

# SUN SENIOR NEWS

Your Community News Source — Serving Sun City Lincoln Hills — ONLINE AT: SUNSENIORNEWS.COM



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## LH Foundation – April Bingo... No Foolin' Around!

BY DENISE BOWDEN

We start the month “Foolin’ Around” on April 1st and move to more serious events such as the 54th year of Earth Day, a total solar eclipse, an interesting combination of Tax Day and Titanic Remembrance Day on April 15th and acknowledgement of those who work in our libraries with National Librarians Day and Library Workers Day. “Check Out” our LHF grantee Friends of the Lincoln Library (FOLL) and say thanks for the great work they do in support of our community bringing large print books and digital literacy options to the community.

Our April Bingo will be on Wednesday, April 24th. Reminder, Bingo has now moved to mostly Wednesdays so check each month so you don’t miss out. This year we will be highlighting monthly an organization that receives grants from the Foundation. Our April focus will be on Dial-a-Ride.



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

On April 24th doors open at 12:30 and play starts at 1:00. Twelve cards for \$25, with exact change appreciated. Payouts are \$100 for the first eleven games and \$250 for the final game. Make an afternoon of it and enjoy a special Bingo lunch at Meridians beforehand.

Bringing a group? We are taking table reservations. Email your request to [lincolnhillsfoundation@gmail.com](mailto:lincolnhillsfoundation@gmail.com)

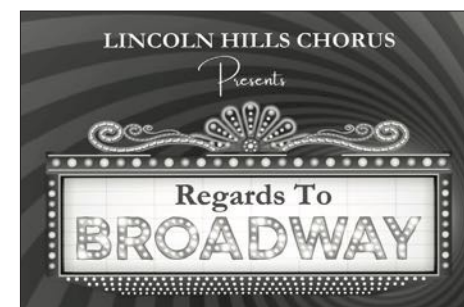
## LH Chorus

BY GAY MACKINTOSH

Get ready to give your “Regards to Broadway” at our spring concert May 3-5! You’re sure to be inspired by some of your favorite things from well over a century of musicals, “Little Johnny Jones” (1904) to “Dear Evan Hansen” (2016).

We’ll showcase songs from five Broadway shows that inspired hit movies. Rodgers and Hammerstein’s “Oklahoma!” (1943) was adapted for film in 1955. Their 1959 stage collaboration “The Sound of Music” inspired the 1965 film starring Julie Andrews and Christopher Plummer. Irving Berlin’s “Annie Get Your Gun” (1946) about sharpshooter Annie Oakley was adapted for film in 1950. “Fiddler on the Roof” (1964), inspired by a Sholem Aleichem tale (written in Yiddish in Ukraine), had five Broadway revivals and a 1971 film adaptation. “Mamma Mia!” (1999), inspired by decades of ABBA hits, became a 2008 film.

In reverse inspiration, “Singin’ in the Rain,” the 1952 MGM film starring Gene Kelly and Debbie Reynolds, opened as a Broadway musical in 1985. “Man of La Mancha” (1965) drew inspiration from the 1605 Spanish epic novel “Don Quixote.” “Les Misérables” (1985)



features a melody from Puccini’s 1904 opera “Madama Butterfly.” “Do I Hear a Waltz?” (1965) is a Rodgers and Sondheim medley drawn from “Carousel” (1945), “South Pacific” (1949), and others.

Looking for more inspiration? ASL interpreter Cat Bain will delight you by signing two songs, and flautist Mona Stryker will join us for two. The Lincoln High School Choir will perform songs from “Swing!” (1991), “Rent” (1996, story inspired by Puccini’s “La Bohème”), and “The Greatest Showman” (opening 2025).

Tickets are selling fast for Friday, May 3, at 7:00; Saturday, May 4, at 2:00; and Sunday, May 5 at 2:00. Reserve your seats in the Ballroom online or at the Activities Desks.

Visit [lincolnhillschorus.org](http://lincolnhillschorus.org) or contact our membership coordinator, Mari Long, at [mlong24sjca@sbcglobal.net](mailto:mlong24sjca@sbcglobal.net), 916-409-9136.

## Players — “Old Hams” to play in June

BY JANE PATTON

Where do Hollywood actors go when they retire? In the case of the Players’ next show, Old Hams, they live in Burbank, CA in a Golden Girls

style arrangement. The residents include two sisters, a leading man who never could remember his lines, a man of 999 faces, and a mystic who hasn’t had a correct vision in years! Their friend and the owner of the manor house where they live passes away, leaving them in a terrible predicament. Back taxes (which they can’t

afford to pay) are due and the unscrupulous lawyer for the estate is prepared to bilk the residents and kick them into the street. He plans on selling the house and making millions when the land becomes a shopping mall. Using their acting skills, these old hams develop a creative strategy to try to turn things around.

Unlike the play I directed last June, 12 Angry Jurors, which was a timeless drama, this show is a comedy that is sure to entertain and delight the Lincoln Hills audiences! I chose this lighthearted play because the characters are retired seniors — how appropriate for our cast and Lincoln Hills audiences!

**LINCOLN HILLS PLAYERS PRESENTS ...**

**June  
13 & 14  
7 pm**

**June  
15 & 16  
2 pm**

KS Presentation Hall

(cont' on page 26)

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# Letters to the Editors...

Authors are solely responsible for the content of their letters.

## SCLH Board of Directors Election

Member Issue Statements are relevant for SCLH Board of Directors Election. Currently, SCLH has an election going on for 3 director positions on the Board and 1 amendment.

I hear and read about the importance of homeowners living at Sun City Lincoln Hills being involved.

I agree it's important to be involved. I do not feel my activism and involvement is valued during this election period. Other members feel the same. Equal access to express our point of view must meet the requirements of California Civil Code 5105 allowing equal access to Association Media, websites and common areas.

In the past, members like me had our member issue statements displayed similarly to Candidate Member Statements. This year statements of Candidates running for election are on tables with tablecloths with individual spaces in the lodges.

This year, member issue statements are

relegated to a dark metal bin with drop files with no tags to identify the individual member's statements. The bin is on a table next to the individual candidate statements. There is no way to enhance the bin to make it more noticeable.

The visual difference of how the Candidate statements is displayed vs mine as a member says it all. The contrast clearly shows on how important our involvement as members is taken by our Association.

Other examples, in years past members/homeowners have been allowed to be videoed and our statements placed on the SCLH Resident Website and participate in election forums. This year the opportunity to participate in Candidate Forums and record our issue statements has not been provided.

I believe I have made my case based on the above, that members advocating a point of view are not being valued and afforded equal opportunity during this SCLH Election period.

Donna Fields

...

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

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

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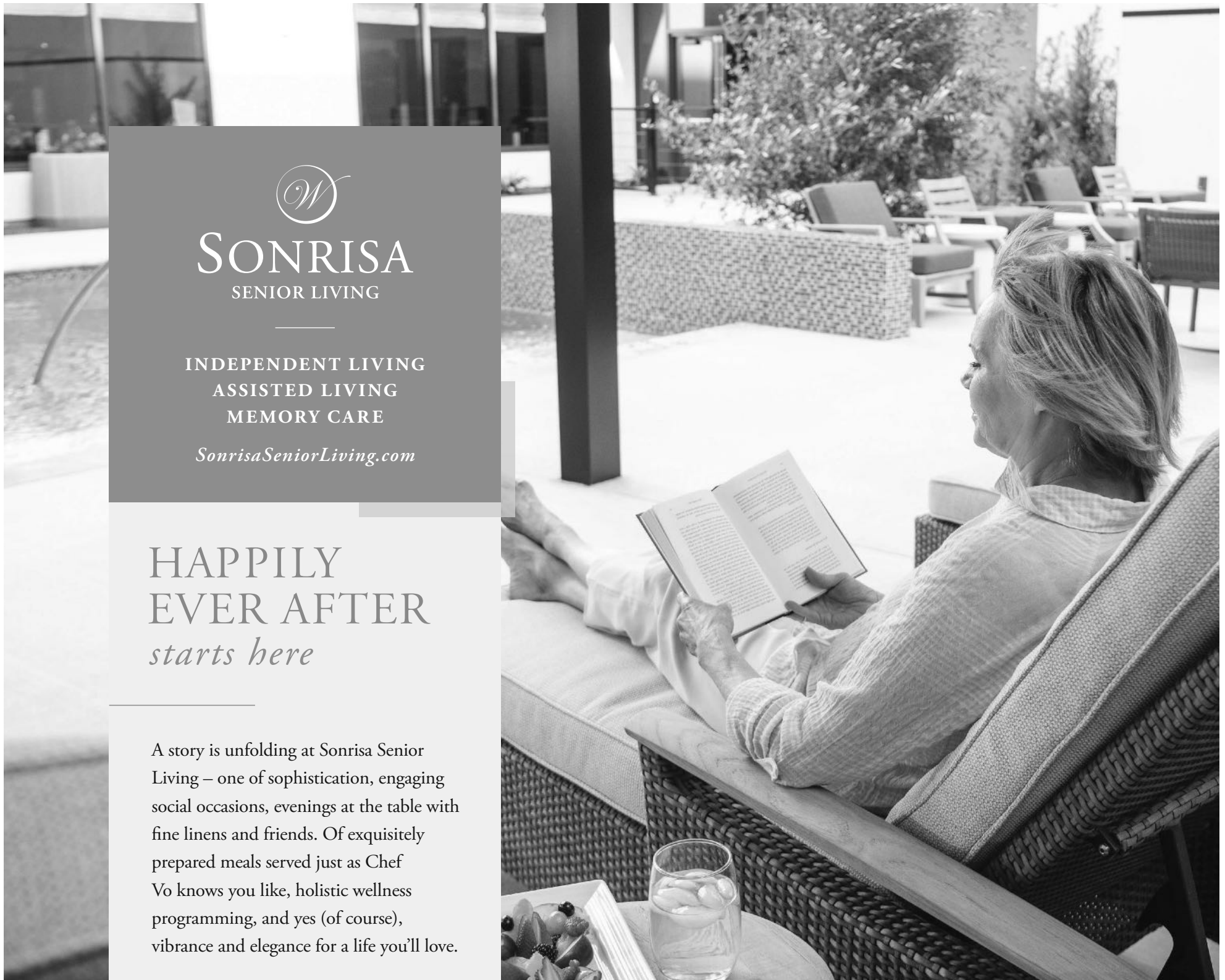
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# Election Committee News — 2024 SCLH Board of Directors

BY CAROLE MOORE, *Elections Committee Member*

Ballots for the annual election of the Board of Directors will be mailed April 10-15. There are three open Director positions and one amendment for consideration.

We have six candidates running for two-year terms:

Don Bowden, David Conner, Chuck Cunningham, Gary Kawula, Marcia VanWagner and Lynne White.

The Board is proposing an amendment to the Bylaws that would allow the Association to enter into contracts for greater than one year.

- Opportunities to become informed:
- Campaign materials are displayed at both the OC and the KS Lodges.
  - Candidate Forum, Saturday, April 6, 10:00 AM, Presentation Hall, (KS). Become acquainted with the candidates as they answer questions that were collected earlier from the community. This forum will also be recorded and placed on the Resident Website for those not able to attend.
  - NEW this year: You have the opportunity to gather in

one of our neighborhood parks to meet the candidates and ask questions. \*Remember to bring your lawn chair\*.

- o Monday April 8th, 2:00 PM, Stone House Park--Bidwell Ln & Fremont Ln
- o Friday April 12th, 2:00 PM, Sports Pavilion--Del Webb Blvd
- o Monday April 15th, 10:00 AM, Woodacre Park--Crescent Cir
- Visit our newly improved Election Committee's website: [www.sclhresidents.com](http://www.sclhresidents.com) Committees tab, then Election Committee

All ballots must be returned by 3:00 PM Wednesday, May 15. The annual Meeting of Members is Thursday, May 16, 9:00 AM in the Ballroom at OC where ballots will be counted under the direction of the Inspector of Elections and the results announced. There is limited seating for members to observe.

When you vote, you have a voice, you will be heard. Please vote.  
Need more details?  
Write to Twila Miller: Elections.  
[Committee@sclhca.com](mailto:Committee@sclhca.com)

## — 2024 SCLH Board of Directors Candidate Statements —



**Don Bowden**

As a Board member running for re-election, I can say it is rewarding, interesting and challenging. You are ready to take on all opportunities and issues, but it takes the first year to effectively "learn the ropes." Re-electing me takes advantage of the knowledge and experience gained during my term on the board.

I am proud that our board accomplished several things that couldn't have happened if we had been satisfied with the status quo.

We improved landscape efficiencies resulting in savings for the Association of \$143,000 over the course of the year by working closely with our contractor.

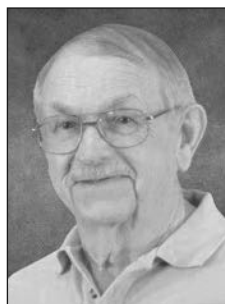
We hired a new security service, VForce Security, saving over \$96,000 a year.

We addressed a long-standing issue by implementing a short-term solution to storage issues. For two cents per month from dues we can lease space to store items safely and securely, giving time to plan for a longer-term, permanent solution.

I support the Strategic Plan and look ahead to implementing it with a focus on the basics, fixing what needs to be fixed and improving where needed.

I ask for your vote. I would like the opportunity to continue to serve this great community.

...



**David Conner**

I have been everywhere! Sun City Lincoln Hills is the best 55 plus community in the world. The people who reside here are children and grand children of the greatest generation.

I love you all and welcome everyone to this harborage of enjoyment.

I am highly disciplined and expert in making money and building people. I retired at age 54 and have not had a house payment since 1990. I live off interest income and my net worth increases every year.

