SUNSENIOR NEWS

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Tap Company

BY ALISON WOLFF

EVERYBODY DANCE NOW! A Lincoln Hills Tap Company Production —

Get ready to tap your toes and move to the rhythm at the Lincoln Hills Tap Company's much-anticipated spring 2024 show, Everybody Dance Now! This lively and upbeat extravaganza is set to dazzle audiences on April 4th, 5th, 6th, and 7th in the Ballroom (OC).

Under the creative guidance of the production committee (Sharon Lefkov, Mary Adamson, Kathy Fernandes, Jennifer Carroll, and Alison Wolfe), Everybody Dance Now! promises to be a celebration of diverse dance forms. The show will feature a spectacular array of acts, seamlessly blending ballroom, clogging, tap, hula, line dance, jazz, and more. The stage will come alive with the vibrant energy of different dance styles, showcasing the incredible talent within the SCLH community.

(cont' on page 35)

Players Club

BY DOUG BROWN

The Players Club is delighted to announce two FREE READERS THEATER shows on Saturday, February 3 and Sunday, February 4, both at 3:00 PM in Kilaga Springs Presentation Hall. (By the way, February 4 is NOT Super Bowl Sunday.) The one-hour show treats audiences to five delightfully funny stories, "Memories Are Made of This," written and directed by Alan Lowe. Lincoln Hills denizens will easily identify with these tales from the [fictitious] Sunset Ridge senior community. Come on out to this free show, sit back, relax and enjoy a great time. Fun for all!

Next on the Players' agenda is our June 13-16 MAIN STAGE SHOW, "Old Hams," directed by Jane Patton. This summertime show regularly sells out in the intimate Presentation Hall venue, so you might want to mark your calendar and purchase tickets when they go on sale April 17. "Old Hams" features a cast of eleven retired Hollywood

actors and filmmakers residing in a hundredyear-old manor in Burbank, CA. The big question is: Will these eleven "old hams" (and are they ever old HAMS!) be able to thwart a dastardly real estate plan to sell their beloved mansion and convert the property into... say it isn't so...a shopping mall?

The Players club welcomes all to come to our meetings. As you meet members, you'll soon discover that theater is NOT just about acting on stage, the thought of which is sometimes downright scary... performing in front of audiences, perfecting your lines, and all that. In fact, last November's "Shame of Tombstone" involved 40+ "backstage" people (costumers, props handlers, stage designers and builders, publicists, audio and lights crew, and more), all supporting the 12 actors on the stage! Next meeting is Monday, February 12, at 4:00 PM, in Kilaga Springs Presentation Hall. Come on out and be our guest!

LH Foundation — Books, Buddies and Bingo!

BY DENISE BOWDEN

February is a short month but there are many opportunities to celebrate. From Groundhogs and Superbowls to Presidents and our Valentines there is a lot to keep us busy. Two special days are Book Giving Day and World Cancer Day, and the Lincoln Hills Foundation celebrates both. Our support of the Friends of the Lincoln Library for large print books as well as technology-based access to books and other media puts reading and watching at the touch of a button. Our grant to Bosom Buddies acknowledges the support and camaraderie so important for facing tough times and through the healing process.

Your gifts make it possible for us to continue supporting these great organizations as well as others. 100% of all donations received go back into the community in grants for programs that support our seniors.

Our February Bingowillbeon Wednesday, February 28th. Note that Bingo has now moved to mostly Wednesdays so check each month, so you don't miss out. Our volunteers will be ready so get those daubers ready. This year we will be highlighting monthly an organization that receives grants from the Foundation. This is a great way to see the impact being made by the community's generosity.

On February 28th doors open at 12:30 (cont' on page 31)

Meet The Author Lecture Series

BY JOY HUTCHISON

Guest author Bob "Doc" Owens will discuss his book Pointman in Kilaga Springs' Presentation Hall at 2:30pm on Monday, February 26th. Although a work of fiction, Pointman was originally started as a diary more than 40 years ago. However, many of the experiences depicted in the book reflect the actual suffering and sacrifices as well as the camaraderie and courage demonstrated by a platoon of young soldiers during the Vietnam War.

While serving for his country, Mr. Owens received the Combat Medical Badge, Purple Heart and Bronze Star during his time with the 9th Infantry Division in the Mekong Delta, as well as the Cambodian invasion in 1970. He was then transferred to the 1st Cav. Division where he served with the 15th Medical Battalion. A graduate of UC Davis and Cal State Chico, Mr. Owens was a teacher and school administrator for 35 years before retiring as the Lassen County Superintendent of Schools. He is a member of the American Legion as well as a lifetime member of both the Veterans of Foreign Wars and the Vietnam Veterans of America.

Music Group

BY JULIE RIGALI

Our next two meetings will be on Wednesday, February 14 and Wednesday, March 13, from 1:30 to 3:30. Whether you sing or play an instrument, or just want to listen to other performers, join us in P-Hall (KS). If you want to perform, sign-ups are available at 1:00 PM.

We have made some changes to our format. We begin our meeting by everyone joining in to play and sing some numbers included on our website, then we begin our performances.

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

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

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

Website: www.lincolnhillsmusic group.org



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SUBMISSIONS: The Sun Senior News -

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

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

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From the Editors



Editors' Note: As we begin another election year, just a reminder... The Sun Senior News has always been politically neutral. Our content should be focused on the activities of the clubs, groups, individuals and issues related to being a resident of Sun City Lincoln Hills. Our publication will not publish article content or "Letters to the Editors" regarding Federal, or State election issues or advocacy.

We ask that Sun City clubs/groups that are, or could be perceived as political, to limit submission content to basic meeting/event/link info, and avoid advocacy. All club/group submissions should focus on that organization only. Submissions should be 300 words or less and due by the 15th of the month for the following issue.









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In-Home Senior Care Provider

Hi, my name is **Gwen Patton** and I am currently an **in-home senior care provider/caregiver**. I became a care provider in the year of 2003 working through healthcare agencies part time while attending college and later became full time. **I have a bachelor's degree in Healthcare Administration**.

I have 20 years' experience in this field. I have worked through many health care agencies throughout the years and also getting trained/ attending trainings every year and is currently up to date. I am fully vaccinated. I am currently on the *California State Care Registry List* and passed back ground check. Will provide my care provider registry number upon request to see me on the registry. Will provide professional references upon request as well. I am non-medical only.

What I do: I assist with medications, very light housekeeping, laundry, cooking, dressing client, bathing, feeding, run errands if needed and ect.

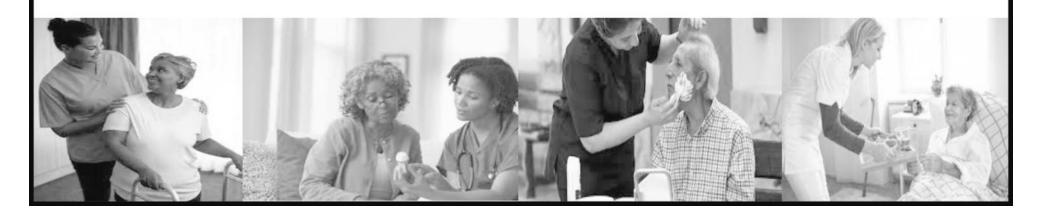
I have worked with a variety of "clients" including seniors who have dementia, diabetes, very experienced with people who have lack of mobility (bed bound) and who are on hospice etc. I work with family to help them help me to give the caregiving the client deserves.

I am not comfortable working with the hoyer lifts or colostomy bags. I do work with urine catheters."

I am only available for 8 hour to 12 hour overnight shifts.

I charge between \$25 to \$30 an hour depending on what's needed.

Cell Phone Contact Information: 707-307-9691 (Can call or text)



LH Chorus

BY GAY MACKINTOSH

"There's no business like show business ... Let's go on with the show!" The Lincoln Hills Chorus will be giving our "Regards to Broadway" with three performances in May. What are a few of your favorite things from the Great White Way? Try to remember that special song—but if you don't remember, we're sure to remind you of some of Broadway's most memorable hits.



Our chorale selections span more than a century of rousing musicals from "Little Johnny Jones" (1901) to "Oklahoma" (1943), "Annie Get Your Gun" (1946) to "Man of La Mancha" (1965), "Mamma Mia" (2001) to "Dear Evan Hansen" (2016), and much, much more. Can you name that tune? Tune in again next month to find out what we'll be singing from each of these shows.

Tuneful Director Paul Melkonian and Accompanist Nina Malone will inspire us as always to sound our best. It will be "a grand night for singing" when our show opens May 3—plus two grand afternoons May 4 and 5 if you prefer a matinee. Watch the Compass and eNews for the date tickets go on sale and get ready to reserve your favorite seats. With the Lincoln High School Choir rounding out our program, tickets are sure to sell out fast!

Visit our website at lincolnhillschorus. org for more information or contact our membership coordinator, Mari Long, at mlong24sjca@sbcglobal.net, 916-409-9136.

Country Couples

BY LORI BIBBY

We had a great turn out at our Holiday Dance in December. We enjoyed a wonderful turkey and ham dinner with all the fixings. We danced the night away while enjoying the company of our great dance friends.



What is country couples dancing? It's simply choreographed line dancing with a partner. Our club meets on Fridays in the Fine Arts Room (OC) at 9:30 AM for beginner practice and 10:30 AM for intermediate practice. Come check us out! The practice leaders are very good at going over the dances, and the emphasis is on having fun. Actually, it's been said many times we are a social club with a dance problem.

John and I started out a few years ago with no dance experience. We now know over 30 dances. Yes, we mess up and make mistakes, but the good news is no one laughs at us, however we do do a lot of laughing because we are having fun with the great friends we've made.

For those with some line dance experience, you can sign up for the Association's Country Couples Western Dance classes offered on Monday evenings, taught by Dennis and Georgi Dawson. Extra practice is on Saturday. Many of our active club members enjoy these classes because we just can't get enough dancing in

Our next Club dance is February 17th in the Multi-Purpose Room (KS) from noon to 4:00 PM. This is a no-frills dance.

We are excited about our Dance Cruise to Alaska in 2025. It's not too late to sign up.

For more information about Country Couples, please contact April Cederburg at 916-390-3931 or you can go to our Website: www.sclhcc.com.

(more Club News cont' on page 7)

Neighborhood Watch

Resident's Contact Information Due

Volunteer Appreciation Dessert Party

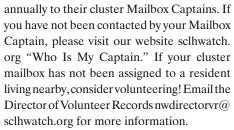
NEW Community Safety Event

FEBRUARY 15

MARCH 2

APRII 11

Local leadership for our community includes Neighborhood Watch. Working with local police and fire, volunteers disseminate safety and security information to residents. Residents who wish to participate, provide their confidentialemergency contact information



Neighborhood Watch Directors are pleased to honor the volunteers of Neighborhood Watch annually. This year's special Volunteer Appreciation Dessert party will be held March 2, 6:00 to 8:00 PM, multipurpose room/kitchen (KS). This is a great time to meet fellow volunteers, receive special awards, and enjoy delicious desserts and savory treats provided by the Directors of Neighborhood Watch. A No Host Bar is also scheduled for the evening. Please RSVP to executiveassistant@sclhwatch.org and leave your name and designation, namely, Mailbox Captain, Village Coordinator, or Support Staff. Please include your Village and Mail Station number. Mark your calendar for March 2 and RSVP today. Let us honor you!

Also save-the-date April 11, for the New Community Safety Event starting at 1:00 PM. This event will offer new information and the chance to meet, learn and participate in a Q & A session with Lincoln police, fire and Placer County services personnel. Detailed information will soon follow. Join-in on the events provided by Neighborhood Watch, where local leadership and safety begins!

