

# SUN SENIOR NEWS

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



## IN THIS ISSUE

- Election Committee News..... 3
- Neighborhood Watch, Chorus, Music, Ballroom..... 5
- Meet the Author Lecture Series..... 6
- Country Couples, Mixed Media, Ceramic ..... 7
- Painters', Needle Arts, Paper Arts..... 10
- Stamp, Woodcarvers, Veterans, Writers' ..... 11
- SCHOOLS, Republican, Apple User, Astronomy..... 14
- Food Adventures, Genealogy, Lavender Friends... 15
- Democratic, Singles..... 15
- Neighbors InDeed, Book Adoption Faire..... 16
- Shalom, Italian, Travel, RV ..... 17
- Sports Car, Rods & Relics..... 18
- Amateur Radio, Alzheimer's..... 19
- Bosom Buddies, Hearing Support ..... 19
- Low Vision, Multiple Sclerosis ..... 23
- Bird, Garden..... 23
- Hikers and Walkers, Softball, Linsters 9-Hole... 26
- Ladies Golf 18-Holer, Men's Golf ..... 27
- Pickleball, Swimmer & Water Walkers..... 27
- Tennis, Table Tennis, Bocce ..... 29
- Shuffleboard ..... 31
- Water Volleyball, ..... 34
- Cribbage, Duplicate Bridge..... 34 - 35
- SSNLH Writer..... 35
- Letters to the Editors ..... 38
- SSN Classifieds ..... 39

And Much More . . .

PRSRST STD  
U.S. POSTAGE  
PAID  
ROSEVILLE, CA  
PERMIT NO. 70

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

ECRWSS  
POSTAL CUSTOMER

## Janie and Ben Complementary Coincidences

BY RUTH MORSE

Janie Norton and Ben Rendahl have only been together for a decade in Lincoln Hills. They each brought decades of separate experiences to the relationship they now have together. Amazingly, the two discovered many shared interests, similarities and coincidences from their previous lives. They now live in the house that Janie moved to in 2005. Her husband, now deceased, moved to Lincoln Hills with her. Ben and his now deceased wife moved to Sun City in 2002. After Ben's wife died, Ben and Janie met on a trip to Sequoia and Ben moved from his home to be with Janie in hers.

Ben was born in San Francisco in 1937, exactly one week before the Golden Gate Bridge opened. Ben's father walked across the new bridge with Ben's three older sisters. A younger brother to Ben followed later, completing the family at three girls and two boys. Ben graduated from Sacred Heart High School in 1955 and then joined the Marine Corps for four years. He spent time at Camp Pendleton and was sent to Okinawa. There,



Ben and Janie

he also spent time on Mt. Fuji in Japan. After returning to the states, he worked in the artillery unit at 29 Palms. In his fourth year, he applied for Embassy Duty and then added another two years in the Marines. He went through training and then spent two years at the American Consulate in Tangiers, Morocco. After he left the Marines, he went to work at the Los Angeles Police Department and was there for twenty years. It was his "good fortune" to work with President Reagan and his son Michael as a liaison with Secret Service agents.

When he left the LAPD, he joined the Secret Service and worked with Michael and Maureen Reagan in Sherman Oaks. He then worked during President Reagan's visits at Reagan's Ranch in Santa Barbara. After five years in the Secret Service, he worked for nine years with a Defense Investigative Service. After final retirement, he moved with his wife to SCLH. He and his wife had three daughters and a son. Their oldest daughter has now passed away. His son Mark lives in Gilbert, Arizona, where he is a civilian accident investigator. His son's family has given Ben four great grandchildren. Ben's daughter, Denise, and her husband live in Prosper, Texas, where her husband is a manager at Trader Joe's. His other daughter, Marlene, lives in Prescott, Arizona, and works in the service industry. Ben took care of his wife in her last months as she struggled with Alzheimer's, passing just one month shy of fifty years of marriage.

A continent away from San Francisco,

(cont' on page 31)

## LH Foundation – Bingo and BigDog

BY DENISE BOWDEN

May is a big month for the Lincoln Hills Foundation. The Big Day of Giving (BigDog) is back! May 2nd is the eighth year that the Lincoln Hills Foundation will be participating in this region-wide day of philanthropy. For seven out of eight years we proudly took top honors as the #1 small non-profit. We would love to be back on top in 2024 but more importantly is what the donations mean to our community. The donations we receive from the Big Day of Giving provide us with the opportunity to continue to increase our support in the community for food, transportation, respite care, senior essentials, and counseling.

We start the month with BigDog but can't forget other memorable days such Cinco de Mayo, Mother's Day and Memorial Day, a time when we honor the military men and women who lost their lives in service to their country.

Don't forget to mark your calendars for Bingo on May 22nd. Doors open at 12:30 and play starts at 1:00. Twelve cards for \$25, with exact change appreciated. Payouts are \$100 for the first eleven games and \$250 for the final game. Make an afternoon of it and enjoy a special Bingo lunch at Meridians beforehand.

Bringing a group? We are taking table reservations. Email your request to lincolnhillsfoundation@gmail.com

## Players — "Old Hams" to Play in June

BY DOUG BOWN

Tickets are already selling for the Players' next show coming up in June. "Old Hams," directed by Jane Patton, is a hilarious comedy that's going to delight everyone. After all, most of us are old hams anyway, so come on out and, in the words of one of the cast members, "see old hams playing old hams!"



Claire Voyant's (Mary Beth Quallick) vision of the future surprises Rose (Karen Pinomaki).



David McAllister's (Tom Quallick) comment elicits a slap from Sarah (Cindy Griswold).

of these old hams to thwart the scheme!

At their first rehearsal, I asked the cast to comment on their characters. "We're not old hams," said one, "we're SEASONED hams." "Make that HONEY BAKED," another asserted. When asked what they liked about their roles, the actor playing Rose added, "I like Rose because she's full of thorns." Psychic Clara Voyiant's player stared pensively into her crystal ball and mused, "I think I like this play but...hmm...it's not clear yet why." Another cast member playing a "nice" character, referred to a not-so-nice character named Ben: "My character likes lentils but he doesn't like Uncle Ben's rice." To which Ben's player replied, "Well, that's because Ben is a ----." (Expletive deleted—this is a G-rated newspaper!)

Director Jane reminded all that this

(cont' on page 6)

It's the perfect play for Lincoln Hills. The characters are all SENIOR Hollywood actors and filmmakers living in an old Victorian manor in Burbank, "living the dream," when they must suddenly face up to an unscrupulous lawyer's sinister plot to sell their comfy old house to make room for—of all things—a shopping mall. Don't underestimate the power

# CARE CALL RINGS



## OUR SERVICES

- Medication Reminders
- Appointment Reminder
- Conversation Calls
- Care Calls

Most Services Cost Only a Dollar a Day

Contact Us At:

Phone: (916) 587-2515

Email: [CareCallRings@gmail.com](mailto:CareCallRings@gmail.com)

Web: [CareCallRings.com](http://CareCallRings.com)



# IT'S QUITE FASHIONABLE TO BE DOWN TO EARTH

At Truewood by Merrill, Roseville you'll find a senior lifestyle that is real and pricing that is honest. And, of course, vice versa.

Call or visit [truewoodroseville.com](http://truewoodroseville.com) for more information.



**TRUEWOOD**  
BY MERRILL  
SENIOR LIVING

Ask About Our Special Savings!\*

916.547.5999 • [truewoodroseville.com](http://truewoodroseville.com)  
1275 Pleasant Grove Blvd, Roseville, CA 95747



\*Limited time offer. Call for details.

Independent Living

# EVERYONE matters

FROM START TO FINISH, WE ARE WITH YOU ALL THE WAY!



**ONELUXE**  
REALTY ONE GROUP INTERNATIONAL

JACKIE SMITH  
916-741-9303  
[www.discoveryourwayhome.com](http://www.discoveryourwayhome.com)

CABRE 01937900

FULL REAL ESTATE SALES & MARKETING  
HANDYPERSON SERVICES

## 2% Listing Fee!

Buyer's Agent Fee Additional

Call Today for FREE Consultation and Property Evaluation

**916-741-9303**

JACKIE SMITH

Voted TOP AGENT  
for Placer County  
2023 and 2024!

-From Client Reviews  
[RateMyAgent.com](http://RateMyAgent.com)



SRES Senior Real Estate Specialist

The Sun Senior News - Lincoln Hills is a monthly publication, published by EGnews Inc.  
 916-727-6383 • E-mail: SunSeniorNews@gmail.com  
 Ad rates are available online at [www.SunSeniorNews.com](http://www.SunSeniorNews.com) or  
 Email: SunSeniorAD@gmail.com



Gregg and Liz Goldthorpe

**EDITORS**  
 Gregg & Liz Goldthorpe

**ADVERTISING**  
 Gregg Goldthorpe

**PRODUCTION ASSISTANT**  
 Madison Goldthorpe-Lewis

**CONTRIBUTORS**

Ruth Morse, Denise Bowden, Doug Brown, Carole Moore, Teresa Tanin,  
 Gay Mackintosh, Julie Rigali, Ernie Micheli, Joy Hutchison,  
 Richard & Donna Pick, Jill Short, Jim Carnathan, Tamsen Armstrong,  
 Mary Swanson, Linda Lucchetti, Tim Miles, Lionel Rainman, Bill L. Lewis, Ray Birge, Patti Kingston,  
 Sue Dumas, Nina Mazzo, Bill Weaver, Paul R. Wankle, Nancy Switzer, Joan Lacktis, Judy Ganulin, Kathy  
 Shaddox, Linda Bevins, Joanne Schumacher, Mary Carbrey, Jan Lee, Rob Phillips, Elna Ragan, Dan Lehrre,  
 Marianne Oliphant, Val Singer, Joanne Mitchell, Stu Singer, Jeri Di Fiore, Sherry Singer, Lorraine Immel, Fred  
 Serna, Lora Finnegan, Carol Lopez, Mike McBack, Linda Shobe, Rosemary Tanfani, Pamela Geernaert, Ilene  
 Marshall, Kim Petruzzelli, Jon Kline, Hollis Bischoff, Mel Switzer, Mona Stryker, Anne Constantin Birge.

**CIRCULATION:** The Sun Senior News - Lincoln Hills is mailed free to 7,000 homes in the Sun City - Lincoln Hills community. The delivery is targeted for the first week of each month.

**Read Online - Digital Issues:** The Sun Senior News - Lincoln Hills is available to download each month as a PDF digital file at: [www.SunSeniorNews.com](http://www.SunSeniorNews.com)

Back issues are available to download there as well.  
**ADVERTISING:** Visit [www.SunSeniorNews.com](http://www.SunSeniorNews.com) or Email: SunSeniorAD@gmail.com for advertising information.

**CLASSIFIED ADS - Email:** Classified Ads should be emailed by the 12th of each month to: SunSeniorCA@gmail.com. See the Classified page towards the back of this issue for more information.

**SUBMISSIONS:** The Sun Senior News -

All content and letters to the editors represents the opinion of the various authors and all content and letters should be considered as opinion and editorial in nature. Any representations expressed by the various authors are not necessarily shared or verified by the publisher. Advertisers are solely responsible for all representations made by their advertisements. EG NEWS INC. is not responsible for the content or accuracy of any advertisements. The presence of an ad within our publications or electronic communications does not imply endorsement of the advertised company, product, or service. Readers should use all due diligence regarding representations, products or services before a transaction is performed. EGnews, Inc. reserves the right to refuse any advertising.

EGnews Inc. publishers of the Sun Senior News - Roseville and Sun Senior News - Lincoln Hills  
 Sun Senior News is not associated with Del Webb's Sun City.

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.).

The Sun Senior News - Lincoln Hills reserves the right to edit letters for publication and liability purposes and are not guaranteed to be published.

## Election Committee News — 2024 SCLH BOD

BY CAROLE MOORE, Election Committee Member

Ballots for the annual election of the Board of Directors were mailed April 10-15. Ballots must be returned to the Inspector of Elections (IOE) or dropped in the Election Box inside Orchard Creek Lodge by 3:00 PM, Wednesday, May 15. There are three open Director positions and one amendment for consideration.

We have six candidates running for two-year terms:

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

You have three votes total for candidates. You may place all three votes for one candidate, or two votes for one candidate and one vote for a second candidate or one vote each for three different candidates.

The Board is proposing an amendment to the Bylaws that would allow the Association to enter into contracts for greater than one year. You are allowed only one vote for the amendment, either "yes" or "no".

Ballots will not count if you have not signed the outer white envelope.

Opportunities to become informed:

- Campaign materials are displayed at both the OC and the KS Lodges.

- The Candidate Forum was held April 6th and was recorded and can be viewed on the Resident Website for those not able to attend. You will also find Candidate materials, and Candidate videos on the resident website, [www.sclhresidents.com](http://www.sclhresidents.com).

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

Please return your ballots now.

Need more details?

Write to Twila Miller: Elections.  
 Committee@selhca.com

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

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

**WE'VE MOVED!**

Same Great Service,

**NEW Location!**

**State Farm**

**Julie DeCarlo, Agent**

Lic. #0B98828

916-783-4010

Julie@juliedecarlo.com

www.juliedecarlo.com

1259 Pleasant Grove Blvd. Suite 140  
 Roseville CA 95678  
 (S/E Corner of Foothills & Pleasant Grove  
 Across Street From Arco AM/PM)

**Lincoln Podiatry Center**

**Dr. Brian P. Keller, DPM**  
 Board Certified in Podiatric Surgery by the ABMSP

**On Site X-Ray & Diagnostic Ultrasound**

- Ingrown Nails
- Heel Pain
- Bunion Surgery
- Custom Orthotics
- Corns & Callouses
- Ankle Injuries
- Hammer Toes
- Diabetic Foot Care
- Foot Pain
- Plantar Fasciitis
- Nail Care
- Painful Diabetic Neuropathy

916 434-6410

**LINCOLN PODIATRY CENTER**  
 841 Sterling Parkway, Suite 130 • Lincoln

Patch Masters Drywall

Acoustic Removal & Drywall Textures

All Work  
Guaranteed  
Free Estimates

- Acoustic (popcorn) ceiling removal
- Water damage & drywall repair
- Sheetrock installation
- Machine applied textures
- Hand applied texture
- Retexturing & Painting
- BBB Accredited

**Mike Church**  
 Owner  
 CA Lic# 1004984  
 Bonded & Insured

(916) 847-7783

PatchMastersDrywall@yahoo.com

www.DrywallPatchMasters.com

HOLM SWEET HOME

YVONNE HOLM REALTOR®

916.616.6555

www.LincolnHillsRE.com

YvonneHolm@me.com  
 DRE# 01969667

# HERE FROM THE BEGINNING. HERE FOR YOU TODAY.



**Mitzi Anderson**  
#01911208  
530-906-2358



**Michelle Cowles**  
#01821892  
916-295-8532



**Nick Cowles**  
#02066942  
916-216-5877



**Linda Erwin**  
#00633529  
Broker Assoc.  
530-720-2303



**Christine Hamilton**  
#01151335  
Broker Assoc.  
916-768-5525



**Sue Hanusek**  
#02186925  
916-849-8504



**Donna Judah**  
#00780415  
916-412-9190



**Wendy Judah-Olsen**  
#01764197  
916-276-4194



**Jean Lund-Morrisseau**  
#01966589  
916-751-0712



**Barbara Lynch**  
#00642851  
Broker Assoc.  
707-696-4431



**Ken Martinez**  
#02002833  
916-622-1667



**Paula Nelson**  
#01156846  
Broker Assoc.  
916-240-3736



**Kathy Nowak**  
#01327209  
408-348-0641



**Tara Pinder**  
#00898876  
916-600-2836



**Ann Renyer**  
#01746828  
916-343-6045



**Michael Renyer**  
#00894446  
916-343-6044



**Bill & Jan Rexrode**  
#01700676/#01700677  
916-408-3997



**Loree Risi**  
#01203309  
916-716-0854



**Greg Spier**  
#02120061  
916-884-3364



**Tangi Walker**  
#00820609  
916-316-1112



**Tony Williams**  
#01390054  
916-521-3400



**Jennifer Zehnder**  
#01190630  
Broker Assoc.  
916-812-2955

# 916.543.5222

## CBSUNRIDGE.COM

1500 DEL WEBB BLVD. #101  
LINCOLN, CA 95648

### WE'RE OPEN TO SERVE YOU—STOP IN AND SAY HELLO!



## COLDWELL BANKER

### SUN RIDGE REAL ESTATE

Property Management by Gold Properties  
goldpropertiesofincoln.com - 916.408.4444  
CA DRE #01366131

CA DRE #01441035  
Each office is independently owned and operated

# Neighborhood Watch

BY TERESA TANIN

When it comes to safety, our residents are on the ball. Scams have no place here as residents become more aware of the tricks used to lure them in. Neighborhood Watch recently



be viewed on the Neighborhood Watch website [schwatch.org](http://schwatch.org), where residents can also find many helpful resources.

3. Be the “eyes & ears” of the Police & Fire Departments: Always call 9-1-1 in an emergency.



offered residents direct information from local law enforcement; fire personnel, 2-1-1 referral service, Placer PROTECT, Project Life Saver, Neighbors InDeed, and several seniors help organizations. This Community Safety Event, held April 11, was a great success, providing over 200 residents with safety and security information; an essential part of the Neighborhood Watch Mission Statement. Join the Neighborhood Watch team to help get the word out about safety and security. Visit [schwatch.org](http://schwatch.org) website and click on “Want To Volunteer?” We need you! Want to know more about Neighborhood Watch? Attend the General Meeting, May 10, 1:00 PM, Fine Arts Room, Orchard Creek (OC) or attend the NW Training session, April 14, 2:00 PM, Fine Arts Room, (OC). Come join in on the fun. We are all safer as a team.

Neighborhood Watch Mission Statement, through the dissemination of information:

1. Strengthening neighborhood ties: The Lincoln police are here to help. Haven’t seen or heard from your neighbor lately, call the local police at 916-645-4040 for an anonymous “well check”. Time is of the essence, so call. That’s what they do!

2. Increase personal safety and security awareness: If you were not able to attend the April 11 Community Safety Event, visit the resident’s SCLH website for the event video. Over 200 residents attended and received very helpful information. The event video can also

Residents are the “eyes and ears” or the first to spot possible problems. Help our local police help our community. If you see something, say something. Call the Lincoln Police non-emergency number 916-645-4040. Provide as many details as possible. Take a photo from a safe distance. Follow up by leaving a message with Barry Johnson at 916-792-7540. As the SCLH liaison to the Lincoln Police, Barry can follow through, after obtaining details, to provide needed information to the Neighborhood Watch “Alerts” coordinator, Mary Cranston, for a community-wide “Alert.” View past and current “Alerts” on website [schwatch.org](http://schwatch.org). Call the Lincoln Police and then call the VForce Security Patrol at 279-239-9094 to report common area association property issues.

4. Encourage emergency preparedness: Call 2-1-1 for personalized 24/7 help. Step by step preparations can be arranged with local agencies to help eliminate panic during emergencies. Also visit website [schwatch.org](http://schwatch.org) and click on “Who Should I Call?” for a list of “Important Numbers.” Be safe; be prepared; avoid panic.

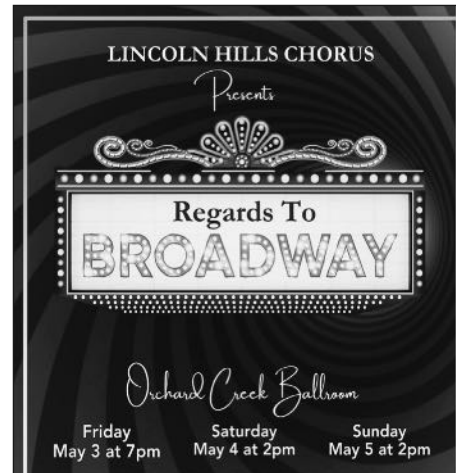
Please visit website [lincolnhillsfoundation.org](http://lincolnhillsfoundation.org) for information about their Bingo events. Fun for all! Money raised directly benefits our local seniors, including the Neighborhood Watch organization in getting the word out about the safety and security of our seniors. It takes a team!

