

SUN SENIOR NEWS

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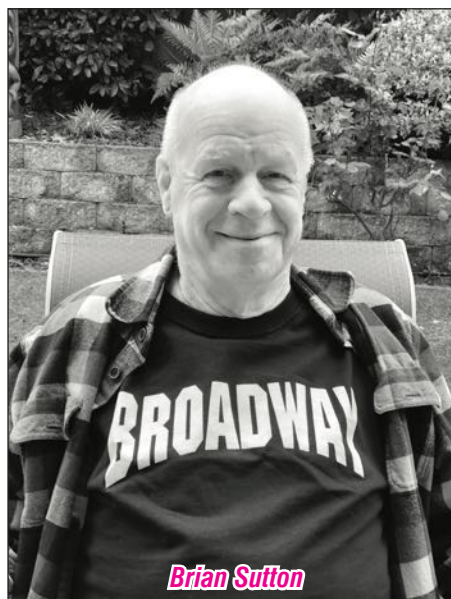
Brian Sutton — Mr. Entertainment

BY JENNIFER MARTIN

Sixty years ago, the Beatles first performed on the Ed Sullivan show to a TV audience of 73 million people. They made a major impact on those of us who watched their meteoric rise in popularity. But none of us were more impressed with them than Brian Sutton who owns copious amounts of Beatle memorabilia, including autographed books, records, and framed photographs of the Fab Four.

Brian was born in San Francisco in 1947, the eldest of 11 children. His family moved to Sacramento before he was two years old. His father was an undercover agent while his mother kept the household organized. Brian's parents could always rely on his creative imagination to entertain his younger siblings. That's basically when Brian's love of "show biz" took hold. He began putting on shows, making plays and creating circuses, even learning magic and tumbling skills.

Tragedy struck the family when Brian had just turned 15. His father and sister accidentally



Brian Sutton

drowned. Because his mother had recently given birth to twins, the large family had to move to a bigger house to ensure the family wouldn't be split up. To this day, Brian's family

is still close, getting together for weddings and holidays and plays. Teal Wicks, the singer and stage actress best known for her performance as Elphaba in the musical, Wicked, is Brian's niece and often the entire family will make plans to see the plays she's in, whether it's in New York or California or somewhere in between.

Brian got his first taste of the acting bug as a senior at Mira Loma High School in Sacramento when he auditioned for Bye, Bye Birdie. He was hoping for a non-singing part because he didn't think he was qualified, but after the audition, the school's choir director encouraged him to join the choir and it turned out to be the best time in high school for him. The musical was fun to be in and the choir traveled everywhere to sing. "I had a great introduction to theater," he recalls.

In the summer after graduating from Mira Loma in 1965, Brian took a six-week course in theater production at the Jay Rob Playhouse in Sacramento. He got a major role in Anything Goes, a musical with lyrics and music by Cole Porter, affording him his first opportunity for singing solos.

(cont' on page 25)

SCR Foundation 2024

BY KATHI STROPKAI

We'd like to thank all who came out to the March Bingo Fundraiser. A total of 276 participants made this event a success. Your continued support of the Foundation is greatly appreciated. It allows us to continue with the services we already offer as well as continue working with the HOA to support future projects.

Hopefully, you stopped by the table at the Mix & Mingle and learned more about the Foundation. As you are all aware, our Board of Directors is comprised of volunteers. We will have several openings this year and are actively recruiting volunteers. Please join us at our next Board meeting on Friday, May 10th at 9:00 am in the Card Room at the Timbers. It's a great way to learn what the Foundation does for the community, as well as you'll have the opportunity to discover where you might fit in. The Foundation is actively looking for men



and women to work for the Home Maintenance Program. In March we visited more 77 homes. Volunteering for Home Maintenance is a great way to meet your neighbors and serve the community. Time requirements are minimal, with the commitment limited to two 3 or 4-hour days every 6 weeks. To learn more, contact Doug Smoot at scrchair2@gmail.com.

