

# SUN SENIOR NEWS

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## Michael and Cheryl Welch — Active and Awesome

BY JENNIFER MARTIN

“We, the unwilling, led by the unqualified, have been doing so much with so little for so long, we now attempt the impossible with absolutely nothing.” This quotation is one of many in Michael Welch’s vast collection. A lifelong quotaphile, someone who collects quotes, Michael and his wife, Cheryl, have been residents of SCR since 2019. Their beautiful home faces the 11th hole of the Timbers Golf Course.

Born in Oakland in 1945, Michael’s family moved to San Leandro when he was five years old. He spent his school-age years playing baseball (catcher) and football (receiver and defensive back). “I was always in the gym,” he recalls. As a teen, Michael worked at Pring’s, a popular restaurant that drew long lines of cars packed with teenagers who cruised the strip most weekends before stopping at Pring’s for a hamburger and fries. He graduated from San Lorenzo High in 1963.

After obtaining an A.A. degree from



Michael and Cheryl Welch

Chabot College, Michael, knowing he might be drafted, joined the Navy in 1965. While stationed on the USS Bennington, he was a “signalman.” Michael served in the Navy for six years, two of them active duty. Once out of the Navy, he returned to work at Pring’s, then to a factory in Oakland. He married and had two children, Tami, and Chad. The marriage didn’t last, but he remains very close to his children and their families.

Cheryl was born in Alameda, but moved with her parents and younger brother to Hayward when she was two years old. As a young girl, she loved sports and would play games with the neighborhood kids in a nearby park. After graduating from Mount Eden High School in 1966, she attended California State University at Hayward, then transferred to Chabot College. Married in 1967, Cheryl had two children, Kimberli and Kristen. She was a stay-at-home mom until her divorce when she began working for United California Bank, now known as Wells Fargo.

Michael was single for more than four years and Cheryl for eight years by the time they met at the Blue Dolphin in San Leandro. Cheryl had gone there with her cousin who knew most of the members in the band and Michael had gone with his buddies from work. Michael asked her to dance, and they started dating. “I thought he was handsome and one

(cont’ on page 33)

## SCR Foundation 2024

BY LISA CRYAN, Public Relations Director

The Foundation would like to kick off the New Year by recognizing our wonderful community of volunteers and generous partygoers for making our Fall Gala so successful. We had three lucky winners of the treasure chest prizes. Bill Stephens won the \$3,000 prize, Sandra Morea won the \$2,000 prize and a third winner claimed the \$1,650 prize and anonymously donated it back to the Foundation. Congratulations to the winners and a huge thank you to all of those that participated.

Calling all Bingo Lovers! The Foundation’s



Bill Stephens, Foundation's Fall Gala Prize Winner



Sandra Morea, Foundation's Fall Gala Prize Winner

## Sun City Singers

BY JACKIE PROETT

It’s January and last year hangs like an old garment in your closet. There are stains of good food, a little Merlot or Chardonnay, a drop of blood maybe, spilled medication and a lot of dirt. It’s time to toss it out. It’s history. But look! There hangs a brand new garment with 2024 embroidered at the top. Try it on for size and wear it with hope and courage.

The Singers are ready to don the coming year on Monday, January 15, 2:30pm back of the Ballroom. For all you new comers, who loved our new Concert sound, and for all you who said you wanted to join but never did, now is the time to do it! We welcome you all.

The best thing about the coming year is that we still have Paul, our Director and Andre, our Accompanist, who teach us the Joy of music. The next best thing is our ever-faithful audience. They attend every performance and give us their loyal support. We love you back!

We did have joy in our Concert. The wonderful fullness of sound was because of our happy avalanche of new members. The men, particularly, were awesome. The brave few who stuck with us through Covid and everything

else, finally have the help they have needed. Hats off to you all!

When we return on the 15th, please bring your Christmas music in concert order and prepare to receive new music, which is still under wraps. Sounds like this year, secrets abound. (Or was that The Colors of Winter.) We must open the door to see what adventure is before us. Put on that new garment and get ready to live. While you’re at it, keep on singing.

...

## All Tuned Up

BY PEGGY WELLS

It’s hard to believe that time is passing so quickly, that we’re singing Auld Lang Syne while turning the page from 2023 to 2024. According to Professor Google, the term “Auld Lang Syne” is from a Scots-language poem written by Robert Burns in 1788. The literal translation is “old long since”, but it’s more commonly translated as “days gone by” or “times long past.” So, when I hum Auld Lang Syne, I can’t help thinking about the power of music to evoke memories from times long past, both happy and sad. Some examples:

(cont’ on page 4)



Singers



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# Executive Director Comments

BY GEOFFREY BROWNE

A New Plan for the New Year — Last year I encouraged you all to take a risk and try something new – get out of your comfort zone and stretch yourself a bit. I hope you tried that, and that you were successful. If you weren't, don't give up – try again, in a new way. If you didn't, maybe this is your year.

Those of us working on making the future of Sun City Roseville better (and there are a LOT of us) are taking stock of the feedback you've given us and making new plans about what to do, where to do it and how to get there. Usually, things don't get done by themselves so the first step in going somewhere is to have a plan.

We all need a plan I think – whether it's for a project or a task or for personal development. A plan allows you to have confidence to take that second, and third steps. It tells you the direction you need to be heading in, and lets you know when you need to course-correct. Plans help you know when you need to take a step onto another path, or which fork in the road to take. And as you take more and more steps on that thousand-mile journey, the plan keeps you focused on the destination and helps make sure you end up where you set out to go, or end up with the result you wanted.

It's OK if the destination changes – it usually does, at least a few times in your life. Make sure that if it does, you change the plan, too. Because another smart person once said, "If you don't know where you are

going, any road will get you there." (Lewis Carroll). And you probably don't really want to go there.

**Phase B Update —** In the September 2023 Courier I wrote about the membership approval of Phase B, the Fitness Center Renovation and Expansion Project and what our plan might look like. We are now at the point in the plan where one of the most important decisions about the project is behind us. In December the Board met to discuss and approve contracts for both the Architect and the General Contractor (GC) for this work. Now the real work begins. We start with obtaining entitlements from the City, developing the general design so we can generate actual construction documents and using those so the General Contractor can come up with a more detailed cost estimate for bidding purposes.

Once all the bids are gathered (often a 6–8-week task), the GC can then provide the Guaranteed Maximum Price (or GMP) contract for final Board Approval. The final construction start date will depend on several factors such as accumulation of funds in the CAIA (See Treasurer George Porter's article in this edition of the Courier), contractor workload, weather, and/or supply chain concerns. In total the process just to get to the starting line for construction will likely take between 45 and 60 weeks.

For now, we are on track and moving along as planned. I'll provide updates regularly, and you can follow along by watching the Resident Website for news.

# Neighborhood Watch/Citizen Patrol A Situation — This Could Happen in Your Neighborhood

BY LINDA VINCENT

One evening in December, Judy was hosting a party. Ann, Judy's friend and neighbor, did not arrive or call. This was completely out of character for Ann. Ann did not answer Judy's phone call and two guests from the party went over to Ann's to ring her doorbell. No response – and Ann's car was in the driveway. No one had seen Ann, no one had a key to her house and they became worried. They decided to call 911.

The first officer got a quick recap from the neighbors and found a window ajar. The officer radioed that he was entering the house by the opened window. He called out – "Roseville Police! Is anyone here?" No answer. Again, the officer called out when he heard a faint voice from the bedroom. Ann was lying on the floor next to her bed. It appeared she had struck her head on the nightstand and was dehydrated. The officer radioed in for fire and ambulance to respond. The back-up officer arrived and found the Vial of Life in the freezer. The two guests began calling Ann's family to notify them of Ann's situation and offered to feed the cat and lock up.

When the ladies returned to the party

there was some lively conversation regarding the situation. Five of the ladies had no Vial of Life and some had not updated their emergency contacts. The only neighbor that had a key to Ann's house had moved to Reno several months before.

The morals: Never hesitate to call 911 under such circumstances. The police do NOT mind dry runs. Do you 1) participate in Neighborhood Watch? 2) have a trusted neighbor with a key? 3) have a current Vial of Life in place? 4) have current emergency contacts listed in the Neighborhood Watch system? Neighborhood Watch is a valuable program, but is only vibrant and effective when up-to-date information is shared with neighbors.

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### All Tuned Up

(cont' from page 1)

the song sung to you as a child by a beloved parent, or the song played many years later at that parent's funeral. Or, the song that was playing the first time you fell in love, or the first time your heart was broken. And who can forget the first 45 rpm record you ever bought (I'm too embarrassed to say what mine was), the songs you heard at your first college party, and the tune that was playing on your first date with your spouse. Even a not-so-great song can bring up a wonderful memory. (For example, the awful song (IMO) Judy in Disguise by John Fred and His Playboy Band, always reminds me of lazy summer nights with friends.) I think Anne Murray said it best when she sang, "I'll always remember the song they were playing the first time I danced, and I knew..."

So whatever music you're listening to, (or is imposed upon you via Muzak), here's hoping that as we start on a new year, we'll all make wonderful new musical memories with friends and family.

...

### SC Harmonicoots

BY LINDA B. AUG

Reflecting on 2023... and thanking those who asked us to entertain them!

Thank you to the Activities Department as March found the Harmonicoots celebrating St Patrick's Day in Timbers Lobby with Irish lullabies and sing-along songs. Hats off to



*Holiday Caroling with the Harmonicoots.*

the SOLO Club who welcomed the Coots at their April Social. In addition, Sun City Harmonicoots had the honor of participating in a Celebration of Life for the founder of The Sun City Harmonicoots, Bud Gardner. The Sun City Senior Softball League requested we play "The Star Spangle Banner" at Opening Day Softball at Mahaney Field! What a thrill!

Saluting Brian and Tracy Carr for inviting us to the parking lot festivities on the 4th of July at the Golf Cart Parade! We took a "trip"

in August with the Sun City Travel Club. We hopped "Over the Rainbow" to "Blue Hawaii"; stopped off in "New York New York", "Left our Hearts in San Francisco", and saw "The Yellow Rose of Texas" before returning to "This Land is Your Land".

Due to high demand, Activities invited the Coots to play oom pah pahs and polkas for Octoberfest in Timbers Lobby. We proudly thank the Veterans and Patriots Club for our return performance at the Pearl Harbor Day Remembrance Celebration held on December 7th. We closed 2023 by wearing Santa hats in the Timbers Lobby playing holiday tunes by the Christmas tree. We also thank the residents from Frontier Way as we played Christmas tunes at their holiday dinner in the Solarium!