## LH Chorus

BY GAY MACKINTOSH

Broadway is coming to our ballroom May 3-5! Hurry on down as the Lincoln Hills Chorus gives our “Regards to Broadway.”

Some Broadway shows are long forgotten (“Little Johnny Jones,” anyone?), while a single melody lives on. George M. Cohan’s song from that show, “Give My Regards to Broadway,” is already 120 years young and will surely last as long as memories of the Great White Way.



Heard of “The Boys from Syracuse” lately? It was a hit show in 1938, with the song “Falling in Love with Love” by Richard Rodgers and Lorenz Hart still familiar. Our medley “Do I Hear a Waltz?” also includes Rodgers’ collaborations with lyricists Stephen Sondheim and Oscar Hammerstein II. And if you just can’t get enough Rodgers and Hammerstein, we’ll be singing “Oklahoma” (1943) and “My Favorite Things” (1959).

But wait, there’s more! You’re sure to hear some of your favorites, from “Try to Remember” to “Sunrise, Sunset.” American Sign Language interpreter Cat Bain will delight you by signing “Bring Him Home” and “You Will Be Found.” Mona Stryker’s flute will highlight “Singin’ in the Rain” and “The Impossible Dream.”

The Lincoln High School Choir will join us on stage to perform songs from “The Sound of Music” (1959), “Swing!” (1991), and—not yet on Broadway—“The Greatest Showman.” Disney’s musical stage adaptation of that 2017 hit film is scheduled to open in 2025.

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

Visit [lincolnhillschorus.org](http://lincolnhillschorus.org) or contact our membership coordinator, Mari Long, at [mrlong24sjca@sbcglobal.net](mailto:mrlong24sjca@sbcglobal.net), 916-409-9136.

## LH Music Group

BY JULIE RIGALI

I want to start with another historical update on our group. After we were in full swing, having our meetings in Orchard Creek, we decided to produce a yearly Showcase, to be held in the Ballroom of Orchard Creek. Paul Daher (our founder) was the producer and most of the members in our group presented their own musical flavor to the show. We did this for a number of years and enjoyed it tremendously. However, after a number of years, it became more work than pleasure, so we stopped producing a yearly Showcase. But, during this time, many small groups had been formed, and most of those groups were performing outside of Lincoln Hills. All of the groups reported deep enjoyment of these opportunities.



Another update of our history will be reported next month, and in the meantime, we still meet every 2nd Wednesday of each month, except in November and December. Our meetings are held in Presentation Hall (KS) from 1:30-3:30, and if you want to perform, a sign-up sheet is available from 1:00 till the end of the meeting. We begin our meetings with a “Group Play and Sing”, utilizing songs available at our website, [www.lincolnhillsmusicgroup.org](http://www.lincolnhillsmusicgroup.org). The password is musicgroup. After our “Group Play and Sing” is over, we begin our individual performances. Feel free to listen or join in the performances. Additional opportunities through our group are 1) The Guitar Ensemble meets on Fridays, 1:00-3:30 (OC). Contact Sal Caruso at 916/343-5810 for more information. 2) Ukulele Ohana meets on Wednesdays 1:00-3:00 (OC). Contact Ron Peck at 925-788-5869 for more information. All groups are open to Lincoln Hill residents. Music Group Contact is Julie Rigali, at 925-787-1875.

## Ballroom Dance Club

BY ERNIE MICHELI

The Ballroom Dance Club held its second dance party of the year on Saturday, April 13. The dance party was their Spring potluck and featured a Hawaiian theme.

The ballroom was decorated with a mural of a Hawaiian sunset and swaying palm trees.

(cont’ on page 7)

# SCREENS 4 LESS

## Window Sun Screens

- Security Doors
- Swinging Screen Doors
- Retractable Screen Doors

Call Us Today For  
A FREE Estimate!

# 773-6500

Cont. Lic.#806165

## Carpet Cleaning

# SPRING FLING SPECIAL!

WHOLE HOUSE >> ALL carpet, tile/grout, hardwood, laminate, vinyl floor cleaning >>

ALL for: \$250 homes upto 2400sqft; \$350 homes 2401-3100sqft;

\$450 homes over 3101sqft; Over 3100sqft Call

OR \$35 a room for Carpet Cleaning

---

Family Owned and Operated Since 1966  
[RoyalCarpetWindow@gmail.com](mailto:RoyalCarpetWindow@gmail.com)  
 Facebook: Royal Carpet Window

# 916-343-6567

Commercial & Residential

## Meet The Author Lecture Series

BY JOY HUTCHISON

On Monday, May 20th at 2:30 in Presentation Hall (KS), author Jim W. Barrie will present his book *Ranches, Recipes and Tales of a Misspent Youth*. Mr. Barrie will take you back to the ranching culture of Placer County before the acreage upon which Sun City Lincoln Hills was developed. Born in Lincoln, Jim's book is a collection of stories, illustrations and photos of his life growing up in a ranching community. His story begins in gold rush days when his family settled in Nevada county and established a stage station. After WWII, his family moved further south to what is known as the thermalands. A rancher and horseman, Jim still runs a small herd of cattle, manages a herd for a purebred operation, and trains his colts. He and his wife Stephanie live on the family ranch.

Jim's writing style will provide you with a window to stories akin to the Old West, set in modern times. Included in Jim's book are recipes of mouth-watering cowboy fare that includes Red's Fried Trout, Cow Camp Hash and Skillet Apple Pie.

Come and enjoy an afternoon of humor, history and horsemanship! Doors open at 2PM.

**CORRECTION:** *In last month's article of "Meet the Author Lecture Series," Barbara's last name was incorrect, her last name is Klide. You may read more about Barbara Klide here: <https://www.bijoupublishing.com/>*

## Kilaga Springs Library News

BY JOY HUTCHISON

Recent articles from Kilaga Springs Library have given you an overview of some of our book selections including large print, historical fiction, and novels featured in the Meet the Author Lecture Series. Just as important is our library in the Community Living Room at Orchard Creek. Just to the right of the main lobby you will find this quiet and relaxing area with comfortable seating arrangements, tables, two computers, and a Merlin Magnifier. Mass market pocketbooks line the shelves under the windows overlooking the luscious gardens. In one corner are stacks of jigsaw puzzles as well. As with Kilaga Springs Library, books and puzzles are loaned on a Read and Return basis.

Planning is already underway for the 20th Anniversary celebration of the opening of the Kilaga Springs Library. Although the open house isn't until November 19th, we would like to hear from 2004-2024 residents who would like to share their memories and/or memorabilia of their time as a volunteer. Please contact Sarah Kevin, Library Coordinator, at [sikevin@gmail.com](mailto:sikevin@gmail.com).

## Players — "Old Hams" to Play in June

(cont' from page 1)

lighthearted comedy is a very different play from last June's tensely dramatic "12 Angry Jurors." To which, another quipped, "That's right, we're calling this one Angry Old Hams." Fun, fun, fun.

The four shows play Thursday through Sunday, June 13-16 in KS Presentation Hall, an intimate venue that always fills up quickly. Hurry!

## Big Day of Giving — Give Where You Live

BY DENISE BOWDEN

The Big Day of Giving, also referred to as BigDog, is a yearly 24-hour online giving challenge that brings together the local non-profits in Placer, Sacramento, Yolo, and El Dorado counties to raise funds and highlight the great work done by non-profits in our communities.

The 2024 event starts as the clock strikes 12:00 am (midnight) on May 2nd and runs through to 11:59 pm, allowing for ample time for supporters to donate to their favorite local organizations, which we hope includes the Lincoln Hills Foundation.

In its eighth year of participation the Foundation depends a great deal on this program to raise funds for the grants and services we provide to the seniors of Lincoln. We are the only local non-profit organization that focuses solely on seniors. Our grants assist in providing meals and meal delivery, emergency food boxes, caregiver respite, large print, audio books and

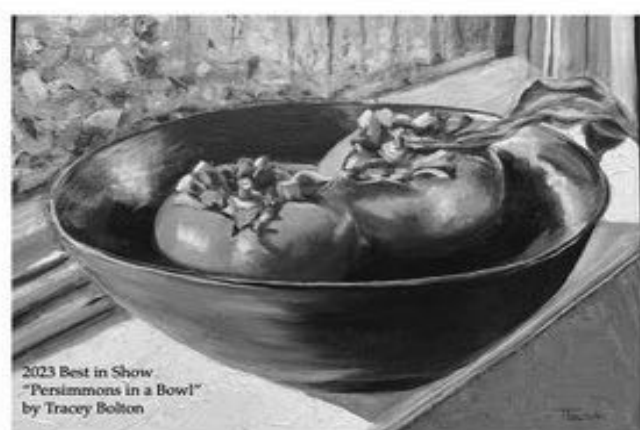
digital literacy for the library, tracking wristbands, AEDs, low-cost transportation within the city and senior counseling.

Every donation has an impact on the lives of neighbors and friends. It may be hard to imagine but 1193 seniors in our community received food from the Salt Mine last year, a number that continues to grow year over year.

Donate now – if you see this after May 2nd you can still support the Foundation and our senior programs. Call 916-409-2016 and a member of our Board will pick up your donation. Mail your donation to LHF, PO Box 220, Lincoln, CA 95648 or donate online at [www.lincolnhillsfoundation.org](http://www.lincolnhillsfoundation.org)

Though you may not need the services the Foundation offers at this time, you may have a friend or neighbor that does. Help us continue to meet our mission of promoting and funding solutions and programs that enhance the quality of life for senior residents in Lincoln.

### Sun City Lincoln Hills 20th Annual FINE ARTS SHOW and SALE



2023 Best in Show  
"Persimmons in a Bowl"  
by Tracey Bolton

**ORCHARD CREEK BALLROOM**  
Sun City Lincoln Hills, 965 Orchard Creek Lane,  
Lincoln CA, 95648

Friday, June 14, 5:30pm - 8:00pm  
Saturday, June 15, 9:00am - 5:00pm  
Sunday, June 16, 9:00am - 3:00pm

**FREE!**  
PUBLIC WELCOME  
Daily Raffle

Presented by the Lincoln Hills Fine Arts Show Committee

## GARY'S SPRINKLER REPAIR SERVICE



*Local Experts • 31 Years Experience  
Troubleshooting & Repairs*

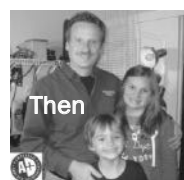
- Timers Set or Replaced • Wiring Issues
- Valve Replacements • Drip Systems Replaced

*All Work Guaranteed*

**916-223-3706** LIC# 869624

Your Certified Computer Tech is Steve

Thank you for the last 18 years!



**Comp-Solve Computers**

**916-276-1374**

**In Home Computer Service**



**Hard Drive Upgrades, Backup & Restore**

**New Computer & Printer Setup's, Data Transfer**

**Lincoln Hills Special \$89/hr**



**\*\*\*New\*\*\*  
Ring Video Doorbell  
Installs  
Ring Wireless Backyard  
Camera Installs**



- Repairs - Wireless Issues
- Tablet & Phone Help
- Malware & Virus Issues
- Tune Up's - Email Setup
- Scams & Hacking Help

**Lincoln Hills 5 Days a Week**

## Ballroom Dance Club

(cont' from page 5)

The table centerpieces included a hula girl playing a ukulele, colorful leis and a pineapple. Tropical birds were displayed throughout the ballroom.



John Kirkwood, Mary Kirkwood, Stacy Reynolds and David Reynolds.

Participants brought their favorite dishes for the potluck. The food was delicious and plentiful. Ambrosia salad, lasagna, pizza, meat balls, sushi and fruit were among the main dishes. The dessert line was equally tasty and included pies, cakes, cupcakes, cookies and lemon bars. Thanks so much to those who contributed to the potluck.

A special thanks to all who made the evening a success. Sal Algeri was the master of ceremony and helped with decorations. Ruth Algeri organized the music, helped with decorations and kitchen. Stacey Reynolds, David Reynolds, Jack Craig, and Peter and Josie Vandermat also contributed to room set up. Kitchen helpers and organizers included Sharon Micheli, Josie Vandermat, and Stacy Reynolds. The clean-up crew returned the multi-purpose room to its former self. The clean-up crew consisted of Sandra Speight,

Jerry Cress, Marty Maravich, Charlie Shuman, and John and Mary Kirkwood.

Sadly, the hula is not a ballroom dance, but all the other ballroom dances were danced. The waltz, tango, cha cha, rumba, East and West Coast swing, ballroom two step and fox trot were performed by the attendees.

Photos of the evening are posted on our website. We encourage you to periodically check the Ballroom Dance Club website for current information at sclhbdc.com.

Annual membership dues are only \$10 a person and is open to all SCLH residents and sponsored guests. Contact Sal Algeri at 916-408-4752 for information.

## Country Couples

BY RICH AND DONNA PICK

Along with practicing our recently added dances, Drunk Lovers, Red Wine, Baby You Do, Red Hot Salsa and Champagne Cha, we were able to sit and have our social dinner at BJ's restaurant in Roseville. This was the second outing of the year. The turnout was wonderful with 38 fun-seekers attending. We were treated to great food and wonderful service at this restaurant. We all sat at a long table and had plenty of time to chat and catch up with friends.



Country Couples Performers in "Everybody Dance Now!" show.

Our Country Couples Club was well represented with 5 great dancing couples in the Lincoln Hills Tap Company dance performance "Everybody Dance Now". The performance was held in the Orchid Creek Ball Room. Our dancers performed 3 of our favorite dances. What a great show they put on, and we all admired the show. It took a lot of commitment from all the people involved in the performances.

We are gearing up for summer with planning a summer picnic at the Sports Pavilion in June, where we will all bring our own food and games we would like to share. This will be our second annual picnic. More information to follow.

If you or anyone that you know would like to join our Country Couples Club, have them contact April Cederburg at 916-390-3931. Website: sclhcc.com

## Mixed Media

BY JILL SHORT

It is hard to believe we are already entering May. Many exciting things are happening. The Club members are busy learning new techniques to use in creating art. Gelli plate adventures continued in April as we learned how to transfer prints. In May we are going to explore wet strength tissue paper. Just like its name suggests, this tissue paper is strong! It looks and feels like tissue paper but will not dissolve and break into pulp when wet. Wet strength tissue paper is strong enough to hold up to all kinds of wet media. It can be gel printed, you can also flood it with water and paint. The club will be providing the tissue paper and a few samples of a type of paint that might be new to you. This is a great opportunity

to experiment with products and see if you would like to buy some for your own stash. Both Joggles and Amazon websites carry this type of tissue paper, and Joggles carries the paint that we will be sampling. Come and see why mixed media artists are excited about this newer tissue paper product.

For those who want to do a project at home, we have monthly art challenges. When completed they are shared at our club meeting. The challenge for May is "The Cat's Pajamas." Use this old saying as a prompt to get you started on creating. No other rules. Have fun, enjoy and be ready to share it at our May 15 meeting. The June art challenge is, "She showed her true color."

The club voted in the Steering Committee at the March meeting. The leadership team is Chris Fetter, Jan Stephens, Frima Steward, Nan Griffin and Jill Short. The steering committee meets monthly to plan club meetings. We love for people to come and check the club out. The Mixed Media Club meets the 3rd Wednesday of the month in the Fine Arts Room (OC) at 1:00 PM. Our yearly dues are \$25. For more information contact Chris Fetter at 916-276-7895 or email at: mixed.media.chris@gmail.com

## Ceramic Arts Group

BY JIM CARNATHAN

The Ceramic Arts Group will be displaying many of their creative works in the "Clay Crazy" ceramic arts show in the Spotlight Gallery at the Art League of Lincoln, 580 Sixth St. in downtown Lincoln. from May 2nd through May 26th.

(cont' on page 10)



Insta Care Services, LLC

Maria Garcia | Director



916-547-7192

Email: mariagarcia@instacareservices.com

www.instacareservices.com

Bonded & Insured | HCO Lic# 314700035

### Specialized Care:

- Hospice
- Cancer
- Stroke
- Parkinson
- Dementia
- Palliative Care
- End of Life
- Incontinence Care
- Hospital to Home

## R&A Dynasty Carpet Care

New Residents to Sun City Roseville • Robert and Aurea Geen  
Bay Area Carpet Cleaning Services Since 1985



- Carpet Cleaning
- Upholstery
- Tile and Grout
- Area Rugs
- Pet Oder Control
- Repairs Carpet
- Maintenance Programs
- Move in and Move Outs
- Free Estimates



925-262-3259  
Robgeen@att.net



BRE # 01390054

## Got Real Estate Needs???

You know my face,  
I know the market!

Please contact me for a  
free market analysis

# Tony Williams

(916) 521-3400

Tony @TonyWilliams.com



Each Office is Independently Owned and Operated

# NEW IN 2024! FABULOUS 50+ WEDNESDAYS SLOT TOURNAMENT & DRAWING



FOR GUESTS 50 AND OVER EVERY WEDNESDAY

FREE SLOT TOURNAMENT 12 NOON – 4PM  
TOP 10 SCORES WIN FREE SLOT PLAY

PLUS A \$2,000 BONUS DRAWING  
FIVE CASH WINNERS AT 5PM

Get one free entry & one entry for every 100 points earned that day.

Swipe your Thunder Rewards card at any Self-Service Kiosk,  
then redeem your drawing and tournament entry.

# THE BEST BINGO IN NORTHERN CALIFORNIA OVER \$24,000 IN PAYOUTS EVERY SESSION



Enjoy specials, progressive jackpots,  
giveaways and more!

## THURSDAY, FRIDAY & SATURDAY

Admission opens at 4pm • Games begin at 6:30pm

## SUNDAY

Admission opens at 10:30am • Games begin at 1pm

FOR CALENDAR DETAILS, VISIT THUNDERVALLEYRESORT.COM



Sunday, May 12, 2024

## Mother's Day Special

20 Regular games pay \$1,199

5 Starters pay \$500

8 Specials pay \$750-\$1,000

Ladies receive a Mother's Day dauber and  
a free manager's \$60 special (14-Packs).

TIMES, DATES, SPECIAL EVENTS AND PRIZES MAY VARY.  
VISIT THUNDERVALLEYRESORT.COM OR THE BINGO ROOM  
DURING NORMAL BUSINESS HOURS FOR DETAILS.



THUNDER VALLEY  
CASINO · RESORT

Gambling problem? Call (800) 522-4700.

MANAGEMENT RESERVES THE RIGHT TO ALTER OR CANCEL  
ANY PROMOTION AT ANYTIME WITHOUT NOTICE

FREE VALET PARKING  
TAKE I-80 TO HWY 65, LEFT ON SUNSET

LINCOLN, CA • 877-468-8777  
THUNDERVALLEYRESORT.COM





START YOUR  
DAY WITH



MORNING NEWS

WEEKDAYS 5, 6 & 11AM

## Ceramic Arts Group

(cont' from page 7)

ClayFest, a one-day festival in celebration of ceramic art and the clay history of Lincoln will be held in Beermann Plaza at 640 5th St. Saturday May 11th from 10 a.m. to 4 p.m. The annual event in its 35th year draws local and surrounding area artists here to carve and transform a fresh Gladding McBean sewer pipe into a work of art. Other festivities for the day include artisan vendors, music, and kids' activities including "Camp Clay" which is for all ages.