I am asking for your three votes in the upcoming BOD referendum to insure my election. I have six years experience and was your President in 2019, a year when a dozen or

more major improvements were accomplished. We are in desperate need of Enlightened Management and Leadership that can pull our Board, committees and staff together to provide low-cost services and maintenance of amenities.

I think you will be pleased with me, feel secure, and once again be proud of your Association.

...



**Chuck Cunningham**

My wife and I moved to Sun City Lincoln Hills in 2017. Living in Sun City Lincoln Hills (SCLH), my focus has been the past 2 years as an active Board member and I'm seeking support and consideration

for the next 2 years. Previously, I have been a member of our Finance Committee and the Communications & Community Relations Committee (CCRC). Other accomplishments have been introducing "electronic" Bingo to the Lincoln Hills Foundation.

My professional background includes a master's degree in Systems Management, from Drexel University, plus being a licensed California State Registered Professional Engineer.

We want to continue our enjoyment of Sun City by looking forward to what programs we can augment and areas to expand. A focused group of residents is preparing a "Strategic Plan", by actively assembling contributions from residents and external sources, such as Real estate agents.

I realize members of our community have many viewpoints and it is my goal to actively pursue common ground programs and move forward in our shared interests. I bring credible board experience and current knowledge of our operations and will, as a Board member, continue my effort to build our community.

...



**Gary Kawula**

It would be a privilege to serve on the Lincoln Hills Board of Directors.

As a community leader I will listen to the needs, comments, and concerns of our residents. When SCLH opened 25 years ago the new

homeowners were 55 to 70 years old. Today those folks are in their 80's. Many are looking to age in place. They have little need for new amenities and are concerned about the rising cost of living.

About 350 homes are bought and sold yearly in SCLH. The new homeowners are younger and want more amenities. Boomers are being replaced by Gen Xer's and each group has unique lifestyle needs. The challenge for SCLH leadership is to listen carefully to all age groups and perform a balancing act keeping our HOA dues affordable.

In my career as a Registered Dietitian, I managed food and nutrition departments in healthcare. I successfully collaborated well with others, implemented ways of improving efficiency, customer satisfaction, and bottom line. I have worked for contract management companies and as an independent manager.

I will strive to maintain all our comforts, amenities, and low HOA dues.

I would appreciate your votes!  
Contact: [gary4sclh@yahoo.com](mailto:gary4sclh@yahoo.com)

...



**Marcia VanWagner**

"Though she be but little, she is fierce"

*Midsummer*

*Night's Dream*

My 2 Cents —

My favorite piece of furniture is my dining room table.

My table is a place to gather, to connect, to share a

conversation. My table is the center of activity in my home where relationships are nurtured, we share a meal. Mostly, we talk. We listen to each other. It's where stuff gets done... puzzles, painting birdhouses, decorating Christmas cookies, playing games. Where, together, we hash out what to do when stuff happens.

Walk through our community lodges... tables everywhere! Things are happening at those tables!

The Board table has 3 open seats. You choose who will sit at that table; please invite me. The Board table is where everything begins. Issues come up; we'll all discuss them and figure it out. Sitting at the table and sharing a conversation is the way we find the answers.

Good food and a table full of people laughing and enjoying being together makes a house a home. This is our home. Meridians is our kitchen table. What will it take to make it the heartbeat of our community? I've got 2 cents a day... will that help?

...



**Lynne White**

I am a first-time candidate for the Sun City Lincoln Hills Board of Directors.

Lincoln Hills is a beautiful community. We continuously maintain and upgrade our common areas and amenities.

We are currently developing a Strategic Plan which will allow us to make informed decisions

We are in an enviable position as a financially stable community, and I want to see it stay that way.

It's of utmost importance that any future proposed dues increases are based on examination of the budget, eliminating unnecessary expenditures and creating additional sources of income.

One of my highest priorities is safety: V-Force Security, new lighting, cameras, Neighborhood Watch Alerts, ongoing reminders about crimes of opportunity.

I have a degree in Family and Consumer Science which involves helping people make informed decisions about their well-being and resources to achieve optimal quality of life, personal and family finance, Housing, nutrition, wellness and consumer issues. I have owned and operated 3 real estate companies, been a president of an HOA board, which involved dues, budgets, insurance and maintenance.

Member of the Compliance Committee for 6+ years, serving as vice chair and chair. Worked often with Design Guidelines, Bylaws, CC&Rs, Rules and Regulations.

Member of the Properties Committee 2021-2022

Current member of the Club and Community Organizations (CCOC)

I would appreciate your vote! Email: [Lynnewhite2024-election@yahoo.com](mailto:Lynnewhite2024-election@yahoo.com)

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## Blood Drive

BY BILL COOK, *Rotary Club of Lincoln*

Mark your calendar—Friday, April 12, 2024. Come and roll up your sleeve and donate a pint of blood. Then realize you have saved two adult lives or as many as 10 infant lives. It takes less than an hour to be someone's hero.

The time: 10:45 am until 2:30 pm

The place: The Lincoln Veterans' Memorial Hall - 541 Fifth Street, Lincoln, CA 95648

Here's the way to request a reserved time just for you. On your electronic device go to: [bit.ly/LincolnBloodDriveApr122024](http://bit.ly/LincolnBloodDriveApr122024)

Choose a time that is convenient to your schedule.

You can walk in without a reservation; just know you may have to wait a bit while people with reservations are accommodated.

If you do register, please don't be a no show, we are counting on your donation!

As always, the Placer Nevada Cattlewomen will have the most delicious treats waiting for you after your donation.

## Meet The Author Lecture Series

BY JOY HUTCHISON

Guest author on Monday, April 29th at 2:30 in Presentation Hall is Barbara Kilde, who will share her delightful and informative book *Secret Lives of Wild Canada Geese – A true love story in their hidden paradise*. Author Barbara Kilde takes the reader into a secluded quad in a business complex where she introduces us to Ryan, the Little Gosling King, as well as his parents aptly named Mother Goose and Hawkeye. Author Kilde and her business colleagues shared the honor of watching this little family for five months in consecutive years. In addition to her observations that will entertain and educate you, Barbara has included stunning photographs showing hatchings, development and behavior of these long-necked beauties. Enjoy an afternoon with Mother Nature!

Barbara Kilde grew up in Queens, New York. Although she didn't have much exposure to animals growing up, "Everything changed for me when, as an adult, I had my own dogs and cats where I could more carefully observe and love them". Author Kilde now lives in Northern California, a region that is part of a large swath of land known as the Pacific Flyway for migrating Canada geese and other birds.

## Support Lincoln Public Library on May 2

BY NEIL COCHRAN

If you're a fan of the Lincoln Public Library, mark your calendar for Thursday, May 2, the Big Day of Giving (BDOG). Library Director Kathryn Hunt and her able staff have identified three programs and events that touch the lives of every Lincoln resident. The Friends of the Lincoln Public Library (FOLL) want to make the library's wish list come true on the Big Day of Giving.

Read Across Lincoln - The Lincoln Public Library launched this program in 2022. Last year the library provided a free children's book to all 700 first graders in our community. Read Across Lincoln is popular with students, schools, and families. FOLL pays for this program with BDOG donations, and provides volunteers to assist library staff during school visits.

Family Art Night - Last year FOLL teamed with the Lincoln Public Library to feature art projects for the whole family. Over 500 budding artists of all ages joined to create small art pieces from kits furnished by FOLL. Events included face painting, a caricature artist, hands-on art projects, cello music, a showing of tiny art results, and exhibits by local artists. Response to this event impels us to stage this very successful interactive happening for the public again in 2024.

Teen Engagement and Leadership - FOLL supports Lincoln Public Library's innovative slate of teen activities, intended to encourage teen engagement and foster development of leadership skills. FOLL will continue to support

the popular Youth Writing Contest with BDOG funds. Winning entries are published in book form. Last year's book, *Across the Universe*, is available on Amazon. FOLL also funds the library's free book giveaways and similar efforts aimed at helping teens on their educational journey.

None of these special programs would be possible without funding from FOLL. We hope to raise \$36,000 through the BDOG campaign this year. Big Day of Giving donations make special projects possible, and are part of over \$60,000 in funding that FOLL provides to the Lincoln Public Library each year for programs and literacy events.

You can support the Lincoln Public Library by making a BDOG donation to FOLL anytime between Thursday, April 18 and Thursday, May 2 at [bigdayofgiving.org/FOLL](http://bigdayofgiving.org/FOLL) or mail a check to FOLL, PO Box 1177, Lincoln CA 95648.

Finally, if you aren't yet a fan of the Lincoln Public Library, come and visit. Tours are available, just sign up on our website: [LincolnLibraryFriends.org](http://LincolnLibraryFriends.org)



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## Music Group

BY JULIE RIGALI

First, I would like to share some of our history with all of you. Our Music Group was started by a resident musician named Paul Daher. He named it "Music Just for Fun" and invited anyone interested to meet with him in his home. The response was so great that he soon had to request a room in Orchard Creek in order to accommodate everyone who wanted to participate. That room was used for many years. Second update on our history will be published next month. Now some more current information: We meet on the 3rd Wednesday of the month from 1:30-3:30 every month of the year, except November and December. In November we have our Holiday Party (more on that later). Our recent location is in Presentation Hall (K). Our meetings get started with a "Group Sing and Play" after which we begin our performances. If you want to perform, a sign-up sheet is available from 1:00 till the end of the meeting. The Guitar Ensemble meets on Fridays from 1:00 -3:30 (OC). Call Sal Caruso at 916/343-5810 for more information. Ukelele Ohana meets on Wednesdays, 1:00-3:00 (OC). Call Ron Peck at 925/788-5869 for more information. All groups are open to Lincoln Hills residents. Music Group contact is Julie Rigali at 925-787-1875. Music Group website is [www.lincolnhillsmusicgroup.org](http://www.lincolnhillsmusicgroup.org), and the password is musicgroup. Come join us. We would love to meet you and hear you perform, if you so choose. Or you can just listen to the rest of us.

• • •

## Ballroom Dance Club

BY ERNIE MICHELI

The Ballroom Dance Club will provide instruction for the West Coast swing during the month of April. Also, on Saturday April 13 we will have our Spring Potluck with a Hawaiian theme. We hope you can attend.

There are many benefits we acquire when we ballroom dance. Ballroom dancing enhances our emotional, mental and physical well-being. An article in Psychology Today by Kimerer LaMothe, Ph.D presented the following benefits:

Dancing, for most of human history and into the present, has been and remains a



Belinda Burns and Barbara Swerdlow

medium for exercising our capacity for motor memory. Recent studies confirm that the ongoing practice of dance strengthens people's capacity to notice, remember, recreate, and repeat patterns of movement in ways that facilitate personal well-being (Basso, 2021).

When we dance, we practice paying attention to patterns of movement, those of other people as well as our own. Eventually we get better at recognizing certain patterns and combinations. In watching and recreating movement patterns, we develop an enhanced sensory awareness. As our physical capacity grows, so does the range of patterns we are able to share and express and so does our enjoyment of dance (LaMothe, 2023).

We encourage you to periodically check the Ballroom Dance Club website for current information at [sclhbdc.com](http://sclhbdc.com).

Annual membership dues are only \$10 a person and is open to all SCLH residents and sponsored guests. Lessons are offered in the Kilaga Springs Lodge Multipurpose rooms each Tuesday from 2:00 to 3:00 PM for beginners and 4:00 to 5:00 PM for more experienced dancers. Open dance is from 3:00 to 4:00 PM during which you can practice the many dance styles including the current month's offering. Contact Sal Algeri at 916-408-4752 for more information.

• • •

## Country Couples

BY RICH AND DONNA PICK

Country Couples and Line Dancers surely love their dances, their friends, the socials and practices. We all got together for our first dance of the year the afternoon of February 17th. It was considered a no-frills dance, held at Kilaga Springs Lodge. It was far from it. Everyone brought their own lunch or snacks and drinks, but the club decorated the tables with valentine goodies.

Jim and Jeanie hosted with all our favorite songs. Jeanie taught us a new line dance called "Cowgirl Twist". A great time was had by all.

Jim and Deborah Christie brought along many types of Ice cream sandwiches and bars. They shared them with everyone there. What a treat. Thank you Jim and Deborah.

The next outing was a social dinner in March at BJ's Restaurant in Roseville. When the next event is planned, please let Rich Pick



know if you want to be included.

Every Friday the club holds practice sessions at Orchard Creek. At these practices, we work on old and new dances and also review the 2 Step dance. It all begins at 9:30 with beginner level dances. At 10:15 we move on to the 2 Step. The more intermediate dancing starts at 10:45 and ends at 11:30.

Anyone who is interested in joining our group is encouraged to contact April Cederburg at 916-390-3931 or come by and see what's happening on Fridays. Love to see you'all.

Website: [sclhcc.com](http://sclhcc.com)

• • •

## Ceramic Arts Group

BY JIM CARNATHAN

The Ceramic Arts Group's "Art in the Foyer" ceramic show and sale was a success. Many of our artist's pieces found a new home and we thank those who appreciate the creative talent of our members.

For the month of May, our artist will be displaying their works in our "Clay Crazy" ceramic arts show in the Spotlight Gallery at the Art League of Lincoln, 580 Sixth St. Their hours are from 11 a.m. to 3 p.m. Thursday – Sunday.

May 11th from 10 a.m. to 4 p.m. is Lincoln's annual "Clay Fest" celebration downtown in Beerman's Plaza at 640 5th St. Festivities include the Gladding McBean clay pipe carvings, where local area artist will be transforming a fresh pressed clay sewer pipe into a work of art. Other events for the day include artisan vendors, a kid's zone and music.

