# SUNSENIOR NEWS

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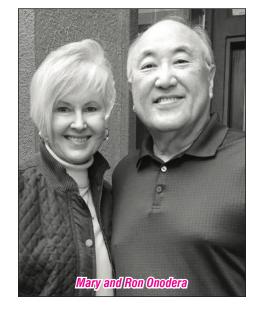
Sun Senior News 5098 Foothills Blvd., #3-405 Roseville, CA 95747 ECRWSS RESIDENT ROSEVILLE, CA 95747

### Ron and Mary Onodera — Enjoying SCR Life

BY IENNIFER 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



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 (cont' on page 33)

#### **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**

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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.



Firsts is Nick Poppelreiter. Nick is a software engineer, retired from GTE and VSP. He also volunteers as a sound & video engineer for churches, schools, community groups, and radio/TV stations. But wait, there's more: Nick plays violin/fiddle and has performed with Riverside Symphony, and various Christian music groups. None of us understands what Nick really does because it is so complicated, so the simple explanation is "he is our sound guy". We like to refer to him as our Wizard of Sound. And (along with assistants Rob Harper and Donna Stephens) he coordinates lighting and microphone usage. He is awesome.

The other backstage person is Greg Davis, a founding member of our group

who had no previous stage experience prior to this Club. He is our stage manager, who, with help from his stage crew (Joe Keefe, Fred Miller, Charlie Baughman, and Cal Conley), creates our



sets and is responsible for their manipulation during performances. He states that it is a lot ofwork pulling everything together, but seeing everyone enjoy their abilities on stage makes it all worthwhile.

You can join us. Membership is open and our next meeting is February 13, 7:00pm at Sierra Pines.



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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 Roseville. 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.

### **Neighborhood Watch/Citizen Patrol**

Citizens Patrol 2023 Report Card

BY LINDA VINCENT

Citizens Patrol and Neighborhood Watch are sister programs committed to keeping residents safe, crime low, and property values high. Citizens Patrol is aligned to that mission with three primary endeavors.

First, we provide a high visibility deterrent. Sun City has earned, and we try diligently to keep our reputation as a community with its "eyes and ears open and its antennae up". Delivery people, contractors, gardeners, etc. see us drive around and the word spreads. When these people see our vehicles out patrolling day and night, they think twice about creating an issue in Sun City.

Secondly, we try to minimize opportunity, such as open garage doors. Thieves can jump out of their cars, grab something from your garage, and be gone in less than a minute. We are also mindful that an open garage door may be an indicator of a medical emergency. We also monitor security measures, such as city streetlights and lighted house number

Third, we look for suspicious people or vehicles. When we see them, we call the police. That is something we all can do and should do. Our safety, crime rates, and property values could only be affected in a positive manner.

So... how did we do? As you look over

our 2023 stats below, please keep in mind that these successes were achieved by your friends and neighbors who volunteer their time to meet the mission of Citizens Patrol and perform these duties. Our mission would be impossible to reach without them. We hope that more individuals will be ready to volunteer this year by becoming a Citizens Patrol volunteer - once a month is all we ask.

We are giving all Citizens Patrol Volunteers an A+ and a huge Thank You for your service!

- 132 Lighted House Number Boxes Found broke or not lit
- 2 Flashing Porch Lights Found with no emergency
- 4 City Street Lights Found Not Working/Lit
  - 86 Couriers delivered to Shut-Ins
- 6 Calls to Police on Suspicious Circumstances/Persons
- 2429 Volunteer Hours Patrolled Day & Night
- 1095 Shift Captain Hours 2-1/2 3 per night volunteered for our Citizens Patrol
  - And last, but certainly not least...
- 1456 Garage Doors Found Open -That's Right – over 121 per month! Residents are getting so much better remembering to close their garage doors!



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#### **SC Singers**

BY JACKIE PROETT

It's February and time to fall in love again. As we age, that love doesn't always have to be wrapped around a certain someone. It might instead, be wrapped around our lives, the often undeserved blessings we receive. It's time to fall in love with every Season, every sunset and sunrise, every minute of every day. Even Cupid could not shoot an arrow through this bounty!

The Singers have quite naturally fallen in love with the Country/Folk music that was in the packet they received, like Valentines, on January 15. Our Concert, untitled at this writing, will take place in the Timbers Ballroom at 7:00pm on Monday, June 3. Hoe-down tickets always fly out quickly, save the date.

Speaking of dates, Hospitality is looking for a date in the spring for a party. Themes for spring are St. Patrick's Day, Easter Bonnets or Mardi gras. Take your pick! It's sure to be fun!

Remember the fun we had as kids, filling the Valentine Box? Then, as adults, we had

fun emptying the Chocolate Box. Here, you thought that you had swept up every black jelly bean from Halloween, every candy corn from Thanksgiving and every candy cane from Christmas and here you are presented with a Heart shaped box of chocolates. You'd planned to get rid of the few pounds you picked up over the Holidays. Oh well, wait until the box is finished and remember that the only thing better than chocolate, is music!

If you love music as much as we do, come join us. We meet on Mondays at 2:30pm., back of the Ballroom. You'll have four months to learn Concert music and you are sure to make a lot of friends on the way.

#### **Music and Laughter**

BY JANE BOHN

Yay for starting the new year off to a bang as entertainers and our steadfast fan club arrived to fill the room once again. Surprise visitor was our daughter, professional singer/
(cont' on page 6)





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### **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

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.

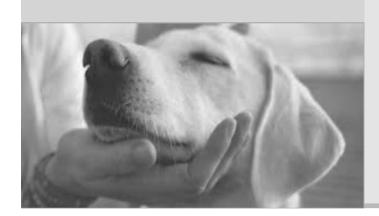
Why? Volunteering can help you make friends, learn new skills, advance your career, and even feel happier and healthier. Volunteering helps counteract the effects of stress, anger, and anxiety. Volunteering increases self-confidence, provides a sense of purpose, and helps you stay physically healthy.

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. Canyou 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, tin 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 Guiness 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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#### **Properties Committee**

BY KATHY CASTEN

Properties Committee Overall Responsibilities — In last month's article, we discussed the responsibilities of the Properties Committee. In summary, the Committee's responsibilities are the general monitoring of all Association common area properties, and to help Association Staff by conducting inspections, identifying concerns, and making recommendations for staff actions needed to preserve, maintain, and enhance Association assets. The Committee also reviews Capital Asset purchases and Reserve Replacements during the budgeting process.

Resident Concern Process – What It Is and How It Works

Another Properties Committee responsibility is to receive, process (log and refer to the proper Department) and monitor Resident Concerns until they are resolved. Any resident that has a concern about facilities, common area landscape, open space, and riparian areas on Sun City Roseville common grounds, may report the issue using the Resident Concern Form. All concerns are subject to SCRCA policies and those of the City of Roseville (which are shown on the form). The Resident Concerns are then prioritized by need and safety and are completed as time and resources are available. Finally, Resident Concern status is reviewed at each monthly Properties meeting until the issue has been resolved.

The Resident Concern form can be picked

up at the kiosk in front of the Association office or downloaded from the website on the Properties Committee page found under the heading "Board and Committees". Once the resident completes the form, it just needs to be dropped off at the Association Office.

Please note that golf course matters (except for structures) should be reported on the Golf Committee Concern form that is available in the kiosk in front of the Association and on the website.

**Properties Committee Meetings** 

The Properties Committee meetings are always interesting and informative. Association Members are welcome to attend. The meetings are scheduled for the second Thursday each month at 9:00 AM, in the Birch/Cedar Rooms.

#### **Ambassador Committee**

BY LATRICIA NICHOLSON

The Ambassador Committee is looking forward to hosting the first New Resident Orientation of the year on February 24, for residents who registered with the SCR Administration office in October, November, December and January. These residents should look for an eblast invitation on February 6.

The New Resident Orientation hosted by the Ambassador Committee should not be confused with the Registration & Orientation that occurs in the SCR Administration office or the Newcomers Group that meets monthly.

The New Resident Orientation features presentations from the Sun City Board of

Directors, staff members sharing valuable information regarding activities offered, Information Technology, Community Standards, golf and the Sun City Roseville Foundation. There will be wine, appetizers, great door prizes and fun ways to meet fellow new residents.

If you registered during the months mentioned above, we hope you RSVP as directed, and we have the pleasure of meeting you on February 24.

#### **Sunshine Services**

BY LINDA CILENTI

February is Heart Health Month and to help us "Kick Start Your Heart" we are excited to have our Sun City Roseville Community Association, Fitness Center Director, Elaine Zilonka as our featured guest speaker. Elaine will speak about heart health, upcoming cardiopulmonary resuscitation (CPR) classes, exercise programs and other programs offered at the Fitness Center to "Kick Start Your Heart". The meeting will be held on February 21 in the Spruce Room at Sierra Pines beginning at 10:00 am.

Elaine grew up in Pennsylvania. She has a Bachelor's Degree in Kinesiology and a minor in Chemistry from Penn State University and a Master's Degree in Exercise Physiology from the University of Wisconsin-La Crosse. She began her career working in cardiac and pulmonary rehabilitation, including the Dean Ornish Program for Reversing Heart Disease

at Swedish Hospital and Edmonds Hospital in Seattle. After moving to California, she worked for Mercy General Hospital and Mercy San Juan Hospital in both in-patient and outpatient cardiac and pulmonary rehabilitation.