Does this sound like fun to you? No harmonica? We will give you one! Never played before? We will teach you! Looking for some fun and friends? We will provide! Come to the Pines from 1:00 to 3:00 on Thursday and get more information. Imagine! You can be a Sun City Harmonicoot this year!

Harps Up!

...

### Music and Laughter

BY JANE BOHN

Did you know that our Music and Laughter group has been spreading much needed joy here in Sun City for over 20 years? We have an "Open Mic" format allowing all our talented neighbors here to tout their instrument or voice to entertain us. Our audience and steadfast fan



*Joe Given, Elton Pamplin and Jan Given.*

club come to clap and cheer. We meet every second Wednesday of the month. Our show starts at 7pm, (doors open at 6:30) and normally lasts an hour. However, lately, we have been adding a few more minutes in order for all the entertainers to shine in the spotlight. We start the show singing "Happy Birthday" to those in our audience born within that month. We often have sing-a-longs utilizing our overhead

(cont' on page 5)



*Pearl Harbor Day — Saluting Harmonicoots.*



## Music and Laughter

(cont' from page 4)

screen and you can join in or just listen. The cost is a whopping \$1.00 donation for a raffle held at the end of the show. Come join us



at our next gathering, Wednesday evening 7pm January 10 at our Sierra Pines Lodge, located at the corner of Del Webb Blvd., and Whistlestop way. I'm sure you'd agree, we all need to incorporate more Music and Laughter in this wonderful New Year of 2024.

...

## Dance Club

BY VIKKI CLARK

Oh, what a night! Dance Club members danced the night away on December 5th at the Holiday Glitz party. The night started with demonstrations from 6 of the dance classes. Then we dined on a wonderful dinner provided by our own Timber's catering. DJ Tom spun the tunes that kept the crowd going until 9:30. It was such a fun event!



Did you know? Dancing is a fantastic exercise, especially for seniors. It creates

Be sure to join us January 15th for Jukebox Favorites. Tickets are available for \$5 at any dance class.

February 19th will be the Performance Showcase. There will be performances from all 11 dance classes, followed by 3-4 workshops. If you ever wanted to see what each class does, this is the event to attend.



new neuro pathways, and enhances decision making, helping maintain intelligence as we age. The social aspect of dancing reduces feeling of isolation, while boosting self esteem, self confidence, and achievement. It's a great way to meet friends, exercise, and have fun. We look forward to seeing you at one of these events. Please visit the Dance Club website for events and pictures.

Wishing each of you a happy, healthy New Year filled with friends and laughter!

...

## Drama Club

BY LENORA DAVIS

It is 2024 and where is my flying car? How long does a girl have to wait? In the meantime, I am ready for some new adventures, even if just right here in Sun City. Having new experiences is my New Year's resolution (beyond the usual: more exercise and less junk food). This year I have decided to try new things, meet new people, learn some new skills, and do things that are fun and make me happy! There is a certain freedom that comes with this age, which allows us to be ourselves more – if only we dare and do not worry so much about what others think.

Enter the Drama Club. A year ago, I would never have thought that I would be a part of this group of people that I have grown so fond of. Every one of us is different, yet we have all worked together to present 3 performances that we can be really proud of. Each member

(cont' on page 6)

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**Drama Club**

(cont' from page 5)

is so important to the whole, regardless of the roles we play: directing, acting and behind the scenes activities. As I watched our members relaxing and enjoying a well-deserved cast party after our recent performance, I observed friendships that did not exist a year ago. Very

few of us were even acquainted back then. I am truly grateful to be a part of this club and once again extend an invitation to the residents of Sun City to join us. Do not hesitate – we do not intimidate. What have you got to lose – at least come for the booze (just kidding – a little poetic surge).

Anyway, our next meeting is January 9 at Sierra Pines, 7:00pm. We will be discussing plans for our next production and have our quarterly general meeting. We hope to see you there.

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## Creative Arts

BY CAROL KOVACH

Finally Creative Arts is back home... After many months out of our workspace and without kilns to fire our work, we finally have our new kiln room with three brand new up-to-date kilns, hard wired into the wall, with new shelves to hold work for loading and unloading. Our small special team of kiln operators received training from the kiln installers (Alpha Fired Arts), and pieces are now being successfully fired!

The hole in the middle of the room to repair the broken pipe below is now properly repaired, and our large new table in the expanded area of the studio is finally in place -- but not without several hiccups.

All the changes and additions to our facility could not have been accomplished without the untiring work of President June Evans. She was in constant communication with Sun City Executive Director Geoffrey Browne and the contractor throughout the process, making sure everything was being done correctly and delivered and installed on time. She was constantly bird-dogging the entire project. One very important issue related to the plugs in the kiln room. They needed to be hard-wired into the wall, but the contractor opted instead for the cheaper and easier option of installing plugs, which would have invalidated the warranty on the kilns. June made sure this was remedied.

While all this was going on she also raised money for a new worktable to be built. She

oversaw two donations of glass and selling this off to members and friends, saving money by renting a storage facility and then clearing it out within the first month and not paying any rent! She is also the co-chair of our successful bi-annual craft fair and teaches our stained-glass class. Thank you so so much June. You are a marvel.

...

## Fine Arts Club

BY NANCY VAVUL

As the New Year unfolds, the Fine Arts Club reopens its doors to a world of creativity and inspiration. January marks the return of our much-anticipated classes, offering members the opportunity to delve into various artistic realms. Every Monday afternoon, acrylics enthusiasts can explore the vibrant world of color and texture. Tuesday mornings are dedicated to the timeless art of drawing for beginning students, while Tuesday afternoons invite members to immerse themselves in the fluid beauty of watercolor. On Friday mornings, the art room transforms into an oil-painting haven, and Friday afternoons invite the more advanced drawing students to further their skills.

Our journey into the artistic realm doesn't stop there. Circle January 11 on your calendar, for it brings our first membership meeting of the year. This gathering promises a unique experience as Pat Abraham will lead a critique session. Bring in your work-in-progress and embrace the invaluable feedback. Workshops this month include a Mixed Media session

by Renee Hawkyard exploring the inventive possibilities of collage on January 12 and 13, then on January 25 Sherry Bleiweiss will lead another gathering in the captivating medium of alcohol ink, and finally, on January 27 Ella Bosse will teach members how to create beautiful Wool Flower Pins.

Looking ahead, the anticipation builds for our annual art show, "Celebrating Art," scheduled for March. As we usher in the New Year, members are encouraged to channel their inspiration into new masterpieces that will grace the ballroom in March. The art room serves as the hub for information, where details about upcoming events and sign-up sheets are readily available.

January sets the stage for a year filled with learning, sharing, and celebrating visual arts. Let your creativity flow, and let's make 2024 a canvas of endless possibilities.

...

## SCR Needle Arts Club

BY PEGGY VOAKES

Happy New Year and how did we get here so quickly! Are we making resolutions? Will we keep them? I am thinking of a Stephen Colbert interview with Sting in which Colbert asked, "What is the one thing you own that you should throw out?" Sting's answer, without hesitation, was, "Caution." I am going to try that this year. Maybe just in a small way, not in a become-a-roller-derby-skater way. What do you think? Using colors you never would have dared in a quilt or your living room? A different way to applique? Learning crochet

to use up more of your knitting stash, or vice versa? Trying a difficult lace pattern? Learning to make your own decorative sofa pillows? Putting beads on something? Making a style of clothing your daughter would gasp if she saw you wearing? Maybe joining a friendship group in spite of being very, very shy?

The start of a new year always seems energizing and your Needle Arts Council will not disappoint you. Plans for many of our fun events are already underway. Stay tuned.

Last month I mentioned the back table at our General Meetings. I want to make sure we all are aware of our members who make that happen. They are Nancy Dunne, Chris MacAdams, Susan Arbuckle, and Bev Cutler. Not only do they arrange the items so we can "shop" more easily, but, after the meeting, they pack up all that is left over and cart it out. Nancy has a number of local charities to which she gives appropriate items and she delivers on her own time.

Our next General Meeting is January 3, 1:30 pm, in the Ballroom. I'm jumping in to 2024 and I hope to see you there!

...

(cont' on page 8)



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## Cinema Group

BY BRIAN SUTTON

Join us for this exceptional January movie... "Laura", (1944)

One of the most celebrated 1940's film noirs, finds Manhattan detective (Dana Andrews) investigating the murder of Laura Hunt (Gene Tierney). On the trail of her murderer, he quizzes her arrogant, best friend, (Clifton Webb) and her fiancé, (Vincent Price). As the detective grows obsessed with the case, he finds himself falling in love with the dead woman.

This mystery, thriller achieved Oscar nominations for Actor Clifton Webb, Director Otto Preminger, Best Screenplay, Best Interior Art Direction, and won the Oscar for Best Cinematography, black & white. In 1999 the film was added to the National Film Registry.

The Internet movie rating website "IMDB" gave it a high 7.9 out of ten. The website "Rotten Tomatoes" gave an exceptional rating of 100% from 66 critics and 90% from audience reviews. Film critic Roger Ebert wrote of this movie, "Film noir is known for its convoluted plots and arbitrary twists, but even in a genre that gave us 'The Maltese Falcon', this takes some kind of prize."



Friday, January 19, 1:30 pm, Spruce Room, Sierra Pines. As always, admission is free!

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

...

## Roseville Stamp Club

BY TIM MILES

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

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

We have swap sessions, door prizes, access to everything from albums and separate pages to covers, hinges, etc. These are accessible at reduced prices to our membership. We also have "garage sessions" where members get

together with each other and help build their collections.

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

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

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

...

## Jewish Fellowship Circle

BY LOIS ARLEN AND KAREN LEVINE

Happy New Year!! We wish all the Sun City Roseville community a healthy and happy 2024! We look forward to our many fun and interesting events the JFC will have this year.

A special thank you with appreciation to Cora and Dave Rose for leading the Shabbat (Friday night Sabbath) service and to Nancy Schubach and Gerri Junso for hosting the Oneg in November. The Oneg includes special blessings for the wine and challah (egg bread) and a sweet table after the service.

Our first event of the New Year will be a Shabbat chicken dinner hosted by the JFC on January 5, 2024 at Sierra Pines. Following dinner will be a Shabbat service and the Oneg afterwards.