The planning for the 26th Annual Foundation Golf Tournament on Friday,



June 7th is underway. Sign-ups have started at the pro shops in both courses. The entry fee will be \$75 and is a four-person scramble. A Mexican Fiesta will be provided on the patio at the Timbers. We are bringing back the "Canon for Charity" (Timbers Hole 12) and adding

"Let a Pro Hit Your Drive" (Timbers Hole 18 & Sierra Pines Hole 6). There'll be a variety of other games to play on the course. Other fun activities include a Drone Ball Drop at the putting green and a Marshmallow Chip Shot in the chipping area. We are excited to announce that we will be having a Hole-In-One contest on each course: On the Timbers Hole 14 you might be taking home a Porsche from

(cont' on page 8)

Sun City Singers

BY JACKIE PROETT

It's May and the candy eggs may be gone, but we still have our M and M's! May reminds us to revere our mothers who gave us life and on Memorial Day we honor those who gave us a better life. For the Singers M stands for Music, Magic and Memories. May is the time to don Jeans, grab a guitar and head up the COUNTRY ROADS of our June 3 Concert. Tickets are \$18 and Ticket Chairman is Jahna Holmes 530-559-0599. It all takes place in our Timber Creek Ballroom at 7pm.

COUNTRY ROADS, like all of our lives, are filled with happy days, broken hearts and staunch Patriotism. Humor and tears build our character. You are sure to love this show. Buy your tickets soon. They go fast!

Beside all the mad concert preparations, our Co-Presidents have appointed a Nominating Committee who will canvas all, to see who may be willing to serve on our future Board of Officers. Can you believe that we will soon be halfway through this year? May ends spring.

Back now to the M's. Another favorite M is Membership. Many who see our June concert will want to join our ranks. The very best time to do that is when we return from vacation in August. We meet on Mondays at 2:30pm. Back of the Ballroom.

Our very favorite M stands for Paul Melkonian, our director, who Makes Music Mighty Melodious when he warms us up with "Mommy Makes Me Munch My M and M's"

...

(more Club News cont' on page 4)

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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 or
 Email: SunSeniorAD@gmail.com



EDITORS
 Gregg & Liz Goldthorpe

ADVERTISING
 Gregg Goldthorpe

PRODUCTION ASSISTANT
 Madison Goldthorpe-Lewis

CONTRIBUTORS
 Jennifer Martin, Kathi Stropkai, Jackie Proett, Linda Vincent,
 Linda B. Aug, Jane Bohn, Lenora Davis, Vikki Clark, Carol Kovach,
 Geoffrey Browne, Mary Ann Chittick, Nancy Vavul, Peggy Voakes, Donna
 Weigelt, Charlyn Ross, Kathy Casten, Linda Cilenti, Jane McNally, Brian Sutton, Tim Miles, Barbara Eichen,
 Steven Gustafson, Nikki Combs, Sherri Scott, Linda Gordon, Lois Arlen, Karen Levine, Ed Cervantes,
 Geoffrey Marshall, Pam Scheel-Hemingway, Elna Ragan, Suzette Austin, Janet Morelli, Roseville Polie Dept.,
 Suzette Austin, Silvana Hughes, David Moore, Patrick Maglione, Wendy Leimbach, Frank Tom,
 Pat Oberlander, Anne Burney, Jana Holmes, Martin Green, Helen Dyda, Parm Skarg, Nancy Labrada,
 Mike Murphy, David Zan, Becky Matson.

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

Back issues are available to download there as well.
ADVERTISING: Visit 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.

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Neighborhood Watch/Citizen Patrol

BY LINDA VINCENT

Do you know why we have a leash law for pets in the City of Roseville? It is for the safety of the animals as well as residents. Our animals are precious to us and we would hate for them to (1) get into a confrontation with another animal; (2) run out in front of a vehicle causing harm to the animal or creating an accident; and (3) being a trip hazard themselves by running in front of a person.

We have dog park accessible for our animals to run and play with others. So be respectful of others and have your animals on a leash. Dogs must be on a leash when off the premises of the owner or the person having care, custody, control or possession of the dog. The leash shall not exceed six feet in length and shall be of sufficient strength to restrain the dog and must be held continuously by a responsible person capable of controlling the dog.