She joined the Sun City Roseville team as the Fitness Director in 2005. In her free time, she enjoys all things outdoors including trail running, backpacking, and taking her two dogs to the river. When not outdoors, she enjoys crafting, reading a good book and reality shows.

Take a step toward heart health by getting up and moving every day. Mark your calendars with a big heart on February 21, 2024, Sierra Pines, Spruce Room, 10:00 am and join us to "Kick Start Your Heart".

#### **Tax Returns**

BY BOB EGGERTS

AARP Foundation volunteers will prepare and electronically file Federal and California income tax returns for low-to-middle income SCR residents at the Timbers Lodge Club Room on Sundays. There is no charge for these services that are sponsored by the IRS and the AARP Foundation. Appointments are required and can be made by calling 916-741-0932. Appointments will be made for Sundays from February 4th through April 14th. This appointment line makes appointments for several sites in Roseville so if you want your appointment to be at Sun City, you must mention that when you leave your appointment request.









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#### **SC Harmonicoots**

(cont' from page 6)

with the Sun City Harmonicoots! Mark your calendar for March 14th! The Coots will be in Timbers Lobby from 5:30 to 6:30 and we invite you to sing along to St. Patrick's Day tunes!

Why not become a Harmonicoot this year? You could be like Jimmy Carter and someday play a duet with a rock star! Come to the Pines on Thursdays from 1 to 3 and see what we are all about! We will rock you!

(The answer to the question above is Jimmy Carter.)

Harps Up!

#### **Dance Club**

BY VIKKI CLARK

On January 15th the was our dance club social was, Jukebox Favorites, hosted by our very own DJ, Shelly Winters. Shelly played favorite dance music from the 50's through the 80's. Everyone had a great time.

February 19th will be the Performance Showcase. There will be performances from all 11 dance classes, followed by 3-4 workshops. If you ever wanted to see what each class does, this is the event to attend. Tickets are only \$5 and can be purchased from any dance class, February Couriers Days, or the night of the performance.

Bill Swayne will host a Line Dance 1 social on March 18th. Even the very beginner will easily learn the steps and have fun. Come and bring a friend. Tickets are \$5 and can be purchased at dance classes, on or Courier Days, or at the door..

Adding dancing to your lifestyle has been found to reduce falls by 58% by, improving gait and-helping you to walk tall. It improves the condition of your heart and lungs, provides increased muscular strength, endurance and motor fitness, and increased aerobic fitness. It is a great physical exercise for people of all ages, it can safely be practiced from the age of 2 to 102! Come visit one of the classes, the first class is always free and a great way to see what dance style you will love.

Please visit the Dance Club website for information about the club, it's upcoming for events, and to view pictures and videos . from our past dances.

Hoping to see each of you at one of the events or dance class!

#### **All Tuned Up**

BY PEGGY WELLS

It's February and Valentine's Day will soon be upon us. In Googling the day, I found that its origins are based in a very brutal pagan ceremony by the ancient Romans (too gruesome to go into). But by the 18th and 19th centuries, Valentine's Day had morphed into a day to celebrate romance and love. Of course, these days we are surrounded by Valentine everything - Hallmark movies, roses, huge boxes of chocolate. Sweetheart candies. So. all of this got me thinking about songs of love. When we think of love songs, most of us think of romantic love and the seemingly infinite number of love songs. Some examples: Love is a Many Splendored Thing, Love on the Rocks, Love Me Tender, The Glory of Love, and everyone's favorite, Muskrat Love. But there are other love songs, like those written about love between friends and among family members. We all know the great music written for love of home and country. The most beautiful music in the world, by the greatest composers in history, was written for the love of God. So, whatever music you're humming, singing, or listening to, let's celebrate all forms of love in February, the month of Love.

We meet at the Sierra Pines clubhouse, every Thursday at 9:00am.

#### **Fine Arts Club**

BY NANCY VAVUL

As we step into the artistic realm of February, our Fine Arts club continues to offer a diverse array of classes, ensuring there's something for every creative spirit. Members may enjoy Monday afternoons experiencing the vivid strokes of acrylics led by Donna Self, embrace the basics of drawing presented by Pat Jordan on Tuesday mornings, explore the enchanting world of Pat Abraham's watercolors on Tuesday afternoons, delve into the rich textures of oils as taught by Susan Edie on Thursday mornings, and polish their skills in Pat Jordan's intermediate and advanced drawing class on Friday afternoons. In addition, on the afternoon of February 29 members have the opportunity to learn more from Sherry Bleiweiss about the vibrant medium of alcohol ink.

Mark your calendars for the February 8 membership meeting, where we'll be treated

to a demonstration of watercolor techniques presented by the talented Tony Rogone. Prepare to be inspired as he unveils the magic behind his captivating creations. He expresses his philosophy this way, "Every artist dips his brush in his own soul. . . and paints his own nature into his pictures."

Incelebratingourmembers' achievements, we extend heartfelt congratulations to John Long for the honor of having his watercolor work selected as the signature piece for our upcoming art festival on March 17 and 18. His talent truly shines, representing the excellence of our club.

Following the success of the "Beyond Art Social" game night on January 24, we're considering turning it into a monthly tradition. Stay tuned for details, and check the art room for information and sign-ups for all these upcoming events.

February beckons with creativity and community at the Fine Arts Club. Let's work on our own masterpieces and let our passion for art blossom in the warmth of shared enthusiasm.

#### **Creative Arts Club**

BY CAROL KOVACH

Donna Stephens: Fused Glass Artist — Creative Arts member Donna Stephens is an accomplished fused glass artist, with many pieces displayed throughout her home and yard. She moved to Sun City in March 2022 into her mother's house. Modesta Sechny was one of the first residents of Sun City, so Donna was familiar with the community. She soon became active in Sun City joining Fine Arts, Creative Arts, Drama, Travel and Needle Arts.

A display of her fused glass artwork was featured in the Creative Arts window throughout January. Glass has been a passion ever since she began collecting marbles, marveling at their beauty and transparency as a youngster in New York, where she was born and grew up. Moving to California when 24, she has lived in Southern California, San Francisco, Davis and Shingle Springs. She built a log home in Shingle Springs on 2 acres, where her daughter, Marisa was born.

With a MS in Counseling from California State University, Fullerton and a credential for school counseling she worked as an elementary school counselor for 15 years in Davis. Looking to the future, in 2014 she became a Board Certified Life Coach and started a private





practice in 2015, which continues today.

While living in Davis she began her glass journey. Beginning with stained glass she was later captivated by fused glass, as she found it more forgiving allowing her freedom to nurture her creative side. Donna studied both glass casting and fusing at Pilchuck Glass School in Washington. She later took several classes with local Phil Teefy at Rainbow Glass in Sacramento.

She has a home studio in her garage complete with a special glass kiln and workspace. She has taught fused glass at UCD Craft center and private classes in her Davis glass studio.

(more Club News cont' on page 13)

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#### **SCR Needle Arts Club**

BY PEGGY VOAKES

Our club is off to a fast start this year! The planning for many of our yearly events is already under way. As the new year progresses, there will be many opportunities for involvement.

It was great to see so many members at our January meeting, especially after the December break. We were treated to a presentation full of important information regarding many aspects of our personal safety. Linda Waage, a volunteer with the Roseville Police Department and

an SCR resident herself, filled us in on the latest scams and ways to protect ourselves. After a lively question-and-answer session, she left us with packets of valuable information. Another out-of-the-box presentation arranged by our VP Dianne Faulkner. You never know what you will learn at Needle Arts!

A big Thank You goes out to Karen Porter who filled in for our Secretary, Linda Nelson, this month. A very important job, which often travels under the radar!

Be sure to take a look at our display window showcasing a new-to-us way to do some wonderful charity work through Dress A Girl. I am told by Linda Baglio that one does not even have to know how to sew in order to participate. More info on this and so many other things in our newsletter. Be sure to pick one up and stay up-to-date!

Our next General Meeting is February 7, 1:30 pm, in the Ballroom. We always have room for new members, so if you are reading this and would like to join us, let me know.

#### **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 vou'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.

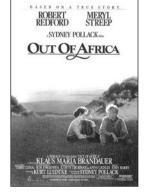
C'mon to one of our meetings and enjoy the hobby. It's inexpensive and a lot of fun.

#### Cinema Group

BYBRIAN SUTTON

Join us for this excellent February movie... Out of Africa (1985)

Karen Blixen (Meryl Streep) travels to Africa to join her husband, Bror (Klaus Maria Brandauer). She finds that her husband is



spending their money on a coffee plantation. Meanwhile Karen develops feelings for hunter Denys (Robert Redford), but realizes he prefers a simplistic lifestyle compared to her upper-class background.

Ratings: Internet Movie Data Base (IMDB) – a strong 7.1

Rotten Tomatoes Website: "... stunning cinematography and featuring a pair of winning performances from Meryl Streep and Robert Redford. "

Roger Ebert reported, "Out of Africa is a great movie to look at, breathtakingly filmed on location. It is a movie with the courage to be about complex, sweeping emotions, and to use

the star power of its actors without apology. "

Academy Awards — Winner: Best Picture, Best Director; Best Screenplay; Cinematography; Music; Film Editing. Nominated: Meryl Streep, Klaus Maria Brandauer.

