

SUN SENIOR NEWS

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Rob and Susie Harper — *Enjoying the Dance of Life*

BY JENNIFER MARTIN

Wayne Dyer once said, “When you dance, your purpose is not to get to a certain place on the floor. It’s to enjoy each step along the way.” When you meet Rob and Susie Harper, that’s the first impression you’ll get. They are really enjoying the dance of life throughout its various phases: marriage, family, and career.

Born in 1952, Susie grew up in Concord, California, and her siblings included two brothers and two sisters. At age four, she started dancing lessons at Maggie’s Dance Studio in Castro Valley, learning ballet, tap, jazz, and acrobatics. “As long as I could remember, dance has always been my passion,” she recalls. Throughout her younger years, she was part of the recitals and shows performed by Maggie’s dance students as well as performing with Maggie’s professional dance line known as the Marian Marlon Dancers. They performed all over the San Francisco Bay area, including the Presidio, the Alameda Naval Air Station and the Oakland Auditorium.



Rob and Susie Harper

Rob was born in 1950 in Vallejo, California, the oldest of four children and the only boy. When Rob was five, his family moved to Pleasant Hill, California, where he went to school and college (DVC). In 1970, he joined the Army Reserves (Corp of Engineers) and was trained in heavy equipment.

The couple met through a mutual friend when they were teenagers in high school. When Rob got back from basic training in the Army Reserves, they talked about the possibility of

marriage. Secretly, Susie’s mother offered Rob the diamond ring from her marriage to Susie’s father, so he used those diamonds to have a custom ring made and proposed. The couple were married at St. Andrew’s Presbyterian Church in Pleasant Hill, February 27, 1971. Susie remembers borrowing a wedding dress so she could afford to hire a band to dance to at their wedding reception.

They celebrated their 52nd anniversary this year. When asked their secret for a long marriage, they like to quote Rob’s great-grandparents who during a celebration for their 70th anniversary said, “When one threw fire, the other threw water.”

Susie worked for Shell Chemical Company after graduating from high school, but she couldn’t resist the urge to start her own dance studio. So, the Susie Harper School of Dance was launched in Benicia in 1972, offering ballet, tap, jazz, acrobatics, and tumbling classes.

(cont’ on page 31)

SCR Foundation 2023

BY LISA CRYAN

In 2023 the Foundation delivered on our mission to provide services for the physical, cultural, educational, and social needs of the Sun City Roseville community. Here are a few highlights:

- Home Maintenance Team visited over 900 homes and provided over 1,000 maintenance actions
- Financial support was provided for Sunshine Services, the Speaker Series and CPR classes
- Managed the Alternative Living Considerations on-line resource, Survivor’s Guides, and Décor Loan program
- Hosted a Golf Tournament, two Bingo events and a Fall Gala

We couldn’t have accomplished this list without our wonderful community of volunteers and residents that support the Foundation. Thank you!

There’s even more in store for 2024.

- B-I-N-G-O! The Foundation’s next Bingo event is scheduled for Sunday, January 7, 2024 at 1:00 pm in the Timber Creek Ballroom. New Bingo equipment has been purchased and will be ready for play. Tickets will be available for purchase at Courier Days in the Lodge Lobby on Tuesday, January 2, 2024 between 8:00 am and 11:00 am. You may also

(cont’ on page 9)



Sun City Singers

BY JACKIE PROETT

It’s December and the Singers will give you your first Christmas Gift, our Concert, A WREATH OF CAROLS. The date is Monday, December 4, 7:00 PM, Timber Creek Ballroom. Tickets: \$18-Contact Jahna Holmes 530-559-0599. Tickets are going fast!

In olden times, before we had electronic everything, the dark days of winter were warmed by fireplaces, candlelight and festivities. Warm people made warm rooms, so they entertained. Candy and Brandy made everything dandy. The evil outside world was held at bay. Ah, if only we could turn off today’s electronic news and remember that the good of Christmas always follows Halloween’s monsters. Good overcomes evil.

Our Christmas Concert, like a holiday table, is filled with tasty treats. Just like those olden times. There will be sing-a-longs, sweet family memories, both touching and funny moments. Even the Grinch is mellowed by Angels On High.

It must have been an angel who took the pictures that you see. Thanks, Gail! They are from our very fun Pizza Fest. Hospitality



Hospitality Committee serving.



Storetellers: Christine Hohmann and her mother, Jackie Proett.

announces that there will be another party coming up next year in January or February. Theme, etc. will be announced when the venue is firm.

Our gifts are many. We have had a great year with nicely filled concerts, an avalanche of new members, a strong Board and Paul and Andre who make music a joy. We hope that people who see our concert and want to join will come visit us in January. Right now, it is time for our winter nap.

Merry Christmas everyone!

...

Harmonicoots

BY LINDA AUG

The holiday season is a very busy time for everyone and the Sun City Harmonicoots are no exception! We started our holiday jamboree on October 15th in the Timbers



Octoberfest fun!

lobby when the Coots energetically celebrated Octoberfest. Songs such as “Beer Barrel Polka”, “Edelweiss”, “Obla Di Obla Di” and

(cont’ on page 11)

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SUBMISSIONS: The Sun Senior News -

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

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

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From the Editors



FROM OUR FAMILY TO YOURS — HAPPY HOLIDAYS!



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

Merry Christmas and Happy New Year!

SSN WRITER...

A Tale of Christmas Past

BY JOY HUTCHISON

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

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

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

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

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

Dear Readers, Gud Jul to you as well.

...

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

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Executive Director Comments

BY GEOFFREY BROWNE

Happy Holidays to everyone!

As we wind up the calendar year, staff is already hard at work looking into the future and planning for the events and projects that we know are coming up. New Fitness classes and events, new bus trips and activities, concerts and shows – the new year holds so much promise!

Some projects take a long time to plan, and our Phase B expansion of the Fitness Center is one such project. Now that the community has voted to move forward with the improvements, the planning has started. It's a complicated process so staying organized, keeping the momentum going and getting a jump start on the many tasks that make up the whole piece is imperative.

Well, I'm glad to report that we've started that process already. The Strategic Planning and Implementation Work Group (SPIWG) formed a Subcommittee to review the vendor selection process, and, by the time this article has been published, will have presented their report to the full Work Group in late November. We've opened up discussions to form a scope of work, consider which experts we will need to consult and get some sample proposals that reflect the estimated costs and timelines. We expect to have much of that information available to discuss with the Work Group at the next meeting.

So far, we've been encouraged to find that the Pre-construction costs (contracts, entitlements, permits, design and construction drawings), the General Conditions Construction costs (sub-contractor bidding process, contractor personnel costs, scheduling, site prep and safety) and the Construction Fees (overhead and profit) are all in line with the rates, fees and costs established for the Phase A projects some 4 years ago. At this time the general consensus is that the Phase B project will take about 8 weeks longer than the recent A-2 project.

There is still a long way to go before we are ready to put the first shovel in the ground. There are many months of meetings, drawings, product reviews, opinions and arguments (we like the word "debate") ahead of us. We encourage you to keep up on the latest progress by watching for updates or attending meetings (SPIWG, Board Planning or Monthly Board Meetings). Input is encouraged!

Sunshine Services

BY LINDA C. CILENTI

Season's greetings and best wishes for a wonderful holiday season to our Sun City neighbors from your Sunshine Services Committee volunteers.

Starting with 2024, our article will highlight community resources and groups that may be of benefit to you or your loved ones. This month important Sunshine Services Committee phone numbers will again be highlighted. Please save these numbers or have them handy in case you need to contact us for Medical Equipment Loans or Arrow discounted tickets.

Medical Equipment Loan Program (MEL) 916-960-8091. Arrow discounted tickets 916-886-7008.

We are thankful for your donations of medical equipment, however, please call to arrange a drop off time where one of our dedicated volunteers will meet you at the storage unit (far end of the parking lot to the West of the Lodge). When you call the volunteer will let you know if we are able to accept your item, some unacceptable items are commodes, shower chairs, that is items that we are unable to sanitize in order to meet health guidelines. In the future we will develop a list of "acceptable and unacceptable" items. Also, please do not just drop off an item, appointments are mandatory, thank you.

If you have a general question or suggestion that is not related to MEL or Arrow please send an email to: sunshineserviceslcc@gmail.com

[gmail.com](mailto:sunshineserviceslcc@gmail.com)

We invite you to attend our committee meeting which is held the third Thursday of every month beginning at 10:00am at The Lodge. Come meet the Committee members, learn about us and our ideas for future programs and speakers. Better yet come with questions, ideas, and suggestions!

May your holidays be warm and bright and filled with everything that brings you joy.

If you need a little bit of Sunshine, remember "We're here to Help".



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Ambassador Committee

BY JOAN ROSE

The Ambassadors held their New Resident Orientation on November 4, 2023 at Sierra Pines.

New Residents, along with staff, Board of Directors and Ambassadors, enjoyed wine, cheese and mini roll up sandwiches. Speakers from the Board of Directors, Information Technology, Community Standards, Golf, the Foundation, and Activities, all shared important information with the new residents. Door prizes, including Golf for four, Dinner for two at the Timbers Restaurant, Fitness Center Ticket books, show tickets, bottles of wine and \$10 gift certificates were awarded to fifteen recipients. Thanks to our great bartenders: Dwight Rose, Dan Nicholson and Andy Hau. Everyone agreed it was a fun evening and a chance for people to get

together and meet new people. The next New Resident Orientation will be on February 24, 2024 for residents moving in during October, November, December and January. If you are a new resident, be on the lookout for your invitation in early February 2024.



Compliance Committee

BY JAN PIESCHKE

Who are we and what do we do? First, may I say, we are not the "gestapo, police, or little Ol people with nothing to do." We are resident volunteers that individually, and in groups and/or clubs, enjoy our community of 3110 homes for its beauty, amenities, and activities. Pride of ownership is apparent; property values continue to climb, and a sense of safety exists.

All Committees operate in accordance with Sun City Roseville Community Association's Governing Documents. The Compliance Committee has the authority to make findings and recommendations relative to alleged Violations of the Governing Documents by Members.

The Committee's responsibilities include: (a) To monitor and encourage residents' compliance activities with the Governing Documents, (b) To investigate and make findings as to apparent violations, (c) To refer violations to the Hearing Committee for further action.

After completing my 1st year on the committee and learning many new processes and procedures, I would encourage all residents to attend a meeting, ask questions and get involved. We meet at 9am on the 2nd Tuesday of each month. The Community Standards department is helpful and willing to listen. We, as residents, tend to hold back information that should be shared as we do not want to be a "tattletale or get involved."