The FEATS of CLAY 2024 Regional Ceramic Arts Competition will be held at the Art League of Lincoln June 13 - July 7, 2024. Call to Artist - entry deadline is June 1, 2024. The opening reception will be on Friday June 14th from 7:00 p.m. to 8:30 p.m. with \$5,000 in cash prizes to be awarded.

Please mark your calendars, support the Arts and come play in the clay.

• • •

## Painters' Club

BY TAMSEN ARMSTRONG

Excitement is building! The SCLH 20th Annual Fine Arts Show is coming soon and many of our local artists are busy preparing to delight you with their creations. This is a three-day event on June 14-16, with free admission and open for participation by any resident of our community (club membership is not a requirement). We accept original art in various mediums, photography, and three-dimensional items with the minimum



com 530-919-1750.

sale price of \$150. Cash awards and ribbons will be awarded by judges from the Blue Line Art Gallery. The entry fee is \$50 and registration will be held on April 30, in the OC Fine Arts Room from 1:00-3:00 PM. Applications can be found in the OC Fine Arts and Ceramics Rooms, and on the Painters' Club Facebook page. Contact Chris Olsen at olsenemo@gmail.com or Marianne Oliphant at oliphant50@gmail.com.

Save the date for June 18th for our Spring Luncheon at Turkey Creek Bar & Grill. It starts at 11:30 AM and ends with a fun Show & Tell session. Bring your appetite and a recent painting to share.

Last chance to see club members' paintings at Lincoln's Simple Pleasures Café. The show will come down on June 5th. But, not to worry, a new show will go up at Buonarrotti Ristorante later that month.

Our next Paint Challenge is on the theme of "Childhood Memory" will be held at our May 21 meeting. Gift certificates /ribbons are awarded to 1st, 2nd and 3rd place winners in the categories of Beginning, Intermediate and Advanced levels.

Check us out on Facebook! Our private group is for you to download forms and newsletter back issues, post your latest masterpiece, ask a question or share some good painting tips. Our general meetings are on the 3rd Tuesday of every month at 1:30 in the OC Art Room, and dues are \$15 a year. Contact Marianne Oliphant for more information. Oliphant50@gmail.com

com 530-919-1750.

• • •

## Needle Arts

BY MARY SWANSON

April showers are ending, at least I hope so, and May flowers are blooming adding a colorful display to our gardens. The Spring luncheon, themed "Our Creative Garden", will be held on Tuesday, May 14th at 11:30 AM in the Orchard Creek Ballroom. Reservations are required and the sign-up form, which includes pricing and menu choices, can be found on the Needle Arts website (sclhna.com). There will be an 'Opportunity Drawing' at the luncheon for a gently used Janome sewing machine with table and machine cover. Tickets will be available at the luncheon and the drawing will be held at the end of the luncheon.

May will be an active month with workshops happening. On Friday, May 3rd there will be an open class to help with quilt binding. On Tuesday, May 7th a demonstration workshop on decorative fabric bowls will be held and sign-ups are appreciated. Email Betty Kisbey (betty@quiltcartel.com) and let her know that you're interested. The instructor will be supplying most all of the materials needed and you'll need to bring your own needle, thread (any color), thimble (if you choose) and whatever else you need for hand stitching. Another sign-up appreciated workshop will be held on Tuesday, May 21st demonstrating shortcuts for half square and quarter square triangles for sewing quilts. All workshop classes/demonstrations begin at 1:00 PM on the date shown. Make sure to check the 2024 Workshop schedule posted on the NA website for updates.

The sold-out Spring retreat has ended and as usual, a great time was held by all. Reservations for the Fall retreat (to be held in

late September) will be opening soon. Watch for the exact dates and make sure to get your reservation in early.

• • •

## Paper Arts Club

BY LINDA LUCCHETTI

Our May window display is in full bloom showcasing an assortment of cards with a floral theme. Stop by and see our garden of creations. Also, please donate your handmade generic, get well, and thinking of you cards to our Sunshine Chair, Mary Prindiville, to send to our members.



What do flowers, wine, and chocolate have in common? They are all themes of our May project featuring two cards and a candy favor, presented by Sarah and Betsy.

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

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

• • •

(more Club News cont' on page 11)

WORLDS AWAY...  
MINUTES FROM HOME  
BE SMART. DRINK WISE!

Wise Villa Winery  
www.WiseVillaWinery.com  
Tasting Room Open Daily at 11am  
4200 Wise Rd. Lincoln, CA  
(916) 543-0323

TERRAZAS LANDSCAPE  
Family Owned Since 1998  
CSLB #877722

**New Landscape Design**  
**Artificial Turf**  
**New Lawns**  
**New Drip Systems**  
**New Drainage & Repairs**

Offering Complete Landscape Maintenance!

Call for a Free Estimate! **916-247-2748**

### Stamp Club

BY TIM MILES

May is here and we have the Tuesday meetings of May 14 and May 28 (6:30 pm starting times) and the June dates of June 11 and June 25 all lined up. We meet at the Sun City Roseville Lodge (7050 Del Webb Blvd) meeting rooms at 6:30 pm. We're usually on our way home by 8:45.

We have access to stamps, albums, broken pages of all kinds, hinges, covers, and anything at all that you would need for the hobby, all at significantly reduced prices. We have a member who is a dealer if it is something special, he can get it! We feature door prizes, drawings and even, from time to time, outside dinners as a group in different area locations.

Our dues are \$20 a year so you can deal with the reasonable expense. We welcome new members, and we promise you that your collection will be enhanced with the new membership.

Should anybody desire an appraisal of an existing collection, bring it to a meeting and we will be glad to give you a "fair value" idea of what it is worth.

From time to time, Al Capparelli (916-771-8288) has "Open Garage" days that you can use to see our inventory of what is available to you from the club. Almost all our items are available at a sizable discount to regular sources.

Our membership runs from Granite Bay to Lincoln and from Auburn to northern Sac County. The club itself is over 25 years old.

If anybody has any questions about the hobby, call Al Capparelli and get the problem solved. See you at one of our meetings!

• • •

### Woodcarvers Club

BY LIONEL RAINMAN

As a woodcarver and member of the Woodcarvers club, I get asked as to the benefit of joining the club. If we assume the person asking the question has never carved, a wood carving club begins by explaining different type of wood, carving tools, and safety equipment. It also provides opportunities to learn from experienced carvers, demonstrations and hands-on activities. Interacting with other members gives you the opportunity to explore various carving tools and methods to find out what works best for you. Experimenting will help you discover a preferred style and your carving skills will improve. As we meet weekly it allows a novice carver to carve consistently to build skills and confidence. Starting with simple projects and moving on to more complex designs as you improve. Woodcarving does require patience and practice. Mistakes happen and rather than getting discouraged they should be used as learning opportunities. As your skills improve the club has a wealth of resources available such as a library of books, magazines and videos as well as sources of supplies for your tool needs.

Woodcarvers club meets every Wednesday from 1:00 to 4:00 PM in the Sierra Room at Kilaga.

Contact: Lionel Rainman, Lrainman1414@Yahoo.com 916-253-9534

• • •

### LH Veterans Group

BY BILL B. LEWIS

LHVG Vice President Peter Gilbert a long time Lincoln Hills resident will be the featured speaker at the general meeting,

May 16, 2024 at 1:00 p.m. the Kilaga Springs Presentation Hall and he will be speaking about his experiences working for Chief of Staff for Army intelligence.

Much of his work was highly classified at that time but is now open for discussion. Gilbert has served the community in many ways and capacities over the years and is now continuing his service as member of the Lincoln Hills Veterans Group Board of Directors.

The Group will conduct its annual community Memorial Day ceremony in the Lincoln Hills Amphitheater at 9:00a.m. on Monday, May 27, 2024. The Lincoln High School Army Cadets will post the colors. Congressman Kevin Kiley will be the keynote speaker. The Program will conclude with a two-bell ceremony honoring those Lincoln Hills veterans who passed away since Veterans Day last year. The program will conclude with playing of "Taps".

In an effort to plan for the future, President Jeff Davis conducted All Hands meeting to discuss the members ideas and thoughts about the activities and programs of the veterans group.

The topics included; General Membership, Social Activities, Community Activities, and Membership Criteria. The meeting was an open forum, and everyone had the opportunity voice their opinions about the Board, Our Activities, and Future.

The members of the Board are now in the process of researching the ideas and opinions that were presented at that meeting to determine how that we can implement them into our existing methods of operation. Upon completion of the study we will bring it forward for presentation to the membership under the guidelines of the Association.

The Group's paid membership stands at 160, including 95 life members and 51 annual members. World War II veterans (including surviving spouses) totaled 14. We no longer count the associate members, because all residents of Lincoln Hills are welcome to join. Please renew your annual membership in the Lincoln Hills Veterans Group, along with a check for \$20, payable to Lincoln Hills Veterans group. Welcome Aboard to New Member, Michael Catlapp, U.S. Marine Corps.

The Flag Table will be open on May 15, 2023 in the Orchard Creek Lodge Lobby for the sale of Flags at a price of \$20.00. Please turn in old flags for retirement when they show signs of wear. There is also a box for flags to be retired in the room next to the Main Desk.

Please continue to Fly Your Flag Proudly May 8, VE Day; May 18, Armed Forces Day and Memorial Day, May 27, 2024

• • •

### SCLH Writers' Group

BY RAY BIRGE

The SCLH Writers' Group is dedicated to the mission of encouraging the growth and development of members in meeting their individual writing objectives. We want to be the most creative organization possible by providing feedback and constructive suggestions to our members and have fun doing it.

We meet monthly on the 2nd and 4th Monday from 5 to 7 pm in the Computer Room (OC). Bring 12 to 14 copies of your less-than 1,200 word "masterpiece" so we can read along as you read aloud. We provide oral and written constructive suggestions. Join us and we'll laugh or cry together. Let's have fun!

(cont' on page 14)



## TLC Medical Transportation

Safe, Reliable, and Professional.

Your time and safety are our top priority. With TLC, you're in trustworthy hands.



EXCLUSIVE OFFER: Get \$25 OFF Your First Ride!  
916-750-3902 | tlcnemt.com | info@tlcnemt.com



**\$0 DOWN**

Pay Less each month than you are currently paying!

Don't Miss Out, Call Today!

**(916) 782-3333**

VISIT US AT: [www.capitalcitysolar.com](http://www.capitalcitysolar.com)

*Serving Sun City Lincoln Since 2002*



- Solar Electric Installation
- Battery Back Up
- Service Solar Electric Systems

SUNPOWER®

Elite Dealer

TESLA  
POWERWALL

CERTIFIED INSTALLER

CCL# 1018035



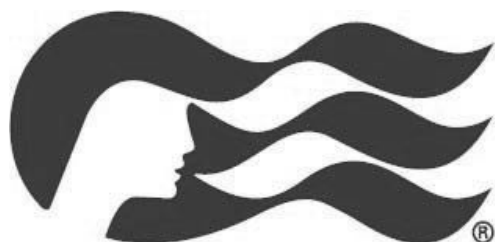
# CLUB CRUISE & TRAVEL

Call our travel experts and let's start planning your next vacation! Call 916-789-4100

We are a FULL SERVICE Travel Agency. Tell us where you want to go and we will help make it amazing!

Days & Destination	Cruise Line ~ Sailing Date	Starting Price/ Inside Ocean View Balcony		
<b>15 DAY HAWAII from SFO! PRINCESS</b>	Sep 29, 2024	\$1,098	\$1,167	\$2,048
<b>Ruby Princess ~ 3080 Passengers</b>	Dec 2, 2024	\$947	\$1,011	\$1,598
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>	Jun 17, 2024	\$898	\$1,222	CALL
<b>Crown Princess ~ 3080 Passengers</b>	Jul 9, 2024	\$908	\$1,211	\$2,398
	Aug 11, 2024	\$808	\$1,095	\$1,698
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	\$898	\$1,057	\$1,948
<b>Emerald Princess ~ 3080 Passengers</b>				
Sail from Quebec City, Canada (Overnight on board) to Fort Lauderdale, Florida visiting Halifax, Nova Scotia; Portland, Maine; Boston, Massachusetts; New York City; Norfolk, Virginia; Charleston, South Carolina; Fort Lauderdale, Florida.				
<b>12 DAY CARIBBEAN &amp; PANAMA PRINCESS</b>	Oct 31, 2024	\$748	\$860	\$1,878
<b>Emerald Princess ~ 3080 Passengers</b>				
Sail round trip from Fort Lauderdale, Florida to Aruba: Curacao: Cartagena, Colombia: Partial Transit the Panama Canal; Colon, Panama; Grand Cayman, Cayman Islands; Fort Lauderdale.				
<b>16 DAY PANAMA CANAL PRINCESS</b>		<b>INCLUDES SFO SHUTTLE &amp; SACRAMENTO AIRFARE!</b>		
<b>Sapphire Princess ~ 2670 Passengers</b>	Sep 28, 2024	\$1,599	\$1,999	\$2,599
<b>Coral Princess ~ 2000 Passengers</b>	Jan 20, 2025	\$1,499	\$1,899	\$2,499
Sail from San Francisco, California to Ft. Lauderdale, Florida visiting Puerto Vallarta, Mexico; Puerto Quetzal, Guatemala; Puntarenas, Costa Rica; Fuerte Amador, Panama; Transit the Panama Canal; Cartagena, Columbia; Fort Lauderdale, Florida.				
<b>12 DAY ALASKA CRUISE / TOUR PRINCESS</b>	Jul 6, 2024	\$1,399	\$1,419	\$2,749
<b>Sapphire Princess ~ 2670 Passengers</b>	Aug 31, 2024	\$1,599	\$1,699	\$2,999
Begin your journey with a 7 day cruise from Vancouver to Anchorage (Whittier), Alaska visiting Ketchikan, Juneau, Skagway, Glacier Bay National Park, College Fjord, Anchorage (Whittier), Alaska. Following your cruise, embark on a 5 day land tour to Anchorage, Alaska; Denali National Park, Mt. McKinley and Fairbanks. Ask for Code JA5				

\*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. 2441Winding!



**CLUB CRUISE Reservations**, Serving Placer County Since 1991  
851 Sterling Parkway, Lincoln, CA 95648

We're local, please visit us or call **(916) 789-4100**

Visit us online [www.clubcruise.com](http://www.clubcruise.com) Email: [book@clubcruise.com](mailto:book@clubcruise.com)

CST # 2033380-40 May 2024



# CLUB CRUISE & TRAVEL

2024 Cruises are filling up fast! Call to book your cruise ASAP!

Your local full service travel agency is just a phone call away. Our professional travel team is here to help make your trip better! Stop by, call or email us to arrange your next trip with a professional travel agent.

Days & Destination	Cruise Line ~ Sailing Date	Starting Price/ Inside Ocean View Balcony
--------------------	----------------------------	---

<b>10 Day TAHITI Windstar Yacht</b>	<b>June 2024 – March 2025</b>	<b>\$3,999</b>
-------------------------------------	-------------------------------	----------------

**Star Breeze ~ 312 Passengers**

Begin your Tahiti journey with 2 nights in an OVER WATER BUNGALOW enjoying the crystal clear waters of the south pacific. Board your Windstar Yacht and sail round trip Papeete, Tahiti visiting the French Polynesian islands of Moorea, Raiatea, Motu Mahaea (Tahaa), Bora Bora, Huahine, and back to Papeete. Don't put it off any longer. Book your Tahiti trip today. Call your Tahiti experts at Club Cruise.

<b>7 Day COSTA RICA &amp; PANAMA CANAL October 2024 – March 2025</b>	<b>\$4,599</b>
--	----------------

**Wind Star ~ 148 Passengers**

**INCLUDES ROUND TRIP SACRAMENTO AIRFARE!**

Sail from Puerto Caldera, Costa Rica to Colon, Panama visiting Quepos, Costa Rica; Golfo Dulce, Costa Rica; Isla Parida, Costa Rica; Balboa/Fuerte Amador, Panama; Full Transit of the Panama Canal; Colon, Panama City, Panama.

<b>12 Day PARIS TO THE SWISS ALPS March – December 2025</b>	<b>\$3,499</b>
---	----------------

**Viking Longships ~ 190 Passengers**

**INCLUDES ROUND TRIP SACRAMENTO AIRFARE!**

Package Includes your home to the Sacramento Airport Transportation, round trip Sacramento Airfare, Airport Meet-And-Greet with Transfers from the Airport to 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 2025</b>	<b>\$4,299</b>
---	----------------

**Viking Longships ~ 190 Passengers**

**INCLUDES ROUND TRIP SACRAMENTO AIRFARE!**

Package Includes your home to the Sacramento Airport Transportation, round trip Sacramento Airfare, Airport Meet-And-Greet with Transfers from the Airport to the boat, your 15 Day Viking European River Cruise through France, Germany and Switzerland in standard accommodations with a window, all meals on board the boat AND daily sightseeing! Ask about higher category staterooms like a French Balcony or Veranda stateroom. Call for availability.

<b>12 Day MISSISSIPPI March – November 2024/2025</b>	<b>\$4,299</b>
--	----------------

**Viking Mississippi ~ 386 Passengers**

**INCLUDES ROUND TRIP SACRAMENTO AIRFARE!**

Sail from New Orleans to Memphis visiting Darrow, Louisiana; Baton Rouge, Louisiana; St. Francisville, Louisiana; Natchez, Mississippi; Vicksburg, Mississippi; Greenville, Mississippi; Rosedale, Mississippi; Memphis, Tennessee.

Package Includes your home to the Sacramento Airport Transportation, round trip Sacramento Airfare, Airport Meet-And-Greet with Transfers from the Airport to the hotel & river boat, your 7 Day Viking Mississippi River Cruise, 2 nights hotel stay in New Orleans and 2 nights hotel stay in Memphis, all meals on board the boat AND daily sightseeing! Ask about higher category staterooms. Call for availability and to book your Mississippi cruise.

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.

**CLUB CRUISE Reservations**, Serving Placer County Since 1991  
**851 Sterling Parkway, Lincoln, CA 95648**

We're local, please visit us or call **(916) 789-4100**

CST # 2033380-40 May 2024

## SCLH Writers' Group

(cont' from page 11)

"Remember, if you can't laugh at yourself, someone else will."

Any questions, call Ray or Anne Constantin Birge 909-965-3556.

• • •

## SCHOOLS

BY PATTI KINGSTON

The school year is winding down, with less than a month left before summer vacation. Now is a good time to think about volunteering for the 2024-2025 school year in a classroom or at Phoenix High.

Volunteers are needed for grades K-5 and for Phoenix High School where tutors help with English, Math or History. Some of our elementary volunteers have continued to work with teachers over the past 2 years, using imaginative ways to be of help. Some have corrected papers and made copies of schoolwork sheets for the teacher without being in the classroom. The days and hours of service are up to the volunteer. No teaching experience is necessary. Many volunteers are in the classroom 1 day a week for a few hours. They work closely with the teacher and are under her direction.

The SCHOOLS annual meeting will be on September 11 and will consist of a round table conversation among volunteers to share ideas and experiences. Anyone considering volunteering is encouraged to join us. We will meet in the "Kitchen Room" at KS. Save the date.

If you have volunteered in the past and would like to share your experience, contact

Patti at pkingston@att.net to tell your story. If you would like to write an article about your time in a classroom, you can submit it to Patti. Some volunteers have been profiled in past issues of this newspaper and there are many volunteers with interesting classroom experiences.

