blood flow utilizes Acupuncture, ATP Resonance BioTherapy and O3 Regenerative Therapy. Acupuncture helps to stimulate the blood vessels and the peripheral nerves such that they are able to receive proper nutrients needed to heal and repair. Collectively, these treatments function to increase blood flow and expedite recovery and healing.

The amount of treatment needed to allow nerves to fully recover varies from

person to person and can only be determined after a detailed neurological and vascular evaluation.

We will conduct an exam that consists of detailed sensory vascular testing and an analysis of neurological findings. After the exam, you will meet with the practitioner to discuss your results and determine if you are a good fit for our program.

This life impacting condition affecting millions of individuals can be helped and even reversed. Whether the neuropathy affecting you is chemical in nature, due to diabetes, or mechanical such as disc disease or arthritis, treatments are available to help you alleviate your suffering.

Call **916-884-0398** to make an appointment to determine if the peripheral neuropathy affecting you can be treated.

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YOU DON'T HAVE TO JUST LIVE WITH IT

SIR: Social Activities for Men

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

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

.....

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Local High School Students Speak Out for Prizes and honor

BY LORA FINNEGAN

“How can we ensure a robust public-school curriculum that is accessible to all and teaches historically accurate information?” That’s the intriguing topic students will be addressing in the Eleanor Stem Allen Memorial Speech Trek contest, sponsored by the American Association of University Women Roseville-South Placer branch and the Gray Allen Family. You can watch the finals February 9 at 4 PM at a free event held at Sun City Lincoln Hills’ Kilaga Springs Lodge (Presentation Hall), 1167 Sun City Blvd, Lincoln. Complimentary refreshments and a no-host bar will follow the presentation.



Students will be competing for a total of \$3,000 in cash awards and the honor of proceeding to the statewide competition level. Open to all South Placer area high school students, Speech Trek is designed to showcase their critical thinking and public speaking skills. Each will speak for five minutes and local leaders will serve as judges. The first place winner will win a \$1200 prize and advance to the state semi-final competition where three finalists from across California will be chosen to compete at the AAUW California Annual Event with the opportunity to win more cash awards. For more details, go to www.aauwrosesouthplacer.org.

Neighbors InDeed

BY JAN LEE
ARTWORK BY RUDI FRANKE

Want a Part-Time Job?

I am a Dispatcher for Neighbors InDeed 1-2 times a month. Here’s an account of an actual day dispatching.

8:45 AM I review my list of Handy Helpers (HH)—who is available today? I start

1:30 PM OH no! Another “Chirping Alarm” call, and an HH to steps up to the plate.

Two more calls: one needed crutches and the other to return a wheelchair. An ME agreed to both tasks.

2:45 PM A caller’s address lights went out, so an HH was assigned.

Another caller asked to have a doorbell replaced. HHs can do that too.

3:15 PM Surprise! HH can turn mattresses. Yup. And the job was assigned.

NEIGHBORS INDEED
Want a Part-Time Job?
I am a Dispatcher for Neighbors InDeed 1-2 times a month. Here’s an account of an actual day dispatching.

8:45 AM I review my list of Handy Helpers (HH)—who is available today? I start

9:30 AM Uh-oh, I contact a pair of HHs who can help.

10:30 AM A caller broke her hip and needs a walker ASAP! A Medical Equipment (ME) volunteer agrees to bring her a walker and pick up a wheelchair from another resident.

Yippee! I just found out NID has added another stand-up walker and two more three-wheel walkers to its medical equipment inventory.

1:30 PM OH no! Another “Chirping Alarm” call, and an HH to steps up to the plate.

2:45 PM A caller’s address lights went out, so an HH was assigned.

3:15 PM Surprise! HH can turn mattresses. Yup. And the job was assigned.

3:45 PM It’s close to the end of the day, but calls keep coming in. This one requests a garage door lube. Job filled.

5:00 PM I close my home office for the day and reflect—

checking our database for callers requesting help.

9:30 AM Uh-oh, someone has a “Chirping Smoke Alarm”! That call receives TOP PRIORITY!! I contact a pair of HHs who handle the alarm AND hang two pictures for another caller as well.

10:30 AM A caller broke her hip and needs a walker ASAP! A Medical Equipment (ME) volunteer agrees to bring her a walker and pick up a wheelchair from another resident.

Yippee! I just found out NID has added another stand-up walker and two more three-wheel walkers to its medical equipment inventory.

3:45 PM It’s close to the end of the day, but calls keep coming in. This one requests a garage door lube. Job filled.

5:00 PM I close my home office for the day and reflect—

This job has no pay, but I love working from home, connecting with cohorts who enjoy giving back to our community, and providing assistance to folks who need a helping hand. If you’d like to volunteer for this job or others, please call us at 916-223-2763

Please remember: we never answer the phone. Leave a message at 916-223-2763 and we will return your call between 9 AM and 5 PM Monday through Friday.

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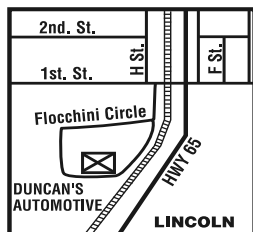
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LH Chorus

(cont' from page 7)

Lincoln High School Choir members will sing with us on stage May 3, 4, and 5 when we'll showcase Broadway favorites! Interested in joining us? Rehearsals begin January 9. All Lincoln Hills residents are welcome to try us out. No auditions, but some choral experience is recommended. You'll need to learn your part (using our helpful MP3 voice files) and attend Tuesday afternoon rehearsals plus sectionals as scheduled.

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

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Ballroom Dance Club

BY ERNIE MICHELI

The Ballroom Dance Club held its Christmas Potluck Party on December 12 in the Kilaga Springs Multipurpose Room. The event was well attended, and participants brought a delicious assortment of food. There were salads, main dishes and desserts that satiated our pallets. Many thanks to the bakers and makers as well as the kitchen crew that displayed the many dishes. Val Elliot, Kitchen Coordinator, was assisted by Karen Worley, Sharon Micheli, Milli Lelio, Josie Vandermat and Dani Wall.

Kilaga Springs Multipurpose Room was turned into a ballroom with a Christmas theme. There was a Christmas mural with Santa and



his sleigh. Tables were decorated with a red tablecloth, red and gold place settings that included specially folded napkins and centered with a beautiful Poinsettia. The decorations were selected by Barbara Swerdlow and Cheryl Taylor and arranged by their helpers Mark Worley, Rob Ryerson, Peter Vandermat, Dave Schoch, Mark Sally and Belinda Burns.

Ruth Algeri selected music that was consistent with the Christmas season. Sal Algeri served as master of ceremonies and recognized the many contributors who work behind the scenes to make the Ballroom Dance

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.

Offered at \$749,000



938 Wagon Wheel – Tehama on Open Space

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

Offered at \$599,000



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Ballroom Dance Club

(cont' from page 10)

Club a viable organization. Sal also explained the history and origin of the Ballroom Dance Club and introduced Gary Pitt as one of the club's founders. Ernie Micheli was presented a plaque for his efforts developing the club web site.

Mary Kirkwood and Ruth Algeri organized and raffled the Poinsettia center pieces and gift certificates.

After the party ended the Clean-Up Crew returned the Multipurpose Room to pristine condition. Many thanks to the following members of the Clean-Up Crew: Jim and Dixie Parker, Patty Dixon, Lia and Jim Smyrak, Van Oosbree and Francisco Porcar.

We encourage you to check the Club website at sclhbd.com as up-to-date information is posted regularly.

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Country Couples

BY LORI BIBBY

Happy New Year!

Could 2024 be the year that you and your partner try something new and exciting? Our club meets on Fridays in the Fine Arts Room (OC) at 9:30 AM for beginner practice and 10:30 AM for intermediate practice. We welcome all SCLH residents to stop by and see for yourselves the fun and laughter that you too can experience.

There's also Country Couples Western Dance class, taught by Dennis and Georgi



John and Lori Bibby at a Country Couples dance.

Dawson, held on Monday evenings. You can find more information on these classes in the Compass. We gather again for an hour on Saturday afternoons to practice what we learned in class.

The club plans 5 dances a year where we can enjoy a pot luck or a catered meal or maybe just bring your dancing shoes and a brown bag lunch. Sometimes there is a theme, where we dress up, and other times we just gather for a dance, because that's what we love to do.

Aside from dancing, Rich and Donna Pick plan special events throughout the year so we can enjoy the company of our dancing

friends. We've enjoyed some great times at various restaurants, or perhaps a picnic at the Sports Pavilion.

Jim and Deb Christie are hosting our third "Dancing Cruise", this time to Alaska in 2025. We cruised to Mexico in 2023 with our dance club, also hosted by the Christie's, and what a blast we had.

For more information on events or how to join Country Couples Dance Club please contact April Cederburg at 916-390-3931

Website: www.sclhcc.com

...

Mixed Media Art

BY JILL SHORT

Welcome 2024 by getting creative with art. In the Mixed Media Club, we enjoy using all kinds of art mediums and materials such as acrylic paints, watercolor, markers, crayons, gesso, stencils, ink pads, stamps, old magazines and more. We look at objects and think how can we use that in our art. We are not afraid of making a mess and getting messy. Of course, for those who like to be neat, go ahead and be neat and tidy. Embrace who you are! The club is a place where we encourage each other as we do a guided Mixed Media project. There is always room for your own personal creativity. We invite those who are wanting to do something fun but afraid to try art to join us. We invite our artists friends who have been away for a while to come back. We invite SCLH newer residents to come to the Mixed Media Club. Everyone is welcome.