Friday, February 16, 1:30 pm, Spruce Room, Sierra Pines

As always, Admission is free!

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

#### **Solo Friends**

BY CATHY SCHIMANSKY

Solo Friends is a Sun City Roseville social group open to all Sun City residents.

February is for most people a month commonly mentioned as the "Valentine month". With a positive attitude February can not only be a Valentine month but also a "new year healthy heart and happy mind month". With all the offerings to accomplish your 2024 new year's resolutions of a happy and healthy life, there is the opportunity to share together a healthy and happy life at this month's February 17 social dinner at Sierra Pines!

Our once-a-month third Saturday of the month social catered dinner and activity events at Sierra Pines offer our members and their guests' good food and fun at a low cost. The catered dinners cost averages less than a restaurant's breakfast or lunch price. Our annually published online scheduled third Saturday of the month is to accommodate those busy members (and their guests) with busy schedules.

For those of you liking meeting in smaller group activities Solo Friends currently has multiple small special interest groups (the Solo Friends online link named "Special Activities"). Most likely there will be additional varying special interest small groups offered in 2024. The current Solo Friends "members only" small groups, usually comprised of eight to sixteen members, include a book club, Canasta, Ponytail Canasta, Hand and Foot, Mexican Train, Rummikub and Scrabble.

In addition to the weekly meeting Special Activity groups and once-a-month catered dinner parties there are ten educational/ informational meetings with featured guest

speakers on the first Monday of the month in the Timber Creek ballroom. The ten first Monday of the month general meetings are free and open to all Sun City residents (both members and non-members). Most attendees gather in the Timbers lounge for social time after the general meeting's presentation. The general meetings are an opportunity for non-members to "sample" and meet Solo Friends members before deciding to sign up for membership.

In January a Sun City resident and Fine Arts Club instructor, Donna Self, gave a wonderful and inspiring presentation entitled "Composition and Design in Art at the January



8th general meeting. Her presentation photo accompanies this article. Happy Valentine's Day/Month from Solo Friends!

(more Club News cont' on page 15)



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#### **Jewish Fellowship Circle**

BY LOIS ARLEN AND KAREN LEVINE

Fun Facts – Did you know????: Mr. Potato Head was invented by George Lerner, a Jew of Romanian descent. The kit originally recommended that kids use real fruits and vegetables. Hasbro invented a plastic potato after receiving complaints from parents about rotten produce. Fish and Chips are considered a classic English dish, but it turns out that Jewish refugees from Portugal actually brought the dish to England in the early 16th century. The Jewish population in India is quite small, but there have been multiple Jewish winners of the Miss India beauty pageant.

A special thank you with appreciation to Karen Levine for leading the Shabbat (Friday night Sabbath) service and to Andrew and Julie Brasch for hosting the Oneg (sweet table after the service) in December.

Our Hanukkah dinner in December at Sierra Pines was a huge success and turnout. Everyone had a good time and enjoyed delicious traditional Hanukkah food of latkes, brisket and donuts, to name a few of what was served, catered by Elena's Kitchen and Catering.

This month our Fellowship will host the annual lox and bagels brunch on February 18, 2024 at 10:00am at Sierra Pines. The brunch is free to all paid-up members.

OurannualPurimpartywithhamantaschen is in the planning for March. Stay tuned for details in a future email to all JFC members.

#### **Socrates Café**

BY STEVEN GUSTAFSON

Socrates Café, Sun City's philosophy discussion group, meets on the first Monday of the month. Typically, about 15 of us gather around a rectangular arrangement of tables so we can all see and hear each other, and a volunteer facilitator presents questions for discussion. Our discussions are invariably interesting, respectful, and civil (maybe because we avoid expressing political opinions).

Here's an example of a question that may be discussed. "The famous French philosopher Voltaire (a contemporary of Benjamin Franklin) memorably said "The comfort of the rich depends on an abundant supply of the poor". How does this aphorism relate to

the economic inequality in the world today?"

You are welcome to join us on Monday, February 5th at 10:00 in the Timbers lodge.

#### **Mantra Meditation**

BY ED CERVANTES

The Heart of Gold Meditation Group of Sun City Roseville cordially invites you to join us for a peaceful hour of mantra meditation, music, and good company.

Come learn a simple method of meditation that uses soothing mantras and music to ease all our daily stress and anxieties. By this simple process we begin to experience an ever-deepening inner peace, happiness and increasing insights. The program is donation based and the meditations will be practiced seated in chairs.

Here are the dates and locations for our upcoming meetings.

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

Wednesday, Feb. 28 — 1:30pm - 2:30pm in the Ponderosa Room at Sierra Pines

Friday, March 8 — 1:30pm - 2:30pm in the Ponderosa Room at Sierra Pines

#### **SCR Democrats**

BY MARISA BERNETTI

The SCR Democrats Group kicked off the New Year at the General Meeting on January 24. The Speaker Series' featured guest was Dan Walters, a California political commentator and columnist with CalMatters. org. He provided an insight into public policy matters and politics in California.

The February General Meeting (an evening meeting) features an extraordinary speaker - Dr. Alexander "Sasha" Sidorkin, Dean of Education at California State University, Sacramento and newly appointed

dean of one of the nation's first Institutes for Ethical Use and Application of Artificial Intelligence (AI). Dr. Sidorkin can provide insight for those of us who can barely grasp the concept of AI, much less understand its seismic impact on our lives and for coming generations – for good and bad.

The February meeting is on Wednesday, February 28, at Sierra Pines. Check in and social time (with refreshments) begin at 6:00pm. The meeting starts at 6:30pm. All Sun City residents, with an Activity Card in good standing, are invited. If you wish to become a member, membership forms will be available. Dues are \$15/per person per year (ours is a fiscal year, July 1, 2023 – June 30, 2024).

Membership applications are also available at the Admin Building's kiosk or on-line at the Resident Website, under Community, Clubs/Groups, Democrats.

For more information, contact Marisa Bernetti, SCR Democrats Chair, at 916-745-9571

Join us at our February Meeting!

#### **SCR Computer Club**

BY BARBARA EICHTEN

There will be a General Meeting on February 26 at 10:00 am in the Club Room.

Photo: Will meet on the 3rd Friday, February 16 at 10:00 am in the Club Room. Come to the meeting and see how the Photo SIG (camera club) does things. Submission of a maximum of 3 photos, sent to PhotoSIG916@gmail.com, is due by Monday, February 12. The photos will be juried at the regular meeting. February's theme is "Geometric Shapes." The photos have no time frame.

Contact Dennis Studer or Jennii Ramirez for additional information.

Genealogy: There will be a Genealogy meeting on the second Thursday, February 8

at 2:00-3:30 in the Club Room.

OPEN sessions are on Friday February 2, 9,16 and 23 from 1:00 - 3:00 in the Club Room.

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

#### **Healthcare Professionals Group**

BY LINDA GORDON

The Healthcare Professionals last met on January 3 when we had a very informative presentation by our own member Patricia Jednorozec, a Dental Hygienist, who spoke on "Dentistry for Seniors-Dental Disease Process and Prevention". She talked about good dental hygiene, types of equipment available and proper use. She is very knowledgeable and answered all our questions. We all got a brand-new special type of toothbrush. This was followed by lunch and socialization.

Our next meeting will be on Wednesday, March 6. The Healthcare Professionals Group is a social group of SCR residents who have worked in any capacity in the Healthcare Field. We meet the first Wednesday every other month at 11:00am in the Ponderosa Room in Sierra Pines. A speaker will start at 11:30 and lunch will be served at 12:00. Cost is \$10 for lunch. We do not have confirmation as yet for our March speaker so stay tuned to our website, the Lodge kiosk or the March Courier for information.

Nurses from our group hold a Blood Pressure Clinic for Residents on the second Wednesday of the month from 9:30-11:00am in the Fitness Center. This is open to all residents to have their BP checked and to discuss any issues they may have. Any member interested in helping with this project will be greatly appreciated. Just let Linda know. Our next clinic will be on February 14. Come check your Heart on Valentine's Day.

For more information, to get yourself on the mailing list and to RSVP for the meetings contact Linda Gordon at garlind77@gmail. com or 510-813-7815 (call or text).

Democrats Group Board: Marisa Bernetti — Chair, Linda Warzecha — Sec.,
Cheryl Thyken—Membership, Lynn Kennedy-Baxter — Treasurer, Ann Neumann - 1st V.Chair.

(more Club News cont' on page 17)



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#### **Conservative Action Group**

BY GWEN MYERS

We started 2024 by featuring the movie "The Sound of Freedom". It's based on a true story about the abduction and treatment of South/Central American children by child predators. We will be showing other movies throughout the year.

Congratulations to us as we begin our third year as a group! We have grown from ten people to 150!

We're happy to report that we will be starting a CAG book club. Stay tuned.

The CAG Board presented retiring leader, Gwen Myers, with a gift for her two years of service.