Unless we speak up or ask questions, incidents will continue to occur that should not. This year there have been a few and we are being encouraged to See Something, Say Something by the Roseville Police. Compliance needs your eyes and ears as well.

It takes all of us to help keep Sun City Roseville the Premier Active Adult Community we have been known for.

Book Sale – Friends of the Roseville Public Library

BY MARSHA LUCAS

Our next big book sale will be Saturday December 2nd 10:00am to 3:00pm

Please Note the New Location: 1960 Johnson Ranch Rd. This is on the north side of Maidu Park, between Maidu Elementary School and Maidu Museum.

Many types of books will be featured--Mystery, Sci Fi, General Fiction, Children's, Vintage, Poetry and Plays, and more, including special Holiday books and huge selection of gift and 'coffee table' books plus gift items!

Prices: Hardcover \$3; Paperbacks \$2; Children's Hardcover \$1; Children's Paperbacks \$.50, unless otherwise marked.

Friends' members may enter early at 9:30 and you may join at the door.

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Website Workgroup

BY CHARLYN ROSS

December is a Puzzlement! The month of December represents a “contradiction”. It seems natural to be able to “take a breather”, to enjoy the fact that we have just about made it through another year. Yet, all the special holidays, which are celebrated in December, may require us to snap into action. The saying “so much to do, so little time” seems appropriate. Our Resident Website, www.scrs.org, may help get you through this busy month.

Resident Information Resource — The Association provides a printed Membership Directory containing a resident’s name, address, and phone number, but since it is available only once a year, it may not contain up-to-date information. Also, the printed directory does not show email addresses.

The online “SCR Directory” link is found in the Resident Website’s “Community” menu. The information it contains is current, as it is continually updated, and will contain an email address, if the resident provided one. The SCR Directory can be searched for a resident by name (first or last), address, phone number, even street name. When found, the resident’s name will be displayed in “green text”. Green text on the Website is used to indicate a clickable link. From this link, you have access to the resident’s name, primary phone number, email address (if provided), address, city, state, zip code. This feature may help you with your holiday mailings.

Holiday Activities — Many special

events have been planned by the Activities Department for this festive time of year. The second link in the “Community” menu, is “Activities Department”. There is also a “Activities” button at the bottom of the Website’s Announcement webpage.

On the Activities webpage, “Activities At-A-Glance” are listed down the right side of the screen. The “green text” is a link to details for these upcoming events. To see all scheduled future events click on “Activities Calendar” just above this area. At the right side of the Activities Calendar screen, if you click on “Switch to List View”, you can see the posters for the events.

In December we may be so busy shopping, decorating or baking there isn’t enough time to prepare a meal for family or guests. Our community is fortunate to have great choices that are close at hand. The menus and serving times for Sierra Pines Deli, Timbers Restaurant, and the Lounge can be found in the Website’s “Amenities” menu by selecting the “Timbers at the Lodge Restaurant” link. You may even want to consider a “Carry Out” order.

Becoming familiar with these Resident Website features should ease getting through December’s busy time of year,

Association Email Viewing Problem — The Association frequently issues email messages to ensure that residents are kept informed. They call this process sending an “eBlast”. Some email recipients report that they cannot view the images that are within the message. That problem is not due to the eBlast, but rather it relates to a setting on the

recipient’s computer. Some adjustment to the individual email application is required to permit the images to be seen.

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

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

AARP Foundation Volunteers

AARP Foundation volunteers will prepare and electronically file Federal and California income tax returns for low-to-middle income Sun City Roseville residents at the Timbers Lodge Club Room on Sundays. There is no charge for these services that are sponsored by the IRS and the AARP Foundation. Appointments are required and can be made by calling 916-741-0506 beginning January 15, 2024. Appointments will be made for Sundays from February 4th through April 14th. This appointment line makes appointments for several sites in Roseville so if you want your appointment to be at Sun City, you must mention that when you leave your appointment request.

SCR Foundation 2023

(cont’ from page 1)

buy bingo cards at the door starting at 12:00 pm on game day. One bingo card includes 15 games, the cost is \$20. Feeling lucky? Buy two bingo cards (for one player) for only \$25. Join us for an afternoon of fun while supporting the Foundation. For more information, email scrfevents@gmail.com.

• The Foundation will continue to partner with the Community Association’s Activities Department by funding the quarterly Speaker Series. On Wednesday, January 17, 2024, please join Nikon Ambassador and National Geographic photographer, filmmaker and writer, Ami Vitale as she takes us on an odyssey, sharing powerful stories that drive change and inspire us all to push boundaries and have an impact in our daily lives. Ami’s award-winning work illuminates the unsung heroes and communities working to protect wildlife and find harmony in our natural world. Additional details will be provided by SCRCA’s Activities Department.

• We will continue to partner with the Community Association’s Fitness Center to fund additional CPR/AED/First Aid classes in 2024. Stay tuned for scheduling information in the new year.

If you have questions about any of our programs, services, or events, please call the Foundation’s phone number at 916-774-9040.



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Harmonicoots

(cont' from page 1)

"There is a Tavern in the Town" were on the playlist. Thank you to all those who stopped by to join in the fun.

If you missed this festive sing-along—you have another chance to join the Harmonicoots on Thursday December 7th at 5:30 in the Timbers lobby. Enjoy the seasonal carols and sing along to all the holiday favorites! Get there early, wear your Santa hat, and cozy up around the Christmas tree! You'll be singing "Joy to the World", "Let it Snow", and "Deck the Halls" in no time!

A big thank you to our Sun City Veterans and Patriots Club for inviting the Sun City Harmonicoots to participate in Pearl Harbor Day on December 7th at Sierra Pines. This moving ceremony will include a dedicated song entitled "Remember Pearl Harbor" which the Harmonicoots purposely learned for the celebration and remembrance of Pearl Harbor.

December 21st is the annual Xmas Golf Cart Parade. There could be a "Harmonicoot Sighting" in store! More information to follow. The new year is just around the corner. The Sun City Harmonicoots have a wonderful year of fun planned for our community with a wide variety of music to meet all occasions! We love to perform and would like to entertain your group or club. Please contact JoAnn Stooksberry at 916-749-4425 for more information. Don't forget to check our web page for updates and announcements.

We will see you in the lobby on December 7th at 5:30! FA LA LA LA LA la la la Harps Up!

...

All Tuned Up

BY PEGGY WELLS

The big news from ATU is that we put on a very successful show on October 28—one of our best ever. Everything went smoothly, and there were only a few last-minute glitches, which were easily resolved. We all had lots of fun and hope that the audience did as well. There was a wonderful variety of music—rock and roll, country classics, beautiful ballads, jazz standards. Everyone brought their A game, but I'd like to mention a couple of our new members. Frank Kilarr gave us a great rendition of New York, New York accompanied by Jan Given; and Linda Kosut Lyon wowed

the crowd with Across the Great Divide and Second Time Around, both accompanied by Bruce Ahnberg. All of us want to thank the audience for coming out and giving us a very enthusiastic welcome. Our next show is set for late April 2024, and we can't wait to start organizing.

In December, our thoughts turn to the holidays, with celebrations of family, friends, and home. My thoughts center on the music of the holidays—the modern secular classics (White Christmas, Jingle Bell Rock) and the traditional religious carols (Silent Night, O Come All Ye Faithful). However, you celebrate the season, we at ATU wish you love, friendship, peace, and beautiful music!

...

Music and Laughter

BY JANE BOHN

Here's a list of your talented neighbors who performed at our Music and Laughter gathering in November; Jan Given, Joe Given, Elton Pamplin, Ken Roberts, Frank Kilarr, Gary Mills, Gerry Capellino, Cory Blasser, George Flaherty, Peggy Wells, Anne Becker, Ray DeBenedetto, Linda Kosut Lyon, Frank Bohn and yours truly. Space here limits me to the various instruments and songs performed, including sing-a-longs, but you gotta know this group lived up to its name. Time got away from us, and our hour show ran over 20 minutes. Our apologies to Pam Wilkinson, Jan Montero and Ed Lick for not getting you three up to the microphone as the duet from Frank and Jane kinda claimed your spot. Hope to make it up to you in the new year.

Hooray for our jubilant Prize winners, Dave Wammer, Barbara Wammer, Fred



Frank and Jane Bohn.

Festersen, Sylvia Hamblin, Ron Lindstrom, Rima Mogannam, Sandy Morea, Ray DeBenedetto, Peggy Wells, and Gary Mills.

Our heartfelt thanks and best wishes go out to all our musicians, singers, jokesters, fan club, and steadfast helpers for the merriest of holidays filled with lots of Music and Laughter. Looking forward to seeing you all again at our next gathering Wednesday evening 7pm January 10, 2024. Door opens at 6:30pm. Bring your \$1 entrance donation for the raffle at the end of the show and come over to Sierra Pines Lodge, corner of Del Webb Blvd., and Whistlestop way to join in the fun. We all need more Music and Laughter in our lives, and we look forward to providing that in this wonderful New Year of 2024.

...

Dance Club

BY VIKKI CLARK

With the Holiday season in full swing, take time to check out some of the events the Dance Club has going on!

October brought our Haunted Harvest dance with the live band Crystal Image. Many witches, ghosts and goblins were on the dance



Charlie Baughman & Lali Hearn at Haunted Harvest

floor. It was a Spook-tacular event!

December 5th will bring the Holiday Glitz dinner/dance. Unfortunately, if you haven't already purchased your tickets, you will miss this holiday celebration. There will be a quick general meeting followed by performances from many of our dance classes, dinner, a no-host bar, and open dancing afterwards.

January 15th will bring Jukebox Favorites. You can dance to party, country or oldies music. Tickets are only \$5 and will be available at any dance class or at the door the night of the dance.

Mark your calendars for the Dance Club Performance Showcase on February 19th. This is always a fun event. You will be treated to performances from each of our dance classes. There will be open lessons after the performances.

May each of your households and families enjoy a happy, healthy Holiday Season. Wishing each of you a Happy New Year filled with health, laughter, and good friends.

