

# SUN SENIOR NEWS

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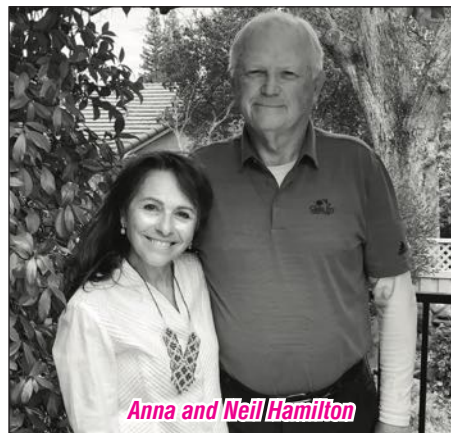
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## Neil and Anna Hamilton — Like Being in Mayberry

BY JENNIFER MARTIN

Remember the Andy Griffith show from the 1960’s? It was an American sitcom TV series that aired for nearly eight years and starred Andy Griffith who played the widowed sheriff of Mayberry, North Carolina, a fictional community of roughly 2,000-5,000 people. It was a typical small-town, Southern setting where everyone knew everyone else and looked out for one another. That’s what Neil and Anna Hamilton see in Sun City Roseville—a community where neighbors feel welcome, appreciated, and safe. They think of SCR as being their own little Mayberry, USA.

Neil grew up in Mount Airy, North Carolina with two siblings. His father was a basketball coach/teacher/middle school principal. His mother taught high school Biology for 38 years. Mount Airy was the birthplace of actor Andy Griffith and was believed to be the inspiration for the fictional town of Mayberry in “The Andy Griffith Show.” Neil smiles when he recalls that his golfing



Anna and Neil Hamilton

buddies refer to him as Mayberry. He admits to having his phone’s answering machine play the Andy Griffith theme song.

Anna was born in Cairo, Egypt, to parents of 100% Egyptian lineage. She was eight years old when her family moved to the US to avoid religious persecution. Her father worked for the California State Department of Health and her mother was an exceptionally talented seamstress. Her older brother lives in the

Philippines and owns a resort on the ocean. When Anna was attending John Swett High School in Crockett, California, she played on the tennis team, so when Sun City beckoned years later, she gravitated to the tennis court. But somehow the court appeared enormous to her, so she settled on pickleball and is an avid player.

When Neil was in high school, his life revolved around basketball. He played guard for his team which his dad coached and was awarded a full-ride scholarship to Catawba College, a private college in North Carolina. After attaining a B.A. in Business, he worked in the transportation industry which subsequently sent him to California to be a sales manager in the Bay Area.

Anna attended the University of California, Berkeley, graduating in 1979 with a degree in Social Welfare. She then went on to attain her Master’s from California State, *(cont’ on page 25)*

## SCR Foundation 2024

BY KATHI STROPKAI

The Foundation was established to provide services that address the physical, cultural, educational and social needs of the Sun City Residents. With that in mind for the 2024 year we have committed \$10,400 for to the Fitness Center for up to 8 CRP/AED/First Aid classes as well as \$20,000 to the Activities Dept for the Speaker Series. We are actively working with the HOA to establish areas where we can contribute more to the community.



If you haven’t picked up your Survivor’s Guide yet you can call 916-774-9040 or email [scrspcialprograms@gmail.com](mailto:scrspcialprograms@gmail.com) and request one. It’s a wonderful tool to help you organize all your personal information. Another service the Foundation offers is when you’re considering next level care due to health issues check out the Alternative Living Consideration Guide on our website, [www.scrfoundation.org](http://www.scrfoundation.org). We have a wonderful loaner program for residents to use party items and decorations for their private parties as well as Clubs/Groups for their events.

Our 2nd Bingo Fundraiser was a huge success. We’d like to thank you all for your support. You can mark your calendars for the final Bingo of 2024, August 11th.

The planning for the 26th Annual *(cont’ on page 30)*

## Sun City Singers

BY JACKIE PROETT

It’s March and the color is Green. Like stop lights, we move from last month’s red, “Stop in the Name of Love”, to this month’s green, “It’s Time to Go”. Nevertheless, like Kermit the frog, we must remember, “It’s not easy being green”. Even though, St. Pat’s, and the first day of spring are green days, March has swiped Palm Sunday and Easter from April, just to make sure!



While we’re at it, the Hospitality team has also added some greens to the mix. Shunning all the obvious themes, they have chosen a Spring Fling Potluck! It will be great to revisit an old event. No potlucks in a long time. There will be a sign-up sheet and you could probably bring green beer, if you wanted! The date is Wednesday, March 6, Sierra Pines Room, 4:30pm – 6pm. Your pot is your payment. Hope you have signed up by now. What fun!

Speaking of fun, our faithful audience is going to love our June third Concert. There has been much discussion and hemming and hawing about the title. It’s difficult because it includes folk, country, love songs, work songs and patriotism. Roll those all up together and the title will be announced in April. Tickets will be sold soon. This Timbers Ballroom Concert should be a sellout.

There is still time to go to our next rehearsal on Monday at 2:30, back of the Ballroom. We always welcome new singers. You don’t have to wear green, but you will be welcomed with a salad full of new music, new friends and a new way to celebrate the melody of life. Go Green.

...

## SC Harmonicoots

BY LINDA B. AUG

The Sun City Harmonicoots not only love to play music, but they love to sing as well! Now you may ask yourself “how does one play the harmonica and sing?” Just ask a Sun City Harmonicoot and they will explain how “singing” is a very effective learning exercise at our weekly practices.



When a harmonica player is familiar with a song, it is “sung” through their harp either through reading sheet music or playing by ear. This is because the tune and the beat are embedded in their memory. These types of songs seem to go rather easily for the Harmonicoots as we all “sing” the songs through our harmonica hearts and understand how it should sound.

But what happens when we are asked to play a song that many haven’t heard before? That’s when one of our Harmonicoots will

*(cont’ on page 11)*

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**SUBMISSIONS:** The Sun Senior News -

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

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

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# Executive Director Comments

## Board Elections and Other Important Stuff

BY GEOFFREY BROWNE

The Sun City Roseville Board election process is well underway! The Election Committee mailed their "Call for Candidate" letter on January 17 this year, and prospective applicants have until April 18 to get their applications submitted to the Administration Department if they intend to run in the election. There are two openings for the Board, and our Elections guidelines call for two potential candidates for each open position by the filing deadline. If this number is not attained, then the Board President will activate the Nominating Committee (appointed at the February Board Meeting) in an effort to secure additional candidates. We would need at least 3 Candidates to hold an actual election so act now if you are considering running for the Board. For those interested in running, there is a Prospective Board Candidates Information Meeting scheduled for April 4th at 2:00pm in the Solarium.

At the February 22 Budget Townhall Meeting, the panel, which included representatives from the Board, the Finance Committee and staff, projected increases to the monthly assessments over the next five years and outlined the reasons influencing the expected increases. A possible range of \$12 to \$15 per month increase for next year was discussed, but at the time I am writing this article, staff has worked hard to reduce that range down to between a \$10 and \$13 increase per month. The Board will host a final open meeting on Tuesday April 9 to listen to additional input from the community prior to approving the final budget at the regular Board Meeting on April 26.

Staff presented the 2024-25 draft budget to the Finance Committee in the week of

March 18 with three days of departmental budget presentations. On the fourth day, staff presented proposed Reserve equipment and project expenditures as well as New Capital and Capital Asset Improvement Account proposed projects.

Work on various projects around the community continues. Work is continuing on the Landscape Master Improvement Plan around the community with several projects around the Lodge coming to completion. Work will continue through April and May and represents our ongoing efforts to revitalize our common area landscape throughout the community. Depending on the final budget approval, additional landscape staff may be added to assist in the community enhancement projects. The MIP for Golf, which includes important work on bunker removal and renovation, turf reduction and irrigation repairs, is also in progress.

After a short pause to organize and begin the process of updating the 10-Year Strategic Plan, the resident-approved Phase B preconstruction work will get underway at the beginning of this month and continue into the fall. This part of the Phase B project will tackle the entitlements, design and construction drawings and permitting processes in advance of undertaking the actual construction phase in the future. Please attend an upcoming Strategic Planning Work Group meeting to learn what the community's next building project(s) will be.

It's a busy time of the year as we look forward to Spring and all the opportunity for continuous improvement it offers!

**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 Roseville. Our publication will not publish article content or "Letters to the Editors" regarding Federal, or State election issues or advocacy.*

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

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## Neighborhood Watch/Citizen Patrol

BY LINDA VINCENT

Below are a few Scams that you should be aware of:

- IRS —**  
The IRS will never:
- Call to demand immediate payment using a specific payment method such as a prepaid debit card, gift card or wire transfer. They do not call – the generally will mail a bill to any taxpayer who owes taxes.
  - Threaten to have you arrested for not paying.
  - Demand taxes be paid without giving taxpayers the opportunity to question or appeal the amount owed.
  - Call unexpectedly about a tax refund.
- Social Security —**  
Social Security will never:
- Suspend your Social Security number.
  - Claim to need personal information or payment to activate a cost-of-living adjustment (COLA) or other benefit increase.
  - Pressure you to take immediate action, including sharing personal information.
  - Ask you to pay with gift cards, prepaid debit cards, wire transfers, or by mailing cash.
  - Threaten to seize your bank account.
  - Offer to move your money to a “protected” bank account
- Grandparent —**
- Direct message you on social media.
  - The scammers call and impersonate a grandchild – or another close relative – “Hello

Grandpa??” in a crisis situation, asking for immediate financial assistance.

- Sometimes these callers “spoof” the caller ID to make an incoming call appear to be coming from a trusted source.
  - Scammers often bully victims into transferring money by wiring money, or by purchasing gift cards or money orders. Some may even want to meet to receive money in person. Hang up immediately when receiving a call of this kind and report to the local police department.
- Tech Support —**
- Receive a phone call, pop-up, or email telling you there’s a problem with your computer.
  - Scammers pretend to be from a well-known tech company such as Microsoft. They use lots of technical terms to convince you that the problems on your computer are real. Do Not Give Them remote access!
  - They may also try to enroll you in a worthless computer maintenance or warranty program.
  - Don’t fall for Tech Support on your computers or phones unless it is a trusted source – someone you know or who you have been referred too to help you with your technical issues.
- Scammers are getting more brazen every year so watch out!

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## Ambassador Committee

BY DONNA WEIGELT

The Ambassadors held the 2nd Resident Orientation of this term on Saturday, February 24th at Sierra Pines.



Bartenders - Dwight Rose and Jack Porter.



Food

The theme of the day was Mardi Gras with awesome decorations on tables to support this theme.