Please support the Arts and come play in the clay

• • •

## Mixed Media Club

BY JILL SHORT

Spring is upon us with beautiful colors bursting out. It is a great time to capture some of that beauty in your own art which helps us "Play More in 24." Mixed Media Club loves to experiment with colors and supplies. You don't need to be an expert in art to join our group. Just a desire to have playful fun. In January we had some amazing collage work done by everyone. We started with a simple black and white outline of an animal, bird, flower, or landscape. Then we painted these outlines using papers and glue. The results were wonderful. In March we made our own lovely papers using geli plates. This month we can use those papers we made to create collage art. It is not as hard as it sounds. Just using the imagination and colored papers bring out the magic in your creation.

Thank you to all who stopped at our table at the lifestyle expo and got to see examples of what we do. It was exciting to see the interest in Mixed Media Art and hope to see you at our next club meeting.

(cont' on page 11)



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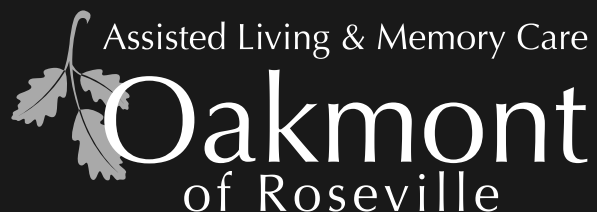
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### Mixed Media Club

(cont' from page 9)

Ready to play more? How about joining the voluntary April art challenge? The Challenge prompt is, "Apple of my eye." No rules just let the prompt guide you into creating. Share the finished piece at the April 17th meeting. Looking ahead, the challenge prompt for May is: "The Cat's Pajamas."

Mixed Media Club meets the 3rd Wednesday of the month in the Fine Arts Room (OC) at 1:00 PM. The yearly dues are \$25. You are invited to visit the club to see what we are about before joining. For more information contact our Club President, Chris Fetter at 916-276-7895 or email at: mixed.media.chrisf@gmail.com

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### Needle Arts

BY MARY SWANSON

As we head into Spring, NA members are very active with several upcoming events. Our next general meeting will be on Tuesday, April 9th at 1 PM in P-Hall (KS) and will feature Sue Klabunde with her program entitled "Improving our Ergonomics While Sewing". A subject we can all benefit from.

Workshops continue in April with several open workshops following the April 2nd Introduction to Applique class for which signup is appreciated. On May 5th the workshop topic will be Binding for Quilts. Contact Betty Kisbey if you are interested in any of these workshops.

A new subgroup titled Sit and Sew will be

meeting on the 2nd Wednesday of each month. Check the NA website for times and location where this subgroup will meet.

Make sure you mark your calendar for the Spring luncheon, Our Creative Garden, to be held on May 14th in the Orchard Creek Ballroom. If you have any creative ideas, please contact Jeanne Helland, who is chairing this event. Sign-up sheets will soon be available on the NA website.

The Spring retreat at Mercy Auburn is full and all are looking forward to this productive and relaxing event in late April. If you missed signing up, don't worry, the Fall retreat will be held in September. Begin to plan to attend now.

As always, NA Community Service group is busy creating quilts and several have already been distributed this year. While fabric continues to be donated for making these quilts and members do their best to finish the quilt from beginning to end, there is a need for long-arm quilting help. We are in need of top quilting of larger quilts meant for teens and adults. Please contact CS chairs if you can help.

• • •

### Paper Arts Club

BY LINDA LUCCHETTI

We're kicking off the beautiful month of April with a beautiful three-part project. We'll be making a floral gift card holder, a cup and holder, and just to shake things up, a shaker card. After a busy month of March, we'll return to our usual meeting and time on Thursday, April 4 and Open Lab on April 18.



Hope you didn't miss our March window with the theme, "It's Not a Card." We never want to be "boxed" in or "tagged" as ordinary, but we did display many ideas for paper crafting – like boxes and tags!

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

For further information, contact: Pam Abad, pamabad@att.net

• • •

### LH Photography Club

BY DIANE MARGETTS

"Moose" Peterson gave a presentation on aviation photography at our March meeting. Moose introduced us to the basics of photographing the static aircraft and then

moved us on to understand ground-to-air techniques and finally the art of photographing air-to-air missions. He provided tips on bringing motion to our still images, romance to pieces of steel, and telling a story that grabs the attention of our viewers.

A group of about 20 members came together for an online class on smartphone photography. We gathered every two weeks and in the interim, we had about 8 to 10 hours of very beneficial homework. We had a graduation buffet in the Orchard Creek solarium to celebrate!

Another seasonal presentation was a Special Interest Group presentation by Les Thomas on Smartphone flower photography. Les gave us fabulous tips on how to photograph flowers using usual angles, diffused light, water droplets and many other creative tips. Capitalizing on this, we are planning a field trip to High Hand Nursery to practice our new photography skills.

We did a mini field trip to the local Rookery trees to capture images of Great Egrets and Great Blue Herons in flight and in nests. While the nest building/stealing activity had slowed, the big birds were active in seeking breakfast and carrying sticks for nest building so it was a good opportunity to get images of these beautiful birds in flight.

Excitement is growing for the field trip to Monterey, Carmel, Pacific Grove, Asilomar, 17 Mile Drive and Big Sur areas scheduled for late April. Many more trips will be added including

(cont' on page 15)

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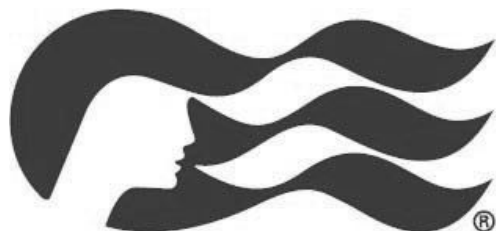
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	Jul 9, 2024	\$908	\$1,211	\$2,458
	Aug 11, 2024	\$808	\$1,095	\$1,628
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<b>12 Day MISSISSIPPI March – November 2024/2025</b> <b>Viking Mississippi ~ 386 Passengers</b>	<b>\$4,299</b> <b>INCLUDES ROUND TRIP SACRAMENTO AIRFARE!</b>
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<b>8 Day NIAGARA &amp; GREAT LAKES April – October 2024/2025</b> <b>Viking Octanis ~ 378 Passengers</b>	<b>\$5,995</b> <b>INCLUDES ROUND TRIP SACRAMENTO AIRFARE!</b>
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## LH Photography Club

(cont' from page 11)

local adventures in surrounding communities. Check out our Facebook Page. The Club Facebook page is open to all residents of SCLH who are interested in photography. Go to Facebook and search SCLH Photography.

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

• • •

## Woodcarvers Club

BY LIONEL RAINMAN

The Woodcarvers Club is for those who wish to learn and develop wood carving skills in a relaxed and supportive atmosphere. Various skill levels of wood carving exist in the club and beginners are always welcome.



Although club members carve items of their own choosing, a club project was suggested, and many members carved an item called a comfort bird. This was a small, stylized bird sanded smooth and either finish painted or polished. These little birds are a joy to hold and may give comfort to our most senior citizens.

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

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

• • •

## Stamp Club

BY TIM MILES

The weather is getting better, and everything is looking up. Our meetings are multi-faceted with stamps, used and new albums, stamp material of all kinds, and any advice you need from folks who know the hobby. Our meetings are held at the Sun City Roseville Lodge (7050 Del Webb Blvd) on Tuesday evenings at 6:30 pm and we are usually on our way out at 8:30 pm or so. We have door prizes, tokens that let you acquire all kinds of philatelic "goodies" at way-reduced prices, plus anything else you might need. The April meetings are set for April 9 and April 23 and the May meetings are set for May 14 and May 28. If anybody needs a ride, contact Al Capparelli (916-771-8288).

The Sacramento Stamp Club has their annual Spring Stamp Show scheduled for Friday, April 5 and Saturday April 6 at the Arden Christian Church at 4300 Las Cruces Way, Sacramento. They have quite a display of sale items and you can dicker with the various dealers and tables. Any inquiries, call the club at 916-804-9452.

Al Capparelli has been having "Open Garage" days at his house on two different weekdays am or pm but be sure and call ahead to get scheduled. All our club items are accessible and available to you. We have used albums when available, hinges, mounts, separate album pages and other material.

We welcome new members and are available to appraise anybody's collection. Recently a community member contacted us as to the value of an inherited collection and we referred him to a Boy Scout Troop where he could donate the collection, as was his desire.

• • •

## LH Astronomy Group

BY BILL WEAVER

LHAG General Membership Meeting, Wednesday, April 3, 2024, 6:45 PM – Kilaga Springs Lodge, Presentation Hall.

LHAG member, Ron Yelton, will follow up his January 2024 presentation on astro image processing where he demonstrated image processing of a galaxy in regular, visible light (LRGB).

This presentation will focus on narrowband imaging which uses hydrogen, oxygen and sulfur (HOS) filters to process galaxy NGC

2264. Using just these three filters he can reveal at least 24 different color combinations to display the galaxy's elements.

NGC 2264 is an emission, reflection and dark nebula within the constellation Monoceros (the Unicorn). NGC 2264 actually refers to two objects within the nebula - The Cone Nebula and the Christmas Tree Cluster.

LHAG Cosmology Interest Group (CIG). The meeting is scheduled for Monday, April 15, 2024, at 6:45 PM in the Orchard Creek Lodge Fine Arts room.

The April meeting is scheduled to cover galaxies and will locate Earth's position; then survey other galaxies, classifying their structure. Professor Hunt will apply the virial theorem to analyze a typical galaxy, which can be thought of as a "collisionless gas" of stars.

For more information, contact Ron Yelton at [ryelton660@aol.com](mailto:ryelton660@aol.com).

LHAG Telescope Interest Group (TIG) Star Party

The next star party is scheduled for Monday, April 8, 2024. The planets Jupiter and Uranus will be visible. See the Andromeda galaxy, the Pleiades star cluster, Orion Nebula, and many more objects. Star parties involve setting up telescopes to view the solar system and other interstellar and deep space objects. Telescopes are set up prior to sunset (7:40 PM) in the upper tennis courts of the SCLH Sports Complex and will include a solar telescope set up at 4:30 PM.

For information contact Bob Collins at [bobpcoll@community.net](mailto:bobpcoll@community.net).

For more information about the LHAG, contact Bill Weaver, LHAG President at [hamweaver@wavecable.com](mailto:hamweaver@wavecable.com)

• • •

## Genealogy Club

BY NANCY SWITZER

How do you eat an elephant? One bite at a time of course! I am trying to eat an elephant right now, except my elephant is fifty years of photos, and slides that can only be viewed on a possibly 60-year-old tiny hand-held slide viewer that belonged to my grandmother!

A Roots Tech class talked about technology, and asked the question, are our photos really safe? If they are saved to the cloud, and you are paying monthly, what happens when you stop paying that bill? If you have them on a removable drive, if the drive is not used regularly, the parts may freeze up and not be

available either. Then there are the threats of home fires and other catastrophes. Putting them in a website that will save them for you without charge will protect them from loss.

Our April 19th presenter at the next General Meeting will be Kathryn Hunt from the Lincoln Public Library. She will share how you can browse the genealogy books in the catalog and access online genealogy databases like HeritageQuest and Ancestry.com Library Edition. No matter your experience level, the Lincoln Public Library can help you as you research your family history. Time and place: 10 AM in Presentation Hall at KS

There will be a membership required BBQ after the meeting at the Sports Pavilion. The cost will be \$15 (club subsidized). More info to come. For information on Genealogy Workshops contact Kate McCarthy at [starkayak@icloud.com](mailto:starkayak@icloud.com).

Contact: Rita Perada 510-710-5704, [ritaperada@gmail.com](mailto:ritaperada@gmail.com)

• • •

## Lavender Friends

BY JOAN LACKTIS

Spring is seeing some changes to Lavender Friends.

First, we have three new people stepping into leadership positions. Chris Guyon is the new chair of our Activities Committee Extraordinaire (ACE), which coordinates our activities and events for the coming year. Chris has only been a member for a short while, so it's great to see a newer person getting involved in club leadership. Joan Lacktis and Paula Kregel have taken over as Communications Committee co-chairs. This committee is responsible for our website, Compass and Senior News articles, and our weekly announcements email.

Another change is the club's monthly birthday celebrations. We have changed from meeting monthly at Kilaga Café for donuts and coffee to meeting every other month at Meridian's for breakfast. Birthday kids still get a free coffee on us. Our first breakfast celebration was in March and the next one will be in May. Hope to see all the April and May birthday honorees at next month's outing.

Lavender Friends is a club for LGBTQ residents and their supporters; check out our website at [lavenderfriends.com](http://lavenderfriends.com).

• • •

(more Club News cont' on page 17)

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Address	Street	Sqft	Org. Price	Selling Price	Floorplan
1332	Secret Lake	1298	\$529,950	\$525,000	Bridgeway**
2718	Woodacre	1508	\$574,900	\$567,950	Bridgeway**
700	Waterfield	1515	\$569,000	\$525,000	Pine Hill
1150	Shadow Glen Ln	1515	\$555,000	\$555,000	Pine Hill
1108	Fairview	1531	\$559,000	\$559,000	Alpine
1745	Mary Rose	1547	\$540,000	\$535,000	Quail Cove
1815	Winding	1728	\$679,950	\$680,000	Tahoe
387	Daylily	1775	\$599,000	\$560,000	Tehama
617	Orchid	1785	\$729,000	\$739,000	Santa Cruz*
1776	Blackbird	1836	\$699,000	\$699,000	Plumas
132	Calistoga	1854	\$609,000	\$609,000	Plumas
200	Bloomfield	1910	\$599,000	\$599,000	Fremont
1272	Freschi	1967	\$715,000	\$705,000	El Dorado
890	Yosemite	2049	\$794,497	\$903,000	Annadel*

\*Open Space/Golf Course \*\* Casita

Total Homes sold in Sun City per MLS 2/1/24 - 2/29/24

# Community Feedback Aligns with Strategic Plan Direction

BY THE STRATEGIC PLANNING TEAM

The Community Feedback phase of the Strategic Plan has wrapped. Feedback collected ran the gamut from leadership, flash surveys, interviews, focus groups, questionnaires and general comments received.