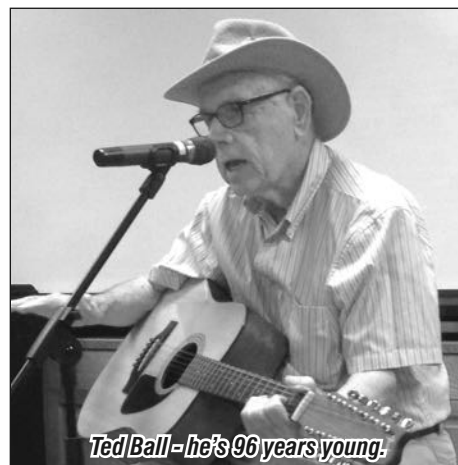
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Drama Club

BY LENORA DAVIS

Baby—it's cold outside... but the Drama Club is just warming up for more fun and antics coming next May. We hope that if you saw our November performances, you enjoyed them as much as we did presenting them to you. We certainly hope you appreciated all the effort that our directors, cast, crew and other

(cont' on page 13)



Ted Ball—he's 96 years young.



Lenora & Greg Davis at Haunted Harvest.



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Drama Club

(cont' from page 11)

ancillary put into those productions. We have received a lot of positive feedback from the evaluation forms that were filled out at the end of each production, and we will be using that information in selecting our next scripts to be performed. The script committee will be



starting that process in January. Once scripts are selected, cast selections will occur and rehearsals will begin.

Our next general meeting is scheduled for Tuesday, January 9, at 7:00pm at Sierra Pines. We welcome all residents to attend and see what we have planned for the next 5 months. You will be able to see that we are a fun and welcoming group with many talented members, many of whom have not previously been involved in any form of drama. Even the less experienced of us love being part of this Drama Club. A number of members have no desire to act at all but are willing to help in the many other ways necessary to produce

a rewarding program. You could be part of this, so come see what you are missing out on.

We have a Traveling Troupe which performs for smaller groups and will be presenting an adult version of The Three Little Pigs to the Traveling Club on December 18. They previously performed this sketch for the Solo Group, who loved it. Depending on circumstances, they may be available to perform for your group upon request.

For more information, contact Susan Glover (530-388-6367) or Lenora Davis (707-350-1357).

• • •

SCR Creative Arts Club

BY JUNE EVANS

Open At Last! After a few ups and downs, we are (more or less) finally open! There are still a number of things to be finished, but our new, improved larger space is finally done. At the last minute we were able to use the room for the Holiday Craft Faire, which was a great success.

Twenty-four new lockers were installed, and all the existing lockers got new doors, so there is a uniform look to the room. New keys have been distributed to members, so we are finally able to access the personal tools left in our lockers, and most important, the new kilns have been installed and tested. Our crew of three designated members has been trained by the experts at Alpha Fired Arts. The kilns are hard-wired into the new kiln room, so we are ready to fire away.

The new extra worktable in the added

space was moved and assembled during the final week of construction, giving members so much more room to work on their creations. What was the old kiln room has been transformed into a space to store glazes and house new pieces of art awaiting firing. We won't have to juggle pieces on a small shelf anymore!

The major hiccup came as we were nearing completion. A break in a water pipe from the Activities space next to the Creative Arts Room, which ran right under the middle of our room. This necessitated digging down through our floor, repairing it, pouring concrete to cover it and then re-tiling. This still needs to be completed by a professional.

We are still working on putting things away in an appropriate place, so everyone is being patient as things are changing as we evolve and get used to our wonderful new space!

• • •

Fine Arts

BY NANCY VAVUL

As we embrace the holiday season, the Fine Arts Club is gearing up for a December filled with art and festive cheer, but first we would like to thank Needle Arts for including us in last month's wonderful and successful Craft Faire.

This month there will be no regular classes, however the creative spirit continues to thrive. On December 11, from 1:00 to 4:00, Donna Self will lead a Van Gogh themed paint-along called "Fun Art from Fine Arts." It's a wonderful opportunity to explore your artistic talents

A Sun City Fine Arts Club Holiday Event!

It's a Van Gogh Christmas!

Join us for a fun-filled art experience and create your very own masterpiece. This is a painting with two parts: First, we paint the "Starry Night" scene. Then we decorate the tree, using every Christmas craft material imaginable—sequins, glitter, stickers, gems, mini ornaments and more. Hang this as a seasonal decoration or give as a gift!

Monday, December 11th, 1:00 p.m. to 4:00 p.m.
(Register by Friday, 12/8)

\$40.00

All proceeds donated to "Acres of Hope", a charity whose mission is to provide a safe family environment and a healthy living and education program for women with children to break the cycle of homelessness.

No experience necessary - All residents and guests welcome - Includes all supplies, beverages and dessert. Registration forms and envelopes are located beside the Fine Arts Room door. Questions? Call or text Donna Self at 443-964-1558 or e-mail: djslovesart@gmail.com

while immersing yourself in the world of Van Gogh. All supplies will be provided as well as light refreshments. Proceeds will be donated to charity. Be sure to check the art room for details and sign up for this exciting event.

Mark your calendars for December 8, as we have a delightful holiday luncheon planned, entitled "Winter Wonderland." This promises to be a truly magical event, featuring member-decorated tables and other fun surprises. If you'd like to attend, please check the art room to see if there are any available spaces left. It's an excellent way to celebrate the holiday season with your fellow art enthusiasts.

(cont' on page 15)

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Fine Arts

(cont' from page 13)

As a reminder, if you plan to submit an original work of art to be considered as the signature piece for the March art show this year, you must send this image to Susan Edy by December 8.

While there are no regular classes in December, our club remains a hub of activity and camaraderie. Keep an eye out for any updates and announcements or stop in and make use of the room for private studio time.

The Fine Arts Club wishes you a joyful and art-filled December. We look forward to seeing you at our special events and celebrating the season together.

• • •

SCR Needle Arts Club

BY PEGGY VOAKES

Wow! Another Craft Faire and Bake Sale under our belts (I think I made a pun) and what a wonderful day it was! I hope all who attended, and worked, had as much fun as I did. In addition to the good shopping, it was wonderful to run in to friends and neighbors who we don't see all the time. Again, kudos to our Committee Chairs, Carolyn DeSantis, Barbara Aaberg, Elaine Thom, and their hard-working committee members and volunteers who made this possible.

Our November General meeting program of Show & Tell was full of the wonderful work of so many of our members. Inspiration and connections were made and that is what

our Club is all about. If you are reading this in Sun City and are not yet a member of the Needle Arts Club, we invite you to join us in the new year!

As we are rushed into the holiday season by the retail industry, I remind myself that having a serene outlook is simply to want what I have. Besides our families and friends, we can find many opportunities for giving. Carol Frank has several organizations to which she donates various toiletry-type items. There is a basket in the Needle Arts Room in which to leave items. Dawn Haskin is happy to take all our fabric, batting, and yarn scraps for an organization which makes items for a number of charities. Check our newsletter for details. Also, items remaining on the "Back Table" after General Meetings are rehomed to several local charities by Nancy Dunne.

We have no General meeting in December, but be sure to join us in the Ballroom on January 3, 2024, at 1:30 pm. Dianne Faulkner has another interesting and valuable program lined up. We will also have the official reports on the Craft Faire/Bake Sale. In the meantime, I wish you all joyful Holidays.

• • •

Cinema Group

BY BRIAN SUTTON

'Tis the season and a lovely reason for a holiday break. No meeting in December.

Join us for the January movie — Friday, January 19, 2024 at 1:30 pm

Spruce Room at Sierra Pines.

As always, admission is free.

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

Best wishes for a fun-filled holiday season and a healthy, happy new year!

• • •

International Social Group

BY CYNTHIA SINDREY

The last event of the 2023 year took place on the first Wednesday in November when we celebrated an; "Early Thanksgiving Potluck Dinner" which was enjoyed by all who attended. Gopal Kapur entertained us by demonstrating how to easily cook a healthy meal in one pot. There were samples to taste and many questions which he answered with humor. All in all, it was enjoyed by all who attended, including six new members. The first event in 2024 will be the annual "Bringing in the New Year Dinner" with the Cocuzzi duo to entertain us with their music. Keep the date of Saturday, January 13, 2024 to attend our most popular event which is being held at Sierra View Country Club in Roseville. Bring your voice and dancing shoes to sing along and dance to the music. Flyers with the details will be sent to all our members and will also be displayed on the rack in the Lodge. Rides will be available for those in need.

Moving on to March, one of our newest members whose family owns an amazing winery has offered to tell us how the wine is made. He helps the family to make the wine so he is very

knowledgeable and very interesting. Watch for more details in the January article.

New members and guests are welcomed with open arms to all events which are purely social where we enjoy eating, being entertained and meeting people with heritage from different countries, including America.

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

• • •

Jewish Fellowship Circle

BY LOIS ARLEN AND KAREN LEVINE

A special thank you with appreciation to Allen Greenberg for leading the Shabbat service in October. Afterwards, Randy and Lois Arlen hosted the Oneg.

Some interesting facts about Chanukah. How long do you light the candles for Chanukah? Candles should stay lit for at least 30 minutes before being extinguished. What are the rules for Chanukah candles? The candles are lit in the opposite direction from how they are placed in the menorah — they are lit from left to right. The Shamash is the helper candles which are always lit first and is used to light all other candles.

We are looking forward to our annual Chanukah dinner on December 12, 2023 at 6:00pm at Sierra Pines. The buffet dinner will be catered by Elena's Kitchen and Catering and will include latkes, brisket, roasted veggies and salad. At the dinner the installation of the JFC

(cont' on page 17)

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Jewish Fellowship Circle

(cont' from page 15)

Board members will be presented.

All are invited to see the lighting of the Chanukah menorah in the lobby of the Timbers Lodge beginning on December 7, 2023 and continuing for eight nights thereafter. Each of those nights one of our JFC Board members will light one light on the menorah. But on the eighth night of Chanukah on December 14, 2023 the Board members will take turns lighting all eight lights on the menorah. Each light illuminates the darkness and brings hope of peace and light for the world.

The JFC will be hosting a Shabbat dinner on January 5, 2024 at Sierra Pines. Details will follow in an email to all members.

The annual membership dues of \$12 for the JFC are due on January 10, 2024.

• • •

Conservative Action Group

BY AMY CHO

Our November meeting was the last meeting of the year, and it was very busy and spirited.



Vice Mayor Krista Bernasconi



Cindy Jones and Gwen Myers.

Vice Mayor Krista Bernasconi visited us. Members had the opportunity to discuss various topics with Krista.

There will not be a December meeting. Warm wishes for the holidays!

Our next meeting will be on Wednesday, January 3, 2024 – Sierra Pines at 6:30pm. Please note the January meeting is moved to Wednesday because the usual first Monday will fall on January 1.