The Club meets the 3rd Wednesday of the month in the Fine Arts Room (OC) at 1:00 PM. Our first meeting of the year will be January 17th. Our dues are \$25 a year. Chris Fetter, our President sends out an email to members before each meeting that describes what we will be doing and what supplies to bring. Do not worry if you do not have supplies, our club provides some supplies and everyone is always willing to share what they have. Each month there is a voluntary art challenge. Our first art challenge of the new year will start in February.

(cont' on page 15)



AAUW California
Speech Trek

Speech Trek Contest

February 9, 4 pm.

Free admission,
light refreshments

Kilaga Springs Lodge, Sun City
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Speech topic:

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	Apr 4, 2024	\$1,048	\$1,398	\$1,998
Sail round trip from San Francisco, California to Kauai, Nawiliwili Hawaii; Honolulu, Hawaii; Hilo, Hawaii; Ensenada, Mexico, San Francisco, California.				
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11 DAY ALASKA From SFO! PRINCESS	May 15, 2024	\$799	\$954	\$1,398
Crown Princess ~ 3080 Passengers	Jun 17, 2024	\$928	\$1,259	\$1,649
	Jul 9, 2024	\$948	\$1,264	\$2,098
	Aug 11, 2024	\$898	\$1,217	\$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	Jan 23, 2024	\$749	\$799	\$1,199
Crown Princess ~ 3080 Passengers	Feb 7, 2024	\$599	\$728	\$1,199
	Mar 25, 2024	\$778	\$945	\$1,198
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	Mar 9, 2024	\$948	\$1,453	\$1,698
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24 DAY SOUTH PACIFIC PRINCESS	Sep 24, 2024	\$1,498	\$1,910	\$2,348
Crown Princess ~ 3080 Passengers				
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	Sep 28, 2024	\$1,328	\$1,411	\$2,098
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*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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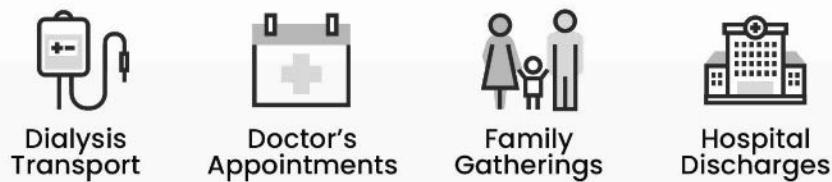
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SSNLH WRITER...

In With The New

BY JOY S. HUTCHISON

At the beginning of each new year, many of us reminisce about “The Good Old Days”. To give you an idea of what “The Good Old Days” were like, here is what I remember about our grooming and fashion habits from top to toe as a high school freshman in 1953:

Hair pins were used to make pin curls. You would then wrap a scarf around your head before bedtime, hope your hair was dry in the morning, and brush it out.

Make-up was pretty basic – lipstick, and then for special occasions perhaps a touch of rouge or face powder. Very seldom did you see anyone who had a part of their body pierced for jewelry.

A very popular item was a cinch belt. It was not a part under the hood of the car or a tool in your dad’s workshop. The elastic belt was around three inches wide and came in a selection of colors. You cinched it around your waist, and it immediately shrank to waspish size. It also helped keep our shirttails in.

In attaining “womanhood”, we were given two other types of belts that were never exposed to the public eye. There was the garter belt with its dangling straps that held up our nylons, and that other belt to keep another item in place. Years later, after that other belt was replaced with a product more comfortable, the husband of one of my girlfriends made a tie tack from

its metal grip and wore it to a New Years Eve party. The fellows thought it was hysterical and the women rolled their eyes.

During this time period calf-length skirts were in vogue. If it was a straight skirt, the kick-pleat opened up to the back of your knees. If it was one of the full skirts with layers of crinoline, going through doorways or sitting in one of the classroom desks could sometimes be a challenge.

Quite a few girls in my class wore red-soled suede oxfords. To keep them pristine white, you would apply a paste on the uppers, and then use a fine metal brush to remove the layer of chalk that had dried overnight. The best place to do this was in the backyard since the chalk blew all over the place.

The Good Old Days are past, with perhaps a bit of nostalgia thrown in. I wonder what the future generations will think about our current fashions. Only time will tell.

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



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Mixed Media Art

(cont' from page 11)

The prompt is, "Snow Day." Use the prompt and let it be an inspiration as you create your art project. No other rules, and no right or wrong. Be ready to share the project at our February meeting. Remember the challenge is voluntary!

For more information contact our Club President, Chris Fetter at 916-276-7895 or email at: mixed.media.chrisf@gmail.com

• • •

Needle Arts

BY MARY SWANSON

Welcome 2024 and Happy New Year to all! NA activities ended the year with a festive luncheon where we bid farewell to Jeanne Helland who has served as our President the

past three years, many thanks to Jeanne on a job well done. The 2024 NA Board was introduced headed by Brenda Wright, President; Pat Barnhill, 2nd Vice President (Travel); Carolyn Broback, Secretary; and Sue Beresh, Treasurer. The 1st Vice President (Programs) position is still available and in need of an enthusiastic member to help bring interesting presentations to our monthly meetings.

2023 was a record year for Community Service ("CS") as their donations reached far and wide. A total of 443 quilts were donated not only to local organizations but as far as Okinawa, Ukraine, and Maui. Many knitted hats and blankets were also donated. The fact that this many quilts were able to be donated is due in large part to the 37 members of CS who work year round to create the quilts and the many SCLH residents who donate the fabric and yarn used to make these creations.



2024 Needle Arts Board!

Thank you all!

Our first general meeting of the year is scheduled for Tuesday, January 9, 2024 at 1:00 PM in P-Hall (KS). Make sure to mark your calendar to attend and help kick off the New Year.

Please make sure to check out the NA website, sclhna.com, for the latest news on workshops and other club related activities.

• • •

Ceramic Arts Group

BY JIM CARNATHAN

As 2023 ends our ceramic teacher and friend of 18 years is moving on starting a new chapter in his ceramic arts career. He has done a great job here at SCLH and we thank him for all his hard work, excellent teaching skills, patience and kindness. He will truly be missed by everyone.

Jim's farewell message:

To all the students, friends, colleagues, and the administration staff of SCLH I want to share a deep heartfelt thank you for your support and the opportunity to work with each of you for many years. I began teaching in 2005 and have enjoyed working with so many fine people while helping grow the ceramics program alongside the CAG members. Over the years I have learned so much from all of you while making so many wonderful friends along the way.

It is truly a difficult decision to leave the classroom in this excellent community. I wish everyone the best and will miss you all.

Sincerely, Jim Alvis

Ceramics classes will continue in January 2024 as we have a new permanent instructor, Donte Cuellar, starting in February and Jim Carnathan will be teaching in January during the transition period. We hope everyone will continue to attend classes and support the new instructors.

As a reminder to the Ceramic Arts Group members, it is time to renew your membership dues for 2024.

For residents who are unable to attend classes but would like to work with clay on their own, you can join our Ceramic Arts Group and work in the studio Friday-Sunday and pay separately for the kiln firings. Please stop by the ceramic studio at the Orchard Creek Lodge and check us out.

Either way come play in the clay.
Happy Holidays!!

• • •

Painters' Club

BY TAMSEN ARMSTRONG

As the old year fades and the new brings resolutions to better ourselves, remember to be kind to all, including yourself.

Congratulations to all the painters who entered our "Flight" Paint Challenge. We had a great turnout with many wonderful images. Next challenge will be to paint something that "Sparkles" and have it ready by February 20th.

Hurray for Holiday fun at the Turkey Creek Bar & Grill where we enjoyed lunch, lively conversation and colorful paintings.

(cont' on page 17)



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Painters' Club

(cont' from page 15)

Buonarroti Ristorante continues to feature our club's paintings until February 9th. Go see them!

We have updated our Sun City Resident Website page where club information and applications can be found. [https://sclhresidents.com/Thanks, Marianne Oliphant!](https://sclhresidents.com/Thanks,Marianne%20Oliphant!) 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.

• • •



Oil painting by Marianne Oliphant

Gorban in November. Bring your cameras or cell phones and get ready to practice!

Field trip planning is already underway for the new year with a trip to Monterey, Carmel, Pacific Grove, Asilomar, 17 Mile Drive and Big Sur areas scheduled for late April. Many more trips will be added including local adventures.

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: <https://www.facebook.com/groups/SCLHPhotographyClub/?ref=bookmarks>.

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

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

• • •

Woodcarver Club

BY LIONEL RAINMAN

Woodcarving is a craft that can be learned and enjoyed by individuals with varying levels of skill and experience. We have some club members that have never held anything more than a steak knife, but have learned technique and skill sets and have become good carvers. Certainly practice and patience help develop proficiency and club members are an additional source of help. Woodcarving is a hobby that does not present instant gratification as even a simple carving project takes time to get the carving right. Maybe sanding is required as well as painting or staining. However, the finished product is the gratification. The Woodcarvers meet regularly on Wednesday in the Sierra Room at Kilaga from 1:00 to 4:00 PM. Our door is always open, and we would be happy to show you around.

Lionel Rainman 916-253-9534;
Lrainman1414@yahoo.com

• • •

LH Italian Club

BY LINDA LUCCHETTI

The crabs are marching one by one, hurrah, hurrah! Our annual Crab Feed is set for January 12, at the McBean Pavilion. This event is always a showstopper. Hope you signed up early enough to "shellabrate" with us.

On February 24, we'll learn about Italians

loving all things coffee. And, on March 20, we'll ride in for Western Night at the Blue Goose in Loomis. Check the website for more details about these and future events.