New Residents, with Staff, Ambassadors, Board of Directors mingled with each other as they enjoyed wine, various cheeses, Pinwheel Sandwich's, Cookies and fruit. The new Residents participated with the Ambassadors in an ice breaker exercise which was enjoyed by all.

Speakers from Compliance, Activities, Golf, Sun City Foundation, and IT provided



Mardi Gras Theme

helpful information and handouts were available at the information table with questions answered by Ambassadors and Speakers and other Staff members.

There were several door prizes drawn for golf and Dinner at Timber Creek Lodge, Fitness Books for Classes at Fitness Center, Show Tickets, Wine and gift cards. Thank you to our Team and Bartenders that helped put this event together, the feedback from new resident participants was very positive and gave many comments to all that put this together,

The next New Resident Orientation will be a Champagne Brunch on May 18 at Sierra Pines for residents moving in during February, March and April. If you are a new resident be on the lookout for your invitation in early May.

There will be openings on the Ambassador Committee for the next term beginning in September. Learn more about this Committee and all other Sun City Roseville Committee opportunities at the Mix and Mingle on April 25 at 2:00 PM in the Ballroom at Timber Creek Lodge.

## Website Workgroup

BY CHARLYN ROSS

Who and Why —

The "Who" is the author of this article, a Sun City Roseville (SCR) resident for 27 years. The "Why" is because my past career made me aware that computers would be important in the future. Twenty years ago, I

joined a group of residents, who were working towards the creation of SCR's Resident Website, [www.scrs.org](http://www.scrs.org). Recognizing that our community would constantly need Website tips and updates, I began writing this monthly Courier article.

Ever since the Resident Website was activated, residents have suggested it should permit (1) registering for Activities' events, (2) scheduling Golf Tee times, (3) making reservations at Timbers Restaurant, and (4) paying monthly assessment online. It took a while, but features (1 & 2) are now available on an alternate website called "Sun City Roseville Club Now" at <https://scrmember.scrs.org>. Item (3) is being worked on and item (4) is being consider for the future.

We emphasize that the RESIDENT WEBSITE ([www.scrs.org](http://www.scrs.org)) is not going away. All the features of the Resident Website will remain available. However, the new Association computer system requires this alternate website to provide those new features. The icon, to access "Sun City Roseville Club Now" ([scrmember.scrs.org](http://scrmember.scrs.org)), is on the Resident Website's Announcement page, bottom row, far left.

To login to "Sun City Roseville Club Now":

1. On a Smart Phone or Tablet, to access "Sun City Roseville Club Now" you may need to download an "App" by searching for "Sun City Roseville Club Now". The App is available for Android devices on Googleplay Store and for Apple devices in the Apple App store.

2. When you sign in for first time, use the email address that you have on file with the

Association. (Reminder: your email address should be all lowercase letters.)

If you do not have an email address on file, please contact Nona Weintz, in the Administration Office, [nonaw@scrcs.org](mailto:nonaw@scrcs.org) or phone 916-774-3820.

3. The first time you log into the Sun City Roseville Club Now Website your password will be your last name, all lowercase letters. Then, you will be asked to change your password.

Check out these new, convenient features on "Sun City Roseville Club Now".

On the Resident Website.... About the Classified Ad Feature

Each month the Resident Website's "Classified Ad" feature proves to be the most popular of all the Resident Website features.

However, there are certain requirements that a resident must follow when placing an ad. The Terms of Service clearly indicates that there is a limit of four posted ads per person. To post any additional ads, one needs to wait until one of their ads is either sold or removed.

The "Classified Ads" link is found in the "Community" menu on the Resident Website Home Page ([www.scrs.org](http://www.scrs.org)). On the "Classified Ads" webpage, the requirements are explained in the "Classified Ads Terms of Service," which can be accessed by clicking on the light green letters, directly above the "envelope" icon.

Need Website Assistance?

Should you have Website questions, please contact Julia Schmunk, our Website Designer, by phone 916-774-3878, by email at [julianns@scrcs.org](mailto:julianns@scrcs.org)

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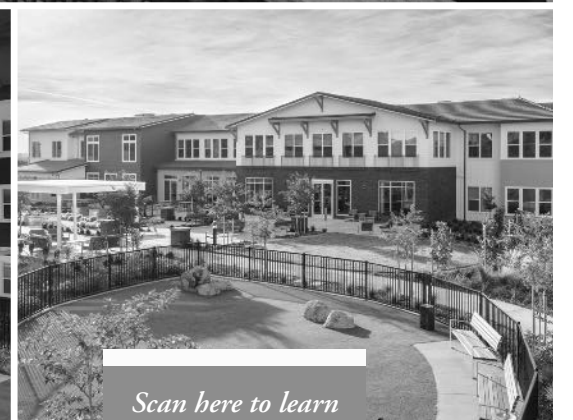
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## Governmental Affairs Committee

BY MELANIE FAUST

The Governmental Affairs Committee (GAC) is one of ten resident-led committees within the Sun City Roseville Community Association (SCRCA). GAC members, on behalf of the Board of Directors, and working closely with the Executive Director, identify emerging federal, state and local governmental matters that may affect SCRCA operations or finances. The Committee is also a conduit of information for Sun City residents.

What is unique about the GAC? The other nine committees focus on concerns arising within Sun City. Several committees literally inspect Sun City properties on foot every month. The GAC

focuses on information arising beyond the borders of Sun City.

For example, the GAC has monitored legislation concerning Accessory Dwelling Units (ADUs) in

California for several years. Assembly Bill 1033 (Ting), signed into law last fall, proposed a new

option for local governments to allow landowners to convey ADUs separately from the primary

dwelling, by creating a new lot and making the accessory unit a new primary residence. The

GAC members monitoring the bill considered mitigating measures. The Community

Associations Institute (CAI), which the SCRCA joined last fall, successfully lobbied for a late

concession that added authority for Homeowners Associations to decide independently on

separate conveyance even if the pertinent local government supports it. Sun City Roseville therefore has the power to reject separate conveyance of ADUs in our community.

Does the GAC make a difference? Last year, the City of Roseville released an Environmental Impact Report (EIR) for a major industrial warehouse project at the west end of Blue Oaks Boulevard. The GAC immediately alerted the Board of Directors, which gave the Board time to send a comment letter on behalf of the SCRCA. Sun City's objections were added to those of neighborhoods closer to the project site, and the city and the developer have suspended the project. The GAC continues to monitor the project's status.

The monthly GAC meeting usually includes briefings by staff from the offices of our state and federal legislators, and by staff from the City of Roseville. The committee also hosts presentations on topics such as Placer County's transportation planning, Roseville's new regional soccer park, the City of Roseville smart meter program, California Highway Patrol senior safe driver awareness, new policy initiatives of California Insurance Commissioner Ricardo Lara, and town hall style updates with our local elected representatives.

The GAC is seeking up to five new members. Prior experience in government service is helpful, but not required. The deadline to submit an application is March 8 at 4:00 pm. The application form is available at the Administrative Office, or on-line at [scrca.org](http://scrca.org) via the "Volunteer" button on the home page.

Sun City residents are welcome to attend our meetings on the second Tuesday of the month, 2:00 pm, in the breakout rooms at the Lodge. We welcome questions, ideas, and applications!

## Volunteerism Committee

BY KATHY CASTEN, DEE FRANZ, AND CAROL RODEN

We would like to invite you to the "All Volunteer Mix N' Mingle". This fun event is scheduled for Thursday, April 25, 2:00 – 4:00 PM, in the Timber Creek Ballroom.

Tables will be set up in the Ballroom, staffed by volunteers representing all Committees: Ambassador, Architectural Review, Chartered Clubs, Compliance, Elections, Finance, Golf, Governmental Affairs, Properties, and Sports Advisory. In addition, there will be tables representing the Board of Directors, Leadership Academy, Sun City Library, Sun City Foundation, Sunshine Services, and Citizen Patrol/Neighborhood Watch.

The theme this year is the circus, with the official name "Mix N' Mingle Under the Big

Top." Each table will have "circus" decorations and a handout with information about their responsibilities. A ticket to the event will be given out at the entrance to use as you visit each of the tables.

During the event, you can enjoy refreshments and learn about the Committees and other volunteer opportunities in Sun City. While visiting each table and gathering information, you will have your ticket marked. Visit each table, turn in your ticket, and be entered into a drawing for a variety of prizes. The grand prize is a \$100 gift certificate for an activity of your choice in Sun City.

The "All Volunteer Mix N' Mingle" is an annual event, with this being the fifth year, and provides a wonderful opportunity to socialize with Sun City neighbors while becoming informed about the workings of the Committees as well as other volunteer opportunities in our community.

Registration is not required - just mark your calendar, bring a friend, and join the fun in the Ballroom on Thursday, April 25, 2:00-4:00 PM.



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## SC Harmonicoots

(cont' from page 1)

volunteer to sing the song for the group. Players quietly follow along matching the vocals with their sheet music. The intent is to capture not only the melody, but the dynamics as well. After one verse or two, all will join the singing and begin to “feel” the song. Sometimes our singing is so good we decide to assign the song as a “Play-Sing-Play” number. We can also perform a “Sing-Play-Play” song as well.

While we have many fine vocalists in the Sun City Harmonicoots, it is your voice we most want to hear! Currently the Sun City Harmonicoots have been busy creating a song book for our sing along audiences. A big shout out to Ann Kelly, Dennis Hellman and Amy and Steve Cho for their hard work on this project. Hopefully your club or group will be holding a Sun City Harmonica Songbook in the future and singing along with us! Don't be surprised to hear us sing as well! Harps Up!

• • •

## Music and Laughter

BY JANE BOHN

What a fun evening. Once again, our enthusiastic fan club arrived followed by a whopping fourteen entertainers. Our “Open Mic” was off to a great start. We cheered, sang, and listened intently to performers on



Jane Bohn and daughter Lisa Marie Bohn.

piano, violin, guitar, saxophone, and clarinet. Included were also fun jokesters, a cappella singers, and of course melodious audience sing-a-longs that continually kept our spirits up. We want to shout out a huge thank you to the following entertainers: Jan Given, Joe Given, Ken Roberts, Joe Lopez, Bruce Barley, Elton Pamplin, Kenny Giorgi, Peggy Wells, Lem Llapitan, Jan Montero, Letha Dawson, Ed Lick, Jack McGurk and Ray DeBenedetto. You all add so much joy to our lives and we cannot thank you enough.

Our prize winners included Margaret Babin, Ray DeBenedetto, Sherry Scheitine, Janice Shreve, Gini Christensen, and Paula Happe.

We hope you'll ask around about this fun group who meet once a month, or better yet, pony up \$1 (entrance offering) for the raffle at the end of the show and come join us at our next gathering April 10th, Wednesday evening 7pm (doors open at 6:30). Oh yes, for you newcomers, we are at the Sierra Pines Lodge located on the corner of Del Webb Blvd., and Whistlestop Way. We'll happily greet you there.