In general, the community wants the Association to:

**Maintain What We Have** – Residents want landscaping, open space, amenities, and lifestyle to maintain the level of quality we have enjoyed since SCLH opened its doors 25 years ago.

**Remain Affordable, Safe, Secure and Accessible** – Stay affordable and continue providing a safe, secure, and vibrant lifestyle experience.

**Stay Current** – Residents made it clear that they want to keep up with the times through smart investments in enhanced amenities and lifestyle offerings while maintaining what we have and remaining affordable.

With all this said residents expressed the need for governance and operations to be more disciplined, policy driven, process oriented, productive, and cost effective and they want increased and improved two-way communication. They also stated that we need to address aging infrastructure and our dated appearance while taking into consideration

changing demographics, anticipated local growth and the need for greater engagement in the broader Lincoln.

The Board has been very engaged and supportive of the Strategic Planning efforts and has endorsed the following Association Strategy Statement to help guide the Strategic Plan:

**Fix the Base** – Ensure a solid operational base of processes and structure that is efficient, robust, and manageable.

**Improve the Base** – Achieve operational excellence through improved productivity, cost efficiencies and laser focus on essential projects only, while keeping dues under control.

**Build on the Base** – Create, adopt, and fund a market driven, community-wide Master Plan through an understanding of current and future resident's interests and needs.

This is a big job and it will take time and a focus on discipline, but the final Strategic Plan will meet the statements above, be woven into everything we do and will be reviewed and updated annually.

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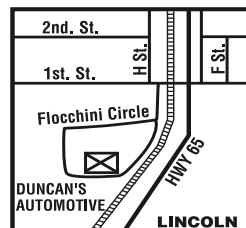
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**LH Italian Club**

BY LINDA LUCCHETTI

Sicily is the star when we present another one of Italy's 20 regions on Saturday, April 20, from 12:00 p.m. to 3:00 p.m., at the Kilaga Springs Lodge. You won't want to miss it. Come learn about the captivating island of Sicily with its rich history and unique culture in arts, music, literature, cuisine, and architecture. Check the website for more information.

To learn more about our social club and a variety of monthly activities, visit our website



at [www.lhitalianclub.org](http://www.lhitalianclub.org). For membership information contact Sandi Graham at 916-826-5711.

• • •

**Shalom Social Group**

BY JUDY GANULIN

Opportunities to volunteer through the Shalom Social Group are expanding. Our members continue to help at the Placer Food Bank. We are looking into also working with another area food bank and other non-profits as well. Our Women Together heard an interesting and informative presentation from the Lighthouse Counseling Center and sold out the bloc of tickets we bought for Lincoln Theater Company's "Hallelujah Girls." Our Men's Group brunch featured Marty Maisel's presentation on "Bill Mitchell, the outcast who became the father of the U.S. Air Force."

For more information, please contact Margie Gulko, 916-543-5303, or Deanne Iliff, 530-518-3704.

• • •

**Singles**

BY KATHY SHADDOX

Remember that April 1st is "April Fool's Day". And will you play a joke on a friend or anyone? As we have always been told, "April showers bring May flowers". Now that is always a delight, yet we hoping the rain doesn't slow done our special events, probably not!

Our first event is our monthly activities meeting on Tuesday, April 2nd at 4:00 pm in

the OC Computer Room. This is where the activities committee plans future events. Feel free to join us and bring in some new ideas or suggest some things we did in the past so we may do them again.

The Singles Club will enjoy their monthly Birthday Celebration on Sunday, April 7th at 4:00 pm in OC Meridians Bar. All members who have a birthday in April will be treated to a free drink from our club. See Mari Long for your drink ticket. Stay and enjoy Dennis Doane lead us in singing Happy Birthday to those born in April.

On April 11th at 5:30 pm in OC Ballroom we have our monthly business meeting where we will have nominations for next year's officers. Following our meeting, our activity will be Poker Clinic & Games. Here is a chance for you to practice or learn how to play poker; or you can join the tables that will play games.

Saturday, April 13th is a big busy day for us. Start off with our 2nd Saturday Breakfast at 9:00 am in the Sports Bar, where our host, Dennis Reid will greet you. Just drop in as no reservations needed. Then, those 56 members signed up and have paid for the trip, will board at 5:00 pm our chartered bus to the Rivercats Baseball Game. Loads of fun including fireworks after the game. Big thanks to Mike Caporale who is our host for this event.

On Thursday, April 18th at 4:30 pm we have our monthly dining out event hosted by Sue Ereno and location TBA in your weekly blast.

Our exciting monthly Social will be held Thursday, April 28th at 5:30 pm in OC

Ballroom and we will have our annual "Casino Night". Be sure to sign up in advance at our business meeting for which gambling table you wish to be at.

Our regularly scheduled weekly sport events are Bocce Ball on Wednesdays at 2:00 pm at the Sports Park; Golf 18 holes on Friday at various courses; and Shuffleboard on Fridays at Tennis Court #10.

If you are single and enjoyed reading this article and wish you could join in all the fun; just contact our membership chair, Sue Kuukka 530-712-5051 to join our club!

• • •

**Republican Club**

BY SUE DUMAS

Hope your Easter was Blessed!

Thanks to all conservatives who voted in the 2024 Primary which produced multiple Republican wins!

Thanks for stopping by RCSC LH table at Lifestyle Expo OC Lodge.


Meeting Wednesday, April 17 - doors open 6:00 PM. Meeting 6:30 PM KS (PH). Guest Speaker "Surprise" followed by networking hour in Placer Room.

Get informed, stay informed. Visit our website for list of resources.


[www.RepublicanClubSCLH.org](http://www.RepublicanClubSCLH.org)

• • •

(more Club News cont' on page 18)




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### LH Veterans Group

BY BILL L. LEWIS

Shirley Schultz, RN, MSN, certified Adult Nurse Practitioner, retired from the USAF and from the Department of Veterans Affairs, will be the featured speaker at the April 18, 2024 general meeting at 1:00 p.m. in the Kilaga Springs Presentation Hall. Shirley spent several years doing assessments and providing primary health care for active duty and military veterans. As a primary care provider, she collected and documented data in health records that was used over time to help determine the conditions that were considered to be caused by Agent Orange exposure.

While Shirley's focus was on identifying what the veteran's health problems were and treating or referring the proper care, she found that many veterans hesitated to file a claim with the VA to get service-connected status for those problems. Shirley's presentation will name the health conditions which may be considered by the VA to be Agent Orange related, how you can recognize them, and the importance of filing a VA claim.

Thank you to all of the veterans that participated in Determining the Future of the Veterans Group. Your opinions and suggestions are very pro-active and well thought out and very useful in determining the future of the Veterans Group. Welcome Aboard to New members Jim McMenamin, U.S. Air Force, Ed McMurray, U.S. Air Force, and New Life Member, Karla Duggan, U.S.

Navy. We look forward to meeting you and introducing you to the membership at the April LHVG general meeting,

We have a great history and thank those that have worked so diligently to build and establish a strong foundation for our organization that serves our community in many ways. It makes us proud to drive through our neighborhoods and see so many homes flying the United States Flag. Thank you for replacing them when they begin to show sign of wear. Richard Fuller is the Chairman of the Flag Sales Committee and can be reached at 916-409-9209 and email: mrrmap@earthlink.net to volunteer for flag sales duty. The Flag Table is open on the 15th of each month in the Orchard Creek Lodge Lobby for sales of flags at an unbelievable price of \$20.

Morning coffee with the troops on Mondays, Wednesdays, and Fridays at the Kilaga Springs Café gives you an opportunity to solve the problems of the world.

In Memoriam —

Stewart Arthur Lindauer- U.S. Navy

Bill Spellman – U.S. Airforce

The Veterans Group extends its deepest Condolences to these veteran's family and friends.

• • •

(more Club News cont' on page 19)



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**SCHOOLS**

BY PATTI KINGSTON

The SCHOOLS volunteer program always needs new willing participants to help in grades K-5 or at Phoenix High School. Volunteer Ann Marks moved to Lincoln Hills in 2023 after she and her husband fell in love with the community and all it had to offer. One of the first things she came across was the flyer offering an opportunity to volunteer in the Lincoln Schools. She had been a reading intervention specialist for over 20 years and thought to herself, “that’s something I would like to do”. She signed up and was assigned to Penny Wentworth’s 3rd grade class where Ms. Wentworth said she had 2 or 3 children who were struggling to keep up with their reading. These are children who don’t qualify for district services but are below where they should be. Ann volunteers one day a week for a couple of hours. In addition to helping those children with their reading she helps the teacher with tasks like copying material for the class and any other clerical type work Ms. Wentworth needs. Ann sees the progress in those young readers and feels good about making a difference. Like most volunteers, being in a classroom, assisting a teacher and making a difference in the academic lives of young people she gets as much as she gives. Ann likes the way Ms. Wentworth handles her



classroom and plans to continue with her in the next school year.

The SCHOOLS annual meeting will be in September and will consist of a round table conversation among volunteers to share ideas and experiences. Anyone considering volunteering is encouraged to join us. Date and location will be announced later. If you are interested in volunteering in K-5 classrooms, contact Cyndi at ccolloton@yahoo.com. To volunteer at Phoenix High School contact Irma at jmeidm@aol.com.

**Lincoln Democratic Club**

BY JUDY GANULIN

Serious interest – and participation – in politics and good government remain hallmarks of the Lincoln Democratic Club. We support our candidates with monetary donations and volunteer help such as making phone

calls, writing post cards, walking precincts and other activities. Our meetings feature interesting and informational programs. Our regular meeting day is the third Thursday of each month, at Kilaga Lodge. A social hour with coffee and cookies precedes our 7 PM meeting. Our April meeting will feature representatives of Bridging Divides. We still volunteer at the Placer Food Bank. For more information, please see our website, <https://democraticclubincolnca.org>

**Apple User Group**

BY NINA MAZZO

Tips for the iPhone this month. When using the Calculator app, it is a misconception that if you type the wrong number you have to start the whole sum all over again – nope – simply swipe right or left with your finger across the number display to remove the last number you typed. Second tip is adjusting the iPhone volume. When adjusting the iPhone volume, you can press once and then control the onscreen volume with your finger – this gives you more control to find just the right volume.

April will bring three very interesting and even entertaining meetings to our members. Thursday, April 4th, Helen Rains presents “File and Folder Zen: Simplify Mac and Cloud Organization.” Discover efficient steps to create and organize files so you can find what you need when you need it. Additionally, consider selecting iCloud for seamless document synchronization across all your Apple devices. Say goodbye to clutter

and welcome more organized digital space.

Ask the Tech 6:45PM; program 7:00PM; KS Presentation Hall.

Tuesday, April 9th, Harlan Felt & Ken Silverman present “A Walk Thru Apple’s First 30 Years.” Ken and Harlan have been around Apple as well as being Apple product users for over 40 years! They will show many of Apple’s historic and iconic TV commercials and videos- plus a few surprises. They might even share some interesting and little-known stories and fun facts about those early days.

Ask the Tech 6:30PM; program 7:00PM; KS Presentation Hall.

Monday, April 22nd, Andy Petro presents “Save a Safari Web Page as a PDF, Format Notes on the Notes App, Share iPhone Locations Via Find My App, and more.”

Andy continues to provide us with interesting, fun and practical things we can do using the newest iPhone operating system iOS17. You are bound to learn two new things.

Ask the Tech 10:15AM; program 10:30AM; KS Presentation Hall.

The Lincoln Hills Apple User Group website: [www.LHAUG.org](http://www.LHAUG.org)

General information line 916-913-6833.

*(more Club News cont’ on page 22)*

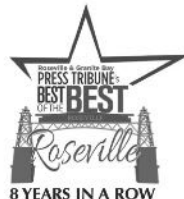
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**Alzheimer’s-Dementia  
Caregiver’s Support Group**

BY MARIANNE OLIPHANT

The Alzheimer’s-Dementia Caregiver’s Support Group offers information and support to those caring for a loved one with dementia. We have three monthly group meetings. Our Women’s group meets at 1:00 PM on the 1st Wednesday in the Multi-Media Room (OC). The Men’s group meets in the same room at 10:00 AM on the third Thursday. Both groups are focused on individual sharing. The General combined meeting is held on the 4th Wednesday at 1:00 PM in the Fine Arts Room (OC) and features a guest speaker. Speakers and subjects for April are Jamie Wall on “A Place for Mom” and Karen Capote on “Daycation”. At all meetings you will find a welcoming community ready to hear your questions and concerns.

Contact: Jo Fratessa, 916-759-8760.

**Bosom Buddies**

BY VAL SINGER

Gosh, it’s pretty outside. Everything is blossoming in multiple colors making the landscape beautiful. Lincoln Hills really comes alive with all the trees exploding in blossoms. Spring definitely has sprung!

March’s speaker



Lisa Sabia

was Lisa Sabia, a Reiki practitioner. Reiki is an ancient Japanese healing that relaxes the body without manipulation. It uses gentle hand movements to guide the flow of energy throughout the body. In the words of Mikao Usui, Reiki’s founder, “Reiki is the art of inviting happiness”. Lisa is a Sun City resident.

Several prizes were awarded at the meeting. Congratulations to Nanette Sorensen who won a lovely Easter wreath made by Sandy



Nanette Sorensen

Adame. Sandy also made and donated post-surgical tubes aprons and card/ID holders. These handmade card holders were passed out to each member.

April’s meeting speaker will be Marcia VanWagner who will speak about how to organize our affairs to make it easier on our heirs.

