

SUN SENIOR NEWS

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IN THIS ISSUE

Election Committee News.....	3
Players, Ballroom.....	5
Chorus, Music, Country Couples	9
Mixed Media, Needle Arts, Painters'	11
Ceramic Arts, Paper Arts, Photography.....	15
Woodcarvers, Stamp.....	15
Neighborhood Watch, Italian, Singles	17
Lavender Friends, Genealogy, SCHOOLS	19
Republican, Apple User.....	19
Neighbors InDeed, KS Library News	21
Astronomy, Veterans, Travel, Democratic.....	23
Shalom, Alzheimer's, Multiple Sclerosis.....	25
Hearing Support, Low Vision, Bosom Buddies.....	25
Amateur Radio, Sports Car.....	27
RV, Rods & Relics, Garden, Bird.....	29
Hikers and Walkers, Swimmer & Water Walkers..	31
Water Volleyball, Tennis.....	31
Table Tennis, Bocce, Shuffleboard.....	33
Softball, Ladies Golf 18-Holer.....	35
Men's Golf, Cribbage	35
Duplicate Bridge	37
SSNLH Writer.....	38
Classifieds.....	39

And Much More . . .

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Al Trimarchi — Defender Athlete

BY RUTH MORSE

Al Trimarchi's unique background motivates him to teach the art of self-defense to others in his neighborhood. He has fifty years of experience with martial arts and currently has nine students in his karate class at Lincoln Hills. Also, he has an interesting background in law enforcement and worked with K-9 units. He has already taught a popular self-defense class at SCLH twice and will be teaching it again this year. The details will be posted in this publication later, so watch for the opportunity in the next few months.

Al was born in Sacramento. His father, Alfredo Trimarchi, was proudly from Sicily, and immigrated to the United States. As a youth, Al Trimarchi, Jr., lived with his family in the Fab Forties area of Sacramento, on 46th Street. The Fabulous Forties in East Sacramento came to prominence in the 1920s and 1930s with many grand architectural styles such as Tudor, Colonial Revival, Arts and Crafts, and California Bungalow. The area spans Streets



Al Trimarchi

40th to 49th between Folsom Boulevard and J Street. Greta Gerwig mentions a blue house in her Sacramento-based movie "Lady Bird," and this house is also in the same Fab Forties neighborhood. When Ronald Reagan was Governor of California from 1967 to 1975, he

rented a beautiful home at 1341 45th Street. The home is English Tudor style and was built for the contractor of the Tower Bridge. This particular residence has property that reaches all the way to 46th Street so Al remembers when he was growing up being invited to parties at Reagan's house and meeting celebrities. Al attended and graduated from Sacramento High School.

After schooling, Al spent thirty years in the pharmaceutical industry before entering law enforcement for twenty years. While in law enforcement, he spent ten years with search and rescue with K-9 companions. The K-9s were German Shepherds and Al has enjoyed having German Shepherds at home since his early twenties. He loved the intelligent dogs both at work and at home, and, after his last dog died, Al and his wife did not replace him. The dogs were instrumental in many famous California crime cases. Al was honored in 2015 with the Douglas County, Nevada, Deputy of the Year. He was a regular reserve deputy. Over his time with law enforcement, he worked with Placer

(cont' on page 37)

Strategic Planning —

Focus Groups, Fabulous Feedback

BY THE STRATEGIC PLANNING TEAM

A wide variety of individuals took part in a series of 13 strategic planning focus groups over the last few weeks. We are glad to report that everyone who was interested in participating was able to attend a session and give their feedback. Attendees ran the gamut from residents and staff to real estate representatives, but it was no surprise that input was consistent across all groups. Top of mind from residents were social media, civility, aging infrastructure, and funding sources moving forward. Key concerns from staff were maintenance, technology, communications, and resident satisfaction, with the real estate community echoing similar thoughts.

It was very clear that residents love living in SCLH. The broad offerings of amenities, the sports plaza, beautiful landscaping and especially the open space and walking trails are top of the list of what makes living here so desirable to current and future residents.

As a 25-year-old community we have work to do. We need to continue to maintain what we have, refocus on priorities, improve where needed, strengthen our operations and plan.

If you couldn't attend a Focus group there are still ways to give feedback. Questions and comments can be sent to sp@schca.com or for more information visit the website at https://schhresidents.com/group/pages/strategic_planning_home

LH Foundation —

March, A Very Busy Month

BY DENISE BOWDEN

March takes advantage of the full thirty-one days with a lot going on. Our days get longer starting on the 10th followed by a week of celebrations for Pi Day (3.14), Saint Patrick's with the "wearing of the green" and the official first day of Spring on March 20th. Easter Sunday arrives on the very last day of the month and as everyone prepares for the spring season by going through their closets remember that the Salt Mine Thrift Store takes donations Thursday and Friday mornings from 8-10 am. Your gently used items will be sure to find good homes and help the Salt Mine in their efforts in our community.

Our March Bingo will be on Wednesday, March 27th. Reminder, Bingo has now moved to mostly Wednesdays so check each month, so you don't miss out. Our volunteers are ready to play so get those daubers ready. This year we will be highlighting monthly an organization that receives grants from the Foundation. Our March focus will be on Neighborhood Watch.

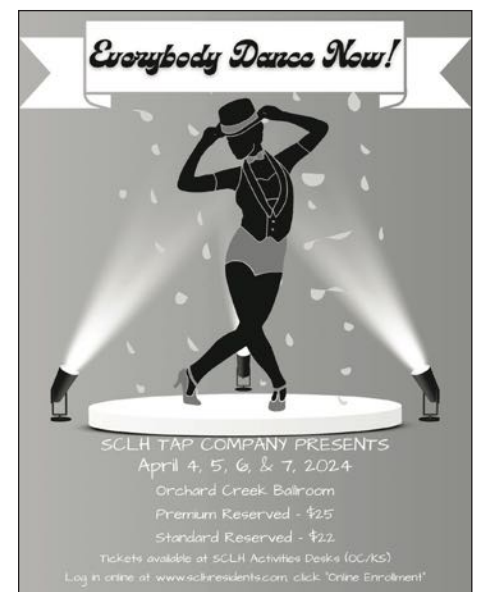
If you are looking for other ways to support the Foundation, we welcome new Board Directors or Advisory Board members who would like to serve their community. If you have skills or experience in marketing, fund raising, program management, finance, writing, web skills or just want to be part of an organization that makes a difference in the community you

(cont' on page 32)

Tap Company

BY ALISON WOLFE

"Everybody Dance Now!" is a vibrant dance extravaganza presented by the SCLH Tap Company, featuring the dynamic residents




of Sun City Lincoln Hills. Curtain goes up in the Ballroom (OC) on April 4th through 7th. This lively production promises to be an unforgettable experience for all attendees.

Evening performances kick off at 7 PM on April 4th and 5th, while matinees take center stage at 2 PM on April 6th and 7th. Secure your spot by purchasing tickets at the lodges or online at <https://schhresidents.com>. Hurry, seats

(cont' on page 5)


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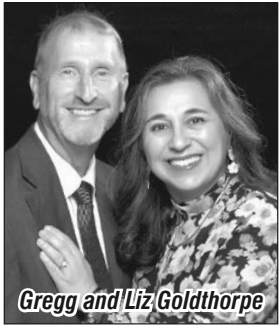
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EDITORS
Gregg & Liz Goldthorpe

ADVERTISING
Gregg Goldthorpe

PRODUCTION ASSISTANT
Madison Goldthorpe-Lewis

CONTRIBUTORS

Rich & Donna Pick, Jill Short, Mary Swanson, Tamsen Armstrong, Jim Carnathan, Linda Lucchetti, Diane Margetts, Lionel Rainman, Tim Miles, Teresa Tanin, Kathy Shaddox, Joan Lacktis, Nancy Switzer, Patti Kingston, Sue Dumas, Nina Mazzo, Rick Carreiro, Joy Hutchison, Bill Weaver, Bill L. Lewis, Linda Bevins, Joanne Schumacher, Judy Ganulin, Marianne Oliphant, Stu Singer, Val Singer, Dan Lehrer, Rob Phillips, Mary Carbrey, Elna Ragan, Lorraine Immel, Sherry Singer, Rosemary Tanfani, Hollis Bischoff, Pamela Geernaert, Ilene Marshall, Kim Petruzzelli, John Kline, Fred Serna, Carol Lopez, Mike McBack, Mel Switzer, Mona Stryker.

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Election Committee News—SCLH Board of Directors Election

BY CAROLE MOORE, Elections Committee Member

Sun City Lincoln Hills is fast approaching the annual election of the Board of Directors. This year there are three Director positions to be filled and one amendment for consideration.

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

Ballots will be mailed to members from April 10-15th. All ballots must be returned no later than Wednesday, May 15, 2024 by 3:00 pm. The annual meeting of Members is Thursday, May 16, 2024, where ballots will be counted under the direction of the Inspector of Elections and the results announced.

• March 1-22, 2024--Candidate Forum Question Boxes will be on display at the Orchard Creek and Kiloga Springs Lodges. The community is invited to submit questions they would like considered to be asked of the

candidates at the Candidate Forum.

• March 1, 2024---Campaign materials and Member Issue Statements display begins in the Orchard Creek and Kiloga Springs Lodges. All materials must be removed by May 15th.

• Saturday, April 6, 2024—Candidate Forum 10:00 a.m.to Noon, Presentation Hall, Kiloga Springs Lodge. Attend and become acquainted with the candidates.

Become an informed voter and then contribute to our community by returning your ballot. The ballot box gives you the opportunity to make your voice heard. Please vote.

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

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

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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Lincoln Hills January Sales Snapshot

Address	Street	Sq. Ft.	Orig Price	Selling Price	Floor Plan
1985	Laurelhurst	1020	\$450,000	\$435,000	Mariposa
1148	Barnswood	1120	\$525,000	\$495,000	Millpond
1796	Farmgate	1322	\$539,500	\$490,000	Bridgegate
2224	Winding	1515	\$570,000	\$570,000	Pine Hill
1223	Hawthorne	1549	\$579,000	\$566,000	Alpine
928	Castleberry	1595	\$615,000	\$584,025	Quail Cove
220	Feather	1602	\$619,999	\$635,000	Lassen
855	Dogwood	1636	\$499,000	\$485,000	Quail Cove
781	Wagon Wheel	1655	\$639,950	\$635,000	Trinity
1815	Winding	1728	\$630,000	\$527,500	Echo Ridge
1463	Topanga	1756	\$600,000	\$525,000	Villa - 2 story
1951	Grand Pheasant	1767	\$675,000	\$665,000	Santa Cruz
1915	Mary Rose	1791	\$639,000	\$635,000	Tehama
938	Wagon Wheel	1793	\$624,000	\$599,000	Tehama
1190	Sun Valley	1854	\$675,000	\$645,000	Plumas
868	Mossy Ridge	2049	\$749,000	\$735,000	Annadel
1863	Winding Way	2068	\$789,000	\$749,000	Tahoe *
2344	Granite	2176	\$789,000	\$770,000	Sausalito
1126	Stone Pine	2329	\$764,900	\$754,900	Annadel***
1214	Truchard	2618	\$950,000	\$895,000	Sonoma
1876	Audubon Hill	2813	\$1,250,000	\$1,135,000	Sonoma*/**
107	Walden View	2813	\$1,349,950	\$1,275,000	Sonoma*/**
2248	Monument	2897	\$1,195,000	\$1,260,000	Springcrest*/**

* Casita ** View/Golf *** Addition

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Tap Company

(cont' from page 1)

are filling up fast, with premium reserved seats priced at \$25 and standard reserved seats at \$22.

Over 20 acts spanning various dance genres including jazz, tap, line dance, hula, and more, as well as solo singers and other performers will be featured. This show promises something for everyone. Behind the scenes, the dedicated Technical Crew is hard at work choreographing lighting effects and music timing, while Set Designers meticulously craft the perfect backdrops.

Don't miss out on this spectacular showcase of talent and creativity from your fellow residents! Purchase your tickets today!!

...

Players

BY DOUG BROWN

On March 19, from 10:00 AM to 1:00 PM, it's Clubs Expo time in OC Grand Ballroom. Hundreds of curious Lincoln Hills residents will be stopping by an array of decorated, information-filled tables representing dozens of clubs and other resident-sponsored organizations. Among others, please drop in at the LH Players table!

Many club shoppers

will come by asking, "Are all Players members actors, risking all their self-pride in a cast of performers, memorizing lines and remembering them all in front of a scary audience?" Simply put, no! Players' performances typically involve about twice as many backstage worker bees as cast members!