Lincoln Hills Foundation continues to support the safety of our seniors through the annual funding of Neighborhood Watch.

NEIGHBORHOOD WATCH Thank you! MARK YOUR CALENDAR!

Neighborhood Watch Mission Statement, through the dissemination of information: Strengthen neighborhood ties. 2. Increase personal safety & security awareness. 3. Be the "eyes and ears" of the Lincoln Police &

Fire Departments. 4. Encourage emergency preparedness.

- 1. Strengthening neighborhood ties: Neighborhood Watch is pleased to welcome new Mailbox Captains, Carolyn Broback for Village 10A MS 8, Anne Mitchell for V 41 A, and Deni Cooperrider for V 2, MS 14. Who is your cluster Mailbox Captain? Have you been asked to provide or update your emergency contact information? Email our Director of Volunteer Records at nwdirector@sclhwatch. org to find out more.
- 2. Increase personal safety and security awareness: Whether out and about or at home, safety and security is important. Take note that SCLH Association now has a new patrol service, VForce Security Patrol, replacing Curator, effective Jan 1, 2024. Contact number is 279-239-9094. In an emergency, however, please dial 911.
- 3. Be the "eyes & ears" of the Police & Fire Departments: Call the Lincoln Police non-emergency number 916-645-4040 for a non-emergency incident. You can also report a crime online at www.lincolnca.gov report a crime or leave a message with Barry Johnson, Public Safety Liaison 916-434-6538.
- 4. Encourage emergency preparedness: Call Neighbors InDeed 916-223-2763 and leave your call back number. Many services are provided, or referrals are offered. Don't climb that ladder! Call Neighbors InDeed.

Updated "Alerts" and safety tips are available on website schwatch.org. Be safe. Be informed. Join the Neighborhood Watch leadership and volunteer to make this community a safer place to live.

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Election Committee News: SCLH Board of Directors Election

BY CAROLE MOORE, SCLH Elections Committee Member

SCLH will hold its annual meeting of Members May 16, 2024, where the results of the Board of Directors Election will be announced. Ballots will be mailed to members from April 10-15th. All ballots must be returned no later than Wednesday, May 15, 2024 by 3:00 pm.

Become a Candidate: There is still time to consider running for one of the three opening Director positions. Candidate filing opened January 19, 2024 and will close on Tuesday, February 20, 2024 at 4:00 pm. Contribute to our community, get involved in making policy decisions, run for the Board.

Candidate Briefing Session: The Elections Committee will hold a "Candidate Briefing Session" for eligible candidates on Thursday, February 22, 2024 at 10:00 am in the Heights/ Gables/Oaks room at Orchard Creek Lodge. Eligible candidates will be briefed on campaign rules and other procedures related to being a candidate.

Important Early March Dates for this Phase of the Election:

- Friday, March 1, 2024---Candidate Statements due by 4:00 pm.
- March 1-22, 2024--Candidate Forum Question Boxes will be on display at the Orchard Creek and Kiloga Springs Lodges. The community is invited to submit questions they

would like considered for presentation at the Candidate Forum.

• March 1, 2024---Campaign materials display begins in the Orchard Creek and Kiloga Springs Lodges.

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

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



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From start to finish, we are with you all the way. Our team will get it done!!





SRES

Email: jackiesmithSRES@gmail.com www.DiscoverYourWayHome.com





Jackie Smith-- great agent!

Jackie helped us sell my parents' house in Sun City Lincoln Hills; they had both recently passed away, and she was just an amazing help to us. She even helped us do an estate sale. She was kind and understanding. I highly recommend Jackie Smith to anyone looking to sell. Verified by RateMyAgent

Del Webb Sun City Expert

Ballroom Dance Club

BY ERNIE MICHELI

The Ballroom Dance Club is pleased to offer another year of ballroom dance instruction with a smattering of dance parties throughout 2024.

Sal and Ruth Algeri are experienced instructors. Their

methodology breaks down each dance into understandable subsets. Repetition, repetition, repetition mixed with humor and encouragement are part of each lesson. Each Tuesday they provide lessons for beginners as well as for more experienced dancers.

Each month a new ballroom dance is taught. The following is the schedule for 2024: January, Fox Trot; February, East Coast Swing; March, Waltz; April, West Coast Swing; May, Cha Cha; June, Tango; July, Nite Club Two Step; August, Waltz; September, East Coast Swing; October, Rumba; November, Cha Cha.

In addition, the Ballroom Dance Club has the following fun-filled parties scheduled: Ballroom Saturday Night, February 10, Mardi Gras theme; Spring Pot Luck, April 13, Hawaii theme; Ballroom Saturday Night, August 10, Hot August Nights theme; Ballroom Saturday Night, October 26, Halloween theme; Christmas Pot Luck, December 10.

We encourage you to check the Club website at sclhbdc.com for a complete calendar of events and where up-to-date information is posted regularly.

Annual membership dues are only \$10 a



person and is open to all SCLH residents and sponsored guests. Lessons are offered in the Kilaga Springs Lodge Multipurpose rooms each Tuesday from 2:00 to 3:00 PM for beginners and 4:00 to 5:00 PM for more experienced dancers. Open dance is from 3:00 to 4:00 PM during which you can practice the many dance

styles including the current month's offering. Contact Sal Algeri at 916-408-4752 for more information.

Ceramic Arts Group

BY JIM CARNATHAN

Happy New Year everyone. We have a new ceramics classroom Instructor starting in February. Please welcome Donte Cuellar to SCLH Ceramic Arts. Donte is a Sacramento based artist, professional potter, and YouTube educator. His YouTube channel and website are under the name Earth Nation Ceramics. Take a look at his instructional videos and ceramic artistry and sign up for one of his classes. Classes will continue with the same schedule on Tuesdays and Thursdays with a beginner/intermediate and an intermediate/advanced class each day. Check the Compass for details and times.

Coming up for the month of March is "Art in the Foyer" at the OC Lodge with our ceramic artist's works on display for show or for sale.

In May the Ceramic Arts Group's creative works will be shown in the Spotlight Gallery

at the Art League of Lincoln in downtown Lincoln. More information to follow.

Please support the Arts and come play in the clay.

Mixed Media

BY JILL SHORT

It is time to, "Play More in '24"! You can do that at the Mixed Media Club. In January and February, we are focusing on playing, cutting, and pasting in our art. We are a club that gets excited playing with all kinds of art materials. We throw out the word "perfection" and adopt these words and sayings: wonky, messy, embracing the imperfection, oops - oh well, love the wrinkles, there are no mistakes in art only opportunities to be creative. The club is a safe place to try out mixed media even if you feel you are not artistic and you do not know where to start. We encourage each other in all our art projects. For those who want to continue in art we can help you get started with ideas for some basic supplies. For those who are wondering "What is Mixed Media Art?" I will try to make it as easy as possible. It is using at least two art materials. For example, if you are making an acrylic painting the second you add some touches of a Sharpie on it, you have crossed over into mixed media. Maybe you are doing watercolor, next you add some paper and pastel. Congratulations! You have gone into the world of mixed media. We love to use everything and anything in our art!

Our February voluntary art challenge is to use the prompt, "Snow Day" and let your

creative juices flow. Then show us what you have done at our February 21 meeting.

The Mixed Media Club meets the 3rd Wednesday of the month in the Fine Arts Room (OC) 1:00 PM. The Mixed Media Board for 2024 is Chris Fetter (President), Jan Stephens (in charge of Display Windows), Nan Griffin, Frima Stewart and Jill Short (Compass and Sun Senior News club writer).

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

Painters' Club

BY TAMSEN ARMSTRONG

Is your
New Year's
Resolution to
draw or paint
every day? We
have Open
Studio time
in the OC Art
Room every
Thursday



9-11AM. Easels and tables are available.

Our themed Painting Challenges, held four times a year and open to all levels, are a fun way to get your work seen and appreciated by a supportive audience. Members who want to participate can paint something that "Sparkles" and have it ready by our meeting on February 20th.

(cont' on page 9)



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WEEKDAYS 5,6 & 11AM

Painters' Club

(cont' from page 7)

Take a friend to lunch! Lincoln's Simple Pleasures café has yummy food and our paintings for your viewing pleasure, now through June 3rd.

Time to renew your membership! Deadline is February 14th. Please be sure and fill in a new application as we are updating our records.

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

Needle Arts

BY MARY SWANSON

NA members gathered for the first general meeting of 2024 on Tuesday, January 9th and it was a great start to the new year. President Brenda Wright started things off by introducing Cathy Grebe who has volunteered to be 1st Vice President. A vote was held, and Cathy was unanimously approved by the membership. Welcome Cathy and thank you for taking on such an important role. The next general meeting will be on Tuesday, February 13, 2024 at 1:00 pm in P-Hall (KS).

NA ended 2023 with 173 members and it's time for everyone to renew your membership for another year, or join, if you haven't previously done so. The membership form is available on the NA website, www.sclhna. com and the membership fee remains at \$20 for the year.

Workshops/Demonstration Classes are continuing in 2024 and the current schedule is posted on the NA website. Remember, you must be a NA member to attend the workshops or classes and the general meetings.

The first in-house retreat scheduled for February 3 - 4, 2024 is fully booked and the Mercy Spring Retreat on April 29 - May 2, 2024 is taking reservations for fifteen spots. All pertinent information can be found on the NA website. Make your reservation soon and don't miss out on this fun and relaxing event.

Paper Arts Club

BY LINDA LUCCHETTI

We welcome Audrey Fernandez, February's guest presenter, whose project includes three unique and colorful cards. All you need is love! During February,



stop by the Orchard Creek Lodge where you'll find Valentines and other love-themed cards on display in our window. And just a reminder — renew your membership if you haven't already.

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

For further information, contact: Pam Abad, pamabad@att.net $\label{eq:pamabad} % \begin{center} \begin{center$

LH Photography Club

BY DIANE MARGETTS

Our January meeting featured a workshop on single flash photography. This meeting was a hands-on workshop to practice the tips and techniques that Arik Gorban presented in our Oct meeting.

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

One of the many benefits of photography club membership is exhibiting your work in local venues. We currently have a 'Cityscapes' exhibition at Lincoln's Simple Pleasures Restaurant. Visit Simple Pleasures for breakfast or lunch and check out some incredible photography! The exhibit will be up until Feb 5.

Thinking about joining the Photography Club? We always welcome new members. For information of meeting times, schedules and how to join, please check out our website.

To enjoy some wonderful photography, check out our Facebook Page. The Club Facebook page is open to all residents of SCLH

who are interested in photography: https://www.facebook.com/groups/SCLHPhotographyClub/?ref=bookmarks.

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

Woodcarvers Club

BY LIONEL RAINMAN

Woodcarving is an enjoyable pastime. It can become an absorbing hobby. One is never too old to learn or to rekindle their desire to turn that piece of wood into another shape. Of course, someone, years ago, may have carved their initials into a tree or worse vet the school desk with a penknife. The Woodcarvers Club doesn't endorse that type of carving. More specifically carvers usually start with an idea, then a pattern and then the carving begins. A novice usually will attempt a simple object and may graduate to more difficult items along the way. Basic carving tools can be as simple as a penknife or several carving knives and gouges. As carvers become more proficient additional tools may be added to the collection as well as sharpening stones and hones.

The Woodcarvers Club is here to help get you started. We have tools, books and friendly members to help you along the way.

Woodcarvers meet every Wednesday from 1:00-4:00 PM in the Sierra Room at (KS).

Contact: Lionel Rainman 916-253-9534 Lrainman1414@yahoo.com

Roseville Stamp Club

BY TIM MILES

February is here and we have received quite a few annual dues (\$20.00) for 2024. You can drop them off at any meeting or drop a check off with Al Capparelli (916-771-8288).