The Book Club is meeting on January 8, 2024 at 7:00pm at the home of Ruth Elkins and Ray Seamans. 'The History of Love' book

by Nicole Krauss will be discussed.

The JFC annual membership dues are still \$12 and due on January 1, 2024. Our annual paid-up membership brunch will be on February 18, 2024 at Sierra Pines. Details will follow by email to all members.

One of the holidays we celebrate at the beginning of the year is TuB'Shevat. It is a minor Jewish holiday occurring on the 15th day of the Hebrew month of Shevat which corresponds to the English date of January 24, 2024. This holiday celebrates the "New Year for Trees" and the renewal of nature. Many Jews take part in a tree planting ceremony or collect money to send to Israel for them to plant new trees. It is also customary to eat the following fruits as mentioned in the Torah: grapes, figs, pomegranates, olives and dates. In California the almond trees bloom at this time of the year, so almonds are also eaten.

...

## Mantra Meditation

BY ED CERVANTES

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

It's a new year and with it comes the

(cont' on page 9)

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## Mantra Meditation

(cont' from page 8)

opportunity for new choices and beginnings. Start the new year by adding meditation to your life.

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

Here are the dates and locations for our upcoming meetings.

Wednesday, Jan. 24th 1:30pm - 2:30pm in the Ponderosa Room at Sierra Pines

Wednesday, Feb. 14th 1:30pm - 2:30pm in the Ponderosa Room at Sierra Pines

Mark your calendar and we look forward to meeting you.

Ed Cervantes and The Heart of Gold Meditation Group

mantramedclub@gmail.com

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## Solo Friends

BY CATHY SCHIMANSKY

Our Solo Friends December holiday party was truly a successful and memorable one that included a delicious catered dinner, talented entertainers, individual prizes, a team game with prizes and dancing. More than 90 members attended the Timber Creek ballroom gala.

Our first Monday of the month general meeting at the Timbers Lodge was held at the Timber Creek lodge on Monday, January 8. The general meeting included a feature presentation by Donna Self, a Sun City Roseville resident and a Sun City Roseville



Fine Arts Club instructor. Donna's featured presentation was "Composition and Design in Art".

The regularly scheduled Solo Friends third Saturday evening of the month social dinner will be on Saturday, January 20th at the Sierra Pines clubhouse featuring a baked chicken with sides dinner followed by our annual January after dinner "White Elephant" gift exchange event.

For our current and prospective new members here's the Solo Friends confirmed 2024 calendar. For our ten large group first Monday of the month general/informational meetings in the Timbers ballroom followed by casual group gatherings in the Timbers lounge: January 8, February 6, March 4, April 1, May 6,

July 1, August 5, September 9, October 7 and November 10. (There are no general meetings in June and December.) In addition, here's our confirmed scheduled eleven third Saturday monthly dinner and event parties at Sierra Pines: January 20, February 17, March 16, April 20, May 18, June 15, July 20, August 17, September 21, October 19, and November 16. Our annual fiscal/calendar year end celebration will be the Timbers ballroom holiday party with dinner provided by Timbers Catering on Tuesday, December 10.

...

## SCR Computer Club

BY BARBARA EICHTEN

There will be no General Meeting in January. A club meeting will be held on February 26, 2024 at 10:00 am in the Club Room.

Cardmaking: Classes will meet on the third Thursday of each month from 1:00 - 4:00 in the Club Room. We will be creating all occasion cards with rubber stamps and dyes. For more information and to reserve your spot, call Cathy Fluellen at 623-256-0280.

Photo: Will meet on the 3rd Friday, January 19 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, January 15. The photos will be juried at the regular monthly meeting. January's theme is "Black and White." The photos are to be taken between January 2021 and the submitted date.

Contact Dennis Studer or Jennii Ramirez for additional information.

Genealogy: There will be no Genealogy meeting in January. The group will resume on February 8 at 2:00-3:30 in the Club Room.

Open sessions are on Friday January 5 and 12 from 1:00 - 3:00 in the Club Room. These sessions are to assist residences with individual problems with iPhone, iPad, or the computer.

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

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## Conservative Action Group

BY SHERRI SCOTT

Happy New Year! It's the start of an exciting year for the Conservative Action Group.



(cont' on page 13)

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# Governmental Affairs Committee

BY ED HEIDIG

Happy New Year to all. The GAC is advertising for a committee member, fill out an application and submit to the administration office.

The Committee follows legislation that could affect the residents of Sun City. Our meetings are the second Tuesday of each month in the Aspen/Birch Rooms. Each District representative's office is in attendance.

Congressman Kevin Kiley's office Rocklin  
6538 Lonetree Blvd, Suite 200  
Rocklin, CA 95765  
916-724-2575

Megan Schultze, District Representative  
Megan.schultze@asm.ca.gov  
Assemblyman Joe Patterson  
District Office  
8799 Auburn Folsom Road  
Granite Bay, CA 95746  
Phone: 916-774-4430

Magnolia West District Representative  
Magnolia.west@sen.ca.gov  
Senator Roger Niello  
Roseville Office  
2200A Douglas Blvd, Suite 100  
Roseville, Ca 95661  
Phone: 916-772-0571

Samantha Constant District Director  
sconstant@placer.ca.gov  
Supervisor Bonnie Gore  
West Roseville Office  
1211 Pleasant Grove Blvd, Suite 100  
Roseville, CA 9567  
Phone: 916-787-8950

Each representative delivers an update for their office and this is an opportunity for Sun City Residents to hear firsthand on government issues. The committee provides an open forum for resident comments and provide an opportunity to ask questions of our representatives.

An example, if you have a Federal question like, Veterans issues, or Medicare you can ask here at these meetings.

Start the New Year right and attend a Governmental Affairs Committee meeting.

# Properties Committee

BY MARK LACHER

Happy New Year from the Properties Committee! With the start of a brand-new year, we would like to let you know about the Properties Committee and what we do for the Community. The Properties Committee checks the appearance, maintenance, and care of all Sun City Roseville common areas that are not assigned to the Golf Committee. Our sub-committee groups help Association Staff by conducting monthly inspections to identify areas of concern. A partial list of responsibilities for the various sub-committees are as follows:

Building and Hardscape – inspects sports courts, the facilities for activities like bocce and croquet, buildings such as the Lodge and Sierra Pines, and water features and pumps on a rotating basis looking for items needing replacement, trip hazards, and finding anything that doesn't look right.

Common Area Landscape – looks at all community landscaping (plants, trees, and flowers) on a rotating basis. They inspect School House Park, Demonstration Gardens, all Community entrances, Timber Creek Lodge and Sierra Pines landscape, interior road medians, and parking lots.

Open Space and Riparian – reviews all riparian and environmentally sensitive areas looking for specific plants that are a problem, downed trees, beaver dams, and any other issues that might indicate a future problem.

Resident Concerns - is another important part of our responsibilities. Any resident who sees an issue in any of the common areas may fill out a Resident Concern form which can be found on the website or in the Administration Office. Once a form is received in the Administration Office it is directed to the Properties Committee who confirms receipt with the resident and sends the concern to the proper department for resolution.

Resident Concerns, as well as all other issues noted during monthly inspections, are logged, and reviewed at monthly Committee meetings until resolution.

The Properties Committee meets the second Thursday of each month at 9:00 AM in the Birch/Cedar Rooms. We invite you to attend any of our meetings.

# Ambassador Committee

BY LATRICIA NICHOLSON

We're hoping that everyone had a wonderful holiday season with their loved ones.

The Ambassador Committee held their last meeting for the year on November 21st with guest speaker Doug Smoot, SCR Foundation Chair. Doug spoke about the many services besides Home Maintenance that the Foundation has to offer SCR residents. You can learn about the SCR Foundation and their services on their website <https://www.scrfoundation.org/>.

The Ambassador Committee will have their first meeting of the new year on January 16, 2024. At the meeting we will discuss the next New Resident Orientation to be held on February 24, 2024, for residents who registered in October, November, December and January. These residents should look for an eblast invitation at the end of this month. RSVP quickly! You don't want to miss out on the valuable information that will be provided, the food, prizes and just plain fun!

# Tax Returns

BY BOB EGGERTS

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 916-741-0932 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.

# Local High School Students Speak Out for Prizes and honor

BY LORA FINNEGAN

"How can we ensure a robust public-school curriculum that is accessible to all and teaches historically accurate information?" That's the intriguing topic students will be addressing in the Eleanor Stem Allen Memorial Speech Trek contest, sponsored by the American Association of University Women Roseville-South Placer branch and the Gray Allen Family. You can watch the finals February 9 at 4 PM at a free event held at Sun City Lincoln Hills' Kilaga Springs Lodge (Presentation Hall), 1167 Sun City Blvd, Lincoln. Complimentary refreshments



Winners from the last Speech Trek event (2020) left to right: 1st place: Hanging Yenky, senior at Rocklin HS; 2nd Eric Rhu; 3rd Shelby Ferris; Runner-up Dhriti Jagadish

and a no-host bar will follow the presentation.

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



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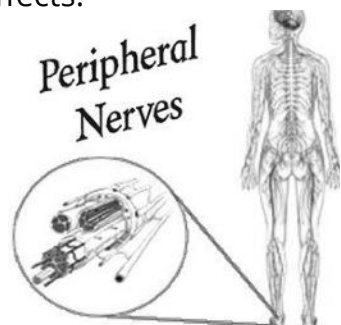


## TRAVEL – Club Cruise

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](mailto:trish@clubcruise.com) to RSVP for this very special event.*

# Neuropathy Relief Is Possible

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



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

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

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

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

## Three Factors to consider for Effective Neuropathy Treatment:

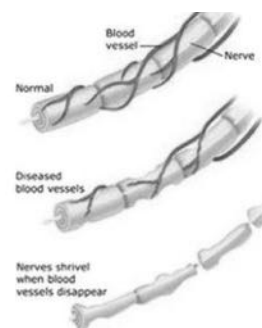
1. Underlying cause?
2. Amount of nerve damage sustained?
3. How much treatment is required?

## Three goals of treatment at Lincoln Acupuncture:

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

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

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



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

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

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

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

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

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

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

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**YOU DON'T HAVE TO JUST LIVE WITH IT**

Conservative Action Group  
(cont' from page 9)

For our first meeting of the year on Wednesday, January 3, we will welcome Amy and Steve Cho as co-leaders of CAG. They are replacing Gwen Myers who held this position from the start of the group two years ago. Thanks again to Gwen for all she personally did and the sound direction she gave us in our action-oriented activities. Our meeting on January 3 will show the award-winning movie “Sound of Freedom”, a true story about human trafficking. CAG members can bring their friends to watch and enjoy the provided popcorn.