What are some of those supporting backstage roles? Here are a few: director; assistant director; stage manager; producer; treasurer; costumer; set designer/builder; props handler; graphic artist; marketing/advertising; techs (audio and lighting boards; sound effects; microphones; videographer); photographer; webmaster; Association liaison/bookings...and a few more!

Maybe you see one of your Lincoln Hills activities involving being a part of this wonderful tapestry of players, either on or "off" stage? Or both?

Next up is our June 13-16 play, "Old Hams," a hilarious comedy directed by Jane



A Role for Everyone... Recent Players Cast and Production Team.

Patton, featuring a cast of 9 and a production team of about 20. (More about that in upcoming news.) Interested in cast tryouts? AUDITIONS will be April 1 and 2 at 5:30 PM in KS Presentation Hall. Visit the LH Players website at www.lhplayers.org for full details, including scripts and excerpts to be used at the auditions. All residents are welcome to audition; you simply need to enroll as a member (\$5/year) if you're cast.

Our next meeting is Monday, March 11 (4:00 PM, KS Presentation Hall). You'll discover that players on stage are always supported by "players" off stage. A role for everyone! For more information, contact Craig Stults, President, at craigstults@sbcglobal.net or 916-543-6782.

...

Ballroom Dance Club

BY ERNIE MICHELI

The Ballroom Dance Club held its first dance party of the year on February 10 in the Multipurpose Room at Kilaga Springs. The theme for the dance was Marti Gras, and as the name implies was a festival of merriment with dance, desserts and friendship.

The Multipurpose Room decorations included a mural featuring Mardi Gras



Patty Dixon and Hank Lamon.

dancer, jester and musicians. The tables settings also followed the Mardi Gras theme and included masks, pom poms, beads and coins.

The desserts were delicious and ample. Three varieties of cheesecake, apple and berry pie and chocolate cake were provided for the participants.

The music cue allowed participants to dance their favorite ballroom dances. The dance selection included the waltz, fox trot, rumba, East and West Coast swing, cha cha, rumba, night club two step and tango.

Many thanks to all the participants, leaders and helpers whose decorations, desserts, music and clean up made the evening such a success.

The next party will be a potluck on April 13 and will have a Hawaiian theme. Mark your calendar.

We encourage you to periodically check the Ballroom Dance Club website for current

(cont' on page 9)



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Ballroom Dance Club

(cont' from page 5)

information at 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.

• • •

LH Chorus

BY GAY MACKINTOSH

We're tuning up to give our "Regards to Broadway" May 3-5. Can you name those showtunes below?

- 1. Which song was written by Irving Berlin?
 - a. Give My Regards to Broadway
 - b. Dancing Queen
 - c. There's No Business Like Show Business
 - d. Try to Remember
- 2. What song is based on a melody from an opera by Giacomo Puccini?
 - a. You Will Be Found
 - b. The Impossible Dream
 - c. Sunrise, Sunset
 - d. Bring Him Home



3. What is the oldest song in our spring program?

- a. Singin' in the Rain
 - b. Give My Regards to Broadway
 - c. Oklahoma
 - d. Hernando's Hideaway
4. Which song was composed by Richard Rodgers?

- a. Do I Hear a Waltz?
- b. Oklahoma
- c. Singin' in the Rain
- d. My Favorite Things

Take note of our new logo! Our noteworthy graphics artist Bonnie Almaguer also creates our notable programs, posters, and signs.

Tickets are on sale NOW for Friday, May 3, at 7:00, Saturday, May 4, at 2:00, and Sunday, May 5 at 2:00. Go online or get in line at the Activities Desks to reserve your favorite seats in the Ballroom. With the Lincoln High School Choir joining us to bring the sound of music to our stage, tickets are sure to sell out fast!

For more information about the LH Chorus, visit lincolnhillschorus.org or contact our membership coordinator, Mari Long, at

mlong24sjca@sbcglobal.net, 916-409-9136.

Answers To Quiz:

- 1. c 2. d 3. b (1904) 4. a, b, and d
- • •

LH Music Group

BY JULIE RIGALI

Our Music Group meets on the 2nd Wednesday of the month, from 1:30-3:30, in P-Hall (KS). We begin by singing and playing songs specially selected from our website, www.lincolnhillsmusicgroup.org, the password is musicgroup. Members can print the lead sheets and practice playing and singing them at home. Then we start our performances.

If you would like to perform, a sign-up sheet is available at 1:00. If you prefer to just listen, that's OK: we love to have an audience. The Guitar Ensemble meets on Fridays 1:00-3:30 (OC). Contact Sal Caruso at 916-343-5810 for information. Ukulele Ohana meets Wednesdays 1:00-3:00 (OC). Contact Ron Peck at 925-788-5869 for information. All groups are open to Lincoln Hills residents. Music Group contact: Julie Rigali at 925-787-1875 or rigalijulie@gmail.com.

• • •

Country Couples Group

BY RICH AND DONNA PICK

Our Country Couples group started out the 2024 year with new slow and easy dances. We also had our first social dinner at the Brickyard Kitchen and Bar located in Roseville. It is the custom of our group to have dinner at 4:30 to use the Happy Hour menu. I did



inform the restaurant that the majority of the group shows up early!! We did have many early arrivals. The restaurant was happily ready for us. The Brickyard Kitchen and Bar was an evening well worth the trip. They had a wide variety of entrees, salads, snacks, and drinks. The service was excellent, and they expressed that they were happy we came.

Our Country Couples welcomed 9 newcomers, both line dancers and partner dancers, in December and January. We welcome them all with open arms.

This month we were able to have our first dance close to Valentines Day in the Placer Room at Kilaga Springs. The afternoon of February 17 was filled with wonderful music, laughs, and lots of socializing.

If you have any interest dancing and laughing with us, please contact April Cederburg at 916-390-3931. Website: SCLHCC.com

• • •

(more Club News cont' on page 11)

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"I Can Enjoy Walks With My Wife Again!"

Local acupuncture clinic is treating the untreatable peripheral neuropathy with incredible results!

Pain comes in many shapes and sizes. One of the most debilitating being the burning and tingling that comes with peripheral neuropathy. Neuropathy, a disease that was once classified as irreparable, is a disease that comes with years of shooting, stabbing pain that gradually ends in severe numbness, balance problems and in extreme cases, amputation.

David R. of Sun City was experiencing such a fate:

"I stopped golfing. I wasn't taking walks with my wife. I was living on Gabapentin and antidepressants and everywhere I went, my doctor, neurologist, the pain clinic, told me there was no cure. How are you supposed to live your life knowing that everyday brings pain and feeling unstable on my feet?"

Peripheral neuropathy is a result of damage to the nerves, commonly caused by a lack of blood flow to the nerves in the hands and feet. This causes the nerves to begin to degenerate due to lack of nutrient flow. Most peripheral neuropathy sufferers experience a heightened sensitivity to touch, making it almost impossible for those diagnosed to even wear socks or shoes, much less, enjoy life.

"It was like walking on sharp river rocks. I barely left my recliner," shares David, whose experience is not

uncommon for those diagnosed with peripheral neuropathy.

Quality of life for David seemed uncertain. That is, until he found RaeAnn Salvador, LAc, DiplOM of Lincoln Acupuncture Clinic. Lincoln Acupuncture has pioneered a cutting edge, medical solution to treat neuropathy, eliminate, or greatly reduce the symptoms of neuropathy and give people their lives back. And they're doing it without the use of prescription medication or invasive surgeries.

"Acupuncture is incredible at restoring blood flow and stimulating damaged nerves, preventing them from dying off," tells Dr. Salvador. "We take our treatments a step further by integrating ATP Resonance BioTherapy," which targets specific nerves in the body using microcurrent. ATP BioTherapy is like watering a plant. This treatment will stimulate the blood vessels to grow back around the peripheral nerves and provide them with the proper nutrients to heal and repair.

Three months later, David is thrilled with his progress, "I can enjoy walking my dog around the neighborhood with my wife and I feel more stable on the golf course."

Success stories like David's are not atypical at Lincoln Acupuncture, "We have a 90% success rate. But only doctors care about the numbers. How people feel and what improves in their lives is what really matters," shares clinic manager, Ann.

The number of treatments needed to allow the nerves to fully recover will vary from person to person and can only be determined after a detailed neurological and vascular evaluation. Lincoln Acupuncture offers hope for neuropathy where there once was none.

While David's neuropathy was idiopathic, meaning the cause is not quite known, treatments at Lincoln Acupuncture can also help people whose neuropathy is caused by diabetes or chemotherapy.

"We have seen tremendous success in treating neuropathy of all types through very personalized treatments specifically tailored to treat each individual case."

Neuropathy discomfort should not be the trade off for enjoying your golden years!

To schedule a consultation and complete evaluation, call the office at **916-884-0398**.

Lincoln Acupuncture & Integrative Health

120 F St. Lincoln, CA 95648

Mixed Media Club

BY JILL SHORT

At our January meeting we discussed, "What do we do with the stuff we make and why do we do mixed media?" A simple answer can be that you don't have to do anything with your art, just get pleasure from doing it. Give yourself permission to enjoy the process of creating. Don't let those negative thoughts get in your way of doing something fun that you enjoy. Or, you can always put your art in a pile and then look back and remember how you have evolved in your art. Make a gift of your art. You can hang up some of your art or use photo easels for projects. Change the art on the easels periodically to show other art you have done. It is said that Mixed Media art is better than therapy. There is truth in that statement. It is a proven fact that art is good for our mental health. Just the time spent quietly creating can help release emotions and stress.

Are you thinking you lack creativity? Or feel you lost your creativity? We all start somewhere. The idea is just start simple for example, color some shapes. You also will see that the more time you play with supplies the more comfortable you get, and it becomes easier to find your creative side.

There is still plenty of time to, "Play more in 24." Join us March 20th to learn how to make your own beautiful collage papers using Gelli plates. The voluntary March challenge prompt is, "When pigs fly." The Club meets the 3rd Wednesday of the month in the Fine Arts Room (OC) at 1:00 PM. For more information

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

• • •

Needle Arts

BY MARY SWANSON

NA members enjoyed our second general meeting of the year on February 13th with a presentation by Jean Storms, a longtime NA member. After Jean's presentation a drawing was held and three of the new SCLH NA logo tote bags were given away. These bags and several other items are now available on our online apparel store. You are able to create your own account, select your items and check out securely with the option to have it delivered directly to you or pick up your order in Roseville and save the delivery fee. You will find the link to the apparel store on our website; SCLHNA.COM and shop at your leisure. A portion of all purchases will benefit SCLHNA.

Our next general meeting will be on Tuesday, March 12, 2024 in P-Hall KS beginning at 1:00 PM. Cathy Grebe is busy securing guest speakers for the coming months. If you know of someone who might be interested, please contact her.

A schedule of Workshops and Classes, intended for NA Members only, is also available on the NA website. The next class is currently scheduled for March 19, 2024 and is titled Quilting on a Domestic Machine. If you plan on attending, please contact Betty Kisbey to sign up. On April 2, 2024 Betty will be conducting a workshop on Introduction to Applique and

signups are appreciated.

The first retreat of the year to be held April 29 - May 2, 2024, at Mercy Auburn Retreat center is fast approaching and the deadline for sign ups is March 10, 2024. A minimum of 15 attendees is required (only 7 are currently signed up) and this fun and productive retreat will have to be cancelled if the minimum is not met. You are provided a private sleeping room, all meals and snacks and plenty of workspace all for the bargain price of \$385. As our featured presenter in January said, "Try Something New!"

• • •

Painters' Club

BY TAMSEN ARMSTRONG

You won't want to miss our guest speaker this month! Susan Sarback, author of Capturing Radiant Light and Color in Oils and Soft Pastels and the founder of The School of Light & Color in Fair Oaks, will be presenting a comprehensive power point and demo at our March 19th meeting.

Do you have any gently used art supplies to donate? We will be collecting items in April, so think of the Painters' Club when spring cleaning this year.

Gather and Paint at our Open Studio in the OC Art Room. Every Thursday 9-11AM. Easels and tables are available.