May’s speaker will be Dr. Baker, an

(cont’ on page 23)

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## Bosom Buddies

(cont' from page 22)

oncologist.

July will be the "Caregivers Luncheon" at Kilaga Springs.

The August Relay supporting cancer research has a new name. It will now be called, "Rally Around the Colors" and it will be held in downtown Lincoln.

Peggy Ryan is putting together baskets to help our members in treatment. These baskets will contain such small items as lotions, chap sticks, pens, etc. If you have any of these items to spare, please let Peggy know on 916-765-8848.

Welcome to our new member, Pat Galeria.

If you have any questions regarding Bosom Buddies, contact Val Singer (916-251-6528) or Judy Stewart (916-408-3597).

Thanks to the Foundation for its continued support.

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

• • •

## Hearing Support Group

BY JOANNE MITCHELL

At our last meeting, Victoria Harling of California phones brought many units to demonstrate and explained each one. There was a lot of interest on our members' parts and the after-meeting discussion lasted for quite some time.

We do not at this time have a guest speaker

scheduled for April, so we will have social time. The meeting will be on Tuesday, April 2 at 11PM in the Fine Arts room at Orchard Creek Lodge.

• • •

## Multiple Sclerosis

BY JERI DI FIORE

Join us Tuesday, April 16, at 1 PM, Orchard Creek Lodge Multi-Media Room

Are you feeling a need to talk to a non-

emotionally involved person regarding your situation?

CheriHumm, Coordinator for the Senior Peer Counseling Program, volunteered to speak regarding free in-home confidential assistance. The program is advertised by Neighbors inDeed.

"Senior Peer Counselors listen, and share experiences, provide information, and resources.

Requests can come from a senior, a friend,

or a family member. The senior has the right not to participate."

Additionally, at the April 16 Meeting, Captain Joni Deutsch will share the results of our exciting Sun City MS Walk.

She also has details on participating in the Northern Ca, Folsom Walk on Sunday, April 28. We wish to thank Realtor, Donna Judah of Coldwell Banker, and the Lincoln Hills Foundation for supporting us.

At the end of April 16 Meeting we'll check to see how you are doing, including your questions or your successes to share with the group.

All with MS (or a similar condition) family and friends are invited to the April 16 Meeting.

We look forward to seeing you!

• • •

## Low Vision Support Group

BY STU SINGER

Our Next Meeting: Tuesday, April 2 in the Fine Arts Room at Orchard Creek Lodge from 2-4 PM. The meeting will feature an exploration of smart phones. Ken Spencer, a Sun City resident, will share his expertise on the various accessibility features that are available on your cell phone and the latest apps designed to make using your device easier.

Upcoming Meetings:

On May 7 we will be having a second visit by Jeff Thom, Society for the Blind Board Member and retired disability lawyer,

(cont' on page 27)



*Pictured above: A big check from a little group — Joni Deutsch, captain of the Lincoln Multiple Sclerosis fundraising walk, presents Michere Schott, No. California, MS Society Walk Senior Manager, \$16,180 for 2023. This amazing donation was collected by the Sun City Lincoln Hills MS Support Group Fundraising Team and included generous donations from Sonna Judah, Coldwell Banker, and the family of Alan Weber.*

*Call or text Joni Deutsch 916-398-0349 to join the 2024 MS Walk and financially support the Lincoln Hills Multiple Sclerosis Group 2024 goal of \$20,000!*

*The National Multiple Sclerosis Society is the largest MS research contributor in the United States; focusing on UC Davis, UCSF, and Stanford.*

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# "I Have My Life Back."

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

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

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

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

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

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

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

Fortunately, three months ago, Dawn read an article about Lincoln Acupuncture and the work being done to treat those suffering from Peripheral Neuropathy without invasive surgeries or medications.

She can now share how significantly her life has been changed

**"Now when I go to bed at night I don't have those shooting pains. I don't have that burning sensation. I can let the sheets touch my feet and it isn't painful,"**

**Dawn enthusiastically describes life after receiving treatment. "I can wear socks and shoes and I can enjoy working in my garden."**

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

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

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

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



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## Players

(cont' from page 1)

We hope you'll come laugh with us.

Tickets (\$18 a seat) go on sale on April 17 in the lodges and online, and this one is sure to sell out, as it's in KS Presentation Hall, a smaller somewhat intimate venue where every seat is a good one. Shows are Thursday and Friday nights at 7:00 and Saturday and Sunday matinees at 2:00, June 13-16.

All residents are welcome to attend our next meeting, Monday, April 8 at 4:00 PM in KS Presentation Hall. You'll meet other members and discover that club members are involved in many on-stage, back-stage, and off-stage roles. Annual dues are only \$5!

## Tap Company

BY ALISON WOLFE

Get ready to tap your feet and groove to the rhythm because the Tap Company's highly anticipated spring production, "Everybody Dance Now!", is just days away from hitting the stage. Set to take place in the Ballroom (OC), the show will run on April 4th and 5th at 7pm, with matinee performances on April 6th and 7th at 2pm. There's still time to grab your tickets because "Everybody Dance Now!" is a show you won't want to miss.

Residents of the Sun City Lincoln Hills community have been hard at work perfecting their acts to showcase their own talents. Featuring



over 20 distinct acts spanning various dance genres including jazz, tap, line dance, hula and more, as well as solo singers and other performers, there's something for everyone in this dynamic production. Get ready to be swept away by the rhythm and charm of this sensational spring extravaganza. So come out and enjoy a wonderful show while supporting your fellow residents on stage.

## Michelle's Featured Listings



### 2029 Sutter View Lane - Santa Barbara on View Lot

This stunning Santa Barbara Model offers an ideal blend of location & impeccable floor planning, making it a perfect choice for those who value both. Nestled in the exclusive Village within Sun City Lincoln Hills, renowned for its Estate Series Homes, this 2 bed/2.5 bath/den home boasts a thoughtfully designed layout. The kitchen features granite countertops, a granite backsplash, a center prep island, pendant lighting, & two pantry closets with a convenient kitchen desk. The great room is a focal point, offering a cozy gas fireplace, an adjacent dining area, & ample windows. The master suite is a retreat in itself, providing outside access, a large soaking tub, two walk-in closets, & dual sinks. A second en-suite ensures privacy for visiting guests or family members with its own private bath. The 3-car finished garage has epoxy floors & additional storage space. The backyard garden is a tranquil haven.

Offered at \$1,100,000



### 1158 Longhorn Lane - San Mateo on Golf Course View

Welcome to the ideal residence you've been anticipating! San Mateo Model nestled on a golf course view lot, this home boasts a meticulously upgraded kitchen featuring elegant white cabinets, a quartz countertop, a subway-tiled backsplash, pendant lighting overhead, and a central prep island. The open floor concept floods the space with natural daylight through numerous windows. Enjoy the warmth of a cozy gas fireplace adorned with a built-in surround. This unique model offers not only a dedicated den/office but also an exclusive hobby room. Recently replaced carpeting, ensures a pristine environment for you to simply move in and unpack.

Convenience is key, and this residence is strategically located near Kilaga Springs Lodge, a fitness center, an indoor swimming pool, and shopping amenities. With its attractive features and prime location, this home is destined to become a top choice for buyers. Don't hesitate - make this your dream home!

Offered at \$769,000



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## Low Vision Support Group

(cont' from page 23)

who will be discussing one's rights under the Americans with Disabilities Act (ADA). Jeff had spoken to the group in September and will be returning to respond to some of the questions raised during his last visit. Joining him will be Kathleen Shevlin, Senior Outreach Manager for the Society of the Blind.

The June 4 meeting will feature Laura Kellen from the California Library Outreach program. Laura will be sharing with us the amazing array of services offered to residents with low vision. These include both hardware and software all loaned and delivered at no cost for the individual user. Enjoy reading or hearing everything from the New York Times, Wall Street Journal, your favorite magazine or the latest book releases.

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

The Low Vision Support Group is funded by the Lincoln Hills Foundation. For questions or to suggest speakers, topics, request electronic copies of our notices or remove your name from our mailing list: Contact Stu Singer at 703-864-8161 or [stuartsing3@gmail.com](mailto:stuartsing3@gmail.com)

• • •

## RV Club

BY MARY CARBREY

RV there yet? This month we are heading to the Mountain Gate/Lake Shasta area where we will be touring Shasta Dam, hiking to Hedge Creek Falls in Dunsmuir, touring the Shasta Caverns, and attending the popular Red Bluff Roundup Rodeo. Approximately 42 RV club members will be participating in the rally.

Did you get a chance to come visit our group at the Orchard Creek Lifestyle Expo last month? We had 7 Rv's open to the public in our parking lot. It was so much fun sharing our love of the RV Lifestyle to all those interested. Special thanks to the following club members who helped make this day so successful: Mike, Mary R., John, Cindy, Robyn, Janet, Lee, Linda, Steve, Ann, Tom, Sue, Diane, Jacak Ingala, Craig and Mary C.

You can also learn more about our group by visiting our club website at [lhrvg.com](http://lhrvg.com) or attend our meetings held the second Thursday of each month at Killaga Springs, 4:30 PM in the Placer Room. For general information contact our Club President, Jake Baker at (916) 838-5253 or [jbaker525311@gmail.com](mailto:jbaker525311@gmail.com). For membership contact our Membership Chair, Tari Briscoe at 530-210-3302 or [taribriscoe@gmail.com](mailto:taribriscoe@gmail.com)

• • •

## LH Travel Group

BY LINDA BEVINS AND JOANNE SCHUMACHER

Who doesn't love brilliant colors after a wet, gray winter? Enjoy the colors of nature on these trips. Trip details on our website.

Discover the Colors of New England - [gateway.gocollette.com/link/1185257](http://gateway.gocollette.com/link/1185257)

As you travel from Boston through Vermont, New Hampshire and Maine, enjoy the fall colors and cruise on Lake Winnepesaukee.

If you enjoy the warm sienna colors of red rocks, choose the The Painted Canyons of the West tour which features five National Parks in Colorado and Utah - [gateway.gocollette.com/link/1210228](http://gateway.gocollette.com/link/1210228).

For a holiday tour to New York City, see the Rockettes' holiday show, a Broadway show, the 9-11 Memorial, and Ellis Island with a one-hotel stay. Spotlight on New York City - [gateway.gocollette.com/link/1230136](http://gateway.gocollette.com/link/1230136).

If you are looking for an unusual tour in a country of smiles and warm weather, check out Wonders of Thailand - [gateway.gocollette.com/link/1230144](http://gateway.gocollette.com/link/1230144).

Two new April 2025 trips:

1. Discover Historical Greenbrier - [gateway.gocollette.com/link/1185248](http://gateway.gocollette.com/link/1185248)

A 2-night stay in this five-star hotel in Shenandoah Vally. Tour historical sites in Washington DC and Virginia, and see the cherry blossoms in DC.

2. Holland & Belgium Springtime River Cruise - [gateway.gocollette.com/link/1230119](http://gateway.gocollette.com/link/1230119)

This ever-popular tour takes in the spring tulips. This tour always fills up quickly so book early.

To join our private Facebook page, search "The Lincoln Hills Group" and request membership.

Our next Travel Group meeting: Wednesday, May 8 - Willow Room, Lincoln Public Library. There are two sessions: 10:30 am and 1:00 pm. RSVP: attendee names, phone number, and the session you would like to attend to [travelgrouplh@gmail.com](mailto:travelgrouplh@gmail.com).

LH Travel Group Leaders: Sheron Watkins 916-849-9504 [sheron55@att.net](mailto:sheron55@att.net); Louise Kuret Auerbach 916-408-0554 [louisekuret@att.net](mailto:louisekuret@att.net); Lyle Auerbach 916-847-6544 [lea925@att.net](mailto:lea925@att.net);

Linda Bevins 916-666-7627 [djbevins17@gmail.com](mailto:djbevins17@gmail.com); Joanne Schumacher 415-999-1242 [jkschumacher1@gmail.com](mailto:jkschumacher1@gmail.com)

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(more Club News cont' on page 31)



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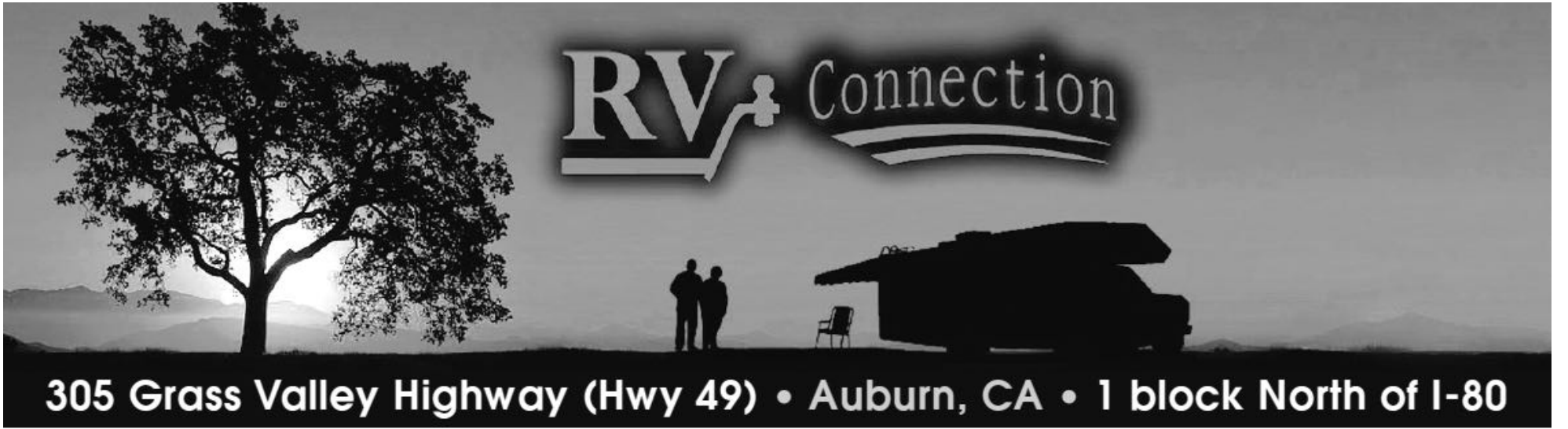
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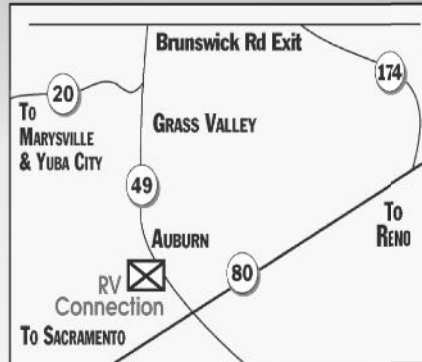
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## Woman's Club Home Tour

BY HARRIET GARLAND

Woman's Club Home Tour Returns April 20, 2024. After missing several years due to Covid the much-anticipated return of the Woman's Club Home Tour is happening on April 20, 2024

10am - 3pm. From historic homes in the heart of Lincoln to elegant country club living in Catta Verdera to outlying country properties, this tour promises to satisfy all individual preferences. The tour is an "open door" tour where visitors have the opportunity to visit each location at their leisure spending as much or as little time as they desire just exploring and being amazed at the hidden gems in our community. It's an opportunity to see a variety of spacious homes with elegant décor and antiques, beautiful landscaping, talk with the owners of our historical homes and learn so much of the history of Lincoln in the process and get a feel for "life in the country".