• • •

## All Tuned Up

BY PEGGY WELLS

ATU's big news for April is our April 29 spring show! For the first time in many years, this show will be in the Timber Creek Ballroom starting at 7pm. Tickets are \$10, and are available at the front desk in the lodge. We expect to have a full house, so get your tickets early. It promises to be a great show!

Most residents have a general idea of what ATU is, but many of don't know what actually goes on. We meet every Thursday at 9am in the Ponderosa room at Sierra Pines.

The chairs are set up in a big circle with the electronics (sound board, speakers, amps) at the front of the room. Each member has a large binder with songs of varied genres. Currently, the binder contains 135 songs. Each meeting starts with announcements from our president. The microphone is passed around to each participant – the person with the mic chooses the song, and leads the rest in singing. The songs are accompanied by our very talented instrumentalists. A member may choose to do a solo, and new songs can be added to the book by vote of the members. The general atmosphere is that of a bunch of friends sitting around a campfire having fun. And after making music till around 10:45, we close with singing Happy Trails, and adjourn to the snack bar for coffee and conversation. Sometimes we even try out some music in the snack bar! So, if you're interested, come on by on a Thursday morning and join the fun. Again, we meet at 9am every Thursday morning at Sierra Pines.

And be sure to get your tickets for our April 29 show!

• • •

## Dance Club

BY VIKKI CLARK

Spring is definitely in the air! Trees and flowers are blooming, and so are the events sponsored by The Dance Club.

March brought “Saddle Up!”, a social hosted by Line Dance 1. Bill Swayne taught easy dances and everyone was on the floor grapevining and clapping



Line Dance 1 Class lead by Shelly Winters.

to some great music. They danced the night away... until 9:00! This was a dance for beginner and experienced dancers alike. Everyone had wonderful time!

April 22nd will be “Neon Nights”. With every ticket purchase, you will receive a glow-wearable. There will be a professional DJ, Tuisse to spin the tunes. Plan on attending in your brightest attire. Tickets available at Courier Days, any of the dance classes or at the door the night of the dance.

May 20th will be a special dance, “Swing the Night Away”. The evening will start off with a 45-minute swing lesson, then a DJ will play so that we are able to practice what we've learned. Tickets will be available at May Courier Days, any of the dance classes, or the night of the dance. It will be an event you won't want to miss.

In the heart of Sun City, the Dance Club stands as a testament to the power of rhythm, movement and social connection. More than just a venue for dance, it's a place where residents come together to celebrate life, build friendships, and unleash their inner dancers. Whether you're a seasoned or taking your first steps onto the dance floor, the Dance Club welcomes you to join the community, embrace the music, and dance the night away.

• • •

(more Club News cont' on page 13)

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## Drama Club

BY LENORA DAVIS

The Second Act Studio Drama Club is well on our way to presenting to you three plays on two different dates in May. On the 26th we will



offer our luncheon matinee and on the 27th will be our evening performance. We have selected three light dramas for a little change from our previous productions.

We will first have a reading of the lyrics to Taps, a Memorial Day activity to honor our fallen soldiers.

Then we will:

(1) Begin with a Readers Theater play, "The Comeuppance of Flame LaQuench", where dialog is creatively presented while reading directly from printed scripts.

(2) Next is "Lunch Ladies at the L'Ambrosia Luncheria", where two ladies have trouble paying their luncheon bill.

Intermission (to allow for set changes)

will then be followed by

(3) Finally, "Misconceptions", where a gossip causes concern in a retirement center.

Both programs will be by "reservation", in lieu of ticket sales. Entrance may be reserved at April 1 and at May 1 Courier Days in the Lodge. Also, reservation sheets are available at the Drama Club kiosk in the Lodge lobby, or by directly contacting Linda Vincent (206.794.9089) or Susan Glover (530.388.6367). Drama Club members will also be available in the Lodge lobby on various dates, collecting for reservations, so check the Second Act Studio Drama Club page on the Sun City website. Registration is NOT available through the Activities desk.

For the luncheon matinee, menu selection (Chicken salad croissant, Cobb salad or Veggie wrap) will be available to be submitted with reservation applications. For all entrance reservations (luncheon and evening), prepayment is required by check made to SASDC. Checks may be deposited, along with the reservation form, at 6353 Buckskin Lane after April 4.

We look forward to once again "filling the house" with this production.

• • •

## SCR Needle Arts Club

BY PEGGY VOAKES

Our March program, given by Jonelle Tannahill was interesting, informative, and fun. We had a good attendance and a delightful time. Some of my decorating ideas are actually in style currently!

My spotlight in March shone on Gail Miller, our intrepid newsletter editor. Gail works throughout the month obtaining all the info we need to know, organizing it, and getting it to the printer. I besiege her with little bits of this and that and, in turn, she often has to noodge me for things I should have remembered to tell her. I urge all our members to pick up a copy each month and keep it for reference. Newsletters are available in the Lobby kiosk and the Needle Arts room.

We are pleased to learn from Marsha Rhodes, our Scholarship Chair, that we were able to provide \$1500 in scholarships to Sierra College students this past year.

We were delighted to participate in Fine Arts' show on March 16 and 17. We had a dozen of our own members offering their creations for sale. Lots of "ooohs" and "aaahs" all around.

Our next General Meeting is April 3, 1:30 pm, in the Ballroom. Our program will be Melissa Lee, a fabric (cute stuff) designer. We look forward to seeing all our members and any interested guests!

• • •

## Creative Arts

BY CAROL KOVACH

Gerri Junso and her husband, Jim, moved from Camarillo to Sun City in June 2009 to be closer to their youngest daughter, Laura (who lives in Granite Bay) when she had her first child. Gerri grew up in several places in central and coastal California including Modesto, where she met Jim in her junior year of high school.



Gerri and Jim discovered Sun City and loved all the opportunities to enjoy their retirement while still being close to two of their daughters. Gerri immediately joined Creative Arts as she was interested in ceramics and the chance to develop her skills in glazing intricate and whimsical pieces. She had discovered ceramics accidentally fifty years ago in Lodi after walking by a ceramics store. Two years after joining she was elected President of Creative Arts with Lois Habein as vice president. Gerri developed an interest in decorative painting in 2015 as she and Lois had become good friends. In this group (led by Lois) she has decorated some beautiful unusually-shaped bottles, stemware and wood.

Gerri and Jim have an unusual family attribute. Their daughters, Syndie and Michelle, are known as "Irish twins" having both been born in the same calendar year. Their youngest daughter, Laura, lives in Granite Bay. Gerri worked as a special education teachers' aide for many years before obtaining her teaching credential in special education, a BA in language from Cal State Northridge, and then her MA from Azusa Pacific University. She did all this part time in record time.

Line dancing, swimming, ceramics, decorative painting, needle arts and cards are the Sun City activities in which Gerri is involved in. She and Jim recently celebrated their 59th wedding anniversary. Jim enjoys long bicycling trips and line dancing with Gerri.

## Fine Arts Club

BY NANCY VAVUL

April arrives brimming with creativity and community spirit after the triumphant success of last month's art show. This event surpassed expectations, leaving attendees buzzing with excitement and appreciation for the array of talent on display.

The art show's more formal format added sophistication, providing attendees with an elegant atmosphere that elevated

the showcased artwork and celebrated the creative process.

Gratitude extends to all participants who contributed to the show's success. Artists poured passion and skill into their creations, captivating audiences and making the event a true celebration of artistic expression. Behind the scenes, organizers, volunteers, and supporters worked tirelessly to ensure the event's smooth operation, building an environment where creativity flourished.

The Fine Arts April calendar is filled with exciting events and opportunities for the artistic growth of our members. We warmly welcome Maria Winkler, our new teacher, who will lead colored pencil art classes on Tuesday mornings. This medium, so far unexplored in our general instruction, proves to be an exciting addition to our class lineup. In addition, Donna Self will continue to lead acrylics classes on Monday afternoons, and Pat Abraham will guide watercolor enthusiasts on Tuesday afternoons.

April workshops, expanding the skills of members in additional areas, include the creation of beautiful, felted flowers by Ella Bosse on April 6, the intriguing construction of mixed media collage by Renee Hawkyard on April 13, and the colorful products of alcohol ink by Sherry Bleiweiss on April 25. Plus, on April 11, following our general membership meeting, Tony Ragone, an award winning local artist and signature member of the National Watercolor Society, is scheduled to be our guest demonstrator.

As always, check the fine arts room for sign-up sheets, and details about times, costs, and materials for classes and workshops.

• • •

## Roseville Stamp Club

BY TIM MILES

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

The Sacramento Stamp Club has their annual Spring Stamp Show scheduled for Friday, April 5 and Saturday April 6 at the

(cont' on page 15)



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## Roseville Stamp Club

(cont' from page 13)

Arden Christian Church at 4300 Las Cruces Way, Sacramento. They have quite a display of sale items and you can dicker with the various dealers and tables. Any inquiries, call the club at 916-804-9452.

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

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

• • •

## Cinema Group

BY BRIAN SUTTON

Join us in April for this excellent movie...

"Woman In Gold" (2015), Directed by Simon Curtis. Run Time: 1 hour 51 minutes

Sixty years after fleeing Vienna, Maria Altmann (Helen Mirren), an elderly woman, attempts to reclaim family possessions seized by the Nazis. Among them is a famous portrait of her aunt, "Portrait of Adele Bloch-Bauer" by artist Gustave Klimt. With the help of a young lawyer (Ryan Reynolds), Maria embarks upon a lengthy legal battle, but it will not be easy, for Austria considers them their national treasures.

Reviews: Internet Movie Data Base —A high 7.3 out of 10

NPR—"For all its broad-brush strokes, the film can't help but tell a moving, populist, parable about the will power of an ordinary woman, taking on powerful institutions to regain a tiny fraction of her family's losses."

Leonard Maltin—"A wholly captivating Mirren makes "Woman in Gold" a positive film-going experience."

Richard Roeper—"Simon Curtis' 'Woman in Gold' is a sentimental fictionalization of this true story, but it's a fascinating story nonetheless, beautifully photographed and greatly elevated by a brilliant performance from the invaluable Helen Mirren."

Friday, April 19, 1:30 pm, Spruce Room, Sierra Pines. As always, admission is free!

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

• • •

## Mantra Meditation

BY ED CERVANTES

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

Come learn a simple method of meditation that uses soothing mantras and music to ease the stress, anxieties, and emotional situations of daily life.

Mantra meditation is as universal as the sunrise. Everyone can enjoy the beauty of a sunrise and be warmed by its rays. Likewise, through this meditation everyone can experience an inner peace, increasing insights and happiness.