Our "Sparkle" Painting

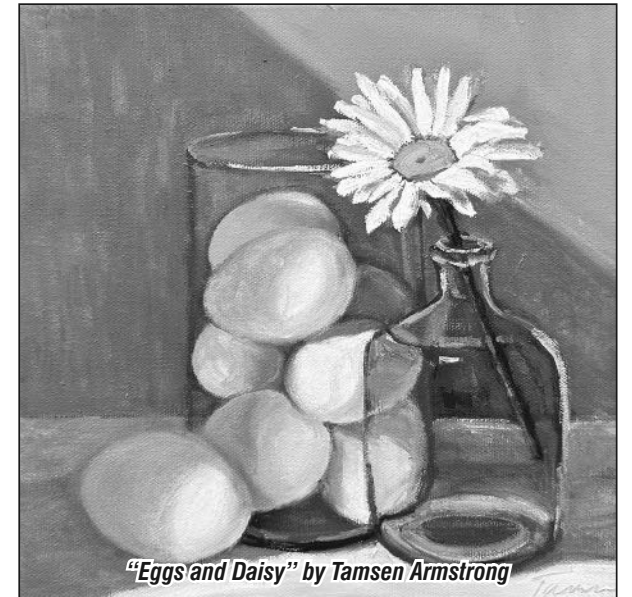
Challenge on February 20th was a shining success with many entries in all levels of skill and all mediums. Congratulations to all the winners and to those who entered and voted.

Lincoln's Simple Pleasures café has been supporting our club by providing a beautiful space to hang and sell our paintings. The new show is up, now through June 3rd. Thanks to Marianne Oliphant and her helpers.

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

• • •

(more Club News cont' on page 15)



"Eggs and Daisy" by Tamsen Armstrong

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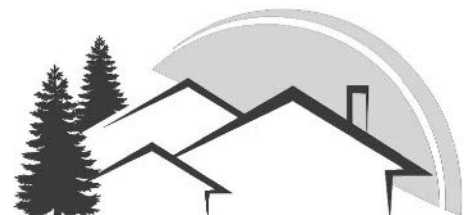


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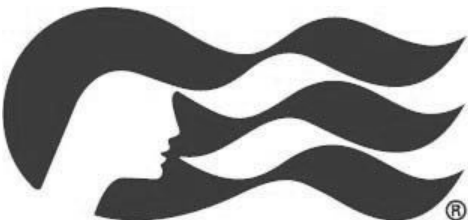


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Days & Destination	Cruise Line ~ Sailing Date	Starting Price/ Inside Ocean View Balcony		
15 DAY HAWAII from SFO! PRINCESS	Apr 4, 2024	\$1,099	\$1,299	\$2,099
Crown Princess ~ 3080 Passengers	Sep 29, 2024	\$1,099	\$1,199	\$1,999
Ruby Princess ~ 3080 Passengers	Dec 2, 2024	\$999	\$1,099	\$1,799
Sail round trip from San Francisco, California to Kauai, Nawiliwili Hawaii; Honolulu, Hawaii; Hilo, Hawaii; Ensenada, Mexico, San Francisco, California.				
*LINCOLN SHUTTLE TO SHIP AVAILABLE!				
11 DAY ALASKA From SFO! PRINCESS	May 15, 2024	\$798	\$999	\$1,599
Crown Princess ~ 3080 Passengers	Jun 17, 2024	\$848	\$1,149	\$1,999
	Jul 9, 2024	\$928	\$1,299	\$2,299
	Aug 11, 2024	\$828	\$1,098	\$1,628
Sail round trip from San Francisco, California to Skagway, Alaska; Juneau, Alaska; Glacier Bay National Park, Alaska; Ketchikan, Alaska; Prince Rupert, BC, Canada; San Francisco, California.				
*LINCOLN SHUTTLE TO SHIP AVAILABLE!				
14 DAY NEW ENGLAND REPOSITION PRINCESS	Oct 17, 2024	\$1,799	\$2,099	\$2,699
Emerald Princess ~ 3080 Passengers	INCLUDES SACRAMENTO AIRFARE!			
Sail from Quebec City, Canada to Fort Lauderdale, Florida visiting Halifax, Nova Scotia; Portland, Maine; Boston, Massachusetts; New York City, New York; Norfolk, Virginia; Charleston, South Carolina; Fort Lauderdale, Florida.				
16 DAY PANAMA CANAL PRINCESS	Sep 28, 2024	\$1,699	\$1,999	\$3,699
Sapphire Princess ~ 2670 Passengers	INCLUDES SACRAMENTO AIRFARE!			
Sail from San Francisco, California to Ft. Lauderdale, Florida visiting Puerto Vallarta, Mexico; Puerto Quetzal, Guatemala; Puntarenas, Costa Rica; Fuerte Amador, Panama; Transit the Panama Canal; Cartagena, Columbia; Fort Lauderdale, Florida.				
25 DAY SOUTH PACIFIC Cunard	Sep 22, 2024	\$2,548	\$3,510	\$3,948
Queen Elizabeth ~ 2081 Passengers				
Sail from San Francisco, California to Sydney, Australia visiting Honolulu & Maui, Hawaii; Papeete, Tahiti, Moorea, French Polynesia; Pago Pago, Samoa; Tauranga, New Zealand; Auckland, New Zealand; Picton, New Zealand; Sydney, Australia. Ask about r/t \$999 airfare.				
52 DAY WORLD CRUISE SEGMENT PRINCESS	Jan 20, 2025	\$8,998	\$10,599	\$13,999
Island Princess ~ 2200 Passengers	INCLUDES SACRAMENTO AIRFARE!			
Sail from Los Angeles, California to Dubai visiting Honolulu, Hawaii; Maui, Hawaii; Suva, Fiji; Bay of Islands, New Zealand; Napier, New Zealand; Picton, New Zealand; Dunedin, New Zealand; Fjordland National Park, New Zealand; Sydney, Australia; Burnie, Australia; Melbourne, Australia; Adelaide, Australia; Perth, Australia; Bali (Benoa), Indonesia; Singapore; Colombo, Sri Lanka; Dubai, United Arab Emirates. Limited availability, book soon!				

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



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CST # 2033380-40 March 2024



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Days & Destination	Cruise Line ~ Sailing Date	Starting Price/ Inside Ocean View Balcony
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12 Day PARIS TO THE SWISS ALPS March – December 2024 Viking Longships ~ 190 Passengers Package Includes your home to the Sacramento Airport Transportation, round trip Sacramento Airfare, Airport Meet-And-Greet with Transfers from the Airport to your hotel in Paris for 2 nights, your 7 Day Viking River Cruise in standard accommodations with a window, 2 nights in a hotel in Zurich, Switzerland, daily sightseeing, and all meals on board the boat as well as breakfast in the hotels in Paris and Switzerland. Ask about higher category staterooms like a French Balcony or Veranda stateroom. Call for availability.	\$3,499 INCLUDES ROUND TRIP SACRAMENTO AIRFARE!
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15 Day GRAND EUROPEAN TOUR May – December 2024 Viking Longships ~ 190 Passengers Package Includes your home to the Sacramento Airport Transportation, round trip Sacramento Airfare, Airport Meet-And-Greet with Transfers from the Airport to the boat, your 15 Day Viking European River Cruise through France, Germany and Switzerland in standard accommodations with a window, all meals on board the boat AND daily sightseeing! Ask about higher category staterooms like a French Balcony or Veranda stateroom. Call for availability.	\$4,299 INCLUDES ROUND TRIP SACRAMENTO AIRFARE!
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12 Day MISSISSIPPI March – November 2024/2025 Viking Mississippi ~ 386 Passengers Sail from New Orleans to Memphis visiting Darrow, Louisiana; Baton Rouge, Louisiana; St. Francisville, Louisiana; Natchez, Mississippi; Vicksburg, Mississippi; Greenville, Mississippi; Rosedale, Mississippi; Memphis, Tennessee. Package Includes your home to the Sacramento Airport Transportation, round trip Sacramento Airfare, Airport Meet-And-Greet with Transfers from the Airport to the hotel & river boat, your 7 Day Viking Mississippi River Cruise, 2 nights hotel stay in New Orleans and 2 nights hotel stay in Memphis, all meals on board the boat AND daily sightseeing! Ask about higher category staterooms. Call for availability and to book your Mississippi cruise.	\$4,299 INCLUDES ROUND TRIP SACRAMENTO AIRFARE!
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8 Day NIAGARA & GREAT LAKES April – October 2024/2025 Viking Octanis ~ 378 Passengers Sail from Toronto, Canada to Milwaukee, Wisconsin visiting the Welland Canal; Niagara Falls, Canada; Point Pelee, Canada; Detroit, Michigan; Alpena, Michigan; Mackinac Island, Michigan; Milwaukee, Michigan. Package Includes your home to the Sacramento Airport Transportation, round trip Sacramento Airfare, Airport Meet-And-Greet with Transfers from the Airport to the hotel & river boat, your 7 Day Viking Cruise, all meals on board the boat AND daily sightseeing! Ask about higher category staterooms. Call for availability and to book your Great Lakes cruise.	\$5,995 INCLUDES ROUND TRIP SACRAMENTO AIRFARE!
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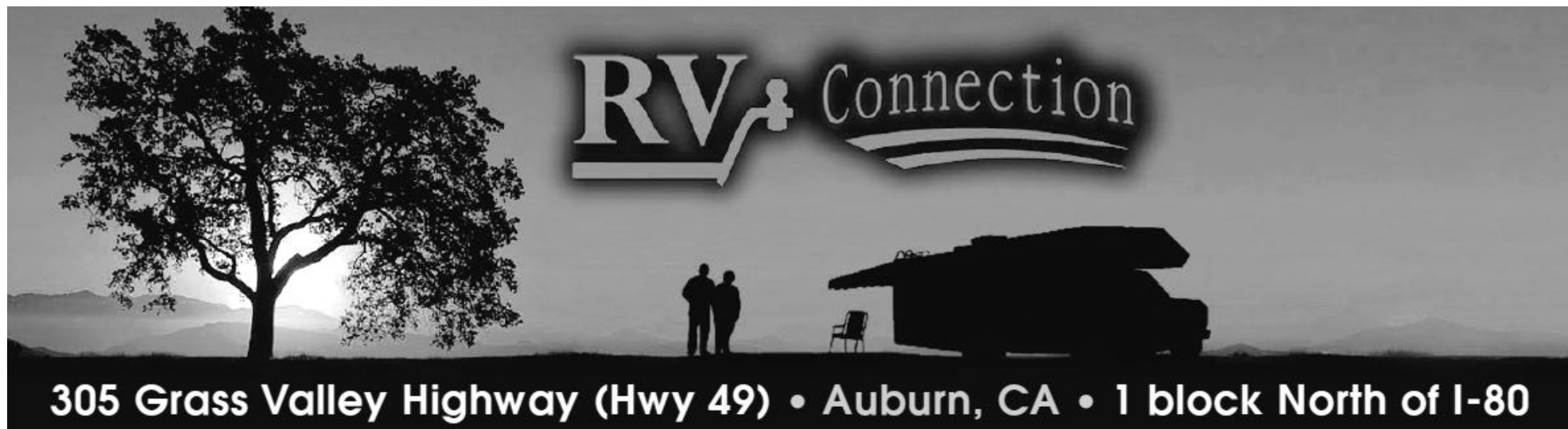
121 Day VIKING WORLD JOURNEY Jan 5, 2025 Viking Sky ~ 930 Passengers Sail from Los Angeles, CA to London visiting California; Hawaii; Tahiti; New Zealand; Australia; Indonesia; Vietnam; Thailand; Singapore; Thailand; Myanmar; Sri Lanka; India; Arabia; Jordan; Egypt; Israel; Greece; Turkey; Italy; Monaco; Spain; Portugal; France; England. Package Includes your home to the Sacramento Airport Transportation, round trip Sacramento Airfare, Airport Meet-And-Greet with Transfers from the Airport to the cruise, 121 Day Viking World Cruise, all meals on board the boat AND daily sightseeing! Ask about higher category staterooms. Call for availability and to book your World Cruise!	\$55,995 INCLUDES ROUND TRIP SACRAMENTO AIRFARE!
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Prices are per person based on double occupancy and subject to availability at the time of booking. Taxes, Fees, & Port Expenses as well as Travel Insurance are additional. Please call for current availability and pricing.

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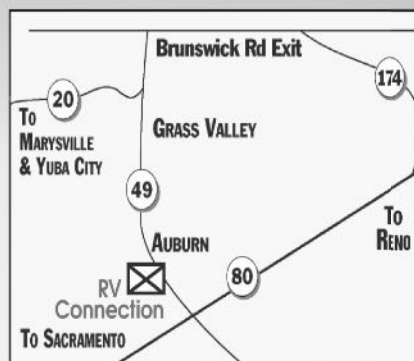
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Ceramic Arts Group

BY JIM CARNATHAN

Once again, the Ceramic Arts Group and student class members will be presenting their artwork in the lobby alcove of Orchard Creek from March 1st to March 17th. Beginner and advanced ceramic artists will be displaying their works for viewing and/or for sale. Purchase and contact information will be displayed with each individual piece.