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.

• • •

Shalom Social Group

BY JUDY GANULIN

Shalom Social Group members thoroughly enjoyed our annual Hanukkah dinner. Delicious food, an exciting raffle and friendship made for a wonderful evening! Our January speaker will be Tevin, head of the Jewish Film Festival, with a preview of the Festival's films. At our Women's Group luncheon we heard representatives of the National Council of Jewish Women. We still volunteer at Placer Food Bank. Our club focuses on Jewish history, culture and food, but membership is open to everyone, and our membership is growing. For more information please contact Margie Gulko, 916-543-5303, or Deanne Iliff, 530-518-3704.

• • •

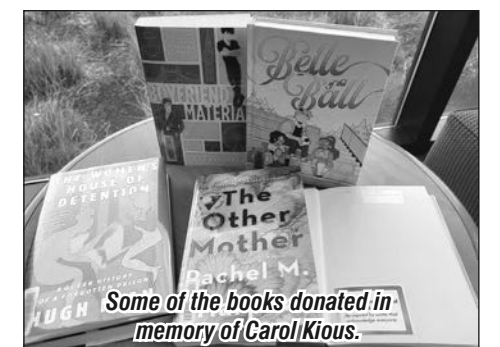
Lavender Friends

BY JOAN LACKTIS

Lavender Friends member Kathy Snelson recently let us know about a wonderful collection of LGBTQ-related materials available at the Lincoln Public Library. She donated the collection in honor of her mother who passed away last May.

Kathy started the fund with \$2,000 and collected an additional \$2,550 from other donors. She worked closely with Director of Library Services, Kathryn Hunt, who was very

(cont' on page 19)



Some of the books donated in memory of Carol Kious.

Paper Arts Club

BY LINDA LUCCHETTI

We'll kick off 2024 at our regular meeting, January 4, with our new project coordinator, Mina Bahan. Mina will present three cards, each with a different fold. Thanks, Mina, for taking on the project coordinator position! We look forward to your many creative presentations this year.

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

• • •



Sarah and Jackie at Holiday Luncheon.

LH Photography Club

BY DIANE MARGETTS

In December members gathered for our annual Holiday Breakfast Social at Orchard Creek. This year our President, Ron Nabity, incorporated a rousing game of table trivia featuring TV shows, movies, music and news stories. One table did manage to pull off a win, but we were largely stumped! The Holiday Breakfast is of the many social events the Club hosts every year.

Our January meeting will be a hands-on workshop on single flash photography as a follow-on to the presentation made by Arik

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Lavender Friends

(cont' from page 17)

enthusiastic about the Memorial Collection. You can find the books by going to the library website and searching the catalog for "Carol J. Kious memorial collection." The collection includes works of fiction and non-fiction and books for children as well as adults. Each book has a label that says, "Donated in Memory of Carol J. Kious" and "Be inspired by works that acknowledge everyone."

Club members will get a chance to see the collection up close at a special tour this month. Check your weekly emails for details and how to sign up.

Note to members: don't forget our biannual business meeting — and first-ever Idea Fest for 2024 activities — on Jan. 27.

Lavender Friends is a club for LGBTQ residents and their supporters. For more information, check out our website at lavenderfriends.com.

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. January's speaker is Christa Kinsman with Advocate Fiduciary Services. Her subject is "How Can a Fiduciary Help Me?" At all meetings you will find a welcoming community ready to hear your questions and concerns. Contact: Jo Fratessa 916-759-8760

...

Bosom Buddies

BY ALISON SHELTON

We celebrated the end of the year with our popular holiday party, another success thanks to Cheryl Hansen and Dee O'Hara, who spearheaded the event. Guests dined on Italian food with bundt cake and John O'Hara's brownies for dessert. We then sang

some Christmas carols led by Corinne Ehlers. Each guest received a beautiful angel crafted by Kay Brady. Members brought unwrapped toys for the Marines' "Toys for Tots" box, and we again had it overflowing with gifts.

Our January 11 meeting will feature RaeAnn Salvador DAOM, LAc from Lincoln Acupuncture and Integrative Health who will talk about the benefits of acupuncture. While there has been some misunderstanding



Each guest received a Kay Brady handcrafted angel.

of acupuncture in the past, it is now widely accepted in modern medicine as a method of supporting the mind and spirit systems in their own natural healing. Acupuncture is used to treat, among other things, chronic pain, neurological disorders, fibromyalgia, nausea and autoimmune disorders. This should be an interesting program you won't want to miss.

Bosom Buddies welcomes breast cancer survivors as well and those still undergoing treatment. Bosom Buddies has interesting speakers on different subjects, not all of which are medical. We know how to have fun, too! If you would like to learn more about Bosom Buddies, please feel free to attend one of our meetings the second Thursday of the month at 1:00 PM in the Multipurpose Room at Orchard Creek or call Judy Stewart at 916-408-3597. Happy New Year from Bosom Buddies!

...

(more Club News cont' on page 23)



Bosom Buddies' ladies celebrate the holidays.



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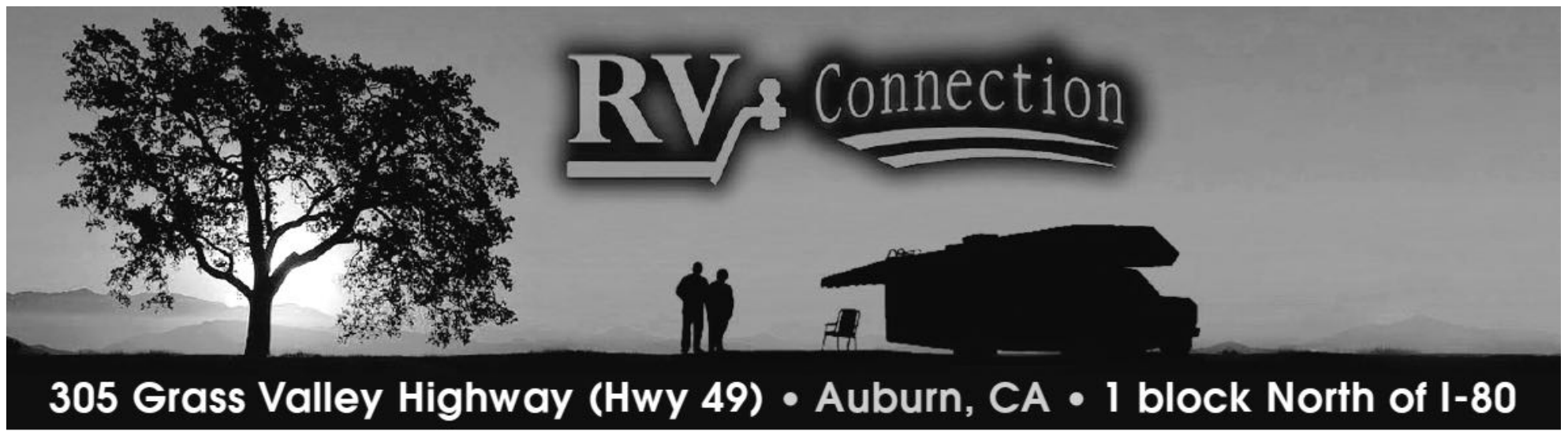
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Hearing Support Group

BY JOANNE MITCHELL

We will not meet in January. Our first meeting for 2024 will be at a new time and room for the coming year. We will meet on the first Tuesday of the month in the Fine Arts room at Orchard Creek Lodge. Our start time will be one hour later, at 11AM. Hope to see you all on February 6th. Instead of a December meeting, our group met for a holiday luncheon at Meridians and a good time was had by all.

...

Low Vision Support Group

BY STU SINGER

Save These Dates —

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.

A Good Time Was Had by All — Our Holiday Luncheon was held on Monday, December 4 in the Solarium at Meridians.

In an event featuring good food, good conversation and prizes, our annual end of the year gathering was a huge success. Thanks to everyone who contributed to its success.

Low Vision Support Group Mission Statement — Our mission is to provide information on current research, practical application of daily living skills and new

technological equipment to enable those with low vision to maintain their independence. Meetings are on the first Tuesday of each month and are open to all Sun City, Lincoln Hills residents.

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

For questions or to suggest speakers, topics, request electronic copies of our notices or remove your name from our mailing list: Contact Stu Singer at 703-864-8161 or stuastrsinger3@gmail.com

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Multiple Sclerosis Group

BY JERI DI FIORE

Mediterranean Diet — The Tuesday, January 16, MS Meeting promises to be very informative with one of our favorite Speakers/Educators, Rex Owens. Rex is a Fitness Supervisor at the Kilaga Well Fit Center and he will be informing us about the benefits of the Mediterranean Diet. Rex is Greek, so he has a passion for the good healthy food of the region.

Also, Members may want to share some healthy food successes and ideas during the Share portion of our Meeting. All Members, their guests, and potential new Members are invited to attend.

Tuesday, January 16, 1 PM to 3 PM
Orchard Creek, Multimedia Room

...

LH Astronomy Group

BY BILL WEAVER

LHAG General Membership Meeting — Thomas E. Jones, Executive Director of the California Aerospace Museum is scheduled to give a presentation about NASA's Neutral Buoyancy Laboratory (NBL) to the LHAG monthly meeting on January 3, 2024, at 6:45 PM in the Kilaga Springs Presentation Hall. This session is open to all SCLH residents at no cost.

The 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.