We have a new Club Secretary, Bob Bartlett, who will keep you updated on future events. Make sure that your email address is on file with the Club. If you receive Al Raub's emails on club events, Bob will get a copy of them so you're all set.

Our meeting are held, normally on Tuesday nights, at the Sun City Roseville Lodge (7050 Del Webb Blvd, Roseville) at 6:30 pm and we're finished right around 8:30 pm. We have drawings, door prizes, access to all things "philatelic" from album pages to stamps to stamp covers and hinges and everything in-between.

The February meetings are set for Tuesday, February 13 and Tuesday, February 27. The March meetings are set for Tuesday, March 12 and Tuesday, March 26.

Anybody who has an "old" album put away from "years ago" and wants to know a current value is free to come to any of our meetings to have it randomly appraised. We have current catalogs and all the goodies you could imagine to help you. Remember, there is no such thing as "dumb" question in our hobby.

The club also has garage sessions that you can schedule yourself for by calling Al Cap. This is a good way to fill in the "gaps" in your collection.

C'mon to one of our meetings and enjoy the hobby. It's inexpensive and a lot of fun.

Singles

BY KATHY SHADDOX

We are entering February, the shortest month of the year! Wait, we are gaining an extra day because it is Leap Year. One more day to just have fun.

Singles start off with their monthly Birthday Celebration on Sunday, February 4th at 4:00 pm in the Meridians Bar. If you are a member and have a birthday this month, be sure to come and have a free drink on us!

Plan on joining us at the Activities Meeting on Tuesday, February 6th at 4:00 pm in the OC Computer Room. Learn how we plan our activities that you all enjoy, and bring any new ideas you might think of.

Please note that our monthly Business Meeting date has been moved to Friday, February 9th at 5:30 pm in the OC Ballroom. After a short meeting, we will have "Games on the Move". It is always a blast, and you could win prizes.

Our monthly 2nd Saturday Breakfast will be on Saturday, February 10th at 9:00 am in the Sports Bar. Nice way to meet and enjoy new members. Dennis Reid is our host for this event and guess what? No reservations needed. Just show up!

Mark your calendar as we will have our Dining Out event on Thursday, February 15th at 4:30 pm. Our hostess is Sue Ereno. The location is TBA. Watch for info on a future weekly blast.

We end up the month with our Social

(cont' on page 11)



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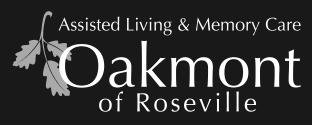
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Pastor Vinny's sermons available on YouTube.com Lincoln UMC

EZ Dinner Nite, Wednesday, 2/7, 5pm-7pm, Free food, Free Entertainment

Lincoln United Methodist Church

629 "I" Street, Lincoln CA 95648

For more information visit us online at lincolnumc.com

See upcoming events on our Facebook page or call us at 916-645-3588





Singles

(cont' from page 9)

Meeting on Thursday, February 22nd at 5:30 pm in the OC Ballroom. The event we will be having is "Seniors Got Talent, Season 2." What a treat to see our members show off their talent!

If you are single; and wish you could join in the fun; why don't you? Just contact our membership chair, Sue Kuukka 530-72-5051 and for \$20 you can be a member!

Shalom Social Group

BY JUDY GANULIN

Things are going well for the Shalom Social Group. We continue to volunteer at the Placer Food Bank. Our Board remains engaged in planning diverse and interesting programs. At our January meeting Tevin, head of the Jewish Film Festival, previewed some of the films to be shown at this year's festival. Our Men's Group brunch featured a video on "Israel Today" that was woven into a discussion with our own Hagai Narkis. Our Women Together heard two speakers from the Sacramento Chapter of National Council of Jewish Women. For membership information please contact Margie Gulko, 916-543-5303 or Deanne Iliff, 530-518-3704.

Lavender Friends

BY JOAN LACKTIS

We are gearing up for this year's club activities and will be writing more about them in the coming months. At our January general membership meeting, we had an Idea Fest to gather suggestions for activities from members and to start the planning process. We are looking forward to another year of fun activities together.

Sometimes people wonder why lesbians and gays feel the need to socialize in their own clubs and groups. This goes back to our experiences when we were younger, before there was as much acceptance as there is today. Same-gender couples, especially, might get the side-eye or hear slurs when we were out and about. This wasn't a problem when we were with others within our LGBTQ community, so we formed clubs like Lavender Friends to support each other and provide safe and fun social outings.

If you are missing your Lavender Friends during this time when we are in the planning stage for the rest of the year, remember you can come to our monthly birthday celebrations. Or call someone up for a movie or walk on our beautiful trails. And don't forget to put our all-member mixer on your calendar for June 1. We always say there's no friend like a Lavender Friend.

Lavender Friends is a club for LGBTQ residents of Lincoln Hills and their supporters; check out our website at lavenderfriends.com.

Apple User Group

BY NINA MAZZO

Our volunteers are individuals who share their Apple knowledge and specialized expertise. Many work with members who want to continue to learn and experience the joy of discovery. One of those volunteers is Bill Smith who is "retiring" from his role as program chair. He has shared his knowledge; lead the program committee; was always on the lookout for seminar topics of interest for a diverse group of members; tutored; assisted with open labs and presented on a variety of topics. Bill thrives on learning and we know he will continue to stay curious with his Apple watch and computer.

February's general meeting will be held Tuesday, February 13th when Ken Spencer will take a closer look at Apple's Notes app. Ask the Tech begins at 6:30PM and program at 7:00PM in KS Presentation Hall.

On Monday, February 26th, Andy Petro and Vicki White will present

"Great Apple Gift Ideas for Friends and Relatives". Andy and Vicki will take a closer look at some items, gadgets and gizmos that make using Apple products both fun and useful. You are bound to discover something new and perhaps a Valentine gift for yourself!

Ask the tech begins at 10:15AM and program at 10:00AM in KS Presentation Hall.

Note: watch weekly emails for possible program changes or check the calendar on club website.

January's edition of The Cider Press has an

excellent article on tips to extend your iPhone's battery life – check it out on the club website.

Membership renewal continues and the information is on club website.

Club website: www.lhaug.org. General information line is 916-913-6833.

Democratic Club

BY JUDY GANULIN

At our January meeting Lincoln Democratic Club members learned a great deal about the Placer Food Bank from Director of Operations Jorge Lupercio and Regional Philanthropy Manager Laurie Rinker. It made us even more proud to volunteer regularly at the Food Bank!

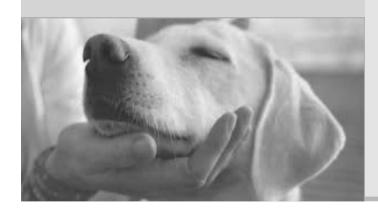
We have endorsed Jessica Morse to represent us in the 3rd Congressional District and will keep busy supporting her and our other endorsed candidates this year.

We meet the third Thursday of every month (except July and December) at Kilaga's Presentation Hall. We always welcome new members. For more information, please see ourwebsite, https://democraticclublincoln.org.

(more Club News cont' on page 15)



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	ulu, Hawaii; Hilo		\$1,299	\$2,099
Francisco, California.		, Hawaii; Ensena	da, Mexico	, San
		*LINCOLN SHU	TTLE TO SH	IIP AVAILABL
11 DAY ALASKA From SFO! PRINCESS	May 15, 2024	\$878	\$1,199	\$1,742
Crown Princess ~ 3080 Passengers	un 17, 2024	\$878	\$1,199	\$1,669
J	ul 9, 2024	\$898	\$1,199	\$2,098
	Aug 11, 2024	\$848	\$1,149	\$1,599
Sail round trip from San Francisco, California to Skagway, Alaska; Juneau, Alask	a; Glacier Bay N	ational Park, Alas	ka; Ketchil	kan, Alaska;
Prince Rupert, BC, Canada; San Francisco, California.		*LINCOLN SHU	TTLE TO SH	IIP AVAILABL
10 DAY MEXICO From SFO! PRINCESS	Mar 25, 2024	\$799	\$999	\$1,198
Crown Princess ~ 3080 Passengers				
Sail round trip from San Francisco, California to Puerto Vallarta, Mexico; Manza	nillo, Mexico; N	lazatlan, Mexico;	Cabo San	Lucas, Mexico
San Francisco, California.		*LINCOLN SHUT	ITLE TO SH	IP AVAILABLE
51 DAY CIRCLE SOUTH AMERICA PRINCESS	Dec 1, 2024	\$5,599	\$7,729	\$7,729
Majestic Princess ~ 3560 Passengers	·	INCLUDES	SACRAME	NTO AIRFARE

Janeiro, Brazil; Fortaleza, Brazil; Dominica; St. Kitts; Fort Lauderdale, Florida.

29 DAY SOUTH PACIFIC PRINCESS

Sep 28, 2024

\$2,548

\$3,510 \$3,948

Royal Princess ~ 3560 Passengers

Sail from Los Angeles, California to Sydney, Australia visiting Honolulu & Maui, Hawaii; Papeete, Tahiti, Moorea, French Polynesia; Pago Pago, Samoa; Tauranga, New Zealand; Auckland, New Zealand; Picton, New Zealand; Sydney, Australia. Ask about r/t \$999 airfare.

52 DAY WORLD CRUISE SEGMENT PRINCESS

Jan 20, 2025

\$8,998

\$10,599 \$13,999

Island Princess ~ 2200 Passengers

INCLUDES SACRAMENTO AIRFARE!

Sail from Los Angeles, California to Dubai visiting Honolulu, Hawaii; Maui, Hawaii; Suva, Fiji; Bay of Islands, New Zealand; Napier, New Zealand; Picton, New Zealand; Dunedin, New Zealand; Fjordland National Park, New Zealand; Sydney, Australia; Burnie, Australia; Melbourne, Australia; Adelaide, Australia; Perth, Australia; Bali (Benoa), Indonesia; Singapore; Colombo, Sri Lanka; Dubai, United Arab Emirates. Limited availability, book soon!

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



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Viking Longships ~ 190 Passengers

INCLUDES ROUND TRIP SACRAMENTO AIRFARE!

Package Includes your home to the Sacramento Airport Transportation, round trip Sacramento Airfare, Airport Meet-And-Greet with Transfers from the Airport to your hotel in Paris for 2 nights, your 7 Day Viking River Cruise in standard accommodations with a window, 2 nights in a hotel in Zurich, Switzerland, daily sightseeing, and all meals on board the boat as well as breakfast in the hotels in Paris and Switzerland. Ask about higher category staterooms like a French Balcony or Veranda stateroom. Call for availability.

15 Day GRAND EUROPEAN TOUR May - December 2024

\$4,299

Viking Longships ~ 190 Passengers

INCLUDES ROUND TRIP SACRAMENTO AIRFARE!

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

12 Day MISSISSIPPI March - November 2024/2025

\$4,299

Viking Mississippi ~ 386 Passengers

INCLUDES ROUND TRIP SACRAMENTO AIRFARE!

Sail from New Orleans to Memphis visiting Darrow, Louisiana; Baton Rouge, Louisiana; St. Francisville, Louisiana; Natchez, Mississippi; Vicksburg, Mississippi; Greenville, Mississippi; Rosedale, Mississippi; Memphis, Tennessee.

Package Includes your home to the Sacramento Airport Transportation, round trip Sacramento Airfare, Airport Meet-And-Greet with Transfers from the Airport to the hotel & river boat, your 7 Day Viking Mississippi River Cruise, 2 nights hotel stay in New Orleans and 2 nights hotel stay in Memphis, all meals on board the boat AND daily sightseeing! Ask about higher category staterooms. Call for availability and to book your Mississippi cruise.