The program is donation based and the meditations will be practiced seated in chairs.

Here are the dates and locations for our upcoming meetings.

Wednesday, April 10th 1:30pm - 2:30pm in the Ponderosa Room at Sierra Pines

Wednesday, April 24th 1:30pm - 2:30pm in the Ponderosa Room at Sierra Pines

Wednesday, May 8th 1:30pm - 2:30pm in the Ponderosa Room at Sierra Pines

Bring a friend and come make new ones. The Heart of Gold Meditation Group: mantramedclub@gmail.com

• • •

## Solo Friends

BY NIKKI COMBS

One benefit of being a Solo Friend is the love and care we show each other. Friends help friends. Thankfully, the Sun City Sunshine Services also helps. President and resident Linda Cilenti spoke at the March General meeting about their services.

Sunshine Services is supported by the Foundation and was established in 1997 for medical equipment loans. Their purpose is to support residents.

Their two main programs are the short-



Frank Kilarr showing Dawn Beck some love and care with a song.

term equipment loans and the Arrow bus tickets. They will also take gently used medical equipment as donations. The Arrow bus is operated by the City of Roseville, but the group sells discounted tickets. This door-to-door service is vital for those unable to drive.

In addition, they sponsor the Adult Bereavement Group and speakers at Sierra Pines. They have information on how to sign up for the City's program for moving garbage bins to the curb, or at door mail delivery. They have lists of county resources on aging, care, etc. They also produce the Alternate Living Considerations booklet and the free Survivor's Guide.

As with most groups, volunteers are needed. Linda would love to expand selling the Arrow tickets, delivering the Courier to those homebound, and create an Adopt a Neighbor program. Anyone wanting to spread their caring nature is welcome at the third Thursday meeting at 10:00 am in the Club room. Email the Sunshine Services at sunshineserviceslcc@gmail.com for information.

Another way to show love and caring is to host or co-host a Solo Friends Social Dinner. Without hosts, several dinners will be canceled. Please contact President Sharon Hearden for information.

Kelly Siddith of the Roseville Police Cyber Security Department will be speaking at the April 1 General meeting at 6:00 pm in the Timbers Ballroom. Hope to see you there.

• • •

## SCR Computer Club

BY BARBARA EICHTEN

Hope you had a wonderful Easter holiday!!

There will be no General Computer Club meeting in April or May.

Cardmaking: Classes will meet on the third Thursday of each month from 1:00 -4:00 pm in the Club Room. The next meeting is April 18. We will be creating all occasion cards with rubber stamps and dyes. For more information and to reserve your spot, call Cathy Fluellen at 623-256-0280.

Photo: Will meet on the 3rd Friday, April 18 at 10:00 am in the Club Room. Come to the meeting and see how the Photo SIG (camera club) does things. Submission of a maximum of 3 photos, sent to PhotoSIG916@gmail.com, is due by Monday, April 15. The photos will be juried at the regular monthly meeting. April's theme is "Architecture/Architecture Details." The photos are to be taken between January 2021 and the submitted date.

Contact Dennis Studer or Jennii Ramirez for additional information.

Genealogy: The next Genealogy meeting will be May 8 at 2:00-3:30 pm in the Club Room.

Join us for a video presentation.

Open sessions are on Friday April 5, 12, 19 and 26 from 1:00 - 3:00 pm in the Club Room. These sessions are to assist residences with individual problems with iPhone, iPad, or a computer.

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

• • •

## Conservative Action Group

BY GWEN MYERS

We welcomed a number of new members and guests to our March meeting. Our planned speaker, Placer County Sheriff Wayne Woo was ill; however, his assistant, Shayne Wright, Placer Under Sheriff gave an overview of how the department is comprised and new advances in law enforcement. He also mentioned that Placer County Sheriff Department is a well recognized place to work so they have no trouble hiring from other cities.

Attendees were reminded to sign two initiatives that will be on the November ballot: One will revoke Proposition 47 that has permitted increased drug and theft crimes. The other initiative is called "Protect Our Kids" which includes parental notification in the schools. You can see the initiatives at our Courier table on April 1.

We look forward to the return of Amy and Steve Cho to their active roles in our group's activities.

For more information on The Conservative Action Group, go to our SCRES website.

Our next meeting is Monday, April 1, 6:30 pm at Sierra Pines Ponderosa Room.

• • •

## Healthcare Professionals Group

BY LINDA GORDON

At the March meeting of the Healthcare Professional Group we had a very informative presentation. A new member to our group, Louise Leshar a Private Companion, spoke to us about Companion Care. This is another choice for "In Home & Community Support" for care of those in need. Louise has been doing this very valuable work in Oregon for several years and has recently moved into our community. A Companion offers many levels of care and support to their clients when they can no longer do for themselves.

The Healthcare Professionals Group is a social group of SCR residents who have worked in any capacity in the Healthcare Field. We meet the first Wednesday every other month at 11:00am in the Ponderosa Room in Sierra Pines. A speaker will start at 11:30 and lunch

(cont' on page 19)

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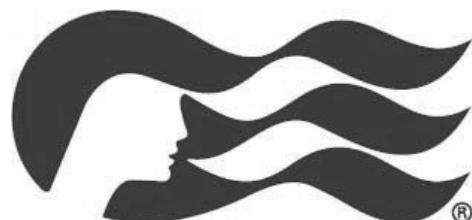
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<b>Crown Princess ~ 3080 Passengers</b>	Sep 29, 2024	\$1,099	\$1,199	\$1,999
<b>Ruby Princess ~ 3080 Passengers</b>	Dec 2, 2024	\$999	\$1,099	\$1,799
Sail round trip from San Francisco, California to Kauai, Nawiliwili Hawaii; Honolulu, Hawaii; Hilo, Hawaii; Ensenada, Mexico, San Francisco, California. <b>*LINCOLN SHUTTLE TO SHIP AVAILABLE!</b>				
<b>11 DAY ALASKA From SFO! PRINCESS</b>	May 15, 2024	\$798	\$999	\$1,599
<b>Crown Princess ~ 3080 Passengers</b>	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. <b>*LINCOLN SHUTTLE TO SHIP AVAILABLE!</b>				
<b>14 DAY NEW ENGLAND REPOSITION PRINCESS</b>	Oct 17, 2024	\$1,799	\$2,099	\$2,699
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<b>16 DAY PANAMA CANAL PRINCESS</b>	Sep 28, 2024	\$1,699	\$1,999	\$3,699
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<b>25 DAY SOUTH PACIFIC Cunard</b>	Sep 22, 2024	\$2,548	\$3,510	\$3,948
<b>Queen Elizabeth ~ 2081 Passengers</b>				
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<b>52 DAY WORLD CRUISE SEGMENT PRINCESS</b>	Jan 20, 2025	\$8,998	\$10,599	\$13,999
<b>Island Princess ~ 2200 Passengers</b>		<b>INCLUDES SACRAMENTO AIRFARE!</b>		
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\*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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--------------------	----------------------------	-------------------------------------------

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Package Includes your home to the Sacramento Airport Transportation, round trip Sacramento Airfare, Airport Meet-And-Greet with Transfers from the Airport to 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.	

<b>15 Day GRAND EUROPEAN TOUR May – December 2024</b> <b>Viking Longships ~ 190 Passengers</b>	<b>\$4,299</b> <b>INCLUDES ROUND TRIP SACRAMENTO AIRFARE!</b>
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.	

<b>12 Day MISSISSIPPI March – November 2024/2025</b> <b>Viking Mississippi ~ 386 Passengers</b>	<b>\$4,299</b> <b>INCLUDES ROUND TRIP SACRAMENTO AIRFARE!</b>
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.	

<b>8 Day NIAGARA &amp; GREAT LAKES April – October 2024/2025</b> <b>Viking Octanis ~ 378 Passengers</b>	<b>\$5,995</b> <b>INCLUDES ROUND TRIP SACRAMENTO AIRFARE!</b>
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.	

<b>121 Day VIKING WORLD JOURNEY Jan 5, 2025</b> <b>Viking Sky ~ 930 Passengers</b>	<b>\$55,995</b> <b>INCLUDES ROUND TRIP SACRAMENTO AIRFARE!</b>
Sail from Los Angeles, CA to London visiting California; Hawaii; Tahiti; New Zealand; Australia; Indonesia; Vietnam; Thailand; Singapore; Thailand; Myanmar; Sri Lanka; India; Arabia; Jordan; Egypt; Israel; Greece; Turkey; Italy; Monaco; Spain; Portugal; France; England. Package Includes your home to the Sacramento Airport Transportation, round trip Sacramento Airfare, Airport Meet-And-Greet with Transfers from the Airport to the cruise, 121 Day Viking World Cruise, all meals on board the boat AND daily sightseeing! Ask about higher category staterooms. Call for availability and to book your World Cruise!	

Prices are per person based on double occupancy and subject to availability at the time of booking. Taxes, Fees, & Port Expenses as well as Travel Insurance are additional. Please call for current availability and pricing.

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**PROSPER** 

## Healthcare Professionals Group

(cont' from page 15)

and social time will be at 12:00. Cost is \$10 for lunch. Our next meeting will be May 1. Stay tuned for information about the speaker for the May meeting.

Nurses from our group hold a Blood Pressure Clinic for Residents on the second Wednesday of the month from 9:30-11:00am in the Fitness Center. This is open to all residents to have their BP checked and to discuss any issues they may have. Our next clinic will be April 10.

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

• • •

## Jewish Fellowship Circle

BY LOIS ARLEN AND KAREN LEVINE

A big thank you with appreciation to Allen and Diane Greenberg for leading the Shabbat (Friday night) service and to Paul and Vivian Friedman for hosting the Oneg (a sweet table after the Shabbat service) in February.

The annual February lox and bagels brunch at Sierra Pines was a big success and enjoyed by everyone. Other traditional Jewish foods also included were noodle kugels, herring, egg and tuna salads and desserts, all of which were generously and deliciously made by our JFC Board members.

Spring has finally arrived with its warmer weather, sunshine and blue skies. With Spring comes our Passover celebration. We will have our Passover Seder on April 25 at the Timbers Lodge.

Here are some interesting facts about Passover:

Passover is also called the Festival of Unleavened Bread. During Passover only unleavened bread or matzo may be eaten. According to the story of Passover, the Jews did not have enough time to let the bread rise before they fled Egypt. The word Passover comes from the tenth plague in which the firstborn sons of the Egyptians were killed. The Israelites were spared from the plague because Moses told them to mark their doorposts so that the angel of death would "pass over" them.

We are pleased to announce that Rabbi Matt Rosenberg will lead the Shabbat service on Friday, May 3 at Sierra Pines. Rabbi Rosenberg is the incoming director of the new Einstein Jewish Community Services, a nonprofit human service agency being developed to support seniors and the disabled throughout the Sacramento area.