A trip is planned to see the new Placer County Registrar of Voters location at 3715 Atherton Drive (off Sunset Blvd.) for Thursday, January 11. We will meet there at 10:00 am and afterward go across the street to William Jessup University for an optional lunch.

This is just a reminder to all CAG members of the Lincoln dinner to be held on Saturday, February 3 at the Blue Goose Event Center, 3550 Taylor Road, Loomis. It is a fund raiser in support of our local conservative candidates for 2024. Individual tickets are still available by signing up at [placergop.org](http://placergop.org). If you have any questions, please contact Amy or Steve.

Please note, the January meeting has been changed from the 1st to the 3rd. We will meet on Wednesday, January 3 at Sierra Pines at 6:30 pm where the movie will be shown. Happy New Year!

...

Socrates Café  
BY STEVEN GUSTAFSON

At Socrates Café last month, 15 of us discussed three questions that focused on ethics, plus one “surprise” question. As usual, a facilitator composed the written questions. In condensed form, they were:

1. Do we have an ethical responsibility to address climate change? How should we balance economic and environmental sustainability?
2. Do we have an ethical responsibility to address systemic gender-based injustice? Are there exceptions to practicing acceptance, empathy, charity, respect, and compassion?
3. How does the rise of social media affect our understanding of truth, knowledge, and

belief? Do we have an epistemic responsibility to mitigate the effects of misinformation and echo chambers?

Several of us congratulated our facilitator for providing these great discussion questions. Then he presented the “surprise” question verbally, which was essentially this:

4. The three questions above were 100% written by the ChatGPT artificial intelligence program. I did nothing other than ask ChatGPT to give me three discussion questions related to ethics. Does this example illustrate that artificial intelligence is a benefit or a threat to society?

Socrates Café offers great opportunities to exercise your mind with Sun City residents who are respectful of the views of others. We will not meet in January, but we will meet as usual on the first Monday of the month, February 5th, at 10:00 in the Timbers lodge. You are welcome to join us.

...

Travel Club

BY PAM SCHEEL-HEMINGWAY

By the time you read this, the holidays will be a fond memory and we'll all be working on those New Year's resolutions. Let's include more travel this year!

- Trips now available for booking for Travel Club members include:
- 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)
- Great Lakes Cruise: April 22-29, 2025 (Viking through Alamo)
- 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.

The Travel Club meets the 4th Monday of each month at 3:00 pm in the Ballroom. We hope to see you at our next meeting on Monday January 22. Remember to bring any unwanted travel-related items (in excellent condition) for the “back table”. Donated items are available to all members on a first-come basis, so be sure to check the table when you get to the meeting!

...

Rods & Relic

BY ELNA RAGAN

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

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

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

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

Contacts: Tom Indrieri, President 916-645-2035; Mike Carvidi, Membership Director 707-849-2834.

Web Site: [www.rodsnrelics.net](http://www.rodsnrelics.net)

...



SCR Democrats  
BY MARISA BERNETTI

On December 2, 2023, the Placer County Central Democrat Party held a District 3 wide door-to-door canvas.

SCR Democrats also participated in a Donation Drive for Homeless Shelters spearheaded by Placer County Board of Supervisor Member Bonnie Gore. We collected over 25 boxes of blankets, paper goods, personal care items and Christmas decorations.

SCR Democrat member Gerri Junso organized a festive Holiday Lunch that was catered by the Olive Garden. Members provided tasty salads and desserts. We also had fun with games and door prizes. We celebrated with free-flowing mimosas! Thank you, Gerri, for organizing the Holiday Lunch.

All are invited to our next general meeting on January 24, 2024. Check-in and social with coffee, tea and cookies will commence at 9:00AM. The General Meeting will start at 9:30AM. Member Sandi Norquist has stepped up to volunteer as our local political commentator and will be giving her second eye opening presentation. Political commentator, journalist and author Dan Walters will be our guest speaker.

Welcome to 2024! The Democrats of SCR wish all our friends and neighbors a peaceful, friendly and healthy New Year!

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Birders

BY JANET MORELLI

So far this birding season, SRC Birders have been lucky to have good birding weather on their birding field trip days, the first and third Thursdays of the month. The fifth field trip planned to Cosumnes Preserve in Galt on November 16 was nearly canceled because of rain the night before. Instead, the Birders had perfect birdwatching weather the next

(cont' on page 14)



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## Birders

(cont' from page 13)

morning. Among the 23 species identified were Northern Pintail, Snow Goose, Cinnamon Teal, Sand Hill Crane, and Northern Harrier.

The Lincoln Water Treatment Plant visit planned for December 7 was also almost canceled the evening before because weather forecasts were predicting rain the next day. Instead, the sun came out and the Birders saw 26 species including Meadowlark, American Pipit, Greater Yellowlegs, Canvasback, and Kestrel. The Birders are hoping for continued good weather for field trips in 2024 but recognize that we and birds both need rain.

Two field trips are planned for the month of January 2024. On January 4, a trip to 12-Bridges Trail in Lincoln is on our calendar. This will be our first trip to this trail, but we have visited Coyote Pond nearby, many years ago. On January 18, the Birders will be going to Colusa Wildlife Refuge near the town of Colusa. Last year the Birders identified 40 species at this location including Ruddy Duck, Hooded Merganser, Snow Goose, White-fronted Goose, and Black-necked Stilt.

For more information regarding these field trips, call Janet Morelli at 916-782-6393. A complete schedule of field trips for 2023-2024 can be found on the Birders Group website at <https://scres.org/Sys/Login>.

• • •

## Garden Club

BY SUZETTE AUSTIN

Our Garden Club Holiday Celebration was a delicious breakfast buffet at the Lodge on December 5. After the breakfast we had a lively gift exchange. Each member brought a wrapped gift and had an opportunity to choose a wrapped gift or to steal one already opened from a friend. A big thank you to Chris Watt who had the room so festively decorated!

Our next Club meeting will be on Tuesday, January 2, 2024. Our speaker will be Marshall Valine, a specialist on House Plants at Green Acres in Roseville. His presentation will cover the different varieties of house plants, water needs, light requirements, humidity and the correct soils to use when repotting your indoor plants.



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.

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.

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.

• • •

## SCR Hiking Group

BY SILVANA HUGHES

Happy New Year! If your new year's resolutions include being more physically active, we invite you to give hiking a try. Hiking is a great way to get more exercise, breathe fresh air and meet friendly folks, all while enjoying the stunning landscapes of the beautiful Sierra Nevada mountains.

In general, hikes are rated based on length and elevation gains and losses; the hike rating may vary based upon the hike leader's judgment. General guidelines from the Sierra Club ([sierraclub.org](http://sierraclub.org)):

Easy – 6 miles or less with gentle elevation gains and losses of 250 to 1,300 feet. Moderate – 6 to 10 miles with varied terrain and gradual elevation gains and losses of 1,000 to 2,500 feet.

Strenuous – 9 or more miles with significant elevation gains and losses greater than 2,500 feet.

For additional information, feel free to inquire with President Pete Grady (see contact information on the SCR Hiking Group officers web page).

Our next meeting is scheduled for January 8 at 5:30 PM in the Ponderosa Room at Sierra Pines. Food assignments for the potluck have been emailed.

Below is the January schedule, subject to change depending on weather and trail conditions. We meet at 8:45 in the parking lot near the tennis courts for carpooling. A

(cont' on page 15)

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## SCR Hiking Group

(cont' from page 14)

detailed schedule is posted on the SCR website.

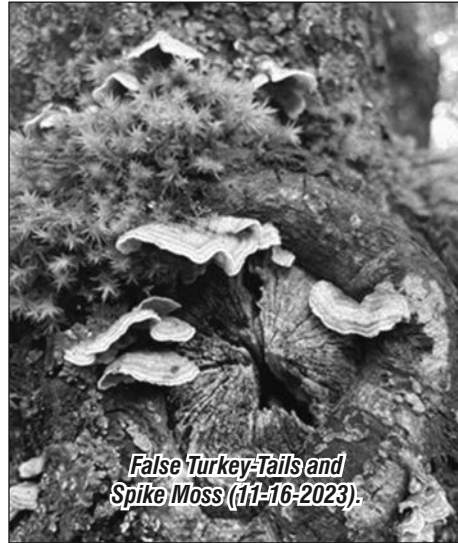
January 4: Sweetwater Creek to Falcon Crest – rated #4 (easy to moderate), 5.25 miles, elevation gain of 600 feet, \$8. carpool ride.

January 11: Cronan Ranch - rated #4 (moderate), 6.5 miles, elevation gain of 1050 feet, \$8. carpool ride.

January 18: Foresthill Divide - North Side – rated #5 (moderate), 5 miles, elevation gain of 700 feet, \$8. carpool ride.

January 25 - Skunk Hollow Loop – rated #5 (moderate), 5.75 miles, elevation gain of 850 feet, \$8.00 carpool ride.

• • •



## Cycling Group

BY SUZETTE AUSTIN

“A Joyful Celebration,” our annual Cycling Club Holiday Dinner, was on December 13 in Sierra Pines. Our group dressed in their festive best and not one of our members wore spandex biking pants. What a fun evening it was with our White Elephant Gift Exchange and Santa Claus even made an appearance at our festive event!

We wish you a happy and safe new year cycling!

Rovers Rides continue on Sundays and Wednesdays. These rides are usually about an hour in length and average a 10 MPH pace. Avoiding heavy traffic, this group rides on Sun City roads and local bike trails. This group focuses on new and returning riders. Any resident of Sun City is welcome. Departure times could vary and cancellations do occur due to weather this time of year. Please text Renee Hawkyard at 916-759-9495 to subscribe to up-to-date texts about each ride and to get more information. Other riding groups are available for all levels of riders

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. Email Ann if you are not sure whether you’ve paid your dues.

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).

• • •

## Cornhole

BY STEVEN GUSTAFSON

We play cornhole every Tuesday at 3:00 on the Sierra Pines horseshoe lanes. Sometimes it’s quite cool, but usually at least six shows up to play (in the summer we typically have over a dozen players). You’re welcome to join us.