8 Day NIAGARA & GREAT LAKES April — October 2024/2025 \$5,995 Viking Octanis ~ 378 Passengers INCLUDES ROUND TRIP SACRAMENTO AIRFARE!

Sail from Toronto, Canada to Milwaukee, Wisconsin visiting the Welland Canal; Niagara Falls, Canada; Point Pelee, Canada; Detroit, Michigan; Alpena, Michigan; Mackinac Island, Michigan; Milwaukee, Michigan.

Package Includes your home to the Sacramento Airport Transportation, round trip Sacramento Airfare, Airport Meet-And-Greet with Transfers from the Airport to the hotel & river boat, your 7 Day Viking Cruise, all meals on board the boat AND daily sightseeing! Ask about higher category staterooms. Call for availability and to book your Great Lakes cruise.

121 Day VIKING WORLD JOURNEY Jan 5, 2025

\$55,995

Viking Sky ~ 930 Passengers

INCLUDES ROUND TRIP SACRAMENTO AIRFARE!

Sail from Los Angeles, CA to London visiting California; Hawaii; Tahiti; New Zealand; Australia; Indonesia; Vietnam; Thailand; Singapore; Thailand; Myanmar; Sri Lanka; India; Arabia; Jordan; Egypt; Israel; Greece; Turkey; Italy; Monaco; Spain; Portugal; France; England. Package Includes your home to the Sacramento Airport Transportation, round trip Sacramento Airfare, Airport Meet-And-Greet with Transfers from the Airport to the cruise, 121 Day Viking World Cruise, all meals on board the boat AND daily sightseeing! Ask about higher category staterooms. Call for availability and to book your World Cruise!

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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Neighbors InDeed

BY JAN LEE & PAT TOGSTAD

WORKING 9 TO 5.... A snappy tune in 1980, and also NID's hours. An (I&R) Information & Referral Volunteer returns your calls, answers questions and informs you if NID performs the tasks you're requesting. If not, we will offer you 3 referrals from our Resource List, all recommended by SCLH residents who were pleased with them and recommended their services.

Weekdays from 9 to 5, we respond to all voicemails in order, from earliest to most recent. That's why we don't answer the phone. An average of 25-35 voicemails are handled each day, including the overnight voicemails. Our goal is to return all calls ASAP by 5 pm the same day. NID does not work on weekends or National holidays.

Calls are coded (HH) for Handy Helper

tasks and (ME) for Medical Equipment delivery and pickup. I&R enters requests into NID's database to record your information and track each call. When the Dispatcher receives requests, he or she will work to assign the task and enter the HH or ME's name. HHs must return calls within 48 hours and MEs within 24 hours, it's usually much sooner for both. The assigned HH or ME volunteer will call you to confirm task/s and set an appointment time that works for you. If you're not home, they will leave a message or call back.

In 2023, NID completed 2,545 HH calls, 851 ME calls and 3,843 calls for referrals and information.

To SKIP our phone greeting: When message starts - tap the asterisk (*) key on your phone - message will stop - begin leaving your request.

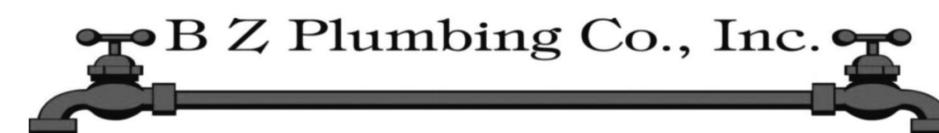
Our 24-hour phone number is 916-223-2763

Check out our website: www. neighborsindeed.org.

Lincoln Police Department Volunteer Program

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

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LH Astronomy Group

BY BILL WEAVER

LHAG General Membership Meeting, Wednesday, February 7, 2024, 6:45 PM – Kilaga Springs

Lodge, Presentation Hall.

Guest Speaker, Michal Warzecha, Aerospace Engineer, will present "The James Webb Space

Telescope, Eighteen Months Since First Light". Michal holds a Bachelor of Science in Aerospace

Engineering and a Master of Science in Mechanical Engineering. He has worked on such projects as the Boeing 777, Artemis, Atlas V, and missile systems. His current job is developing hydrogen fuel cell powered semi-trucks in West Sacramento, California.

LHAG Cosmology Interest Group (CIG)
The meeting is scheduled for Monday,

February 19, 2024, at 6:45 PM and is open to all SCLH residents.

The lecture by retired astronomy and physics professor Charles Hunt will take in our entire Milky Way galaxy; locate Earth's position; then survey other galaxies, classifying their structure. He will

use the Virial Theorem to analyze a typical galaxy, which can be thought of as a "collisionless

gas" of stars. For more information, contact Ron Yelton at ryelton660@aol.com.

LHAG Telescope Interest Group (TIG)
Star Party

The next star party is scheduled for Friday,

February 9. Sunset is at 5:30 PM. Star parties involve members who set up their telescopes to view the solar system and other interstellar and deep space objects. This event is open to all SCLH residents at no cost. Telescopes are set up prior to sunset in the upper tennis courts of the SCLH Sports Complex and will include a solar

telescope set up at 3:30 PM. See the Andromeda galaxy, the Pleiades star cluster, Orion Nebula, the planets Jupiter and Saturn, and many more objects. For information contact Bob

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

S.C.H.O.O.L.S.

BY PATTI KINGSTON

You can start the New Year right by volunteering your time and skills to support education in Lincoln schools (grades K-5) or Phoenix High School through our S.C.H.O.O.L.S. Volunteer Program. The beauty of this program lies in its flexibility – you choose the hours and days that suit your schedule. No prior experience is necessary, and the only prerequisite is a willingness to share your time and talents with eager learners. Teachers actively seek volunteers to provide additional support, creating an enriching environment for students to thrive. Volunteers often find that the experience is just as rewarding for them as it is for the students

.....

they work with. In the elementary schools' volunteers may work with children in a reading group or be making copies of tests or classwork. The teacher will let you know what she needs. At Phoenix High tutors work with students one on one in Math, History and English. Their goal is a High School diploma. This effort can be the spark that ignites a brighter future for our students. The SCHOOLS program has witnessed countless heartwarming stories of volunteers going above and beyond to make a positive impact.

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

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

Our annual meeting will be in September and will consist of a round table conversation among volunteers to share ideas and experiences. Anyone considering volunteering is encouraged to join us. Date and location will be announced later.

If you are interested in volunteering in K-5 classrooms, contact Cyndi at ccolloton@ yahoo.com. To volunteer at Phoenix High School contact Irma at jmeidm@aol.com.

Writers' Group

BY RAY BIRGE

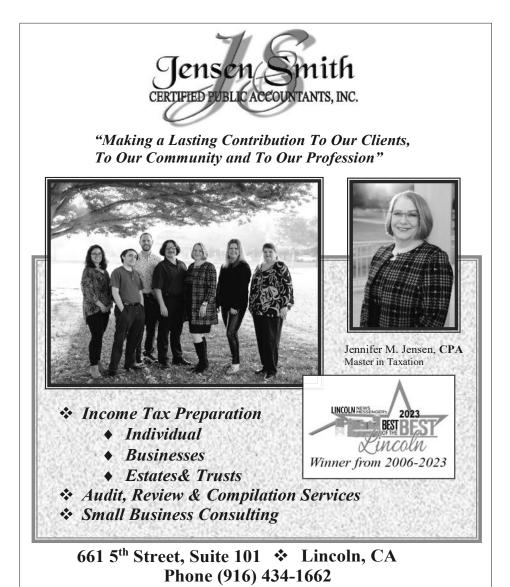
Welcome to 2024! Hopefully, you survived the holidays and made wonderful memories in the process. Anne and I did and some of those memories have been an inspiration for me to draft a short story and Anne a poem. We found putting stories on paper is very cathartic and fun. It helps us to reflect on how wonderful life can be.

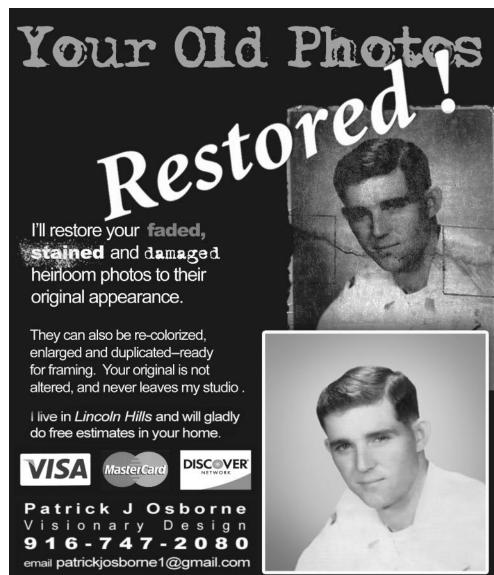
We are the SCLH Writers' Group dedicated to the mission of encouraging the growth and development of members in meeting their individual writing objectives. We want to be the most creative organization possible by providing feedback and constructive suggestions to our members and have fun doing it.

Now would be the perfect time to remember 2023 by authoring a funny story, a poem, spinning a yarn or putting your 2024 New Year's resolutions on paper. We meet monthly on the 2nd and 4th Monday from 5 to 7 pm in the Computer Room (OC). Bring 12 to 14 copies of your less-than 1,400 word "masterpiece" so we can read along as you read aloud. Then, we provide oral and written constructive suggestions. Join us and we'll laugh or cry together. Let's have fun! Remember, if you can't laugh at yourself, someone else will.

Any questions, call Anne Constantin Birge 909-956-3556.

(more Club News cont' on page 19)







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

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

- · Give to your favorite nonprofits and causes
- Manage gifts to multiple charities in one place via a simple memorandum, which you can change at any time cost-free
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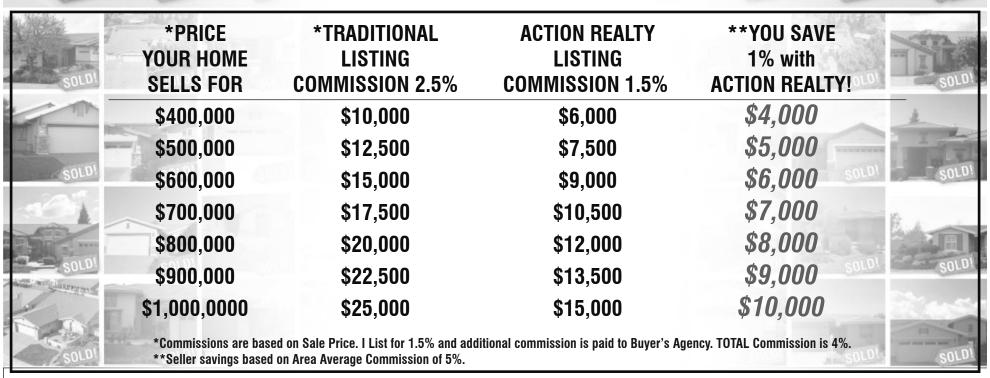
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Genealogy Club

BY NANCY SWITZER

How many of you have been laid low from a "bug" this past month? Well, here is a bug that is contagious but will not affect your health! In fact, it may make you happy. It is the Genealogy Bug! It is said that Genealogy is the second most popular hobby behind Gardening. So come to our club meeting on February 16, 10 AM in the KS Presentation Room and see if you can catch it!

Our Presenter this month is David Munger. He is not a genealogist but is the librarian in charge of the Genealogy Collection at Sacramento Public Library. He received his Master of Library and Information Science from San Jose State University and has been with SPL since 2003. He runs the library's monthly Zoom genealogy program and loves to poke around in old newspapers. David's talk will cover the Genealogy Collection, monthly programs, the Sacramento Room, database resources, and the newspaper archives. He will discuss how he handles local obituary requests and how you can search the newspaper archives both online and on microfilm.