Amy and Steve Cho will now be taking over the leadership role.

Please attend our monthly meetings and special events. As political conservatives we seek to inform our members of various political issues through attendance at our meetings, workshops, and tours. We often have speakers and events at our meetings. We also involve members by joining together in Sun City as well as with other like-minded organizations in Placer County.

We take actions to join in our camaraderie of like-minded Conservatives while we work toward a more united America.

Our next speaker is Leslie Robinson, member of the South Placer Republican Women's Club Literacy and Education Committee speaking on effective communication. Also, meet us at Courier Day.

Next meeting: Monday February 5, 6:30 pm – Sierra Pines.

#### **Travel Club**

BY PAM SCHEEL-HEMINGWAY

By the time you read this, Travel Club members will just be returning from a fabulous trip to Egypt. We can't wait to hear all the details and see all the pictures!

Trips now available for booking for Travel Club members include:

New Zealand: February 21-March 10 (Collette) (wait list)

Danube River Cruise: March 24-31 (AmaWaterways through Alamo)

England & Scotland: April 3-16 (Collette) Amish Country+Philadelphia: May 6-12 (Collette) Iceland land tour: July 7-16 (Collette)

Machu Picchu+Galapagos Islands: September 30-October 13 (Collette)

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

Washington DC/Greenbriar/Williamsberg holiday trip: December (Collette)

Great Lakes Cruise: April 22-29, 2025 (Viking through Alamo)

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

The holiday party was a wonderful chance to celebrate with all of our travel friends. Many thanks to the SCR Drama Club for their entertaining skits and to Charlie Baughman who stepped in to be our Santa when Rich



Aug went on the injured reserve list. Charlie makes a great Santa!

Many thanks also to Phyllis Melberg and her amazing team of volunteers who planned, decorated and donated beautiful gift baskets for raffle prizes. Lots of lucky winners!

The Travel Club meets the 4th Monday of each month at 3:00 pm in the Ballroom. We hope to see you at our next meeting on Monday February 26. Remember to bring any unwanted travel-related items (in excellent condition) for the "back table". Donated items are available to all members on a first-come basis, so be sure to check the table when you get to the meeting!

#### **Rods 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

#### **Garden Club**

BY SUZETTE AUSTIN

Marshall Valine of Green Acres in Roseville was the speaker at our January meeting. He specializes in houseplants and his presentation covered the different varieties of indoor plants, water needs, light requirements, humidity and the correct soils to use when repotting indoor plants. Even though it was a rainy evening we had a good turnout and he answered many of our questions.

Our next Club meeting will be on Tuesday, February 6, 2024. Our speaker will be Michael Stark, President of the Dry Creek Conservatory. His presentation will be on the Sacramento-San Joaquin Delta, known as a prime agricultural area, supporting profitable export crops such as rice, almonds, tomatoes and pears. Prior to the 1800's the Sacramento-San Joaquin Delta consisted of vast areas of freshwater tidal marshes. Tule filled most of the matrix and grew everywhere except in the deeper water channels. By the end of the mid 1800's the construction of levees led to the development of large agricultural farms.

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

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

(more Club News cont' on page 21)











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Francisco, California.		*LINCOLN SHUTTLE TO SHIP AVAILABLI				
11 DAY ALASKA From	SFO! PRINCESS	May 15, 2024	\$878	\$1,199	\$1,742	
Crown Princess ~ 3080 Passe	assengers	Jun 17, 2024	\$878	\$1,199	\$1,669	
		Jul 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; Junea	au, Alaska; Glacier Bay Nati	onal Park, Alas	ka; Ketchi	kan, Alaska;	
Prince Rupert, BC, Canada; San Fr	ancisco, California.		*LINCOLN SHU	TTLE TO SH	IIP AVAILABL	
10 DAY MEXICO From S Crown Princess ~ 3080 Pa		Mar 25, 2024	\$799	\$999	\$1,198	
	, California to Puerto Vallarta, Mexico	o; Manzanillo, Mexico; Maz	atlan, Mexico;	Cabo San	Lucas, Mexico	
San Francisco, California.	,		LINCOLN SHU			
51 DAY CIRCLE SOUTH	AMERICA PRINCESS	Dec 1, 2024	\$5,599	\$7,729	\$7,729	
Majestic Princess ~ 3560	Passengers		INCLUDES	SACRAME	NTO AIRFARE	
Sail from Los Angeles, California t	o Ft. Lauderdale, Florida visiting Puer	to Vallarta, Mexico; Fuerte	Amador, Pana	ma; Lima,	Peru; Pisco,	
_	Chile; Puerto Montt, Chile; Amalia Gla					

#### 29 DAY SOUTH PACIFIC PRINCESS

Sep 28, 2024

\$2,548

\$8,998

\$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, 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

\$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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\$3,499

#### Viking Longships ~ 190 Passengers

#### **INCLUDES ROUND TRIP SACRAMENTO AIRFARE!**

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#### 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!

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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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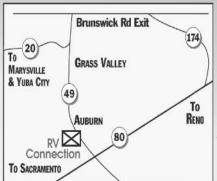
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#### **Birders**

BY JANET MORELLI

SCR Birders participated in the 124th Annual Audubon North America Christmas Bird Count in Sun City Roseville as part of the Lincoln Circle. There are approximately 2700 Circles in the count (mostly in the U.S.), each measuring an area covering a 15-mile diameter (the center of the Lincoln Circle is 6 miles west of the town of Lincoln). SCR's team of counters covered the parks, trails, ponds, creeks, golf courses and streets within SCR boundaries on December 28. The compiled count for SCR was a total of 63 species and 1175 birds. The number of species was close to the counts for each of the recent annual counts although the total number of birds was under those of recent years.

Two birds sighted in this year's SCR count that weren't seen in prior years' counts was the Black Throated Gray Warbler (not usually seen in this area in the wintertime) and the Tropical Kingbird (never reported before as seen in Placer County). Word got out quickly after the sighting of the Kingbird and avid birdwatchers from all over Northern California found their way, in the next several days, to the spot on Timberrose Way where the original sighting was made hoping to see the bird. The bird was quite cooperative in making sightings possible which pleased the visiting bird watchers.

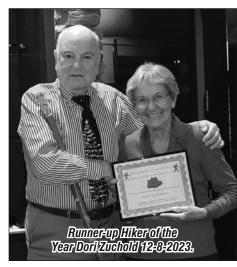
On Thursday, February 1, SCR Birders will be visiting Davis Ponds in Davis where we expect to see migrating ducks and geese. On February 15, the Birders will be travelling to Gray Lodge Preserve in Gridley where there should be many migrating birds. And, on March 7, the Birders will be going to the Nimbus Fish Hatchery in Gold River. A week before each trip, an eBlast with more information will be sent to all residents on the Birders' email roster.

#### **SCR Hiking Group**

BY SILVANA HUGHES

Because of publication deadlines, we are just now reporting on our annual Christmas party on December 8, 2023, which was well attended and was a great success. Thanks to Dori Zuchold's planning and organizing, we





enjoyed a selection of delicious entrees as well as goodie bags, compliments of several volunteers known as the "Cookie Elves," who baked an assortment of tasty cookies for all to take home.

President Pete Grady recognized Jean Havs as the Hiker of the Year (40 hikes) and Dori Zuchold as the Runner-up Hiker of the Year (38 hikes) and presented them with their award plaques. Way to go, ladies! And a big thank you to all of our hike leaders, who

scouted and planned the hikes that we enjoyed over the past year and that we look forward to this year.

Below is the February schedule, subject to change depending on weather and trail conditions. We meet at 8:45 in the parking lot near the tennis courts for carpooling. A detailed schedule is posted on the SCR website. For additional information, feel free to inquire with President Pete Grady (see contact information on the SCR Hiking Group web page).

February 1 - Empire Mine - rated #4.5 (easy to moderate), 6 miles, elevation gain of 750 feet, \$8 carpool ride.

February 8 - New York Creek – rated #5 (moderate), 7 miles, elevation gain of 870 feet, \$8 carpool ride.

February 15 - Cascade Canal - rated # 2.5 (easy), 6 miles, elevation gain of 175 feet, \$8 carpool ride.

February 22 - Stagecoach/Manzanita Loop - rated #4.5 (moderate), 5 miles, elevation gain of 880 feet, \$8 carpool ride.

February 29 - Hidden Falls - 7 Pools and River Otter loops – rated #5 (moderate), 6.6 miles, elevation gain of 1000 feet, \$8 carpool

#### **Cycling Group**

SUZETTE AUSTIN

Rovers Rides continue on Sundays and Wednesdays. These rides are usually about an hour in length and average a 10 MPH pace. Avoiding heavy traffic, the group rides on Sun City roads and local bike trails. This group focuses on new and returning riders. Any resident of Sun City is welcome. Departure times could vary, and cancellations do occur

due to weather this time of year. Please text Renee Hawkyard at 916-759-9495 to subscribe to up-to-date texts about each ride and to get more information. Other riding groups are available for all levels of riders.

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

#### Cornhole

BY STEVEN GUSTAFSON

Cornhole is a sophisticated sport (dictionaries say it shouldn't be called a game because it requires physical activity). For example, you may think that if you always toss your cornhole bag with the same speed, there's only one way you can get the bag in the hole.