But suppose it’s not Tuesday and it’s warm enough outside. Maybe you’re with some friends (or visiting family) and you’re looking for something to do. How about cornhole? Any Sun City resident can go to the Sierra Pines golf office and sign out the key to the box at the horseshoe lanes that stores the cornhole boards and bags. You can play at the horseshoe lanes or even at your home, most patios have enough space to place the front of the boards 21 feet apart (our “senior distance”).

Cornhole is a very social game, be sure to have your favorite beverage and some snacks on hand when you play!

• • •

(more Club News cont’ on page 17)

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## Bocce

BY DAVID MOORE

January is a quiet month on the bocce courts, but a good time to reflect back on what awesome times we all had there in 2023 and look ahead to more fun in 2024.

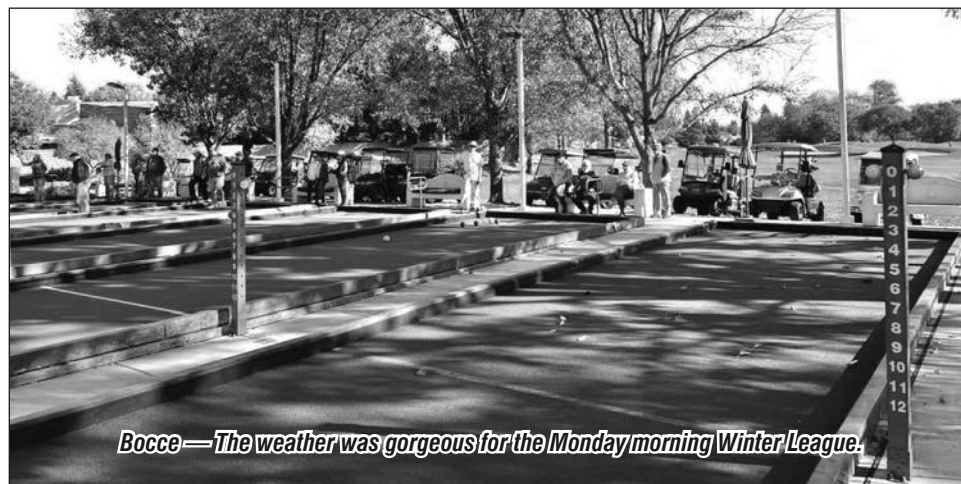
Last year saw overflow crowds on the bocce courts for the Spring and Fall Mini-leagues plus a Monday morning Winter League. Although we expect just as many or more players in 2024, the addition of two new courts should eliminate the need for any six person teams, and allow players to spend more time actually playing and less time watching while cheering on their teammates.

Also 2023 saw a host of Saturday tournaments which culminated in Mike Bubbico and Arlene Lizotte becoming the yearly Sun City Roseville champions. The dates for the 2024 tournaments will be announced soon.

Last year featured some great parties and plenty more are planned for this year starting with the Winter Party on February 4 in the Timbers Ballroom from 6 to 10 pm with dancing or just enjoying the music of Analog Jazz Band, a six piece band. The name is a bit of a misnomer as it's more bluesy, Michael McDonald, Etta James and Santana type music. Reports are they are a great dancing band but just as enjoyable rocking in your seat!

Two other important upcoming dates to mark on your calendar are Wednesday April 3, which is the sign-up for the Spring mini league and Wednesday April 10 which is when play begins!

• • •



## Pickleball Club

BY ANNE BURNEY

The Pickleball Club wishes you all a Happy New Year. This is the time of year when many of us make a new year's resolution. If you love Pickleball maybe your new year's resolution is to work on having a more steady backhand, or be more confident with your dinking game, or maybe you're going to play in one of the tournaments that are put on by the Pickleball club throughout the year.

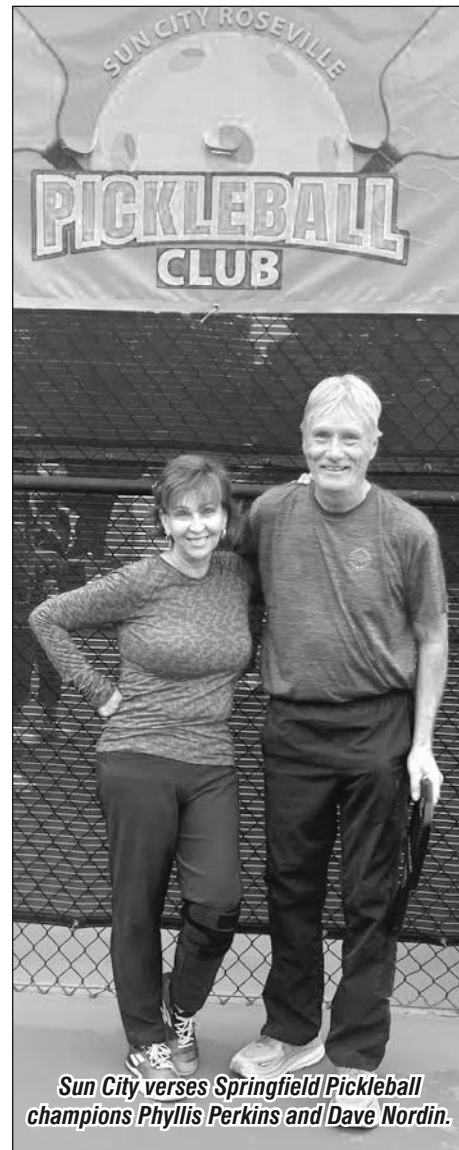
Our Pickleball courts continue to improve here in Sun City. We have additional benches installed around the courts for relaxing and viewing the players. We also have a new patio built between the Pickleball courts. It will be covered so that in the summer months we have a shaded area to host social events.

Elections were held in December for the new Pickleball council members. The President is Phyllis Perkins, Vice President is Pam Wingo, Secretary Elizabeth Laverty and Treasurer is Rosemary Sanchez.

Picture 1 with caption: New Pickleball council members Phyllis Perkins, Pam Wingo, Rosemary Sanchez, and not pictured Elizabeth Laverty

Picture 2 with caption: Sun City verses Springfield Pickleball champions Phyllis Perkins and Dave Nordin

Pickleball Tip of the month: Moving with your Partner on the Pickleball court is



a crucial part of the game. Pretend there is a string connected to you and your partner. If they move left to hit the ball you should also move shift left to cover the middle. You and your partner create a wall for your opponents with no gaps for them to hit the ball into.

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 Tennis Club

BY DIANE BARNETT

In December the courts remained busy with weekly play despite cold mornings and occasional rain. Linda Gordon and her Social Committee, prepared the "Ye Olde Fashioned Christmas party" that was held in the Ballroom with a catered dinner, musical entertainment and dancing provided by Crystal Image. 73+ members and guests enjoyed the no-host cocktail party and had their annual Christmas pictures taken by our resident photographer John Desmond. Thank you John. President Dieter Rohfleisch introduce the 2024 Tennis Club officers and the 3 newly appointed Council members. Jim Leimbach (Saturday AM Drop-In Coordinator) is assuming the role of Court Usage Coordinator this year as Ray Barnett retires from the position. Also, I will be stepping aside as Tennis Club Publicity person, and Wendy Leimbach will be taking over writing the monthly Tennis Club articles for the Courier and Sun Senior News. Michelle Weeks, the Tennis Club Liaison on the Sports Activities Committee will be updating the Tennis Council with information from the Sports Activities meetings.

SATA (Sacramento Area Tennis Association) Captain Nancy Kacey reported that the 2023 SCR Ladies SATA League finished in 4th place this past season and a year-end party was held on December 18th with 20 team members in attendance. The SATA League will resume again in this month and the SCR team is entered in the upcoming League. Thank you Nancy and Michelle weeks

(cont' on page 21)



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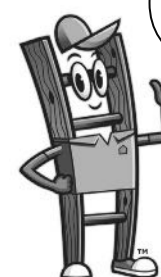
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	Jul 9, 2024	\$948	\$1,264	\$2,098
	Aug 11, 2024	\$898	\$1,217	\$1,598
Sail round trip from San Francisco, California to Skagway, Alaska; Juneau, Alaska; Glacier Bay National Park, Alaska; Ketchikan, Alaska; Prince Rupert, BC, Canada; San Francisco, California.				
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	Mar 25, 2024	\$778	\$945	\$1,198
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\*Shuttle from Lincoln to the ship in San Francisco is \$200 p/p round trip. Prices are per person based on double occupancy and subject to availability at the time of booking. Taxes, Fees, & Port Expenses as well as Travel Insurance are additional. Please call for current availability and pricing.



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## SCR Tennis Club

(cont' from page 17)

for forming/running the SCR SATA team which has been very well received by the SCR Tennis Club. Contact Nancy or Michelle if you are interested in joining the SATA team and contact Jim Leimbach if you want to join the Tennis Club.

• • •

## SCR Table Tennis Group

BY FRANK TOM

Happy 2024! As you launch the new year, we welcome you to join us for a little table tennis (also called ping pong) at Sierra Pines on Tuesdays and Thursdays from 2:00 pm–5:00 pm, and on Saturdays from 9:00 am–12:00 pm.

We have 50 plus members, with almost an equal number of men to women players. As with most of our members, we have not played table tennis for decades. We have beginners to advanced players. As such, our members generally play with other members within similar ability level. Our goal is for everyone to laugh a lot, get some exercise, improve their hand-eye coordination, sharpen their reflexes, and work on their balance. We offer instruction, provide paddles and balls, and we have a ball machine for you to improve your skills.

Our annual membership due is \$15. We use the dues to pay for paddles, balls, nets, and supplies to clean our paddles. We generally have two to three socials each year. One of our socials is to invite the table tennis club from Sun City Lincoln Hills for a little friendly competition and to enjoy a barbecue. Thereafter, they invite us to their club for a similar activity. We have kept this tradition going for over five years. Lots of fun, food, and laughter.

• • •



Softball — Bob, Rich, Gary, Frank, Patrick, Randy and Rich.

## SCR Softball Club

BY FRANK TOM

Happy New Year. My name is Frank Tom, and I'm the President of our club. Blessings to all for continued health and happiness in 2024. This will be our club's 28th year as a senior softball league. Please visit our website at "rosevillesseniorsoftball.org." Click the "Videos and Photos" tab to see how much fun we're having and watch our instructional exercise videos that you can follow along in the comfort of your home to stay physically fit.

January is an exciting time for our club because we're recruiting new players to join our league for the 2024 season. The average age of our players this season is in the mid-70's. Our youngest player is 59, Mark McGushin. Our oldest youthful, spirited player is Joe Lopez, age 90!