Afterward, please join us at our Social in the Kilaga Café.

Don't forget RootsTech begins on February 29th. For more information go to rootstech-slc.famlysearch.org. There are many interesting online classes to enjoy. For instance, "Five Steps for Fact Checking Online Trees." One wrong name and you could be (barking up) following the wrong tree! Or, "Help! I'm New to Family History!"

Genealogy Workshops are offered on Mondays from 1:00-3:00 PM. Not a member? Contact Kate

McCarthy at starkayak@icloud.com for more information.

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

Republican Club

BY SUE DUMAS

Congratulations and Best Wishes to newlyweds, Mr. & Mrs. Kevin Kiley!

Information is powerful! This year our Club will be putting our energy into Information and Action!

Our "2024 Kick-Off" meeting was a great success. The structure inspired stimulating conversation and sharing between members.

We have a special Movie Night planned. Wednesday, February 21st, KS PH - doors open 6 p.m. Movie starts promptly at 6:30 p.m.

Don't miss it, bring a friend!

Lincoln Reagan Trump Dinner, Saturday-February 3rd; 4:30 to 10 PM - Blue Goose Event Center (Loomis). Sponsored by Placer County Republican Central Committee. Funds raised will be used to support endorsed candidates for local offices. Tickets: placergop.org/events

Tuesday, March 19th is the All-Club-EXPO, held in Orchard Creek Ballroom and lobby. No meeting this month. Look for the Republican Club table. Drop by and say hello!

Visit our website for details on movie, future meeting dates, inspirational speakers, interesting and informational websites/videos,

If you are interested in joining our Club, please go to our website noted below.

www.RepublicanClubSCLH.org

LH Travel Group

BY LINDA BEVINS AND JOANNE **SCHUMACHER**

It was a great way to start the new year, seeing all our members and friends at the travel show on January 24!

And please mark your calendar for the next show on May 8. It will be held in the Willow Room at Lincoln Public Library. More information will be in forthcoming Newsletters.

Did you know that the Lincoln Hills Travel Group has their own private Facebook group? If you would like to join, Search for The Lincoln Hills Travel Group on Facebook and click on "Join group." We post news on upcoming trips and fun tidbits about members who have traveled on our amazing trips. There is no charge but only members can access this private Facebook page and see our posts. Feel free to contribute your travel pictures and memories for posting to Joanne at jkschumacher1@gmail.com.

Perhaps you would like to become an official member of the Lincoln Hills Travel Group. The membership form is on our website and the annual cost is only \$10. You will receive the Club's monthly newsletter which has exciting travel tips, Zoom addresses of Jay's presentations, and musings from our committee members. You must be a Travel Group member to travel with us.

Please check out the current tours we offer on our website. If there is a Collette trip, you'd like to join that is not listed on our website, call one of the Group Leaders listed below. We can usually put together a package for you.

Lincoln Hills Travel Group Leaders: Sheron Watkins 916-849-9504 sheron55@ att.net.

Louise Kuret Auerbach 916-408-0554 louisekuret@att.net, Lyle Auerbach 916-847-6544 lea925@att.net, Linda Bevins 916-666-7627 djbevins17@gmail.com, Joanne Schumacher 415-999-1242 jkschumacher1@

LH Italian Club

BY LINDA LUCCHETTI

Who said: "I only need coffee on days ending in y?" We don't know, but it was probably an Italian! Come join us for some



fun, froth, and foam on February 24, from 1:00 to 3:00 p.m., in the Multipurpose Room at the Kilaga Springs Lodge for our next event, "Italians Love All Things Coffee." You'll say, "Thanks a latte!" Check the website for more information.

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

Food Adventures Club

BY PAUL WANKLE

We closed out 2023 with a holiday party held at Bennett's Westside Grill in Rocklin, with 44 members enjoying a cocktail hour, a delightful dinner and the opportunity to socialize with new and old friends.

Our quarterly meeting was attended by 75 members and included a presentation on "Winter Wassailing," a tradition dating back to the 5th century. Following a brief presentation regarding the history and traditions of "Wassailing," the members adjourned to the Kilaga Kitchen to enjoy warmed sider, cheese fondue with apples, bread, and carrots along with an incredible array of homemade desserts brought by members.

We are very enthusiastic about planned activities for 2024 including a visit to a local craft brewery in mid-February, a large appetizer gathering at homes for 60-70 members on February 21, two cooking classes in March, a mushroom presentation and appetizer tasting in April, and more!

If you're interested in food and beverage and want to meet with fellow "foodies," this may be the group for you! Our next general meeting will be held at Presentation Hall on April 22, 2024 at 2:00p.m., with a food tasting in the Kilaga Kitchen following the meeting. Several other monthly events are being planned now through April and for the remainder of 2024.

The Food Adventures Club experienced considerable growth, but we welcome new members to join us for a wide range of food and beverage related events. Please contact Paul Wankle, President, for details and additional information at pwankle@gmail. com, 925-989-8547

Alzheimer's-Dementia Caregiver's Support Group

BY MARIANNE OLIPHANT

The Alzheimer's-Dementia Caregiver's Support Group offers information and support to those caring for a loved one with dementia. We have three monthly group meetings. Our Women's group meets at 1:00 PM on the 1st Wednesday in the Multi-Media Room (OC). The Men's group meets in the same room at 10:00 AM on the third Thursday. Both groups are focused on individual sharing. The General combined meeting is held on the 4th Wednesday at 1:00 PM in the Fine Arts Room (OC) and features a guest speaker. February's speaker is Monique Klarich with

Help At Home. Her subject is "Unlocking the Benefits of In-Home Care". At all meetings you will find a welcoming community ready to hear your questions and concerns. Contact: Jo Fratessa 916-759-8760

(more Club News cont' on page 21)

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Valley View Church Supporting Local Police and Fire Departments

BY PENNE COSGROVI

Valley View Church of Lincoln Hills has a long record of supporting the Lincoln Police and Fire Departments. In the past, the church has purchased a CSI trailer, furniture for the police training center, software for better communication and Cooling Vests for the Fire Department.

Recently, Pastor Tom Galovich and Chief Matt Alves discussed the need for a Force Entry Training Trailer.

Through the generosity of the members of Valley View Church, Pastor Galovich was able to present the Chief, along with 12 officers and fire fighters, a check in the amount of \$25,000 to be used toward the purchase of the trailer.

Valley View Church meets each Sunday at 9:30 in the Presentation Hall at Kilaga Springs Lodge.











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Low Vision Support Group

BY STU SINGER

Save these dates —

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

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

Upcoming Events —

On March 5 the topic will be "Let's Look at Devices". Our speaker, Cory Hanosh of Northstate Assistive Technology and Society for the Blind, will share with us the latest technologies designed to deal with low vision. As part of the presentation there will be samples for members to "test drive". A review of OrCam, Portable Magnifier/Readers and the audio/visual programs Jaws, Magic, and ZoomText will also be included.

The April 2 meeting will feature an exploration of smart phones. Ken Spencer, a Sun City resident, will share his expertise on the various accessibility features that are available on your cell phone and the latest apps designed to make using your device easier.

May 7 speaker Jeff Thom, Society for the

Blind Board Member and retired disability lawyer.

Low Vision Support Group Mission Statement

Our mission is to provide information on current research, practical application of daily living skills and new technological equipment to enable those with low vision to maintain their independence. Meetings are on the first Tuesday of each month and are open to all Sun City, Lincoln Hills residents.

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

For questions or to suggest speakers, topics, request electronic copies of our notices or remove your name from our mailing list: Contact Stu Singer at 703-864-8161 or stuartsinger3@gmail.com

Multiple Scleroses Group

BY JERI DI FIORE

On February 20, a favorite Speaker and Motivator, Michere Schott, Senior Manager Walk MS, will recap our terrific success with the 2023 MS Walk and help formulate plans with Captain, Joni Deutsch, for the 2024 MS Walk, which will take place, right here in Sun City on Sunday, April 14 starting at the Sports Plaza.

Also, a surprise Speaker, Devin Arp Sales Director of SunRun Solar, will join us in offering a generous donation towards the 2024 MS Walk for new clients. Devin will explain the benefits to you of no-installation cost solar and panels.

We wish to thank Donna Judah, Coldwell

Banker for writing her personal check of \$1,000 towards the 2023 Walk.

Also, thanks to the Lincoln Hills Foundation for their continued support, of funding the Lincoln MS Group!

See you Tuesday, February 20, at 1 PM, Orchard Creek Multipurpose Room! All are welcome to join us at this meeting.

Bosom Buddies

BY VAL SINGER

Happy Valentine's Day!

January's speaker was RaeAnn Salvador, Lac, DiplOM, from Lincoln Acupuncture and Integrative Health. Ms. Salvador spoke on how acupuncture can be the solution to chronic pain caused by a number of ailments

such as fibromyalgia, n e u r o p a t h y, digestive problems and so much more.

February's speaker will be a "master gardener" from the SCLH Garden Club. Just in time for Spring!

Thanks, Mae, for giving us such good speakers. If you have any ideas on speakers, please give Mae a call (916-408-4108). The more diverse the speakers, the better.

RaeAnn Salvadoi

We want to warmly welcome all our new members. We now have 50 members!

If you have any questions regarding Bosom Buddies, contact Val Singer (916-251-

6528) or Judy Stewart (916-408-3597).

Thanks to the Foundation for their continued support.

"Together we are strong; together we make a difference; together we will survive!"

LH Sports Car Club

BY ROB PHILLIPS

The LHSCG ended 2023 with a great party and kicked off 2024 with planning for a lot of Road Tours and Socials. Our last event of the year was on December 14 at Catta Verdera. Our Social Chair-Linda Snyder and her decorating committee outdid themselves. 103 club members donned holiday apparel to attend this festive event where they ate, drank, and danced the evening away.

President-Tom Breckon thanked the 2023 Board for all of the support given to him and introduced the 2024 Board consisting of-himself as President, Vic Kremesec - Vice President, Rob Phillips - Secretary, Ed Oravec - Treasurer, Ron Goleno - Webmaster, Kathy Fernandes - Social Committee, Wood McCann - Tours, and Jeanne Cervantes - Board Liaison/Historian.

January 8 was the first meeting of the



(more Club News cont' on page 25)







Freedom From Back Pain

Now, a clinic that fills the missing link of healthcare and chronic pain.

Has your chronic back pain made life difficult, unbearable even?
Have you had failed back surgery?
Are you suffering from stenosis, bulging or herniated discs?
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You are not alone. Nearly 38% of the world's population suffer from debilitating back pain. And even more unfortunate, the surgeries recommended to fix you have such a high failure rate that there is a medical term for it, Failed Back Surgery Syndrome (FBSS). FBSS comes with a whole host of symptoms that often make life more difficult than it was before you opted to have surgery and include persistent pain that can affect not only the back, but the neck and limbs as well.

"For our 45th anniversary our children gifted us an Alaskan cruise," shared Max G. of Wheatland, "It's the trip of a lifetime! But while the excitement of exploring the Tundra Wilderness was almost too much to bear, so was my back pain. I've had two failed surgeries and my surgeon keeps pushing for another. One of those fool-me-once situations, but I also didn't want to spend 10 days in a cramped cruise room miserable and taking pain pills."

Not all hope is lost however. We specialize in treating back pain. Whether it's from a disorder, repeated injury, osteoarthritis, or something more complex like FBSS, we are helping people live lives free from pain!

Our patients are typically individuals who have been told they should have surgery but would either have a difficult time going under the knife or have tried that route with little success and decided to explore other options. There is more to healthcare than prescription pills and scalpels. By offering several integrative therapies at Lincoln Acupuncture we are able to combat and treat your pain from several angles ensuring the possible outcome.