In May, we will be displaying our works in the Spotlight Gallery at the Art League of Lincoln at 580 Sixth Street in downtown Lincoln. This is open to all CAG Members and students, but entries will be limited. More information and details to follow.

Our new ceramics instructor, Donte Cellular, started February 1st and has brought new ideas and teaching styles for students to learn by. Student classes are Tuesdays and Thursdays.

Please support the arts and come play in the clay.

• • •

Paper Arts Club

BY LINDA LUCCHETTI

Our March window theme is, "It's Not a Card." Check out many items we create in addition to greeting cards -- boxes, gift bags, and more.

We'll be at the annual, "It's the Lifestyle" club expo on March 19 from 10 a.m. to 1 p.m. in the OC Ballroom where we'll display our cards and creations. Stop by.

Demo Day is March 21. This is a great time to see some new tools and techniques that will help enhance your paper crafting skills.

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

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LH Photography Club

BY DIANE MARGETTS

Members were issued a challenge for the February meeting. The challenge was to photograph 'red' and submit their interpretation of red at the February meeting. The challenge was met enthusiastically! A total of 70 photos were submitted. The smallest image was a macro shot of a red urchin on a leaf, the largest was a panoramic view of San Jose taken at sunrise and a fireworks display. The most thought-provoking image was red bows on graves at a soldier's cemetery. Very original was a collection of red pens and pencils retained by a retired school teacher. Most unique were red taillights and signals at an intersection and at a car wash. These photos and more are featured in a gallery on our website.

Our March program will be a presentation by Sharon Peterson aka "Moose". She will share tips and techniques for photographing, airshows and aircraft. "Fast is smooth and

smooth is fast" is the mantra Sharon applies to photographing aircraft in flight. She will provide a window into her personal style and share her magnificent aircraft photos. You won't want to miss this!

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

The smartphone photography SIG is about halfway through. The photographic capabilities of our phones are absolutely amazing! Smartphone cameras are a welcome addition to our club.

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

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

Wood carving has changed over the years due to advancements in technology, tools and artistic styles. In the past, wood carving was primarily done by hand using basic tools such as knives and gouges. This required high levels of skill and precision. However, with

the advent of power tools, wood carving has become more efficient. Power carving tools such as rotary tools and electric chisels have made it easier to shape and sculpt wood. The carvers in our club can only use hand carving tools while in our meeting room. We do have some advanced and skillful carvers that have power tools at home for their use.

In terms of artistic styles, wood carving has evolved to incorporate both traditional and contemporary designs. Modern wood carving has embraced more abstract and experimental forms. Carvers have the freedom to explore their creativity.

Woodcarvers meet every Wednesday from 1:00 to 4:00 PM in the Sierra Room at

Kilaga Springs Lodge.

Contact: Lionel Rainman

• • •

Stamp Club

BY TIM MILES

It's March already and there is no reason to stay home on a meeting night! Our meetings are held at the SCR Lodge (7050 Del Webb Blvd) on Tuesday nights at 6:30 pm and are usually over by 8:45 pm. The current schedule is for March 12th and March 26th and April 9th and April 23rd. We have door prizes, a "token" program that draws names and lets you select what you need from a variety of sources, plus access to any number of album pages, stamps, accouterments of any sort, and what-have-you. If you need a ride, call Al Capparelli (916-771-8288) and we can arrange to have somebody

(cont' on page 17)

Michelle's Featured Listing



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 interior exudes elegance with warmly colored maple cabinetry adorning the entire space. The kitchen features granite countertops, a granite backplash, 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 framing picturesque views of the golf course. 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 adds a touch of luxury with epoxy floors & additional storage space. The backyard garden is a tranquil haven, featuring mature lush landscaping & an expansive view that will captivate your senses. As an added bonus, this home enjoys the rarity of having just one immediate neighbor.

Offered at \$1,150,000



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Neighborhood Watch

BY TERESA TANIN

How safe are you? Would you like to know more about our community safety? You can! Attend the new Community Safety Event, April 11, at 1:00 PM, in the Grand Ballroom (OC). Speak directly to our local police, fire personnel, and Placer County PROTECTS including senior specialists. Learn how calling the new 2-1-1 services provide 24/7 referrals. Receive proactive information about how Project Lifesaver's wearable device can assist law enforcement in finding a lost loved one. This special event starts at 1:00 PM with free handouts available before and after the event. A question-and-answer session is also scheduled so bring your questions for a personalized response. It's no laughing matter when loss, crime, fire, abuse or scams come your way, so learn from the special people who know the best tips and current information about your safety from the horse's mouth!

Annual reminder: Mailbox Captains gather resident's confidential contact information annually. If you have not been contacted, please send an email to nwdirectorvr@schwatch.org (include your address) or visit website schwatch.org and click on "Who Is My Captain." Not all cluster mailboxes are assigned to a Mailbox Captain living nearby. Consider volunteering to be a safety and security team member for the neighbors in your particular cluster mailbox. Your neighbor's contact information could be the link to save precious time in a crisis; you could be that special link!

Neighborhood Watch Mission Statement, through the dissemination of information:

1. Strengthening neighborhood ties:



COMMUNITY SAFETY EVENT
✓ APRIL 11, 2024 1:00 PM



The success of Neighborhood Watch is linked to Neighbors Knowing Neighbors. Mailbox Captains work directly with their neighbors to gather emergency contact information and distribute to them the "Vial of Life".

Such information could assist first responders in a crisis. We honor our volunteers annually. Visit the NW website at schwatch.org for the updated list of five, ten, and twenty year volunteers honored March 2. We have great volunteers!

2. Increase personal safety and security awareness: Always be aware of your surroundings. Never open your door to a stranger or send gift cards to anyone you do not know. If you have a pet, always keep a collar on them. Tags on collars need a current phone number. Too many lost pets do not have collars

or tags! This is the quickest way to reunite a lost pet.

3. Be the "eyes & ears" of the Police & Fire Departments: The new "community property" security company is VForce Security Patrol, replacing Curator. Contact number is 279-239-9094. In an emergency, however, please dial 911. Call the Lincoln Police non-emergency number 916-645-4040 for all other incidents.

4. Encourage emergency preparedness: Dial 2-1-1 for helpful information including referrals. This service is available 24/7. You will speak directly to specialist ready to help. Learn more about this service April 11, at the Community Safety Event, at 1:00 PM, SCLH Orchard Creek Grand Ballroom.

View updated "Alerts" and safety tips on website schwatch.org. Thank you to the Lincoln Hills Foundation for their continued support.

Stamp Club

(cont' from page 15)

in your area pick you up.

We also have "Open Garage" times set up so you can book an appointment with Al Capp and fill in any gaps in your collection and pick up timely additions to your collection. There are album pages, boxes of area-separated stamps, binder sets, to mention a few items normally available. These items are so numerous that they can't all be transported to the meetings. Once again, rides can be arranged.

We recently have attracted some new members, and we want to welcome them to our group.

As always, should any reader have an "old" album on the closet shelf, come to a meeting and we can gladly update the tentative value of the collection and set you up with additional stamps or paraphernalia. We have access to all sorts of philatelic equipment at minimal prices.

Lastly, during the year, we have outside events such as a dinner or other social get-togethers which will be announced as we set them up.

...

LH Italian Club

BY LINDA LUCCHETTI

Yee Haw! Soon, we'll be back at the Blue Goose event center in Loomis on March 20 for another Western Night. Sure, do hope you were able to rustle a ticket or two for this real good time!

On April 20, we will present another one of our regional events at Kilaga Springs Lodge. Check the website for more information.

To learn more about our social club and a variety of monthly activities, visit our website at www.lhitalianclub.org. For membership information contact Sandi Graham at 916-826-5711.

...

Singles

BY KATHY SHADDOX

Our eyes are shining as we enter the month of March. Singles will enjoy our monthly Birthday Celebration on Sunday, March 3rd at 4:00 pm in the Meridians Bar. All members who have a birthday in March will enjoy a free drink on our club. See Mari Long to get your free drink ticket. Best of all, Dennis Doane will lead us in singing "Happy Birthday" to

all the singles born in March.

On Tuesday, March 5th at 4:00 pm in the OC Computer Room we meet for our monthly Activities Meeting. If you wish to help plan events, come and join us.

Our 2nd Saturday Breakfast will be on Saturday, March 9th at 9:00 am in the Sports Bar. Dennis Reid, our host, will greet you. No reservations needed, just show up and enjoy with our members. Maybe, meet some new members too.

On Thursday, March 14th at 5:30 pm in OC Ballroom we have our monthly Business Meeting. Following the short meeting we will enjoy playing our "Horse Races Game". Haven't played before? Join us, you will enjoy playing or watching!

Be sure to stop by our Singles Booth on Tuesday, March 19th any time between 10:00 am - 1:00 pm at the "It's The Lifestyle" Club Expo held at Orchard Creek Lodge.

On Sunday, March 17th is St. Patrick's Day! Singles remember to wear green and enjoy the day with your family and/or friends. Join us for our Dining-Out Event on Thursday, March 21st at 4:00 pm. Location TBD.


Our Social Meeting & Re-gifting Exchange will be held on Thursday, March 28th at 5:30 pm in OC Ballroom. Join us to play or watch. Please remember to bring an unused gift in a plain paper bag that you really didn't want or need, if you wish to play. More details will be given at the Business Meeting. This is another fun event for members.

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

Not a member yet? Wish you could be one? Membership dues are only \$20 so please contact Sue Kuukka at 530-712-5051 to join the Singles Club.


...

(more Club News cont' on page 19)



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Lavender Friends

BY JOAN LACKTIS

What a fun and adventurous year we have ahead of us. Our first-ever Idea Fest, which followed our general business meeting, generated a bonanza of suggestions. The ideas were coming so fast and furiously, members had to be limited to two ideas each.

Our Activities Committee Extraordinaire (ACE) will review the list and start making plans. We will be busy!

Some of the ideas were simpler local activities, like game nights, a book club or dining in local restaurants. There were suggestions that we spend some time doing community service. Then there were some more far-flung adventures proposed — a tour of the Marine Mammal Center in Sausalito, a trip to San Francisco on the ferry, a visit to a goat farm and soap-making.

There certainly will be something for each of our members to enjoy. Watch for details in our weekly e-news as we turn these ideas into reality.

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

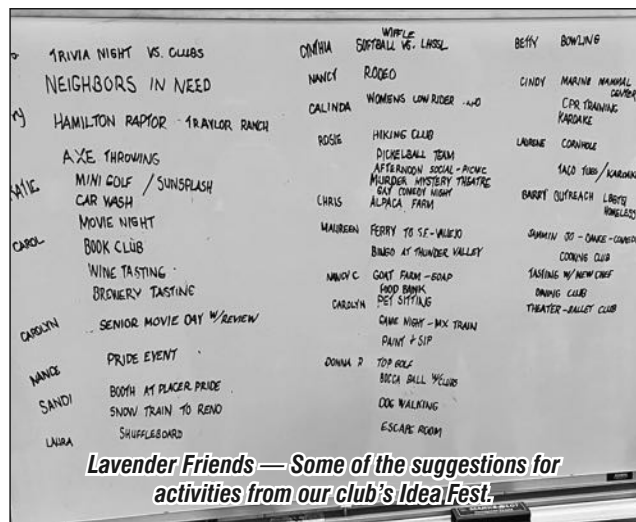
...

Genealogy Club

BY NANCY SWITZER

What would genealogists do without computers, or computerized data bases and the many options for saving and storing this information? The answer: have a room full of boxes, binders, family group sheets, and hundreds of dollars in stamps for contacting churches, city halls and other information sources, so you don't have to travel to ancestor's hometowns and cemeteries in the hope of finding out information. Probably many of you already have this room, and hopefully you are converting your research to digital format. This information age has made finding our ancestors somewhat less time and space consuming!

As genealogists we (should) have invaluable information stored digitally. There are online accounts, services, storage and devices. What happens to all this digital "stuff"



Lavender Friends — Some of the suggestions for activities from our club's Idea Fest.

when you die or become incapacitated?