• • •

SCR Computer Club

BY BARBARA EICHTEN

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

Photo: Will meet on the 3rd Friday, December 15 at 10:00 am in the Club Room. Come to the meeting and see how the Photo SIG (camera club) does things. Submission of a maximum of 3 photos, sent to PhotoSIG916@gmail.com, is due by Monday, December 11. The photos will be juried at the regular meeting. December's theme is "People at Work." There is no timeline for photos.

Contact Dennis Studer or Jennii Ramirez for additional information.

Genealogy: There will be no Genealogy meeting in December or January. The group will resume in February.

OPEN sessions are on Friday December 1 and 15 from 1:00 - 3:00 in the Club Room.

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

• • •

Roseville Stamp Club

BY TIM MILES

We're into December and that means holidays so there are no scheduled meetings because of the need for holiday dinner space at the various venues. However, you can contact Al Capparelli (916-771-8288) for anything in the hobby you need. If you are short of pages, hinges, envelopes, stamps, album covers, etc., don't hesitate to call him.

Al Raub (acraub.cal@gmail.com) sent out a very timely message in early November to all the members that we need new blood in the leadership positions. Our club moved out of the "Charter" designation at Sun City-Roseville because we had so many folks who wanted to join and who lived outside the immediate area. With year 2024 looming in the wings, anybody can join by coming to a meeting at the Lodge (7050 Del Webb Blvd) on scheduled days. Contact Al if anybody should be interested. Dues are very moderate, and you can enjoy a hobby that allows you to sit at your own table and work on it and also gives accessibility to all the accouterments required for a lot less than it would cost an outsider. Our meetings have all kinds of items available at a smidgeon of actual cost. We have drawings, swaps, and the

ability to see your collection grow with time. We meet twice a month (usually on Tuesday night) at the Lodge at 6:30 pm and we're usually on the way home at 8:45 pm.

We have other gatherings of a social nature, garage get-togethers to keep the collections stabilized, and we attend outside events of other clubs in the area to help build our hobby.

If any reader has an "old" album he wants appraised, bring it to any meeting or call Al Cap and we can help you out.

Happy Holidays!

• • •

Solo Friends

BY CATHY SCHIMANSKY

For those who read the monthly Solo Friends articles in the Sun Senior News the Solo Friends theme this last month of 2023 has the same continuing theme: "Don't worry...Be happy!" Some of you may remember there was a popular song title by the same name released in 1988 by Bobby McFerrin.

Since most folks are really busy this time of year this month's article is "short and sweet".

Do you consider "the holidays" as a happy or sad time? The answer is what you make it. Will you be smiling and be thankful and appreciate your "presents" (real defined as "presence"/the gift of being alive)? Or will you be a lonely and grumpy Scrooge?

Why be a grumpy Scrooge (yes, both men and women can be a Scrooge) when you can be a warm and positive friend to others. In that "life is good" attitude like the clothing company's motto why not be of the mindset that "life is GREAT"?

Unfortunately, the COVID "era" caused people to stop shaking hands and giving physical hugs. But we can still do elbow taps and visual "smiling hugs". Attending general meetings and/or social dinner events with Solo Friends members and reaching out to form new friendships requires a positive attitude.

You can experience immediate and ongoing benefits of those efforts in making holidays a truly well appreciated and happy time. Yes, you can combine keeping sentimentality and memories along with enjoying current "Happy Holidays" times.

So, from all our Solo Friends members we wish a Happy Holidays greeting to all Sun Senior News readers!

• • •

SCR Democrats

BY MARISA BERNETTI

SCR Democrats held its first successful evening meeting on October 25. Evening meetings accommodate those who have conflicts with other morning activities, such as golf, pickleball...well, you know. It was a full house! The Group alternates between evening and morning meetings. Morning meetings occur on odd months; evenings occur on even months. Having difficulty driving, with the darker hours? For a ride, call Cheryl Thyken, 509-460-8258, or Dial-a-Ride, 916-745-7560.

Jessica Morse was our featured speaker at the November general meeting. She is the Dems Party's candidate to unseat Kevin Kiley for US Congressional District 03.



Jessica

A festive Holiday Luncheon will be on December 27, 12:00-3:00 pm at Sierra Pines. We'll feast on meat lasagna and chicken parmesan from Olive Garden, plus delectable salads and desserts provided by our members.

Neva Parker, candidate for CA AD 05, against Joe Patterson, will introduce herself to her future constituents. Neva has been a 20-year resident of Roseville. Besides her work at the Capital as a Senate Journal Clerk, she volunteers at Placer Food Bank and the Assistance League of Greater Placer. Currently she's Vice Chair of the Roseville



Neva

(cont' on page 21)



Happy and much appreciated/congratulated/longtime Solo Friends members.

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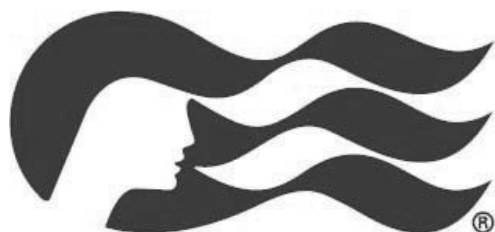
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	Mar 9, 2024	\$1,299	\$1,546	\$1,949
	Apr 4, 2024	\$1,149	\$1,366	\$2,099
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11 DAY ALASKA From SFO! PRINCESS Crown Princess ~ 3080 Passengers	May 15, 2024	\$799	\$954	\$1,398
	Jun 17, 2024	\$948	\$1,285	\$1,648
	Jul 9, 2024	\$998	\$1,330	\$1,998
	Aug 11, 2024	\$948	\$1,285	\$1,598
Sail round trip from San Francisco, California to Skagway, Alaska; Juneau, Alaska; Glacier Bay National Park, Alaska; Ketchikan, Alaska; Prince Rupert, BC, Canada; San Francisco, California.		*LINCOLN SHUTTLE TO SHIP AVAILABLE!		
10 DAY MEXICO From SFO! PRINCESS Crown Princess ~ 3080 Passengers	Jan 23, 2024	\$649	\$789	\$1,099
	Feb 7, 2024	\$599	\$728	\$1,149
	Mar 25, 2024	\$778	\$945	\$1,098
Sail round trip from San Francisco, California to Puerto Vallarta, Mexico; Manzanillo, Mexico; Mazatlan, Mexico; Cabo San Lucas, Mexico; San Francisco, California.		*LINCOLN SHUTTLE TO SHIP AVAILABLE!		
16 DAY MOROCCAN & IBERIA PASSAGE PRINCESS Sky Princess ~ 3660 Passengers	Mar 9, 2024	\$948	\$1,453	\$1,528
	DONT MISS OUT ON THIS AMAZING DEAL!			
Sail from Ft. Lauderdale, Florida to Southampton (London), England visiting Azores (Ponta Delgada), Portugal; Madeira (Funchal), Portugal; Casablanca, Morocco (for Marrakech); Seville (Cadiz), Spain; Lisbon, Portugal; Southampton (London), England.				
24 DAY SOUTH PACIFIC PRINCESS Crown Princess ~ 3080 Passengers	Sep 24, 2024	\$1,618	\$2,099	\$2,599
	Sail from San Francisco, California to Auckland, New Zealand visiting Honolulu & Maui, Hawaii; Papeete, Tahiti, Moorea, French Polynesia; Bay of Islands, New Zealand; Auckland, New Zealand. Ask about \$899 airfare.			
16 DAY PANAMA CANAL PRINCESS Sapphire Princess ~ 2670 Passengers	Sep 28, 2024	\$1,128	\$1,200	\$2,199
	BOOK NOW! PRICES LIKE THIS DON”T COME AROUND VERY OFTEN!			
Sail from San Francisco, California to Fort Lauderdale, Florida visiting Puerto Vallarta, Mexico; Puerto Quetzal, Guatemala; Puntarenas, Costa Rica; Fuerte Amador, Panama; Full Transit the New Locks of the Panama Canal; Cartagena, Columbia; Fort Lauderdale, Florida. Limited availability, book soon!				

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



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SHORT NOTICE CRUISE OFFERS:

13 Days – Far East – Celebrity – Bali to Singapore - January 4 & January 16, 2024	\$699	\$799	\$1,999
Bali, Lombok, Indonesia; Kuala Lumpur, Penang, Langawi, Malaysia; Phuket, Thailand; Singapore			
13 Days – Far East – Celebrity – Hong Kong to Singapore – January 3, 15 & 27, 2024	\$778	\$879	\$949
Hong Kong; Hanoi, Phu My, Vietnam; Bangkok, Ko Samui, Thailand; Singapore			
20 Days – South America – Royal Caribbean - Santiago, Chile to Los Angeles - January 23, 2024	\$1,699	\$1,999	\$3,899
Santiago, Chile; Arica, Chile; Lima Peru; Quito, Ecuador; Puntarenas, Costa Rica; Guatemala; Cabo San Lucas, Mexico; Los Angeles			
22 Days – Southern Caribbean – Holland America - Fort Lauderdale Round Trip – February 16, 2024	\$1,389	\$2,204	\$3,999
Fort Lauderdale; Curacao; Bonaire; Aruba; Half Moon Cay, Bahamas; Columbia; Panama Canal; Panama; Costa Rica; Cayman Islands			
15 Days – Eastern Caribbean – Holland America – Fort Lauderdale Round Trip – March 16, 2024	\$849	\$1,699	\$1,899
Fort Lauderdale; Turks and Caicos; Puerto Rico; St. Thomas; Bahamas; Jamaica; Grand Cayman; Cozumel, Mexico			
19 Days – South America – Princess – Santiago, Chile to Los Angeles – March 18, 2024	\$1,199	\$1,399	\$1,899
Santiago, Chile; La Serena, Chile; Pisco Peru; Quito, Ecuador; Puntarenas, Puerto Vallarta, Mexico; Los Angeles			
13 Days – Southern Caribbean – Princess – Galveston to Fort Lauderdale – March 24, 2024	\$799	\$949	\$1,099
Galveston; Cozumel; Aruba; Curacao; Antigua & Barbuda; Tortola; Fort Lauderdale			
24 Days – World Cruise Segment – Princess – Rome, Italy to Fort Lauderdale - April 2, 2024	\$1,799	\$1,999	\$3,299
Rome, Florence, Genoa, Italy; Villefranche, Marseille, France; Barcelon, Seville, Spain; Lisbon, Portugal; Morocco; Canary Islands; Bermuda; Fort Lauderdale			
14 Days - Transatlantic – Holland America – Fort Lauderdale to Rotterdam - April 13, 2024	\$749	\$1,199	\$1,299
Fort Lauderdale; Azores; Brest, France; Portland, England; Le Havre (Paris), France; Dover (London), England; Rotterdam, Netherlands			
14 Days - Transatlantic – Royal Caribbean – Miami to Barcelona - Apr 28, 2024	\$648	\$798	\$1,339
Miami; La Palma & Tenerife, Canary Islands; Malaga, Alicante & Barcelona, Spain			
16 Days – Transatlantic – Royal Caribbean - Galveston to Barcelona – May 1, 2024	\$699	\$959	\$1,599
Galveston, Texas; Nassau, Bahamas; Ponta Delgada, Azores, Portugal; Malaga, Valencia, Barcelona, Spain			
7 Days – Alaska – Royal Caribbean – Vancouver Round Trip – May 12 & 19, 2024	\$532	\$623	\$1,158
Vancouver, Canada; Inside Passage; Sitka, Juneau, Haines, Tracy Arm, Alaska			

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

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Neighborhood Watch/Citizen Patrol Shop Safely Online this Holiday Season

BY LINDA VINCENT

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

While shopping online:

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

• Carefully review your order before completing a transaction. If something was added that you don't want, remove it.