Do you ever wonder how our Roseville Police Department works? How lucky are we to have such a great Police force working with and for us!

Want an inside look at how the Roseville Police Department operates?

Want to become a volunteer at the Roseville PD?

Attend the next RPD 101.

This is an introductory course designed for Roseville residents interested in furthering their knowledge of the inner working of the Roseville Police Department. Class participants will be introduced to the concepts of the department's Community Oriented Policing and will learn about the various divisions and assignments of the department's staff and how various units work together to deter crime in the community. Class sessions

will include EVOC (Emergency Vehicle Operations Course) ride along and scenarios.

Students will meet and interact with representatives from different units of the Roseville Police Department including:

- K 9 Unit
- Investigations Unit
- Records Division
- UAS (drone) team
- Traffic Unit
- CSI Unit
- Animal Control
- Community Service Officers
- Crime Analysis
- Crime Suppression Unit (CSU)
- Property/Evidence
- Special Operations (SWAT and more)
- Problem Oriented Policing (POP) Team

A tour of the Roseville Police Department is included, and attendees will have the opportunity to meet with the Chief of Police and staff members. Classes are held at the Roseville Police Department and may include one or more off-site demonstrations.

Potential candidates for the RPD101 must meet the following criteria:

- *Minimum age of 18 years
- *Live or work in Roseville

Course participants are selected by the Chief of Police or his designee. Once selected, candidates will be notified by e-mail. Enrollment is limited to approximately 30 students.

The next class is scheduled for
 Time: 6 -9 p.m.
 Date: November 6-9 and 13-16.
 Place: Roseville Police Department 1051 Junction Blvd.

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

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

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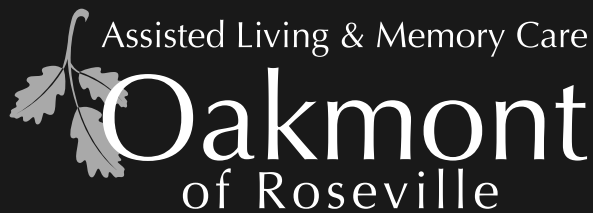
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Sun City Harmonicoots

BY LINDA B. AUG

It has been a busy Spring for the Sun City Harmonicoots. On March 14th, many residents sang “Too La Roo La Roo La” and “When Irish Eyes are Smiling” while the Coots honored St. Patty’s Day with Irish folk music in Timber’s Lobby. The Harmonicoots debuted their new songbooks and the crowd enjoyed having lyrics to their sing along favorites. A few teary eyes were spotted during the beautiful melody and vocals of “Danny Boy.” Thank you to all who have attended our Timber’s Lobby performances and we will keep you posted on future dates!

March 16th found the Sun City Harmonicoots changing from yellow shirts and shamrock hats into black and white performing attire as they provided background music for the Sun City Annual Art Show. As guests strolled through the lobby the Sun City Harmonicoots set the mood with “Moon River,” “Today,” “You Are My Sunshine” and



Top, L to R: Barbara and Gary Mills; Joanne Stooksberry and Michael Welch.

Below: Carolyn Winters, Ann Kelly and Linda Aug.

“Morning Has Broken.”

Are two gigs in one day too much for a Sun City Harmonicoot? Not for seven of them who left the Art Show to lead the SOLO Club in one of the greatest Sing A Longs of all time! Thank you to the SOLO Club for inviting the Coots back for a return performance!

April 1st joined the talents of the Sun City Harmonicoots and Singers at Mahaney Field to kick off Opening Day Sun City Seniors Softball. Our National Anthem and “Take me out to the Ballgame” got the crowd singing and ready for the first pitch!

It won’t be long before the Coots pull out their patriotic tunes! The Sun City Harmonicoots are honored to participate in Flag Day held on June 14th in the Ballroom. We love to entertain groups and clubs. We will be practicing on Thursdays 1:00 to 3:00 at the Pines. Come and visit! Harps Up!

...