We invite you to join our league. Most of our players, both men and women have not played for 30 years or more, until they joined our league. We'll offer instruction on basic fundamentals of hitting and fielding. We'll teach you stretching and strengthening exercises to prepare you for the season so that you won't get hurt. If you don't have a glove or bat, you can borrow one from our club. We provide a softball cap that you can keep, and a

jersey that you can wear for the season.

If you're interested in joining our league, or want to know more about our program, go to "rosevillesseniorsoftball.org" and click the "Rules and Stuff" tab. If you have questions, please contact Frank Tom at franktom@comcast.net, or text/call 415-827-9049. You can also contact Rich Muentner (Vice President) rich@infinitiwireless.com, or text/call 916-698-0736.

Come join us for try-outs beginning January 8th, 9:30 am, at Mahan Park: 1095 Amington Drive, Roseville.

• • •

## SCR Volleyball

BY MARISA BERNETTI

Volleyball, both court and water, is enjoyed regularly by many of our Sun City Roseville neighbors. No fees or annual dues are required, just your desire to have fun and get some exercise, on the court or in the water.

• Water Volleyball: Indoor pool - Mondays, Wednesdays and Fridays from 11:00-1:00pm. Play is in lanes



Marisa Bernetti, Volleyball President.

one to three; so, no deep-water play. One can join play at any time; you'll just rotate in at side out. It's fun and easy, like water aerobics, while volleying a soft ball back'n forth. Join us or just come to watch (you'll laugh along with us!).

• Court Volleyball: Pickleball court #1, (closest to Del Webb Blvd). New Winter hours are Thursdays, 2:00-4:00pm. Starting in May 2024, summer hours will revert to Fridays 8:00-10:00am.

• Group Socials: The Group has quarterly meetings (very short) followed by a social



Water Volleyball.



Table Tennis — LHTTC/SCR Interclub — September 17, 2023.

dinner, BYOB and games, such as cornhole, left-right-center dice game and others. Socials are the third Fridays of March, June and September at Sierra Pines. On December 8th, we enjoyed a holiday breakfast at Pacific Street Café, complete with raffle prizes and a Christmas carols sing-along. Insert photo

Our socials are always well attended and spouses/partners round out the festivities. Our next social will be Friday, March 15th, with

(cont' on page 22)

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### SCR Volleyball

(cont' from page 21)

a St.Patty's day Green Beer & Corn Beef + Cabbage celebration.

We also wish our members, friends, family and neighbors a very Happy and Healthy 2024!

Please join us, young, old, experienced or not! For more information, call Marisa at 916-745-9571 or email her at [mjbretiree@gmail.com](mailto:mjbretiree@gmail.com).

...

### Golden Niners

BY WALT BROMBY

Golden Niner golfers took advantage of limited frost delays and little rain in November.

The Golden Niners enjoyed their Holiday Breakfast in December with approximately 130 members and guests for a great turnout and wonderful event with guest speakers and prizes.

This month's featured Golden Niner is Bob White. Bob and his wife, Rachel, moved to Sun City in 2014. Bob has always loved the game but couldn't always play in his younger years due to work and being busy raising a family but now he is able to play every day. Bob and Rachel have been married going on 62 years and have three grown children, two sons and a daughter, who are the loves of their lives. Bob is originally from the East Coast but moved to San Jose in 1980. Bob was a firefighter outside of Boston for 15 years then started with Lockheed as a firefighter after moving to California. After retiring in 2008, Bob and Rachel wanted to be closer to their daughter.

They heard about Sun City and realized that's where they want to be.

Bob did Citizens Patrol for the first couple of years and joined the Bocce Club for four years. But these days he gives golf his all!

If you've ever had the privilege of playing with Bob you know that he is one of the longest hitters in the club, is a lot of fun to play with, and has a great sense of humor.

The club paid a total of \$1322 to the Pro Shop for November. Top money winners were: Walt Bromby, \$33, Bob Eggerts, \$30, Paul Garcia, \$31, Anthony Riggio, \$30, Gary Wolff, \$28, Jack Murphy, \$27, Sherm Walker, \$25, Alan Greenberg, \$25, Gary Paese, Rich Muentner, Bud Haddix and Gene Ballard, \$24.

...

### He & She Golf Club

BY JULIE HARRIS

Happy New Year to all our members and friends! Hopefully you had a wonderful Holiday Season surrounded by lots of family, friends, good times and great food.

Speaking of good times, the He & She Holiday party on December 1st was full of joy and merriment. The catering staff at Timbers restaurant did a bang-up job with the meals and the band, Crystal Image, was as always, spot on with the music. There was plenty of dancing, laughter and smiles. Many thanks to Kathy DeVito and Linda Ryan for all their attention to detail. We will miss them as they transition off of the board.

(cont' on page 23)

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## He & She Golf Club

(cont' from page 22)

Looking forward to the new year, we welcome our new and returning board members:

President - Julie Harris, Vice President - Jahna Holmes, Secretary - Monica Konkel, Treasurer - Karen Hawkins, 18 Hole Captain - Rich Aug, 9 Hole Captain - Kathy Fowler, Social Events - Nicki Wampold and Peg Mucci.

Everyone is looking forward to another great year of He & She Golf. Be sure to send in your 2024 dues. Jahna Holmes, our new VP, will be handling membership. Send or drop off to her at 7617 Rosestone Lane or drop at one of the Pro Shops.

...

## Sierra Pines Ladies Golf

BY PAM SKARG

"I can't believe I forgot to go to the gym today, that's seven years in a row."

January 2024 is a time to reflect on the past year and how we did on our last year's resolutions and good intentions. For me, it's to keep my head down and follow through, oh well, another year.

The final event of our year was our Holiday Luncheon held on December 5th and chaired by Carolyn Pittman and her committee. It was an afternoon of beautiful decorations, awards, donated prizes, ladies all decked out in their holiday wear, great food and lots of laughter. Invite the Lady Niners anywhere and you will always find fun and laughter. And much to



Group A winners in Eclectic, Roxanne Warloe, Pam Hemingway, Pat DeCroix.



Winners in Putts for Points, Rhonda Bubbico, Rhonda Slusser, Jackie Shook.

her surprise, Carolyn Pittman was announced as our Most Improved Player of the year. Congratulations, Carolyn, way to go!

What a better way to start the new year but by announcing seven new members joining our club, they are: Eleanor Dean, Gerrie Gohr, Mary Burns, Barbara Futran, Raquel Godfrey,

Pam Niesley and Nancy Edger. A very warm SPLG welcome to our new members and we all look forward to getting to know you both on and off the golf course.

The Most Improved Players for November are:

- First Flight - Stephanie Tran
- Second Flight - Christy Bennett
- Third Flight - Linda Yadao
- Fourth Flight - Marilyn Meyers

A great way to end your year, ladies. Congratulations!

A quote from Ben Hogan, "The most important shot in golf is the next one".

A message from the Sierra Pines Ladies Golf Club:

Happy New Year one and all and may your 2024 be filled with love, peace, health, happiness and a lower handicap.

...

## Timber Creek Women's Golf Club

BY NANCY LABRADA

Happy New Year, 2024! We are happy to announce our new Council: Captain, Susan Green ; Co-Captain, Deb Gassen; Treasurer, Karen Shahoian; and Secretary, Julie Harris.

Let's welcome our new members, Donna O'Neil, Cyndi Davenport and Joan Munn

Cyndi moved to our community with her partner, Jeanie Murchison, 4 years ago from Oak Park in Southern California.



New Members Donna O'Neil and Cyndi Davenport.

Cyndi is an avid tennis player and will be joining the Travel Club. She has played golf off and on since childhood. Her Big Sister is Susan Green.

Donna moved to Sun City last July from Carmichael. She is a retired educator from San Juan School District who loves traveling and writing. She is a published author. Her Big Sister is Becky Green.

Joan, a retired nurse, moved here from Walnut Creek in November and became involved with the golf groups right away. She began playing golf at the age of 8 and played regularly on golf teams through high school. Her Big Sister is Lynne Peaslee.

The Most-Improved Players for November are: Barbara Simon (1st Flight), Joanne Gregson,

(cont' on page 27)



New Member Joan Munn.

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Timber Creek Women’s Golf Club

(cont’ from page 23)

(2nd Flight), and Lois Habein (3rd Flight). We ended 2023 with our annual Holly Jolly tournament on December 6, a chilly day with some rain during the tournament. Congrats to those who persevered.

Our Holiday Luncheon was held on December 13th in the Ballroom to celebrate the many accomplishments made this year. End of the year awards were presented and will be covered next month. Thank you to Mary Jorgensen for organizing this event.

A big “thank you” to Barbara Simon, our 2023 outgoing Captain! And a special “thank you” to all our Committee Chairs for their dedication and support in 2023:

As the New Year begins, we are reminded of the wonderful community we live in and all the advantages we enjoy here. We welcome any new lady golfers to play a few rounds as a guest and meet some of our great ladies. We have Big Sisters eager to mentor you.

• • •

Timber Creek Men’s Golf

BY GARY BECKMAN

It is now the start of the New Year and it is time to start looking forward to another great year of golf and socializing with the Timber Creek Men’s Golf Club. We have an exciting schedule that will give our members the opportunity to enjoy the many events that are planned for this upcoming year.

From Championship and NCGA golf tournaments to fun golf outings and competitions, Central Valley Seniors (CVS) outings, 12-man team NCGA competitions, Roseville Rose Cup competition, and helping to maintain our Golf Course in R.A.M.P., we have a lot planned to keep our members busy. The schedules for these events are posted on our Club website along with a lot of other important information about our club. Please check us out under Chartered Clubs on the Sun City Website.

This is my last article as the Timber Creek Men’s Golf Club President. It has been my great pleasure to have the opportunity to serve the Members of our Club and wish them, and all of our readers, a Happy New Year and Happy Golfing!

• • •

Billiards

BY DAVID ZAN

The Billiards Club continued to be very active during November. 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](mailto:dzan@surewest.net) to get a lesson scheduled.

The Tuesday evening couples group suspended their 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 their pool cue locker rental should drop their locker key in the drop box after cleaning out their locker.

The Team Tournaments on Tuesday at 1:00pm are attracting a full house and are very competitive. Congratulations to Ken Neal for being on the winning team three times in the month.