• Make sure you check and keep any emailed order confirmation to ensure it's for exactly what you intended to buy at the correct price.

Protect those packages:

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

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

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



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SCR Democrats

(cont' from page 17)

Grants Advisory Commission.

California passed the "Voter Choice Act" (VCA). Placer County is implementing it in the 2024 elections. The traditional precincts polling locations will be replaced by 29 voting centers. This provides a more flexible way to vote, plus it includes some two weeks of "early voting" in person. All CA registered voters receive a "vote-by-mail" ballot. They have three ways to vote: vote by mail, no postage required; vote in person, at one of 29 voting centers; or drop the ballot at nearby official drop boxes.

...

Socrates Café

BY STEVEN GUSTAFSON

Last month our discussion focused on the question "Are people less moral than they used to be?" According to a Gallup poll, 83% of Americans believe morals are in decline.

However, a study based on many surveys in many countries indicates that for at least 70 years people worldwide have believed that their generation is less moral than previous generations. A possible explanation is that we tend to focus on current negative information and to forget past negative information, so the past seems rosier than the present.

As usual, our discussions were friendly and respectful, and we avoided bringing up political opinion or religious belief. Often our discussions involve less serious and even amusing questions. For example, our next

meeting may focus on "What is art? Can an elephant use his trunk to make a painting worth \$100,000?"

We (usually over a dozen of us) meet at 10:00 on the first Monday of the month in the Timbers Lodge. Our next meeting is December 4th. You are welcome to join us.

...

Rods & Relics

BY ELNA RAGAN

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

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

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

At our monthly General Business Meeting the main topic of discussion was the preparation of our annual Christmas event to

be held at the Orchard Creek Lodge in Del Webb on Saturday, December 16. A relaxing evening is planned to feature a delicious dinner, musical entertainment, and dancing.

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

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

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

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Travel Club

BY PAM SCHEEL-HEMINGWAY

October was our final meeting for 2023 and Jay Fehan from Collette once again enticed us with details of trips to come. The African Safari travelers also shared wonderful pictures from their recent trip. It looked like the adventure of a lifetime!!

Trips now available for booking for Travel Club members include:

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

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

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

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

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

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

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

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

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

Washington DC/Greenbriar/Williamsburg holiday trip – December 2024 (Collette)

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

Hopefully you all have reserved your spots for the Holiday luncheon on Monday December 18 in the Ballroom. The SCR Drama Club is preparing a new comedy performance just for us and CJ Kidd is also slated to perform.

Your Travel Club Council wishes one and all a happy holiday season and safe travels, wherever they may take you!!

...

(more Club News cont' on page 22)



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Garden Club

BY SUZETTE AUSTIN

Our Garden Club Holiday Celebration will be a breakfast buffet at the Lodge on December 5. Doors open at 8:30 am and the buffet starts at 9:00 am. We're planning another lively gift exchange after the breakfast. Each member should bring a wrapped gift with a value not over \$20.

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

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

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

We have a table at our meetings to "Share the Bounty." If you have a garden and have extra fruit, herbs or vegetables you are invited to share. You may want to add serving suggestions, such as "allow to ripen on the counter" or "chill and enjoy" as well as the name of the donor.



Workshop in Mike's garden.

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

Birders

BY JANET MORELLI

Scheduled birding field trips are well underway for SCR Birders which started in mid-September and will continue until mid-May next year. These field trips are planned for the first and third Thursdays of the intervening months and include relatively local trips and those that are 30 to 95 miles from SCR. A full schedule of trips can be found on the Birders Group website and more detailed information regarding meeting place and time for each trip, approximate duration, walking distance, carpool information, refuge and park fees, and lunch arrangements (for more distant sites) are contained in an email sent to each Birder listed on the Birders email roster the week before

(cont' on page 23)

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Birders

(cont' from page 22)

each trip. All SCR residents are welcome to participate in these trips and can add their email address to the roster by contacting Janet Morelli at 916-782-6393.

Up to the first birding trip scheduled for November, birding was a challenge because the deciduous trees had not lost their leaves and most of the birds were finding cover in the trees. Despite the camouflage, the birders were able to identify 28 species at the Dry Creek Trail in Antelope. The most exciting find was dozens of Yellow Billed Magpies, a species that was nearly decimated by the West Nile virus in the early 2000's and are now making a comeback.

Field trips scheduled for December include the Lincoln Water Treatment Plant on December 7 and Gibson Ranch in Antelope on December 21. Both of these trips are relatively close to SCR, the Water Treatment Plant will be bird watching by auto and Gibson will be a walking trip of about 3 miles.

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SCR Hiking Group

BY SILVANA HUGHES

With summer fading into fall, on our recent hikes we saw the leaves changing colors. This occurs when the chlorophyll breaks down and the green fades away, letting the yellow/orange carotenoids blaze forth, giving autumn its wonderful colors. At the same time, other chemical changes occur, giving rise to more pigments which vary from yellow to red to blue.



Bullards Bar Trail SCR Hikers.

(CT.gov) We observed fewer wildflowers, but a multitude of mushrooms.

Some facts about mushrooms: All mushrooms are fungi, but not all fungi are mushrooms (eol.org). Mushrooms aren't really plants; they are types of fungi that have a "plantlike" form - with a stem and cap (they have cell walls as well). This is really just the "flower or fruit" of the mushroom - the reproductive part which disperses the spores. The larger portion of many fungi is underground, and can be acres in size! Mushrooms aren't plants because they don't make their own food (plants use photosynthesis to make food). The underground part of the fungus uses enzymes to "digest" other substances that it can use as food. Mushrooms and other fungi often grow in association with plants - perhaps attaching to the side of a tree, or growing out of a dead log as it decays. They are important in helping to "recycle" nutrients and break down dead plant materials. (nps.gov)

Our holiday dinner party is scheduled

for Friday, December 8. A flyer with all the details was sent out to the members in early November. A big shout-out to Dori Zuchold for organizing this event!

Below is the December schedule, subject to change depending on weather and trail conditions. Note that there are several "easy" hikes, ideal for those who might want to give hiking

a try! We meet at 8:45 in the parking lot near the tennis courts for carpooling. A detailed schedule is posted on the SCR website.

December 7 - Empire Mine, #4.5 (easy to moderate), rated #4 (easy), 6 miles, elevation gain of 750 feet, \$8 carpool ride.

December 14 - Rattlesnake Bar to past Avery's Pond, #4 (easy), 6 miles, elevation gain of 500 feet, \$8 carpool ride.

December 21 - Cool to Quarry Trail, rated #4 (easy), 5.5 miles, elevation gain of 350 feet, \$8 carpool ride.

December 28 - Sterling Pointe to Rattlesnake Bar, rated #5 (moderate), 7 miles, elevation of 900 feet, \$8 carpool ride.

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Cycling Group

BY SUZETTE AUSTIN

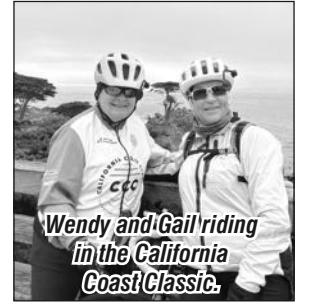
This fall some of our members joined outside rides sponsored by other cycling clubs. Bill Swayne, John Westwood, Rosie Stoer and Craig Morkert rode 30 miles in the "Foxy's Fall



Foxy's Fall Ride.

Ride" in Davis.

Wendy Appleby and Gail Devitt rode in a 525-mile ride, the "California Coast Classic," from San



Wendy and Gail riding in the California Coast Classic.

Francisco to Santa Monica. It was an eight-day ride with daily mileage between 45 and 88 miles and a total vertical climb of 24,400 feet. This event benefitted the Arthritis Foundation and raised \$1,400,000.

The Four Score and More Group is made up of our Bike Club members who have reached the milestone of being 80 or older. They enjoyed breakfast together on November 8th at the Timbers.

Our Rovers Rides continue on Sundays and Wednesday mornings. Departure times and cancellations could vary due to weather. Please text Renee Hawkyard at 916-759-9495 to subscribe to up-to-date texts about each ride

(cont' on page 25)

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PROSPER 

Cycling Group

(cont' from page 23)

and to get more information.

Our annual Cycling Club Holiday Dinner will be on December 13 in Sierra Pines. Come dressed in your festive best and wrap up a hidden treasure from your home for our White Elephant Gift Exchange. A short general meeting which will include a vote on revised Club Bylaws will be combined with this festive event.

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

Our next meeting will be February 19 at 8:00 am at Sierra Pines. For more information on our Club, please contact Dee Franz at petendee@comcast.net or check our webpage on the SCR website (Community/Clubs & Groups).

• • •

Pickleball Club

BY ANNE BURNEY

Winter has arrived and along with that the holiday season. That has not stopped the enthusiasm to play pickleball here at Sun City. The courts are busy with players. We have a couple of new members that have joined our club. We welcomed Lois Buchter and



Winners of the Spellbound Tournament—low/resolution

Cindy Stoorza last month.

Pickleball members got to enter the final tournament of the year, “The Spellbound Tournament.” We had 20 players sign up for the event. There were prizes for the best costume, so everyone came dressed in costumes ranging from a Rastafarian to Minnie Mouse. We had beautiful weather, a round-robin play format, medals for first, second, and third place winners, and delicious lunch followed by the most amazing skeleton and bones cake. It was a memorable day, and it wouldn't have been possible without the talented and hard-working Pam Wingo, our tournament director.