Music and Laughter

BY JANE BOHN

Another fun filled hour of Music and Laughter at our monthly one hour Open Mic show. Hooray for the following Sun City talent that appeared to provide us an evening of entertainment and camaraderie. Included in this diverse lineup of talented performers were pianist Jan Given, violinist Joe Given, clarinetist Elton Pamplin, a cappella singer Peggy Wells, singer/guitarist Bruce Barley, jokester Jack McGurk, storyteller Barb Smith, singer/guitarist Ken Roberts, comedian Jan Montero, a cappella singer Linda Kosit, entertainer/



Linda Kosit

(cont' on page 5)



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Music and Laughter

(cont' from page 4)

singer Ray DeBenedetto, story tellers/humorists Dennis Hellman and Ed Lick.

In addition to the fantastic performances and fun sing-a-longs, attendees had the opportunity to enter a drawing with their \$1 donation. Prizes were awarded to Jill Aggersbury, Tom Roth, Barbara Sterns, Cal Conley, Diane Peterson, and Ann Neumann.

A huge thank you to all our fan club members, performers, prize winners, and steadfast helpers Maria Hajgato, Jill Aggersbury, Jay Javier, Dennis Hellman, Pam Moll and Arlette Bennett. You all are the reason this group is an ongoing success and provides joy to so many.

Don't miss out on the fun! Join us for our next gathering on Wednesday evening, May 8, at 7pm. Our doors open at 6:30pm, at our Sierra Pines and we look forward to seeing you there.

...

Drama Club

BY LENORA DAVIS

It is almost showtime, so I hope you have made your reservations for either the May 26 luncheon Matinee or the May 27 evening Second Act Studio Drama Club performance. If not, please contact Linda



Costume Crew.

Vincent (206-794-9089) or Joy Winston (916-773-2479) for your reservation. Reservation forms are also available in the kiosk at the Lodge. Do not wait... we anticipate selling out these performances again.

Our three light situational comedies, which we described for you last month, are sure to entertain. Look for some new faces, as we have recently added some new members to the Drama Club. Our costumers, Denise Curti and Joanne Kokot-Hoppen are doing a wonderful job of finding costumes for each of our actors. Our newest members, Diana Combs, Shari Goodwin and Francine Schwartz, are beautifully filling in wherever we need them.

Hopefully, you have seen our past productions and have observed how we, primarily a bunch of "beginners", have improved all aspects of entertaining you over the 18 months since our inception as a Club. We are proud of what we have accomplished and are confident of what we will be able to accomplish going forward. We invite you to come see for yourself – invite family and friends. We are convinced that you will not be disappointed.

...

Dance Club

BY VIKKI CLARK

In a world where the rhythm never stops, there exists a haven for dance enthusiasts, a place where feet find their rhythm, bodies sway



Newest members.



Bloggers



Randy Silverman and Cindy Stoorza.

in unison, and souls are set free amidst the pulsating beats. Welcome to Sun City Dance Club, where every step is a celebration and every moment is an adventure in movement.

April 22nd - Neon Nights

Neon Nights ignited with fervor on April 22nd, providing a glowing experience like no other. The pulsating beats of DJ Tuese's eclectic playlist served as the soundtrack to the night. A surprise special performance had the crowd laughing with merriment.

May 20th - Swing the Night Away

Spring is in full swing, and Dance Club is going to "Swing the Night Away" on May

20th. Our dance that night will start with a 45-minute Swing Dance instruction, presented by Amber. After that, DJ Shelly will play the tunes that we can practice and dance to. No partner required for this dance. Tickets are just \$10 and will be available at Courier days or any dance class.

June 19th - Dancing Through the Decades

On June 17th, Dance Club invites you on a journey through time as we pay tribute to the leaders who shaped our club. As we honor past presidents, we also celebrate the cultural legacy they left behind. The evening will start with a Mexican Fiesta dinner and no-host bar. We will enjoy performances by Tap 2, Strutters Tap and Strutters Jazz, Clogging, Line Dance 2 and Country Couples.

At Sun City, every dance is a celebration of life, love, and the boundless joy of movement. Join us as we make memories that will last a lifetime. Please visit the website to view times of classes, events and pictures.

...