• • •

## Socrates Café

BY STEVEN GUSTAFSON

Socrates, who lived over 2,300 years ago, is widely considered to be the founder of Western philosophy. He gave much sage advice, such as "Be as you wish to be seem" and "By all means marry. If you get a good wife, you will become happy. If you get a bad one, you will become a philosopher". Sun City's philosophy group uses Socrates' way of discussion---thoughtful questions, careful listening, and respectful answers.

Typically, over a dozen Sun City residents participate in our discussions on the first Monday of each month. At our meeting on March 4th, the facilitator (a resident volunteer) presented these questions for discussion: (1) Do the ends justify the means for civilian casualties in war---can their deaths be justified? (2) Do students at universities need to be protected from views that might offend or radicalize them? (3) Twenty years ago, a young girl was illegally trafficked as a sex worker to the US. She escaped, married another illegal immigrant, and started a successful business with her husband. She and her husband have been discovered as illegal immigrants, but they now have three school-age children who were born in the US and are therefore citizens. Their deportation would break up the family and create three orphans to be cared for by the state. Should they be deported?

If you find questions like these interesting and would like to participate in the discussion, you are welcome to join us at the next Socrates Cafe on Monday, April 1st, at 10:00 in the Card Room at the Timbers lodge.

• • •

## Veterans and Patriots Club

BY GEOFFREY MARSHALL

We'll be kicking off our Club's social season with a Spring Fling Luncheon. Save the date of April 28, 2024 for a light lunch of salads and dessert at Sierra Pines for only \$15



Geoff Marshall - President and guest speaker - Dave Lewis.

per person. See our webpage or the kiosk for details on how to make your reservation. This event will fill up quickly.

Dave Lewis, Major, US Army (Retired) was our speaker at our March meeting. He shared with us his experiences and fascinating vintage pictures of his tours in Vietnam and Thailand between 1967 and 1969.

Show your Patriotism! Fly your Flag! If your flag is getting frayed and worn, please consider replacing it. Bring your old flag into front lobby area of the Lodge where we have a bin and we'll have it properly destroyed. If you would like a new flag our group can provide you one for a \$25 donation.

Start thinking about festive patriotic decor for your golf cart for the annual SCR Golf Cart Parade on the 4th of July.

Veterans and Patriots Club meetings are on the first Wednesday of each month in the Timber Creek Ballroom from 10 AM until noon. Our next meeting will be April 3. We would like to remind our members to bring a friend or neighbor to the General Meeting. Enjoy the presentation, camaraderie, complementary coffee, and doughnuts; and don't forget the great free raffle prizes from our sponsors.

• • •

## SCR Democrats

BY MARISA BERNETTI

The March General Meeting was held in the morning at Sierra Pines. The featured guest speaker was Gail Kaufman, owner of Kaufman Strategies, who provided insights into expectations in the current election cycle, including ballot initiatives.

The April 24th General Meeting at Sierra Pines will host Jackie Smith as the keynote speaker. Meeting check-in is 6:00pm. Refreshments are available.

Jackie Smith is the President of the Placer Women Democrats, a certified Senior real estate specialist, an author, a notary and a commissioner for the Older Adult Commission on Aging for Placer County. She is also serving on two non-profit boards in the community. Jackie has over 30 years of business experience with several Fortune 500 companies. She will enlighten us on some of the issues facing women, seniors and the schools in Placer County.

At each general meeting, member Sandi Nordquist continues to provide commentaries concerning current political and social issues. At our February meeting, she highlighted the problematic topic of gun control. Several



Jackie Smith

members participated in a very lively discussion.

Information on SCR Democrats is available at the Admin's Kiosk, on the Resident Website, under Community, Clubs/Groups, Democrats and on our Facebook page <https://www.facebook.com/DemocratsOfSunCityRoseville>. Or contact SCR Democrat Chair Marisa Bernetti at 916-745-9571.

• • •

## Travel Club

BY PAM SCHEEL-HEMINGWAY

As I write this, Travel Club members are enjoying a New Zealand adventure. Wish we were there! If you made it to the February meeting, you got to see Donna Grover, CJ Johnson, Gwen Myers and Charlie Baughman model the costumes they bought on their Egyptian trip. They looked absolutely regal!

Trips now available for booking for Travel Club members include:

England & Scotland: April 3-16 (Collette)  
Amish Country+Philadelphia: May 6-12 (Collette)

Iceland land tour: July 7-16 (Collette) (wait list)

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

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

Hawaiian Islands cruise: November 9-16 (Norwegian through Alamo)

WashingtonDC/Greenbriar/Williamsberg holiday trip: December 13-20 (Collette)

"American Music Cities" tour: March 16-23, 2025 (Collette)

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

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

The Travel Club operates on a "fiscal year" basis, so 2 officers rotate off the board at the end of June each year. This year the offices of President and Secretary will be opening. If you are interested in serving the Travel Club in either position, please contact current President Darleen Hegerle.

The Travel Club meets the 4th Monday of each month at 3:00 pm in the Ballroom. Join us for our next meeting on Monday April 22. Remember to bring any unwanted travel-related items (in excellent condition) for the "back table". Donated items are available to all members on a first-come basis, so be sure to check the table when you get to the meeting!

• • •

(more Club News cont' on page 23)

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# "I Have My Life Back."

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

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

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

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

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

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

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

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

She can now share how significantly her life has been changed

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

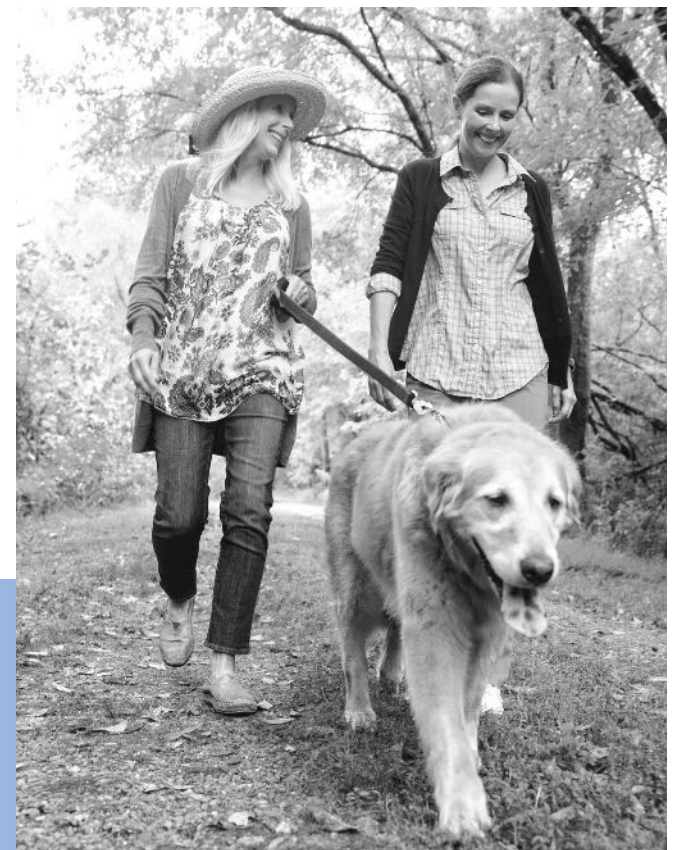
**Dawn enthusiastically describes life after receiving treatment. "I can wear socks and shoes and I can enjoy working in my garden."**

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

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

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

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



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## Birders

BY JANET MORELLI

SCR Birders were scheduled to go to the Davis Wetlands on March 1, but decided to substitute a trip to Monte Verde in Rocklin when they learned that the Wetlands were only open to hunters until February 15. Then on March 1, the trip to Monte Verde was cancelled due to rain that day. Birders had better luck on the next scheduled field trip on February 15, to Gray Lodge near Gridley, where sunshine allowed them to identify 41 species. Among those were many Tundra Swans, Snow Geese, Greater White-fronted Geese and a lot of ducks: Teals (Green-winged, and Blue-winged), Northern Shovelers, Northern Pintails, Buffleheads, and even a Bald Eagle.

Another scheduled field trip, the one to Yolo Bypass, was cancelled on February 29 due to flooding. This time the Birders decided to substitute the Monte Verde trip again and hope for dry weather. It worked and the Birders identified 21 species in the marsh-like environment. Those identified included the California Towhee, Song Sparrow, Marsh Wren, Northern Flicker, and California Thrasher.

Scheduled field trips for April are Turkey Creek Golf Club in Lincoln on April 4 and Linda Creek Trail in Roseville on April 18. An eBlast is sent to all SCR residents on the Birders email roster about a week before the scheduled trip describing the meeting place and time, duration of the trip, how much walking is involved, and what to bring with you on the trip. For more information, call Janet Morelli at 916-782-6393.

The California Thrasher is a large slender bird secretive bird with a long, deeply curved bill, a long tail, and a dark "mustache" and eyeline. Its back is brown and its belly is a peachy hue. They are often found in dense brush digging in the dirt for seeds, ants, and beetles.



California Thrasher

## Garden Club

BY SUZETTE AUSTIN

Garden Club members and guests are invited to attend our April 2 meeting and learn about the Loomis Library Demonstration Gardens. Karen Covey, a Placer County Master Gardener and project leader for the gardens, will be the speaker. Doors open at Sierra Pines at 6:15 pm, our meeting will begin at 6:45 pm and end by 8:15 pm. Please join us and enjoy

cookies prior to the meeting. Don't forget to wear your name badge.

Debbie Buelher, a CCN (Certified California Nurseryman) from Green Acres Nursery was our speaker at our March meeting. She spoke about Spring planting for gardens including seeds, bulbs, annuals and perennials for summer color.

Mark your calendar for our Sun City Roseville 2024 Garden Tour which will be held on May 4. Eight gardens will be featured in the tour. Homeowners have taken on a labor of love, are ready to share their gardens, and hope you will enjoy them as much as they do. The different styles, plants, and layouts of these gardens will inspire you.

There is a brochure, with a Sun City map that shows the homes on the tour. You can visit them in any order and go to all or just some of them. Take your time and enjoy the experience. The brochure, map and wristband for one person is \$15 and will be available to purchase at the Garden Club meetings, the April and May Courier Days, or by calling Linda Gordon at 510-813-7815 or Melanie Faust at 916-771-3256.

Garden Club meetings are on the first Tuesday evening of each month at Sierra Pines. We have a table at our meetings to "Share the Bounty." If you have a garden and have extra fruit, herbs or vegetables you are invited to share.