To volunteer at Phoenix High School contact Irma at jmeidm@aol.com. To find out about volunteering in elementary schools K-5 contact Cyndi at ccolloton@yahoo.com

• • •

## Republican Club

BY SUE DUMAS

Our next event: Friday, May 3 • Cinco de Mayo - 12:30 PM at Placer Room, KS. Mexican food, music, and lots of fun! \$15/per person; RSVP aggiemarsh59@yahoo.com (see May Newsletter and flyer).

www.RepublicanClubSCLH.org

• • •

## Apple User Group

BY NINA MAZZO

Tip this month for your Mac: Split View lets you have two apps running side-by-side on one Mac screen without having to resize either window. This saves you from switching between apps and losing your place if you're working in two different programs. Open two apps and place them on opposite sides of the screen. In the left corner of one app's window, hover over, or click, the green bubble to open a dropdown menu. Select either Tile Window to the Left of Screen or Tile Window to the Right of Screen. That app will fill that side of the screen. Click the other app on the opposite side of the screen for the app to fill the remainder

of the screen. To exit Split View, simply press ESC on your keyboard. Thursday, May 2nd: Ken Silverman will present "Apple Pay – The Safe Way to Use Your Credit Card". Apple Pay is a mobile payment service from Apple Inc. that allows users to make payments in person, in iOS apps and on the web. It is supported on iPhone, Apple Watch and Mac.

Ken will discuss and demonstrate Apple Pay. Ask the Tech 6:45PM; program 7:00PM in the KS Presentation Hall.

Tuesday, May 14th: Ken Spencer will present "Mail: The Essential App That Keeps Us Connected – for Better or Worse. Have questions about email services, managing groups, or dealing with spam?" In Part 1 of the Mail seminar series, Ken Spencer will discuss practical strategies to streamline your Apple Mail experience across all your devices. Ask the Tech 6:30PM; program 7:00PM in the KS Presentation Hall. (NOTE: Part 2 in the series will be held June 6)

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

General information line 916-913-6833.

• • •

## LH Astronomy Group

BY BILL WEAVER

The monthly LHAG General membership meeting will be on May 1, 2024, in the Kilaga Springs Presentation Hall. The meeting will begin at 6:45 PM.

Charles Hunt, retired professor of physics and astronomy, will give a presentation on his recent tour of the ITER (International Thermonuclear Experimental Reactor) in southern France to observe the assembly of a tokamak. The tokamak is one of several types of magnetic confinement devices being developed

to produce controlled thermonuclear fusion power. The tokamak concept is currently one of the leading candidates for a practical fusion reactor.

LHAG Cosmology Interest Group (CIG). The meeting is scheduled for Monday, May 20, 2024, at 6:45 PM in the Orchard Creek Lodge Fine Arts room and will focus on Dark Matter. In astronomy, dark matter is a hypothetical form of matter that appears not to interact with light or the electromagnetic field. The most prevalent explanation is that dark matter is some as-yet-undiscovered subatomic particle, such as weakly interacting massive particles (WIMPs) or

axions. For more information, contact Ron Yelton at ryelton660@aol.com.

LHAG Telescope Interest Group (TIG) Star Party. The next star party is scheduled for Sunday, May 12 and will focus observations on the Earth's Moon where 31% of its surface will be visible. This will allow for very clear observations of the

Moon's Terminator (the dividing line marking the edge between day and night) and reveal detailed geographical surface structures.

LHAG members will set up telescopes prior to sunset (7:45 PM) in the upper tennis courts of the SCLH Sports Complex. A special solar telescope will be set up at around 4:30 PM to view the surface activity of the Sun. For information contact Bob Collins at bobpcoll@community.net

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

• • •

(more Club News cont' on page 15)

# Lambert Funeral Home



A Family Tradition Since 1934  
400 Douglas Blvd. • Roseville  
**783-0474**

FD#734

## Amazing Grace Seventh Day Adventist Church

Saturday Mornings - Bible Study 11:15 am  
(English)

— • —

Worship Service 9:30 am - Pastor: Diego Barreto

Join us at

600 McBean Park Drive - (916) 408-4408

## SUN CITY REAL ESTATE UPDATE

Inventory in Sun City is very tight still and as I have said before, Sun City, while not immune to interest rate hikes affecting buyer participation, there is less of an effect than in non adult communities. So while demand is healthy, it is the lack of inventory that is keeping market



values strong. People always ask, 'when is the best time to sell'? For the past several years, predating covid it has been the early part of the year while later in summer it seems to slow down each year. So if you are thinking of selling, get moving!

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

PROFESSIONAL REAL ESTATE SERVICES  
**THOMPSON+BROWN**  
OLD FASHIONED HARD WORK WITH A NEW ANGLE  
BRE #01163699

## Food Adventures Club

BY PAUL R. WANKLE

Good food, good friends, and wonderful adventures... that is what the Food Adventures Club (FAC) is all about. The club continues to experience growth and we now have over 250 members. Our planning committee is hard at work to increase the frequency of events, and plan unique gatherings that allow an increased number of members to participate.

Recent events included a Lebanese/Mediterranean luncheon at Wally's Café in Rocklin for 55 of our members, an Italian cooking class, a wine tour and a luncheon for 50+ members at Wise Villa Winery, Lincoln. Our quarterly meeting was a success and included a guest speaker, Brendan Linnane, owner of Foggy Due Fungi, who treated us to an entertaining and informative presentation about growing mushrooms and their many uses.

Following the meeting, our Executive Chef, Tatiana Hylton, prepared two delicious appetizers, using mushrooms sourced from Foggy Due Fungi. Special thanks go to Tatiana, our Chef, and Jim Irondsten, Food & Beverage Director for their support of the FAC!

We are looking forward to future events including an exclusive event at nearby Sotherton Tea Room for a luncheon and high tea, another large appetizer sharing party with a goal of 100 members attending, and our next quarterly meeting with a surprise theme that is sure to be well received!



Mushroom, Appetizer

And remember, "People who love to eat are always the best people." Julia Child

## SCLH Genealogy Club

BY NANCY SWITZER

April showers bring May flowers. And what do Mayflowers bring? Pilgrims, of course! My 11th Great-grandfather on my father's side was Edward Fuller and he was a passenger on the Mayflower. This discovery was made by using Family Search and going to "Activities, Famous Relatives." The source book says that he was baptized in Norfolk, England September 4, 1575, and that he probably joined others in Southampton, England where the Mayflower awaited the Pilgrims to make "a journey to plant the first Colony in Northern parts of Virginia."

If you have a tree started in Family Search you could find interesting facts like this with just a few keystrokes. If you want more information, come join us at our

meetings, which are held on the third Friday of each month (January-October) at 10 AM at Presentation Hall at KS.

The May 17th General Meeting will feature Diane and Rich Dodds from the Family Search Center in Sacramento. Rich has a BA in Business Administration and an MBA in Finance. His hobby is family history and loves helping others find their family members and their stories.

Diane has a BA in Education and worked as a kindergarten teacher for 23 years. Her hobbies include quilting, cooking, gardening, and family history.

Afterwards please join us in the Kilaga Café after the meeting for Cookies, Coffee and Chat.

For information on Genealogy Workshops contact Kate McCarthy

at starkayak@icloud.com.

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

## Lavender Friends

BY JOAN LACKTIS

March and April were busy months for Lavender Friends. In March, our first no-host birthday breakfast at the Sports Bar had an overflow crowd to sing "Happy Birthday" to our February and March birthday kids, accompanied by a ukulele. We will celebrate April and May birthdays later this month. Also in March, we had a table at the annual "It's the Lifestyle" club expo at Orchard Creek, where we unfurled our new banner. Several folks stopped by to share their stories of LGBTQ friends and relatives and we signed up two new members.

In April, we made a return visit to Get



Axed at its new Roseville location. Participants played various ax-throwing games while socializing and enjoying drinks and snacks.

June will bring our annual members-only mixer at the Sports Pavilion. We will have rainbow-themed decorations in recognition of Gay Pride month. Lavender Friends is a club

for LGBTQ residents and their supporters and allies; check out our website at lavenderfriends.com

## Lincoln Democratic Club

BY JUDY GANULIN

Spring is a busy time for the Lincoln Democratic Club! We still volunteer at the Placer Food Bank. We reviewed many applications from both Lincoln high schools for our scholarship award. We heard a provocative presentation and some excellent advice from a Bridging Divides representative. Our May meeting will feature Placer County Assistant District Attorney Sharon Quigley and Jackie Smith discussing older adult issues. We are planning several events and projects to benefit our endorsed candidates, Jessica Morse for Congress and Neva Parker for Assembly. We always welcome new members. For more information, please see our website, <https://democraticclubincolnca.org>

## Singles

BY KATHY SHADDOX

April showers did not stop the Singles from going on their bus trip to see the Rivercats Game. It was enjoyed by all that went, even with the constant drizzle.

Our first event will be our Birthday Celebration on Sunday, May 5th at 4:00 pm. Please note that since it is also Cinco de Mayo, we will celebrate at Kilaga Café. We will have a bar set up for your enjoyment! All those members who have a birthday in May, will enjoy a free drink on our club.

(cont' on page 17)

LOOKING TO *Buy* OR *Sell* A HOME?  
Hardest Working Realtor Around

**CENTURY 21** Select Real Estate

**MARY OLSEN**  
Broker Associate | DRE #01313720  
**(916) 521-5492**  
Mary.Olsen@c21selectgroup.com  
[www.Mary-Olsen.c21selectgroup.com](http://www.Mary-Olsen.c21selectgroup.com)

©2023 CENTURY 21 Select Real Estate, Inc. All rights reserved. CENTURY 21® and the CENTURY 21 Logo are registered trademarks owned by Century 21 Real Estate LLC. Each Office is Independently Owned and Operated.

**REBARK TIME, INC**  
FOR ALL YOUR LANDSCAPING NEEDS  
**FREE ESTIMATES!**

[www.rebarktime.com](http://www.rebarktime.com)  
**916-764-7650**  
Licensed/Insured  
#23559/03224

- Thinning/Pruning of all Plants Shrubs and Trees
- Tree Training/Maintenance
- Weed Abatement • Planter Beds
- Pathways/Walkways/Walls
- Boulders/Stream Beds • Bark Installation
- Outdoor Drain Repair and Unclogging

**Tree Care - Planting - Irrigation - Fertilization**

**LINCOLN COMMUNITY CHURCH**  
*"Sharing the Joy of Christ with Seniors"*

**A COMMUNITY OF CHRISTIANS WHO SERVE THE COMMUNITY, IN THE NAME OF CHRIST.**

**Pastors Jody Shorkey, and J.R. Griggs**

*Weekly Services Available on YouTube.com  
Lincoln Community Church*

*Daily Devotionals Available on Facebook  
Lincoln Community Church*

**950 E. Joiner Parkway, Lincoln, CA**

*For Information, call 916-408-3800  
Or visit [www.LincolnCommunityChurch.us](http://www.LincolnCommunityChurch.us)*

# 20 YEARS Carolán Properties

REAL ESTATE SALES & PROPERTY MANAGEMENT

*Our goal is not to be the biggest, but the best.*

58+ FIVE STAR  
Google Reviews

EXCLUSIVE  
Concierge Program

ON SITE OFFICE  
Across From The  
Orchard Creek Lodge

MARKETING  
Including Print and  
Website Profiles

*Penny  
Carolán*

Broker  
CA DRE #01053722

916-871-3860



*Courtney  
Carolán Arnold*

Property Manager  
CA DRE #01471287

916-258-2188

CarolanProperties.com • CarolanPropertiesRentals.com

*Our family means business...*  
SELLING. BUYING. MANAGING. LEASING.

## Neighbors InDeed

BY JAN LEE

You never know when circumstances at home may change from being “totally manageable” to wondering how in the world to cope with a new situation. Calling Neighbors InDeed (NID) may be the call that relieves your mind.

We can help with a myriad of household “problems.” Many of our Handy Helpers have held positions in their previous lives whose skills and talents qualify them to do tasks such as installing new smoke or carbon monoxide alarms, replacing electrical outlets, and installing old fashioned doorbells (and some of the “smart” new style ones, as well).

Technology has made nothing simple anymore — from setting a new watch (digitally), to using your phone (not a no-brainer anymore!) to operating your TV. Most TVs now connect to the internet, usually to a cable box, sometimes to a sound bar and separate speakers, even to your telephone AND, for some, your hearing aids!! But don’t despair—when you can’t get things to work, NID technology volunteers can usually fix what, to many, may be a puzzlement.

Speaking of unforeseen occurrences at home, what if you or someone in your household suddenly needs medical equipment? Our Medical Equipment volunteers can loan



you items such as wheel chairs, walkers, canes, ramps, transport chairs or knee walkers. All of these we can loan for a month, at no cost to you.

So, as life is unpredictable, YOU may need Neighbors INDeed at some time or other!

Don’t hesitate to call our 24-hour call line.

Please remember: We never answer the phone. Leave a message at 916-223-2763 and we will return your call between 9AM-5 PM Monday through Friday.

## Book Adoption Faire

BY JOY HUTCHISON

Save the date! The Kilaga Springs Library will hold its next Book Adoption Faire on Wednesday, May 15th between 9:00 AM and 1:00 PM. We will have a large assortment of Fiction and Non-fiction hardback and paperback books as well as Puzzles to select from. Library volunteers will be on hand in the Living Room adjacent to the main lobby at Kilaga Springs to assist you in finding what you’re interested in. We are grateful to our Sun City residents who consistently donate so many books to the library. However, we cannot use them all, which is why we are holding the Faire in order to find new homes for them. Donations are appreciated and are used to support Kilaga Springs Library and Orchard Creek Reading Room. Contact: Sarah Kevin at sikevin@gmail.com



INDEPENDENT LIVING • ASSISTED LIVING • MEMORY CARE

Call 916-755-6553 to set up a tour today!



## Voted Best of The Best in Granite Bay 2023!

WellQuest of Granite Bay Senior Living offers age in place accommodations for seniors exploring Independent Living, Assisted Living and Memory Care.

Our Resident's have access to our many unique amenities:

- Heated Swimming Pool
- On-site full time Physical Therapy
- Nearby Paved Nature Trail
- Spacious Apartments
- 5 Star Cuisine in an Open Dining Setting
- Covered Dog Park

Call today to schedule your Tour and experience the difference and feel the WellQuest Vibe!

916 864-9800

WellQuest of Granite Bay Senior Living

9747 SIERRA COLLEGE BLVD.  
GRANITE BAY, CA 95746  
WWW.WELLQUESTGB.COM



## Singles

(cont' from page 15)

Our monthly Activities Meeting will be on Tuesday, May 7th at 4:00 pm in OC Computer Room. Here we make plans for future events. Join us and bring any ideas you may have and want to see us go ahead with future planning.

Our Business Meeting will be on Thursday, May 9th at 5:30 pm in the OC Ballroom. Be sure to attend as our meeting will include Election of Officers and then we will play our Left/Right/Center Games.

On May 11th at 9:00 am is our 2nd Saturday Breakfast in the Meridians Sports Bar. Our Host with the Most, Dennis Reid will greet you when you arrive. Just drop in, as no reservations are needed.

We have a special event planned for us on Thursday, May 16th at the Sports Pavilion. It is Member Appreciation Pizza Party for the first 150 members to sign up. It is FREE, but you must sign up in advance with Heidi Avalos. Big thanks to our Organizer, Chuck Pineau.

On Thursday, May 23rd at 5:30 pm in the OC Ballroom will be our Awesome Auction where some of our members donate a service to be auctioned off. Some of the services may include airport drive, clean up services, show tickets, BBQ dinner, Martini Party, Murder Mystery Dinner, Winery Trip, etc. The highest bidders pay the club. These monies reduce the cost of many of our large events. It is win-win for all members.

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

...

## Shalom Social Group

BY JUDY GANULIN

With its interesting programs and fun events, Shalom Social Group continues to benefit its members and the community. We still volunteer at the Placer Food Bank and are researching other possible volunteer efforts. We had a delightful breakfast and program for Purim and a delicious and meaningful Passover Seder. Our Men's Club had a tasty brunch with an informative program. We are planning and looking forward to our annual picnic later this month and another Bingo Night in August. Our Women Together will see "Hallelujah Girls" at the Lincoln Theater. For membership information please contact Margie Gulko, 916-543-5303.

...

## LH Italian Club

BY LINDA LUCCHETTI

It's time for BBQ and Bocce on May 19 at the Sports Pavilion! This annual event never gets old, but just keeps rolling along with yummy food, exciting bocce games, and loads of laughter. Whether you play on a team or support players from the sidelines, it's the highlight of the spring season. Check



the website for more information.

To learn more about our social club and its monthly activities, visit our website at [www.lhitalianclub.org](http://www.lhitalianclub.org). For membership information contact Sandi Graham at 916-826-5711.

...

## LH Travel Group

BY LINDA BEVINS AND JOANNE SCHUMACHER

Mark your calendars! Reserve your seat! Wednesday May 8th is the next Lincoln Hills Group Travel Show and everyone is invited! Jay Fehan of Collette will be presenting some great ideas for your next travel adventure. Jay is a real-world traveler himself having just traveled to Thailand and Sicily.

Our show will be in the Willow Room at Lincoln Public Library. Again, we will have two sessions: 10:30 am and 1:00 pm. RSVP by emailing your name, phone number, which session you would like to attend and the number of people in your group to [travelgroup@lh.com](mailto:travelgroup@lh.com). And admission is free!

Lincoln Hills Travel Group Leaders will be present to answer your questions and offer brochures for our upcoming trips.

Choose a December trip to New York City to see the sparkling holiday lights, a Broadway show, watch the Rockets kick up their heels and say "hello" to Lady Liberty. Or embark on an adventure to Thailand, the "Land of Smiles" and East Asian culture.

New tours include a tulip cruise to Holland, a two-night stay at the historic Greenbrier Resort including Washington DC and Williamsburg or visit the islands of Hawaii or Mackinac Island. Trips fill up quickly so book before the deadline expires for guaranteed prices and availability.

Join the Travel Group (\$10 annually) so you don't miss announcements of new tours. The membership application is on our website - [lincolnhillstravelgroup.com](http://lincolnhillstravelgroup.com). All travelers on our trips must be members; however, you do not need to live in Sun City Lincoln Hills to be a member and travel with us.

See you on May 8th!

Lincoln Hills Travel Group Leaders: Sharon Watkins 916-849-9504 [sheron55@att.net](mailto:sheron55@att.net); Louise Kuret Auerbach (916-408-0554) [louisekuret@att.net](mailto:louisekuret@att.net); Lyle Auerbach 916-847-6544 [lea925@att.net](mailto:lea925@att.net); Linda Bevins 916-666-7627 [djbevins17@gmail.com](mailto:djbevins17@gmail.com); Joanne Schumacher - 415-999-1242 [jkschumacher1@gmail.com](mailto:jkschumacher1@gmail.com)

...

## RV Club

BY MARY CARBREY

RV there yet? Spring has sprung and we are on the road and going places! Last month about 45 club members participated in a club rally up in the Mountain Gate/Lake Shasta region for 5 days of adventure and camaraderie. Members enjoyed attending the Red Bluff Roundup Rodeo, golfing, hiking to Hedge Creek Falls, touring the Shasta Caverns, and a tour of the Shasta Dam. Evenings were spent with games, a wine tasting contest, a banana split party, and of course, lots of laughter around the campfire.

This month, the club is hosting a rally down in the Buellton area of beautiful Santa Barbara County. Activities will include a private barrel room wine tasting at the Fess Parker Winery, touring the Santa Ynez Botanical Gardens, a scavenger hunt in the Danish town of Solvang, and even a visit to an ostrich farm! With so

(cont' on page 18)



**916-469-0801**

**4720 Beloit Drive**

**Sacramento CA 95838**

**[www.caringpetcrematory.com](http://www.caringpetcrematory.com)**



# Compassion, Care and Respect

- Specializing in Private Caring Cremation of Your Pet.
- Family Witness & Same Day Cremation Available.
- Your Beloved Pet will be ready to go home in 3-5 business days.
- Memorial Keepsakes to Help You Honor their Life.
- Family Owned since 2013. Our pets are our family.