Creative Arts Club

BY CAROL KOVACH

Lois Habein - Armed with their shoe boxes stuffed full of small acrylic paints you will find members of the Decorative Arts group on a Thursday morning in the Creative Arts room under the guidance of Lois Habein. Lois is the decorative



Lois Habein

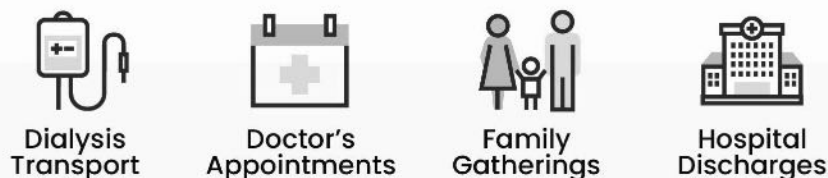
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Executive Director Comments

BY GEOFFREY BROWNE

Spring Updates! — The Sun City Roseville Board election process is underway! The Election Committee mailed their “Call for Candidate” letter on January 17, and prospective applicants had until April 18 to get their applications submitted to the Administration Department if they intend to run in the election. There are two openings for the Board, and our Elections guidelines call for two potential candidates for each open position by the filing deadline. If this number (four) is not attained, then the Board President will activate the Nominating Committee (appointed at the February Board Meeting) in an effort to secure additional candidates. We need at least 3 Candidates to hold an actual election.

At the February 21st Budget Townhall Meeting, the panel, which included representatives from the Board, the Finance Committee and staff, projected increases to the monthly assessments over the next five years and outlined the reasons influencing the expected increases. A possible range of \$12 to \$15 per month increase for next year was discussed, along with the reasons for such an increase.

Staff presented the 2024-25 draft budget to the Finance Committee in the week of March 18th with three days of departmental budget presentations. On the fourth day, staff presented proposed Reserve equipment and project expenditures as well as proposed New Capital and Capital Improvement projects. Staff worked very hard to find savings in the Association’s expenses, shaving \$230,000 (the equivalent of \$6.16 in assessment increases) off the insurance and credit card fee costs alone. The Board hosted a final open meeting on April 9 to listen to additional input from the community prior to approving the final budget at the regular Board Meeting on April 26.

Work on various projects around the community continues. Work continues on the Landscape Master Improvement Plan (MIP) with several projects completed at the Lodge facility and several more ongoing throughout the community on streetscapes and medians. Work will continue through the summer and represents our ongoing efforts to revitalize our common area landscape throughout the

community. Approval for some work on the MIP for Golf was included in the 2024-25 Budget and that work will commence sometime after July 1.

After the October 2023 completion of the resident-approved Strategic Planning Phase A-2 project, work began on the next large project, the (also voter-approved) Fitness Center Expansion and Renovation Phase B project in late April as we held a kick-off meeting with the Architect and the General Contractor who will be our partners on this project. This will be our fourth major building project over the last several years, including the expansion of Sierra Pines, the Timbers Restaurant and Lounge expansion, and the previously mentioned Phase A-2 project. Currently, the Strategic Planning and Implementation Committee is updating our 10-year strategic Plan, evaluating a number of potential projects for the next steps in our quest for continuous improvement. Attend an upcoming Strategic Planning Work Group meeting to learn what the community’s future building projects will be.

Celebrating Our American Flag

BY MARY ANN CHITTICK

For the second time, the Activities Department is offering SCR residents an opportunity to join in celebrating our American Flag and our privilege of citizenship. Among the features of the morning program:

- presentation of the colors,
- audience sing-alongs,
- “The Pledge—What Does It Mean?”,
- “The Evolution of the Flag”,
- Video History of the Star-Spangled Banner”,
- And what could be better than concluding the morning with an ice cream social on the patio!

By the way, plan to display your flag on June 14. Just imagine seeing our Red, White, and Blue, flying from the standard of every home.

Date & Time: Friday, June 14, 2024 at 10:00 a.m., Doors open at 9:30. Cost: Free with registration. Note: You may register at SCR Club now or at the Monitor’s Desk.