LHAG Cosmology Interest Group

(CIG)—The meeting scheduled for Monday, January 15, 2024 “The Milky Way and Other Galaxies”. Take in our entire galaxy, called the Milky Way, locate Earth's position; then survey other galaxies, classifying their structure. Use the virial theorem to analyze a typical galaxy, which can be thought of as a “collisionless gas” of stars. For more information, contact Ron Yelton at ryelton660@aol.com.

LHAG Telescope Interest Group (TIG) Star Party — Star parties involve members who set up their telescopes for viewing solar system planets/moons and other interstellar and deep space objects. Come and enjoy the experience of viewing the fascinating Cosmos through a telescope. This event is open to all SCLH residents at no cost.

The TIG Star party telescopes are set up prior to sunset in the upper tennis courts of the SCLH

Sports Complex. The next star party is scheduled for Monday, January 10th. Sunset is at 5:00

PM. For information contact Bob Collins at bobpcoll@community.net .

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

...

SCHOOLS

BY PATTI KINGSTON

As we usher in the New Year with resolutions and aspirations, why not consider a pledge that not only enriches your own life but may also create a significant difference in Lincoln classrooms. This year, let your resolution be about giving back, and what better way to do so than by volunteering your time and skills to support education in Lincoln schools (grades K-5) or Phoenix High School through our S.C.H.O.O.L.S. Volunteer Program. The beauty of this program lies in its flexibility — you choose the hours and days that suit your schedule. No prior experience is necessary,

and the only prerequisite is a willingness to share your time and talents with eager learners. Teachers actively seek volunteers to provide additional support, creating an enriching environment for students to thrive. Volunteers often find that the experience is just as rewarding for them as it is for the students they work with. In the elementary schools volunteers may work with children in a reading group or be making copies of tests or classwork. The teacher will let you know what she needs. At Phoenix High tutors work with students one on one in Math, History and English. Their goal is a High School diploma. Your New Year's resolution to give back can be the spark that ignites a brighter future for our students. The SCHOOLS program has witnessed countless heartwarming stories of volunteers going above and beyond to make a positive impact.

If you would be willing to volunteer in a classroom for a couple of hours a week, we have a place for you. You can help out in a K-5 class or at Phoenix High. “SCHOOLS” stands for Sun City Helping Our Outstanding Lincoln Schools. That's our name and that's our mission.

A volunteer can make a difference in their getting to grade level in elementary and being able to pass classes for those in High School.

Our annual meeting will be in September and will consist of a round table

conversation among volunteers to share ideas and experiences. Anyone considering volunteering is encouraged to join us. Date and location will be announced later.

If you are interested in volunteering in K-5 classrooms, contact Cyndi at ccolloton@yahoo.com.

To volunteer at Phoenix High School contact Irma at jmeidm@aol.com.

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(more Club News cont' on page 25)



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Democratic Club

BY JUDY GANULIN

Everyone had a wonderful time at our December holiday party. We especially enjoyed the chance to meet and chat with Jessica Morse and Neva Parker, our endorsed candidates for Congress and the State Assembly respectively. We continue our volunteer service at the Placer Food Bank with three shifts scheduled for 2024. We have reserved rooms for our 2024 meetings and are preparing for the March 5 primary. Our Thursday, January 18, 7PM meeting will feature Lisa Heinrich, Placer Food Bank Director of Development and Communications. For more information please see our website <https://democraticclublincolnca.org>

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Genealogy Club

BY NANCY SWITZER

Happy New Year! Have you started on any New Year's Resolutions yet? Is one of them to spend more time on researching your roots? There are some interesting and helpful classes coming up this year. Check them out on our website: suncitylhgc.com

Starting our New Year off with an expert, Jim Baker will be with us on Friday, January 19, 2024 at 10:00

AM in the KS Presentation Hall. Jim has given presentations for us before and will be speaking on DNA.

Jim's qualifications range from writing articles for Genealogical Magazines, to webinars and giving Genealogy presentations to Genealogical Societies. He has developed over 60 genealogy classes.

This class describes the major DNA companies' most essential tools and how they apply to different DNA users, ranging from the least to the most experienced. Each key tool is described along with examples of how they are effective in improving our DNA analyses. Newly updated for 2024.

Afterwards we will have a Social in the Placer Room across the hall at KS.

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, suncitylhgc.com

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Veterans Group

BY B.L. LEWIS

Happy New Year to all. The newly elected 2024 LHVG Board of Directors are, Jeff Davis, President, Peter Gilbert, Vice president, Dave Talor, Treasurer, Richard Fuller, Secretary; James L. Mikacich, Director; Joan MacAdams, Director, Shirley Schultz. We thank the 2023 Board of Directors and the Committee members for their outstanding service during the past year. The purpose of the Veterans Group is to bring together resident veterans who have served honorably in any uniformed service of the United States or its allies during war or peace. Dues are \$20 a year. Life membership is \$200. For further information, please contact Malcolm Singer at 916-645-8553.

The Speaker for the 1:00 p.m. January 18, 2024 General Meeting in the Kilaga Springs Presentation Hall will be U.S. Army veteran, Steve Reed, VFW Service Officer and ambassador for the Honor Flight Bay Area. The Honor Flight network is a national nonprofit organization dedicated to showing our nation's veterans the honor they deserve by bringing them to Washington D.C. to visit the memorials that commemorate their service and sacrifice.

The Lincoln Hills Veterans Group's annual Christmas Holiday, Thursday, December 14, 2023 lunch in the Orchard Creek was a huge success with 114 attending and enjoying lunches of Chicken, Salmon and Vegetarian. As always, we are looking for volunteers to assist in turning these events into a huge success. Please contact Social Chair, Shirley Schultz 916-645-7539 to offer your service for our social activities.

We have the privilege of living in a very patriotic community where most of the residents fly the U.S. Flag on the major Holidays and some fly them twenty-four/seven with the aid of a light for nighttime display. Our Veterans Group have the honor of providing a complete U.S. Flag service to the community. When your flag begins to show wear replace it with a new one

Richard Fuller and Peter Gilbert have researched the market and found beautiful and durable flags to replace our worn and tattered.

The Flag Table will be open on January 15, 2024 in the Orchard Creek Lodge Lobby for the sale of Flags at a price of \$20.00. Fly

Your Flag Proudly New Year's Day, January 1, 2024 and Martin Luther King's birthday, January 15, 2024

The next general meeting will be held on February 15, 2024 at 1:00 p.m. in the Kilaga Springs Presentation Hall. The guest speaker will be Des Nelson from William Jessup University.

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Writers' Group

BY ANNE CONSTANTIN BIRGE

SCLH has 6,786 homes, tons of open space, activities and clubs/groups! Thankfully we get a monthly magazine and newspaper to help us navigate those issues. The SCLH Writers' Group provides a venue so our residents can improve their writing skills and share their writings with others. The Writers' Group encourages everyone to write fact or fiction poems, articles or stories about growing up, careers, military service, vacations, favorite pets, etc. Your descendants might appreciate it and you'll enjoy writing.

We meet on the 2nd and 4th Mondays, from 5 to 7 pm in the Orchard Creek Computer Room. Attendees bring 12 to 14 copies of their less than 1,300 word poetry or prose so everyone can read along as members read their Pulitzer Prize-ready masterpieces!

Questions? Anne Constantin Birge, 909-965-3556.

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Singles

BY KATHY SHADDOX

Members are ready to ring in the New Year 2024! After all the holiday festivities, we are ready to relax and return to our monthly activities.

We start off with our monthly Birthday Celebration on Sunday, January 7th at 4:00 PM held in the OC Meridians Bar. If you are a member and have a birthday in January be sure to come and get your free drink while Dennis Doane leads us in singing happy birthday to you! Join us at our Activities meeting on January 9th in the OC Computer Room at 4:15 PM and help in our planning. Be sure to come to our monthly Business Meeting on January 11th at 6:00 PM.

Our 2nd Saturday Breakfast on January 13th at 9:00 AM in the Sports Bar is always a great way to meet Singles. Dennis Reid is our host and no reservations are needed. On January 18th we will have our Dining-Out Event and details to follow.

Our big event in January is our Pre-Super Bowl Party held on January 27th at 5:00 PM at Kilaga Springs. Flyer to follow, this is always a big hit for our members.

Here is our schedule for sports: Bocce Ball every Wednesday at 2:00 PM with Dennis Beldon; Golf every Friday at various locations-contact: ca.billbrown@ysahoo.com

We have just started up playing Shuffleboard, every Thursday and Saturday in the afternoon; contact Maruk Khambatta

Well, if you decide you want to join us, please contact Sue Kuukka to pay your dues that are collected in January.

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Apple User Group

BY NINA MAZZO

New Year's resolutions usually include living a healthier life, exercising more, travels, etc. Let's add improving tech knowledge by attending a meeting/seminar. This month we have two very interesting and timely topics. Tuesday, January 9th (our general meeting), Bill Smith will present "Apple Health App Advances". The Health app gathers data from your iPhone, iPad and Apple Watch so you can view all your progress in one place. Health app automatically counts your steps and walking distance. You can also watch how your health changes over time. Bill will focus on advances in this Health app since its inception in 2014 with emphasis on the value it provides for senior healthcare on both the iPhone and iPad. Advances include powerful insights into mental health and vision health. Ask the Tech begins at 6:30 PM followed by the program at 7:00 PM. On Monday, January 22nd Andy Petro and Vicki White will present "Gadgets & Gizmos for your iPhone, iPad and Watch". Andy and Vicki will look at some of those "must have items that make using your Apple products both fun and useful". Ask the Tech begins at 10:15 AM followed by the program at 10:30 AM.

Please remember to read the member weekly emails for any changes that might occur to this schedule.