**Our pets deserve the Best.  
In the hands of people who care.**

SPONSORED BY:



**SUSAN GUTOWSKY**  
Director, Estate and Gift Planning



## ESTATE PLANNING 102: WHAT COMES NEXT?

Free lunch presentation on what you need to know after you have your estate plan.

- What does it cost to update it?
- When do you need to update it?
- What if you don't have family who can help?



**ALI GOFF**  
Trust and Estate Attorney,  
Goff Legal, PC



**LORI COCHRANE**  
Licensed Private Fiduciary,  
Concierge Fiduciary Services

**WEDNESDAY,  
JUNE 5TH**

11AM - 12:30 PM  
SUN CITY LINCOLN HILLS

LIMITED SPACE; MUST RSVP BY MAY 27TH

SUSAN.GUTOWSKY@CANCER.ORG  
916.792.8866

## RV Club

(cont' from page 17)

much to explore here in the West, our club is never at a loss for new places to go.

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

...

## LH Sports Car Club

BY ROB PHILLIPS

Happy Days are here. After a bit of a delay, we are finally hitting the roads. Our first trip was April 12 and after a drive by of the Sutter Buttes (the world's smallest mountain range) we toured through the picturesque Capay Valley. We enjoyed a great lunch at the Road Trip Bar and Grill before heading home. We, and our cars, are ready to keep hitting the highways and byways that we are fortunate to have near us. In quick succession we have had trips to The Crystal Hermitage Tulips Gardens in Nevada City on April 16, followed by a lunch



at the Northridge Restaurant, a ride to The Point Restaurant in Rio Vista on May 1 and on May 9 we enjoyed a Poker Run – "Hidden Treasures of Nevada County". Spring and early Summer are a great time for our club. After taking some time off for the rainy/cold weather we are pleased to be driving our cars enjoying driving with friends.

To learn more about the club visit our website at [lhspportscars.com](http://lhspportscars.com). If you own a sports car and want to join contact [vjk1245@yahoo.com](mailto:vjk1245@yahoo.com)

...

## Rods & Relics

BY ELNA RAGAN

The monthly lunch at the Waffle Farm on Tuesday, April 2, continues to be very popular with 16 Club members enjoying the get-together.

Car Show activity in Lincoln and Sheridan enticed many members who took advantage of the Spring-like weather, brought their vehicles to the Car Shows, and put them on display!

On April 9, Chuck Barnhart, Car Show Chairman, met with his team members. Good progress is being made in preparation for the Downtown Lincoln Car Show, our big event scheduled for Saturday, June 1. Be sure to mark your calendar and plan to join us for one of the town's major activities!

(cont' on page 19)

### Every Service Includes:

- Our products are safe for Humans and Pets
- Clean uniformed employees!
- Liability & Worker's Comp insured!
- Powerful truck mounted equipment!
- Fast drying & residue free!

### Other Available Services:

- Upholstery Cleaning
- Pet Odor Treatments
- Area Rug Cleaning
- Grout Sealing
- Natural Stone Clean and Seal

## Are You Looking for a Good Old-Fashioned Reliable Cleaning Service?

For a cleaning company that will stand behind their work?

Look No Further! Every service comes with a

**30-Day No questions Asked Clean Guarantee!**

**TILE & GROUT  
CLEANING**

\*UP TO  
2 ROOMS  
OF FLOOR  
TILE & GROUT **\$189**

We clean Counters & Showers too!  
Grout & Stone Sealing Available.

**CARPET  
CLEANING**

\*UP TO  
3 ROOMS **\$149**

\*UP TO  
5 ROOMS **\$229**

Deep Extraction Clean!  
Pre-Treatment Included!  
Dries Super Fast!

**CleanMAX**  
TILE, STONE, GROUT, CARPET & TEXTILES USA

Call Today!  
**916-781-7772**

[www.CleanMAXusa.com](http://www.CleanMAXusa.com)

\*Some restrictions apply. Minimum job charge applies. Not valid with any other offers or discounts. Combo & great rooms (over 150 sq ft) count as 2 rooms. Additional rooms and overages charged by the square foot. Heavily soiled carpets may require additional charges. **Offers Expire June 30, 2024**

## Rods & Relics

(cont' from page 18)

There will be over 400 beautiful classic vehicles on display. In addition, there will be a Pancake Breakfast from 7 a.m. to 10 a.m. sponsored by the Boy Scouts, product and food vendors, a DJ playing great music, a Bar-B-Q lunch available, and a large Raffle Booth filled with great items! The show time is from 9 a.m. to 2 p.m. Trophies will be announced starting at 2 p.m. To date, the Club has donated over \$253,000 to local charities from the Car Show proceeds!

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

Contacts: Tom Indrieri, President 916-645-2035, Michael Cardivi, Membership Director 707-849-2834. Web Site: www.rodsnrelics.net

...

## LH Amateur Radio Group

BY DAN LEHRER, KN6DRN

We were given an informative demo by John, NQ6Q on the Winlink system. The system allows licensed Ham operators to send emails and texts without Internet connection. This is important in emergency situations when normal email and texting services are down. Winlink can be used nearly everywhere on the planet, by connecting an HF Single Side Band transceiver system to a computer, modern interface, and appropriate software.

The group participated in the Solar Eclipse QSO Party. Contacts made within

the 10-hour time period of the Eclipse in any mode and logged were sent to a central data base where the propagation, signal strength, distances and other variables will be analyzed to understand the effects of the Eclipse on radio waves.

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

...

## Alzheimer's-Dementia Caregiver's Support Group

BY MARIANNE OLIPHANT

The Alzheimer's-Dementia Caregiver's Support Group offers information and support to those caring for a loved one with dementia. We have three monthly group meetings. Our Women's group meets at 1:00 PM on the 1st Wednesday in the Multi-Media Room (OC). The Men's group meets in the same room at 10:00 AM on the third Thursday. Both groups are focused on individual sharing. The General combined meeting is held on the 4th Wednesday at 1:00 PM in the Fine Arts Room (OC) and features a guest speaker. Our speaker for May is Ronnie Rae with the Alzheimer's Association. Her subject is "Dementia Related Behaviors". At all meetings you will find a welcoming community ready to hear your

questions and concerns. Contact: Jo Fratessa 916-759-8760.

...

## Bosom Buddies

BY VAL SINGER

Well guys, this is it... My last column. I'm turning over the spell checker to someone else. After 11 plus years, it's time to give you all a new perspective on things rather than my old natterings. I've enjoyed being able to expound on the monthly happenings in the Bosom Buddies world, sometimes to the delight or dismay of some. Hopefully, I've entertained and informed enough of you over the years. And to those who never read it, I've got copies!

April's speaker, Marcia VanWagner spoke on the "What If?" scenarios that could disrupt your life". If you can't drive any more or develop dementia, or need constant care, where will you live, who will take care of you, and numerous other questions that need to be settled. Before an emergency occurs - not after.

Having a will/trust drawn up legally will make these determinations. Thanks, Marcia, for clarifying these issues.

May's speaker is Dr. Catherine Baker, a Sutter oncologist.

We had 20 members for lunch last month and the Meridian's kitchen got backed up. We were late starting the meeting because we were waiting for our bills. Consequently, the consensus of the membership was that we would try and start lunch at 11:00. Hopefully,



Marcia VanWagner

this time change will make lunch less hurried.

If you want to go to lunch before the meeting, call Sally Bogolub (650-996-3163) by noon the Tuesday before the meeting so Sally can call Meridians and tell them how many members to expect for lunch.

As with all authors, there are many, many folks in the background who contribute to the production of the final product. To this end, I would sincerely like to thank my dear friend, Mary, for all her photos, notes, and filling in when I was unable to do the job. And, of course, I have to confess that all the proper English, punctuation and generally being sure it all made sense, I have to thank my dear, dear husband, Malcolm.

Thanks, Dottie, for volunteering to take over this column.

Welcome to all our new members.

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

Thanks to the Foundation for its continued support.

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

...

## Hearing Support Group

BY JOANNE MITCHELL

The Hearing Support Group meeting will be Tuesday, May 7 at 10AM in the multipurpose room at OC. Sean McLaughlin will talk with us about his cochlear implant experience. Last month, Jeff Caponera gave a presentation on all the assistive devices and technology available to residents here at SCLH.

...

(more Club News cont' on page 23)

**Lenora Harrison**  
916.765.4188  
Broker Associate | DRE#01229917  
lenorasellssuncity@gmail.com

**Larry Pearson**  
916.521.6516  
Realtor | DRE#01938527  
youragentpearson@gmail.com

YOUR NEIGHBORHOOD  
**REALTORS**  
with **1,000+**  
*Sun City* Home Sales!

**GUIDE** | **Forbes**  
REAL ESTATE | GLOBAL PROPERTIES

WeSellSunCity.com 



**Sam's Electric**  
Local and semi-retired 40 years experience  
**LICENSED ELECTRICIAN**

**ANY TYPE OF ELECTRICAL REPAIRS:**

- CEILING FANS
- RECESSED LIGHTING
- EXTRA / OUTDOOR PLUGS
- HANDYMAN REPAIRS
- PANEL SAFETY CHECKS

**Low rates!**

**916-521-8319**  
**WE ANSWER OUR PHONE!**

**Senior discounts**  
**Financing Available**



**Lic # 483222**

# HAVE SOLAR ALREADY?...

ADD MORE PANELS OR A BATTERY FOR MORE EFFICIENCY!



INSTALL **SOLAR**  
AND GET A  
**HOME BATTERY**

FOR **\$1\***  
**\$7,000**  
**VALUE!**

*\*Based on terms and conditions. O.A.C.  
Expires 7/31/24*

GET FULL  
PROTECTION!

# \$79

Includes 1 Tune-Up + 3 Inspections:

- ✓ AC TUNE-UP
- ✓ FURNACE SAFETY INSPECTION
- ✓ ELECTRICAL SAFETY INSPECTION
- ✓ WATER HEATER SAFETY INSPECTION



4-FOR-1  
INSPECTION  
& TUNE-UP

*\*Terms and conditions apply.  
Offer Expires 7/31/24*



**INFINITE**  
HOME SERVICES

**ROOFING • SOLAR**  
**ELECTRICAL**  
**HEAT & AIR • WINDOWS**

# 530-447-0431

InfiniteEnergyCo.com  
CA Lic. #1037869



**Erik Nelson**

DRE#02113178

**Shari McGrail**

DRE#01436301

*Your Local*  
**HOMESMART**  
ICARE REALTY *Elite Agents*

**THE MCGRAIL TEAM**  
MAKES THE DIFFERENCE

**916.765.8124**

**info@mcgrailteam.com**

**mcgrailteam.com**



*Lincoln Hills' Finest Real Estate Agents, who are Deeply Rooted in the Community*

**Double the Dedication, Double the Satisfaction  
HomeSmart's Sun City Dream Teams!**



**Steve Gillis**

DRE#01968756

**JoAnn Gillis**

DRE#01018109

The **Gillis Group**

*The Spouses Who Sell Houses*

**916.303.6420**

**stevegillis106@gmail.com**

**teamgillis.realtor**



# ENCORE GOLD AND COIN

COLLECT • INVEST • APPRAISE • ENJOY



**We Buy and Sell from Customers Like You!**

Gold • Silver • Platinum • Palladium • Coins  
 Currency • New and Used Jewelry  
 Numismatics • Bullion • Scrap Metals

Location Address:  
 6827 Lonetree Blvd. Ste 101B Rocklin, CA 95765

Hours:  
 Mon-Fri 10am-5:30pm  
 Saturday: 11am-4pm  
 Sunday: Closed

Contact Us:  
 916-872-1562  
 info@encoregoldandcoin.com  
 www.EncoreGoldAndCoin.com

Transparent transactions. Fair current market prices. Expert guidance. Estate and collection appraisals. Swift on-the-spot cash!

## Specializing in the Western Placer Area

- Active in Real Estate and Lending for over 35 years
- Consistent Placer County Top Producer

FREE HOME MARKET EVALUATION  
 FREE PARTIAL STAGING  
 VIRTUAL TOURS ON A NEW LISTING!

*Let Me Help You Find Your New Home!  
 And Sell Your Current One!*

### Donna Judah



**916-412-9190**

djudah@sbcglobal.net  
 CalBRE #00780415  
 1500 Del Webb Blvd. #101  
 Lincoln, CA 95648



SUN RIDGE REAL ESTATE

Former Del Webb Sales Associate in Both Lincoln Hills and Sun City Roseville

35 Years in the Business

## Need Room in Your Garage? We Will Buy Your Car, Truck, SUV or Motorcycle!



### Pro's for selling to Motor Hub USA:

- No Hassle - Quick Appointments!
- No Scary people coming to your home!
- Kelly Blue Book Private Party Values Offered!
- Needs work? That's okay. We will buy it!
- FREE CARFAX REPORT



**MOTOR HUB USA**

Where buying and selling is made simple!

**916-824-4390**

### From the Owners

Our business started with helping Single Moms & Dads find reliable transportation. And before we knew it, Motor Hub USA was born. Here we are 5 years later and we are still excited to help people buy and sell their cars in a safe environment. Get to know us better on our "Meet the Team" page on our website. We look forward to meeting you!

- Robert & Jacob, Owners

www.MotorHubUSA.com

3330 Swetzer Road, Loomis, CA 95650

## Low Vision Support Group

BY STU SINGER

Our Next Meeting: On Tuesday May 7 in the Fine Arts Room at Orchard Lodge at 2 pm we will have two guest presenters both of whom are returning to give follow ups to their previous appearances. Jeff Thom, Society for the Blind Board Member and retired disability lawyer, will be discussing one's rights under the Americans with Disabilities Act (ADA). Jeff, who has been blind since birth, spoke to the group in September giving a general overview of the history of the ADA and his own personal experiences as someone navigating the world with a disability and as a litigator for those who should be protected by the law. This second visit will be focusing on the questions raised at that meeting and the specific rights low vision individuals possess under the ADA. Joining him will be Kathleen Shevlin, Senior Outreach Manager for the Society of the Blind, who will share with us further information on the various offerings of the Senior Impact Project (SIP). This group has numerous events both in person and through Zoom and also offers phone counselling services.

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

Low Vision Support Group Mission Statement

Our mission is to provide information on

current research, practical application of daily living skills and new technological equipment to enable those with low vision to maintain their independence. Meetings are on the first Tuesday of each month and are open to all Sun City, Lincoln Hills residents.

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

For questions or to suggest speakers, topics, request electronic copies of our notices or remove your name from our mailing list: Contact Stu Singer at 703-864-8161 or [stuartstinger3@gmail.com](mailto:stuartstinger3@gmail.com)

• • •

## LH Multiple Sclerosis Group

BY JERI DI FIORE

Join us Tuesday, May 21, at 1 pm, Orchard Creek Lodge, Computer Room with your Cell Phone or iPad if you want to learn how to get more exercise, but don't know where to start or want to leave your home or spend money doing it? Corene Bennett, a member of our group, is going to show us many options for doing exercise with videos. Some exercises geared toward those of us with MS, some just geared for those who can't stand easily for exercising. By bringing your cell phone or iPad, you can follow along as Corene shows us several resources.

Also, we'll be celebrating our incredible MS Walks both here in Sun City on April 14th and the Folsom walk on April 28. We look forward to seeing you at our May 21st meeting and wish to thank all those who have supported us, including Donna Judah, Coldwell Banker Real Estate, the Lincoln Hills Foundation and You! We welcome new members and guests!

• • •

## Bird Group

BY SHERRY SINGER

Bird watchers are known for using binoculars or spotting scopes in their quest to see and identify different birds in the wild. That was not the case during April's bird group meeting inside Kilaga's Presentation Hall. On that day the birds were brought to us! Kelli Moulden, the meeting's speaker, is the founder of "Hawks, Honkers and Hoots", a non-profit organization which adopts injured, non-releasable birds of prey and waterfowl who then serve as bird ambassadors to Northern California residents. The avian visitors consisted of a variety of owls, a Swainson's Hawk and a Peregrine Falcon. The remarkable proximity made it easy for the audience members to relate to these majestic birds. Seeing them up-close clearly demonstrated why they are excellent ambassadors for bird conservation.

Our April 12 Bird Walk was at the Linda Creek Open Space and the weather couldn't have been better. About 25 members walked along a beautiful creek-side trail and observed over 30 species of birds including a fly-over of more than 70 Greater White Fronted Geese.

Earlier, on March 19, the Bird Group participated in SCLH's Community Expo. At our table we had an opportunity to talk with curious residents as well as people new to Sun City about the variety of birds they were seeing around their homes and in the community. We answered questions, shared birding resources and had quite a few people sign up to receive more information about our bird walks and



"Bobbie" the Western Screech Owl ambassador, photo by Suzanne Hutchinson.

meetings.

Upcoming Events —

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

• June 17 – Andy Engilis, Curator of the Museum of Wildlife and Fish Biology at UC Davis, will give a presentation about bird related works within the museum. Note the monthly

meeting date is changed from June 10 to June 17 due to a conflict with another week-long activity in Presentation Hall.

• July 15 – Annual Photography Extravaganza: individuals provide 12 photos of their favorite birds or other wildlife

Bird Walks:

- May 10 – bird walk at Mahaney Park
- May 24 – bird walk at Canyon Oaks.

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

• • •

## Garden Group

BY LORRAINE IMMEL

"The Geranium Family: Everything You Need to Know!" Robin Parer, Owner of Geraniaceae Nursery, will be our (May 23, 2:00 PM, KS) General Meeting Presenter. She will cover: identification, soil, light needs,

(cont' on page 26)

**PECK** • SALES  
HEATING & AIR • SERVICE  
CONDITIONING • INSTALLATION  
CSLB# 566294  
[www.PeckHeatingAndAir.com](http://www.PeckHeatingAndAir.com) 916-409-0768

**Prepare for Summer Temps!**  
**Time to start thinking about a Quiet Cool whole house fan to help reduce your A/C costs this year!**



**Tune-up \$87 Special!**

Expires 5/31/24

**Three Generations Strong**

**Lincoln Hills FOUNDATION**  
*Serving the Lincoln Senior Community*



**Many Thanks to all our Donors**

**It's Not Too Late to Make a Difference!**

1193 seniors in our community received food from the Salt Mine in 2023 Those individuals were served 30,757 times during the year, an average of 2 visits per month.

In addition to food, contributions from our donors also provided funding for caregiver support, transportation, senior essentials, safety/security programs, senior counseling, and support groups.

**With your support we can continue our community impact in 2024**

**Donate Now**

Call 916-409-2016 and a member of our Board will pick up your donation.

Mail your donation to LHF, PO Box 220, Lincoln, CA 95648

Donate on the website at

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



# SAVE \$\$ WHEN SELLING YOUR HOME!!

## List for 1.5%\*

**Independent Real Estate Broker      Living & Selling in Lincoln Hills**  
**Full Service Less Cost!                      for over 15 years!**

Offering *Over 20 Years BROKER EXPERIENCE* in Placer County with Lincoln Hills Resident References, Personalized Service and *COMMISSION SAVINGS!*

### Services Available

- Provide Comprehensive Market/Price Analysis
- Assist in Prelisting Home Preparation, Pricing and Marketing Strategy
- Activate Your Home in Multiple Listing Service including World-Wide Web Advertising
- Design, Print and Provide Marketing Materials/Flyers
- Arrange Installation of Post, Flyer Box and FOR SALE Sign
- Place Realtors MLS Lockbox for Agents and Arrange Showings
- Provide Mandatory California Buyer/Seller Disclosures
- Receive, Present and Negotiate Offers between Sellers & Buyers
- Open Escrow and Transfer Documents with All Parties

**OVERSEE THE ENTIRE SALE PROCESS FROM LISTING THROUGH SELLING!**

*PRICE YOUR HOME SELLS FOR	*TRADITIONAL LISTING COMMISSION 2.5%	ACTION REALTY LISTING COMMISSION 1.5%	**YOU SAVE 1% with ACTION REALTY!
\$400,000	\$10,000	\$6,000	\$4,000
\$500,000	\$12,500	\$7,500	\$5,000
\$600,000	\$15,000	\$9,000	\$6,000
\$700,000	\$17,500	\$10,500	\$7,000
\$800,000	\$20,000	\$12,000	\$8,000
\$900,000	\$22,500	\$13,500	\$9,000
\$1,000,000	\$25,000	\$15,000	\$10,000

\*Commissions are based on Sale Price. I List for 1.5% and additional commission is paid to Buyer's Agency. TOTAL Commission is 4%.  
\*\*Seller savings based on Area Average Commission of 5%.