Wrong! There are two ways. You can launch the bag at a shallow angle, so it slides sideways into the hole. Or you can launch it at a steep angle, so it drops straight down into the hole. The cornhole professionals that you see on ESPN use a shallow throw to knock away bags that block the hole, and they use a steep throw to bypass these bags.

Until the Spring we play cornhole every Tuesday at 3:00 on the Sierra Pines horseshoe lanes. You are welcome to join us.

(more Club News cont' on page 23)



#### 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.

WRITTEN BY GEORGE BROWN 916-297-3500 CALL/TEXT gbrown@thompson-brown.com





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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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#### **Bocce**

#### BY DAVID MOORE

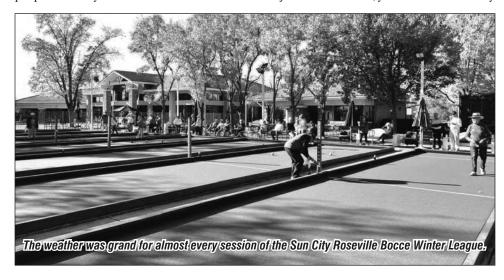
The number of balls rolling down the bocce courts has slowed following the conclusion of Winter League, which was won by The Rolling Stones.

The victorious team was composed of all people relatively new to the Bocce Club: Lisa

music from the Analog Jazz Band, a six-piece group. The music is a Michael McDonald, Etta James and Santana type music. Reports are that is awesome for both dancing and listening.

Looking ahead, Wednesday April 3 is the sign-up for the Spring mini league and Wednesday April 10 is when play begins!

In the meantime, if you want to practice or just have some fun, you can check out a key



Aphugh, Steve Aphugh and Gus Ballis, who all joined in 2021 plus Richard Campagna and Lynn Jones, who both joined in 2023.

The big social event in the Sun City Bocce world is the the Winter Party on February 25 in the Timbers Ballroom from 6 to 10 pm with

to the equipment box anytime during the day from the fitness center. Grab some friends and go play some bocce on one of our balmier "winter" days.

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**SCR Table Tennis Group** 

BY DON WOODS

In Roseville Sun City, we have an organized enthusiastic group of table tennis players that meet regularly at the Sierra Pines. We meet on Tuesdays and Thursdays from 2:00 PM to 5:00 PM and on Saturdays from 9:00 AM to Noon. We are committed to having fun and keeping physically and mentally healthy.

Yes, physical activity is good for older adults. Regular exercise is essential for seniors to maintain their physical and mental wellbeing. According to the Centers for Disease Control and Prevention (CDC), regular physical activity can prevent or delay many of the health problems that seem to come with

age, such as heart disease, stroke, diabetes, and some cancers. It also helps improve cardiovascular health, strengthens bones and muscles, improves balance and coordination, and reduces the risk of falls and injuries.

Table tennis activity provides a range of benefits for seniors which include:

- Improved balance, thereby lowering the risk of falls
  - Reduced stress on joints
  - Improved mental alertness
  - Improved physical fitness
  - Prevention and treatment of

Alzheimer's disease and dementia

- Improved body coordination
- Reduced weight
- Better mental care

Improved general reflex for muscles

- Improved social interaction
- Community building among seniors

Table tennis is a game where you find many people looking much younger than their actual age. This is because of the physical, mental and emotional nourishment that

the sport of Table Tennis brings.

Make a New Year's Resolution to join us and you will see the benefits it brings.

We look forward to meeting you.

If you have any questions about our Table Tennis Group or have any questions about any articles written, please communicate with me at konadon@surewest.net

#### **SCR Tennis Club**

BY WENDY LEIMBACH

A very Happy New Years to our Sun City friends. 2023 was a very busy year. The Christmas party was a success thanks to great food, rocking music from the Crystal Image band and our own tennis line dancing crew! John Desmond, our club photographer, took many beautiful pictures of all the couples and groups. He has been working magic with his camera for many years for this club as well as others. A big shout-out to John for creating a chronicle of our tennis club in pictures.

Our competitive SATA League came in fourth place and offered our tennis club players the opportunity to enjoy some great competition. 20 rostered players representing Sun City last year got a chance to compete against competitive talent in the surrounding areas. Practices are on Monday night at 6:30 pm. Anyone interested in competing in the league please call Nancy Kacey 408-718-6725 our vice president for information. Spring

home matches will be posted on the bulletin board end of February.

The men's drop-in Monday, Wednesday and Friday @ 8:30 am is well attended, but could always use more players. There is a coed tennis drop- in every Saturday from 9:00 – 10:30 am run by Jim Leimbach. More is being planned for this year so stay tuned or call our President Dieter Rohfleisch 916-217-9513 for information on joining and participating.

A final shout out to Ray and Diane Barnett who for years took on the positions of Tennis court usage and Publicity. They are stepping



down but not stepping out. Jim and Wendy Leimbach will be taking over those positions. Michelle Weeks will be our Sports Advisory representative.

2024 will be a fun and exciting year for our tennis club. Interested?? Ask anyone on the court or give us a ring.

• • •

(more Club News cont' on page 24)





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#### **SCR Softball**

BY BOB MONTALVO

Calling all "still-on-the-fence" softball players, the club registration deadline is February 7, so if you'd like to play ball in the best softball league around, get your registration form at the club website (www. rosevilleseniorsoftball.org) and git-er done! As of early January, sign-ups had almost hit the 60-player mark, putting 12 players on each of our five teams, but the goal of 65 was within reach, which would allow each team to field 13. The club draft will be held on February 14, with team managers striving to build a championship team. Managers and coaches for our five teams this season are Larry Larsen and Barry Schivo, Rory Wilkerson and Roger Dorris, Jim Dunn and Al Schoonover, Frank Tom and Jim Eckman, and co-managers Rich Muenter and Eric Erickson with Gary Zeledon coaching. The subsequent practices at Mahan Park on Mondays and Wednesdays through February and March will focus on getting teams ready for the Season Opener on April 3. Our Opening Day celebration will be held on Monday, April 1 at Mahany Park.

Be aware that 2024 is a "Leap Year," so this month you'll have one extra day to spend memorable moments with family and/ or friends. February also brings us Valentine's Day, so don't forget to honor those special people who bring joy to your life. We get the Super Bowl from Las Vegas' Allegiant Stadium on February 11, and all of you efficient and conscientious early birds also get one more day to get your taxes done, in case you're lucky enough to be anticipating a big refund. Oh, and don't forget that February 2 is Ground Hog Day, when Punxsutawney Phil will make his annual predication at Gobbler's Knob in Pennsylvania, regarding another six weeks of winter. This month should be a lot of fun!







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#### **Pickleball Club**

BY ANNE BURNEY

A dink a day keeps the doctor away. Research shows that Pickleball helps seniors boost mental health, reduce stress and anxiety, and improve cognition. With all those benefits, it's no wonder the sport is growing so quickly. Here in Sun City, we had 6 new members join the Pickleball club last month. A big welcome to Luanne Harold, Tom Gonzales, Marilyn Phelps, Terri Seaman, Jim Lombard, Terri Griffin.

In January the Pickleball Club had its annual dinner and dance. The theme was, "Winter Pickleball Bash." This was a chance to get out of our sweatshirts and pants, put on our dress clothes, and eat a delicious



meal. DJ Tom rocked the night away and we had to tell people to go home. The energy and fun that the Pickleball players bring to the courts was very evident on the dance floor.

Pickleball tips of the month — Three tips to prevent lobbers from lobbing the Pickleball. Remember, if you receive a lob, always turn sideways and retreat to the baseline by facing the direction you are moving. Do not backpedal. Backpedalling can lead to injuries. First tip: Keep your opponents back in the court by hitting your serve and returns deep in the court. Number two: Target your opponents backhand. Most players have a weaker backhand shot. Number Three: Dink aggressively. No timid dinks. The timid dink is easier for your opponents to hit a lob from.

If you are new to the game, please contact Wayne Miller, our Intro to Pickleball Manager at Tollman80@yahoo.com. Wayne keeps a list of individuals that would like to attend a New Players Clinic. Be sure to let him know if you are interested in attending.

#### He & She Golf Club

BY JAHNA HOLMES

Here we are already in February, the month of Love. For those of us who love golf, it's a month where the weather might play havoc with us. It could be beautiful and spring-like, or pouring rain. We'll soon find out which it will be!

In December, we only had one play day on the 11th. For the 9-Hole club, it was an open play day that had over 17 cancellations, as the weather was quite chilly and windy. The winners were the ones who finished their round! The 18-hole group all braved the frost delay, although it slowed up play a bit. Here are the results of their December 11 tournament.

1st place with a score of 125, winning \$8 each: Jim Sherrard, Vernita Hillwig, Joan Munn, Jim Dachauer.

