

# SUN SENIOR NEWS

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## Ron and Mary Onodera — Enjoying SCR Life

BY JENNIFER MARTIN

How would you like to live in a house that has stunning views, light-filled rooms, and beautiful décor? A house that, when you're away on vacation, you miss with all your heart. That's the house that Ron and Mary Onodera have lived in at Sun City Roseville since the end of 2017. "There are many things to love about this house," says Mary. "And, of course, there are some things I would have done differently, but it's perfect for us."

Ron was born in Sacramento in 1951, and grew up in Elk Grove, the youngest of eight children. He and his oldest sister are 19 years apart in age. His parents, who were of Japanese descent, were interned at Tule Lake during World War II and moved to Elk Grove when the war ended. They became sharecroppers, raising tomatoes, beans, and sugar beets—all of which were sent to a cannery for processing. Ron remembers his older brother letting him ride a tractor when he was five years old. He was having fun steering the wheel, until he



Mary and Ron Onodera

realized his brother had jumped out, leaving him alone in the cab.

In 1963, Ron's parents decided to quit farming and bought a house just outside of

Florin. Soon, his father got bored in retirement, so when Ron's uncle got sick, his father took over his uncle's gardening business. Ron helped the business by mowing lawns for 7 years. He has sworn not to mow lawns ever again. He graduated from Elk Grove High School in 1969, then went on to get a Bachelor of Science degree in Environmental Design from UC Davis in 1973.

During college, Ron worked the swing-shift doing clerical work for the State Department of Justice. After college, he stayed on for several more years as an analyst. In 1986, he took a job with the Employment Development Department (EDD) and became a budget analyst, putting together budgets which would get approved by the state legislature and the federal government. Ron enjoyed the job. "It was a demanding job," he says, "but it taught me to be very rigorous and thorough in my analysis. I worked with other  
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## SCR Foundation 2024

BY LISA CRYAN, *Public Relations Director*

Two years ago, I was asked if I'd like to volunteer as the Foundation's PR Director and to write their monthly articles. I was hesitant because I didn't have a PR background and I didn't know anything about the Foundation except that they have a highly regarded Home Maintenance Program. By volunteering I learned about the MANY ways in which the Foundation fulfills its mission to provide services that address the physical, cultural, educational, and social needs of Sun City Roseville residents, beyond those provided by the Community Association. Turns out I had plenty to write about just by showcasing the various programs, services, and events in each month's article. My term ends with this final article, thanks for reading!



We kicked off the new year with our first Bingo event on January 7. As this event is open to the public, we had over 240 total participants in attendance. The new bingo equipment and new games were well received. Please plan to join us at our next Bingo event which will be held on Sunday, March 10. Make sure to save the date.

The Foundation's Home Maintenance Program is one of our most widely used and well-known services and we have the numbers  
(cont' on page 31)

## Drama Club

BY LENORA DAVIS

The Drama Club has had an eventful start of the new year, and we are once again gearing up for our next performance, in May. As always, our work begins with script research, then casting of actors and beginning rehearsals. But this really is only the beginning of what it takes to complete a full performance and we are so lucky to have dedicated members to pull it off. As I've said before, there is much effort that goes on behind the scenes of a production and I would like to introduce two of our members that work tirelessly throughout our rehearsals and performances.









# Executive Director Comments

## Volunteering - The Benefits Might Surprise You!

BY GEOFFREY BROWNE

It's kind of a rule that when you are writing a story or a report, you have to be able to answer the Five Ws. Originally, Aristotle developed these questions (elements) to help differentiate between voluntary and involuntary moral actions. Eventually, these five questions became the basic elements of a good story, whether fiction or non-fiction. This same method was taught in journalism schools throughout the early 20th century and are still seen as required in the best newspaper articles.

Well, I'm not a storyteller, or an ethicist, or a journalist. But I like structure, and I like a good discussion, and it seems that using the Five Ws is a good basis for supporting a solid argument, as well.

Here, then, is my proposition. Over a period of three days in January, I witnessed two tremendous examples of how volunteerism works in the Sun City Roseville Community. It is well-known here in SCR that we depend a LOT on our volunteers and that we are lucky to have a community that is full of them. Occasionally, I am still surprised by exactly how many of you we have, and how many of you are still out there looking for the right opportunity. Here are the two examples about volunteers that I mentioned earlier.

The Strategic Planning and

Implementation Workgroup (SPIWG) recently posted a notice that there was a vacancy in the Workgroup, and asked for volunteers interested in filling that position to fill out and submit an application to join. To our great surprise and delight, the Chair, Ralph Faust, ended up receiving almost 20 applications for the one open position and, after conducting interviews, had a very hard decision to make. He noted that the level of expertise, knowledge and experience in this community is unbelievably high, and tapping into that has huge benefits for everyone in the community. The number of people applying for that volunteer position was very surprising, and gratifying.