# 916-595-2635

## Cindy Collis

Independent Real Estate  
Broker & SCLH Resident

[cindycollis@mail.com](mailto:cindycollis@mail.com)

[www.sellinsavewithcindy.com](http://www.sellinsavewithcindy.com)

DRE# 01195871

*I Also Represent BUYERS!*





# LiftMaster®



## Get in your garage, EVERY TIME

**See and hear what's happening in your garage.**

- The LiftMaster Garage Door Opener, with built-in camera and 2-way communication, provides peace of mind your garage is safe and secure. Model 85503
- REAL TIME VIDEO MONITORING
- 2-WAY COMMUNICATION
- SMART PHONE CONTROL
- INTEGRATED BATTERY BACKUP



### **COMPLETE Garage Door Installations**

*Many Styles & Colors to Choose From  
Less Expensive Than Home Depot & Lowe's  
Over 20 Years of Experience*

## **EL CAMINO OVERHEAD GARAGE DOORS**

Contact **Khoune Mokhantha**  
For a free estimate!



# **(916) 533-6501**

[www.elcaminogarage.com](http://www.elcaminogarage.com)

### Garden Group

(cont' from page 23)

pruning, and fertilizing. Robin will also include when it is best to take cuttings or grow from seed and bring photographic examples of the various members of the geranium family. Along with bringing a handout on the Scented Leaf Pelargoniums, she will donate 3 plants as door prizes.



Geranium Nursery

Robin Parer is an Australian born horticulturist who frequently lectures to garden groups and societies throughout the United States and has extensively written numerous articles on the Geranium Family-Sunset Magazine, House & Garden, etc. She has owned/operated Geraniaceae Nursery in Marin County near San Francisco for the past forty years and has collected and propagated over 500 geranium species.

Robin has traveled widely, collecting both in the field, and from nurseries in the U.K., Europe, South America, Southern Africa and Australasia. She has been a regular participant in the San Francisco Flower and Garden Show. Specimen plants from her collection of Geraniaceae are displayed in a one-acre demonstration garden along with a collection

of perennial flowering shrubs, and garden sculpture by local artists. The garden and nursery are open by appointment.

www.geraniaceae.com

Come early for check-in at the May 23 General Meeting if you want to participate in the Brown Bag Sales or register for the upcoming Summer Social. Members will be emailed an invitation form that includes all the information you need for sign-ups.

### Hikers and Walkers

BY GAY MACKINTOSH

Our Pinnacles National Park Getaway in April was a grand adventure, with spectacular hiking in this unique geological wonder. And great condor viewing! The fall Getaway to



Pinnacles High Peaks Trail

Gray Eagle/Lakes Basin is full, but planning for 2025 is already underway. Watch our website www.lincolnhillshikers.org to keep up with the latest news on club events.

All members are invited to attend the Hike Leaders Meeting on May 1 and share ideas for summer explorations. We'll be scheduling hikes through August--usually the first Tuesday and third Thursday of each month plus at least one bonus hike. Thinking about stepping up to lead your favorite hike? We have lots of resources to get you started. Contact Vice-President for Hikes Gay Mackintosh, mackintoshbg@msn.com or 916-209-3628.

•HIKE LEADERS MEETING: OC Multi-purpose Room, May 1, 4-5:30 PM.

• 1st Tuesday, May 7. TBA with Debbie Knowles

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

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

Walkers meet every Wednesday at 8:00 AM on our own SCLH trails (watch for 7:30 start time as the weather warms). Meeting places and routes are on the website. Choose a brisk 2½-3-mile trek or slower-paced Walk for Wellness with Karl Aitken karlaitken@comcast.net. Call Coordinator Debbie Schryver, 916-666-1741, with questions about the Walkers.

Call President Tom Denzler, 530-368-2564, with questions about the LH Hikers and Walkers. New members always welcome: send your check for \$10.00 per person and release form (see website, "About Us" tab) to LH Hikers and Walkers, 2898 Coopers Hawk Loop, Lincoln CA 95648.

### Senior Softball League

BY FRED SERNA

On March 19, 2024, LHSSL members participated in the "Lifestyle" event hosted by Orchard Creek, where representatives from all clubs; Arts, Dancing, Bird Watching, Pickle ball, WellFit, Softball, and more, met with Lincoln Hills residents to establish friendships, and share mutual interests. The event was an outstanding success. People came from all over Lincoln Hills and the atmosphere was cordial, and enthusiastic. Representatives and residents alike seemed to be having a wonderful time. And although we had already exceeded our Softball recruitment goals, this get together enabled us to generate additional interest from others attending this event. To all attending, we hope you found your "calling" (hobby/pastime), and that it keeps you happily engaged, and strengthens your resolve both physically and mentally throughout 2024 and beyond. Also, despite a somewhat typical rainy Spring season, the League was able to participate in several Softball practices and our Opening Day Ceremony was on April 15, 2024.

Whether as a spectator or player, we hope to see you at the ballpark. As always additional information can be accessed at on our website at lhssl.net. Come by enjoy the festivities, enjoy a drink (soda), and a Hot Dog or two. See you at the ballpark!

### Lincsters 9-Hole Club

BY LORA FINNEGAN

We Lincsters aren't just fair-weather golfers. Our recent Big Sister Tournament saw 59 members brave the rain and wind!

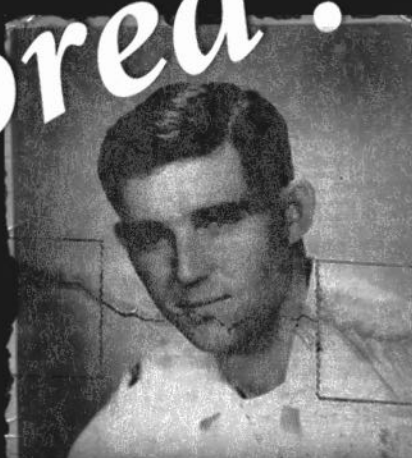
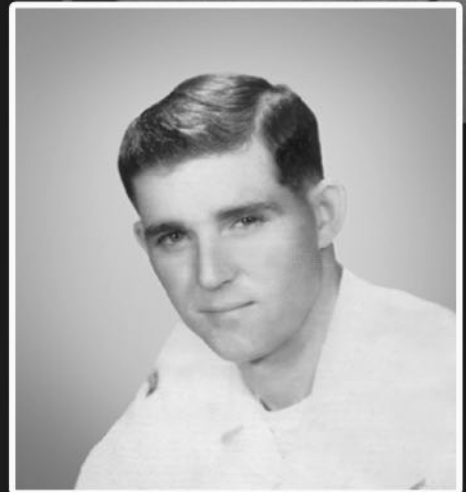
(cont' on page 27)

# Your Old Photos Restored!

I'll restore your faded, stained and damaged heirloom photos to their original appearance.

They can also be re-colored, enlarged and duplicated—ready for framing. Your original is not altered, and never leaves my studio.

I live in Lincoln Hills and will gladly do free estimates in your home.

**VISA** **MasterCard** **DISCOVER NETWORK**

**Patrick J Osborne**  
Visionary Design  
**916-747-2080**  
email patrickjosborne1@gmail.com

## Forget Mow, Blow, & Go!™

**USING THESE PAILS MAKES ALL THE DIFFERENCE.**

The only way to provide a manicured look to your yard is to yank, trim, rake, and remove weeds, leaves, and debris BY HAND...AND WE DO IT!



We provide an English-speaking crew member at every visit. • Irrigation systems are regularly checked for proper operation. • FREE Timer Adjustments • (3) Service Plans to choose from. • NO contract required. • Change plans anytime. • Improvement project in mind? We prepare all documentation and submit it for Architectural Approval at NO ADDED COST!




**530-740-3592**

**Martin's Landscape**  
CA Contractor Lic #1007425  
City of Lincoln Lic #06875  
**BONDED & INSURED**



## Lincsters 9-Hole Club

(cont' from page 26)

The first-place team shot a sizzling 39 (minus 19 handicap = NET 20): Meredith Nelson, Ranny Eckstrom, Teresa Jacobsen, Barbara Parsons, Betsy Williams. Closest to the pin was won by Nancy Martin. A special thanks to Judy Josse and Laura Curran for chairing this tournament and providing snack bags and fun surprise drawings in the Sports Bar. Next up: the Bring a Friend Tournament on May 8; entry fee is \$25 (sign-up form is on our website, listed below).

Place of Play Hint: Players should make their club selection and ready themselves to play their shot while other players are in the process of making their shot.

Join us at: lincsters.com. For membership questions, email Nancy Hastings: nhast38@yahoo.com.

• • •

## Ladies Golf - 18 Holers

BY CAROL LOPEZ

As I sit here enjoying Banderas Bay from the back of a Puerto Vallarta Condo or watching the golfers at Marina Vallarta Golf Club from the front, I remind myself how lucky we Sun City residents are to have two courses within steps of our homes. Lincoln Hills Golf Club provides us all with reasonable green fees in comparison to the \$165-297 green fees (plus tax) we find here in Mexico. I must say SCLH course conditions compare most favorably to these lower cost courses, too.

The weather continued to be a factor in our weekly events forcing Carol McCann to cancel the "Make Your Own Foursome" round and Dee Grimm to cancel the "Throw

Out 3 Worst Holes" round she was hosting. Judy Dong's "Low Gross & Low Net" play day was a success with three flights being paid and Gross winners were: Kathy McCoy, Robin Kain & Dong. First place Net winners were announced as Donna Sanderson, Kathy Meske and Carol Lopez. Kain's tee shot on Hills Hole #7 at 4'4" secured closest to the pin and it must be noted that on #11 her drive was 265 yards. We all love a favorable bounce and rolls on drier fairways.

The club would like to express appreciation to Ilene Marshall for arranging the purchase of and negotiating at 2/3rds the expected costs of our new club shirts. Also, a special thanks is extended to our members for generously donating their overpayments to the club!

Mark your calendars for these two upcoming special annual tournaments: June 6th - Guest Day and July 11th - Red, White & Blue!

• • •

## Men's Golf Club

BY MIKE MCBACK

It's time for a Spring Scramble (ABCD tournament), so grab your partners and get ready for some fun! Tee-offs start at 8 a.m. on May 21 on both the Hills and Orchard courses. Scrambles always fill up fast, so jump on it now. See you there.

There have been some issues about members not receiving emails from MemberPlanet. Since

MP is not showing any bounce-backs, the issue is on the receiving end. Members will need to review their SPAM blockers with their respective providers. All providers do it a little differently, so there isn't a universal method to clear and allow for the emails.

Keith again mentioned how important it

is that the member registers on the provided Google Form ONLY! Any other way cannot guarantee the member a registration slot. They are not to email Keith directly or have people register large groups. All registration must be directly through google forms!!

Due to unfortunate circumstances, Mike McBack is resigning from the board. This will go into effect as soon as we can find a replacement who wants to have fun like he has had these 4+ years. We have posted an opportunity description for the position on the bulletin board outside of the Pro Shop. Please let any of the board members know if you are interested.

• • •

## LH Pickleball Club

BY LINDA SHOBE

LHPC is embarking on the Global Pickleball Training Academy (GPTA) instructor's certification program. There will be 24 volunteers who will participate. The main goal is to introduce new ways to learn the game of pickleball that are easy, fun, and relevant; where everyone will develop a common language. With the inception of Club sponsored activities, i.e., round robins and drill sessions, there has been a heightened interest in skill development. There is a huge amount of valuable information available, whether it be external coaching, clinics or YouTube. However, as skill development needs continue to grow within the Club, so grows the need for instructors who will provide instruction that is consistent from coach-to-coach. Our objective - provide continuity. Pro player Brett Noel, who has an extensive background teaching coaches and instructors will come on site and provide this training. Along with teaching

coaches Brett will be consulting and offering his expertise to the LHPC members. Brett's qualifications:

- Certified Training Instructor
- 3x National Gold Medal Winner
- 10 Years Pickleball Instructor: 5.0 player, Lead Pro Instructor for Global Pickleball
- Training Academy Lead Pro Instructor Engage Pickleball Training Camps
- Pro Instructor for "Level Up" and "Boost" Pickleball Camps
- Lead Pro to Certify Instructors - International Federation of Pickleball
- Published Pickleball Author: Two Best Selling Books, Pickleball Performance and Pickleball Metaphors.

• • •

## Swimmers & Water Walkers Club

BY ROSEMARY TANFANI

Swimmers and water walkers have one thing in common: dealing with the effects of pool chemicals on their hair and skin. Most experts agree, avoiding chlorine exposure to hair is the safest way to protect your strands, so wear a swim cap if you can.

Rinse and wet your hair before and after swimming with fresh water.

"Rinsing the chlorine out of your hair is important, especially if you are staying out in the sun," says local Realtor Mina Rahimi-Reid, who has been in the hair industry since 1986. "Also, use a gentle shampoo



(cont' on page 29)

# J. Jowers Painting

Licensed Contractor # 1045212

Why not call someone that lives and works in your own community?

- Two coats of highest quality paint for all interior.
- For exterior spray and back roll body.
- Prime and two coats on all trim with paint.



**All work guaranteed!**

**References from people in your own community proudly provided.**

**Be aware of statements such as "As needed".**

Call (916) 408-2341  
(916) 802-1849

## REVERSE MORTGAGES LEARN THE FACTS

Common uses include:

- Pay off mortgage/other debt
- Supplement monthly income
- Home improvement projects
- Stand by Line of Credit for unexpected expenses
- Aging in place



**Tom Pinocci**  
Reverse Mortgage Specialist  
NMLS ID 248305  
(916) 761-6100  
ReverseMortgageTom.com

For a free, no obligation face-to-face educational meeting at your home, call me or visit my website.

Protect Your Kingdom



Borrower must occupy home as primary residence and remain current on property taxes, homeowner's insurance, the costs of home maintenance, and any HOA fees. Mutual of Omaha Mortgage, Inc. dba Mutual of Omaha Reverse Mortgage, NMLS ID 1025894. Licensed by the Dept of Financial Protection & Innovation under the CA Residential Mortgage Lending Act, License 4131356. These materials are not from, or approved by HUD or FHA. Subject to credit approval. For licensing information, go to: www.nmlsconsumeraccess.org #1312586273 Equal Housing Lender

## OAKMONT SENIOR LIVING Traditions Memory Care



THE BEST CARE.  
FOR THE BEST LIFE.

Whether your loved one is in the first stages of memory loss or is experiencing more advanced symptoms, Oakmont of Roseville can help.

Call **(916) 297-4512** to schedule a private or virtual tour today!

### PERSON-CENTERED CARE

Specially Designed Community  
Compassionate Care Providers  
Individual & Group Activities  
Restaurant-Style Dining

Assisted Living & Memory Care  
**Oakmont**  
of Roseville

1101 Secret Ravine Pkwy · Roseville, CA 95661  
(916) 297-4512 · oakmontofroseville.com

Also Offering  
Jewelry Repair  
and Engraving

**BUYERS & SELLERS OF**

**GOLD • STERLING SILVER  
COINS • BULLION • ESTATE JEWELRY  
UNIQUE COLLECTIBLES**

Estate Appraisals by appointment  
**543-GOLD(4653)**

**LINCOLN  
Gold & Coin**  
547 Lincoln Blvd.

## PLACER PEST & TERMITE

Special Pricing for Sun City Residents!  
**\$75 Every Other Month**  
**Pest Control Plan**

- **Pest service covers ants, spiders, wasps, rodents and many other pests**
- **Unlimited free re-services between regular scheduled visits if needed**
- **Bird Services available**
- **No long term contracts or cancellation fees**
- **Dry rot repairs and pest/termite inspections available**

"I chose Placer Pest & Termite for the special price for Sun City homes. I will stay with them because Chris always texts me the day before coming over so I can unlock the gate. He shows up on time with a smile. He asks if I have special concerns. After he leaves I get an email naming all the products that were used and a receipt. I've had other pest services but honestly Placer Pest and Termite is the best." ~ Janice F.



Locally owned and operated with over 25 years in the industry

Call/text/email and mention this ad for special pricing!  
**916-546-5024 | cvp@placerpest.com**  
**www.placerpest.com**

## Swimmers & Water Walkers Club

(cont' from page 27)

(professional salon product type) and treat your hair with a deep conditioner once a week to repair any damage.”

Rinsing your body after water exercise helps remove the chlorine from your pores. Use a light to mild hydrating cleanser or body wash, then apply a moisturizer to restore hydration to your skin.

Finally, give attention to your bathing suit. You can rinse out the chemicals with water and let it hang to dry. If the chemical smell lingers, you can use a chlorine remover product, such as Active Wear, to soak your suit. If washing in the machine, use the delicate cycle, and let the suit hang dry.

The Club Expo in April brought 50 new water exercisers into our club. We are now 350 members strong!

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

## LH Tennis Group

BY PAMELA GEERNAERT

Everyone is taking advantage of the beautiful weather. The sweatshirts have been shed and we are back to ideal tennis weather.

Get your partners and get ready for the club's Mixed Doubles Championships that will be held on May 2nd. Lunch will be catered by Tres Hermanos and will also be available for non-playing guests. Contact bs\_sanguinet@yahoo.com for more information.

Our women's USTA team is off and running, pictured below. Left to right Darlene Fischer, Paula Griffin, Marilyn Duncan, Cathy Vallancourt, Terri Miladonovich, Linda Burke,



LH Tennis Group - Women's USTA team.

Sharon Klotz. Not shown: Denise Higgins, Katie Didion, Paula Dwelly and Lisa Snapp. Come out and support our Lincoln Hills team and watch some great women's tennis.

Check our site www.sclhtg.com for scheduled events.

## LH Table Tennis

BY ILENE MARSHALL

Our mission is to provide Sun City Lincoln Hills residents the opportunity to socialize and participate in organized Table Tennis events, both competitive and social.

On March 23rd, 19 players from the SCLH Table Tennis Club traveled to Sun City Roseville to compete in the annual interclub tournament. We WON!! The score was 28-8.

We now have a perpetual trophy with our club name and logo engraved on it. The trophy



Our group of players who won the Interclub match with Roseville showing off our trophy!

can be seen in the case at Orchard Creek Lodge. Congratulations to all the players!!!!

The interclub matches vs Roseville Table Tennis happen twice a year, and we will be hosting a home match on September 15, 2024.

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

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

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

To join, just sign up on the new member sheet at the play sessions or email pingpongscnh2@gmail.com.

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

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

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

paddles are available.

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

We set up a 'Robot' table tennis ball machine on Fridays to use for beginner coaching, warm up, training, and practice. Players may use it on a "first come first served" basis, and the signup sheet is located there with the ball machine.

For more information, check out our webpage: LHTTC

## Mad Hatters Bocce Group

BY KIM PETRUZZELLI

Once again, we are back to our Thursday morning 8:00 am start time. Go ahead and bring your coffee with you if you need that jolt of caffeine to get you going. Our early start time allows us to finish up around 9:30, and be off the courts before it gets too hot. Bocce is an easy game to learn, and we welcome newcomers of all skill levels. We have everything you'll need to get started at the bocce courts, so you just need to show up in the morning.