Renew your membership and take advantage of our support line, open labs and more. Club website: www.lhaug.org. General information line is 916-913-6833.

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(more Club News cont' on page 27)



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PROSPER 

Republican Club

BY SUE DUMAS

Happy New Year!

As a group, we know how to “party”! As demonstrated by the great turnout, and fun had by everyone at our Christmas Holiday Cocktail Party!



Christmas Holiday Cocktail Party!



However, now it is time for us to show up at our “best”!

Saturday, January 20th Republican Club Kick-Off from 1:00 to 4:00 PM in the KSS Placer Room. We will have new format to discuss issues facing us today, and how to address them. You will not want to miss this meeting!

Lincoln Reagan Trump Dinner, Saturday, February 3, 2024, 5:00 to 10:00 PM - Blue Goose Event Center, 3550 Taylor Road, Loomis. Tickets on placergop.org/events. Funds raised will go to local candidates pursuing positions throughout Placer County.

If you are not a member, join us, find out what we are all about!

www.RepublicanClubSCLH.org

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Stamp Club

BY TIM MILES

Did you know that our stamp club encompasses substantial membership from both Roseville and Lincoln Hills areas, in addition to Granite Bay, Rocklin and points in between. We are 25 years old and have a very active membership. We started as a “charter” club in SC Roseville in 1998 but had such much “outside” demand for membership that we surrendered our charter so that others could join. We meet twice monthly, at the Sun City Roseville Lodge (7050 Del Webb Blvd, Roseville). Our yearly dues are a reasonable \$20 and are due now at the start of the year.

The January meetings are Tuesday, January 9 and Tuesday, January 23. The February meetings are set for Tuesday, February 13 and Tuesday, February 27. All our meetings start at 6:30 pm and we’re usually on our way home by 8:45 pm.

We have swap sessions, door prizes, access to everything from albums and separate pages to covers, hinges, etc. These are accessible at reduced prices to our membership. We also have “garage sessions” where members get together with each other and help build their collections.

We have social gatherings (dinners, etc) for the club at various times during the year. If there is a stamp show in the area, we try and carpool members so all can attend.

Any reader who has that “old” album in the closet can contact Al Capparelli (916-771-8288) or feel free to come to a meeting and get a current appraisal of probable value.

Any reader is invited to join our club and keep your collection growing. It is fun, reasonable, and a great way to spend your time.

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LH Amateur Radio Group

BY DAN LEHRER, KN6DRN

We are excited to welcome a new member, Ken, W6KDS. Our Club participated in the ARRL Sweepstakes Contest and contacted 33 States including 6 on the East Coast, as well as Hawaii and Alaska. This contest required a complicated exchange, therefore a logging demo by Dan, KN6DRN provided useful tips and tricks. Our Hams & Coffee get together was a blast. Art, KI6GYG provided delicious home baked cookies and the conversations covered a wide range of topics.

We are all looking forward to a new year of Ham events such as Winter Field Day, POTA and of course Field Day in June. 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. We can help with programming handheld radios. For more LHARG information visit our Website, the URL is: lharg.us or email dlehrer72@gmail.com

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RV Group

BY MARY CARBREY

RV there yet? Time flies when you’re traveling with this group! Our 2023 RV season was a tremendous success, full of fun, lots of new friendships and adventures on the road. We wrapped up the year with an exciting week in Newport Beach in November, and kicked up our heels at our Christmas Party. Our club membership is growing! With well over 130 members, we welcome RV owners of all types and sizes who realize the value of RV camaraderie, whether it be on the road, around the campfire, or even here at home in Lincoln Hills. We plan a variety of trips from short trips here in Northern California, to more extended adventures here in the West. This year our group wasted no time by ringing in the 2024 New Year with a trip to the famous Rose Parade in Pasadena for New Year’s Day. To learn more about our group and to view all the wonderful adventures we have in store for 2024, check out our website at lhrgv.com. Our meetings are held the second Thursday of each month at KS, 4:30 PM in the Placer Room. All members and those interested in learning more about our club are welcome. For general information contact our Club President, Jake Baker at 916-838-5253 or jbaker525311@gmail.com. For membership, contact our Membership Chair, Tari Briscoe at 530-210-3302 or taribriscoe@gmail.com.

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Rods & Relic

BY ELNA RAGAN

Welcome to the New Year! Our Car Club enjoys being a part of Lincoln’s activities. On Saturday, December 2, five of our Club members participated in the annual Christmas Parade in Downtown Lincoln. A picture of Chuck Barnhart, in his Mustang Convertible, was included in the Lincoln News Messenger article about the event.

Saturday, December 16, saw close to 40 Club members and guests attend our annual Christmas Party held in the Orchard Creek Lodge Ballroom. It was a relaxing, festive time. There was a delicious buffet featuring all the trimmings for a turkey dinner and a ham dinner. Members played a Christmas Trivia Game and a Candy Jar Guessing Game. The music and singing by Steve Evans contributed to a perfect evening get-together!

Chuck Barnhart, returning Car Show Chairman, will be holding his first Committee Chair meeting in January. The date for the 2024 Downtown Lincoln Car Show is scheduled for Saturday, June 1. Thousands of people will be attending this event which will have over 400 vintage and customized vehicles on display. So, save the date and come to see classic vehicles from a time long ago.

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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(more Club News cont’ on page 29)

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Thank You! From Kiwanis Club of Lincoln Foothills

BY LIZ NOEL

As 2024 brings us all new hopes, new dreams and new plans, we want to thank you for helping us meet the Kiwanis Club of Lincoln Foothills' hopes and dreams of 2023.

We are not the Kiwanis group that sells that wonderful See's candy, although we are happy customers and applaud all they do for children.

We are mostly Lincoln Hills' residents, also have very active members from Lincoln. Like all Kiwanians, we are passionate about serving children and actively involved in several programs in the Placer Unified School District that have us directly interacting with Lincoln school children.

In September we held a Health Fair for all K-8 Lincoln school children at Glen Edwards Middle School that included free services from local optometrists, dentists, counselors, food from Placer Food Bank and food vendors and fun extras.

In October we held our annual Safety Awareness Day, this time at Twelve Bridges School, where the Lincoln Police, Lincoln Fire Department and California Highway Patrol educated and also entertained the children.

In November three hundred ladies attended our first luncheon and fashion show, "Step Up For Kids". Because tickets sold out before we advertised, this year we have a Save the Date. It is November 2. Hope you will come!

You also bought our Fat Cat Scone and Cookie doughs that we hope you loved, baked, and shared with your friends and neighbors.

As November closed, we learned that some high school children lacked permanent housing. We moved up our February KSOX drive, placed collection boxes on driveways and watched as they filled every day. Because of your help, we distributed over 1200 pairs of socks not only to these children, but also to the Salt Mine and Latina Council and younger children. Your warm hearts made warm feet. Bless you all! Happy 2024!

LH Foundation –

(cont' from page 1)

us at one of our Board meetings. We meet the second Monday of each month at 9:30 a.m. in Orchard Creek Lodge.

On January 24th doors open at 12:30 and play starts at 1:00. Twelve cards for \$25, with exact change appreciated. Join us and be one of the first winners of 2024. Payouts are \$100 for the first eleven games and \$250 for the final game. Make an afternoon of it and enjoy a special Bingo lunch at Meridians beforehand.

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



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LH Travel Group

BY LINDA BEVINS AND JOANNE SCHUMACHER

Happy New Year! Your first New Year's resolution is to mark your calendar for the Lincoln Hills Travel Show! It is free but you must reserve your seat!

Date: Wednesday, January 24, 2024

New Place: Willow Room at the Lincoln Public Library at 486 Twelve Bridges Dr, Lincoln, CA

Time: Choose either 10:30am - 12 noon OR 1:00 - 2:30pm

How to RSVP: email your name, phone number, email address and which session you would like to attend and the number of people in your group. Our email is travelgroup@lhhillstravelgroup.com

Jay Fehan will be the moderator at the show presenting slides of tours including cruises, with destinations all over the world. Brochures will also be available to take home if there is a special tour that peaks your interest. And please check out more tours** being offered by the Travel Group on the website: www.lincolnhillstravelgroup.com**

Are you a Lincoln Hills resident and Lincoln Hills Travel Group Member? Do you love to travel? Have you traveled extensively domestically and/or internationally? Are you a team player? Do you have a lot of patience? And, most importantly, do you have a sense of humor?

In January of 2024 Lincoln Hills Travel

Group will begin the search for an additional Travel Group Leader and Committee Member.

If you are interested, more information and an application can be found on our website, www.lincolnhillstravelgroup.com

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

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Bird Group

BY DON BAYLIS

December and January are the heart of our waterfowl birding. Please feel welcome to join us for our upcoming trips.

Our December monthly meeting featured Gary Hengst, who manages the Wastewater Treatment and Reclamation plant west of Lincoln (a great place to view water birds). He walked us through the multiple steps to treat our sewage water and clean it to the level needed reuse the water for food plants and landscaping, and how the partially and fully cleaned water harbor over 100 species of birds.

Our January 8 meeting in Presentation Hall will bring us a photo tour of Brazilian Amazon and Peru taken by members Simon Vu and Barry White.

November 17 brought us together for a Sun City walk along Ferrari and Salt Ponds. With the lack of early rain, the Salt Pond had

only small ponds (rather the usual large pond) leading to low species counts there. The overall total of 41 species was average.

December 15 is our trip to Sacramento and Colusa refuges. Six carloads of birders toured the two refuges, seeing very large numbers of snow geese everywhere, and getting a very clear view of a bald eagle.