## SCR Hiking Group

BY SILVANA HUGHES

By the time you read this, spring will have sprung and warmer temperatures will beckon us to explore the outdoors where verdant landscapes and blooming flowers are welcoming us. Now is a great time to give hiking a try and enjoy the outdoors along with like-minded folks. You don't have to be an athlete to hike, though you should be in reasonably good shape to walk a few miles at a comfortable pace, at times on uneven terrain. Photos from recent hikes can be viewed on the SCR Hiking Group photo gallery, expertly



Debbie Buelher

curated by William Haley.

Our April hikes range from easy to moderate and all are within about 30 miles from Sun City. A special treat will be the April 18 visit to Harvego Bear River Preserve (<http://placerlandtrust.org/harvego-bear-river-preserve>). This hike will be led by Placer Land Trust docents who will share the rich history of this area which includes 1,778 acres of blue oak woodland and riparian habitat and a working cattle ranch.

Below is the April schedule, subject to change depending on weather and trail conditions. Note time change: We now meet at 7:45 am in the parking lot near the tennis courts for carpooling. A detailed schedule is posted on the SCR Hiking Group web page. For additional information, please contact President Pete Grady (see SCR Hiking Group web page).

April 4: Skunk Hollow Loop - #5 (moderate), 5.75 miles, elevation gain of 850 feet, \$8 carpool ride.

April 11: Stagecoach/Manzanita Loop - #4.5 (moderate), 5 miles, elevation gain of 880 feet, \$8 carpool ride.

April 18: Harvego Bear River Preserve - #4.5 (easy to moderate), 5 miles, elevation gain of 750 feet, \$8 carpool ride.

April 25: Spenceville - #4 (easy), 5.25 miles, elevation gain of 500 feet, \$8 carpool ride.

## Cycling Group

BY SUZETTE AUSTIN

Mangia Italiano is the theme of our Cycling Group party on April 10 at Sierra Pines. A spaghetti dinner will be catered by Buca di Beppo and the festive fun will include games and door prizes. Deadline to reserve your spot is April 5.

Rovers Rides continue on Sundays and Wednesdays, weather permitting. These rides are usually about an hour in length and average 10 MPH. Avoiding heavy traffic, the group rides on Sun City roads and local bike trails. This group focuses on new and returning



Historic Truss Bridge, Folsom-Beals Point

riders. Any resident of Sun City is welcome. Departure times could vary, and cancellations do occur due to weather. Please text Renee Hawkyard at 916-759-9495 to subscribe to up-to-date texts about each ride and to get more information. Other riding groups are available for all levels of riders.

On Friday mornings, many of the Sun City Cyclists ride to Panera Bread for coffee. Due to rain, chilly weather and strong winds there haven't been a lot of good Friday mornings for rides recently. That doesn't keep some of the riders (and retirees) from driving there on Friday for camaraderie and a cinnamon crunch bagel. Club members are welcome to join us about 9:30 at Panera.

Our next meeting will be June 17 at 8 AM at Sierra Pines when we'll be electing our officers for 2024/25. For more information on our Club, please contact Dee Franz at [petendee@comcast.net](mailto:petendee@comcast.net) or check our webpage on the SCR website (Community/Clubs & Groups).

## Cornhole

BY STEVEN GUSTAFSON

Let's say that you have a pre-teen granddaughter who plays cornhole very well. You'd like to contribute to a savings account for her college education. But you're spending your money enjoying your retirement in Sun City. What can you do?

You can encourage her to get a cornhole scholarship! Recently, a college offered two Colorado high school students scholarships that will pay most of their college expenses to play intercollegiate cornhole. Over 50 colleges and universities, including Sac State and the University of Arizona, have cornhole teams, and many of them are expected to offer cornhole scholarships in the near future. Your granddaughter could be a trailblazer!

Meanwhile, you can enjoy playing cornhole in Sun City. We play every Tuesday on the Sierra Pines horseshoe lanes at 9:00. (After the Spring Equinox on March 19th, when day and night are equally long, we switched our playing time from 3:00 to 9:00 to avoid afternoon heat.) You are welcome to join us.

## Croquet Club

BY PATRICK MAGLIONE

Attention Sun City Roseville residents! Have you overlooked this article in the past? Well, hopefully you've noticed it now. Why? Read on and find out.

Perhaps you have not considered playing this game because it seems like a children's

(cont' on page 25)



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

# Neil and Anna Hamilton

(cont' from page 1)

Northridge. But both Neil and Anna were drawn to Chiropractic school and that's where they met.

Neil remembers, "I always wanted to be a chiropractor, but I didn't know how to do it until I was 32."

At first, the couple were just great buddies at Life Chiropractic School-West, in San Lorenzo, California, but it wasn't until they were studying for their boards that their relationship progressed into something more serious. They were married in 1986. Anna recalls, "We were both 'starving students' but we had a wonderful wedding."

Following their wedding, Neil worked in San Leandro as a chiropractor while Anna taught Radiology at the Chiropractic school. It wasn't until Neil bought a chiropractic practice in Benicia that he and Anna decided to start a family. Their first child, Andrew, was adopted. He lives in Benicia and works in the construction industry. Their daughter, Angelina, and her family live in Roseville, hence the reason why they moved here. Angelina works in marketing for Turner Construction. She and her husband have a two-year-old son, Walker. The Hamilton's second daughter, Ally, is in the Army and works as a physical therapist. She and her husband have a four-month-old daughter, Savannah, and live in Ft. Moore, Alabama.

Anna and Neil moved to Sun City Roseville in 2021 and immediately felt a sense of peace and tranquility. Initially, they were



*Anna and Neil Hamilton — Mexico 2018.*



*Neil and Anna Hamilton at the wedding of their daughter, Ally, in 2021.*

drawn to the aesthetic quality of the well-manicured yards, lush golf courses, mature trees, and beautiful water features. As they settled in, it became evident that Sun City had even greater assets: its residents. Their neighbors welcomed them by hosting regular neighborhood gatherings and encouraging them to join in Bocce and the other activities offered here.

After high school and college, Neil was burned out on basketball. But since his dad had had a membership in Cross Creek Country Club, he had also played golf back then, so he happily joined the Men's Golf Club here and has even earned a club championship in stroke play in 2023. For the past year he has also been the New Membership Director of the Men's Golf Club. He has three career holes-in-one, but would love to have one at SCR.

Since his teenage years, Neil has been into running and has kept that interest to this day. To celebrate his 70th birthday, he ran 70 miles around Lake Natoma. The lake is 11.2 miles around, so he used a runner's watch to measure the miles. During the last three miles, his friends and family members came to cheer him on.

Besides playing pickleball and entering into its tournaments, Anna used to be an avid member of the Hiking Club. She continues to be in awe at all the places she's hiked, crediting the club's president, Don Stoye, with being

an amazing guide. The members meet at the tennis courts and drive in caravans to various places as far away as Truckee and as they walk the trails, Don points out various plants and other features along the terrain.

Over the years, Anna and Neil have traveled to Egypt, where Anna lived for a few months one year, and to New Zealand, the Philippines, and Mexico. Every summer, they travel back to Ocean Isle Beach in North Carolina to participate in a family reunion on the third week of June. What started as a gathering of five has bloomed into more than thirty people. Says Neil, "The families are all very close."

Family life is very important to the couple and that's probably why they love Sun City so much because it feels like family. Just like in the fictional town of Mayberry, everybody knows everybody and it's one big family. "Residents tend to watch out for one another," Anna says, "and that provides us with an incredible feeling of security and safety." In particular, she appreciates the Neighborhood Watch/Citizens' Patrol because it gives her peace of mind. She laughs when she recalls that when they first came to SCR, every night they'd see the Citizen's Patrol cars, with their lighted signs on the car tops, and wondered who on their block was ordering so many pizzas.

"All our neighbors here are the most wonderful people," says Neil. "They're laid-back, good people enjoying life." Anna feels that life in Sun City takes her back to her college days when she found people she could easily relate to. "I feel that is the case here in SCR," she says. "The residents here have a similar mindset when it comes to a living environment and common courtesies. I also feel we gravitate to our interests here as we did to on-campus clubs, sororities, and fraternities back in college. Good memories."

Both Anna and Neil relish the lifelong friendships they've made here. "In retrospect, we feel that choosing to live in Sun City has given us the opportunity to create irreplaceable friendships," Anna says. And both look forward to continuing to bask in the warmth of their own version of Mayberry.

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

## Croquet Club

(cont' from page 23)

game to be played in the backyard. Or perhaps it doesn't appear challenging enough for you. Or maybe, and we hear this often, you simply don't want to wear "whites".

First, this is an adult game played here in Sun City. There are over 10,000 men and women who play on over 600 courts throughout the U.S. and Canada. Croquet is played in England, Scotland, Ireland, Australia, New Zealand, South Africa, Egypt, and the European nations. The game of golf, believe it or not, is derived from croquet. There are many croquet events each year, including tournaments and championships across the U.S., including collegiate championships. Can all these people in all these countries be childish?

Next, is it challenging? No... not physically anyway. Unlike tennis, pickleball, volleyball, or other sports that challenge your body... and yes, even golf. But croquet requires skill, strategy, accuracy, and execution - much like billiards, bocce, bowling, bridge, corn hole, and, yes, once again, even golf.

Last, whites! Well, for those of you who have used this as an excuse, guess what? The Croquet Club has elected to make whites "optional". That's right... wear 'em if you got 'em! Otherwise, wear what you like. This is no longer an excuse. To make things even more inviting, you can join the Croquet Club anytime with no dues until July 1, 2024, for only a mere \$10 for an entire year! So, sign up now. We'll teach you how to play... and you'll get hooked.

Come see us on Courier Days.

• • •

## Pickleball Club

BY ANNE BURNEY

Springtime brings warmer temperatures and blue sky. It's the perfect time to come out and play Pickleball. Our club continues to grow, even in the winter months. Last month we welcomed to Eric Olsson, Michelle Coleman, and Greg Umberg,

Our tournament directors, Mary Burns and Joyce Paese held the annual St. Patrick's Day Pickleball Tournament. The event included a guaranteed six games of Pickleball. Afterwards a delicious lunch was served that included California chicken and avocado on a brioche bun sandwiches, drinks, chips, and dessert. There were gift cards as prizes for first, second, and third place winners, and a pot of gold for anyone wearing green.