A few days later I sat in a meeting room at Sierra Pines looking around a room full of members who had committed many hours of their time to take part in the 2024 Leadership Academy. They were there for an Orientation and the first class (History of SCR) of the 5 classes that, along with multiple required readings, committee meetings, tours, presentations, and a graduation ceremony, make up the curriculum. All this so that they can learn to become better volunteers, better leaders, maybe committee Chairs or

even Directors on the Board. Now that's commitment!

Seeing the number of people interested enough in volunteering that they lined up to be interviewed for one position, or agreed to tens of hours of learning and instruction so they could get a better understanding of how things work here, is inspiring. So, if you're one of the ones that is also inspired by this movement, I'll let the Five Ws provide the information you need to make the final decision.

Who? Pretty much anyone who is a member of the Association can become a volunteer. People with disabilities or health conditions can still benefit greatly from volunteering and can choose to volunteer their time in different ways, perhaps via phone or computer. If you're a member, you can be a volunteer!

What? We use volunteers for every committee and work group, some of whom report directly to the Board. We have a large Neighborhood Watch group that helps make the community safer and keeps in touch with neighbors to help make sure they are all OK. Citizen's Patrol is also staffed with volunteers who assist with keeping the community safe and secure.

When? While it's true that the more you volunteer, the more benefits you'll experience, volunteering doesn't have to be long-term or take a huge amount of time out of your week. As little as two to three hours per week can be very beneficial, so you don't have to give up your life to do it! The important thing is to volunteer an amount of time that feels right

for you. Volunteering should feel like a fun and rewarding hobby, not another chore on your to-do list.

Where? Well, if you join a Club or a Group you could actually be just about anywhere. Many Committees and workgroups meet at the Lodge. Most opportunities at SCR are in and around the Lodge.

Why? Volunteering can help you make friends, learn new skills, advance your career, and even feel happier and healthier. Volunteering helps counteract the effects of stress, anger, and anxiety. Volunteering increases self-confidence, provides a sense of purpose, and helps you stay physically healthy.

To volunteer, visit the bulletin board in front of the Administration office for a Neighborhood Watch/Citizens Patrol application, pick up a flyer on Sunshine Services and see if there is a fit there, and, most importantly, watch for information from your Volunteerism Support Group as they kick off volunteer recruitment for 2024. Recruitment for the various standing and required committees' application period begins May 1.



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## Music and Laughter

(cont' from page 4)

guitarist Lisa Marie Bohn, who waited for all the signed in entertainers to perform then treated us to a wonderful 15-minute set, including yours truly, harmonizing to our signature song Sentimental Journey. In spite of the cold dark evening the following enthusiastic entertainers performed; Jan Given, Joe Given, Bruce Barley, Ken Roberts, Frank Kilarr, Jack McGurk and Vickie Blomquist. Our enthusiastic prize winners included Ed Klink, Sharon Rubio, Janeen Mattiuzzi, Lily Safdie, Bruce Barley, Roberta Simpson, Linda Good and Jan Given.

We'd like to express our heartfelt thanks to all our entertainers, our fan club, our prize winners and our steadfast helpers; Jill Aggersbury, Maria Hajgato, Jay Javier, Renee Hawkyard, Rebecca Hellman and Dennis Hellman. You all continue to add joy to my life and make my job a true labor of love.

We hope you'll pass the word about this fun Music and Laughter group, bring your \$1 entry for the raffle and join us at our next gathering on Wednesday evening, February 14, 7pm (doors open at 6:30) at our Sierra Pines lodge, located on the corner of Del Webb and Whistlestop Way. We know you'll enjoy this hour of entertainment provided by your very own talented neighbors.

...

## SC Harmonicoots

BY LINDA AUG

February brings us the shortest month with many cold days, more time indoors, and a long holiday weekend honoring Presidents Day.

Speaking of President's Day, some U.S. Presidents played the harmonica. Abe Lincoln, Calvin Coolidge, Ronald Reagan, and Jimmy Carter were known to blow a few tunes on their mouth harps. One of these U.S. Presidents took stage with Willie Nelson and B.B. King at a concert to feature his skills. Can you guess who?

More harmonica trivia! This small musical instrument was originally designed by 16-year-old Christian Buschmann in 1821. He called it a "Mundaeoline" or "Aura." Today The harmonica has several nick names. It is also known as a French harp, gob iron, tins sandwich, mouth organ, or just plain "harp".

The rock scene in the early sixties gave us Dylan, Wonder, Springsteen, and Lennon who gave the harmonica a "blue-sy" sound in pop music. This popularity led the harmonica to be the number one best-selling instrument with three million harps sold in 2019.

The Guinness Book of World Records reports the largest harmonica ensemble was held in Hong Kong in 2009 with over 6,000 players. They played for seven minutes straight accompanied by a string orchestra. 15,000 guests gathered to listen to the symphony.

But you don't need to travel to Hong Kong to hear a great harmonica sound. You're in luck

(cont' on page 9)

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