Creative Arts Club

(cont’ from page 5)

painting arts teacher, encouraging students to paint on any surface that doesn’t move, from glass, wood and fabric to tin, paper mache, canvas and rocks. She took on the teaching role some ten years ago but has been a member of creative arts since 2005, when she and husband Jere moved to Sun City. Planning ahead, they purchased their house in 1996, renting it out until they both retired,

Lois was born and raised in Chicago, receiving her Registered Nursing degree in 1964. Shortly after graduating Lois moved out west to Vallejo obtaining a nursing job right away. For her last fifteen years she was a nurse in the emergency department of Sutter Solano hospital in Vallejo. She and her husband, a radiologist, will be celebrating their 54th anniversary this month. Lois is the eldest of five, having three sisters and a brother, but her sisters live on the East coast, her brother in Texas. So, Lois and the girls try to get together every few years. Jere worked for Kaiser for some 36 years, and his mother (101) lives nearby in an assisted living facility.

Since a schoolgirl Lois had wanted to be a nurse or a missionary/nun, having attended Catholic school. As a young girl she made her own clothes, did needlework, painted canvases, drew and made cards. Since moving to Sun City she has taken up tap dancing.

Fine Arts Club

BY NANCY VAVUL

As we embrace the vibrant energies of May, the Fine Arts Club is thrilled to present an array of enriching opportunities for our members.

Donna Self, renowned for her mastery in acrylics, will lead invigorating classes every Monday afternoon from 1-4:00, igniting creativity on canvas. On Tuesday mornings from 9-12:00, Maria Winkler will guide students through the intricate world of colored pencils, unlocking the potential for vibrant expressions. Following this, Pat Abraham will immerse enthusiasts in the mesmerizing realm of watercolors every Tuesday afternoon from 1-4:00, fostering a deeper connection with this fluid medium. For those seeking to hone their drawing skills, Pat Jordan will be offering comprehensive classes suitable for all levels every Friday afternoon from 1-4:00, providing a nurturing environment for artistic growth.

Excitement peaks as we welcome our special demonstrator for the month, Tamsen Armstrong, to our general meeting on May 9. Tamsen is an esteemed oil painter and



Photos from the Fine Arts Festival in May.



member of the Art League of Lincoln. With a philosophy centered on intimate observation and honest portrayal, Tansen aims to infuse ordinary subjects with extraordinary beauty, inviting viewers to find joy in the overlooked. Recently, Tamsen has been painting on a wood background adding a new dimension to her work.

On May 30, Sherry Bleiweiss will lead an exhilarating alcohol ink class, promising an exploration of vibrant hues and dynamic techniques.

As May draws to a close, mark your calendars for May 29, when we’ll gather once again for a delightful game day from 3-5:00, promising laughter and camaraderie. And looking ahead, be sure to reserve June 14 for our annual installation luncheon, a celebration of creativity and community.

Join us this May as we immerse ourselves in a tapestry of artistic endeavors, enriching our lives with color, expression, and connection.

SCR Needle Arts Club

BY PEGGY VOAKES

“Flaunt what you’ve got left.” — Cybill Shepherd

Preparing for the fun of our annual Fashion Show reminded me of the above quote. So, what do we have left to flaunt? Knowledge, wisdom, kindness and compassion, our senses of fun and humor, creativity, our hard-won bravery, appreciation for the small things, our smiles. I’m sure you all can think of things I haven’t, so let’s get out there on our own personal runways and throw some ‘tude!

Our April meeting presentation by Melissa Lee was a delight. It was fascinating

(cont’ on page 11)

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Ambassador Committee

BY DONNA WEIGELT

The Ambassadors Committee met on March 19, 2024, Our Guest Speaker at this meeting was Linda Nelson, Program Coordinator for Neighborhood Watch and Citizen's Patrol. Linda and Ron Masciovecchio run several programs that are extremely important to Sun City Residents. They are always looking for new Volunteers. 2 to 3 hours a month is all that is asked. Sun City has 2 vehicles that that go out every night and are manned by 2 people starting at 7:30 To 10:00 PM.