There are also other bocce groups who are open to all residents. These include the Monday Morning Bocce Group that plays at 9:00 am, and the Night Owls who play on Tuesdays at 4:00 pm.

The 2024 Special Olympics' bocce tournament is May 5th. Paul and Usha Mac Garvey appreciate all the volunteers who step up to make this worthwhile event a success.

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

(more Club News cont' on page 31)

Try us in Lincoln...a place You Can Trust for your car repairs and maintenance.

We have 25 Years of Honesty & Integrity behind us.

"Duncan's Automotive fixed a problem that I had been to 3 different places over the course of 2 years".

-P. Buntiny  
-Citrus Heights



Open Saturdays in Lincoln • We Now Do Smogs In Lincoln

most cars  
**Winter Service Special \$189<sup>95</sup>**  
• Lube, Oil, Oil Filter • Brake Inspection • Test Battery (Synthetic Oil Extra.)  
• 45 Point Inspection • Install Wiper Blades (most cars)  
Lincoln 645-2860 Citrus Heights and Roseville Locations 726-8473 789-0303  
Also Good at:  
Not Valid with any other offer. Expires 5/31/24

A place where your car is done when promised!



**Duncan's Automotive**  
MasterAuto Repair Professionals  
**645-2860**

www.DuncansAutomotive.com



**ANNE WIENS**  
REALTOR® | BROKER ASSOCIATE



BUYING? SELLING? RELOCATING? INVESTING?

Call 916.847.6006 For All Your Real Estate Needs.

- Professional marketing, negotiation, and communication.
- Real Estate Team with 40+ years combined experience.
- Over 925 local real estate sales closed.
- Visit AnnesFanClub.com for reviews from happy clients.

REALTOR®/ Broker Associate

e-PRO® · CNE · SRES®

Outstanding Life Masters Club Member

Coldwell Banker International President's Elite

Email: Anne@YourAgentAnne.com  
CA DRE Broker License # 01425896

www.ActiveAdultPlacer.com  
www>YourAgentAnne.com





### Lincoln United Methodist Church Sunday Worship 10 AM

Our historic chapel was established in 1890 and has been an enduring legacy to God's faithfulness in our local community ever since!

Pastor Vinny's sermons available on YouTube.com Lincoln UMC

### Reasonable Faith, Thursday, 5/23, 6:30-8:30pm Jesus vs. the Culture with Dr. Frank Turek

#### Lincoln United Methodist Church

629 "I" Street, Lincoln CA 95648

For more information visit us online at lincolnumc.com

See upcoming events on our Facebook page or call us at 916-645-3588



(916) 500-4314  
HomeDetailServices.com

Lic # 00850467

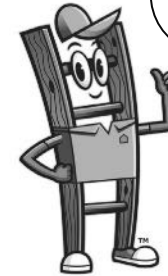
LEAVE THE LADDERS TO US!

Gutter Cleaning

Window Cleaning

Solar Panel Cleaning

Christmas Lighting



Scan & claim your free quote today!



## Do You Know What Your Home is Worth?

I can help you figure the current value or what to do to make it worth more.

Call Me for a FREE Consultation!



Jean Lund-Morrisseau

Resident Realtor ®

916.751.0712

JeanLund81@yahoo.com

DRE# 01966589



## CHARLES AIRPORT RIDES

- No flag drop, no per mile or waiting charges.
- I am not a metered taxi nor an app based rideshare company.
- I live in SCLH's and serve our community, with rides to SMF or SFO.
- I have a trailer for extra luggage & Golf clubs.
- I'm open almost 24 hours and 7 days a week.
- Licensed, bonded & insured.

Email: charlesairportrides@yahoo.com  
Interactive ride request form: [smfrides.com](http://smfrides.com)

Ph. 916.425.8738



LIC.32023-00002

### Family Owned – Community Focused

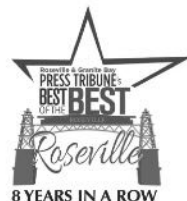


  
**COCHRANE  
WAGEMANN**  
 FUNERAL DIRECTORS FD305

916.783.7171  
[www.cochranewagemann.com](http://www.cochranewagemann.com)

  
**CREMATION SOCIETY  
OF PLACER COUNTY** FD2199

916.550.4338  
[www.csopc.com](http://www.csopc.com)



Doug and Rita Wagemann  
FDR 2864 CA INS LIC. OI49635



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

**Janie and Ben**

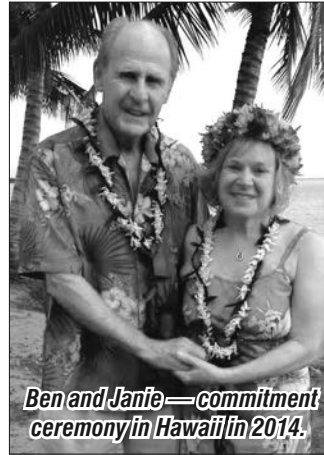
(cont' from page 1)

Janie was born in Rochester, New York and attended college at UNY at Brockport, now known as SUNY. (She doesn't miss the ninety inches of snow a year in Rochester.) Janie has one sister, Pat, living in Indio, California. Janie majored in education and became a kindergarten teacher for three years and a first-grade teacher for six years. She worked at a Department of Defense school in Japan when there with her husband during 1975-1978 and 1989-1997. She met her husband through a friend who was friends with Todd's brother. Todd and Janie married in 1973. Todd was an attorney in the Air Force was stationed with his family in Japan for some time. The first stint, 1975-1978, was when Todd was an Air Force Attorney (JAG), and the second time in Japan was when Todd was out of the Air Force and an attorney for the government. They stayed longer the second time because many of the state-side bases were closing, and Todd had trouble transferring back. Todd and Janie had two sons. One of the sons, Jon, now lives in Lincoln with Janie and Ben's granddog, and the other son, Chris, lives in Las Vegas and has two sons, Blake and Chase. Janie and Todd were married for thirty-six years when her husband died from cancer. They were avid travelers, and Janie can boast that she has been to all seven continents and forty-three different countries. She is just a few states shy of finishing visits to all fifty states.

Janie and Ben met on a Sun City hiking

group trip to Sequoia over Labor Day weekend in 2013. Janie, a widow for several years, and Ben, a widower for about a year, traveled to Sequoia in separate cars. Janie went with four friends, and Ben drove himself. There was happy hour every night of the stay, and everyone was asked to bring bottles of wine. By the third night, Ben was one of the few that still had wine. He had been to Costco for a large bottle before the trip. Janie hitched a ride back to Lincoln with Ben and they dated for a few months before having a commitment ceremony in Molokai, Hawaii, in February 2014.

Janie and Ben found many things they had in common, and they also complemented each other. Both have sons born on October 15, although different years. Ben's wife's name was Trudy, short for Gertrude, and Gertrude is Janie's middle name. Their Social Security numbers oddly both have four number fours in a row. They both lived for a time in Japan because of military assignments. They complement each other since Janie is extroverted and Ben is more introverted. Janie has decorated the inside of their welcoming and visually pleasing home and Ben loves to work in the back and front yards which are also good on the eyes. The Asian themes and colorful quilts and artwork inside the house are complementary to the glass bulbs, fruit trees,



*Ben and Janie—commitment ceremony in Hawaii in 2014.*

succulents and walking path in the backyard. The front yard has a pleasing river rock feature and flowers. The backyard has two Japanese lanterns, one that belonged to Janie and one that belonged to Ben. They have a house finch nest in their backyard right now. They love spending time together and rarely, if ever, argue.

They love their life, activities and neighbors in Lincoln Hills. They used to play pickleball, but she has had a shoulder replacement, and he has balance issues now. He is still active at the gym, and she does step aerobics twice a week. They love going to High Hand Nursery in Loomis and recently took some new-to-the-area neighbors there for their first visit.

The well-traveled couple who, until this year, went back to Hawaii for the anniversaries of their commitment ceremony every year are staying home more these days. They don't have a television and amuse themselves by dancing, enjoying each other's company and listening to music. They are living proof that true love can still happen even after lifetimes apart. The weaving of experiences in their past which brings them close in their present life also provides joy that spills out to those around them, and a future filled with hope.

**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**

**Shuffleboard Club**

BY JON KLINE

Play continues on our 5 all-weather shuffleboard PolyCourts at the Sports Plaza on Tennis Court #10. Park at the back of the softball field lot. The expanded shuffleboard center accommodates up to 20 doubles players at a time. Starting May 1st, our club play moves to mornings; we play every Wednesday and Saturday from 9:00 to 11:30 AM, with new player orientation at every session. Best times to arrive are at 9:00 and 10:00 AM.

Clinics for new players, plus clinics teaching shooting skills and basic strategy, will be scheduled for Tuesday mornings. Our first 2024 tournament with 20 players was held on April 29th, two days after our big picnic lunch at the Sports Pavilion. More socials and are being planned for May and June. Announcements for all these events will be posted at the courts. For open play and practice, reserve courts for 1-3 hours up to 7 days in advance at: Resident Website/Wellfit Reservations/Shuffleboard Courts. All equipment is in the onsite locker.

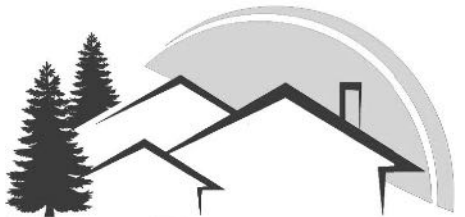
Email the club for the basic game rules. We are a no dues club; all residents and their guests are encouraged to come to the courts and learn to play this sport. People of all ages and fitness levels can play shuffleboard because no bending or lifting is required.

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


• • •

(more Club News cont' on page 34)

**Hey neighbor...**  
**Thinking of selling your home?**  
**Have a friend moving here?**  
*I'd like to help.*



**BILL DAVIDSON**  
**BROKER**  
 916-539-3537  
 DRE BROKER LIC. # 01099153



**A Resident of Sun City Lincoln Hills**

25 years residential real estate experience.  
 Just add me to your list of REALTORS® to interview.  
[www.BillDavidsonHomes.com/testimonials](http://www.BillDavidsonHomes.com/testimonials)



**Jensen Smith**  
 CERTIFIED PUBLIC ACCOUNTANTS, INC.

*"Making a Lasting Contribution To Our Clients,  
 To Our Community and To Our Profession"*




Jennifer M. Jensen, CPA  
 Master in Taxation



- ❖ **Income Tax Preparation**
  - ◆ Individual
  - ◆ Businesses
  - ◆ Estates & Trusts
- ❖ **Audit, Review & Compilation Services**
- ❖ **Small Business Consulting**

**661 5<sup>th</sup> Street, Suite 101 ❖ Lincoln, CA**  
**Phone (916) 434-1662**

# HOPE AFTER SHINGLES

Local clinic treating shingles and post shingles complications with amazing results.

Mother's have described it as a "pain worse than labor," others compare it to passing a kidney stone.

Post Herpetic Neuralgia (PHN) is a complication following a bout of shingles and is often ranked in the top 5 most painful experience a person can endure in their lifetime. Affecting more than 18% of shingles patients, PHN causes you to experience the pain of active shingles for longer than 3 months, and in some cases, years after the rash has dissipated.

**Audrey of Lincoln Hills shares her story. "I had been diagnosed with shingles, and I thought it was going to be like the flu or any other virus. I'd have it and then get over it. Two months later, the blisters were gone but the pain was so intense I was begging them to put me in the hospital and sedate me."**

During active shingles, the virus injures nerves in and around the skin where the rash and blisters occur. Your immune system eventually suppresses the virus and the rash and blisters disappear. Unfortunately, nerve damage often disrupts the function of your nervous system and the damaged nerves send random, uncontrolled pain signals to the brain causing lasting, debilitating pain.

**"I couldn't sleep," said Audrey, almost in tears. "I was always in pain. I couldn't leave the house. I thought this was the end of my life."**

PHN pain has been described as burning, stabbing, and even gnawing. Even worse, it has a tendency to escalate to unbearable levels, episodes that Audrey referred to as "seizures." "You can actually feel them coming on, so you know you're about to be in major pain and there's nothing you can do about it."

This pain can gradually go away, return intermittently, or in worst cases, stay with you for the rest of your life.

After living with this for more than 2 years, Audrey was no longer willing to take that chance of enduring it for a lifetime and sought the expertise of RaeAnn Salvador, of Lincoln Acupuncture and Integrative Health. Sadly, we have seen an increase in PHN cases. My PHN cases are some of the most tragic cases I've seen. The pain these people experience is just beyond words. Fortunately, I am able to offer them real hope.

**"I started going for treatment and everyday was better and better. After about a month, I told my husband, "I'm going to start doing our big Sunday family dinners again," shared Audrey. "It's changed my life."**

While the clinic specializes in acupuncture (it's in their name after all), it's the 'Integrative Medicine' part of the practice that's a hole-in-one when treating Post Herpetic Neuralgia.

ATP Resonance BioTherapy is the real winner here. ATP treats PHN two-fold. It both eradicates residual shingles virus which reduces future episodes, and it aids in repairing damaged nerves. Nerves have the ability to regenerate and repair on their own. "Our ATP therapy ensures and supercharges that process."

It should also be noted that if ATP Resonance BioTherapy is used to treat an active case of shingles, the lifespan of the active virus and the chances that you'll develop Post Herpetic Neuralgia reduce significantly.

When asking Audrey "how do you think things would have progressed if you'd never found Lincoln Acupuncture?" Her only response, "that's for a different conversation." Audrey's husband shares, "As a person, you can only handle so much pain. Audrey is on the other side of this now and to me, that's most important. And she got the results she needed by coming here."

If you or a loved one is experiencing the pain of an active shingles outbreak or are now suffering from post-herpetic neuralgia, RaeAnn Salvador, LAc and the staff at Lincoln Acupuncture and Integrative Health are here to help. Visit [AcuLincoln.com](http://AcuLincoln.com) for more information or call **916-884-0398** to schedule an appointment for an initial consultation.

**There is hope.**

**Lincoln Acupuncture  
& Integrative Health**

120 F St  
Lincoln, CA 95648

**916-884-0398**





# SPRING SPECIALS

**41 POINT TIP TOP  
ROOF INSPECTION**

**\$79\***

(NORMALLY \$149)

\*Limited time only.

**Buy a New Roof  
GET RAIN GUTTERS**

**FOR \$1**

\*While supplies last.  
Some restrictions apply.  
Expires 7/31/24

*Ask about our  
**ROOF CARE CLUB!***

**Buy New Gutters  
GET GUTTER GUARDS**

**FOR \$1\***

\*Some restrictions apply.  
Expires 7/31/24

**Up to  
\$500 OFF  
ROOF REPAIR  
on initial visit**

\*10% up to \$500 max. Must accept on  
initial offer. Some restrictions apply. Not to  
be combined with any other offer.

Expires 7/31/24



**30 YEARS OF SERVICE**

**VETERAN OWNED**



**530-290-1749**

**GARNERROOFINGINC.COM**

CA Lic. #654567



**PLATINUM  
PREFERRED CONTRACTOR**



- ✓ DRUG TESTED
- ✓ BACKGROUND CHECKED
- ✓ PROFESSIONALLY TRAINED

# SAM'S GARAGE DOORS

**NEW INSTALL  
REPAIRS  
BROKEN SPRINGS  
OPENER INSTALL  
OPENER REPAIR  
DOOR OFF TRACK  
MOST ANY GARAGE  
RELATED PROBLEMS**



**\$55 SERVICE CHARGE  
PLUS ANY WORK  
PERFORMED  
& ANY PARTS**

**916-769-8345**

## SCLH Water Volleyball

BY HOLLIS BISCHOFF

After a busy April/May filled with events in and out of the water: our Some Spike it Hot Tournament, Bocce Ball Sunday, and a fabulous Cinco de Mayo event, water volleyball is looking forward to outdoor pool events and warm water play time. We have both recreational and competitive courts for every level of play. Ready to join the fun? Try it out on Free Play Saturdays. Drop on by and experience the fun next Saturday! Don't



*Some Spike it Hot Tournament!*

know how to play? We provide Training and Mentorship. All levels of interested players are welcome. Enjoy Ladies Night, Skills and Drills, Competitive Team Nights and much, much more. Find us at LHWaterVolleyball.com or contact Jerry Grisler 209-648-9534 for more info.

...

## Cribbage

BY MEL SWITZER

Cribbage at Sun City Lincoln Hills May the force of Cribbage be with you!

The pursuit of the magic 29. Four fives and a matching Jack.

Oh, the thought of a hand so sublime.

But the odds are really against me, this I know is true.

More likely a hand of eight, which will not make me too blue.

But finally, a double, double run for me! I'll take 16 points and won't be annoyed.

My peg is moving quickly, and my opponents are somewhat destroyed.

Spring has sprung and the days are longer, yet luck is needed to secure my goal.

A first-place victory is all I ask, any less, my heart needs to be consoled.

A few skunks are all I want, well over 700 points is needed.

Six games with six good partners, if I win again, is that being conceited?

Each Tuesday at 8:30 I play, and with spring again in the air,

May Cribbage be your game of choice, no time spent in despair!

Here are the "Destroyers" from the last two months:

2/13 - \*Elliott Levy (with 756 points),  
2/20 - Cyril Kalbach, 2/27 - Mel Switzer &  
Howard Beaumont, 3/5- Bob King & 3/12- Jack  
Poshepny 3/19 -3/19 Rae Cook, 3/26 - 3/26  
Marianna Crosby and Jerry Grisler, 4/2 - Rae  
Cook again! and 4/9 - John Gilmore.

\*Elliott has moved to New Jersey. We will miss him and his dollar!

May the force of Cribbage be with you!

And May a 29 be in your future, just not against me, please!

...

*(more Club News cont' on page 35)*

**BrightStar Care**  
A HIGHER STANDARD OF HOME CARE



LET US HELP YOU CARE  
FOR YOUR LOVED ONE

We specialize in:

- › Personal Care
- › Companion Services
- › Homemaker Services
- › Respite
- › Hospice Support
- › Alzheimer's
- › Parkinson's
- › Heart Failure
- › Post-surgical Care
- › Multiple Sclerosis

We assist you with Long Term  
Care insurance processing.

No deposit required.

Nurse oversight included.

Independently Owned & Operated

Insured & Bonded – Roseville, CA • 916 781 6500

## Michelle's Featured Listings



2029 Sutter View Lane  
Santa Barbara Model  
\$1,100,000



2486 Loon Lake Lane  
Santa Barbara Model  
\$1,199,000



1269 Longhorn Lane  
El Dorado Model  
\$650,000



227 Gazebo Ct.  
Tiburon Model  
\$915,000



**COLDWELL  
BANKER**  
SUN RIDGE  
REAL ESTATE

BR# 01821892



Be sure to "Like" my Facebook page. There isn't a better way to stay on top of today's real estate market.  
Facebook.com/SunCityLincolnHillsRealEstate

**Michelle Cowles, Realtor**

1500 Del Webb Blvd. Suite 101, Lincoln, CA 95648  
www.TheRealtyExperts.com | Michelle@TheRealtyExperts.com

**916 295-8532**

## Duplicate Bridge Club

BY MONA STRYKER

Joyce Clark has announced that our spring charity event is to the American Cancer Society, a very worthy organization. Donations, which will be used locally, are accepted at the Wednesday and Saturday games through May 4.



Joyce Clark

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

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

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

For further information, go to our website shown below.

Partnership chairman: Sharon Duley 916 253-3885

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

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

• • •



## SSNLH WRITER...

### A Statistic...

BY ANNE CONSTANTIN BIRGE

I've always described my attitude as like my blood type — B Positive. During my pre-teens, young adult years, the Middle Ages, the Menopause Menace and older adult years, this attitude worked perfectly.