Our Genealogy Club meeting will feature Marcia Van Wagner. Marcia is a born organizer whose professional years as a civilian and military nurse taught her that organization is the First Priority. She has been leading workshops on "Getting Your Stuff Together," and for us she will be speaking on creating a Digital Estate Plan in six easy steps. The meeting will be held March 15th, 10:00 AM at KS Presentation Hall. Please join us in the Kilaga Café after the meeting for cookies, coffee and chat.

For information on Genealogy Workshops contact Kate McCarthy at starkayak@icloud.com.

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

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SCHOOLS

BY PATTI KINGSTON

The SCHOOLS volunteer program always needs new willing participants to help in grades K-5 and at Phoenix High. It is not too late to volunteer your help. No experience in



teaching is necessary and the days and hours are flexible to meet your schedule.

Alison Dougherty is one such volunteer. Alison tutors individual students who need extra help at Phoenix High. She is at the school once a week for 2 hours working with very appreciative students who have asked for help with their assignments. Teachers let the career center know who needs help and Alison usually works with 2 different students each week. She helps with English and History and has learned a lot in both subjects as she works on essays and research. Like most of us seniors, it's been quite a while since she's been in school, so some of what is taught is a refresher course for her. She comes home appreciating what she's done to assist a student, but also what she has learned that day. Many students have gotten way behind for a variety of reasons, so a tutor's job is to provide motivation to those struggling to get back on track. The teens are happy to be at Phoenix High and are glad to be able to get assistance with the aim of graduating High School.

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

...

Republican Club

BY SUE DUMAS

At the February meeting we watched the movie, "Police State" by Dinesh D'Souza. Interesting discussion followed the movie.

PCRCC Lincoln Reagan Trump fundraiser was a huge success on February



3rd. Funds received will be used to support local conservative candidates for schools, cities, county seats, etc. Thank you to everyone who gave of your talents and resources to be part of this fundraiser, and for your generous financial support!

Tuesday, March 19th – LIFESTYLE EXPO – (formerly All Club Expo). Look for the LHRC table!

Wednesday, April 17th – Special Guest Speaker – (KS) PH - doors open 6:00 PM, program starts 6:30 PM.

Republicans and NPP are welcome. Club Dues \$15/year, per person. Due January 1st. Delinquent March 31st. Mail check payable to SCLH Republican Club, to Ed Zychowski, 2221 Kingfisher Lane, Lincoln.

Visit our website for Voting Endorsements and full Lincoln Hills Republican Club Calendar: www.RepublicanClubSCLH.org

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Apple User Group

BY NINA MAZZO

A non-tech person who enjoys and appreciates technology need not be an oxymoron. Our club provides many interesting and informative seminars. A meeting with a topic that on its surface seems advanced should not deter you from attending as you just might walk away learning one or more helpful tips when managing and using your Apple devices. Our iPhones, Apple Watch, Mac, iPad are able to offer health applications, efficiency, accessibility, entertainment, convenience and more.

March meeting schedule as follows (please remember things can change and members receive weekly updates). March 7th, Ken Spencer and Helen Rains will discuss the Notes app. Ask the Tech 6:45 PM with program at 7:00 PM (KS Presentation Hall) General meeting on March 12th, Ken Silverman presents "How do you find resources that will help with your Apple products." Written manuals no longer are included with devices. However, Apple has an excellent website

(cont' on page 23)

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I cannot describe how fortunate I feel to have found Jackie to sell my parents' home when my dad passed and my mother was in a board and care. She was so kind understanding every step of the way. I had to clean out their entire house while managing my dad's affairs, etc. She has some fabulous helpers who assisted me so respectfully in my time of need. She also has a very talented photographer and stager who I'm sure helped sell the home quickly and over asking price. I just can't say enough positive things about Jackie and everyone who assisted her. I have no hesitation highly recommending her to anyone selling in Sun City Lincoln Hills or any of the surrounding areas.
Thank you again, Jackie! 🙏. *Verified by RateMyAgent*

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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.
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CA BRE 01937900

Neighbors InDeed

BY RICK CARREIRO

Transition your garden from winter to spring as the chill of winter slowly starts to fade, the promise of spring is the ideal time to prepare your garden in many ways.

Soil Amendment: Let's begin by checking your soil health. Since we have a clay base you can work in compost, manure, and a bit of sand to improve drainage, aeration and nutrient retention. Adjust soil pH to suit the plants involved.

Fertilizers: Synthetic or natural types become your personal choice, but synthetic forms can leave a chemical buildup over time. The many natural choices, such as compost tea or fish emulsion will enrich the soil and create long-term soil health.

Pest Control: It's important to use an approach of integrated pest management which helps combine cultural/indigenous as well as proven and effective biological controls to minimize pesticide use. Companion planting, crop rotation, and attracting or adding beneficial insects helps maintain a healthy and balanced ecosystem in your garden.

Combating Mold, Fungus and Bacterial Issues: to combat the above, it is vital to have good sanitation. Remove debris and dead plant material, to prevent pathogenic growth. Proper spacing between plants promotes good air circulation.

Applying organic fungicides and microbial inoculations are safer preventatives.

Best Practices: Start with clean, sanitized (use isopropyl alcohol) tools, monitor moisture levels, adding mulch which helps conserve water, suppress weeds, and regulate temperature. Inspect plants for stress, disease, or pest damage and correct these issues immediately.

By completing all these steps you'll lay the groundwork for a thriving ecosystem, a vibrant and beautiful garden that can bring joy and sustenance to your outdoor space.

Neighbors InDeed Help: Our Information and Referral volunteers can help refer you to a vendor for many of your gardening needs. Our handy Helpers can help with setting or replacing Sprinkler controllers or replacing up to 2 sprinkler heads.

As always, please remember we don't answer the phone; simply leave us a message at 916-223-2763. We will return your call as promptly as possible from 9AM – 5PM Monday thru Friday.



Kilaga Springs Library News

BY JOY HUTCHISON

Many of our SCLH residents saw the musical "Six" on February 6th when a full busload of sold-out theater goers enjoyed an evening highlighting the six wives of Henry VIII. Closer to home, everyone has the opportunity to learn more about these women who were selected by various circumstances to become wives of this illustrious king. Author Alison Weir, a New York Times best selling author, has written individual books about Katherine of Aragon, the true queen, Anne Boleyn, the king's obsession, Jane Seymour, the haunted queen, and others who were fated to become one of Henry's wives. You will find their stories on the KS Library bookshelves to read and enjoy.

Having a little trouble reading those sports scores in the newspaper, directions on a label you need to follow, or dialogue in the Sunday funnies? Kilaga Springs Library has an easy-to-use Merlin Magnifier just as you enter the library to the right. If you need assistance, stop by when one of our volunteers will be there to assist you.

Please contact Library Coordinator Sarah Kevin at sikevin@gmail.com for library information.

Meet The Author Lecture Series

BY JOY HUTCHISON

Guest author on Monday, March 25th at 2:30 PM at Presentation Hall (KS) is Phyllis Kalbach, who has written a compelling science fiction novel projecting the possible consequences of global warming to our planet. The characters in Blue Eden – The Future After the Ice Melt take the reader into the future one hundred years from now. What happens to ordinary people when the ice sheets melt? What happens to governments? When is power taken and denied to others? The answers to these questions are explored through mystery, adventure and amazement.

This award-winning novel is a timely tale that moves you through a world of a possible, if not all too probably frightening future. Using the enduring hope of youth, surviving in the grip of a totally oppressive and dangerous environment, this story takes you to the edge where civilization as we know it no longer exists. The characters come alive and will restore your belief in the human spirit surviving against impossible odds.

Phyllis has lived in Northern California for more than 40 years. In addition to being a wife, mother and grandmother, Phyllis has a graduate degree in Special Education, and as a college professor, knows the importance of research to develop ideas and to seek answers. These skills were key to writing Blue Eden. Cover to cover, this is a great read!

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THURSDAY	FRIDAY	SATURDAY	SUNDAY
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7	8	9	10
14	15	16	17
21	22	23	24
28	29	30	31

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Apple User Group

(cont' from page 19)

and there are other online services offering informative videos and helpful content. Ken will demonstrate and navigate these sites.

Ask the Tech 6:30PM with program at 7:00PM (KS Presentation Hall)

March 25th, Andy Petro presents "Interesting features on your iPhone with iOS17." Join Andy as he discusses and demonstrates several ways to help you get some fun things out of the newest iPhone operating system (iOS17.) You are bound to learn two new things. Ask the Tech 10:15AM with program at 10:30AM (KS Presentation Hall).

Lincoln Hills Apple User Group website: www.LHAUG.org.

General information line 916-913-6833.

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LH Astronomy Group

BY BILL WEAVER

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

Long-time LHAG member Anthony Oreglia will present "The Milky Way Galaxy: Our Cosmic Neighborhood". Anthony discusses the possible existence of life in this structure and what the future holds for what may be the only location of human beings in the entire cosmos. How does the Milky Way compare in size and structure? What does it contain and where exactly is it located?

In his professional career, Anthony was a Research Manager at the California Department of Public Health where he conducted research on the leading causes of mortality and morbidity among California's population. Anthony also served 28 years in the U.S. Air Force retiring out of Beale AFB.

LHAG Cosmology Interest Group (CIG). The meeting scheduled for Monday, March 18, 2024, at 6:45 PM is cancelled.

The April meeting is scheduled to cover galaxies that will survey and classify their structure and use the virial theorem to analyze a typical galaxy. For more information, contact Ron Yelton at ryelton660@aol.com.

LHAG Telescope Interest Group (TIG) Star Party. The next star party is scheduled for Saturday, March 9. 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 members who set up their telescopes to view the solar system and other interstellar and deep space objects. Telescopes are set up prior to sunset in the upper tennis courts of the SCLH Sports Complex and will include a solar telescope set up at 3:30 PM.

For information contact Bob Collins at bobpcoll@community.net.

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

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LH Veterans Group

BY BILL L. LEWIS

There will be no General meeting in March, as we will be enjoying the Lincoln Hill Veterans Group's St. Patrick's Day Luncheon in the Orchard Creek Ballroom on March 14, 2024. A no-host bar will be open at 11:30 a.m. and Lunch will be served at noon. The Price of \$30.00 per person includes a choice of three entrees: Corned Beef and Cabbage with Potatoes – Lemon Caper Chicken – Eggplant Parmesan (vegetarian) All meals include rolls and butter, Iced tea or coffee, and cake for dessert. There will be a door-prize drawing following the luncheon. The Reservation deadline in March 8, 2024. Please send your choice of entrée and check of \$30 per person, payable to LH Veterans Group to Shirley Schultz, 855 Cottonwood Court, Lincoln, CA 95648.

March 22, 2024 at 9 a.m. in the Orchard Creek Solarium, you are invited to enjoy coffee, tea, pastries, fruit as you offer your opinion to the LHVG Board of Directors on the operation, activities, and plans for the future of the Veterans Group. We thank you for your willingness to share your thoughts and ideas. We also thank all of you for support and involvement to keep the Lincoln Hills Veterans Group moving forward. 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: mrmap@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. Plan now to attend the Veteran's Group Annual St. Patrick's Day Luncheon Thursday March 14, 2024 in the Orchard Creek Ballroom.

In Memoriam — Joe Dean Jones - U.S. Navy

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LH Travel Group

BY LINDA BEVINS AND JOANNE SCHUMACHER

It's time to plan your Fall Travel vacations. The Lincoln Hills Travel show on January 24 showed some great trips for leaf peepers. And these trips are filling up fast! Deadlines for guaranteed prices and availability expire 6 months before a trip departs.

View the Zoom recording (<https://collette.zoom.us/rec/share/GStsJvfvIRixkvzbdWtzIcIiif8K-FPfgW1FDcKdL842hhsEqSuk2WUfyFMZdqG.Rp2uoBAWw0nXZ2SW>) for a preview of our great Fall Trips and a pre-Christmas New York City getaway in December.

The trips on the Zoom recording include:

- Peaks of Europe: The Alps to the Dolomites September 20 - October 2024
explore scenic villages at the bases of the mighty mountains of Europe
<https://gateway.gocollette.com/link/1210320>
- Painted Canyons of the West September 22 - 30, 2024
featuring Five National Parks-Zion, Bryce, Canyonlands, Arches, Capitol Reef
<https://gateway.gocollette.com/link/1210228>
- Islands of New England September 27 - October 4, 2024
featuring Nantucket and Martha's Vineyard
<https://gateway.gocollette.com/link/1185257>
- Discover Colors of New England October 4 - 11, 2024
featuring incredible Fall colors of scenic byways and a cruise on Lake Winnepesaukee
<https://gateway.gocollette.com/>

[link/1185249](https://gateway.gocollette.com/link/1185249)

• Spotlight on New York City December 10 - 14, 2024

featuring a Broadway show, the Rockettes Christmas Spectacular performance, 9-11 museum at Ground Zero and a single hotel stay
<https://gateway.gocollette.com/link/1230136>

Our next Travel Group meeting will be Wednesday, May 8 in the Willow Room of the Lincoln Public Library. Again, we will have two sessions: 10:30 am and 1:00 pm. Watch for more details in upcoming articles.