We have pioneered nonpharmaceutical, non-surgical innovative medical solutions that not only address the back pain itself, but its cause as well.

Acupuncture has been used for thousands of years to reduce inflammation, increase blood flow, and stimulate the release of endorphins, the body's natural painkillers. To expedite this process, we integrate a targeted microcurrent therapy called ATP Resonance BioTherapy™. This technology was originally developed by NASA to expedite healing and recovery.

In especially complicated conditions they will also utilize BioVantage Regenerative Therapy™, a proprietary technique that makes use of terahertz frequency. We use it today to combat inflammation and in a majority of cases, offer our patients a more permanent solution.

"If you would've asked me 3 months ago if I thought I would feel this good after acupuncture treatments, I would've told you, you're nuts! But I'm a believer! My wife and I are currently booking excursions for the cruise and I'm actually looking forward to it. Before I would've been hesitant to even schedule something like dog sledding knowing my pain was through the roof, but now I can't wait! Obviously I have my kids to thank for this trip but I can't help but take my hat to the team at Lincoln Acupuncture because those ladies are the reason I'm going to truly enjoy this trip."

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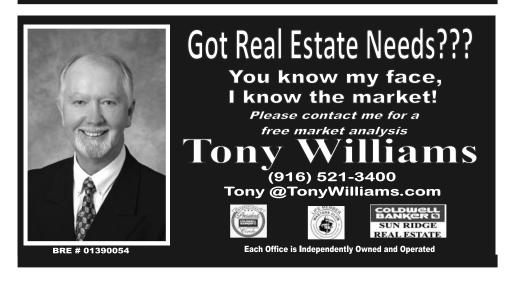


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LH Sports Car Club

(cont' from page 21)

New Year, and we are already planning tours and social events for 2024. Reminder now is the time to renew your 2024 Membership. If you are not a member and you own a sports car and want to join contact Vic Kremesec at vjk1245@yahoo.com.

Rods and Relics

BY ELNA RAGAN

Our Club members are looking forward to the return of Spring's and Summer's sunny days when Car Club's activities and Car Shows start!

Chuck Barnhart, Chair for the Downtown Lincoln Car Show on June 1, held his first Committee meeting. Exciting plans were discussed for another successful Car Show.

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

Contacts: Tom Indrieri, President 916-645-2035, Mike Carvidi, Membership Director 916-645-2035.

Web Site: www.rodsnrelics.net

LH Amateur Radio Group

BY DANIEL LEHRER, KN6DRN

For 2024 we posted the Net Control Operator schedule, ARRL Contests and State

QSO Parties. The Club participated in the ARRL RTTY Contest. RTTY also known as radio teletype typewriter was very popular in the 60-70's and a main method of networked typed remote communications of that day. It uses a 5 bit frequency-shifted "Baudot" scheme of "1" and "0". With shifting, capable of 2x32 combinations of letters, numbers and carriage control characters. John, NQ6Q contributed 141 QSO's covering 38 States, 10 Canadian ciontacts and 3 foreign entities. Dan, KN6DRN had 25 QSO's including 12 States, 2 Canadian Provinces, The East Coast was hot with 29 total contacts made. Meetings are held at the South Tower every Monday night at 6:30 PM. Our club conducts a weekly radio network at 7:00 PM every Monday on the W6LHR Repeater at 147.030 MHz, 167.9 PL. If you are looking for a way to engage in the community and have an interest in amateur radio, please check out the LHARG. We can help with programming handheld radios. For more LHARG information visit our Website, the URL is: lharg.us or email dlehrer72@ gmail.com

RV Group

BY MARY CARBREY

RV there yet? As our incoming board members kicked off our first meeting of the year, we had a great turnout of new members and guests! Everyone enjoyed hearing about the group that just returned from the Rose Parade in Pasadena. When reflecting on the trip, Wagon Master, Steve Beede stated,

"Our objective starting over a year ago was to enable our members to satisfy a Bucket List Experience. We feel very gratified that our objectives were met in full: from decorating a float to cheering the Parade and wonderful events in between. There is a magic that our members (and guests) experience at an RV Group Rally: from the closeness of sharing a firepit to the broadness of joining an experience bigger than ourselves. That's why we love our Lincoln Hills RV Group." That about sums up what we are all about!

We have several rallies coming up in 2024 including exploring such regions as Mountain Gate/Shasta Lake, Buellton/Solvang, Truckee/ Tahoe, Bodega Bay, Jackson, Albuquerque Balloon Festival and Feather Falls/Oroville. To learn more details about these rallies and our group, check out our club website at lhrvg.com. Our meetings are held the second Thursday of each month at KS, 4:30 PM in the Placer Room. All members and those interested in learning more about our club are welcome to attend. For general information contact our Club President, Jake Baker at 916-838-5253 orjbaker525311@gmail.com. For membership contact our Membership Chair, Tari Briscoe at 530-210-3302 or taribriscoe@gmail.com.

Bird Group

BY RUTH BAYLIS

It was another successful and fun year for our Lincoln Hill's teams that participated in the Lincoln area Christmas Bird Count on December 28. It was disappointing that we



counted the lowest number of birds, 2085, in our count history, but good that we did meet a historical average of 70 species. It was 2018 that we last counted over 3000 birds, and more than 4000 birds was not uncommon in earlier years. I don't know if this has been a trend in the overall Lincoln area count, but this year they found the flooded rice fields and the Lincoln Wastewater Treatment Plant devoid of their usual high number of waterfowl and shore birds. But, a Tropical King Bird in Sun City Roseville was an unexpected find.

Our annual trip to the Consumnes River Preserve and Staten Island in the delta did not disappoint. We saw plenty of dancing Sandhill Cranes along with Aleution Cackling Geese, which are target species for this outing.

Here are some upcoming events. Watch for Bird Group emails regarding cancelations or rescheduling. For away trips, unless otherwise noted, we meet for carpooling at the west end of the Orchard Creek parking lot, near the fitness center indoor pool.

• Feb 9, Fri, 8:00AM: Bird Walk at Coyote Park Pond, located across Twelve Bridges Drive

(cont' on page 27)



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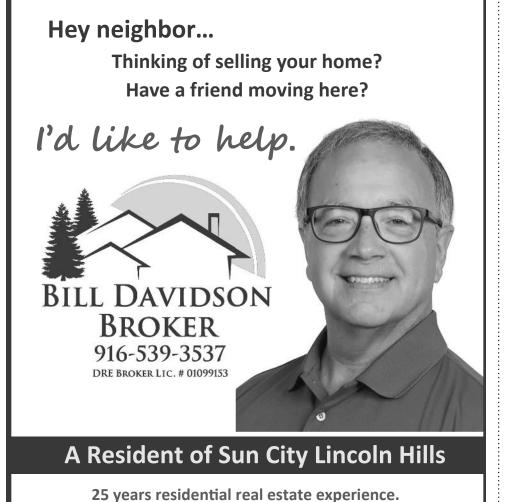
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Strategic Planning Guides the Future

BY STRATEGIC PLANNING TEAM

SCLH is beginning the process to develop a 5-year vision and strategic plan. "What's in it for Me" is the question you may ask. A strategic plan will help guide how key decisions are made and how our resources are used. It will depend on data to drive decisions and establish processes that carry over from Board to Board. As members of this community your involvement and input is crucial because resident opinions and ideas will help provide a foundation for our future.

We've had a great run. Del Webb/Pulte left us with a spectacular, amenity-rich community that exudes the "WOW!" factor. Early residents shaped our community, formed clubs, committees, sat on Boards, set policies, practices, and influenced lifestyle offerings. Then came the wave that brought new amenities like Pickleball and solar arrays that enriched our lives. All of this has made Sun City Lincoln Hills a top-rated active adult community.

Our 25th anniversary is on the horizon, and we need to acknowledge there are changes coming:

- Aging Infrastructure.
- A dated appearance showing wear and tear.
- Rapid growth surrounds us, and competition is increasing.
- GenXers are moving in with new ideas on what appeals to them.

Will the things that worked in the past continue to serve us moving into the future and are we prepared for the rapid growth to come?

What will a strategic plan do for me/us?

• Provide guidance for the future of the community so that all members have a clear vision of where SCLH is headed and participate in our future.

A strategic plan is a guide through the process and identifies common goals. A strategic plan will not have all the answers but will lay out the key steps we need to take over the next few years.

Questions? Comments? Email us at sp@ sclhca.com o







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For Information, call 916-408-3800 or visit www.LincolnCommunityChurch.us

Bird Group

(cont' from page 25)

at 2543 Old Kenmare Drive.

- Feb 12, Mon, 1:30PM: Monthly meeting. Rudy Darling, president of the Sierra Foothills Audubon Society will present "Birds of Costa Rica" from his recent tip there.
- Feb 23, Fri, 8:00AM: Driving trip to Bridgeway Island Pond, West Sacramento. Prime viewing area for Blue Wing and Cinnamon Teal.

Visit our website: www.sclhbirders.org Communicatewithusat:SunCityBirders@ sclhbirders.org

David Faoro

Square

Foot Gardening

Garden Club

BY LORRAINE IMMEL

Meet and enjoy guest speaker Dave Faoro at our February 22, 2:00 PM, Kilaga Springs General Meeting! His topic-"Successful Vegetable Gardening one Square Foot at a time-even on Rocks!"

Daveisa Certified Square Foot Gardening instructor.

Square Foot Gardening is a simple method of creating small, orderly, and highly productive vegetable gardens. It was invented by backyard gardener, retired engineer, and efficiency expert Mel Bartholomew as a better way to grow a vegetable garden. Dave has been using the Square Foot Gardening techniques since it first came out in 1981. In the presentation he will cover (from start to harvest) using the Square Foot Gardening method for beginning to advanced gardeners.

After retiring from a 35-year career in Payment Security, he says he always gardened, having grown up in an Italian family where both parents and both sets of grandparents had large vegetable gardens. Dave shares, "I have a BA in Biology and MS in Software Engineering which is why I take a more scientific and experimental approach to gardening along with a hunger of always learning through classes, reading, seminars, etc. My goal is to help veg gardeners to be successful and learn from my trials." He says he has a large vegetable garden of about

1/2 acre on his 5-acre property in Newcastle and is known for

his "tomato obsession" where he has had 125 varieties of about 350 plants.

What does he do with all those tomatoes? He donates the profits from his honor farm stand to the Placer Food Bank.

Bring your plants to donate as there will be Brown Bag Sales at this meeting-

also, bring your garden questions as Master Gardeners will be available at 1:30 PM to

We encourage you to register for 2024 membership now so you can take advantage of getting a door prize ticket and signing up for garden events.

Hikers and Walkers

BY GAY MACKINTOSH

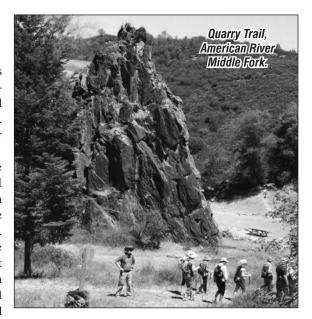
We welcome all LH Hikers and Walkers to a happy new year-new hikes, new leaders, new social events. Check out http://www. lincolnhillshikers.org to find your happy place.

February chills don't faze the Walkers! Just drop in at 8:00 AM Wednesday mornings (except when it's raining) for brisk 2½-3-mile treks on our own SCLH trails. Meeting places and routes are on the website. Walk for Wellness meets at the same time and place so you can choose a slower pace--email Karl Aitken karlaitken@comcast.net. Call Coordinator Debbie Schryver, 916-

666-1741, with questions about the Walkers.

Watch the website for our expanded hiking schedule and check back regularly for changes.