During the tour the Woman's Club will host a boutique and snacks at their clubhouse at 499 E Street. Visit our beautiful clubhouse and enjoy the many vendors displaying a wide variety of home goods and décor.

The clubhouse is on the National Register of Historical Places in Placer County. The Woman's Club meets monthly on the 4th Tuesday at 12 Noon. All are invited. There is no charge to visit and due are \$45 per year. The Clubhouse is also available for rentals, providing a wonderful setting for individual special celebrations, celebrations of life, service club meetings, church services, etc, all for a very reasonable rate for rental information contact Barbara Araujo at 916-792-9830.

Tickets for the home tour are \$45 in advance and \$50 at the door and can be purchased through EventBrite or picked up from Harriet Garland (Sun City) 916-543-0541, Phillis Jansen (Lincoln) 916-778-9995 or Dori Chlidress (Lincoln North/rural) 916-316-0406.

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### Jackie Smith-- great agent!

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

CA BRE 01937900

## LH Sports Car Club

BY ROB PHILLIPS

The sun is out, the rains have stopped (or at least paused), the hills are green, and the trees are in bloom. Ours cars are coming out of their garages and convertible tops are coming down.

On March 15 the LHSCG had their first social event of 2024 to Rubino's for lunch. While it was a short drive 35 club members enjoyed excellent food and appreciated the opportunity to get out as a group.

March 22 will be the Inaugural Ride of the group (weather permitting) through Capay Valley with a stop at the Road Trip Bar & Grill. Many other rides and social events are in the planning stages.

On a sad note, the LHSCG lost one of its most active members on March 10, Virgil Berry. Virgil will be remembered for his smile and quick wit, his vast knowledge of Corvettes and the annual trip he led, "The Sausage Run" to Lockeford followed by lunch in Jackson.

"Wishing you open roads with no speed limits".

If you are not a member and you own a sports car and want to join contact Vic Kremesec at vjk1245@yahoo.com.



Sports Car Club — The 1st Social Event of 2024.

## Rods And Relics

BY ELNA RAGAN

On Tuesday, March 5, 20 Club members enjoyed a casual lunch at the Waffle Farm Restaurant. A good time was had by all!

Chuck Barnhart, Car Show Chaiman, and his seven team members, met on March 6. They are responsible for presenting the Downtown Lincoln Car Show on Saturday, June 1. The pace of activity is picking up and major deadlines are on the horizon.

Local Car Show activity is on the increase as the weather gets warmer! On Saturday, March 16, several Club members traveled to Colusa for its local Car Show. A pancake breakfast was available for early arrivals. A BBQ lunch was available later.

Our members are planning on participating in the Sacramento Autorama on May 3 - 5. They will be joining other Car Clubs in the Butch Gardner Club House. This will provide an opportunity to meet other Car Club members and enjoy an impressive array of

Classic vehicles.

Don't forget to save the date of Saturday, June 1 for the Downtown Lincoln Car Show! The streets will be filled with over 400 beautiful Classic vehicles on display. The morning will start with a Boy Scout sponsored Pancake Breakfast. There will be product and food vendors, a DJ playing music, a Bar-B-Q lunch available, and a large Raffle Booth with great items! To date, the Club has donated over \$253,000 to local charities from the Car Show's proceeds!

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

Contacts: Tom Indrieri, President 916-645-2035

Michael Carvidi, Membership Director 707-849-2834

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

## LH Amateur Radio Group

BY DANIEL LEHRER, KM6HDI

We welcomed new resident and member Phil, N6MWC. Phil comes to us from Fremont and looks forward to reacquainting himself with amateur radio after a long hiatus. After a detailed RTTY demo we felt prepared for the NA QSO Party RTTY contest. RTTY also known as radio teletype typewriter was very popular in the 60-70's and a main method of networked typed remote communications

of that day. It uses a 5 bit frequency-shifted "Baudot" scheme of "1" and "0". With shifting, capable of 2x32 combinations of letters, numbers and carriage control characters. Over 80 contacts were made, many on the East coast. Our Hams & Coffee get together was fun and we were treated to delicious pastries by Mark, KM6HDI.

Meetings are held at the South Tower every Monday night at 6:30 PM. Our club conducts a weekly radio network at 7:00 PM every Monday on the W6LHR Repeater at 147.030 MHz, 167.9 PL. If you are looking for a way to engage in the community and have an interest in amateur radio, please check out the LHARG. We can help with programming handheld radios. For more LHARG information visit our Website, the URL is: [lharg.us](http://lharg.us) or email [dlehrer72@gmail.com](mailto:dlehrer72@gmail.com)

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## Garden Group

BY LORRAINE IMMEL

April and May bring several Spring Events for the Garden Group and Community. Come join us!

#1: April 18-2024 Garden Tour of SCLH Homes-self-guided, Thursday, 10:00 AM to 2:00PM. Packets with yard descriptions will be available for \$5 each in the Orchard Creek (OC) Fitness Center Parking Lot from 9:45 AM to 11:15 AM on tour day. Carpooling makes it easier to accommodate parking at the homes.

(cont' on page 33)



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## Garden Group

(cont' from page 31)

Contact Diane Johnson at 916-803-5428 to volunteer as a garden docent during the tour.

Contact Robin Juhasz 916-899-2382 for other concerns.

#2: April 27 to April 28-Rose Show-Saturday 10:00 AM to Sunday 3:00 PM-Orchard Creek Lodge.



Annual Rose Show

Contact: Linda Garret 916-409-5944

#3: May 11-Plant Sale-Saturday, 10:00 AM to 12:00 PM, Sports Pavilion. Parking on Del Webb Blvd Available.

Contact: Marie Salers 916-408-3895

#4: May 11 to May 12-Bonsai Show-Saturday 10:00 AM to Sunday 3:00 PM-Orchard Creek Lodge.

Contact: Paul Lewis 925-393-9772.

There will not be a General Meeting in April, but there will be in May!

• • •

## Bird Group

BY SHERRY SINGER

In the early morning of February 23, members of the Sun City Bird Group arrived at Bridgeway Island in West Sacramento, eagerly anticipating the sight of Blue-Winged Teals. The ducks did not disappoint. There were at least fifty-two Teals waiting for them to observe and record! The male-female pairs were found dabbling (feeding on vegetation) near the surface of the water.

Upcoming Events:

• April 8 Meeting - You will not want to miss this meeting as Kelli Moulden will join



Blue-Winged Teals by Linda Morley.

us with her presentation Hawks, Honkers, and Hoots. Kelli will be bringing live birds, and we will be requesting donations at this meeting to help support her continuing efforts to protect these birds.

• May 13 Meeting—Judy and Jack Weaver will be sharing with us a presentation featuring the birds and wildlife that they saw on their trip to Tanzania.

• April 12 Bird Walk at Linda Creek Open Space

Watch for Bird Group emails regarding any cancelations or rescheduling. For away trips we meet for carpooling at the west end of the Orchard Creek parking lot near the fitness center's indoor pool.

Plans for Mono Lake Trip:

• One- or two-night stay (second night optional)

• About a four-hour drive to Mono Lake area, no formal carpooling

• Group dinner on night of June 6

• June 7 (Friday) – Four to five hour guided tour to Mono Lake County Park and South Tufa Area

• Guided tour fee is \$75 per person, paid in advance.

• Three possible hotels available.

Individual responsibility to make reservations (\$190-\$200 per night)

• E-mail will be sent out with specific information on hotels, restaurants, waiver for trip, etc.

• Cut-off is May 1 - all participants must sign waiver.

Contact Information:

If you are a resident of Sun City Lincoln Hills, you are welcome to join the Bird Group for our regular monthly meetings on the second Monday of the month at 1:30 in the Presentation Hall at Kilaga Springs. You can also email us at [Birders@sclhbirders.org](mailto:Birders@sclhbirders.org) or visit our website at [www.sclhbirders.org](http://www.sclhbirders.org).

• • •

## Hikers and Walkers

BY GAY MACKINTOSH

Spring has officially sprung! Put some spring in your steps with our Wednesday Walkers and Tuesday-Thursday Hikers. Watch <http://www.lincolnhillshikers.org> for our expanded schedule and check back regularly for updates.

Walkers meet every Wednesday at 8:00 AM (except when it's raining). Meeting places and routes are on the website. Choose a brisk 2½-3-mile trek on our own SCLH trails or slower-paced Walk for Wellness with Karl Aitken [karlaitken@comcast.net](mailto:karlaitken@comcast.net). Call Coordinator Debbie Schryver, 916-666-1741, with questions about the Walkers.

Late-breaking news on all our activities and events is on the website under the "Upcoming Hikes/Walks" tab.

• 1st Tuesday, April 2. Cronan Ranch (Pilot Hill). Moderate

• GETAWAY (WAIT LIST): April 8-11. Pinnacles National Park

• 3rd Thursday, April 18. Sugar Pine Reservoir (Foresthill). Moderate

• BONUS HIKE: 4th Thursday, April 25. Placer Land Trust, Wildflowers at Big Hill Preserve (north Auburn) with Botanist Monica Finn. Watch website for advance registration.

• HIKE LEADERS MEETING: OC Multi-purpose Room, 4-5:30 PM.

• 1st Tuesday, May 7. TBA

• 3rd Thursday, May 16. Pioneer-Hallelujah Trail (Nevada City). Moderate. New hike with new leader Joe Hedges.

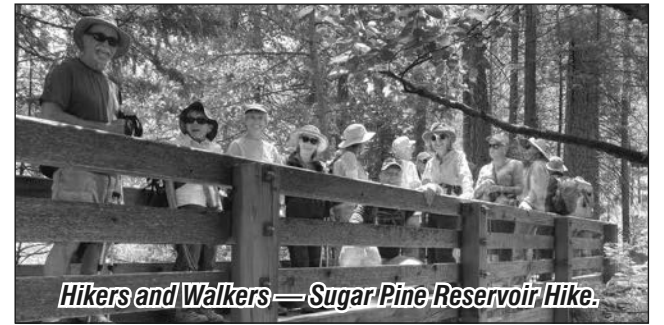
• Special Event: Hikers and Walkers Picnic (Sports Pavilion) May 30.

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

New members always welcome: send your check for \$10.00 per person and release form (see website, "About Us" tab) to LH Hikers and Walkers, 2898 Coopers Hawk Loop, Lincoln CA 95648.

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

• • •



Hikers and Walkers — Sugar Pine Reservoir Hike.

## LH Cyclists

BY TOM FRADY

Our social committee did it again (Yea!). A large group of cyclists, Significants Other and maybe some friends got together at High Hand Brewery for an afternoon of beer, wine and food (three of my favorite words). We appreciate all the work that went into this event.

Most club members should know that the 800-slide slideshow from the December dinner is up on our web site ([lincolnhillscyclists.com](http://lincolnhillscyclists.com)). Just click on "events". There is probably a picture of you in there somewhere.

The most important thing for a strong bike club is the officers. Well, ride leaders are probably more important, so it's Ride Leaders, then Officers. Wait, you can't have a good club without good members, so it's Members, then Ride Leaders, then Officers. But ya gotta have bikes, too. And donuts. Members, Ride Leaders, Bikes, Donuts and Officers. We have a slate of volunteers to take over in January 2025. President: Dough Hinchey. Secretary: Lisa Leto. Treasurer: John Wright. The position of Veep is still up for grabs, so someone call Tony Simi and step up! Let the campaigning begin!

• • •

(more Club News cont' on page 35)

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## Neighbors InDeed

BY DAVE SHORT

A Significant Emotional Event — It was a rainy night in February, we were just finishing washing the dinner dishes and getting ready to settle in for an evening of streaming TV. There was a loud “bang!” and then the sound of rushing water – a lot of rushing water. We ran into the bathroom and saw a geyser coming from behind the toilet! I quickly braved the torrent, reached in and turned off the valve. It took a large pile of towels to soak up the water. Within a half hour or so we had the water cleaned up. We are very grateful that we were home when this nearly catastrophic event occurred.