Join our private Facebook page "The Lincoln Hills Travel Group" and see photos of previous trips, posts of upcoming events, and more. Search our name on Facebook and request membership.

LH Travel Group Leaders: Sheron Watkins: 916-849-9504 sheron55@att.net; Louise Kuret Auerbach: 916-408-0554 louisekuret@att.net; Lyle Auerbach: 916-847-6544 lea925@att.net; Linda Bevins: 916-666-7627 djbevins17@gmail.com; Joanne Schumacher: 415-999-1242 jkschumacher1@gmail.com

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Lincoln Democratic Club

BY JUDY GANULIN

The Lincoln Democratic Club membership keeps growing! We continue to volunteer at the Placer Food Bank. We have interesting programs lined up for our next meetings: Lighthouse Counseling Center Executive Director Gary McDonald will speak on mental health in America in March; a speaker from Bridging Divides, an organization promoting better communication in the current political divide, in April; and Placer County Deputy District Attorney Shannon Quigley, who has been recognized for her work seeking justice and protection for seniors and dependent adults, in May. For more information about our club, or to join, please see our website, <https://democraticclublincolnca.org>.

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(more Club News cont' on page 25)

Amazing Grace

Seventh Day Adventist Church

Saturday Mornings - Bible Study 11:15 am
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MORNING NEWS

WEEKDAYS 5, 6 & 11AM

Shalom Social Group

BY JUDY GANULIN

Shalom Social Group's membership is increasing, no doubt due to the value of our programs. We still volunteer at the Placer Food Bank and are also exploring other volunteer opportunities. Our January Men's Club brunch was very successful, and several members have formed a Program Committee to plan future events. Our Women Together members will see "Hallelujah Girls" at the Lincoln Theater on May 19. Our group is based on Jewish history, culture and food, but membership is open to all. For more information please contact Margie Gulko, 916-543-5303, or Deanne Iliff, 530-518-3704.

• • •

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. Our speaker for March is Karen Wood with

Country House. Her subject is "Planning Your Journey". At all meetings you will find a welcoming community ready to hear your questions and concerns.

Contact: Jo Fratessa 916-759-8760.

• • •

Multiple Sclerosis Group

BY JERI DI FIORE

Favorite Speaker, Rex Owens, WellFit Fitness Supervisor, has volunteered to help and motivate our group with good Brain Health Nutrition and Exercise ideas on Tuesday, March 19, at 1 PM, Orchard Creek Multi-Media Room. Recently Rex spoke to us on the value of the Mediterranean diet, pulling from his Greek Heritage. Those who have incorporated his recommendations are welcome to share them at this meeting. All

Members, family, and guests are invited.

Important: Captain Joni Deutsch will update us on the final details of our Multiple Sclerosis Fundraiser Community Walk and Picnic on Sunday, April 14, at 9 AM, right here in Sun City, starting from the Sports Plaza. Go Team Trailmixers!

Start your Fundraising Account and Points by Registering today at 1 855 372 1331

We wish to thank Donna Judah, Coldwell Banker for her generosity of \$1,000 in supporting MS and the 2023 Walk, where we came in Second overall in the Central Division with an amazing \$16,1330. This year #1.

Also, thanks to the Lincoln Hills Foundation for supporting us in many ways, rent, etc.

• • •

LH Hearing Support Group

BY JOANNE MITCHELL

Our next meeting will be on March 5th at 11AM in the OC Fine Arts room. We will have a return visit by Victoria Harling, who will bring us up to date on telephone technology. At our support group meeting in February, we discussed the announcement by ATT that they will discontinue landline service as of 2025. This poses a problem for those of us who use caption phones. Hopefully Victoria may be able to suggest some alternatives for us.

We are also working on a return visit by Dr. Gaeta, Director of the Audiology Department at SacState. Also, she has informed me that their clinic will begin offering adjustments for cochlear implants in April.

• • •

Low Vision Support Group

BY STU SINGER

Our Next Meeting: Tuesday, March 5 in the Fine Arts Room at Orchard Creek Lodge from 2-4 PM. The topic will be "Let's Look at Devices". Our speaker, Cory Hanosh of Northstate Assistive Technology and Society for the Blind, will share with us the latest technologies designed to deal with low vision. As part of the presentation there will be samples for members to "test drive". A review of OrCam, Portable Magnifier/Readers and the audio/visual programs Jaws, Magic, and ZoomText will also be included.

The April 2 meeting will feature an exploration of smart phones. Ken Spencer, a Sun City resident, will share his expertise

on the various accessibility features that are available on your cell phone and the latest apps designed to make using your device easier.

On May 7 we will be having a second visit by Jeff Thom, Society for the Blind Board Member and retired disability lawyer, 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 be "Strategy Sharing". Group members will be volunteering strategies that have been successful in assisting them to navigate through their lives. In addition, questions will be solicited from group members. If you would rather have your query read - anonymously - at the meeting (for example "How do I go about obtaining a restricted driver's license?") send your question to Sherry Singer at singer.sh@gmail.com and she will share it with the group and seek answers.

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

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

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Bosom Buddies

BY VAL SINGER

Our ladies who have experienced trauma are so appreciative when they receive cards, phone calls, and prayers from our members. These are an expression of love and caring that lifts the spirits and makes such a difference in how the day goes. Please continue to reach out and express your empathy to your sisters (by other mothers).

The February meeting consisted of two Master Gardeners from the Lincoln Hills Garden Club. Marie Salers spoke on "container gardening" which is "only limited by our creativity".



Marie Salers



Pat Murphy

One advantage to container gardening obviously is space. The fiber pot is popular because it is lighter and easier to move.

Pat Murphy spoke on the importance of using the right soil. According to Pat, our soil is mostly clay, however, there's no reason we can't have successful gardens. Plant location is very important because if the plants close down, they do not get pollinated. Bees and butterflies are here to pollinate but there are also night pollinators such as bats and moths. Moths pollinate more plants than bees. (who knew??)

There is a hotline for Master Gardens of Placer County: <http://pcmg.ucanr.org> or call: 530-889-7388.

March's speaker will be 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.

April's speaker will be Marcia VanWagner regarding getting our estates in order. And May's speaker will be an oncologist,

Dr. Baker.

(above information provided by Mary Shelton as I was unable to attend the meeting)

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

Thanks to the Foundation for their continued support.

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(more Club News cont' on page 27)

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LH Amateur Radio Group

BY DAN LEHRER, KN6DRN

The Group has been very busy. Dan, KN6DRN and Art, KI6GYY hosted a table at a recent New Resident Orientation and chatted with two former Hams. They were excited to hear about our club. The airwaves were alive for the North America QSO Party. We made over 60 contacts including 26 States, Puerto Rico and Canada. The annual Winter Field Day challenges Ham operators' emergency preparedness capabilities in various conditions and pushes us to new levels. It is held over two days and operators are encouraged to work outdoors although indoor setups are allowed.

The Group amassed over 130 contacts and tested battery operated power sources as well as portable antennas.

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

• • •



New resident chatting with Dan, KN6DRN and Art, KI6GYY.

LH Sports Car Club

BY ROB PHILLIPS

As of February, the LHSCG has a membership of 74 households with a wide variety of cars, and some households actually have more than one sports car. At all of our meetings we celebrate birthday, anniversaries etc. At our meetings in January and February we celebrated birthdays for Rich Lujan, Dennis and Anna Pardini and Alison Phillips and anniversaries for Terry and DiAnn Rooney and Bob and Sue Spangler. New Members, Edd and Dale Clark were introduced.

With the rains coming down most members are keeping their cars warm and dry

in their garages however in 2023 the group had 18 Tour Events and 6 Social Events.

Plans are currently being formulated for both driving and social events in 2024. The first social event is a lunch gathering at Rubino's in Rocklin on March 15th.

While inclement weather is keeping us off of the roads so far this year, below are a couple of pictures from sunnier events in 2023.

To learn more about the club visit our Website at lhspportcars.com. If you own a sports car and want to join contact vjk1245@yahoo.com

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(more Club News cont' on page 29)



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Reasonable Faith, Thursday, 3/21, 6:30-8:30pm
Jesus vs. the Culture with Dr. Frank Turek

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SUN CITY REAL ESTATE UPDATE

While retirement communities are not immune to interest changes they are less susceptible to rising rates. Primarily it is a function of higher down payments and a higher percentage of cash purchases. Where rates do come into play is the sale of homes owned by potential buyers coming into Sun City. So far this year, the buyers have not been dissuaded as buyers and sales in Sun City have been very active. Pending sales have trended higher and days on the market for homes has fallen in both January and February.



WRITTEN BY GEORGE BROWN
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RV Club

BY MARY CARBREY

RV there yet? Spring is almost upon us, and we are gearing up for many fun-filled adventures in our RVs. Next month the group is heading up to the Mountain Gate/Lake Shasta area where we will also be attending the popular Red Bluff Roundup Rodeo as well as other fun activities. Our 2024 calendar is filled with RV rallies held almost every month until December. We are currently scheduled to explore such regions as Solvang/Buellton, Lake Tahoe, Sonoma Coast, Amador County/Jackson, Albuquerque Balloon Festival and Feather Falls/Lake Oroville. Even if you have been to these locations, our group is full of ideas for new and exciting things to explore there. Our new Vice-President, Ron Lunsford, is already working on ideas and bookings for 2025. Be sure to visit our RV CLUB booth at the Sun City Lifestyle EXPO held on March 19 from 10AM-1PM in the OC Ballroom. We may even have some club RV's on display in the parking lot for you to look through and talk with club members about the RV Lifestyle. You can also learn more about our group by visiting our club website at lrvrg.com or attend our meetings held the second Thursday of each month at KS, 4:30 PM in the Placer Room. For general information contact our Club President, Jake Baker at (916) 838-5253 or jbaker525311@gmail.com. For membership contact our Membership Chair, Tari Briscoe at 530-210-3302 or taribriscoe@gmail.com

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Rods And Relics

BY ELNA RAGAN

The Downtown Lincoln Car Show is gaining momentum as nine Platinum and six Gold Sponsors have already signed up for the Saturday, June 1, 2024 Car Show!

On February 7, Chuck Barnhart met with his seven Chairs representing the core group of leadership for our 2024 Car Show. Responsibilities and working relationships were discussed. We are off to a great start!

Last year more than 5,000 people attended the Car Show. In addition to a Pancake Breakfast to start the day, there will be food and product Vendors, a DJ playing music, a Bar-B-Q lunch, a large Raffle Booth with great items, and over 400 beautiful Classic vehicles on display.

Over the years, the Rods & Relics have donated over \$253,000 to local charities from the Car Show proceeds! So, save the date of Saturday, June 1! Come to Downtown Lincoln and have a great time!

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

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

Web Site: www.rodsnrelics.net

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Garden Group

BY LORRAINE IMMEL

"Tips and tricks to growing gourmet tomatoes" will be the theme of guest speaker Brad Gates of Wild Boar Farms. The



Brad Gates

Garden Group presentation will be March 28, 2:00 PM, KS. Not only will Brad share the tips and tricks, but he will discuss maximizing a tomato harvest and selecting varieties new and old. He will include information on nutrition, pruning, caging, staking and harvesting gourmet.

Brad Gates has been growing tomatoes professionally for over 25 years. He spent the first 20 years growing tomatoes and selling them at farmers markets, fine stores and gourmet restaurants in San Francisco, Berkeley, Oakland and the Napa Valley.

During that time, Wild Boar Farms grew up to 20,000 tomato plants a year. These numbers gave them a great opportunity to discover some amazing new tomato varieties. They started crossing heirloom tomato varieties to create what they call "Heirlooms of the Future." Years of careful selection has led to the creation

of dozens of new varieties. Many are now world famous.