- 1st Tuesday, February 6, Quarry Trail (American River Confluence). Moderate 6 miles along the Middle Fork with side trek to surprising Cave Canyon.
- 3rd Thursday, February 15, Robie Fire Break Trail (Auburn). New hike! Moderate+ 6 miles with inspiring American River views and lunch option in Auburn.
- 4th Thursday, February 22, Empire Mine (Grass Valley). Back after 10 years, with new leader Laura Hamilton. Easy 4-mile loop in historic park with rolling hills and option for mine tour.



Thinking about stepping up to lead your favorite hike? We have lots of resources to get you started. Contact Vice-President for Hikes Gay Mackintosh, mackintoshbg@msn.com or 916-209-3628.

New members always welcome: send your check for \$10 per person and release form (from website, under "About Us") to LH Hikers and Walkers, 2898 Coopers Hawk Loop, Lincoln CA 95648.

Call President Tom Denzler, 530-368-2564, with questions about LH Hikers and Walkers.

(more Club News cont' on page 29)



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LH Cyclists

BY TOM FRADY

Other than the brief meetings held at our annual potlucks, LHC has just one full business meeting a year - every January. For those unable to attend, here is a very quick summary. For detail and more very helpful information, I recommend downloading the fine Power Point presentation from the meeting.

Geoff Capell's nominating committee is looking for volunteers to run for president, vice president and treasurer. Many of our current officers have remained past their initial commitment. Is it your time to step up?

The club treasury looks healthy. Some major expenses were first aid kits for the ride leaders, the membership for Ride with GPS (available to all club members for free) and some well-placed donations. Dues are one dollar a month. A real bargain.

Our new social committee has developed a well-attended event every quarter: two potlucks, the Moska Beer Party and the Club Dinner. The committee members are all staying on for 2024.

Fred Higgins has provided important and detailed Placer County Cycling information with law enforcement contacts, bike path/ bike lane information and fascinating data on planned paving and road upgrades in the county. County and state websites are provided so one can dive even deeper.

While the issue never goes away, there seems to be renewed activity around cyclists and stop signs, especially within the LH confines. Members are encouraged to ensure safety is always #1.

Our thanks to our dedicated officers, ride leaders and committee members who keep our club running and allowing all of us to ride safely with friends.

Mad Hatters Bocce Group

BY KIM PETRUZZELLI

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

We play bocce ball year-round each Thursday morning, and usually have anywhere from 25 to 45 players on the courts. All skill levels are welcome. From now until May, we begin at 10:00 am. Teams of 4 players are formed on-the-fly each week so just show up! The focus is on recreation not competition, and we rotate players and teams with each 20-minute round. Our players usually spend about 90 minutes on the courts. New, inexperienced, and handicapped players are always welcome. Don't know how to play? We'll guide you. There is plenty of parking available at the courts, and it's a great way to meet new people.

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

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

Swimmer & Water Walkers Club

BY ROSEMARY TANFANI

The main purpose of our club is to encourage the enjoyment and benefits of water exercise for all residents. So please be present at our Monday, Feb 12 meeting at 3:00



PM in the OC Fine Arts Room to vote on new officers for 2024-2025. We need your vote to keep the club going!

See you there.

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

Ladies Golf 18-Holer

BY CAROL LOPEZ

We would like to introduce and welcome new members: Nancy Dame, Susan Frey, Shari Kiley, Joyce Kinton, Christine Lee, Beth Morton and Jan Nanneman. The club is always looking for new members and Linda Chappelear (916-409-0151 linda chappelear @ sbcglobal.net) is available to assist you and answer any questions.

A General Membership meeting was held on January 11th in the Orchard Oaks Room. New Captain, Wendy Seagraves, introduced her Executive Board: Maureen Senn - Co-Captain, Nancy Sartor - Treasurer, Eileen Boore - Secretary and Barbara Grant - Past Captain and Extended Board: Edda Ashe & Judy Dong - Tournament Co-Chairs, Linda Blackburn - Handicap Chair, Chappelear - Membership Chair, Cheryl DeWildt -Sunshine/New Member Chair, Nancy Jenkins - Web Administrator, Chappelear - PWGA/ NCGA Club Representative, Karen Thom - WGANC/NCGA Ambassador, Shari Loyd and Mikie Briggs - Social/Catering Co-chairs, Kelley Royball - Photographer, Carol Lopez - Publicity, Boore - Rules/Pace of Play, Carol McCann - Eagles, Birdies and Chip-ins and Patti Tilton - Eclectic. Grant, with club members' assistance, has prepared new By-laws and Standing Rules for club review and voting approval. We have joined the Sierra Gold Match Play League and Senn (530-307-2499 maureensenn@sbcglobal.net) can answer any questions you may have about this fun local league. Stay tuned for information on new club shirts... league, tournament or personal pleasure. Thank you to all these ladies for their time, club support and leadership.

Thom (916-409-0757 karenthom884@ gmail.com) can answer questions and recommends participation in WGANC Legacy Tournaments: June 3&4 Hers & His - Sunnyside & Belmont, Fremont; July 8&9 Team Challenge - Sonoma & Fountain Grove, Santa Rosa; August 5&6 Eclectic - Meadow Club, Fairfax; September 10&11 Stroke Play -Olympic Club, San Francisco and November 4&5 2 Person Scramble - Northridge, Fair

Our website, www.lincolnhillsladiesgc. memberplanet,com, is a wealth of information for all club members and the public, so please

Men's Golf Club

BY MIKE MCBACK

The Men's Golf Club of Lincoln Hills' second tournament of the year is the Valentine's Day Massacre. That tournament on February 13 is almost upon us, but you still have time to sign up. It's a 4-Man Lone Ranger format on the Hills and Orchard Courses, starting at 9 a.m.

The third tournament of the year is our

Tournament of Champions and a Just-For-Fun. Sign-ups will be out soon for this Individual Stroke Play on both the Hills and Orchard Course starting at 8:30. Hope to see you out

LH Senior Softball League

BY FRED SERNA

On behalf of the Lincoln Hills Senior Softball League (LHSSL), our membership and the many family members and fans who attend our games and support our program, we genuinely and wholeheartedly welcome each and every resident of the Lincoln Hills community to the auspicious start of 2024. The 2024 Player Application form is available on our website. We encourage anyone interested in joining us this year to complete the Application and submit it as soon as possible. Instructions for submission are printed on the form. Applications are also available in the entertainment kiosk slots located in Orchard Creek Lodge across from the living room. Anyone experiencing problems with accessing our website, downloading forms or simply obtaining a Player Application form can contact me or any league Board Members. Board contact information is also available on our website. The Board is always available and happy to assist.

As in previous seasons, player conditioning clinics will be provided prior to the start of our Softball season for anyone wishing to take advantage of the guidance offered and the important physical conditioning regimens needed to comfortably and effectively take part in playing Softball. As usual, our Rules Committee will meet to review rules change suggestions from our members. The deadline for serving on the committee is now closed. however, suggestions can still be submitted to our Commissioner by end of day on January

As we embark upon our 25th anniversary, we hope that residents interested in becoming a member of the LHSSL will join us in celebrating this very special milestone. As always, we hope to see you on the field sharing our pledge in making the LHSSL the absolute model for Sportsmanship and Fun, a distinction that has always been and will always be.

(more Club News cont' on page 31)

SUN CITY REAL ESTATE UPDATE

I think the biggest changes occurring in the Sun City housing market over the past 15 years is not happening in Sun City itself. It is the ever increasing number of over 55 communities that are being developed or have already been built. It's really important to understand that the competition for buyers is not just from within Sun City anymore. Granted there are specifics that

draw people to the Sun City communities, the open space, the golf, the large and varied community opportunities, but the over 55 market is no longer exclusive to Sun City and that is very important when considering where to price your home for sale.

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LH Foundation —

(cont' from page 1)

and play starts at 1:00. Twelve cards for \$25, with exact change appreciated. Payouts are \$100 for the first eleven games and \$250 for the final game. Make an afternoon of it and enjoy lunch at Meridians beforehand.

If you are looking for other ways to support the Foundation, we welcome new Board Directors or Advisory Board members who would like to serve their community. If you have skills or experience in marketing, fund raising, program management, finance, writing, web skills or just want to be part of an organization that makes a difference in the community you are welcome. Reach out directly to me or join us at one of our Board meetings. We meet the second Monday of each month at 9:30 a.m. in Orchard Creek Lodge.

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

Shuffleboard Club

BY JON KLINE

Our 3 additional PolyCourts arrived in December, and the BOD voted to locate all 5 courts on Tennis Court #10 for at least 6 months. The courts were laid out on January 10th (see photo)... big thanks to our maintenance crew who also mounted the scoreboards and put together our new storage locker and secured it to the fence inside the court. This location is closest to the maintenance building at the far end of the softball parking lot. Shuffleboard club play continues every Thursday and Saturday afternoons from 1:00 to 3:45 PM. New players are welcome at any club session but there will also be special orientation sessions and clinics every Tuesday afternoon from 1:30 to 3:00 PM. For open play and practice, you can reserve courts for 1-3 hours up to 7 days in advance at: Resident Website/Wellfit Reservations/ Shuffleboard Courts. Get the locker key at the $OC\,Fitness\,desk.\,Other\,large\,social\,clubs\,have$ formed shuffleboard groups and scheduled weekly play times; contact your club's social director.

The club celebrated our 2-year anniversary on January 17 with a luncheon at the Solarium. Thanks to our Social Director, Irene Hesson for organizing it.

Email the club for the basic game rules. We are a no dues club, all residents and their guests are encouraged to come to the courts and learn to play this sport. People of all ages and fitness levels can play shuffleboard; no



bending or lifting is required.

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

LH Table Tennis

BY ILENE MARSHALL

Remember when you were a kid and had a ping pong table in the garage you'd play on for hours? Or maybe it was the community center a few blocks away or maybe the resort your parents took you to on vacation. They always had a ping pong table that kept you entertained for hours!

The name may have changed to Table Tennis, but the fun involved in the game has not!! So be a kid again and come join us at The Kilaga Springs Lodge.

We play in the Multi-Purpose Room (KS) on Sundays 8:00 AM to 5:00 PM, Tuesdays,

6:00 PM to 9:00 PM, and Fridays 8:00 AM to 12:00 PM.

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

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

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

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

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

Reservations are not required. Please wear non-marking tennis shoes. Loaner (cont' on page 35)





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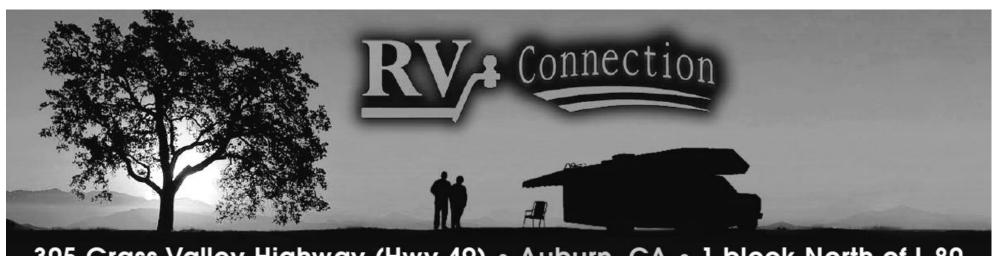
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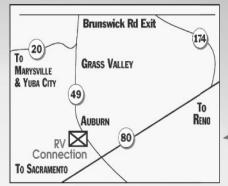
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Lincoln Hills December Sales Snapshot

Address	Street	Sq Ft	Orig. Price	Selling Price	Floorplan
882	Meadowhill	900	\$400,000	\$407,000	Meadow
1530	Topanga	1065	\$367,500	\$340,000	Condo
1865	Starview	1491	\$559,900	\$550,000	Almanor
1291	Hillhaven	1515	\$585,000	\$581,000	Pine Hill
794	Wagon Wheel	1549	\$545,000	\$526,500	Alpine
908	Coachman	1549	\$522,500	\$500,000	Alpine
1493	Dapple Dawn	1595	\$625,000	\$615,000	Quail Cove
1199	Perdita	1602	\$590,000	\$590,000	Lassen
1526	Barn Valley	1624	\$599,950	\$584,000	Lassen
2612	Eagles Peak	1673	\$585,000	\$575,000	Trinity
1065	Magnolia	1704	\$649,000	\$630,000	Echo Ridge **
281	Snapdragon	1790	\$624,000	\$614,000	Tehama
2603	Warbler	1854	\$725,000	\$720,000	Plumas
609	Merlin	1854	\$695,000	\$695,000	Plumas
1133	Magnolia	2073	\$765,000	\$759,750	Annadel
1844	Emily	2176	\$799,000	\$765,000	Sausalito
285	Sawmill	2280	\$714,900	\$705,000	Shasta
1468	Tallac	2801	\$1,300,000	\$1,195,000	Meadowgate*/**

* View ** Casita

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We are able to help most timeshare owners that contact us. You could be one phone call away from complete peace of mind.