The Golden Bachelor, Gerry, has been a big hit on TV and also here in Sun City. It was in episode four that Pickleball was the star of the show. The bachelor declared his love for Pickleball and that whoever he becomes a couple with will have to play Pickleball. That gave our ladies here an excuse to have a party and watch the show together while the bachelor watched the bachelottes play Pickleball. We had our own rose ceremony with lots of laughter and fun.

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

• • •

SCR Volleyball

BY MARISA BERNETTI

Volleyball at Sun City Roseville is regularly enjoyed on the court and in the pool. No fees or annual dues are required to join.

Court Volleyball: Winter Hours, Thursdays, 2:00-4:00pm, at the Pickleball court #1. Summer hours will start May 1, on Fridays 8:00-10:00am. There are usually 4 young and energetic (in their 60s!) players on each side. Makes for a pretty good work out and fun too. Come try it out. No need to call, just show up, all are welcome.

Water volleyball: Monday, Wednesday & Friday, 11am-1:00pm (including holidays). It's always fun and easy, kinda like water aerobics, except you're batting a soft ball back and forth. We often have five to eight players per side, with lots of room to move around. It's great exercise and lots of laughter. Come watch us or join the play!

Quarterly Social: The Volleyball Group has scheduled quarterly meetings (very short) in March, June, September and December. It's always nice to see our members out of the water, as these are very social events with great food, BYOB and games and prizes.

Our next is the traditional Holiday breakfast at Pacific Street Café, old Roseville, from 9:00-10:30am. We'll raffle prizes and our Christmas carols sing-along. Please reserve your spot with Marisa at 916-745-9571, call or text. All members and significant others are always welcome.

We wish everyone a very Happy Holiday Season and a marvelous New Year, 2024!!!

• • •

SCR Table Tennis Group

BY DON WOODS

Table tennis, also called Ping-Pong, is played on a flat table divided into two equal courts with a net fixed across the middle. The object is to hit the ball so that it goes over the net and bounces on the opponent's half of the table. The lightweight hollow ball is propelled back and forth across the net by small paddles used by the players.

A match consists of the best of 3 games. The player(s) who first reaches 11 points wins the game. Service changes hands after every two points until 10-all is reached, then it changes after every subsequent point. In a tie at 10 points, two clear points must be scored to win.

Table tennis equipment is relatively simple and inexpensive. The playing table is rectangular, 9 by 5 feet. The playing surface is at a level plane 30 inches above the floor. The net is 6 feet across the table's middle surface. The ball, which is spherical and hollow, was once made of white celluloid. Since 1969, a plastic similar to celluloid has been used. The ball, which may be colored white, yellow, or orange, weighs about 0.09 ounces with a diameter of about 1.6 inches. The blade of a paddle is usually made of wood and may be covered with a thin layer of ordinary stippled, or pimpled, rubber, which may be laid over a thin layer of sponge rubber and may have the pimples reversed. Whatever combination is used, each of the two sides of a paddle must be different in color. The paddle may be any size, weight, or shape. Join in the fun at the Sierra Pines: Tues. and Thurs. - 2:00 pm to 5:00 pm, Sat. - 9:00 am to 12 noon.

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(more Club News cont' on page 27)



Spellbound Tournament



Volleyball

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"I Have Hope Again"

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

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

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

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

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

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

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

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

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

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

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

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

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



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Tennis Club

BY DIANE BARNETT

The Tennis Club wishes our friends and neighbors Happy Holidays as we enter into December and prepare to say goodbye to 2023. As a club, we are preparing our biggest party of the year, which has, traditionally, been held in the Ballroom for the past 20+ years except for the temporary closing of the Lodge due to the Covid epidemic. A few of you, who are still members of the Tennis Club today, were very active in the planning/or performing at early Tennis Club Christmas parties when, after dinner, club members put on all of the entertainment. This tradition continued until just a few years ago. What fun this was!

This year the Tennis Club Christmas party will be held in the Ballroom on December 11, where we expect to have a large group of members and guests. The no-host cocktail party begins at 6 pm and a catered dinner will be served at 7:00 pm. The theme is "Ye Olde Fashioned Christmas," and as always, the table decorations will be beautiful. Linda Gordon, Tennis Club Social Director, and her Committee have been busy planning the event, so if you are a member of the Tennis Club or a guest of a club member, you won't want to miss this party where folks dress in fine clothes, enjoy a delicious catered meal, and listen/or dance to music played by Crystal Image, a live band that has been performing at our Christmas parties for the past few years.

Our Christmas Charity remains the Gathering Inn, and you may drop off your charitable donations at the Christmas Party. Don't forget to arrive a little early so our resident photographer, John Desmond, can take your picture for your Tennis Club Christmas party collection. See you at the Christmas party!

• • •

Cornhole Group

BY STEVEN GUSTAFSON

We play cornhole every Tuesday at 3:00 on the Sierra Pines horseshoe lanes. The weather is almost always nice. We're starting to believe that playing cornhole causes good weather! Many have said that they would prefer a different or an additional day or time for cornhole. What is your preference? You are welcome to email your suggestions to gustafson.steven@gmail.com.

• • •

Croquet Club

BY MIKE DOVER

You may have seen seniors in white playing with mallets at the Pines as you either walk or drive by. They are playing the game of Croquet, a sport that began to develop in the 1800s. It was revitalized in the 1970s and is now played in over 20 countries. The attraction to seniors is as a low physical impact sport requiring a degree of dexterity, focus, and strategic thinking. That combined with the desire for fitness and a degree of camaraderie provides for social interaction in the open air. Croquet is a competitive non-strenuous physical activity. Skill comes with playing the game as your coordination improves with practice. An experienced club member can help you learn the basics. We can supply the equipment and help you get started.

Hope your Thanksgiving was thankful, your holidays are fruitful, and your new year is healthful.

• • •

Softball

BY BOB MONTALVO

After giving thanks for all that we have and for those who surround us, it's that busy, magical time of year when we decorate our homes and plan those last family gatherings before the new year. Just remember to pace yourselves and that in giving, it's truly the thought that counts.

Good news! The player fee for the 2024 season has remained at \$90; registration opened on November 1 and closes on February 7, 2024. You can find the application form at our website (www.rosevillesseniorsoftball.org) so get 'er done. We're hoping to have 13 on each of five teams, so we need 65 players to register. As of early November, we had four managers/coaches committed and a fifth duo was needed to field five teams. Monday and Wednesday softball practices will resume on January 8 at Mahan Park, so be sure to keep those morning stretches and exercises going at home during this holiday season.

More good news! Our club received some early Christmas presents from three generous players/fans. Lonnie Cook and James Hicks donated \$400 to the club, which will be used to fund refreshments served at our Opening Day festivities. Barry Schivo, who donates his time and effort to groom the Mahany fields

for us, has generously donated the dragging equipment he uses to the club. We appreciate Lonnie, James and Barry for their generosity and their support. Thanks guys!

There will not be a membership meeting in December, so the next member meeting will be on Wednesday, January 3 at 1:30 in Sierra Pines. Something else to look forward to, Frank Tom our club president will be writing the Courier article for January 1, 2024. Meanwhile, your Sun City Roseville Senior Softball Club wishes you and yours a safe, warm, and memorable holiday season.

• • •

He & She Golf Club

BY JULIE HARRIS

Another year almost in the books! It's sure hard to believe that December has arrived. Along with it we can look forward to dressing in layers and checking the course conditions before we head out to the golf course. We should also expect to see the dreaded "cart-path only" days. Hopefully there won't be too many of those in 2024.

Looking back at the He & She Golf Club in 2023, we ended up with 204 members, had approximately 24 bi-weekly tournaments, a lovely Spring luncheon on the Timbers patio in April, a delicious Fall Festival in October at Sierra Pines and by the time you read this, the Holiday Party on December 1. All of these tournaments and events were coordinated by your dedicated Board of Directors and Events Planning Volunteers. Kudos to all of them—Sol LaBrada, Julie Harris, Monica Konkel, Karen Hawkins, Rich Aug, Kathy Fowler, Linda Ryan and Kathy DeVito. Some of these folks will serve you again in 2024 but some will move on. Thanks to all of them for their hard work and thanks to all of you members who played in the tournaments and attended the events. It was a successful year all around.

Next year we will again be playing on the 2nd and 4th Mondays of every month. Rich and Kathy, our current tournament chairs, will stay

on to continue their great work of planning fun games and handing out the winnings. As always, we would like to increase our membership so be sure to talk it up to all your friends. Dues will remain at \$12 per person for the whole year and more information about when and where to send them will be on the website.

Happy Holidays to all!

• • •

Sierra Pines Ladies Golf

BY PAM SKARG

Dear Santa, please bring me a big fat bank account and a slim waist, please don't mix those two up like you did last year, and one more thing; I could use a new golf bag and clubs and some birdies and ship-ins. Thanks!

It's finally here, the most wonderful time of the year and the elves are busy at work planning our SPLG Holiday Luncheon to be held in the ballroom on December 5th. It's the finale of a wonderful golf season and an afternoon we all look forward to every year. The ladies get all decked out in their holiday attire. A perfect way to kick off the holiday season.

Our October general meeting was a very productive one. We voted in our new officers for 2024. At the helm and Captain, Janet Kine, Co-Captain, Cathy Hurst, Treasurer, Marilyn Meyers and Secretary, Denise Roberts. Our sincerest gratitude to the 2023 officers for their selfless time they gave that made our year a fun-filled success. After much discussion, it was voted unanimously to have a 2024 Club Championship tournament. Carolyn Pittman stepped up and volunteered to chair this event. Thank you, Carolyn! Heads up, she will be on the hunt for volunteers.

Congratulations to the Most Improved players for October:

First Flight - Kathy DeVito
Second Flight - Pat DeCroix
Third Flight - Kathy Schroeder
Fourth Flight - Liz Sublett

(cont' on page 29)





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Sierra Pines Ladies Golf

(cont' from page 27)

Birdies and Chip-in for October:

October 11 - Shelley Weisman - Chip-in - #2

Janet King - Birdie and Chip-in - #8 (her first birdie)

October 18 - Gloria Nelson - Chip-in - #1
Pat DeCroix - Birdie - #9

"Golf is a game that is played on a five-inch course - the distance between your ears." Bubba Watson

Merry Christmas and Happy New Year One and All!