How did this happen? Careful investigation revealed that the fitting on the toilet supply line had ruptured. The plastic connector had split! I had never heard of this happening, so I asked a few questions of a plumber I know. He was coming over to replace the supply lines anyway. He told me that failure of the plastic connector happens occasionally. He has seen it many times. The older the supply line, the more likely it is to fail. I checked the label on my old supply line, it was manufactured in 2003! It lasted 21 years! Plumbers will tell you to replace your supply lines after 10 years. This is an easy item to overlook but it should be added to your routine maintenance items. Neighbors InDeed can provide you with



the names of plumbers recommended by Lincoln Hills residents, who are ready, willing, and able to change your toilet supply lines. Leave us a message at 916 223-2763. We will return your call between 9 AM-5 PM Monday through Friday.

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## Swimmers & Water Walkers Club

BY ROSEMARY TANFANI

April is here and that means all four Lincoln Hills pools will be open.

Please be familiar with the basic rules about pool use. Rules are available at the front desk at both lodges.



Plenty of walking room at OC pool, early afternoon.

The first two lanes are always open for water walkers. If you have to share a lane, its best to do a courteous ask; “Would you mind sharing the lane”? A swimmer can also use the first two lanes but must exit the lane should a water walker enter those lanes.

Our OC pool has three lanes, reserved for swimmers and water walkers. The open walking

Diving into the pools is not allowed. No running, jumping or diving is allowed from the side of the pools.

Take a shower before entering the pool or hot tub.

If you use water shoes, save them for the pool, not the walk from your car to the pool.

Food and beverages are allowed in the outdoor area, but not in the pool.

Children are allowed in the OC pools daily from 2-4 PM. Kids are noisy and like to splash. If that doesn't work for you, choose another time to use the pool.

Our KS pool has five lanes; three can be reserved for swimming and water walking.

area of the pool does not need a reservation but can get busy during the late afternoon hours. If you are walking and socializing with several people, consider breaking up ‘the line’ and allowing others to have a clear path. If you see someone with a special need, please try and accommodate. Shorter walkers may need the lane closest to the edge of the pool. Some feel more comfortable in the water if they grab an edge.

We have 300+ people using our pools daily... so be kind and courteous to all.

Club Contact, Kathy Carpenter, swimmers.walkers@gmail.com

## LH Water Volleyball

BY HOLLIS BISCHOFF

Water Volleyball marched into spring hosting the annual spirited meet against the Jessup University Women's Volleyball team. It was a wet and wild night with great competitive play. The fun doesn't stop there as there are as we head for dry land and our Cinco de Mayo event. Ready to join the fun? Try it out on Free Play Saturdays. Drop on by and experience the fun next Saturday! Don't know how to play? We provide Training and Mentorship. All levels of interested players are welcome. Enjoy Ladies Night, Skills and Drills, Competitive Team Nights and much,



much more. Find us at LHWaterVolleyball.com or contact Jerry Grisler (209) 648-9534 for more info.

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## LH Tennis Group

BY PAMELA GEERNAERT

Spring is here and our Tennis activities are in full bloom. Our funfilled St Pat's “Live Ball” event was a smashing hit. Fun tennis with lots of laughs, food and music. Congratulations to our winners Marlies Beck, Doug Lundy, Kathy Jaskot, Dave Rosenthal and Ron Lamb. Best “wearing of the green” went to Marilyn Duncan and Linette Ingram. Thanks to all of our Volunteers that put this event together.

Tennis is a Gateway to meeting friends and enjoying all of the activities Lincoln Hills

Tennis has to offer for everyone. USTA and SATA leagues are starting. Visit sclhtg.com if you are interested in info on joining a team or for dates of events. Also, bulletin boards with tennis info are posted at the Sports Pavillion. We love having support from players and our community. Come on down and enjoy watching some fun matches. Drop-in is every Wednesday and Saturday. Winters 9am-11am Summer 8am-10am. All Lincoln Hills residents are welcome.

• • •

(more Club News cont' on page 37)



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## LH Table Tennis

BY ILENE MARSHALL

On February 18th, 36 players participated in our 2nd Annual Doubles Happiness “Year of the Dragon” Round Robin Event. This was a fun event for all levels. Our top winners were as follows: White Division: Gold: Marc Fong. Silver: Wes Hill. Bronze: Mike Esterbrook. Blue Division: Gold: Ed Rocknich. Silver: Frank Westphal. Bronze: Kevin Connolly. Red Division: Gold: Paula Kregel. Silver: Sal Zimmitti. Bronze: Dean Norman. Green Division: Gold: Steve Gile. Silver: Karen Gould. Bronze: Joan Peterson. Congratulations to all the players who gave it their all! There were also many people who brought homemade goodies and cheers to support the event. Thank you to all who helped make this event a success.

We play in the Multi-Purpose Room (KS) on Sundays 8:00 AM to 5:00 PM, Tuesdays, 6:00 PM to 9:00 PM, and Fridays 8:00 AM to 12:00 PM.

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

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

To join, just sign up on the new



member sheet at the play sessions or email pingpongsclh2@gmail.com.

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

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

Reservations are not required. Please wear non-marking tennis shoes. Loaner paddles are available.

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

We set up a ‘Robot’ table tennis ball machine on Fridays for beginner coaching, warm up, training, and practice. Players may use it on a “first come first served” basis.

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

## SCLH Coyotes

BY GAGE JOHNSON

The Sun City Lincoln Hills Coyote 75’s will kick off their 2024 season by hosting a tournament at Del Webb Field April 27-28. There will be five games each day. In addition to the Coyotes, other participants are the NorCal Redhawks, Sacramento Buds, Crankees from Chico, and Please Don’t Bug Me 75’s. All have participated in past tournaments at DWF. Concessions will be provided by the LHSSL Women’s Division.

The Coyotes will also host another tournament May 18-19 at Del Webb Field with the same group of teams. The Coyotes will also play in the Sacramento Cal Cup in June, the Western National Championships, and will defend their 2023 championship in the NCSSA Championships in Manteca in late June.

## Mad Hatters Bocce Group

BY KIM PETRUZZELLI

April temperatures are great for playing outdoors, and we have many different bocce groups welcoming new (and old) players.

Our Mad Hatters play on Thursday mornings at 10:00 am. Come by yourself or come with a friend. If you don’t know anyone when you arrive, you will before you leave. We are a social group who don’t take ourselves too seriously, and on a good day we’ll have 40 players spread out on the courts. New, inexperienced, and handicapped players are always welcome.

Can’t get enough bocce? There is also the Monday Morning Bocce Group that plays at 9:00 am, and the Night Owls who will begin playing again on Tuesday, April 9th at 4:00 pm.

You can also play bocce on your own. The court schedule is on the resident website, and you can check out a key to the bocce supply closet from the OC sports desk.

Mad Hatters Contact: Russ Petruzzelli, [LHBocce@gmail.com](mailto:LHBocce@gmail.com) / 408-439-1848.

## LH Pickleball Club

BY LINDA SHOBE

As many are aware The Association of Pickleball Professionals held their second annual event at the Johnson Ranch facilities (APP Tournament, Johnson Ranch, Roseville 03/06-10/2024). What a fabulous event for locals. We congratulate all who participated. Lincoln Hills Pickleball Club was represented by many volunteers, players and Andrea Mayorga – certified referee. Players: Ken Corcoran, Blue Kim, Max Kenngott, Susan Frye, Dianna Henrickson, and Molly Morris, Carol Nakao (bronze – women’s doubles) Rita Weighall (silver – mixed doubles), LeRoy Weighall (gold – men’s doubles, gold – singles, and silver – mixed doubles), Mark Henrickson (gold – men’s doubles, gold – singles, and silver – mixed doubles). Great job everyone! Go Lincoln Hills Pickleball Club!!!

Tournaments and other competitive pickleball opportunities are rapidly approaching in Sun City Lincoln Hills. Team leads are busy planning and preparing for a busy Spring lineup. Tournaments are President’s Cup Frenemies Scramble in April and Club Championships in May. The plans for our Spring Party – Nerd Alert are made and preparations are in the works.

If you are a resident of Sun City Lincoln Hills and you want to learn to play the fastest growing sport in the US, the Club offers a free Intro to Pickleball class. Curriculum includes basics of the game and an overview of 2024 Club events. To make a reservation email [welcometopickleball@gmail.com](mailto:welcometopickleball@gmail.com). Please wear court shoes and bring water.

## LH Senior Softball League

BY FRED SERNA

The Lincoln Hills Senior Softball League (LHSSL) is proud to announce that our recruitment efforts for 2024, has resulted in a total of 131 new and returning players. This is significant in that we are now able to field 10 softball teams (13 players per team) as opposed to the 9 teams of last year. This also allows us to develop a seasonal schedule of 27 games with this our 25th, inaugural Softball season beginning on April 15th, and ending on August 14, followed by our playoffs and Championship game. The events highlighted in our March article have come to pass and we look forward with great anticipation to the

start of this upcoming season. Although, the application submission deadline of February 20, has passed we continue to encourage anyone still desiring to play to complete and submit their applications as soon as possible. Please visit our website at [LHSSL.net](http://LHSSL.net) where this and much, much more information regarding our Softball program can be found. Again, welcome aboard, and we look forward to you joining us at the ballpark as we embark on what we believe will be another great and enthusiastic year of LHSSL Softball.

(more Club News cont’ on page 39)



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## Lincsters 9-Hole Club

BY LORA FINNEGAN

Rain, rain go away! That was the mantra for January and February as we were shut out of play eight straight weeks. We finally got back on the course February 28 and really knocked the rust off our games. At the Lincsters' recent general meeting President Jane Hall announced our annual Inter-club Tournament is set for April 29- a fun day to play with the LHLGXVIII 18-Hole Ladies and Men's Club, with lunch in the tent to follow.

In April, Wednesday start time moves to 8:30 AM. Longtime member Alyce Stanwood has moved to Napa; an integral part of our club, she will be missed. Join us at: lincsters.com. For membership questions email Nancy Hastings: nhast38@yahoo.com.

• • •

## Ladies Golf 18-Holers

BY CAROL LOPEZ

The trees and flowers are blooming, birds are chirping, weather is favorable and course conditions are improving. Our ladies play every Thursday, normally alternating between the Orchard and Hills courses, with a shotgun start at 8:00 starting in April. This year we've been advised that 32 players are required for the shotgun start or tee times will be assigned.

During a Stableford round, hosted by Deb Dunipace on the Orchard course under Cart

Path Only conditions and a very wet course, Liz Phillips's 13' drive on Hole 16 secured Closest to the Pin (CTP). Additionally, she and Sharon Knoll were first place in their flights. Second place awards went to Patti Tilton and Carol Lopez.

Unfortunately, poor weather forced cancellation of Carol McCann's highly anticipated "Make Your Own Foursome Three Clubs & A Putter" event. We were able to resume play with our March Net Chix round and you can find out in the upcoming Compass Magazine who received that honor.

Another Stableford event, this time hosted by Peggy Carr on the Hills course with a nice warm sun to help offset high winds, had 48 players competing and first place awards went to Tilton, Barbara Grant, Wendy Seagraves and Yeong Hur. Second place winners were announced as Mitsuko Cameron, Karen Gabriel, Lena Ingraham and Julie Guth. Kelley Royball secured CTP on #7 with a 9'7" shot.

We proudly announce our recent "Chip-In Ladies": Hur, Grant, Knoll, Ilene Marshall, Sibyl Myers, Georgja Richie-Lynch, Rosie Warren (2) and "Birdie Ladies": Cameron, Grant (2), Gwen Hare (2), Hur, Knoll (2), Kathi McCoy, Beth Morton, Myers, Phillips, Royball, Richie-Lynch, Donna Sanderson & Tilton (3).

Come join us for a round, stay for lunch and visit with our members in the sports bar!

• • •

## LH Men's Golf Club

BY MIKE MCBACK

Save the date! The Annual Inter-Club Scramble Tournament will be Monday, April 29th at 8:30 am, Hills Course. Men and Ladies from the MGCLH, Lincsters, and LHLGXVIII will be playing for cash prizes!

The game will be an 18-hole, 4-person scramble format with two ladies and two men with Flights according to handicaps. Pairings will be random. (Please, no pairings requests). A minimum of 3 drives per player. (Special Rules for high handicaps)

Closest to the pin contests on all par 3s and the Accurate Drive Contest for both men and women. Cash prizes!

Complimentary Range Balls.

Men to play from white tees (exceptions on a case-by-case basis will be considered)

(cont' on page 41)

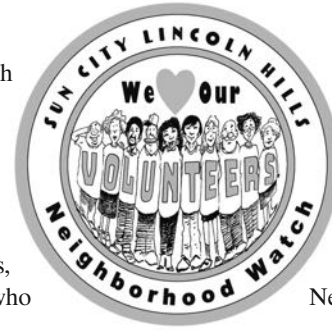


Kelley Royball's "Luck of the Irish" attire.

# Neighborhood Watch

BY TERESA TANIN

Neighborhood Watch volunteers share safety and security information throughout the community to help keep us safe. We honor our volunteers annually where Directors serve special desserts, savory treats, and award those who



your contact information with a neighbor; exchange keys. Let your neighbor know when you will be on vacation; offer to help with trash or collect mail. Neighbors will return the favor when it's your time to travel. Neighbors knowing neighbors, is



Neighborhood Watch Volunteers

have volunteered for five, ten, fifteen, and twenty years. Visit website [schwatch.org](http://schwatch.org) to view the current and perpetual volunteer list. This year's volunteer appreciation, held March 2, was a great success. Over 100 attended to share this special time with fellow volunteers. Sharing with others is how we stay connected. We may be retired, but we never tire sharing time with others. Share your time and consider volunteering at [schwatch.org](http://schwatch.org) "Want To Volunteer." New volunteers this month include our new Director, Carole Edwards. She brings a great deal of experience to our organization. Thank you Carole! Pictured far right.