Get your free information kit and see if you qualify:

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LH Table Tennis

(cont' from page 31)

paddles are available.

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

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

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

LH Tennis

BY PAMELA GEERNAERT

February is here and we are busy planning our fun filled events for 2024.

We have drop-in every Wednesday and Saturday 9:00 AM. Come out and meet new players.

March 14th is our ST, Patrick "Live Ball" Tournament. The Live Ball concept is a fun, competitive way to test your skills and every level has a chance to win prizes and to have a wonderful lunch with your fellow players. This Tournament is for members only, but guests are welcome to join us for lunch. Don't forget to wear your green!

LITT will be back in the spring. It is always a fun event. We are looking for Co-coordinators (cont' on page 37)

Tap Company

(cont' from page 1)

The performances are scheduled for April 4th and 5th at 7 PM, with matinee shows on April 6th and 7th at 2 PM. This flexible schedule ensures that everyone can join in on the fun and experience the magic of the show.

In addition to the dynamic dance acts, Everybody Dance Now! will also feature several solo singers and entertainers who will captivate the audience with their talents. The diverse range of performances highlights the rich artistic tapestry present in the SCLH community.

Behind the scenes set designers and tech crew are working

tirelessly to create a visually stunning backdrop that compliments the lively theme of the show. With dances choreographed by different artists, each act promises a unique and memorable experience.

Don't miss out on the community-driven spectacle that brings together the residents of



SCLH in celebration of talent and creativity. Mark your calendars for a toe-tapping experience on April 4th, 5th, 6th, and 7th in the Ballroom (OC). Everybody Dance Now! is not just a show; it's a testament to the vibrant spirit of the community and the power of artistic expression.

Tax Season is Here!

BY GARY STEEL

Lincoln AARP Foundation Tax-Aide volunteers are ready to assist you with your 2023 tax returns! This 40-year-old program provides free income tax return preparation and counseling for low to middle-income taxpayers with special attention to those 60 years and older. This joint IRS and AARP Foundation administered program is staffed by volunteers from Lincoln who are trained, and IRS certified each year to ensure they know about and understand the latest changes and additions to the U.S. tax code. These returns will be filed electronically (e-file) with the IRS and California Franchise Tax Board, which allow clients to have their tax refunds deposited directly into their bank accounts within two weeks. Nationwide, volunteers are using computers to complete and e-file approximately three million tax returns to meet the April 15th, 2024 filing deadline for 2023 income.

This service will be available by appointment only this year at Granite Springs Church, 1170 E. Joiner Parkway. People can make income tax preparation appointments by calling 916-258-5065. The Intake/Interview Sheet is required of all clients and may be downloaded or completed online (locations will be provided when your appointment is scheduled). This form is also available in the Orchard Creek Lodge lobby, Kilaga Springs library, Lincoln City Hall Lobby, and Granite Springs Church.

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LH Tennis

(cont' from page 35)

and team captains.

We encourage people to come out and play some tennis and you will be hooked.

On a sadder note, we lost one of our cherished members, Jack Williams. Jack was always a gentleman on the courts and was always there with the leaf blower and measuring the nets for us. He will be missed.

Love in Tennis means zero but remember the love of tennis starts the game.

Billiards

BY WAYNE BUCHANAN

A short History of Cue Sports

The game of pool, and all of its relatives can trace their roots back to the 15th century and seem to have evolved from the ancient ancestors of games like croquet and golf. The ancient French game called Jeu de mail (middle french for mallet game) is a good example.

King Louis XI had the first recorded indoor billiard table around the year 1470 and one of his heirs, King Louis XIV, refined the game and it became popular throughout French nobility. It spread across the channel. and it is said that Mary Queen of Scots complained when her table was taken from her by those that eventually executed her and used the table's cloth to cover her body. Other notables that took a liking to the game include Louis the XVI and Marie Antoinette, Mozart, Napoleon Bonaparte and later, George Washington and Abe Lincoln.

As the game moved indoors to tables, the rails were added to keep the balls from rolling off the surface. These rails evolved over time into the cushions we all know today. The tables included not only pockets but hoops and other obstacles that the balls were required to navigate. The modern cue stick evolved from maces or mallets. When a ball lodged itself against a rail it was found that using the handle end of the mallet had better effect than the hammer end. Eventually this became the preferred method of striking the ball and the modern cue stick was born.

Hopefully there will be more billiard history right here next month but until then, please come join us in the billiard rooms and check out our website at https://lhbilliards. com/We have tournaments for every skill level. mentoring classes and several social events to attend. It's fun.

I'll see you in the pool room.

Cribbage Club

BY MEL SWITZER

The power of crib is a curious thing Make a one-man weep, make another

Change a skunk to a little white dove More than a feeling, that's the crib of love Tougher than diamonds, rich like cream Stronger and harder than a bad daydream Make a bad one good, make a wrong one right

> Power of crib could keep you up at night You get some money, get some fame

We don't take credit cards to ride this train It's strong and it's sudden and it's fun most times

> But it might just help your life That's the power of crib That's the power of crib

The Power of Crib belongs to our recent winners: Jean Stefani 12/20, Betty Carter 12/26, Marrianne Crosby 1/2 and Bruce Quick 1/9.

Duplicate Bridge Club

BY MONA STRYKER

We were fortunate to have a 2-part presentation on New Minor Forcing, a bridge convention, by Doug Murphey on January 17th and 24th. Doug, as usual, was an excellent teacher.

Games (reservations need to be made at $least\,two\,days\,ahead\,of\,game\,with\,Elise\,Homer$ at elisehomer@gmail.com or 916 303-0751):

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

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

For further information, go to our website shown below.

Partnership chairman: Sharon Duley 916 253-3885

Contact: Elise Homer (elisehomer@ gmail.com, 916 303-0751)

Website: www.bridgewebs.com/ lincolnhills/

SSNLH WRITER...

That Extra Day

BY JOY S. HUTCHISON

We are now in the month of February, when we honor Washington and Lincoln, our long-ago presidents who in their time influenced the liberties we have today. We also rejoice in Valentines Day by endowing our loves with chocolate, champagne and perhaps a bouquet of flowers or happy-face balloons. To top that off this year, we are celebrating Leap Year, that super duper extra day, February 29th! Of all the months of the year, February, the shortest one, seems to be overwhelmed with excuses to take an extra day or two to just do... whatever.

It's not only the Leap Year babies who get that extra day, we all do. That gets me to thinking about those extra days we all have... a business appointment canceled, a sniffle from one of our family that means going to a special event is not going to happen, the date that calls because something... not too clear but valid in his or her own eyes... means you have an evening free. So, what to do?

During my care-giving time, my loved one attended an adult day care a few days a week for four hours. At the front desk where I checked him in, there was a comment sheet asking the care-givers, "What do you do with your free time?" Some of the comments were quite predictable, "Got my grocery shopping done", or "Went for my annual physical", or "Treated myself to a massage/pedicure". The

comment that struck me the most was one that said, "Went home and took a nap".

Time is precious. Make the best of it, and take advantage of the extra day that February offers you.

What will I do for Valentine's Day?

......

BY VAL SINGER

What will I do for Valentine's Day? Go out to dinner? Nah, it'll be too crowded. Lovely box of candy? Nah, just got over the holidays and are trying to lose some of that extra weight. Flowers? Well, maybe, but it seems like that's every year. Mushy card? Go to the Dollar Tree and get the 2 for \$1.25 one or really splurge and pay \$5 bucks? Ah, they just get thrown away anyway! Movie? Can stay home and watch Netflix. Not to mention the price of popcorn!

While all these options use to sound great, the older I get the less desirous they are. Going out somewhere seems to take too much effort and if it's raining, forget it all together!

Well, I think putting on flannel pjs, cuddling on the couch with my honey wrapped in a warm blanket, and watching a very old movie that doesn't have foul language, sounds wonderful to me. Gee, I hope he's going to read this!

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

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ANNOUNCEMENTS

GRUPO DE CONVERSACION EN ESPANOL: Martes de 4:00 a 5:00 PM en Kilaga Springs Lodge. Manuel 916-408-8163.

LOVE TO FLY FISH? Every Friday at 8 AM, we get together for breakfast at Meridians to talk fly fishing. Come and join us. Call Dick or Henry re additional info: 916-207-4473, 415-716-0666.

SIR: SOCIAL ACTIVITIES FOR MEN. The mission of SIR is to improve the lives of our members through fun activities, lunches, and events while making friends for life. The Lincoln Hills Branch of SIR meets on the 3rd Tuesday of the month at Catta Verdera Country Club. Contact Phil Sanderson, Membership Chairman at 916-408-4764 or $\label{lambda} Jay James, Big Sir, at 408-533-3132. SIR, Inc.$ is a non-profit organization that provides social activities for men. SIR is strictly social, it does not do fundraising, has no religious affiliation, and is non-political. To learn more, visit www.wearesir.com or www. sirbranch13. Come, join us for a free lunch.

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

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

Classified Ad Submissions — WHEN: By the 12th of

the month. Please email the information below to: SunSeniorCA@gmail.com.

Subject Line should be SCLH Classified and your Phone

Number (Example: SCLH Classified 916-123-4567) 1. Contact name and phone number.

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

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

SCLH residents get FREE non-business Classifed Ads; limited to 15 words; one per household per month. Non-business Ad items include selling personal used items such as furniture, tools, books, rugs, electronics, personal car, golf cart, etc.

BUSINESS ADS:

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

Business Ads include anything of a commercial nature or service, including pet sitting, real estate, rentals, timeshare/ condos, any service etc. **Business Ads** are 15 words for \$35 for one-month.

Additional words \$1 each. (\$90 for three months for the

If your classified ad is determined to be "business" related. we will email you an invoice that will allow you to pay immediately with a credit card, or mail a check. HINT on Word Counts: A "word" is anything separated by spaces, or as reported by word-process software like Microsoft Word.

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



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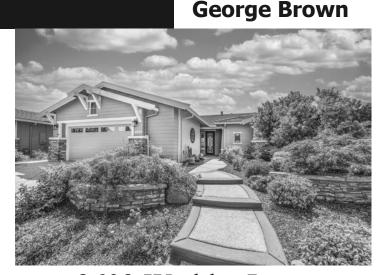
Recent Sales in Lincoln Hills



794 Wagon Wheel Lane Alpine Model SOLD \$526,500



1876 Audubon Hill Pl Sonoma Model SOLD \$1,135,000



2603 Warbler Lane Plumas Model SOLD \$720,000



2248 Monument Drive Springcrest Model SOLD \$1,260,000