Ray, my very put-upon husband received an urgent sounding telephone call from Fran, one of four delightful women with whom I happened to spend late-morning and early-afternoon of March 1, 2024. Fran said, "Ray, Anne fell down, hit her head and we're calling an ambulance."

Ray heard, "Ray, Anne's become another old person statistic! Get your butt to the ER and keep the paparazzi away!" Yes, I became a statistic simply because four vibrant women love to share their poetry and prose, and a shared lunch of paninis, cannoli and hilarity.

When the Poetry Party ended, a Pity Party began. We had to be readmitted to the real world — cold, rainy weather, rude drivers and bad traffic conditions. On our short walk from the front porch to our cars, Karen said it might be better if we walked down the driveway, instead of the brick walkway. It wasn't 1.5-seconds later when I became one of the 14 million Americans (age 65 and older) who fall each year.

Two passersby stopped to assist ~ Thank You Randy and the one whose name I can't remember.

My three friends were amazing. The paramedics treated me like a queen. The Kaiser Roseville Medical Center staff were amazing from Friday afternoon through the following Monday afternoon, when they begged me to, "PLEASE go home!"

Had I achieved that miracle, our living room wouldn't look like a demolition derby with two walkers, a wheelchair, a hospital bed, recliners and the sofa in different places. But hey! Ray, aka: Harriett the Housekeeper, Swiffered the floors, dusted the shelves, fixed meals, and even vacuumed the sofa! For that, he got an A+, even though his blood type is ~ O Positive.

Karen, Linda, Fran and I will meet soon for more poetry, though I'll be using a walker on which I'm having flames painted!

• • •

### Turning 85

BY JOY S. HUTCHISON

The early sunrise was breaking through the bedroom shutters as I opened my eyes. Today was a special day for me; time to rise and shine! Before taking my shower, I decided to look in the mirror and observe how my body had changed over the years. I had inherited my Scandinavian father's height and for most of my life I stood at 5'9 1/2" tall. Recently my daughter measured me and the ruler didn't quite make it to there. My hair started turning white very early thanks to my mother's Irish heritage. Now I live in a community where white hair is commonplace among men and women alike.

I peered ever-so-closely at the little lines that

have crept up around my mouth and chin. Smile lines, I justified; after all, I am getting older. A few pesky hairs had erupted on my chin overnight! I'll use the tweezers on them after my shower.

The rest of my body showed a bit of sagging here and there. There are scars as well; each one a different story from accidents and illnesses over the years. But, I thought, don't we all have scars? Just like the ones hidden when I'm dressed, they can't be seen but have made a lasting impression. I thought about those other scars that are kept in my memory. Most were paper cuts to the heart that stung at the time but had faded as scars sometimes do. Others were much deeper and were life changing.

"Enough!" I thought! I turned on the shower, stepping into its mist as the water warmed to the perfect temperature. I stood directly under the shower head and let the water trickle over my body. I closed my eyes and put the chin hairs, saggy skin and scars behind me. I knew that blessings could not be seen in a mirror, but were felt with my heart and mind. I'm thankful for my Creator, my faith, my family, my friends, and even strangers I've met along life's journey. Mirror, mirror, on the wall...how very thankful I am. Happy Birthday to me.

• • •

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



**Your Neighborhood Plumber & Re-Pipe Specialist.**  
Locally owned & operated since 1990

### SERVICES OFFERED:

- Complete replacement of water pipes in home
- Water Heater replacement
- Fixture repair and replacement
- Sewer line inspection
- Pressure regulator replacement

**Do you have KITEC or CPI DURA-PEX pipes in your home?**

*Call today for a Free in home Re-Pipe Consultation and Estimate.*

**CALL US TODAY AT 916-645-1600**

1901 Aviation Blvd  
Lincoln, CA 95648

[www.bzplumbing.com](http://www.bzplumbing.com)  
License #577219

**FREE ESTIMATES • SENIOR DISCOUNTS • ALL WORK GUARANTEED**



# HOW WILL YOU BE REMEMBERED?

**Leaving a gift to the Placer Community Foundation is a powerful way to create a legacy of positive change. By designating a portion of your estate, you can help to improve the lives of people in Placer County for generations to come.**

---

Think about the impact that your gift could have on local schools, healthcare facilities, cultural programs, and environmental initiatives. Without your support, these important causes may not receive the funding they need to thrive.

Don't let the opportunity to make a difference slip away. Your community needs your support now more than ever. Contact the Placer Community Foundation today to start building your charitable legacy.

  
**Placer  
Community**  
FOUNDATION

Call (530) 885-4920 or visit  
[PlacerGives.org](https://PlacerGives.org) to learn more.

**PROSPER** 



305 Grass Valley Highway (Hwy 49) • Auburn, CA • 1 block North of I-80



# BUY • SELL • CONSIGN

We Buy

- Motorhomes
- Travel Trailers
- 5th Wheels
- Campers



We Consign

# Trades Welcome

Small town dealership with small town prices! Stop by for a FREE appraisal.

**53 YEARS OF LOCAL RV EXPERIENCE**

Visit our Website: [www.ShopRVconnection.com](http://www.ShopRVconnection.com)

Open 7 days 9am to 5pm • After hours appts. available

Call **(916) 765-1022**

Pictures of units are examples only.



*Happy Mother's Day*  
**Experience, Tenacity, Ethics, Resourcefulness, and Attention to Detail**

**Paula Nelson**  
**916-240-3736**

DRE lic. # 01156846

www.PaulaNelson.com

email: REALTOR@PaulaNelson.com



**COLDWELL BANKER**

SUN RIDGE REAL ESTATE

Each office independently owned and operated.

### Lincoln Hills March Sales Snapshot

Address	Street	SqFt	Orig. Price	Selling Price	Floorplan
1200	Secret Lake	2955	\$1,225,000	\$1,170,000	Meadowgate*
1269	Overland	2262	\$725,000	\$685,000	Shasta
890	Slawson	1934	\$700,000	\$625,000	Fremont
1932	Andover	2090	\$749,000	\$732,500	Tahoe*
575	Violet	2832	\$849,000	\$890,000	Sonoma*/**
717	Rustic Ranch	2636	\$1,200,000	\$1,115,000	Sonoma**
1180	River Rock	1793	\$582,000	\$583,000	Tehama
1216	Segolily	2831	\$1,249,000	\$1,150,000	Sonoma*/**
276	Lariat	1322	\$475,000	\$443,000	Bridgegate
180	Calistoga	1655	\$578,000	\$560,000	Trinity
298	Lariat	1602	\$589,000	\$572,000	Lassen
2501	Winding	1020	\$449,000	\$435,000	Mariposa
1790	Monument	2068	\$749,000	\$750,000	Tahoe *
1195	TIGER LILY	1777	\$615,000	\$615,000	Tehama
1146	Secret Lake	2151	\$874,900	\$874,900	Sausalito
1836	Gingersnap	1539	\$634,000	\$700,000	Pine Hill**
2360	Hidden Hills	1515	\$624,900	\$683,308	Pine Hill
1742	Monument	2955	\$949,500	\$955,000	Meadowgate*
2305	Sutter View	2258	\$1,169,000	\$1,132,500	Napa**
2213	Monument	1515	\$559,000	\$580,000	Pine Hill
1263	Freschi	1549	\$585,000	\$585,000	Alpine
1560	Delta Wind	1491	\$589,000	\$589,000	Pine Hill
104	Deep Springs	2240	\$1,150,000	\$1,150,000	Napa
1306	Shadow Glen	1491	\$599,000	\$605,000	Pine Hill
1296	Freschi	1549	\$575,000	\$575,000	Alpine
1575	Millpond	2073	\$788,000	\$770,000	Annadel
2475	Monument	2105	\$745,000	\$745,000	Fremont*
283	Saddlehorn	1449	\$552,000	\$552,000	Almanor
1052	Overland	1549	\$539,000	\$550,000	Alpine
760	Blossom	1791	\$625,000	\$675,000	Tahoe
1829	Prairie View Lane	2536	\$889,000	\$935,000	Tiburon

\*\* Casita \*\* View/Golf Course

Total Homes sold in Sun City per MLS 3/1/24 - 3/31/24



## Letters to the Editors...

Authors are solely responsible for the content of their letters.

### My support for Donna Fields

I read Donna Fields letter in the April 2024 Newspaper and want to express my support for her, a resident here in SCLH who works tirelessly for resident views and needs. She is a champion for attempting to make the board and staff accountable to the residents, a difficult if not an impossible task. I was dumped as an association volunteer for pointing out problems and not being a "team player" and fell into the apathy and indifference which affects many residents here. It is telling that such a low percentage of residents vote in the board elections. Many people are happy to have the amenities and activities to fill up their time and accept that their ideas and views are not going to affect association business.

A good example is the much touted and advertised strategic plan. It is embarrassing how sloppy and unscientific input from residents was solicited. In the surveys that were sent out to people there were only three forced choices, no "other". Everyone knows that in a forced choice survey the results could not be

meaningful. But here is the draft plan noting those forced choices as actual community feedback. It may be just a public relations stunt.

We see this frequently at the board meetings where something significant is being decided, like the recent rental of a storage unit in the strip mall. Often the decision has already been made and it's just theater that residents can take the microphone and offer many insightful and less expensive ideas that will not be validated or used. A similar board meeting approved expensive equipment for a planned expansion of the Kilaga café that was done without resident input and now lies unused. Like many other residents I am not following most of these decisions because its frustrating and complaining to the executive director or the board accomplishes nothing.

However, my hat is off to Donna Fields who does follow association business and goes the distance in trying to influence it toward resident needs. I commend her for this letter but for so much more that she does.

Sally Watkins

...

### Lincoln Police Department — Volunteer Program

The program is open to Lincoln Residents, who are 21 years old or older. This is an on going recruiting effort for those individuals who would like to volunteer for either our Patrol Division (vehicle patrol, "Eyes and Ears" in the community) or the Front Office Staff (secured office, "meet & greet, lite phone & office work").

For more information, contact Roy Osborne at 916-645-4081.



**Morgan Oaks**  
Eternal Preserve  
A GREEN BURIAL CEMETERY

Leave a legacy for future generations to enjoy!



Start your afterlife journey now with green burial and we will help you every step of the way.

**OUR GREEN BURIAL:**

- Offers minimal environmental impact
- Conserves natural resources
- Forgoes toxic embalming
- Provides an affordable way to say goodbye to your loved ones
- Delivers a lasting legacy for generations to come
- Includes 160 acre nature preserve with 3 miles of walking trails in a park like setting

Mention this ad and receive a complimentary processing and recording fee with your plot purchase, a \$250 value!

421 Fleming Road, Lincoln, CA 95648

Located in scenic Placer County. Schedule your private tour of the property today.

833.667.4266

Hello@MorganOaksGreenBurial.com

www.MorganOaksGreenBurial.com COA 667



## WE BUY GUNS

BUY • SELL • CONSIGN

### FREE FIREARM APPRAISAL

Fast, Friendly Service • Gun Smith  
Gun Transfers & Registration



**LINCOLN**  
GUN EXCHANGE  
NEW & USED

## 916-MR 1-GUNS

(671-4867)

607 5th Street, Lincoln  
lincolngunexchange.com

Wed - Sat  
10 - 5

# SUN SENIOR NEWS CLASSIFIEDS

## SERVICES

\$\$\$SAVE MONEY WHEN SELLING HOME. LH Resident/RE Broker will list your home for only 1.5%! Full service, less cost! DRE#01195871. SELL n SAVE w/ Cindy. Action Realty: 916-595-2635. www.sellnsavewithcindy.com

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

GUTTER CLEANING, Window Cleaning, Solar Panel Cleaning, & Christmas Lights... Home Detail Services. Call/Text: 916-500-4314.

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

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

PELICAN HAULING AND JUNK REMOVAL garage, yard, storage units, furniture, appliances, e-waste, & more. Call/text Andy at 1-916-712-7224 Business Lic #00833776

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

AIRPORT DRIVER Sacramento International. SCLH Residents only Call or text Richard Brady in SCLH 209-499-0497.

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

DRIVER, SCLH residents. Sac Airport, errands, appointments, etc. 6 passenger SUV. Mike or Abby 530 575-5782.

PET SETTING in your home senior women who will stay full time with your pet. Call Rita for details 916 280-1506.

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

SENIOR CARE: Services tailored to your needs 14 years experience SCLH Resident. Teri 916-223-5556.

WINDOW WASHING SUN CITY. May Senior Spring Special \$125. Entire Home Including Screens. Vetted Schedule Today 916-515-6144.

FENCE REPAIRS. New posts. Pre painted. 916-207-9663. Text if no answer.

ED'S STUMP GRINDING: Reasonable rates, prompt response. Call Ed 916-996-5812.

MOBILE NOTARY available by appointment days and evenings call Rita 916-280-1506.

DOG WALKING (AFFORDABLE). Gentle, loving, experienced, honest Dog walking, sitting, transportation. Chris: 916-223-5551.

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

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

## FOR SALE

FREE CAR TRAVEL BOOSTER SEAT for small dog up to 12 lbs. 916-408-7458.

MAUI WAILEA VACATION RENTAL. Beautiful ocean/golf views. Go to YouTube.com and type "Grand Champions 85" in the search bar for video. Barbara vandewark 916-532-9820.

ST. CROIX KOKANEE FISHING RODS. 8'0", 7'6", 6'0" \$25. each, Firm. 916-408-2211.

NEV 2010 Tomberlin E-Merge 500LE. 4300 miles, \$3400. 916-409-9066.

STEP THRU ELECTRIC BIKE. New \$1400 Asking \$700. Used 350 Miles Excellent Condition. 775-527-5578.

FREE LEATHER BEIGE ARM CHAIR, spins & rocks. Good condition. Call Patty or Paul 916-408-7798.

DOUBLE MATTRESS & wooden bed frame slatted. Excellent condition. \$150 cash. Call 650-283-3439.

CALLAWAY GOLF CLUBS excellent condition with Equip Bag, Balls, extra clubs, must see, \$400 OBO. 916-434-6351.

LG WASHER (makes noise during high speed spin) & electrical dryer (works perfect) with pedestals. \$275 for both. 916-543-9300.

MOBILITY SCOOTER, Golden Technologies GC440, Excellent condition-purchased new 1/2023 for \$2900. Asking \$1400. 530-401-6624

BATTERY PACKS for power furniture. Enouvation E6. Barely used. Two, \$150 each. 831-261-3378.

LADIES GOLF CLUBS with all accessories, balls etc. Rack holds 2 bags, and 2 trolleys. Call 916-434-6103, a.m. only.

MODEL TRAINS "HO" to "G" scales. From 10-2pm May 11 th at 2777 Black Hawk Ln. Sun City Lincoln. Call Hugo 916-577-3480.

STORAGE CABINETS, White, 2 available. 4'W X 6'H X 2'D. \$ 10. Ea. 916 209-3658.

## WANTED

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

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

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

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

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

WE'RE LOOKING TO ADOPT AN ADULT FEMALE, LARGE BREED DOG. If you know of someone looking to re-home their pet, call Jo @ 916-209-3313.

## ANNOUNCEMENTS

BLOCK SALE SAT, MAY 4th 9am-2pm. TIOGA Ln & Ct 408-761-5924. Selling furniture, tools, books, toys, dishes, clothes, electronics, etc.

PARKING LOT SALE: 5/11/24, St. John's Episcopal Church, 2351 Pleasant Grove, 7:30 AM-2:30 PM. Venders \$50 space. 916-223-2996.

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

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

20th ANNUAL VOICES OF LINCOLN POETRY Contest. The theme for this year is "HAPPY LEAP YEAR!.. The "Rules and Entry Form" can be downloaded from the following blog: <https://slolowe44.blogspot.com/2024/03/2024-voices-of-lincoln-poetry-contest.html>. Entry Forms must be received no later than Thursday, July 18, 2024. If you have questions, please contact Alan Lowe, Contest Coordinator, at [slolowe@icloud.com](mailto:slolowe@icloud.com). The Voices of Lincoln Poetry Contest is presented by the Poets Club of Lincoln. Winners will receive a commemorative chapbook of the winning poems.

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

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

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

**Classified Ad Submissions** — WHEN: By the 12th of the month. Please email the information below to: SunSeniorCA@gmail.com.  
**Subject Line** should be SCLH Classified and your Phone Number (Example: SCLH Classified 916-123-4567)  
 1. Contact name and phone number.  
 2. Which category to place your classified ad in: (Service, For Sale, Wanted, Announcement)  
 3. Classified ad text - including the phone number you want readers to call.  
 SCLH residents get FREE non-business Classified Ads; limited to 15 words; one per household per month.  
**Non-business Ad** items include selling personal used items such as furniture, tools, books, rugs, electronics, personal car, golf cart, etc.

**Business Ads** include anything of a commercial nature or service, including pet sitting, real estate, rentals, timeshare/condos, any service etc.  
**Business Ads** are 15 words for \$35 for one-month. Additional words \$1 each. (\$90 for three months for the same ad.)  
 If your classified ad is determined to be "business" related, we will email you an invoice that will allow you to pay immediately with a credit card, or mail a check.  
 \*HINT on Word Counts: A "word" is anything separated by spaces, or as reported by word-process software like Microsoft Word.  
 If you have any questions, please email us at: SunSeniorCA@gmail.com



**CLOG-FREE GUTTERS FOREVER**

**EXCLUSIVE LIMITED TIME OFFER!**

**15% OFF** + **10% OFF** + **0%**

YOUR ENTIRE PURCHASE\* SENIORS & MILITARY! APR FOR 24 MONTHS\*\*

**Promo Code: 285**

FREE GUTTER ALIGNMENT + FREE GUTTER CLEANING\*

**CALL US TODAY FOR A FREE ESTIMATE**

**1-916-953-5518**

Mon-Thurs: 8am-11pm, Fri-Sat: 8am-5pm, Sun: 2pm-8pm EST

\*\*Wells Fargo Home Projects credit card is issued by Wells Fargo Bank, N.A., an Equal Housing Lender. Special terms for 24 mo. apply to qualifying purchases of \$1,000 or more with approved credit. Minimum monthly payments will not pay off balance before end of promotional period. APR for new purchases is 28.99%. Effective - 01/01/2023 - subject to change. Call 1-800-431-5921 for complete details. The leading consumer reporting agency conducted a 16 month outdoor test of gutter guards in 2010 and recognized LeafFilter as the "#1 rated professionally installed gutter guard system in America." \*For those who qualify, One coupon per household. No obligation estimate valid for 1 year. Offer valid at time of estimate only. See Representative for full warranty details. Manufactured in Plainwell, Michigan and processed at LMTMercer Group in Ohio. AR #0366920922, CA #1035795, CT #HIC.0649905, FL #CBC056678, IA #C127230, ID #RCE-51604, LA #5559544, MA #176447, MD #MHIC148329, MI # 2102212986, #262000022, #262000403, #2106212946, MN #IR731804, MT #226192, ND 47304, NE #50145-22, NJ #13VH09953900, NM #408693, NV #0086990, NY #H-19114, H-52229, OR #218294, PA #PA069383, RI #GC-41354, TN #7656, UT #10783658-5501, VA #2705169445, WA #LEAFNW822J2, WV #WV056912.



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



**Since 1991**  
**CALL /TEXT US OR**  
**EMAIL**  
**FOR MORE**  
**INFORMATION**  
  
**916-297-3500**

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



#01163699

**CALL/TEXT**  
**916-297-3500**

## Recent Sales in Lincoln Hills



890 Yosemite Lane  
 Annadel Model  
 SOLD \$903,000



1200 Secret Lake Loop  
 Meadowgate Model  
 SOLD \$ 1,170,000



1272 Freschi Lane  
 El Dorado Model  
 SOLD \$705,000



1836 Gingersnap Lane  
 Pinehill Model  
 SOLD \$700,000

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