Scheduled trips are to Cosumnes/Staten Island (Sandhill Crane-Cackling Geese) on January 12, and Johnson Spring Park in Roseville on January 26.

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

Contact: suncitybirders@schbirders.org

Web Site: schbirders.org

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Garden Group

BY LORRAINE IMMEL

"Kicking Off" our Garden Group's first General Meeting on January 25, 2024, 2 PM, Kilaga Springs Presentation Hall, will be Kevin Marini. He has been a popular guest speaker for many years! His topic is "Best Practices of Great Gardeners – it brings together all the key gardening practices he has learned about from great gardeners over 20+ years!

Kevin's organization affiliation is with



Kevin Marini, Placer County Master Gardener Program Manager

UCCE (University of California Cooperative Extension)-Placer and Nevada Counties. He started growing food in college and upon graduating with a degree in Ethnobotany, he was involved for two years building school gardens throughout Oakland Unified School District (14 elementary schools). This amazing experience led to a commitment to teaching people about growing food and to an overseas adventure learning to farm in the heart of Tuscany, Italy. Upon returning from Italy, Kevin became the Program Manager for the University of CA Placer and Nevada Counties' Master Gardener programs. Over the last 20+

(cont' on page 31)

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Garden Group

(cont' from page 29)

years, he has trained over a thousand Master Gardener volunteers up and down the state and also taught the public through workshops and speaking engagements. His areas of expertise are soils, vegetable gardening, composting, fruit trees, and, as a Certified Arborist, tree care.

Come before the meeting starts (about 1pm) if:

- You plan to renew or register for 2024 Membership (bring a check, preferably, for \$20 made out to Lincoln Hills Garden Group. If you have already pre-registered before this meeting, you can go through the "fast lane" check in line. (See details on the website for registration-lhgardengroup.org.)
- If you want to purchase garden items from the Brown Bag Table" donated by gardeners for Lincoln projects.
- If you want to attend the Master Gardeners Q's & A's session at 1:30 before the meeting starts.
- If you want to get a good seat.

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Hikers and Walkers

BY GAY MACKINTOSH

We all know the physical and mental health benefits of (1) exercising, (2) getting outdoors, (3) socializing. What better way to get all three than a woody winter walk or hike with friends new and old? Check out our website <http://www.lincolnhillshikers.org> to find your happy place.

Walkers meet at 8:00

AM every Wednesday morning for brisk 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--email Karl Aitken karlaitken@comcast.net. Call Coordinator Debbie Schryver, 916-666-1741, with questions about the Walkers.

Upcoming hikes:

- 2nd Tuesday, January 9, Hidden Falls—the Bench and

Back (north Auburn). Moderate 6 miles with visit to Dennis Ratay's memorial bench plus views of Deadman's and Coon creeks.

- 4th Thursday, January 25, Wilson and Coyote Pond Parks (Twelve Bridges). Easy 4.8 miles on mostly paved local trail to a charming pond.
- 1st Tuesday, February 6, Quarry Trail (American River Confluence). Moderate 6 miles along the Middle Fork with side trek to surprising Cave Canyon.
- 3rd Thursday, February 15, Robie Fire Break Trail (Auburn). Moderate+ 6 miles with inspiring American River views.
- 4th Thursday, February 22, Empire Mine (Nevada City). Easy+ 5 miles in historic park with rolling hills.

And mark your calendar for our Hike Leaders Meeting Wednesday, January 17, 6:30 PM in the OC Multi-purpose Room! We welcome all members to provide your input on hiking activities for 2024 including scheduling, pacing, new hikes, and support for new leaders. (Cookies may appear.) Contact Vice-President for Hikes Gay Mackintosh, mackintoshbg@msn.com or 916-209-3628.

Not a member yet? Send your check for \$10.00 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 LH Hikers and Walkers.

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New leader Laura Hamilton (center) and friends at Wilson Park.

Water Volleyball

BY DIANE FERRARI

It's a New Year and a new opportunity to join in the fun in the pool. We closed the old year with our semi-annual "Some Spike it Hot" tournament. There were 45 players that competed in the tournament and the Team "Block Party" swept the championship and



Team getting ready for the Tournament.

received the gold medal! Water Volleyball is a fun way to interact with others: laugh, splash and make some new friends. Don't know how to play? We offer Mentoring, Drills and Skills classes. There are monthly Ladies Nights, Tournaments and parties outside of the pool. We celebrated the holidays with an Open Holiday House at the home of one of our members and a good time was shared with all! Do you want to learn how to play and join our fun group? Come to Kilaga on Saturdays for a Free Play Saturday. Saturday is the time to get in the water, try it out and decide for yourself how much fun it is! Find us at LHWaterVolleyball.com. Or Call Jerry Grisler 209-648-9534 for more info.

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Swimmers and Water Walkers Club

BY ROSEMARY TANFANI

Water exercise is one of the best low impact workouts that one can do. With the new year here, it might be time for you to try water walking or swimming. But what is best for you? Either activity provides improved strength, power and endurance.

To water walk, just get in the pool and start moving. To increase your benefits, go to deeper water, move faster, and walk sideways or backwards. You can also use Styrofoam weights, kick boards, or webbed water gloves to reduce resistance. Water shoes may help too.

Water walking is an excellent exercise one can do, even while talking to others.

Swimming exercises the upper body more but is more technical. Incorrect techniques may increase shoulder problems. For those with back issues, a snorkel is advised to decrease back twisting. Swimming is an excellent cardiovascular and upper-body exercise.

The Swimmers and Walkers Club has a mentoring program for club members who want to improve on their technique in the pool. Just sign up by e-mailing the club.

And, Happy New Year to all... hope to see you in the pools soon.

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

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LH Senior Softball League

BY HEIDI MAZZOLA

As the New Year kicks off, preparations are underway for the 2024 Summer softball season. The Player Application will be available this month. The deadline for submission is mid-February for the Coed Rec Division. The Women's Division accepts applications throughout the year. League play starts in April. The application form is conveniently available on our website, and we urge all prospective players to get it filled out and submitted as soon as possible.

A player conditioning clinic is on the horizon. Weather permitting, the clinic will take place at the field in early spring, serving as a perfect opportunity for participants to start getting into shape before player practices begin and the season kicks off.

The Rules Committee will soon convene to discuss proposed changes. While the deadline for serving on the Committee has passed, you still have until January 31 to submit rule change suggestions to the Commissioner. If there's something you want changed, put it in writing and send it in.

This year holds special significance as our league proudly commemorates its 25th anniversary. To celebrate this milestone, some exciting special events are in the pipeline and details will be shared as plans crystallize.

As always, check our website for the latest news at LHSSL.net. We hope to see you out on the field soon.

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(more Club News cont' on page 33)



Lincoln United Methodist Church Sunday Worship 10 AM

Our historic chapel was established in 1890 and has been an enduring legacy to God's faithfulness in our local community ever since!

Pastor Vinny's sermons available on YouTube.com/LincolnUMC

**EZ Dinner Nite, Wednesday, 1/10,
5pm-7pm, Free food, Free Entertainment**

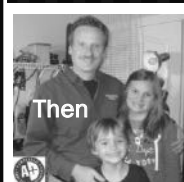
Lincoln United Methodist Church

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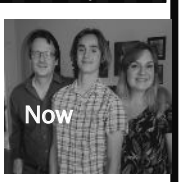
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Lincoln Hills November Sales Snapshot

Address	Street	Approx SqFt	Orig. Price	Selling Price	Floorplan
252	Timberland	1194	\$495,000	\$485,000	Calaveras
636	Geary	1298	\$515,000	\$500,000	Bridgegate
643	Gold Strike	1322	\$525,000	\$510,000	Bridgegate
1781	Alpenglow Lane	1449	\$545,000	\$540,000	Almanor
2122	Stonecrest Lane	1449	\$564,000	\$535,000	Almanor
2476	Winding Way	1515	\$567,000	\$575,000	Pine Hill
129	Whitehall	1549	\$539,000	\$535,000	Alpine
183	Timberland	1549	\$569,000	\$600,000	Alpine
2856	Black Hawk	1655	\$598,000	\$590,000	Trinity
781	Wagon Wheel	1655	\$549,000	\$500,000	Trinity
1359	Freschi	1673	\$615,000	\$490,000	Trinity
1857	Homewood	1687	\$615,000	\$635,000	Baldwin
881	Slawson	1711	\$625,000	\$625,000	Baldwin
302	Snowdrop	1777	\$625,000	\$600,000	Tehama
1519	Grand Pheasant	1785	\$692,500	\$700,000	Santa Cruz
1953	Creekcrest	1823	\$735,000	\$699,000	Echo Ridge
1248	Picket Fence	1873	\$686,000	\$702,000	Orchard Crest
2135	Hidden Hills Ln.	2025	\$765,000	\$760,000	Annadel*
2082	Stonecrest	2068	\$798,000	\$805,000	Tahoe*/**
1742	Winding Way	2073	\$769,000	\$765,000	Annadel
2329	Swainson	2079	\$759,000	\$759,000	Plumas**
650	Orchid	2163	\$745,000	\$748,000	El Dorado**
1509	Dapple Dawn	2176	\$719,000	\$692,000	Sausalito
1880	Mary Rose	2176	\$775,000	\$760,000	Sausalito
868	Granite Falls	2192	\$779,000	\$765,000	Annadel***
1380	Lasso Lake Ln	2277	\$749,000	\$690,000	Shasta
127	Deep Springs	2636	\$1,190,000	\$1,190,000	Sonoma*
895	Yosemite	2763	\$869,000	\$869,000	Springcrest
635	Orchid	2853	\$1,150,000	\$1,150,000	Santa Barbara*

* View **Casita *** Addition

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LH Table Tennis

BY CARL LYNCH

Are you looking to burn off some of those holiday calories at a fun indoor activity now that the weather has become rain, wind, and cold temperatures? Why not come out to Table Tennis?