If you're interested in what's happening

(cont' on page 27)

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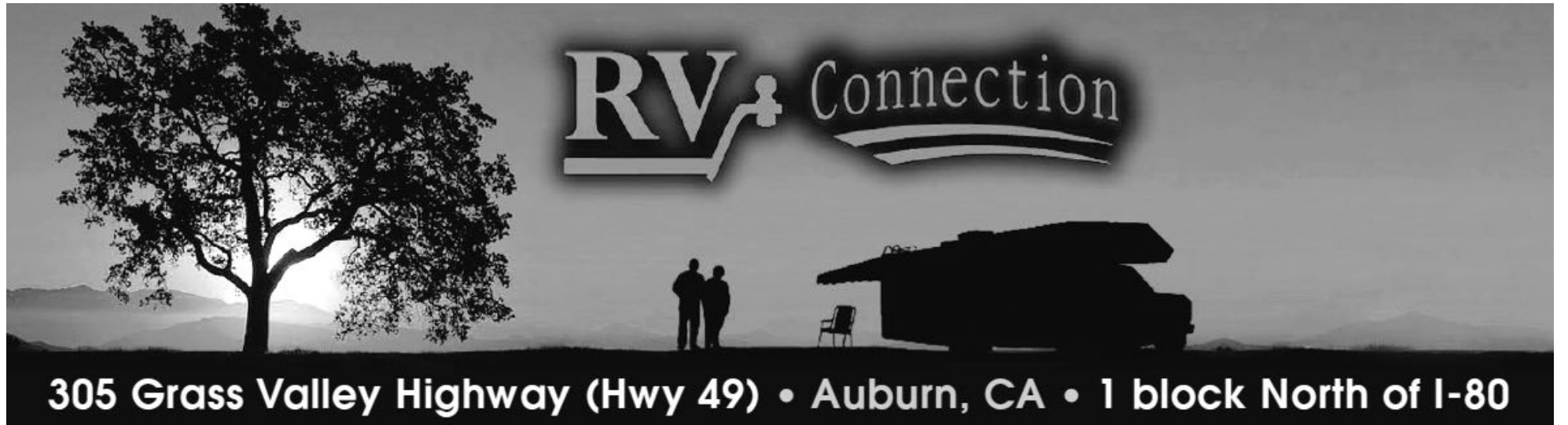
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## Pickleball Club

(cont' from page 25)

with the Pickleball Club, be sure put it on your calendar to attend the Pickleball's quarterly meeting on May 6, 2024 at 4:30 pm in the card room at the Timbercreek Lodge.

Pickleball Tip of the month: Let It Go - It is easy to let one bad point turn into five bad points on the Pickleball court. It is also common to get to ten points and then have trouble getting to that game-winning eleventh point. This is because you are thinking about the past or tightening up because you're close to victory. Be present and in the moment. Let the past go and don't let your mind go to the next point. Oh, and also, don't forget to let the out balls go, too.



Paul Rugar, Gary Pyle, Jim Azevedo and Roberta Campbell.

If you are new to the game, please email Wayne Miller, our Intro to Pickleball Manager at Tollman80@yahoo.com. Wayne keeps a list of individuals that would like to attend a New Players Clinic. Be sure to let him know if you are interested in attending. The next Intro to Pickleball Clinic is scheduled for April 30, 2024.

## SCR Senior Softball Club

BY FRANK TOM

In the March Courier article, our Senior Softball Sports Writer, Bob Montalvo talked about gearing up for our 28th year as a league. The players have been getting back into shape by holding informal practices at Mahan Park. The league held its Draft Day with each manager/coach selecting the players for his team. We're proud and encouraged that we now have three ladies playing in our league. Our veteran, Pam Wingo is in her second season, and new this season are Mary Burns and Chris Skaar.

Our new managers/coaches are Rory Wilkerson/Roger Dorris, Jim Dunn/Al



Softball Council: Bob, Rich, Gary, Frank, Patrick, Randy and Rich.

Schoonover, along with Rich Muentner, Eric Erickson/Mark McGushin. We welcome back the following managers/coaches, Ron Roberts/Barry Speier, along with Larry Larsen/Barry Schivo and Darrell Sutton.

We would not have a league without managers, coaches, umpires, scorekeepers, as well as our Club Council. Thanks to all the volunteers who serve in leadership roles. We would also like to thank our many loyal fans who come to our games throughout the season. In future articles, we will highlight the many volunteers, players, and fans.

In this month's issue, we would like to recognize our Club Council. Our officers are: President - Frank Tom, Vice President - Rich Muentner, Treasurer - Rich Epting, Secretary - Gary Gregson. Members-at-Large are Patrick Maglione, Bob Beckenhauer, and Randy Wingo.

By the way, if you're reading this article on April 1st before 10:00 am, there's still time for you to catch our Opening Day Event. The location is Mahany Park, 1545 Pleasant Grove Blvd. Come join us for coffee, donuts, Cracker Jacks, and entertainment.

Please visit our website at "rosevillesseniorsoftball.org." Click the "Videos and Photos" tab to see how much fun we're having. Watch our instructional exercise videos to stay physically fit.

## SCR Table Tennis Group

BY FRANK TOM

Our Resident Group had a fun time celebrating the new year on February 8th at Sierra Pines. Just so happened that it was close enough to Chinese New Year that we decided to celebrate both, by having a "traditional" nine



course Chinese Banquet style buffet. It also included Good Luck Money candy, appetizers, fortune cookies, almond cookies, and a variety of herbal tea. We had over 50 members and guests in attendance. The cost for the dinner (room rental, decoration and dinnerware) was \$10 per member, and \$15 per guest. The cost for the dinner did not encroach on our RG's piggy bank. The only cost to our RG were the prizes we gave away to the bingo winners.

Our evening celebration began with Don Woods playing a couple of Hawaiian tunes on his steel guitar while members and guests were entering the room. After we indulged in the delicious banquet buffet, Don Woods was accompanied by Bruce Ahnberg on his classic guitar playing another Hawaiian classic. This was followed by Kathy Koong playing a Chinese Tune on her harmonica and accompanied by Bruce. Ethel Nihei played a classic Hawaiian tune on her Ukelele.

Our Emcees were Jan and Gary Gregson, our President and Vice President, respectively. They were quite entertaining with their humor, enthusiasm, graciousness, and smiles. They should take their act on the road, perhaps on a cruise ship. The room was filled with laughter throughout the night. Ron Houston was in charge of the Bingo fun time. Of course, not everyone had fun when they just missed getting "Bingo" by one letter.

We invite you to join us for a little table tennis (also called ping pong) at Sierra Pines on Tuesdays and Thursdays from 2:00 pm - 5:00 pm, and on Saturdays from 9:00 am - 12:00 pm. We offer free lessons!

## Tennis Club

BY WENDY LEIMBACH

So far 2024 has been cold and wet. Tennis play has been dodging in, out and in between the rainy days. The members are looking forward to more sunny and dry tennis weather.

With not so much play this month, I would like to take some time to highlight one of our special players, Joe Lopez. Joe just turned 90 last month and still finds time to drop in on our men's morning play as well as our Saturday drop in. He always has time to help you with your tennis game and watch out, Joe puts a mean spin on the ball and moves fast around the court.



Joe Lopez

Fun fact, Joe started out after high school playing professional Class C baseball in the California league. He was a hard throwing pitcher. Now in retirement and living with Veva fir the last 13 years here at Sun City, Joe enjoys playing in the Sun City senior softball league, tennis, Harmonicoots and sometimes paying us a visit in the creative arts studio. Happy birthday Joe. See you out on the courts this month!

Looking to the spring, the tennis club will be planning a spring tennis tournament with A and B teams. We will keep you informed of dates and times as this gets more traction. The

Sun City women who play in the SATA league are looking forward to commencing play in the summer. For now, we are looking forward to some informal Round Robin matches. Come and cheer us on and don't forget to BYOP!

Looking forward to some great tennis play in the spring. Volunteers are needed for any upcoming tournaments, as well as support for Grandparents' Day. Let the council know of your interest in serving.

## He & She Golf

BY JAHNA HOLMES

Normally, April showers bring May flowers, but this year has been a little different, so we can only guess at what April might bring us this year! Early February rain and storms brought muddy playing conditions and cart path only golf. The 9-Hole group resorted to Open Play, no tournaments on both play days. But happily, the 26th turned out to be nice, so the 18-Hole group of 26 players had their tournament, with the scores as follows.

1st place scored 141: Judy Bickell, Martin Abell, Frank Patch and Blind Draw. 2nd place scored 145: Joe Ramos, Cal Conley, Jim Sherrard, and Blind Draw. 3rd place scored 147: Julie and Steve Harris, Nicki and David Wampold. 4th place scored 149: Gary Parker, Kathy Hamilton, Devin Olson and Gloria Oates. CTP was Joan Munn, 10' 3" and Jim Sherrard, 16' 8". The April tournaments will be on the 8th and 22nd. Sign up soon!

We can look forward to the upcoming Spring Fling, which will be held on Monday, May 13th. It will be a 9-hole tournament for all, followed by a lunch on the patio. A choice of a sandwich, a wrap or a salad will be offered as an entrée. Look for signups in both Pro Shops in April.

This is the last month for renewing members to pay up to play. April 30th is the deadline. After that, those members from last year who are not paid up will be removed from the roster. And you must be a paid member to attend the Spring Fling! The red He & She Membership folders are in both Pro Shops. Both new and returning players can pay anytime after that, but dues will remain at \$12 per person.

## Sierra Pines Ladies Golf

BY PAM SKARG

"Every day is a chance to begin again. Don't focus on the failures of yesterday, start today with positive thoughts and expectations." A perfect motto for golfers.

Pam Hemingway comes to mind as being

(cont' on page 28)

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**Sierra Pines Ladies Golf**

(cont' from page 27)

someone who would live by that motto. Pam has been a member of the Lady Niners since 2015 and has held the position of Handicap Chair for the past 7 years. She started playing golf in her mid-thirties and fell in love with the game. Her honeymoon was spent in New Zealand with golf clubs in tow. Pam and her husband love to travel and never leave without their golf clubs. They have golfed in various countries and for the love of the game Pam and Michael have organized a golf destination for the past several years in Minden, Nevada with approximately 70 Sun City golf lovers. I understand what happens in Minden, stays in Minden. Pam recently joined the Timbers Women's Golf Club as well so if you are looking for Pam, she is out golfing.

Spring has sprung and Andrea Norcia and her committee are busy planning our Spring Luncheon. It's always a fun afternoon with the room all decked out shouting, "Spring is here". This is the first social of the year and a great time to come out of hibernation and reconnect with fellow Niners. Mark your calendars for April 17th.

The Most Improved Players for February:

- Flight A: Kathy Fowler
- Flight B: Sharon Lawin
- Flights C & D: No improved players

With the February storms, the course was very wet and muddy. Great golfing ladies under wicked conditions.

A quote from Lee Trevino, (legendary golfer): "My swing is so bad, I look like a caveman killing his lunch."

• • •

**Timbercreek Women's Golf Club**

BY NANCY LABRADA

Our annual luncheon to honor the Maintenance Crew was held on February 13th. Thank you Bobbi Dunk and her crew, Nancy Gould, Sherrill Pahl, and Jahna Holmes for another very important recognition of our hard-working Maintenance Crew. The lasagna lunch was enjoyed by all. The crew heartily expressed their appreciation.