• • •

Timber Creek Women's Golf

BY NANCY LABRADA

It has been a very busy year for our Club filled with so many events: 36-Hole Better Ball Tournament, Club Invitational, Handicap Championship, 9/18 Hole Mixer, Club Championship, and ending with the always fun and festive Holly Jolly Tournament on December 6.

In November we started with 9:00 am tee times to continue through March.

Due to the wonderful support of our members during October Play for P.I.N.K., our club made a generous donation to the Breast Cancer Research Foundation, where 100% of funds donated goes to research. Thanks again to Barbara Mills and committee for organizing this worthy fundraiser.

The Most Improved Players for October

are: Mary Jorgensen (1st Flight); Robin Shaffer (2nd Flight); and Kathy DeVito (3rd Flight). Congratulations!

We are happy to welcome two new members to our 18-hole club.

Mariette Araya and her husband, Ed moved from the Manteca Del Webb Community to our Sun City in August 2023. They were very busy renovating their home but have jumped right in to activities. Mariette has been golfing for eight years and loves traveling. Her big sister is Maggie Altnow.



Mariette Araya

Stephanie Tran and her husband, Brian, moved here from Lake of the Pines a year ago where she learned to golf. Prior to that they lived and worked in the Bay Area for 40 years. Stephanie received an electrical engineering degree from UC Berkeley and worked in various high tech companies. She loves golfing, meeting new people (mostly lady golfers) and making new memories here in Roseville. Her big sister is Diane Dooley.



Stephanie Tran

We end the year with our Holiday Luncheon on December 13 in the ballroom with the presentation of awards and the eagerly awaited announcement of the Overall Most-Improved golfer for 2023. Thank you to Mary Jorgensen for hosting this event.

Happiest Holidays to All.

• • •

Timber Creek Men's Golf Club

BY GARY BECKMAN

It's December and the weather may be cooling off, but our golf calendar is still hot! We just finished the Turkey Shoot Tournament where half of the contestants had won enough to put a turkey on their Thanksgiving table. After Christmas, on December 12th, we will be hosting the Last Chance golf tournament. This tournament is played from the White and Red Combo Tees, and it is our chance to show the golf course who is the boss! Please check our website for the results of all tournaments that have been completed during the year.

At our last General Meeting, on November 1st, we held the election for our Club Officers for 2024. Congratulations to our new Officers: President - Steve Aphugh, Vice President - Bob Pearsall, Secretary - Mike Murphy and Treasurer - Doug Davie.

On December 6th we will be hosting our Holiday Breakfast and Skills Challenge. This is our last General Meeting of the year, and we will welcome in our new Club Officers for 2024. The meeting also includes a sumptuous Buffet Breakfast, Raffle Prizes, and a Skills Challenge: Long Drive, Chipping & Putting - with winners in flights based on NCGA handicaps. This is a great event for only \$15 so be sure not to miss it!

We are still taking Membership renewals, so you still have some time to renew your membership before the end of the year. Our Golf Council is already working on the Tournament Schedule for next year, the CVS

schedule, and our Social Events. 2024 will be another great year to be a member of the Timber Creek Men's Golf Club.

We also want to wish Happy Holidays and a Happy New Year to all of our members!

• • •

Golden Niners

BY RALPH FRIEND

This is the last article I will be writing, showcasing the Golden Niners. It has been my privilege to write the articles for The Village Courier and the Sun Senior News. I most enjoyed meeting and talking to each member that I have interviewed. I only wished that there was more time to interview all of the 140+ members. Many years ago, the past president of the Golden Niners approached me to become the writer for the article each month. I was given little direction on what to write about other than the limitations that the association placed on me, as well as the number of words that I could put in the article and the date it was due. I told the past president that I would write the article for the club for just a short time. Well, that "little while" turned into almost three years! There are many directions that my articles could have taken, however I settled on two areas to write about. I focused on our club members who were the top money winners as well as our "oldsters and newbies" in our club! There will not be any top winners listed for last month. As of this writing, I have not been given that information.

• • •

(more Club News cont' on page 33)

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

Rob and Susie Harper

(cont' from page 1)

Susie reminisces, "I wanted to be just like my mentor Maggie and have a non-competitive dance studio where everyone felt equal and safe and like a star."

Susie's studio ran for more than 40 years and grew to an enrollment of 450 students who



Rob and Susie Harper on their wedding day, 1971.



Cover of a program from Susie's dance studio with Susie Harper on the front page.

performed for Benicia's local events including the 4th of July parade. The highlight of the year was the annual spring dance recital. In 2022, Susie was thrilled when she and Rob saw one



Harper family at their 50th wedding celebration in 2021.

of her former students, Austin Scott, perform in the Broadway show, The Girl from the North Country, in New York City.

While Susie was busy adding students to her dancing classes, Rob gravitated to the plumbing industry where over a ten-year period he learned the trade, how to estimate, and the business knowledge required to be a plumbing contractor. He earned his California State C-36 Contractor's License and went into business for himself in 1984.

In 1997, after thirteen years in business, Rob decided to make a change when he was offered a position with Kruse Company, a highly regarded, 4th generation, family-owned plumbing company based in Berkeley. "I was the first non-family member to manage projects for them as part of a company expansion," Rob recalls, "and became the Senior Project Manager as the company continued to grow."

His list of projects is quite impressive: 555 City Center Skyscraper in Oakland; the Fox Theater Oakland remodel and expansion; the Curran Theater San Francisco remodel, the Steinhart Aquarium temporary fish relocation facility, and the Li-Ka Shing Center at the University of California, Berkeley. Rob also had multiple projects throughout the larger bay area including work for Kaiser Permanente, John Muir Health, Stanford Health Care, and UCSF Medical Center.

A particularly memorable project was early in his career when he worked for world renown filmmaker George Lucas at Industrial Light & Magic in San Rafael. He remembers opening a door and inadvertently walking onto

a set where Mark Hamill and Carrie Fisher were filming a scene for the second Star Wars movie, The Empire Strikes Back. He also got a chance to observe how the special effects in the movie, Poltergeist, were done one of the sound stages. He also witnessed the construction of

the first THX movie theater. One day he came to work and couldn't find a parking space because there were at least two dozen BMW's occupying most of the back lot. He found out later that George Lucas had rewarded some of his key employees with brand new cars.

As wonderful as their respective careers were, Susie and Rob relished their family life as well. In 1973, they welcomed son Denny, who is married with two children, Jayden and Danica, and lives in Fremont. In 1977, their daughter Robyn was born. She is married with two children, Tobey and Parker, and lives in Granite Bay. When the kids were young, summer vacations were spent on a houseboat on Lake Oroville, water-skiing and entertaining family and friends. Denny and Robyn also danced and performed for Susie's studio while Rob was her production manager, coordinating sound, video, lights, and stage decoration. In later years Susie and Rob were thrilled to have all four grandkids perform in the recitals.

In 1957, Rob's grandmother started a very important tradition of knitting family Christmas stockings. Susie was honored to be the first to receive her stocking before she and Rob were even engaged! In 1988, Susie asked Rob's Gram to teach her how to make the stockings, so she could carry on the tradition. So far, Susie has made 45 stockings.

Rob and Susie's travel experiences include cruises to Alaska and the Caribbean, trips to Ireland, Rome, Singapore, Bali, and Hawaii. They both share a love of theater and have enjoyed opportunities to go to New York

to take in plays and musicals.

Susie sold her dance studio in 2015 but continued to work for the new owner for a year before retiring in 2016 when she and Rob moved to Roseville. Rob continued to work until 2018 when he retired from UA Local 159. They love living in Sun City and have enjoyed making friends in the Dance Club, Bocce, and Boomers. Susie also enjoys Needle Arts while Rob is a member of the Golden Niners, the Second Act Studio Drama Club and SIR. Rob's hobbies include remodeling and woodworking projects while Susie continues to demonstrate her love of dancing by teaching the beginning and intermediate tap classes that she started here. Says Shelly Winters, a member of the Dance Club, "Susie is a talented, kind, and patient dance instructor. She brings unmatched knowledge when it comes to organizing and producing dance performances which makes everything we do run smoothly."

SCR is blessed to have Susie and Rob in our community. Their joie de vivre is an inspiration to us all.

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

Recycling this Holiday Season

Whether you're stringing up twinkling lights, adorning your evergreen with ornaments, enjoying the company of loved ones, exchanging gifts, or maybe even doing all the above, let's not forget that recycling can bring an extra dose of holiday cheer while helping reduce the waste pile.

Here are a few jolly ways to recycle and keep our landfills merry and bright during the holiday season.

- **Cardboard castles:** After all those deliveries, you might have enough leftover cardboard to construct a mini fortress. Save space in your trash can by taking those boxes to nearby recycling drop-off location. Remember, make sure the cardboard is flat before you drop it off.

- **Beverage bounty:** Collect plastic, glass, and aluminum containers (CRV

(cont' on page 35)



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TRAVEL - Club Cruise

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

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Safety First —

BY ROSEVILLE POLICE DEPARTMENT

Scammers often target seniors — While people of all ages can and do fall for scams, scammers often target seniors. Scammers know that many seniors have money to spend and are from an older generation that trust others and are polite to strangers. If you have older relatives or loved ones, they may not be as cautious or savvy when it comes to scams. Here are a few ways you can help protect them and other vulnerable loved ones from getting scammed.

- Knowledge is power. According to the AARP, people who know about a particular scam are 80 percent less likely to engage with it, and if they do engage, they're 40 percent less likely to lose money from it. So help spread awareness! Share interesting articles and social media posts (from trusted sources, of course) about prevalent scams with your family—it's a good way to share information and talk about scams in general, without putting anyone on the spot.

- If your senior family members are on Facebook, encourage them to follow trusted organizations that provide information about scams and other forms of elder abuse. A great local Facebook page to follow is Placer PROTECT, run by Placer County's multi-disciplinary elder abuse task force.

- If they use email, encourage them to sign up for fraud alerts from the Federal Trade Organization (FTC). The FTC's scam alert

website is a fantastic resource for people of all ages. It offers many well-written articles about current scams, and an easy-to-use portal to report fraud. Check it out at the FTC Consumer scam-alerts page.

- If you're the techie in the family, help the rest keep their technology up to date. Ask family members if they need help upgrading their mobile phones and computers with the latest versions of operating system software—most updates contain important security patches. Encourage them to use good virus-protection software. If they have a wireless router, make sure it's set up well with good security and privacy controls in place.