2nd place with a score of 136, playoff win, winning \$7 each: Don Waters, Christina Jeffries, Mitch & Suzanne Meyers. 3rd place with a score of 136, playoff loss, winning \$5 each: Jo Anne & Mark Gregson, Sol & Nancy LaBrada. 4th place with a score of 137, winning \$4 each: Steve Hennessy, Jerri Lehnhoff, Peg Mucci, Sandra Morea. 5th place with a score of 138, winning \$3.50 each:

(cont' on page 27)







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WEEKDAYS 5,6 & 11AM

#### He & She Golf Club

(cont' from page 25)

Ken & Shirley Roberts, Bill & Barbara Wells 6th place with a score of 139, winning \$3 each: Ken & Karen Shahioan, Marietta & Ed Araya Closest to the hole, winning \$5: Joan Meyers 11' 2"

Finally, if you haven't yet renewed your 2024 membership, now is the time. Please put your \$12 per person checks (no cash), in the red Membership folder in each Pro Shop, or drop it off to Jahna Holmes in the envelope behind her porch pillar at 7617 Rosestone Lane.

#### **Sierra Pines Ladies Golf**

BY PAM SKARG

Doesn't it feel like just yesterday that you were taking down the Christmas tree and here we are already into February. My mom used to say that the older we get the faster time seems to go. I feel that's sure true now.

With the new year came a new council, ten new members (includes two returning members), Golf Genius the new weekly registration site, and new committee chairs. This is going to be an exciting year.

For those who don't know Eleanor Dean, she is a returning member to SPLG. Eleanor moved to Sun City with her husband, JD, in 2010 and lived here for 12 years and belonged to the Lady Niners for eight years. During the Pandemic they moved to South Carolina where they lived for two years. However, after coming back to Sun City for short visits, they realized that this is their home, and wanted to be back with their loving friends and family. We are so very happy to have this very special lady back playing golf with us. If you haven't had the pleasure of meeting Eleanor, she is the lady with the beautiful smile and southern accent. Introduce yourself, you will be happy you did.

The three new members that were not mentioned in last month's Courier were: Judy Corona, Vikki Clark and Patricia Erickson. Welcome ladies and we look forward to meeting all of you at our next "New Member Social".

The most improved players for December were: First Flight - Gail Riddle, Second Flight - Claudia Schnarre, Third Flight - Kathy Schroeder, Fourth Flight - No improvement. Congratulations!

The birdie and chip-in winners will be announced at the General Meetings each month

"My doctor told me to take my iron every day and live on greens." There's hope for my golf game yet.

#### **Timber Creek Women's Golf Club**

BY NANCY LABRADA

Happy February everyone.

Please welcome our returning player, Denise Roberts who moved to Sun City with her husband, Paul seven years ago. They are



living in their second house located on the golf course. Denise was a member of our 18-hole group for one year and played with the ninehole group for seven years. Glad to have you back, Denise. Denise's Big Sister is Barb Simon.

January was a rather quiet month with rain and wind keeping some of us from the links. We always welcome rain, but hopefully February weather will allow us more time to golf.

Our new council members have jumped right in and are busy organizing our year.

Congratulations to our most improved players in December. Our most improved player in the 1st flight is Lisa Overholtzer. Most improved in the 2nd flight is Stephanie Tran and the 3rd flight most improved is Jean Nakao. Once again, congratulations!

Our most improved player overall for



2023 is Susan Green, our new captain. Way to go Susan!

2023 most improved players by flight are 1st flight, Lynn Pearsall; 2nd flight, Shirley Roberts, and 3rd flight, Yolanda Lawrence. Keep it up ladies.

Happy Valentine's Day to all!

#### **Timber Creek Men's Golf Club**

BY MIKE MURPHY

Happy New Year from the Timber Creek Men's Golf Club! We wish everyone a happy and healthy 2024. We would like to welcome our new club members, Scott Larson, Gary Zeledon, Bob Paese, Don Edgar, Timothy O'Loughlin, Devin Olson, Michael Carroll, and Len Filippo. We look forward to meeting all of you! All new members will be invited to a short club orientation hosted by our Membership Director, Neil Hamilton. If you have any questions, please look to the TCMGC website for information or feel free to contact any of the Club officers or Council members.

Our first tournament of the year will be the St. Valentine's Pink Ball Challenge on Tuesday February 13. Sign-ups are underway now. Please see the TCMGC website for further information. This is a great event, and we hope to see you all there! Future Men's club events, CVS events and NCGA event qualifying dates are now listed on the website as well. We encourage all our members to participate.

Our next general meeting will be held on February 7 at 8:00am in the Ponderosa Room at Sierra Pines. All members are encouraged to attend

We are excited about 2024 and look forward to fun events and great weekly outings with good friends on a beautiful course. If you, or someone you know, is interested in golf, participating in exciting and fun events and joining a great group of guys we welcome you to join our Timber Creek Men's Golf Club. Please contact Membership Director, Neil Hamilton at neilhamilton6049#@gmail.com or call/text at 707-529-4038.

See you on the links!

#### **Golden Niners**

BY WALTER BROMBY

"There are three ways to improve your game: take lessons, practice constantly, or start cheating".

Recent heavy rains in December made for wet, muddy, and sometimes windy rounds of golf for the Golden Niners at Sierra Pines, but with only one round needing to be cancelled. But the course remains in very playable condition, except for a few areas of casual water. So, kudos to the golf course maintenance crew for their outstanding efforts.

Our featured Golden Niner golfer for this month is Pat Daley. Pat and his wife, Claire, have three children and have lived in SCR for seven years. If you don't know Pat, you can recognize him with his very long, flowing locks! Pat originally lived in San Leandro where he worked as a welder and boilermaker. He also worked in Concord as a gas serviceman, then transferred to work as an overhead lineman's job. Pat later got his Real Estate License and obtained a Broker's License, which he still has. Pat likes to read, draw and paint (he's a very good artist), and cook. He also enjoys turning wood and playing the clarinet and claims to be very good at chess. In addition to the Golden Niners, Pat plays with the Thursday Fun Group and the Saturday Niners Group, and has been a SCR Fine arts member for six years.

The next quarterly Niners meeting is coming up in March. Details coming later but I do know there will be pizza and beer.

Top money winners for the Niners for the

(cont' on page 29)





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### More Observations on Cars...

BY MARTIN GREEN

Cars: In last month's "Observations" I wrote about my dubious achievement of an aging milestone, giving up driving (and also my car). I noted that this was kind of a counterpart and opposite of a coming-of-age milestone, getting a driver's license and driving a car. My car was going to my son and his car was going to my 16-year-old grandson, who had just gotten his driver's license.

All of this reminded me that I hadn't gone through this coming-of-age experience. Having grown up in the Bronx during the depression years, no one I knew had a driver's license and if anyone had, certainly couldn't have afforded a car. Like almost all New Yorkers, if I had to go anywhere it was the subway, the bus or even, in those prehistoric days, the streetcar.

I realized that not knowing how to drive was not the norm when as a teenager I hitchhiked across the country to work in the forestry service in Idaho (that's another story in itself) and was given rides by young kids who didn't look as if they were much beyond grade school age. Outside of places like New York City, kids drove cars.

It wasn't until I left New York for San Francisco in my twenties that I became a driver. I thought I might need to drive for my job, so a friend directed me to a driving school where I took three lessons and then went to the DMV and got my driving license. I think

the driving school had some sort of a deal with DMV so that anyone, even someone with only three lessons, got qualified for a license. I then had just about enough money to buy a used car and learned, really learned, to drive and luckily didn't run anybody down or run into anything in the process.

More on Cars (Not Having One): Come to think of it, there are some good things about not having a car. First and foremost, you don't have to pay the exorbitant premium for the auto insurance you have to have, even if, being an old person, you rarely drive anymore. Then you don't have to worry about something happening to your car so you can ignore all of those scary TV commercials warning you that something is bound to happen to your car and that will cost you a fortune unless you get their product, car shield or something like that.

Of course, once I cancelled my auto insurance, my insurer took away the discount. I was getting on my home insurance, so with insurance companies you can't win. Somebody has to pay for all of those annoying TV commercials they run.

Anyway, there are at least a couple of good things about no longer having a car, although, except for, every time I go out to my now empty garage, I wonder where my car went

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#### **Golden Niners**

(cont' from page 27)

month of December are: Gary Pyle, \$37, Paul Garcia, \$24, Bud Haddix, \$21, Randy Meyers, \$20, Cary Diskin, Tom Martin, Bill Pagano, and Bob Schuster, \$19. Congratulations to all. A total of \$990 was paid to the Pro Shop.

#### **Billiards**

BY DAVID ZAN

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

The Tuesday evening couples group continues to play on the 1st and 3rd Tuesday of the month at 6:00 pm. They are also looking to increase their numbers.

Gentle reminder to any member cancelling their pool cue locker rental should drop their locker key in the drop box after cleaning out their locker.

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



Winners of the team tournaments in December were:

December 5: 9 Ball — David Zan & Ken Lane

December 12: 8 Ball — Don Warden & Chuck Vermette

December 19: 8 Ball — Tie: Bob Cecil & Ron Judd / Bill Stephens & Don Warden

December 26: 8 Ball — No tournament due to holiday

#### **Mah Jongg**

BY BECKY MATSON

Happy Chinese New Year! It is the Year of the Dragon, and will be celebrated on February 10 this year. Also, Happy Valentine's Day on February 14!

There are some new things coming to Mah Jongg. By now, our members will have voted on them. There will be an Email Blast coming soon regarding the voting.