Kudos to our golfers that braved the weather. We are happy to acknowledge our Most-Improved golfers for February: Cindy Murphy (1st flight), Barbara Wells (2nd flight), and Judy Bickell (3rd flight).

Welcome our newest member, Vi Wan. Vi and her husband, Scott, moved to our community a year ago. They were very active as members of Sierra View until December. Vi then took the plunge and joined our 18-hole group. She worked at IBM for 33 years. Vi enjoys gardening and traveling when not playing golf. Her Big Sister is Maggie Altnow.



Just a reminder to sign up for the 36-Hole Better Ball Tournament to be held April 10 and April 17 with two-partner teams playing from the red or white tees. Overall winners from the red and white tees receive monetary awards and their names added to the Perpetual Trophy! Winners in the various flights will also receive a monetary award. Last year's Red Tee winners, Tena Johnson and Laura Cason, are planning the award's ceremony and luncheon to be held on April 17.

• • •

(more Club News cont' on page 29)

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## Timber Creek Men's Golf Club

BY MIKE MURPHY

Hello to everyone in Sun City Roseville from the Timber Creek Men's Golf Club (TCMGC)! We would like to extend a warm welcome to Jim Olson, the newest member of our club. We are always looking for new members and encourage anyone at Sun City Roseville to join. We have a wonderful membership which emphasizes having fun and meeting new people. The club has an exciting slate of events planned for this year including monthly tournaments, our Summer Barbeque as well as our weekly outings on Tuesday mornings. Please look to our website for more information on how to join or feel free to contact Neil Hamilton, our Membership Director at 707-529-4038 or email him at neilhamilton6049@gmail.com.

We had our first tournament of the year; the Valentine's Day Pink Ball Tournament was a rousing success and everyone that participated had a great time. We also conducted our Northern California Golf Association Senior Net Qualifier on February 27, Tony King and Ron Slusarz were the two qualifiers, congratulations to Tony and Ron! In April we will hold our "Beat the Pros" tournament where members will have a chance to compete against our Club Professionals. Our Central Valley Seniors (CVS) program will begin in April with visits to Sierra View on April 15 and Yolo Fliers on April 29. If you're unfamiliar with the CVS program, club members will have the opportunity to play mainly private courses in the region at a very fair price. This is one of the great benefits to belonging to TCMGC, and we certainly welcome our members to take advantage of this program. Lastly, we will hold the NCGA

Senior Four-Ball Qualifier on April 30. Details for these events will be on our website. If you enjoy competitive golf, the NCGA events are for you! We encourage everyone to participate.

Our next General Meeting will be held at Sierra Pines on Wednesday, April 3 at 8:00 am. Our members are encouraged to attend. Donuts and coffee are provided.

See you on the links!

• • •

## Golden Niners

BY DANA BROMBY

We start off our monthly report with some major news. It's not official yet, but I have been informed by our Administration that major changes will soon be coming to Sierra Pines. First of all, the good news. Charlie Brown had his kite eating tree and Sierra Pines has its golfball eating lake, the third hole. Golden Niners golfers will therefore be excited to know that plans are in the works for the lake to be completely removed and filled in with new sod. Think of the savings in lost golfballs this will accomplish! You can go for the green in two without the fear of chunking or topping another ball into the water and saving a few curse words.

Now for the not so good news. Because many Niners have not been adhering to the dress code, new rules will be put in place that require golfers to wear golf slacks no matter the time of year. The only approved color will be black. In addition, all golfers must wear a dress shirt with a tie. And you can donate your golf hats. The only hats that will be allowed will be top hats, porkpie hats, and straw hats. It could have been worse. The suggestion that a cummerbund must be worn was fortunately turned down.

No new members were added to the club in February. The total stands at 151. Due to the weather the Niners played just two rounds and averaged 79 players each week. Sixty six percent of members played at least one time during the month, and 70% won money. Top winners for March were: Anthony Riggio, \$27, Robert Ange, \$23, Joe Albert, William Burke, and Lloyd Leitz, \$20.

And if you haven't figure it out by now (seriously?), APRIL FOOLS!

• • •

## Bocce

BY DAVID MOORE

The first tournament of 2024 was on February 24 and more than 50 club members participated on a beautiful afternoon with the temperature reaching 70 degrees.

First place was won by Laura Moore, Rick Fischer, Lise Bonomi and Steve Aphugh. Second place was taken by Mike Johaniak, Kevin Myers and Ken Landrum. The third-place finishers were Aud Bair, Gregg Hutchison, Paula Happe and Bill J. This was the first club tournament under the leadership of Ken and Medina Lane, who did an awesome job of making sure everything ran smoothly.



*Bocce — Top finishers: Rick Fischer, Laura Moore, Kevin Myers, Ken Landrum, Mike Johaniak, Paula Happe and Gregg Hutchison.*

The big Spring mini-league is this month. The sign-up is Thursday April 4 at 6:30 pm at Sierra Pines and Wednesday April 10 is when play begins. There are leagues every day of the week. Remember that to participate you must be a Bocce Club member so if you haven't joined for 2024 you can do so at the sign-up. The annual dues are only \$10.

If you noticed a lot of activity on the Bocce Courts on Monday afternoons, it was the winter league. As of this writing play was still going on so the winning teams had not been determined.

• • •

## Billiards

BY DAVID ZAN

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

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

The Team Tournaments on Tuesday at 1:00pm are attracting a full house and are very

(cont' on page 30)



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**Billiards**

(cont' from page 29)

competitive. Congratulations to Bob Cecil, Ken Lane, Ken Neal, David Zan, and Ron Judd for being on two winning teams in the month.



The next singles Double Elimination Tournament will be held over two days on April 30 and May 1. Mark your calendars. A signup sheet will be posted in the Billiards room the first week of April.

Winners of the team tournaments in February were:

February 6-9 Ball - Bob Cecil & Ron Judd  
February 13 - 8 Ball - Tie: Ken Lane & Wally Cameron / Ron Judd & Joe Lopez / David Zan & Bob Cecil

February 20 - 8 Ball - David Zan & Ken Neal

February 27 - 8 Ball - Ken Lane & Ken Neal

• • •

**Bridge**

BY JANE MCNALLY

On Leap Year, February 29th, our members celebrated Willi Williams 24th birthday with a dessert at Sierra Pines Clubhouse. Willi was presented with a birthday cake and candles to celebrate her 96 years.

Judith Shively and Irene Lynn along with their committee served fancy cookies and sparkling wine. Richard Lynn made some opening remarks followed by the 45 guests singing happy birthday. We appreciate all the time Willi has devoted to the bridge club over the years in teaching us to be good bridge players. She sets a wonderful example for all of us.



Our next social activity was a potluck at Sierra Pines on Monday, March 11th. The Club provided the entrée and the members provided the side dishes. Lunch started at 11:00 AM.

After lunch, Social, Fun and Friendly, and Monday Duplicate Groups played bridge.

New members are always welcome. Thursday morning is Social Bridge in the card room at the Timbers. Fun and Friendly Duplicate Bridge is played on Wednesday at noon in the card room at the Timbers. ACBL Duplicate Bridge is played at 12:30 PM on Monday at Sierra Pines Clubhouse.

• • •

**Mah Jongg**

BY BECKY MATSON

The Annual MJ Club Luncheon and Mah Jongg Play Day was held on Friday, February 24 in the Lodge breakout rooms. It was hosted and paid for by the MJ Group. The choices for food were varied and delicious. 49 ladies attended and everyone had a fun afternoon.

There will be three Mah Jongg lessons given April 5, 12 and 19 on Friday mornings at 9:00 am. Please let

Pat Oberlander know if you're interested.

Pat can be reached at 916-929-5582. Each class is dependent on the previous one, so all classes are required. Please bring your Activities Card, wear your Name Badge and please, no fragrances. We always welcome new members.

Anyone is welcome to come by the Card Room and watch the play to find out if you're interested in learning this fun and stimulating game. We play Mah Jongg in the Timbers Card Room on Mondays from 12:30 pm to 3:30 pm and on Fridays from 9:00 am to 12:00 pm. Please join us either day or both days.

• • •

**Bunco**

BY PAT OBERLANDER

May brings flowers! So, ladies, lets watch the sunshine finally. Come join us 2nd & 4th Mondays 9 am sharp! No training necessary, just luck. Sign in starts at 8:30am and we start playing at 9am. Good way to meet neighbors and lots of fun. We'd love to see you. We're in the card room at Timber's Lodge. You don't have to commit to every time, but once you



start, you'll be hooked. Come on down!

Winners for February 12: Helga Herrington, Cindy Jones and Yoshi Polgar.

Winners for February 26: Linda Solomon, Barbara Perry and Becky Matson.

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**SCR Foundation**

(cont' from page 1)

Foundation Golf Tournament is in the works. It will be a four-person scramble on both courses. We are bringing back The Canon for Charity and adding "Let a Pro Hit Your Drive". They'll be a variety of games to play on certain holes as well. Watch for more information to come. Please reach out to Kathi Stropkai, scrfevents@gmail.com if you'd like to work the tournament.

As you are all aware, our Board of Directors is comprised of volunteers. We will have several openings this year and are actively recruiting volunteers. Please join us Friday, April 12th 9:00 am in the Card Room at the Timbers. It's a great way to learn what the Foundation does for the community, as well as you'll have the opportunity to discover where you might fit in. Visit our website and learn more or contact Doug Smoot, scrf2chair@gmail.com.

Remember, we are a community of volunteers and are able to continue these programs with the support we receive from the residents.

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

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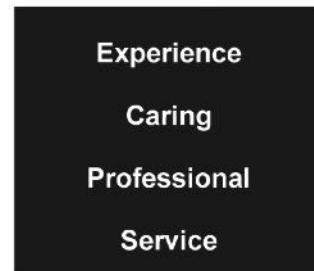
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## SUN SENIOR NEWS CLASSIFIEDS

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**ST. CLARE PARKING LOT SALE:** 4/6/24 7AM-11AM, 1950 Junction Blvd. Roseville.

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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.

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

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**Subject Line** should be SCLH Classified and your Phone Number (Example: SCLH Classified 916-123-4567)

1. Contact name and phone number.
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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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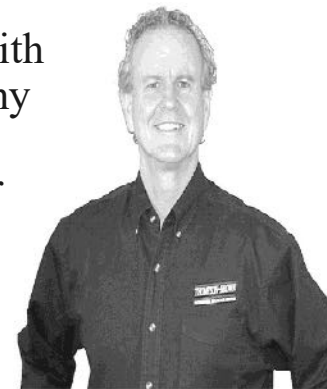


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**6212 Strawberry Station Loop  
Timberlodge  
SOLD \$ 915,000**

\*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