- Push the use of caller-id. Help enter family, friends and frequent business contacts into their phone contact list, and suggest they only answer calls from people they know. Remind them that it's OK to let an unknown caller go to voice mail—legitimate callers will leave a message and a call-back number.

- Many scam victims feel lonely and isolated, and embarrassed to admit they've been scammed. Stay in close touch with loved ones, keep the lines of communication open and keep an eye out for red flags. If you find out they've been scammed, let them know it's nothing to be ashamed of—it happens to many people, and it's the criminals who ought to be ashamed. Help them slam the door on the scammers and report it.

For more fraud prevention information and resources for seniors and caregivers, visit the AARP's Fraud Watch Network at the AARP Scam-fraud page.



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Bocce

BY DAVID MOORE

The Fall mini leagues wrapped up on October 27 with a big turnout for the awards party on a beautiful autumn evening. Everyone received a cash reward and the first-place winners are listed below:

Sunday night was won by Team 9: Linda Fredericksen, Frank Kilpatrick, Bob Prentice and Salli Scott.

Monday night was won by Team 8: Edie Durham, Michael Foote, Louise Knight, Leon Osgood, and Lily, Safdie.

The Tuesday morning women's league was won by Team 6: Aud Bair, Jeanne Christie, Gloria Green, Pat Horning and Janet Zube.

The Tuesday night league was won by Team 10: Kathy DelGrande, Bob Horning, Susan Palmer, and Frank Paluch.

The Wednesday night league was won by Team 7: Lynn Mellberg, Terre O'Bryan, George Robinette, Gloria Stovel and Cheryl Thyken.

The Thursday morning league was won by Team 9: Stan Bomar, Kate Duanne, Jean Nakao and Irwin Perry.

Thursday night was won by Team 12:



Dwight Rose, dressed festively for the awards party.



The late June Trost celebrated her 100th birthday last June with a party at the bocce courts.

Rich Berger, Doris Ferreira, Terry Lane, Gary Pannell and Jean Saunders.

The Friday night league was won by Team 3: Jim Burkett, Tony King, Arlene, Lizotte and Kathryn Schroeder.

The Saturday night league was won by Team 8: Irma Beckman, Roque, Lachica, Ron Onodera, and Kelli Wilson.

As you read this, the Winter league is well underway on Monday afternoons.

We will have a report next month.

Once again, we end our report on a sad note: June Trost, who was one of our most loved bocce players and continued to play past the age of 100, passed away on November 7.

...

Billiards

BY DAVID ZAN

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

The Tuesday evening couples group is suspending play due to the holiday season. Play will resume in January again on the 1st and 3rd Tuesday of the month at 6:00 pm. They are also looking to increase their numbers.

Gentle reminder to any member cancelling



Bob Cecil and Ken Neal

their pool cue locker rental should drop their locker key in the drop box after cleaning out their locker.

The Team Tournaments on Tuesday are attracting a full house and are very competitive. Congratulations to Ron and Ken for their multiple wins.

Winners of the team tournaments in October were:

Oct. 3 – 9 Ball: Ron Judd & Bob Cecil

Oct. 10 – 8 Ball: Bob Cecil & Ken Neal

Oct. 17 – 8 Ball: Ken Neal & Don Warden

Oct. 24 – 8 Ball: Ron Judd & Ken Neal

...

SCR Bridge Club

BY JANE MCNALLY

Did you know that today's Bridge game has a long history as its predecessor, Whist, was played in the seventeenth century in many countries, including Turkey, Russia, and Great Britain? Whist may have referred to the rapid action of sweeping up the cards after winning a trick, or whist to a call for silence. One explanation given for how Whist's name changed to Bridge was when Britain was involved in the Crimean War. British soldiers named the game Bridge. The card game got

its name from the Galata Bridge, a bridge spanning the Golden Horn and linking the old and new parts of European Istanbul, where the soldiers apparently crossed every day to go to a coffeehouse to play cards.

Over the years many people were involved in creating ways to keep score, adding vulnerable and non-vulnerable, and inventing duplicate bridge to allow the best players to shine. Seniors, who play Bridge and learn new conventions and strategies, are keeping their brains healthy and active. We welcome those who haven't tried Bridge to join us on Wednesday or Thursday.

The Bridge Club's Annual Holiday Luncheon is happening on Monday, December 11th.

A traditional holiday turkey dinner will be served. Reserve your spot by December 3rd.

Send your \$25 check made out to the SCR Bridge Club to Joan Donlon.

...

Mah Jongg Club

BY CATHY FLUELLEN

Happy Holidays to all. We will be starting a new year soon and I wanted to welcome our new board, Pat Oberlander President, Jackie Spencer Vice President, Karen Nevin Treasurer and Rebecca Matson as Secretary.

I also wanted to thank our outgoing officers, Cindy Faulkner, Annette Peterson and Karen Nevin, for all the work they have done through the years to keep our club going strong.

Next year's dues are payable no later than
(cont' on page 35)

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Observations on New Computer...

BY MARTIN GREEN

Faithful readers of “Observations” (I hope there are some) know of the problems I’d been encountering with my old computer. These included having some of my more brilliant “Observations” disappearing as soon as I’d completed them, the same with some of my stories and even some e-mails. Of late, the old computer also has been reluctant to allow me to get onto the internet and enable me to see and send e-mails. The net result of all this is that I finally decided that the old computer, which I’d been told was obsolete many years ago, was ready to be retired.

The new computer, which I’ve named Bob, is up and running (I’m typing on it now) and everything is working perfectly. Yeah, I wish. For one thing, on the new keyboard I can’t seem to type two words without having a typo. More seriously, the Word function is totally different from the one on the old computer and, as far as I can see, much harder to use. It’s hard to find the things to click on to set the print size, to save the document and I have no idea how to find the number of words. So, remember, if you find any misspellings, grammatical errors or scrambled thoughts in this “Observations” the fault is not mine, it’s Bob’s.

Technogadgets: getting a new computer reminded me of how dependent people, including us oldsters, maybe especially

us oldsters, have become dependent on computers and such devices.

For example, I have come to rely on the computer to order things from Amazon, especially since Covid and even now as I don’t get around much anymore. I found that my new computer didn’t recognize any of the old passwords I’d used for things on the old one. So, in order to use Amazon, I had to reset the old password and who knew what that was? I tried various possible passwords that I remembered using in the past and, of course, all of these were deemed to be invalid. Then, I remembered an old notebook I hadn’t seen in years. By some miracle, I was able to find it and there was the Amazon password — the name of one of the cats we had and the numbers of an old address, only the numbers had been mistakenly transposed. No wonder the password I’d put in had been rejected. I entered the password with the transposed numbers and, lo, the computer accepted it. I could still order from Amazon, a good thing as I’ve run out of milk, and I could order and get some milk the same day. I’m also out of space, so Bob and I will stop here.



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Mah Jongg Club

(cont' from page 33)

January 31, 2024. Dues are \$15 which includes the paid-up membership luncheon.

It is time to order our 2024 Mah Jongg cards. A folder is available in the card room. Please follow the directions on the outside of the folder. The last day to order is January 22, 2024. Standard cards are \$14 and large print cards are \$15. If you do not play in the card room, you may mail or deliver your order and check (made out to SCRMJC) to: Jackie Spencer 7613 Timberrose Way, Roseville, CA 95747. Checks will not be cashed until end of January. Cards will be mailed to you in the spring. We were able to give the Foundation \$525 this year. Good job.

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

• • •

Bunco

BY PAT OBERLANDER

The holidays are upon us! By now you've filled your belly with lots of good food and your heart with the things you are thankful

Roseville Utilities' Meter Upgrade Project Underway; Work to Begin in Sun City in December

Like many utilities throughout the United States, Roseville has embarked on a meter upgrade project. This upgrade includes industry standard meters, which wirelessly send readings and important service information to both our water and electric utilities.

As part of the project, Roseville is replacing older electric and water meters with new ones. As these meters come online, City employees will no longer need to physically visit homes or businesses to read meters and can send commands through the network to connect service and perform maintenance virtually. In the end, it will yield faster customer service resolution and smarter billing information for both the utilities and our customers.

Recycling this Holiday Season

(cont' from page 31)

items) and visit a buyback center to reclaim your deposit. Verify which items qualify for redemption to maximize returns.

- Electronic sleigh ride: If old computer equipment clutters your space, visit the landfill for free disposal or contact the City for doorstep pickup. Call 916-744-5780 for more information.

- Battery bonanza: If your remote or gadgets need new batteries, drop off old ones at multiple Placer County locations, including Roseville. Tape the battery ends before disposal to prevent sparks.

for. Now we are in the spirit of giving and I want to wish all of you a Merry Christmas, Happy Hanukkah or whatever you and yours celebrate.

Please Join us at Bunco on the 2nd and 4th Monday of each month. Sign in starts at 8:30 am and we start playing at 9:00 am. We'd love to see you. We're in the card room at Timber's Lodge. You don't have to commit to every time, but once you start, you'll be hooked. We are always looking for fun loving players. And if you win, you'll get your 15 minutes of fame! We have several new players and are enjoying getting to know them, so bring your neighbors or friends anytime.

Winners for 10-8: Debbie Phillips, Jackie Spencer, Linda Solomon and Becky Matson.

Winners for 10-23: Pat Oberlander, Debbie Phillips, Jennifer Morgenstern, Dottie Thornton and Jean Sanders.

• • •



Bunco Winners!



SUN SENIOR NEWS CLASSIFIEDS

SERVICES

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RETIRED NURSE looking to provide care in your home. Bathing, cooking, cleaning, running errands or anything you might need. Beverly Johnson. 916 -316-1737.

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

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

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

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

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

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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.

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

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

****FREE ADS — INCLUDE:**

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

BUSINESS ADS:

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

Classified Ad Submissions — WHEN: By the 12th of the month. Please email the information below to: SunSeniorCA@gmail.com.
Subject Line should be SCLH Classified and your Phone Number (Example: SCLH Classified 916-123-4567)
1. Contact name and phone number.
2. Which category to place your classified ad in: (Service, For Sale, Wanted, Announcement)
3. Classified ad text - including the phone number you want readers to call.
SCLH residents get FREE non-business Classified Ads; limited to 15 words; one per household per month.
Non-business Ad items include selling personal used items such as furniture, tools, books, rugs, electronics, personal car, golf cart, etc.

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

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



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Market Update

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

George Brown-Owner
916-297-3500 CALL/TEXT

Recent Sales in Sun City

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

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