Save the date – Friday, February 23. We will be having the February MJ luncheon at

the Lodge in the Aspen/Birch/Cedar rooms at 11:30 am and play Mah Jongg after lunch. This lunch is being catered and paid for by the Mah Jongg Club.

All members are requested to wear name badges to assist our newest members to get acquainted with everyone at all Mah Jongg events. Play continues on Monday from 12:30 pm to 3:30 pm and on Friday from 9:00 am to 12:00 pm. We welcome everyone on either or both days.

#### **Bridge Club**

BY JANE MCNALLY

Our bridge club Holiday Luncheon and tournament on December 11th was a big success. Joan Donlon and her committee did a wonderful job. Before the games began,

the seventy-six players enjoyed a delicious luncheon at lovely, decorated tables. Duplicate winners were Bob Cecil and Bill Huber. Joan Donlon was the top Social winner. Fun and friendly winners were N/S Marilyn Glynn and Irene Lynn; E/W Jo Avalos and Boyd Goetzman. (See the photo) Congratulation to all.

Our next social activity will be a Potluck at Sierra Pines in March. The club will provide the entrée, and members will provide the side dishes. Keep tuned in for the details.

(more Club News cont' on page 33)







# OAKMONT SENIOR LIVING Traditions Memory Care



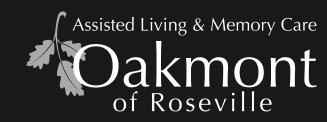
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#### **SCR Foundation 2024**

(cont' from page 1

to prove it! In 2023, the Home Maintenance Team made 1,077 house calls and provided 1,370 different services. The most popular service requests included the replacement of smoke alarms and light bulbs. The Foundation stocks the Maintenance Team's van with basic supplies and our resident volunteers provide the service at no cost, although a donation is always appreciated. If you have a knack for performing minor home repairs, please consider joining this vital team. Members are teamed in pairs with at least one able to climb a ladder. Six teams rotate on a weekly basis and substitutes are available if needed. We are also in need of a volunteer to take on the Home Maintenance Program Director position. Please contact Doug Smoot at scrfchair2@ gmail.com if you're interested in volunteering.

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

# Plumbing Touchdown Defense: How to tackle Fats, Oils, and Grease on game day

COOL

BY CITY OF ROSEVILLE

Get ready for a touchdown of flavor, a hailstorm of high-fives, and enough snacks to satisfy even the hungriest linebacker! But before diving into the game day festivities, ensure your plumbing is as prepared as your favorite team.

We have a playbook for your pipes – because nobody wants a blocked drain to ruin the perfect touchdown celebration!

 $Playbook\,ide as\,to\,trium ph\,over\,Fats, Oils,\\ and\,Grease$ 

- Defend your pipes: Just like a quarterback protects the ball, ensure your garbage disposal isn't fumbling the play. Clear those plates and pans before sending them into the sink—it's the offensive line your pipes need.
- Intercept grease: Be the interception hero by cooling and containing your fats, oils, and grease. Don't let them sneak past your defenses and clog up the drain. And if you're feeling extra ambitious, call us for a pickup we're the MVPs of grease disposal.
- Block scraps: Think of a sink strainer as your star player guarding the end zone. It catches those pesky food items and prevents them from scoring a touchdown in your pipes. No scraps allowed!

Make your game day as green as the field!

• Bring your A-game to the grocery store:

Tote reusable bags to score a sustainability touchdown while stocking up on snacks.

CONTAIN

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- Local MVPs: Serve locally grown foods and locally crafted beverages. Support your hometown favorites and celebrate a win for your team and the environment.
- Reusable rumble: Fight the disposable defense using reusable plates, cups, utensils, and napkins. If you must go disposable, ensure they have that recycled content swagger.
- Recycling made easy: Remind your guests that recyclables can be tossed in the trash can and will be sorted for you.
- Leftovers love: Send your guests home with leftovers it's the game day souvenir that keeps on giving.

Happy game day, everyone! May your team win, your snacks be endless, and your plumbing stays clog-free!









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

### **Ron and Mary Onodera**

(cont' from page 1)

parts of the department to see that they got funded. That's how I met Mary." Ron retired from state service as a Senior Telecommunications Engineer.

Mary was born in Texas and moved with her parents and one sister to Humboldt County. She graduated from Colusa High School in 1969, then enrolled at Chico State University, majoring in Textiles and minoring in Psychology. She attained a Masters' degree in Psychology from the School of Psychology, Alliant University in Sacramento

and became a Licensed Marriage and Family Therapist.

During all her school years, Mary was always working. "I just always had a job," she recalls. In high school, she had three jobs so she could save up money for college. Then, during college, she worked for one of her professors and held a number of other jobs, the most memorable one being in Alaska for two summers. She was 19 years old at the time and applied for a summer job working in a

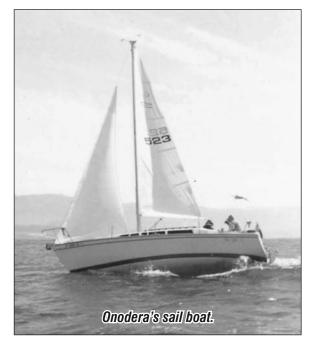
cannery. She worked ten hours a day, six days a week, in a shrimp factory dumping unwanted fish off a conveyer belt as the shrimp passed on the belt. She later begged her way onto a fishing boat where she earned 3% of the income made on the haul. It was hard work but paid well. They even paid for her return trip home.

Mary met Ron when she began working as an analyst for the Tax Branch of EDD. Ron oversaw the tax branch she worked for. For years, they worked together as friends. As their relationship evolved, they felt there was something more than friendship between them. They began to date and one day when they were talking, Ron casually asked her, "Do you want to get married?" Her answer



was to give him a list of the things he should know about her and those things that would be dealbreakers. He was unfazed by the list, knowing that she was his soul mate. "I was very much in love," he says.

They bought a house together first, had their wedding at their house in November of 1986, and went to Maui for their honeymoon. When they came home, they bought a 26-foot sailboat which they took to sail in such places as Monterey and the San Juan Islands. Then they



raised a family together—Ron's twin daughters (from a previous marriage), Courtney and Lindsay, and their son, Daniel.

Courtney, who has a PhD in Bioinformatics, works for UCSF, and Lindsay is an editor for Business Wire. Both daughters live in the bay area. Their son, Daniel, works in IT for the State and lives in Folsom.

In 1990, Ron and Mary moved to El Dorado Hills where they enjoyed family activities such as camping, bicycling, boating, and kayaking. When they moved to SCR in 2017, they continued their active lifestyle.

Ron has been into golf for years, so he joined the Men's Golf Club, golfing three or four times a week. He is a golf cart inspector and a member of RAMP, Residents Assistant Maintenance Program. He also just retired from being the Saturday morning tournament director for the Bocce Club. And he recently joined the Elections Committee.

Mary, who had her own practice in Marriage and Family Therapy in Sacramento, still keeps her license active. When she moved here, she joined the Dance Club, attending mostly Line Dancing classes. After years of nudging, she finally got Ron to join her in the newly formed Country Couples dance group. She's also a member of the Needle Arts Club and Boomers and recently finished her term as chair of the Ambassadors. Like Ron, she loves golf and participates in Lady's Golf at Sierra Pines. Both of them also play Hand and Foot.

As former Ballroom Dance students, they had a chance to show off their skills at the celebration of their 25th wedding anniversary in 2011. They rented the Mirror Ballroom in Sacramento, provided a catered dinner, and performed four dances for their family and friends: the Waltz, the Quick Step, the Night Club Two-Step, and the Tango. "I was so nervous," says Mary, "but Ron was totally poised." After they finished their dances, they invited everyone to the dance floor where their dance instructor taught their guests dances like the rumba, foxtrot, and east coast swing. Today, they both gleam, leafing through the photo album of the event, reminiscing about the wonderful time they had celebrating their married life.

Their calendar is filled with activities just about every day of the week, but they still take time to travel. Last year, they cruised the coast of Italy, stopping in Sicily, Malta, Sorrento and the Amalfi Coast for two weeks. This year, they're planning a 15-day river cruise going from Amsterdam to Budapest.

 $Both\,Ron\,and\,Mary\,are\,enthusiastic\,about$ living in SCR. They find the neighborhood fun and enjoy their life together. Mary says, "There are so many options in SCR and new things to try, but not enough time to experience them all."

Want to share your story or know a neighbor who should be recognized? Just let us know! Call us at 916-727-6383 or e-mail us at: SunSeniorNews@gmail.com

#### **Bunco**

BY PAT OBERLANDER

Hope you will truly celebrate Ground Hog Day this year by joining us repeating it over and over again on the 2nd and 4th Monday of the month. Sign in starts at 8:30 am and we



start playing at 9:00 am.

We're in the card room at Timber's Lodge. You don't have to commit to every time, but once you start, you'll be hooked. We are always looking for fun loving players. And if you win, you'll get your 15 minutes of fame! Spread the word to your neighbors and friends!

Winners for 12/11 - Helga Herrington, Jackie Spencer, Sandy Coltharp, Sidnee McKinney and Linda Solomon.