For the last 5 years Wild Boar Farms has

shifted from selling fresh tomatoes to selling seeds on their website and plants in the spring. These plants can be found Green Acres stores. <https://www.wildboar farms.com/>

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Bird Group

BY SHERRY SINGER

On the brisk morning of February 9, over 30 members of the bird group braved the cold to search for local birds at Coyote Pond Park in Lincoln. We observed 45 different species including a Tricolored Blackbird, which is much rarer than the Red-winged Blackbird usually seen in abundance in the Sun City area. Another bonus was the observation of a Great Horned Owl sitting on her nest in a tree.

On February 12 at the Kilaga Springs Presentation Hall we listened to Rudy Darling, president of the Sierra Foothills Audubon Society, talk about birds that he and his wife observed on a recent trip to Costa Rica. One of the most memorable birds he observed was the stunningly beautiful Resplendent Quetzal.

Upcoming events:

- March 11 – Bird Group Meeting at Presentation Hall featuring Jack and Judy Weaver talking about the birds, landscapes and the Big 5 they saw in Tanzania

- March 15 – Bird Walk at Bobelaine Nature Preserve (carpool)

- March 29 – Bird Walk at Twelve Bridges Trail (local)

Watch for Bird Group emails regarding

(cont' on page 31)

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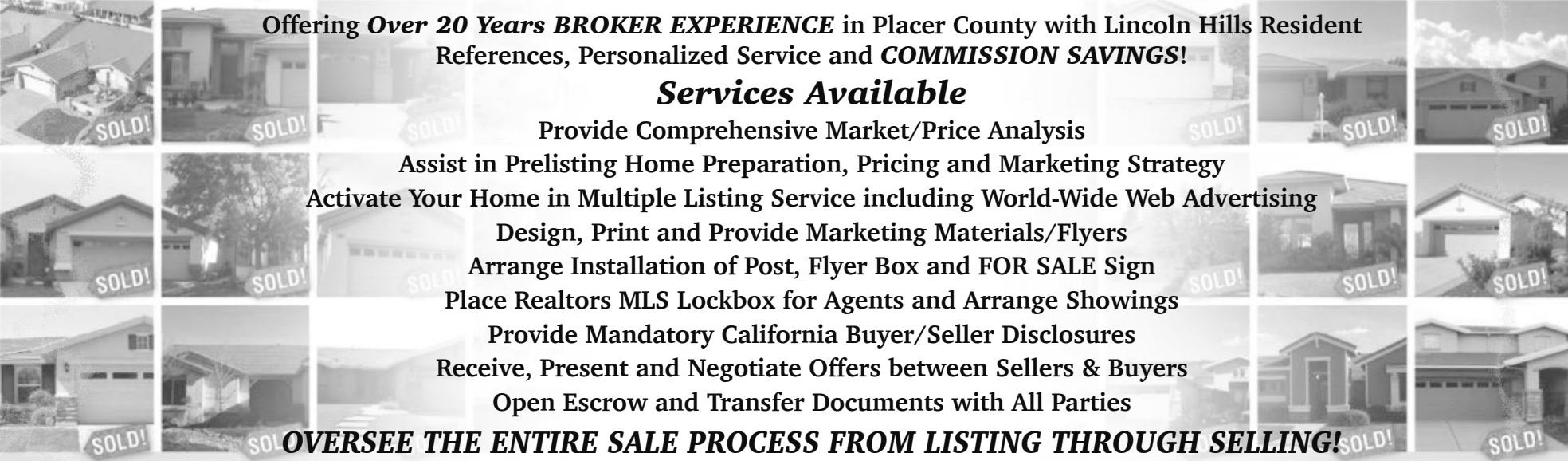
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Bird Group

(cont' from page 29)

cancellations 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.

C o n t a c t
Information: If you are a resident of SCLH 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 SunCityBirders@schbirders.org or visit our website at www.schbirders.org



Great Egret by Suzanne Hutchinson taken at Coyote Pond Park.

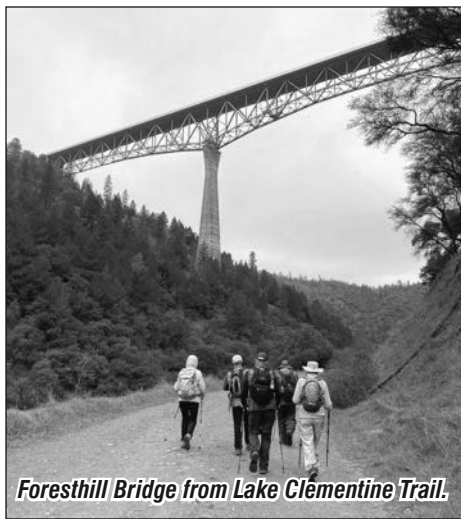
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Hikers and Walkers

BY GAY MACKINTOSH

Ready for a first glimpse of spring? LH Hikers and Walkers offer lots of opportunities for wildflower-peeping. Watch <http://www.lincolnhillshikers.org> for our expanded schedule and check back regularly for updates.

- 1st Tuesday, March 5. Canyon View Preserve (Auburn). Easy
- Bonus Hike: 2nd Thursday, March 14. Dry Creek (Elverta). Easy
- 3rd Thursday, March 21. Lake Clementine (Auburn). Moderate 4 ½ miles



Foresthill Bridge from Lake Clementine Trail.

with new leader Debbie Knowles.

- 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.

Weekly Wednesday morning walks will reveal a changing palette of wildflowers as spring beckons. Just drop in at 8:00 AM Wednesdays (except when it's raining) for brisk 2½-3-mile treks on our own SCLH trails. Meeting places and routes are on the website. Walk for Wellness meets at the same time and place so you can choose a slower pace with Karl Aitken karlaitken@comcast.net. Call Coordinator Debbie Schryver, 916-666-1741, with questions about the Walkers.

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

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

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

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Swimmers & Water Walkers Club

BY ROSEMARY TANFANI

New Officers for the Swimmers and Water Walkers Club for 2024–2026, are Kathy Carpenter, President, Russ Petruzzelli, Vice President, and Rosemary Tanfani, Secretary.

Carpenter is an original member of the club and is a mentor for water walking techniques. She brings years of experience in water exercise and can be found at the Kalaga Springs pool in the mornings.

Petruzzelli, joined in 2021. He is an avid swimmer and swam competitively in college.

Tanfani, will continue as secretary for the club. She discovered water walking when she moved to Lincoln Hills in 2021. You can find her at Orchard Creek pool, Lane One.

Many thanks to Jim Klein, president,



President Kathy Carpenter, departing President Jim Klein, and Secretary Rosemary Tanfani.

2022-2024 for his outstanding leadership. Klein will continue in an advisory role.

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

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LH Water Volleyball

BY HOLLIS BISCHOFF

As we jump into Spring, jump into the pool with us as we complete our semi-annual rankings and leap into the "Some Spike It Hot" tournament April 8, 10, and 11, held at the OC and KS pools for L4,5 and 6 players. This tourney will feature the women L6 players



Highlights from our last Some Spike It Hot Tournament.

as captains. Come and cheer on our teams! Want to just try out Water Volleyball? Join us on Free Play Saturdays. Every Saturday at Kilaga (KS) Indoor Pool starting at 9:00 a.m. It's easy to learn and great to meet new people. Don't know how to play? We provide Training and Mentorship. We welcome all levels of interested players. Find us at LHWaterVolleyball.com. Or Call Jerry Grisler 209-648-9534 for more info.

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LH Tennis Group

BY PAMELA GEERNAERT

March 20 is the beginning of Spring. It's been a cold rainy winter, and our Tennis Club is raring to go. Our officers for 2024 are working hard to give everyone a fun filled year.

Our officers are, Co-Presidents Steve Bringman and Joe Greene, Pam Flaherty; Tournament Director, Denise Higgins; Finance Director, Paula Griffin and Pamela Geernaert; Communications, Rosemary Marty and Nancy Phipps; Social Directors. Jim Bowden and Michael Cramer are members-at- Large.



Co-Presidents of Tennis Club: Stephen Bringman and Joe Greene.

Live Ball started Sunday February 11th and runs for 6 weeks. Tennis layers at the 3.0 level and above are encouraged to come out and join us. It is fast paced, burns calories and a lot of fun!

Our St. Patrick's Day Tournament on March 14th will be a "Live Ball" event. Nancy Phipps and Rosemary Marty, will be serving lunch. Watch for information on Website and on our Bulletin Board.

Contact: pamelatennis1@gmail.com
Website: www.sclhtg.com

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(more Club News cont' on page 33)

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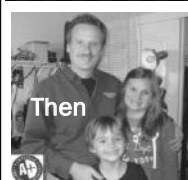


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LH Foundation —

(cont' from page 1)

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 March 27th doors open at 12:30 and play starts at 1:00. Twelve cards for \$25, with exact change appreciated. Join us and be one of the first winners of 2024. 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



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Tax Season is Here!

BY GARY STEER

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

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

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LH Table Tennis

BY ILENE MARSHALL

Many of the activities we have at our fingertips in Sun City involve good hand-eye coordination. But what about the challenges posed by POOR hand-eye coordination?

"Poor hand-eye coordination can make everyday tasks such as picking things up, putting keys in locks and driving difficult. It can even make cooking harder, which may lead to accidents resulting in injuries".

With that in mind why not come out and improve your hand-eye coordination, by playing table tennis. It's also good for your balance, heart and mental attitude.

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 Table Tennis on Fridays, please note that 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 to use for beginner coaching, warm up, training, and practice. Players may use it on a "first come first served" basis, and the signup sheet is located there with the ball machine.

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

Mad Hatters Bocce Group

BY KIM PETRUZZELLI

We play a relaxed version of bocce ball on Thursday mornings. Our official start time during the winter and early spring is 10:00 am, but most players show up a little early so we can form teams. Come by yourself or come with a friend. If you don't know anyone when you arrive, you will before you leave. This is a social group that doesn't take itself 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.

Thursdays not convenient? There's another group of bocce players who play on Monday mornings at 9:00 am. They call themselves the Monday Morning Bocce players, and they welcome newcomers anytime.

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

LH 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 is now the largest in Northern California, accommodating up to 20 doubles players. 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.

Four free February clinics were "sold out" and welcomed 48 new players who received hands-on instruction from club members while they played and socialized. More 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.

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

(more Club News cont' on page 35)



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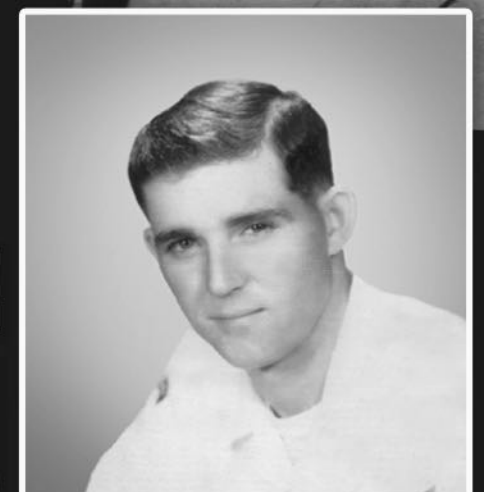
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LH Senior Softball League

BY FRED SERNA

Welcome to another update of the Lincoln Hills Senior Softball League (LHSSL). As mentioned last month, we encouraged anyone interested in joining the league to complete and submit their Players Application Forms by Feb 20th. Thanks to everyone for their expressed interest and enthusiasm, and we look forward to meeting, and playing alongside you this year. A new player rating was held February 26, where players were rated on their current playing abilities e.g., throwing, catching, batting, running, etc. Other activities included a Managers Meeting on Mar 4, and our Player Draft Mar 6. Conditioning Clinics were also scheduled “weather permitting” which help in educating and preparing players for the upcoming Softball season. As more information becomes available it will be posted on our league website LHSSL.Net. In January, Directors from the LHSSL Board were invited to attend graduation ceremonies at Lincoln and Phoenix High Schools, where monetary donations of One Thousand dollars were presented to each School (see photo below). These annual donations contribute to

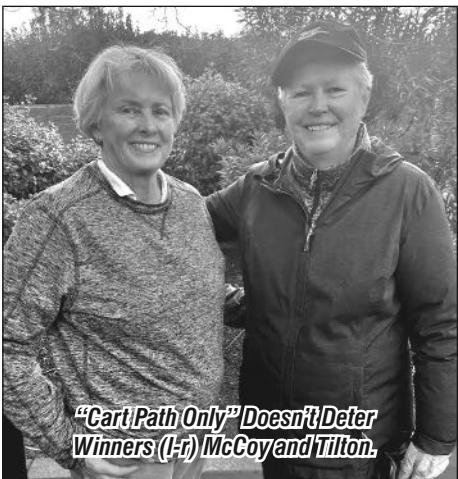


the continued success of these great academic institutions, their respective staff and students. Contributions are made possible due to the wonderful support from the Lincoln Hills Community, the LHSSL Board of Directors, and our esteemed membership for their heartfelt participation as well. We have always been and continue to be proud in participating in these yearly traditions.