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.

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 currently enjoy a nice pastry and coffee!

We set up a 'Robot' table tennis ball machine on Fridays to use for beginner

coaching, warm up, training, and just plain old practice. Players may use it on a "first come first served" basis, and the signup sheet is located there with the ball machine.

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

LH Tennis Group

BY PAM FLAHERTY

Coming this Spring to tennis at Lincoln Hills: A lively, skill-based game for all levels! More information to follow next month.

Tennis players have been busy with group play, league play, classes and individual instruction despite the challenges of winter weather. Players adapt. On any day you can see the brooms and squeegees drying off the courts with play extended into some very crisp and beautiful winter afternoons. Given the additional challenge of covid, tennis offers a safe outdoor activity with extensive social distancing.

Join in the fun with our annual St. Patrick's Day Tournament in March. All levels of play are invited and information can be found on our website (sclhtg.com) and on announcements on our bulletin board at the sports pavilion. While you're on our website be sure to look at fun event pictures, our new board members and court status updates. Also, minutes from our board meetings and useful tennis resources are available.

If you are new to tennis, haven't played for awhile or are just curious about the game sign up for one of our regular Thursday (at



11:00am) weekly instruction classes. Don't delay, classes fill up fast. To register contact Steve Bringman (stevebringman@yahoo.com.) If you want to play tennis, find groups and see what we have to offer contact Val Laugtug (vlaugtug@gmail.com.)

Be sure to watch some great tennis with home game USTA league play. New teams will be formed as the USTA and SATA seasons start forming new league teams. Check the resources on our website if you are interested.

Mad Hatters Bocce Group

BY KIM PETRUZZELLI

Who were our best and worst bocce players of 2024? We have no idea. That's because our focus is on the fun of being out there with neighbors instead of our need to beat them. Not that winning doesn't feel good, but it isn't as important as just getting out of the house, and spending an hour or so having fun.

We play bocce ball year-round each Thursday morning, and usually have anywhere

from 25 to 45 players on the courts. All skill levels are welcome. From now until May, we begin at 10:00 am. Teams of 4 players are formed on-the-fly each week so 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.

(more Club News cont' on page 37)

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

Bill and Anna Woods

(cont' from page 1)

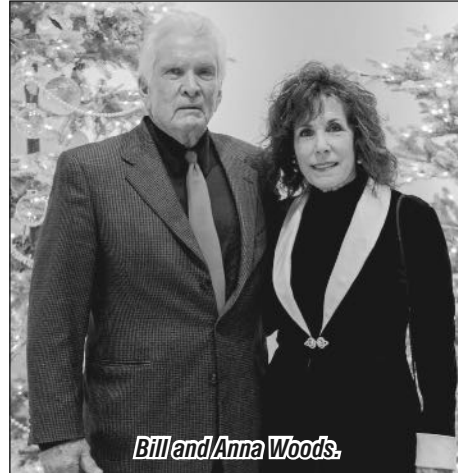
Bill was in junior high school, and that area later became part of Granite Bay. As an adult, Bill lived in Granite Bay and had property with eleven horses. It was on the horse property that Bill and Anna met. Anna also loves horses, and she was



Bill Woods at 81 years old, repping 225 lbs.

a regular visitor to the property. It was at this horse ranch in 1991 that the couple married—riding in on Arabian horses, of course. The couple actually married twice—Anna needed some time away to realize the calm, loving environment with Bill was worth the sometimes-isolating solitude. They have been happily together ever since, even though they no longer have horses. The couple moved to Sun City from Granite Bay twenty years ago, first into a large house with 3000 square feet, and then into their current home in the last few years with only 1100 square feet. It was a challenge to downsize, but they are happy in their new location.

Both of Bill's sons live nearby and are close. They both followed in Bill's footsteps and learned to lift weights and play baseball. Bill was their coach in baseball and coached for seventeen years. Both sons also had experience in professional baseball. While one suffered a



Bill and Anna Woods.

knee injury that was career-shattering, he never lost his passion for athletics or baseball. He runs D1 Sports Academy in Roseville which is a baseball hitting instructional facility. His name is Eric Woods, and the kids love his fun personality so the Academy is very successful. The other son currently resides in Folsom and has a lifelong love of working out and baseball.

The couple loves sharing good times with the sons as well as sharing time with their goldendoodle dog named Sophie. Sophie was nearby

while we were interviewing and very well-behaved. She is so smart she has learned to identify her favorite words even when they are spelled out loud, so Anna and Bill need to exercise caution around her. Previously, the couple had two dogs, a Shih Tzu and a Great Dane. The dogs were friends, but the smaller Shih Tzu had the upper hand even though it was smaller in stature.

Anna was previously an organizer and stager, and this is very evident in the house. She states she "allows herself to be messy once a year." She loves to keep busy in Sun City and, as the more extroverted of the duo, is involved



Anna Woods line dancing.

in many activities. Her passion is line dancing, and she teaches classes in the community. She loves to encourage everyone to keep moving. Bill and Anna are both active in a local church.

Bill is dedicated, goal-oriented and determined about staying in shape and lifting weights. He also likes to relax so sometimes he doesn't feel like going to the gym. However, he knows that the physical benefits are worth it. He and Anna both want the community to know that keeping active, whatever that may mean for the individual resident, is lifechanging, and can be started at any point in one's life. It is never too late. Bill and Anna both love to help and encourage others to find the activity they love, stay with it and reap the benefits. They want to help others discover the joys of exercise on an aging body. They love their home in Sun City, each other, family, faith and the world around them.

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

Just let us know!

Call us at 916-727-6383 or e-mail us at: SunSeniorNews@gmail.com

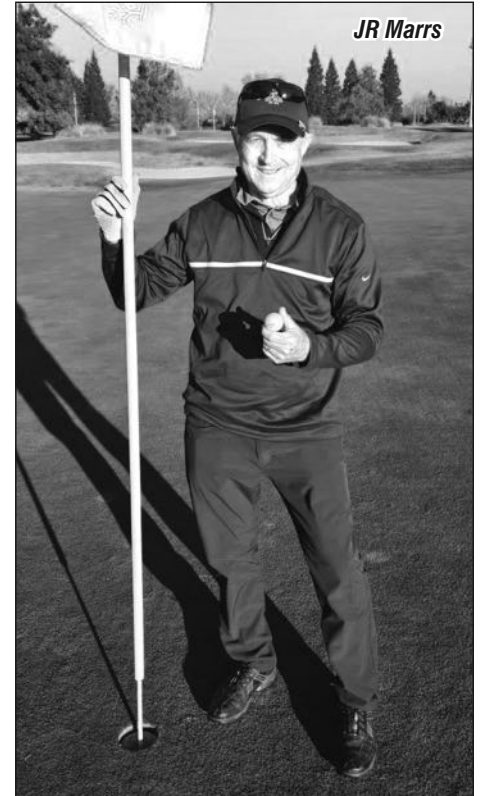
Author Lecture Series

BY JOY HUTCHISON

A new feature in Sun Senior News is information about the popular Meet the Author Lecture Series that is held monthly in Presentation Hall at Kilaga Springs on the fourth Monday at 2:30. January 22nd will feature four Sacramento area mystery writers who will discuss their journey and why mystery stories attract readers of all ages. Returning guest author Claire Booth (the Hank Worth Series) will lead the panel discussion, with Pat Canterbury (adult and young adult mysteries), Jessica Arden (Paranormal cozy mysteries) and James L'Etoile (crime fiction) sharing their books and experiences. There will be a question-and-answer session following the panel discussion.

Hole-In-One!

On Monday, November 27th Mr. JR Marrs hit a hole in one on Hole 16 of the SCLH Orchard Course.



JR Marrs

On the back nine Mr. Chris Thompson and Marrs were playing a best ball match play, two against one, with lower handicap golfer Mr. Joe Roark. This just to make it interesting, since Roark was running away with the lead in stroke play on the front nine.

Marrs and Thompson had Roark dormie coming to 16 when Roark hit a great shot and stuck his ball to 2 feet of the pin. It was the shot of the day up to that point. Thompson hit his tee shot a bit short and to the right.

JR Marrs' tee shot landed to the right of Roark's ball about 7 feet away. It slowly arced around and above Roark's ball, then slowly trickled down and disappeared into the hole.

That ended the match then and there, and in the most improbable way, since Roark had the hole seemingly won or at least tied with with his two-foot easy tap-in birdie.

It was JR Marrs' first time to witness an ace, and he felt fortunate that he was the one striking the ball at the time.

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THE MOST AWARDED LOCAL NEWS



WATCH
CHRIS THOMAS & LORA PAINTER
WEEKNIGHTS AT 6

ONLY ON

abc10

Lincsters 9-Hole Golf Club

BY JANE HALL

We ended our golf year with a fabulous “Tees The Season” holiday luncheon, complete with fun Santa décor, chaired by Alyce Stanwood. Sixty gifts were collected for the residents of Lincoln Meadows retirement home. Members sponsor a resident and provide the items on their wish list. This wonderful tradition was started, and still chaired by, Edna Linville seventeen years ago when her mother was a resident and Edna realized many fellow residents received nothing for the holidays.