#### SSN WRITERS....

#### Retirement Reverie: Rediscovering the Joy of Kindergarten in a Vibrant 55+ Community

BY KAREN OHARA

In the heart of this vibrant 55+ community at Sun City Roseville, there are tales to be told. After years of hustle and bustle, I find myself here, as of April 2023, in this sometimesenchanted phase of life



Karen OHara

called retirement. To my surprise, it has turned out to be much like revisiting my carefree days of kindergarten.

Some days, I meet with friends to talk or have lunch. It is our current version of show-and-tell, where we share stories of our recent escapades—travels to far-off places, trips to the doctor's office, or our latest culinary triumphs. It feels like the grown-up equivalent of swapping stickers or sharing our favorite toys.

Then on other days, I go to our community center, either to the restaurant, fitness center, library, yoga, or sewing center, where we sometimes have treats and snacks, reminiscent of the cherished cookies and milk boxes from our youth. Laughter fills the air as we share

stories and savor the flavors of these times, creating bonds that transcend the years.

Just like in kindergarten visual arts, we can learn painting, clay work, sculpture, weaving, or drawing. Armed with paintbrushes and vivid imaginations, we paint vibrant canvases that rival the finger paintings of our kindergarten selves. The room buzzes with creativity, and the camaraderie of these shared artistic attempts brings out the childlike joy in each of us as we learn new things.

For recess or physical education, our spirited group of women engage in playful games of bocce ball at the courts. The competitive spirit in the air brings back memories of sandbox games and friendly kindergarten rivalries. Cheers echo as each well-aimed ball rolls across the court, much like the feelings of triumph I used to feel when I would build the highest tower of blocks without it falling over.

Among our vibrant days, there is a special rhythm. Once a week, our chorus comes together for songs and rehearsals for an upcoming performance. We sing our hearts out, the melodies floating through the air like childhood lullabies, a delightful extension of the music-filled moments we might have encountered in kindergarten.

Other weeks, we go on field trips to visit new or favorite places. Sometimes it's a museum, a concert or play, Apple Hill, or a historical site, an art exhibit, or a new restaurant. We step into a realm of discovery, just like when we were young children. As we board our cars or a bus, our faces light up

with anticipation. The rhythmic hum of the engine becomes the backdrop to all the excited chatter. The journey itself is an adventure, with every passing landmark adding to the anticipation of what lies ahead.

The sights, sounds, and textures of the field trip become a living, breathing kindergarten-like lesson plan. These excursions often spur curiosity, encouraging questions and sparking a thirst for knowledge that goes beyond our normal everyday lives.

During any one of these experiences, we sometimes settle into our own version of Storytime. Someone among us will take the spotlight, weaving stories of days past, lessons learned, and the beauty of a life well-lived. These moments transport us back to the days when a captivating story could transport us to a magical place and excite our imaginations.

Now the television and our cell phones have become our modern-day storytelling devices, showcasing animated characters and news anchors instead of Saturday morning cartoons. We watch, catching up on the latest adventures of our favorite characters—both fictional and real-life. The news often unfolds like thrilling cartoons, with twists and turns that keep us on the edge of our seats.

Usually, at the end of my adventures for the day, I return home, and take a nap, much like the cozy nap time of my kindergarten days. Naps, by the way, have become sacred moments of rejuvenation, a chance to recharge for that evening's, or the next day's adventures. I find each day brings a new opportunity to relive the simple joys of play, friendship, and whatever happiness I can find in each passing day.

And so, in the enchanting retirement land, where retirement mirrors the whimsy of kindergarten, I have discovered that the secret to a happy life is to never outgrow the simple pleasures of laughter, creativity, learning something new, the enduring warmth of cherished friendships, the joy of singing in harmony, and the blissful embrace of an afternoon nap.

#### **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 (cont' on page 35)





#### **That Extra Day**

(cont' from page 34)

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

#### 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 iust 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

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

### Safety First — *Protect Yourself* Against Romance Scams

BY ROSEVILLE POLICE DEPARTMENT

It's a new year. Are you or a family member looking for that someone special in 2024? Now, more than ever, people are using their smart phone for almost everything, including finding their soul mate. According to the Federal Trade Commission (FTC), in 2022 nearly 70,000 people reported a romance scam and this resulted in a loss of \$1.3 billion dollars.

You've no doubt heard of people being scammed on dating apps, but according to the FTC a more common way romance scams began was with an unexpected message on a social media platform.

Older adults that are lonely or have recently lost a spouse are especially vulnerable to romance scams. These scammers are unscrupulous and will exploit any vulnerability of their victim. In the end, these scammers have one thing in common. They want your money. The FTC states in 2022 the largest aggregate reported losses were in cryptocurrency, but more people reported paying the scammer with gift cards than any other method.

The Department of Homeland Security's Immigration and Customs Enforcement (ICE) (https://www.ice.gov/features/LoveOnline) offers the following tips to avoid losing money to a romance scam:

- · Protect yourself and older loved ones by raising awareness. Although this can be an uncomfortable topic, make sure you, your family, and your friends are familiar with romance scams. The more you know about these scams, the better prepared you are to prevent being a victim.
- Check in on older loved ones. Scammers are seeking to target those living alone or

grieving the loss of a spouse as they are more vulnerable.

- Limit what you share online. Scammers can use details shared on social media and dating sites to better understand and target you.
- Do your research. Research the individual's photo and profile using online searches to see if the image, name, or other details have been used elsewhere.
- Go slowly and ask lots of questions. Don't let the individual rush you to leave a dating service or social media site to communicate directly.
- Listen to your gut. If the individual seems too good to be true, talk to someone you trust.
- Don't overshare personal information. Requests for inappropriate photos or financial information could later be used to extort you.
- Be suspicious if you haven't met in person. If the individual promises to meet in person, but consistently comes up with an excuse for cancelling, be suspicious.
- Don't send money. Never send money (i.e. gift card, cryptocurrency, or money wire) to anyone you have only communicated with online or by phone.

If you've lost money to a romantic scammer or think that they may have stolen your personal information, report it to the FTC (www.reportfraud.ftc.gov) and file a report with your local police department.

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PET SITTING by Sun City Roseville Resident. 13 years experience. References available. 650-814-7414.

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

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

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

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

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

GARY'SSPRINKLER REPAIR: Lic#869624. Valves replaced, Drip systems installed, Timers set or replaced. 916-223-3706..

WHEELER CLOCK WORKS. Certified Journeyman Machinist. Repair, Restoration of clocks: Grand father, Antique, Cuckoo. Jim Wheeler 916-303-3459.

IN-HOME caregiving - hourly/daily/weekly. Also, transportation & errands. 12 yrs experience. Jan: 916-781-9651.

HAIR CARE SERVICES. Enjoy this specialty service provided in the comfort of your home. Licensed cosmetologist. Kimberly 916-837-1637.

GUTTER CLEANING, WINDOW CLEANING, SOLAR PANEL CLEANING, & CHRISTMAS LIGHTS... Home Detail Services. Call/Text: 916-500-4314.

ELIMINATE GUTTER CLEANING FOREVER! LeafFilter, the most advanced debris-blocking gutter protection. Schedule a FREE LeafFilter estimate today. 20% off Entire Purchase. Plus 10% Senior & Military Discounts. Call 1-916-953-5518.

TIMESHARECANCELLATIONEXPERTS. WesleyFinancialGroup,LLCOver\$50,000,000 in timeshare debt and fees cancelled in 2019. Get free informational package and learn how to get rid of your timeshare! Free consultations. Over 450 positive reviews. Call 855-946-0763.

#### **FOR SALE / WANTED ANNOUNCEMENTS**

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

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

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

PLACER COUNTY BOARD OF SUPERVISORS CANDIDATE FORUM: Thursday, Feb. 1 at 5:30PM. Maidu Community Center, Meeting Room 1. Hear the candidates' opinions on local issues and  $ask\,questions\,about\,things\,that\,matter\,to\,you.$ For more info: lwvpc@yahoo.com, my.lwv. org/california/placer-county

BOOK SALE - Friends of the Roseville Public Library: Saturday, February 3rd at the Downtown Roseville Library, 225 Taylor St in Roseville. 10:00 to 3:00 – Friends members may enter early at 9:30 and you can join at the door. Prices: Hardcover\$3; Paperbacks\$2; Children's Hardcover \$1; Children's Paperbacks \$ .50, or

#### 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)

**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



**Since 1991** 

CALL/TEXT US OR EMAIL FOR MORE INFORMATION

916-297-3500

FOR A FREE HOME VALUATION EMAIL: gbrown@thompson-brown.com



#01163699

CALL/TEXT 916-297-3500



As Broker and Owner of Thompson+Brown I have worked with thousands of sellers to achieve their goals. This year marks my 39th year in Real Estate. I have seen every market condition and I use that vast experience to make the sales process easier for my clients. Please give me a call or text me and I will be happy to come and meet with you and answer any questions you may have.



**George Brown** 

### Recent Sales in Sun City Roseville



794 Wagon Wheel Lane Yosemite Model SOLD \$620,000



4293 Napa Loop Summit Model SOLD \$689,500



7346 School House Ln Yosemite Model SOLD \$655,000



7338 School House Ln Ironwood Model SOLD \$714,524

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