Ladies Golf - 18 Holers

BY CAROL LOPEZ

Congratulations to Patti Tilton, Nancy Sartor, Wendy Seagraves and Bonnie Hing for securing first place, in their flights, during a “Stroke Play” round. The club welcomed Dee Grimm to the Tournament Committee, and she hosted this round on the Orchard course with cart path conditions on five holes. Closest



“Cart Path Only” Doesn’t Deter Winners (l-r) McCoy and Tilton.

to the pin with a shot of 21’11” was made by Donna Brinkerhoff on hole #4.

Twenty-eight ladies played a “Throw Out Your 3 Worst Holes” game on the Hills course with Maureen Senn hosting a complete Cart Path Only round. She announced the first place winners, in the three flights, as Kathi McCoy, Seagraves and Peggy Carr. Hole #16 was the closest to the pin and Karen Gabriel had the best shot at 7’8” winning a free round of golf.

The ladies have started 2024 off with a number of skilled chip-ins shots! We congratulate and recognize Mitsuko Cameron, Judy Emge, Nancy Jenkins, Sharon Knoll, Ileen Marshall, Kathy Meske, McCoy, Georgia Richie-Lynch, Sandy Tamanti and Tilton.

Due to unfavorable weather and course conditions, we didn’t have enough players and were unable to play for a couple of weeks. As a reminder, the club requires a minimum of 16 players in attendance for a formal play day. We appreciate the pro shop who holds a few tee times open for those who want to brave the elements.

Please mark your calendar to save the date for these upcoming events:

- April 18th: Spring Fling
- April 25th: Team Match Play at Winchester
- April 29th: Interclub Scramble
- May 14th: Team Match Play at Granite Bay
- June 6th: Invitational/Guest Day
- June 11th: Team Match Play at Catta Verdera

...

LH Men’s Golf

BY MIKE MCBACK

It’s just about time for the NCGA Senior Four-Ball Net Qualifier and Just-For-Fun. Watch for the signs coming out any day. This is a Two-Man Better Ball tournament starting at 8:30 on both courses.

There may be a little time to still sign up for the Tournament of Champions and Just-For-Fun, so hope to see you out there.

...

LH Cribbage Club

BY MEL SWITZER

It’s Crib, Right?
Here comes the fun (Doo-d-doo-doo)
Here comes the fun
And I say, “It’s Crib, right?”
Little dealer
It’s been a long, cold, lonely winter
Little dealer
It feels like years since I’ve won here
I want some fun (Doo-d-doo-doo)
I want some fun
And I say, “It’s looks right”
Fun, fun, fun here it comes
Fun, fun, fun here it comes
Little dealer
The points are flowing ‘round like ace
Little dealer
It seems like years since I’ve won here
Here comes the fun (Doo-d-doo-doo)
Here comes the fun

(cont’ on page 37)



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LH Cribbage Club

(cont' from page 35)

And I say, "It's alright"
Cribbage is fun (Doo-d-doo-doo)
Cribbage is fun
And I say, "It's great, right?"

Come join us in the OC Card room any Tuesday at 8:30AM for a hearty couple of hours of fun and games and MAYBE a little cash. So, here's to spring and all the good things that come with it.

Oh, by the way, our recent Cribbage winners were 1/16 Eleanor Jones, 1/23 Paul Winters, 1/30 Bruce Quick and a three-way tie for first place came on 2/6 featuring Betty Carter, Eleanor Jones, and Rae Cook.

Win, win, win, here it comes
Lest I forget, thank you, George!

• • •

Duplicate Bridge Club

BY MONA STRYKER

We welcome Tina Amerio as a new board member and social chairman! Our Valentine's Day game featured a beautiful cookie/fudge table including special cookies made by President Denise Morgan, with coffee.

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

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

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



For further information, go to our website shown below.

Partnership chairman: Sharon Duley 916 253-3885

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

Website: www.bridgewebs.com/lincolnhills/

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SUN SENIOR PROFILES

Getting to know you...

Al Trimarchi

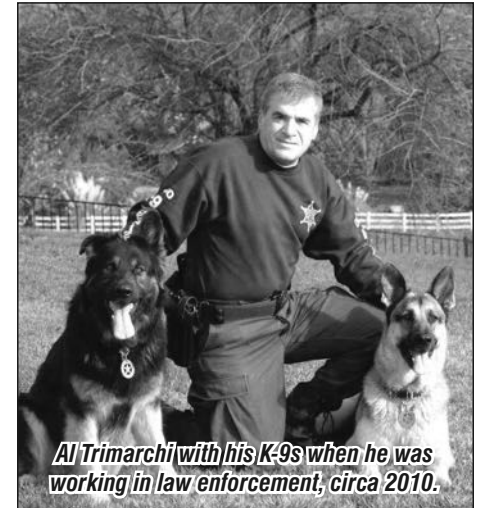
(cont' from page 1)

County, Sacramento County and Federal agencies such as the FBI Evidence Response Team. Al brings his knowledge of crime cases to the members of his self-defense classes and discusses what victims can do to protect themselves in the event of various attacks.

Al started training in the martial arts in 1974. He has practiced Shotokan Karate for fifty years now. He has a Black Belt, which is the highest level. It usually takes five to seven years to reach this level. There are eleven belts to pass before becoming a Black Belt. He was always athletic. Karate can be practiced in groups or individually. Al often performs katas in the gym at Lincoln Hills and it helps to keep his heart and body in shape. Al performs twenty-six of the twenty-nine Shotokan Katas. It was the observation of his practices in the gym that led to Al teaching karate classes which he has been doing for several years now on Saturdays from 11 am to 1 pm. He has students of many ages and activity levels.

Al's unique background in law enforcement and the martial arts led him to want to teach others about self-defense and awareness of their surroundings. Many people lack situational awareness such as the three women who were killed in Yosemite twenty-one years ago. They let their guards down and perished as a result. He also covers such topics as scanning for exits, ways to hold a woman's purse and the use of pepper spray and stun guns, including both their benefits and limitations. Also, he usually has a representative from Damsel in Defense at his classes. Damsel in Defense has the mission to "equip, empower and educate women to protect themselves and their families." They have a breakaway keychain that Al highly recommends. He has already taught this class twice in conjunction with the Wellness Center and will be teaching it again soon.

Al and his wife have lived in SCLH for five years now. They moved here from an Auburn estate of five acres. After Al left Sacramento, he first moved to Granite Bay many years ago. At that time, before 1980, there were few developments, and it was not



yet called Granite Bay. It was called Folsom Lake Estates with a Roseville address. They moved to the Auburn location when the owner of Ikeda farms decided to downsize and sell eight lots of his orchard in five-acre parcels, so Al and his wife bought one of the five-acre parcels. It was great at first but became a little too much to take care of, so they moved to Lincoln. Al was glad when his lawn care went from taking two days in Auburn to only five minutes in Lincoln!

Al and his wife enjoy their life and activities in Lincoln. They both love to play tennis and stay active. They enjoy the camaraderie with neighbors and people in the gym. Al especially loves teaching others both athletic activities and ways to be safe. He brings both his knowledge of martial arts and law enforcement to the table and shares with others. Please watch out for a great upcoming class in the next few months taught by Al and covering everything from being aware of surroundings to protective devices such as pepper spray and stun guns to special appearances by guests such as someone from Second District Supervisor's office Shanti Landon and a representative from Damsel in Defense.

Want to share your story or know a neighbor who should be recognized?

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SSNLH WRITER...
Airport Check-In Experience
BY JOY S. HUTCHISON

Not long ago I took a trip up to see my sister in the Portland area. Flying has always been with a partner, but now I'm traveling solo. My son-in-law dropped me off and pointed to the sign where I needed to go to get my boarding pass and check my luggage. It was so very easy to just stand in line and follow the directions I had been given. Just before I got in the queue, a fellow jumped ahead of me. I observed his athletic build, probably in his early 30's, with a large back-pack on his shoulders and another he was dragging behind. Hmm...I thought...probably a football player or mountain climber or something quite more involved than the circle of friends I hang out with. To put it clearly, he was a Hunk! Once he was at the front of the line, there was lots of activity as he produced paperwork, his ID from his wallet, and who knows what else.

About the time I thought he was ready to finish with his required documents and could proceed, along came this lovely young woman pushing a stroller with the most beautiful baby dressed in all pink. Alongside were two boys about the ages of three and seven, both wearing small backpacks. The Hunk turned, talked to the mother, apparently asking for her ID. Then there was the unloading... car seats, bumper chairs and more luggage. Of course, as mothers of all ages have memories of, one of the young lads mentioned something that included the word "pee", so off she went with the baby in the stroller along with the little boy in distress.

Dad (AKA Hunk) in the meantime, assured the oldest lad that everything was according to plan. He proceeded to unzip one of the bags before surrendering it to the airport agent in order to retrieve a pair of shorts, apparently in case it was needed for the lad being led to the bathroom. I detected low groans from those in line behind me.


On retrospect, I couldn't admire this young family more, braving and traveling to who-knows-where. Perhaps a vacation to Hawaii or a reunion with grandparents who live elsewhere? The next time you travel, observe the young families who are bringing adventure and joy to their young ones and families. Memories are made of this.

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

SIR: Social Activities for Men

The mission of SIR is to improve the lives of our members through fun activities, lunches, and events while making friends for life.

The Lincoln Hills Branch of SIR meets on the 3rd. Tuesday of the month at Catta Verdera Country Club. Contact Phil Sanderson, Membership Chairman at 916-408-4764 or Jay James, Big Sir, at 408-533-3132. SIR, Inc. is a non-profit organization that provides social activities for men. SIR is strictly social, it does not do fundraising, has no religious affiliation, and is non-political. To learn more, visit www.wearesir.com or www.sirbranch13.com. Come, join us for a free lunch where our guest speaker will be Shannon Quigley from the Placer County Project on Elder Abuse.



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

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FOR SALE

GLASS SHOWER DOORS 29 1/2" by 67 1/4" or 29 1/4 to floor plus frames, like new \$25. Call Gloria ar 916-645-4699.

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WYSOCKI AND CAR PUZZLES. Various sizes. Excellent condition. Price of ones selected \$2.50 EA. Call 279-202-4688.

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19 GLASS VEGETABLES & FRUITS, various sizes \$50. Diane Buckley. 916-579-3967.

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VENTURA HARBOR TIME SHARE plus one week reservation Aug. 9 to Aug. 16, 2024. \$850. 916-543-3132.

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CAL-KING BED/black with headboard, footboard mattress \$400. 916-409-9066, Ed.

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6 OR 8 VOLT CAR BATTERY CHARGER for sale. Works fine. \$10 or best offer. Call 916-409-5963.

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HOODED REVERSIBLE RAIN COAT. New \$30 Black velvet long coat fur collar cuffs new 520-479-7555.

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CALLAWAY GOLF CLUBS excellent condition with all associated Equip Bag, Balls, extra clubs, Asking \$500. 1-916-434-6351.

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WANTED

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.

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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.

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

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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.

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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.

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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

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ANGLER looking for all types of fishing gear. SCLH resident. Joe: 916-813-0895.

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ANNOUNCEMENTS

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

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GARAGE SALE, Sat. Mar. 9th 10am-2pm, at 1437 Stone Hearth Ln. Tools, yard items, etc.

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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.

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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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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.

BUSINESS ADS:

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

Classified Ad Submissions — WHEN: By the 12th of the month. Please email the information below to: SunSeniorCA@gmail.com.
Subject Line should be SCLH Classified and your Phone Number (Example: SCLH Classified 916-123-4567)
1. Contact name and phone number.
2. Which category to place your classified ad in: (Service, For Sale, Wanted, Announcement)
3. Classified ad text - including the phone number you want readers to call.
SCLH residents get FREE non-business 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 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



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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. 2The 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 LMTMercer 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 #PA0609383, RI #GC-41354, TN #7656, UT #10783658-5501, VA #2705169445, WA #LEAFFNW822J2, WV #WV056912.



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



George Brown

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Recent Sales in Lincoln Hills



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



2603 Warbler Lane
Plumas Model
SOLD \$720,000



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



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

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