The highlight of the luncheon were our annual awards. Congratulations to our Club Champion (low gross) – Brenda Cook and Marie Bossert (low net). Most Improved – Georgia Shipley; Most Dedicated – Carmen Farrington and Gay Gladden. Golden Putter Recipient – Margie Jewett. Over thirty cash awards were handed out.

Course updates given by Chad Bennett, General Manager included plans to keep combating the Dallas (crab) grass and start work on repairing or replacing bridges on the Orchard Creek course.

Due to an unfortunate incident on the course, Captain Susan Mox, suggested creating I.C.E. (In Case of Emergency) cards for members to hang on their golf bags. Our ever-talented Kim Schutz created and laminated individual bag tags for each member.

We thanked our outgoing Captain, Susan Mox for her two years as Lincsters Captain and installed the new board: Captain-Jane Hall, Co-Captain-Susan Friedlund, Treasurer-Kim Schutz, Secretary-Linda Morley, Past Captain-Susan Mox.

Play commences with a 1PM shotgun on January 3rd. We are looking forward to our Grandmother’s Tournament on January 17th, open to any member who is, wants to be, or has a Grandmother.

• • •

Ladies Golf 18-Holers

BY CAROL LOPEZ

The year ended with a special luncheon in the ballroom arranged by Shari Loyd where we enjoyed a slideshow of the memorable events of 2023 thanks to our Photographer, Carol Tilley. Our outgoing Captain, Barbara Grant, announced player accomplishments, thanked her board for their service and passed the gavel

to the 2024 Captain, Wendy Seagraves. Congratulations went to many of our ladies for their commitment to the game of golf and a few deserve special recognition. Kathi McCoy was remembered as our 2023 Club Champion and Diana Lilienthal as our Net Chix. Our most improved player for 2023 is Linda Blackburn! First place awards for combined Most Birdies, Chip-ins and Eagles, by flight, were given to: McCoy, Lissi Bedford and Marcella Christoff. First place Eclectic winners, by flight, were: Orchard - Mitsuko Cameron, Georgia Richie-Lynch and Seagraves and Hills - Cameron, Richie-Lynch and Ileen Marshall (tied) and Christoff.

Linda Chappelle continues as our Membership Chair and NCGA Ambassador/Club Representative. She is available to answer any questions (linda_chappelle@sbcglobal.net or 916-409-0151) and recommends all lady golfers play in the fun, economical Northern CA tournaments.

Save these dates (Date, Event, Course/Location); April 15, Playday, Davis Golf Club, Davis; April 23-24, Seniors, Greenhorn Creek/Copper Valley, Angels Camp; May 13, Playday, Turkey Creek, Lincoln; June 10, Playday, Bing Maloney, Sacramento; June 17-18, Partners, Plumas Pines/Graeagle, Graeagle; July 10-11; Partners, Rancho Solano/Paradise, Fairfield, July 15, Team Play Qualifying, Whitney Oaks, Rocklin; August 27-28, PWGA Open, Eagle Vines, Napa; August 12, Playday, Haggin Oaks, Sacramento; September 9, Playday, Teal Bend, Sacramento; September 16-17, TP Championship, Hiddenbrooke, Vallejo; October 22-23, Helen Lengfeld, Pacific Grove/Del Monte, Monterey; October 14, TOCC, Yolo Fliers Club, Woodland; November 4, Awards Tournament, Sierra View, Roseville.

Happy New Year to all... come join in the fun!

• • •

LH Men’s Golf Club

BY MIKE MCBACK

Happy New Year from the Men’s Golf Club of Lincoln Hills, and welcome to a new and exciting year of golf tournaments. First up is the Winter Slossfest on January 23 on both



Linda Blackburn

the Hills and Orchard Courses, starting at 9 a.m. It is a 4-man Scramble format, so grab your team and be ready to swing those clubs.

It was reported that the General Membership approved the slate of the 2024 Board of Directors: Rob Davies, Steve Bourn, Jeff Warner, Jim McGeough, Keith Bergevin, Dan Guth, Douglas Krochak, Bill Hall, Wayne Sutton, Brian Fox, Mike McGuire-Back, Bob Schoenherr, Fred Jaicks (consultant).

Per the Bylaws, the Board must appoint/approve the following four officers, as proposed: President – Rob Davies, Vice President – Steve Bourn, Treasurer – Jeff Warner, Secretary – Jim McGeough.

The Board approved the 4 Officers proposed above. Duties begin January 1, 2024.

In addition to the 4 Officers, The Board approved the following committee head responsibilities: Keith Bergevin – Tournament Director, Dan Guth – Social Director,

Douglas Krochak – Sponsorship Director, Bill Hall – Handicap Chairman, Wayne Sutton – CVS Director, Brian Fox – Rules Chairman, Mike McGuire-Back – Communications Director, Bob Schoenherr – Membership Director, Fred Jaicks – Webmaster.

• • •

Cribbage Club

BY MEL SWITZER

Here we go!

This month’s Top Ten List.

The Top Ten Cribbage Resolutions for 2024.

Drum Roll Please!!!

#10 – Show up closer to 8:30 rather than 8:55.

#9 – Quit asking “Can anyone break a twenty?”

#8 – Stop hunting for the softest chair.

#7 – Quit forgetting to pay your buck.

#6 – Stop looking for an “easy” table.

#5 – Stop frowning when you’re “stuck” playing with M*****T.

#4 – Never “double” any card while on Fourth Street.

#3 – Try to quickly figure out what card makes 31 when the count is 23.

#2 – Try to remember that a flush in the crib must be all five cards of the same suit.

And the Number One Cribbage Resolution for 2024...

#1 – Stop leading with a five!

If you promise to follow the above advice,

the Cribbage Club will “ring you in” as a new player on any Tuesday morning at 8:30 AM in the OCCard Room and will toot a noisemaker, if you win.

Well, maybe we will.

David Letterman would be proud of the following players who recently had Mr. Lucky on their shoulder:

11/21- Lynn Bell, 11/29 - Mel Switzer and 12/5 - Jerry Carlson

• • •

Duplicate Bridge Club

BY MONA STRYKER

Happy new year! We welcome new board members for 2024: Denise Morgan (President), Elise Homer (Vice-President), Jim McElfresh (Treasurer), Diane Schulte (Secretary), Steve Kain (Membership Chairman), Sandy Sullivan, and Jan MacKay.



2024 Board Members: Jan MacKay, Sandy Sullivan, Denise Morgan, Diane Schulte (missing Elise Homer, Jim McElfresh, and Steve Kain).

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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SCHWINN AIRDYNE AD6 EXERCISE BIKE. Includes iPad/book holder. Excellent condition. Hardly used \$350. 916-543-0032.

GLASS TABLE TOP, 48" round, 3/8" thick, excellent condition, \$150 916-884-3034.

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AEROPILATES Performer 270 Manual - Exercise Poster. Excellent Condition. Great for Home GYM. Asking \$125. Call: 415-612-7748.

MODEL TRAINS AND ACCESSORIES for the serious fan and builder. I have HO, On30, O, and G scale models to serve your need. On January 13th from 10 am till 2 pm. at 2777 Black Hawk Ln.

26" MAGNAMEN'S BIKE, 7 speed. \$50/offer, excellent condition. Pictures upon request. 916-532-1826.

ROADMASTER Bicycle 24" 10 Speed with Safety Helmet Excellent Condition \$65. 916-543-6643.

MURPHY DOUBLE BED, Excellent condition, \$2,500/offer, retail @\$3,600. Pictures upon request. 916-532-1826.

FREE DOG SITTING 1x and 1 free bedside commode. Call: 916-434-7315.

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

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

COLLECTOR WILL PAY CASH FOR MILITARY ITEMS & COLLECTIBLES (Sacramento). I will pay cash for military and vintage collectibles. Helmets, maps, knives and bayonets, old west items, vintage military photos, model trains, unbuilt plastic models, old documents and more. Contact George 916-768-4694.

WANTED! cars-truck-SUV's all years all makes. I pay top dollar! Always more than CarMax. 23 yr Lincoln Hills resident: Les Van Pelt 916-837-7659 or lesvp@yahoo.com

BUYING ANY CAR, TRUCK, SUV, VAN. I am a licensed Auto Dealer. I do all DMV paper work. Always paying TOP prices. Free appraisal at your home. Montie Boatwright 916-417-7468. LH Resident.

WANTED: CHRISTMAS VILLAGE STYLE CAROUSEL, such as Lemax Grand Carousel; prefer motorized with music. George 916-408-4480.

ANNOUNCEMENTS

LET'S PLAY DUNGEONS AND DRAGONS or other roleplaying games. I've been playing since 1975 and cannot believe I'm the only gamer in Sun City! Have you played before and want to get back to it? Did you never get the chance before but wanted to play? Maybe this is a new way of meeting folks and having fun that you'd like to try? Let's talk. I've got the games, old and new, and am ready to start D&D, Traveller Science Fiction, TOON! comedy and more. Call or email DAVE 916-295-1912 cataraft_2000@yahoo.com.



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

****FREE ADS — INCLUDE:**

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

BUSINESS ADS:

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

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

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

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

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

Business Ads include anything of a commercial nature or service, including pet sitting, real estate, rentals, timeshare/condos, any service etc.
Business Ads are 15 words for \$35 for one-month. Additional words \$1 each. (\$90 for three months for the same ad.)
If your classified ad is determined to be "business" related, we will email you an invoice that will allow you to pay immediately with a credit card, or mail a check.
*HINT on Word Counts: A "word" is anything separated by spaces, or as reported by word-process software like Microsoft Word.

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



George Brown

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Thompson + Brown Real Estate



Call/Text or email me for a **FREE**
estimate of value for your home.

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