Save the date: May 10, 1:00 to 3:00 PM, Fine Arts Room (OC) for the Neighborhood Watch general meeting. Directors and Village Coordinators attend as voting members. All volunteers and residents are encouraged to attend, however. Updates regarding events, general activities, pet alerts, security alerts, and new volunteers will be presented. Mark your calendar to join us for the meeting and to participate in the Q & A session. Stay connected and informed. A community is only as strong as its informed residents. Please email [rsvp to: executiveassistant@schwatch.org](mailto:rsvp@executiveassistant@schwatch.org). Visit [schwatch.org](http://schwatch.org) for more information.

Neighborhood Watch Mission Statement, through the dissemination of information:

1. Strengthening neighborhood ties: Share one of the best ways to deter crime. Another deterrent is keeping lights-on-timers. Your home should always look occupied. 2. Increase personal safety and security awareness: Learn more about the best ways to stay safe. If you were unable to attend the Community Safety Event held April 11, visit the resident's SCLH website for the event video. 3. Be the "eyes & ears" of the Police & Fire Departments: Always call 9-1-1 in an emergency. For community property issues, call VForce Security Patrol at 279-239-9094. Call the Lincoln Police non-emergency number 916-645-4040 for all other incidents. Follow up by leaving a message with our Lincoln Police Department liaison, Barry Johnson at 916-792-7540. Your incident may help others through a community-wide email "Alert." Click on "Alerts" on website [schwatch.org](http://schwatch.org) to view current and past community "Alerts." 4. Encourage emergency preparedness: Keep important numbers handy. A list of "Important Numbers" is available through the website [schwatch.org](http://schwatch.org) "Who Should I Call?" The List can be downloaded, saved, and printed for easy access.

Please visit website [lincolnhillsfoundation.org](http://lincolnhillsfoundation.org) for information about the May 2, Big Day of Giving. Your help continues to help our seniors. Neighborhood Watch is grateful to the Lincoln Hills Foundation for its continued support. Thank you!

## SUN CITY REAL ESTATE UPDATE

The housing market in Sun City Lincoln is extremely healthy and vibrant. We are seeing sales and inventory trading at about equal as there are the same numbers of homes available for sale as under contract, or pending sales. Interestingly, average days on the market of available for sale homes is 20 days while pending sales have been spending 24 days on the market. That is a very healthy mix.



WRITTEN BY GEORGE BROWN  
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## In Memory —

Louis Bobrowsky died peacefully Wednesday evening, January 10, 2024. Born in 1933 in Brooklyn, New York, Louis celebrated his 90th birthday in June. He grew up in Coney Island.

After high school, Louis enlisted in the U.S. Army for two years. He received his undergraduate degree from Columbia University and a graduate degree in architecture from Pratt Institute. He specialized in designing hospitals.

In 1961 he met his future wife, Dolores Ellenberg, in the Catskill Mountains. One year later they married and started their adventure in Puerto Rico where sons Jay and David were born. Their next move was to the Washington D.C where son Darren was born and then returned to the suburbs of New York for 10 years.

In 1979, the Louis and family the moved to the San Francisco Bay Area. After working for the U.S. government as a civilian architect for a few years, Louis started a successful home inspection business with Dolores. He hosted a talk show on the local radio station and worked as a residential architect with his friend Richard.

Louis and Dolores joined the Roadrunners of San Mateo square dance club. It fulfilled their dancing desires and gave them many lasting friendships. When semi retired the two began traveling the world. Their trips included a cruise around South America and a visit to

the Great Wall in China.

In 2009, Louis and Dolores moved to Sun City Lincoln Hills to be closer to family. There they were active in Sun City life and continued to travel.

After Dolores death April 2018, Louis continued to stay active in Sun City and continued to travel. September 2022, he went on an African safari.

Louis is survived by three sons and their partners, seven grandchildren and many loving friends.



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### LH Men's Golf Club

(cont' from page 39)

and women from Red Tees. (Men's "Survivor Rule" in effect)

Check-in tables open at 7:30 am in the breezeway. Shotgun starts at 8:30 am.

Lunch and Awards in the tent after the golf.

Box lunch and Prize Fund included in fees.

Fees —

Summit Member: \$25

Non-Summit Member: \$75

The First 48 Men to Register and Pay will be in the Tournament. After 48 are registered, we will start a waiting list. First-registered-first-play!

Registration opens at 9 AM on Monday, March 25

Watch your email that morning for the link!!

It's time for a Spring Scamble (ABCD tournament) so grab your partners and get ready for some fun! Tee-offs start at 8 am on both the Hills and Orchard courses. Scrambles always fill up fast so jump on it now. See ya there.

• • •

### Shuffleboard Club

BY JON KLINE

Play continues on our 5 all-weather shuffleboard PolyCourts at the Sports Plaza on Tennis Court #10. Park at the back of the softball field lot. The expanded shuffleboard center accommodates up to 20 doubles players at a time. Club sessions have been reaching or exceeding capacity. Our club plays every Thursday and Saturday afternoons from 1:00 to 3:45 PM, with new player orientation at every session. Best times to arrive are at 1:00 and 2:15.

Clinics for new players, plus clinics teaching shooting skills and basic strategy, will be scheduled for Tuesday afternoons. Tournaments and socials are being planned for April and May. Announcements for all these events will be posted at the courts.

The club participated in the March Club Expo and New Resident Orientation with informational tables at both events.

For open play and practice, reserve courts for 1-3 hours up to 7 days in advance at: Resident Website/Wellfit Reservations/Shuffleboard Courts. All equipment is in the onsite locker. Other large social clubs have formed shuffleboard groups and scheduled weekly play times; contact your club's activities director.

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

no bending or lifting is required.

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

• • •

### Cribbage

BY MEL SWITZER

The Top Ten Things You'll Hear on Tuesdays at Cribbage starting at 8:30AM #10. Those aren't wrinkles, they're wise cracks.

#9. If you say something nice, say it to your husband. He's not listening anyway.

#8. Getting Lucky now means you found your car in the parking lot after Cribbage.

#7. Growing old happens, growing up is optional.

#6. "Senior Moments" allow you to get away with almost anything.

#5. If things get better with age, I must be marvelous.

#4. Not bragging, but I can forget what I'm doing as I do it.

#3. Did I tell you this one already?

#2. My new prescription for my joints is WD -40.

And the number one thing heard at EVERY Cribbage meeting:

#1. I'm just saying: I took a pain pill and tell me why are all of you still here???

Not really. We have a great group of die-hard cribbage players, who like to joke around and win at the same time. Speaking of winners...

Our recent winners were —

2/13: Elliott Levy\*, with a record score

of 756 points.

2/20: Cyril Kalbach, with a record number of players contributing to his bounty

2/27: Mel Switzer and Howard Beaumont tied for first place

3/5: Bob King had a great day with skunks

3/12: Mr. Jack Poshepny had an excellent day

See you on Tuesday at 8:30AM and remember, occasionally we have been overflowing with players. So, get to the OC Card Room early to get a seat.

\*Will be moving soon to New Jersey. We will miss him and his dollar.

• • •

### Duplicate Bridge Club

BY MONA STRYKER

Congratulations to two of our members who recently achieved higher rankings from the American Contract Bridge League. Carole Neely is now a Ruby Life Master. Ron Parker is a Silver Life Master.



Games (reservations need to be made at least two days ahead of game with Elise Homer

(cont' on page 42)



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For more information visit us online at [lincolnnumc.com](http://lincolnnumc.com)

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### **Duplicate Bridge Club**

(cont' from page 41)

at [elisehomer@gmail.com](mailto:elisehomer@gmail.com) or 916 303-0751):  
Wednesdays: starting at 12:30 in Multipurpose Room (KS). Open and limited sections

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

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Partnership chairman: Sharon Duley 916 253-3885

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

Website: [www.bridgewebs.com/lincolnhills/](http://www.bridgewebs.com/lincolnhills/)

• • •

### **SCLH WRITER...**

#### **Potato Chips and Ice Cream**

BY JOY S. HUTCHISON

A popular magazine for retirees recently had a feature on "Elderhood", seniors whose age has exceeded the average lifespan and beyond. I happen to be in that category, without any special goal such as proper exercise, proper diet, proper whatever. I fail on the exercise part, but most of the time eat a healthy diet. However, as all else in life, there sometimes is an exception.

I had enjoyed meeting a friend for lunch recently, and dinnertime was fast approaching. I wasn't that hungry, so decided to just munch on some of my favorite crunchy salted chips during the news. I sat in my easy chair, and by the end of the program, I was ready for something sweet and comforting, and headed for the freezer. I usually don't keep ice cream on a regular basis, but had some mint chocolate still left in a carton and decided it was time to finish it off, which I did.

The phone rang and I picked it up. "Hi, Grandma, did I catch you during dinner?" she asked. "No, I just finished". Red-headed Granddaughter is in her early 30's and checks in occasionally. "What did you fix yourself?" she asked (she's always looking for new recipes). I answered, "Potato chips and ice cream." Silence. "Uh, Grandma, is that all?" "Well, I really wasn't very hungry", I replied. Sounding concerned, she asked, "When was the last time you went to the grocery store?" I replied, "Oh, just a few days ago." Granddaughter: "Grandma, then why potato chips and ice cream?" I replied, "Just because." With a chuckle, she responded, "Well, o.k., but don't make it a habit". We then went on to talk about other things.

Life is sweet, caring for others is a wonderful blessing, but sometimes just potato chips and ice cream are all we need.

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



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**MODEL TRAINS all scales April 13th from 10-2 pm.** don't miss it. Hugo 916-577-3480.

**MOBILITY SCOOTER,** Golden Technologies GC440, Excellent condition - purchased 1/23. Retail for \$3000. Asking \$1600. 530-401-6624.

**3-TIER 42" HEIGHT BLACK BASKETS.** \$45. Call 916-579-3967.

## WANTED

**COLLECTOR WILL PAY CASH FOR MILITARY ITEMS & COLLECTIBLES (Sacramento).** 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.

**BUYING ANY CAR, TRUCK, SUV, VAN.** I am a licensed Auto Dealer. I do all DMV paper work. Always paying TOP prices. Free appraisal at your home. Montie Boatwright 916-417-7468. LH Resident.

**WANTED! cars-truck-SUV's all years all makes.** I pay top dollar! Always more than CarMax. 23 yr Lincoln Hills resident: Les Van Pelt 916-837-7659 or lesvp@yahoo.com

**VIETNAM VETERAN COLLECTOR BUYING Bronze Art Statues - All subjects:** Old Indian Baskets, Antique Firearms. Have license. Military Souvenirs, U.S., Japan, Germany WWII, Fancy Antiques Glass, Oil Paintings, Quality Antiques sought. No Furniture. Serious, retired CASH BUYER. 916-300-8045. Edward.

**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.

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

## ANNOUNCEMENTS

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

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

**LET'S PLAY DUNGEONS AND DRAGONS** or other roleplaying games. I've been playing since 1975 and cannot believe I'm the only gamer in Sun City! Have you played before and want to get back to it? Did you never get the chance before but wanted to play? Maybe this is a new way of meeting folks and having fun that you'd like to try? Let's talk. I've got the games, old and new, and am ready to start D&D, Traveller Science Fiction, TOON! comedy and more. Call or email DAVE 916-295-1912 cataract\_2000@yahoo.com

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\*\*Wells Fargo Home Projects credit card is issued by Wells Fargo Bank, N.A., an Equal Housing Lender. Special terms for 24 mo. apply to qualifying purchases of \$1,000 or more with approved credit. Minimum monthly payments will not pay off balance before end of promotional period. APR for new purchases is 28.99%. Effective - 01/01/2023 - subject to change. Call 1-800-431-5921 for complete details. 27th leading consumer reporting agency conducted a 16 month outdoor test of gutter guards in 2010 and recognized LeafFilter as the "#1 rated professionally installed gutter guard system in America." \*For those who qualify, One coupon per household. No obligation estimate valid for 1 year. Offer valid at time of estimate only. See Representative for full warranty details. Manufactured in Plainwell, Michigan and processed at LMT Mercer Group in Ohio. AR #0366920922, CA #1035795, CT #HIC.0649905, FL #CBC056678, IA #C127230, ID #RCE-51604, LA #559544, MA #176447, MD #MHIC148329, MI # 2102212986, #262000022, #262000403, #2106212946, MN #IR731804, MT #226192, ND 47304, NE #50145-22, NJ #13VH09953900, NM #408693, NV #0086990, NY #H-19114, H-52229, OR #218294, PA #PA069383, RI #GC-41354, TN #7656, UT #10783658-5501, VA #2705169445, WA #LEAFNW822J2, WV #WV056912.

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

**\*\*FREE ADS — INCLUDE:**

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

**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)

- Contact name and phone number.
- Which category to place your classified ad in: (Service, For Sale, Wanted, Announcement)
- Classified ad text - including the phone number you want readers to call.

SCLH residents get FREE non-business Classified Ads; limited to 15 words; one per household per month.

**Non-business Ad** items include selling personal used items such as furniture, tools, books, rugs, electronics, personal car, golf cart, etc.

**BUSINESS ADS:**

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

**Business Ads** include anything of a commercial nature or service, including pet sitting, real estate, rentals, timeshare/condos, any service etc. **Business Ads** are 15 words for \$35 for one-month. Additional words \$1 each. (\$90 for three months for the same ad.)

If your classified ad is determined to be "business" related, we will email you an invoice that will allow you to pay immediately with a credit card, or mail a check.

\*HINT on Word Counts: A "word" is anything separated by spaces, or as reported by word-process software like Microsoft Word.

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



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.



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1200 Secret Lake Loop  
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 El Dorado Model  
 SOLD \$705,000



1836 Gingersnap Lane  
 Pinehill Model  
 SOLD \$700,000

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