Winners of the team tournaments in November were:

November 7 - 9 Ball: Bob Cecil and Tom Gonzales

November 14 - 8 Ball: Ron Judd and Ken Neal

November 21 - 8 Ball: Jerry Crosby and Ken Neal

November 28 - 8 Ball: Tie: Marty Ross and Jerry Crosby / Ken Neal and Ken Lane

• • •



SCR Bridge Club

BY JANE MCNALLY

In November, the Monday duplicate bridge players at Sierra Pines celebrated a special birthday. Virginia Lynam was honored for reaching her 99th year with group love and cakes. Virginia is a wonderful example for all of us who want to keep our mental



abilities alert and intact. She enjoys learning new conventions when playing bridge, and she keeps her partners on their toes. When she stopped driving, she bought a golf cart so she could get to all her bridge games and other activities. Happy birthday, Virginia.

On Saturday, January 20th, Susan Pankopf will be teaching a bridge class that is geared to those whose skills are beyond the beginning level and want to play at an intermediate level. This 8-week class will be held in the card room from 10-12. Email Susan at [sndpank@gmail.com](mailto:sndpank@gmail.com) to get more information or to sign up for the class.

The December 11th end-of-the-year luncheon was held in the ballroom with a traditional holiday meal. Turkey and all the trimmings. The games included both Social and Duplicate bridge players. The winners will be announced next month. Happy New Year to all our families, friends, and neighbors.

• • •

Mah Jongg Club

BY BECKY MATSON

Happy New Year—we’re wishing everyone a happy and healthy 2024!

2024 Mah Jongg officers are Pat Oberlander, President, Jackie Spencer, Vice President, Karen Levine, Treasurer (returning) and Becky Matson, Secretary. Any suggestions or comments about Mah Jongg, please reach out to any of the officers.

We play Mah Jongg on Mondays from 12:30 pm to 3:30 pm and on Fridays from 9:00 am to 12:00 pm. We have lunch in the Timbers Restaurant at 11:30 pm on Mondays and at noon on Fridays, for whoever wants to join us. You are welcome to play either day or both.

Mah Jongg membership dues are \$15.00 yearly. The dues are payable by check made out to SCR MJC. There will be an envelope in the Mah Jongg room. Please have your dues turned in by January 30.

It is also time to order our 2024 Mah Jongg cards. A folder is available in the card room. The last day to order is January 22, 2024. Standard print cards are \$14.00 and Large print cards are \$15.00. If you do not play in the card room, you may mail or deliver your card order and check (made out to SCR MJC) to: 7613 Timberrose Way, Roseville, CA 95747. PLEASE be sure to have your current address

(cont’ on page 29)



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Mah Jongg Club

(cont' from page 27)

on your order form. Cards will be mailed to you in the Spring. Some of the money comes back to SCR Foundation.

Mah Jongg is fragrance-free and nametags are encouraged. For more information about membership, please call Pat Oberlander at 916-929-5582.

...

Bunco

BY PAT OBERLANDER

Happy New Year! Start the year off with a new resolution...

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're in



Bunco Winners



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! Spread the word to your neighbors and friends.

Winners for 11-13 were Becky Matson, Dotty Thornton and Jackie Spencer.

Winners for 11-27 were Margrit Greiner, Becky Matson, Terry Lane, Linda Solomon, Jackie Spencer, Judy Spencer and Jennifer Martin.

...

Sunshine Services

BY LINDA CILENTI

With the beginnings of a new year, many may find themselves reflecting on memories and missing the loss of loved ones. Loss and grief may be difficult to discuss, difficult to navigate and many times difficult for family and friends to understand. You are not alone, there is an opportunity for our neighbors' experiencing loss to attend a drop-in Adult Bereavement Support Group.

The Adult Bereavement Support Group provided through Sutter Care at Home Hospice may assist those experiencing change, transition, and a loss in life. Sharing your grief with a caring professional and with others is a way to face the challenges and care for yourself. Support can make a difference in our healing, well-being, and health. And it can help others too. Come join others seeking care and support during significant life losses and the grief that can keep many from peace and joy.

The Adult Bereavement Support Group meets on the first Tuesday of every month, 10:00am to 11:30am at the Timber Creek Lodge, Card Room. There is no fee to attend. There is also a Grief and Loss Support Group via Zoom, on the second and fourth Tuesdays of each month from 10:00am to 11:30am. There is no fee.

Should you have questions or want more information contact Kate Craig, LCSW, Sutter Care at Home Hospice 916-918-3025.

As you navigate the grieving process be gentle and patient with yourself and know everyone's journey is different.

If you need a little sunshine, remember, "We're here to Help".

Safety First —

BY ROSEVILLE POLICE DEPARTMENT

Have you made a donation to a charity recently? Perhaps you plan to make a donation to start out the new year. Whether you are making a donation now or in the future, be careful. There are criminals waiting to take advantage of your generosity.

Charity scams take many forms:

Online giving — There has been a lot growth in online scamming over the past years. Many bad-actors are purporting to be charities requesting donations. Even if you receive an email from a recognized and respected charity name, don't assume the request is really coming from them. Take a close look at the name of the sender. Does it really show an email address pertaining to that charity? Charity emails usually end in ".org". If not, it could be from a scammer. Don't click on or open any links on these messages. Doing so may give the sender access to personal information on your computer and in some cases gives the sender control over your computer.

Unsolicited phone calls — Phone scamming continues to increase. It's estimated over 59 million US residents lost money from a phone scam in 2021. Legitimate charities rarely make random calls for donations. The easy way to avoid scam calls is to just not answer calls if you don't recognize the caller ID. Most of these calls are automated (Robocalls) and never leave a voicemail.

House calls and street collectors — It's relatively easy for scammers to go door to door pretending to be collecting for a charity. Some even have fake IDs they show you, knowing that you don't easily have the capability to check if the ID is valid or not. To help deter door-to-door scammers, post a "No Soliciting" sign on or near your front door. If you are out around town and someone is collecting on the sidewalk, don't assume they are a legitimate charity. Check them out on your own before giving money or your personal information.

Tips to follow:

- Don't let any charity rush or pressure you into making a donation, of any kind.
- Look for specifics regarding how your donation will be used.
- Confirm that the charity or organization is legitimate and is a non-profit organization listed with the FTC (www.consumer.ftc.gov/).

• Avoid sweepstakes claiming to exchange winnings for a donation; that's both a scam and illegal.

Some sites to use to search for legitimate and registered charities or non-profit organizations are:

- BBB Wise Giving Alliance <http://www.give.org/>
- Charity Navigator <http://www.charitynavigator.org/>
- CharityWatch <http://www.charitywatch.org/>
- Guidestar <http://www.guidestar.org/>

Taking time to ask questions, gather information, and verify an organization's non-profit status can help make sure that your generous giving will truly go to those that need help. It can also help ensure that your personal information is protected and not compromised by scammers looking for easy targets. If you believe you have been the victim or have had your personal information jeopardized, please contact the Roseville Police Department or file a crime report online.



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## SSN WRITER...

### In With The New

BY JOY S. HUTCHISON

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

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

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

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

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

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

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

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

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

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

## SCR Foundation 2024

(cont’ from page 1)

next Bingo event is scheduled for Sunday, January 7, 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, between 8:00 am and 11:00 am. You may also 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](mailto:scrfevents@gmail.com).

The Foundation is once again partnering with the Community Association’s Activities Department by funding the quarterly Speaker Series. 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. The event will be held in the Timber Creek Ballroom on Wednesday, January 17, 1:00 pm – 3:00 pm. Tickets are \$5.

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

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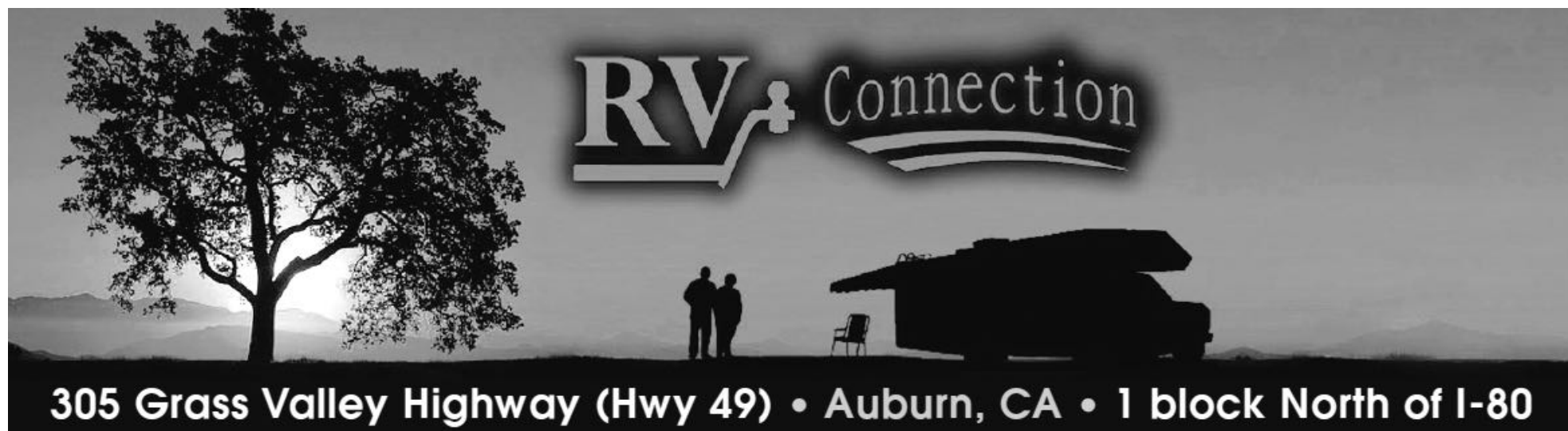


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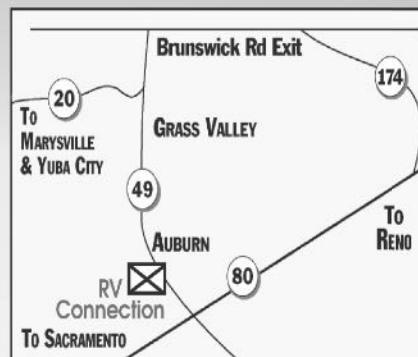




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## SUN SENIOR PROFILES *Getting to know you...*

# Michael and Cheryl Welch

(cont' from page 1)

of the nicest people I'd met," she remembers. She asked him to attend a wedding, but he had to cancel at the last minute because of work. She didn't hear from him for six months until he called, asking "Are you still single?" She replied she was. "How come?" he wanted to know. She asked him the same questions. Yes, he was still single. "If I call you, will you have dinner with me?" he asked. She agreed, but another six months went by before he called to secure a dinner date. The couple married in 1986 at the Alameda Naval Air Station Officers Club. Michael's cousin, a Greek priest, officiated at the ceremony, and, to Michael's amusement, their marriage certificate was



*Cheryl and Michael Welch*



*Michael and Cheryl's grandkids — Circa 2018.*

written totally in Greek.

Michael spent 30 years running an agency in the transportation industry. He had a contract with Landstar after the industry was deregulated, it gave him an opportunity to do various activities involving trucking. In fact, Michael's was one of a handful of agencies picked to work with FEMA during Hurricane Katrina in 2005. Meantime, when Cheryl's job with a computer manufacturer was downsized, she worked for a time with Michael in a tiny office that only had a fax machine, a phone, and a pad of paper. She looked around, then at him, and asked "What do you do?" After he acquired a new business partner, he had to let

Cheryl go (she says she was fired). Not too long afterwards, he needed her back in the office, but she refused, deciding instead to work for a bank in Danville. Then, when her daughter wanted to go to Oakland at night to obtain a license in massage, Cheryl thought it best to accompany her and ended up getting her own license. She worked as a massage therapist for a few years until her grandchildren became her priority.

Over the years, Michael and Cheryl have been coming to Sun City often to visit family, particularly her mother, Esther Hopton. When it got to the point that they hated the thought of driving back home to Danville, and, since



*Cheryl and her mother Esther Hopton on a cruise to the Panama Canal in 2014.*

three of the grandchildren lived in Roseville, they decided to buy a house here. At first, they signed up for everything they could think of, but over time, they wisely pared back to just a few activities and clubs. Both are active golfers, Michael with a group of male friends, and Cheryl with the Women's 18-Hole Golfers. They're also in Boomers, Bocce, and for a while, Citizens Patrol. Michael is currently chair for the Governmental Affairs Committee and an active member of the Harmonicoots. Both get involved in community events like the Golf Cart Parade at Christmastime.

As fun as all these activities have been for them, they don't compare with the joy they have with their family. "Our family is the most important to me," says Michael. When he and Cheryl blended their families, Michael didn't like the term "stepfather," so he told Cheryl's children that he was their "bonus dad." To this day, he still gets cards from them addressed to B.D.

One particularly memorable time with the family was when he and Cheryl booked a cruise for their children and grandchildren, nine family members in all, on the Harmony of

the Seas, a ship on the Royal Caribbean line. The family really enjoyed all the amenities that included a ten-story slide, an ice-skating rink, and a breath-taking water show. Cheryl laughs as she recalls when one of her grandsons asked for more lobster at dinner and the waiter brought a plate teeming with six lobsters, all of which were devoured by the end of the meal.

Besides their trip to the Bahamas, Michael and Cheryl have traveled extensively throughout Europe (including Spain, Portugal, and France) and have taken cruises to the Caribbean, Mexico, Alaska, and New England. They recently got back from a trip to New York to visit Michael's son who is a chef there.

They also have many happy memories of times in their family cabin in the mountains in Arnold, California. Cheryl's mother, Esther, would go up there often with her friends from Sun City. Once, when they were there, Cheryl had booked a window washer to clean the cabin windows. While he was there, Esther asked if he would like some breakfast. When his wife called to check on him, he told her, "I think I'm having breakfast with the Golden Girls."

If you're ever around them for long, you will notice the couple's devotion to each other. She still thinks he's fabulous and he thinks she's awesome. He likes to tease her, though, about her lack of height by saying, "She can do anything, except reach the top shelf." They continue to enjoy an active life in our community and, of course, collect quotes to live by and to inspire others.

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# Observations... Faces the New Year

BY MARTIN GREEN

The New Year 2024: What, it's 2024? You're probably just as surprised as I am. Where did 2023 go? Considering the kind of year it was, it's probably best just to let it go. So, what's ahead for 2024? My instinctive answer is---You don't want to know. To try to find out anyway, we'll turn to---what else in this day and age---Artificial Intelligence, better known as AI. Unfortunately, AI says it has no real-time data and to consider consulting reputable news sources and experts. Well, we know there are no longer any reputable news sources, and we know how good the so-called experts have done. So, let's go back to---You don't want to know and leave it at that.

A Milestone: There are a number of milestones in growing up in America and an important one is driving a car. There are stages in reaching this milestone. First, you have to become a teenager, then you have to take driving lessons from somebody, usually a parent or maybe a driving school, then you have to get a learner's permit, then the driving license, then a car, usually a used one, then finally you buy a car of your own and so have car payments, car insurance and car repairs. Just as there are milestones in growing up, so there are milestones in growing old and then when you get really old, you reach the milestone of having to give up driving a car and along with that your car. I reached this milestone as

I approached my 94th birthday last December 30th. During the Covid era, when we oldsters were advised to shelter in place, I'd hardly driven my car and in the last year I really had no place I had to go so was just taking my car out for a spin every week or so to make sure it was still running (and to make sure I still knew how to drive.) Also, my driver's license was due to expire at the end of the year and the prospect of going to the DMV office to renew it was not enticing. I wasn't really sure I could still pass the vision test. Added to this was that on one of my weekly spins in Sun City, somebody backed out of his (or her) garage without looking and I had to swerve around it, going up on the sidewalk to narrowly avoid a collision. Finally, my 16-year-old grandson had just gotten his driver's license and my son needed to add another car to his family. So, one fine day my son and grandson came over for a visit and when they left, my son was driving my very low-mileage car and my grandson was driving what used to be my son's very high-mileage car. And I no longer had a car. It still seems strange to me not to have a car in my garage and my reaction is still to think, where's my car. I suppose in time I'll get used to it but there it is, I've reached a milestone in getting old, really old.

Another Milestone, Sort Of: Besides no longer driving, I've recently made another change in my lifestyle; I'm not sure if it can be considered a milestone or not. I believe I've

mentioned my creaky knees here and one of them, the right one, has become so bad that I'm now using a walker that I had left over from having knee replacement surgery some eight years ago. I suppose it can be considered a milestone in the process of getting really old. For some time, I'd been using a cane (or walking stick, as I prefer to call it) whenever

I had to go any distance, but the time came when I no longer trusted it. So, I dusted off the walker and on a recent trip to have lunch at Timbers, I made it from the Lodge entrance all the way to the restaurant without mishap. I noticed several other walkers there, all much nicer looking than mine, which is strictly basic. So, maybe in place of a car, I'll be in the market for a new walker with all the bells and whistles and that will be another milestone.

## Saving Water in the New Year!

BY MAURICE CHANEY, *Roseville Environmental Utilities*

As 2024 begins, here are some handy ideas—or resolutions —on how to have a fun and water-efficient new year:

- If you're cleaning the good china or silverware, they most likely require hand washing. Fill one basin with soapy water and the other with rinse water.
- Scrape dishes into the trash instead of using the sink's garbage disposal.
- Wash fruits and vegetables in a small pan instead of rinsing them under running water.
- Be sure to check the house for leaks as you return your home to normal. For example, a running toilet can waste about 200 gallons



- every day.
- As you deep clean the guest bathroom, consider replacing the old showerhead, faucet, or faucet aerator with WaterSense-labeled ones.
  - That full household created a lot of extra laundry and dishes. So remember to run your clothes washer and dishwasher only when full.
- And hopefully, Santa brought you a new WaterSense or ENERGYSTAR-labeled dishwasher or clothes washer this year!
- Learn more water-wise tips at [roseville.ca.us/savewater](http://roseville.ca.us/savewater) or [BeWaterSmart.info](http://BeWaterSmart.info).

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# Sites Reservoir Project Receives the Green Light for Construction — *Project will aid in statewide water supply reliability*

BY MAURICE CHANEY, *Roseville Environmental Utilities*

A key milestone was recently reached, bringing the Sites Reservoir project—a crucial initiative contributing to California’s water infrastructure—closer to construction. The final environmental impact report, officially certified by the US Bureau of Reclamation and Sites Project Authority, paves the way for construction, which is scheduled to begin in 2025 and is expected to conclude in 2030.

“The certification of the final environmental impact report marks a pivotal moment. As we move towards construction,

offers a potential solution for storing excess surface water across California, aiming to reduce dependence on existing water storage facilities like Folsom Lake.

Roseville stands to benefit indirectly from this project, as the Sites Reservoir, with a proposed capacity of up to 1.8 million acre-feet, introduces a substantial water source that can be channeled into the Sacramento-San Joaquin Delta. This redirection is poised to enhance water quality and foster a more conducive habitat for fish.



we are not just building a reservoir but a more sustainable and interconnected water infrastructure that will benefit us and future generations,” concluded Bruce Houdesheldt, Roseville Mayor. “It will increase statewide reliability for the environment, agriculture, and urban water users.”

Understanding what is at stake, back in early 2017, Roseville opted into the project’s initial phase and shares a board seat on the Sites Joint Powers Authority Board with the Placer County Water Agency. Even though Roseville won’t directly receive water from this project, the interconnected water systems in California ensure benefits for Placer County and our watershed.

“Sites Reservoir is a crucial step towards ensuring water security in our region,” said Vice Mayor Krista Bernasconi. “By diversifying our water sources, we can reduce the impact on existing facilities and enhance our resilience, benefiting everyone in California.”

The new above-ground storage facility in Glenn and Colusa counties provides a solution to store extra water, relieving the strain on existing state and federal water supply storage facilities.

“As we embark on the construction phase of the Sites Reservoir, we are not merely building a reservoir but investing in a water management legacy,” emphasized Scott Alvord, Roseville Councilmember. “This project’s forward-thinking design and careful environmental considerations guarantee a reliable water supply that will stand the test of time, reinforcing California’s resilience in the face of evolving challenges.”

The Sites Reservoir’s strategic location

The Sites Reservoir will alleviate pressure on Folsom Lake, the primary water source for Roseville, as less water needs to be released into the Delta for environmental preservation.

“As an above-ground storage facility, this project is valued for ensuring a sustainable water supply for our community and beyond while also making a significant contribution to environmental well-being,” said Pauline Roccucci, Roseville Councilmember. “Redirecting water to the Delta for ecological reasons benefits our communities and helps maintain a balanced ecosystem.”



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