Linda also shared with us that the Roseville Police Department will do a vacation check if residents send a note to the Police Department 2 weeks prior to your vacation, they will go by your house 2 or 3 times while you are on vacation. This is only available to residents of Sun City Roseville.

You can also fill out a form, available online advising Roseville Police who has a key to your home. The form is good for a year. This is useful if they require access to your home and alleviates the need to break down doors.

Linda Nelson and Nancy Green, Ambassador Committee Realtor Relations Subgroup will be hosting the April 10th Realtor Luncheon in the Solarium.

This Luncheon is conducted annually to introduce Realtors or to inform them on any relative news of our community, including new renovations and future plans for modernization. Also to bring Realtors up to

date on some specifics about living in Sun City Roseville, including how HOA works, some of the CC&R's and range of activities available.

Geoff Brown, Lori Booth and Sharon Maury will be presenting Realtors who have been active showing properties here.

Linda and Nancy also greet Realtors at their Open Houses, welcome them and provide them with updated information.

Website Workgroup

BY CHARLYN ROSS

The Importance of "May" — May is the name of the fifth month of the year. However, the word "may," has other definitions, such as "might, could, would, should." Those definitions might well relate to our Association and our recent and future projects to update and improve what our Community "might, could, would, or should" offer its homeowners. Our Sun City Roseville (SCR) Website, www.scrs.org, is the best source for information and updates about our Community's projects and activities.

Our Fitness Center — The Fitness Center is one of the important amenities SCR offers its member. The Association's new computer system will eventually permit the Fitness Center to permit online Sports Court reservations, class ticket purchases, and other conveniences. In the coming years, the Phase B project will expand and improve the exercise area.

The Fitness Center's main webpage, which

can be accessed from the "Amenities Menu," offers a lot of information. The "Schedules & Class Descriptions" page indicates the purpose and meeting time of each class. Also, the Group Fitness Room Schedule (button) and the Indoor Pool schedule (button) are kept current for your convenience.

Why The eCourier is Important — The eCourier is an online, monthly newsletter. A notice of its availability is emailed to SCR members on the fifteenth of each month. The current issue, and up to a year of former eCouriers, can also be found on the Resident Website in the "Community" menu.

The eCourier is important because it is supplemental to our print publication, "The Village Courier." It contains additional information which could not be included in our magazine due to printing deadlines, such as reports from SCR Department Directors, projects updates, guest articles and special events details.

One feature is the monthly article written by the Association's Website Manager. This article often contains tips relating to your computer, such as why it is important to clear your internet browser's cache, maintenance of your computer's email application, or basic tips on internet safety. You "may" (might, could, would, should) want to review each month's eCourier issue, to stay informed.

Elections Information — Our Association works on a fiscal year July to June. This June two of the seven Directors on our Board will end their terms. This will require an election to fill those positions. A call for candidates

has already begun.

Soon, an "Election" button will be added to the Website's home page, below the photo on the left side. It will link to the Elections Committee's webpage where the "Election" button will reappear and open the Candidate Information Flipbook, to provide information on each candidate.

Every household will be mailed a ballot with instructions on submitting a valid vote by July 16, 2024.

Need Website Assistance?

Should you have Resident Website (www.scrs.org) questions, please contact Julia Schmunk, our Website Designer, by phone 916-774-3878, by email at julianns@scrca.org.

If you cannot access the "Sun City Roseville Club" to sign-up for activities or tee times, it may be because you do not have a valid email address on file. To provide a valid email address, Contact Nona Weintz, in the Administration Office, nonaw@scrca.org or phone 916-774-3820.

SCR Foundation

(cont' from page 1)

Porsche Rocklin; or on the Sierra Pines Hole 8, you could be driving a new Ford Mustang from Future Ford. In the past, residents have supported the Foundation by sponsoring a hole. If you're interested, please reach out to Kathi Stropkai, at scrfevents@gmail.com.

www.scrfoundation.org



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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!



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Properties Committee

BY KATHY CASTEN

The Properties Committee is actively seeking new members to join our team. Applications to serve on a committee are being accepted starting May 1 through June 14 at noon.

If you are not sure about Properties Committee responsibilities, the following is a summary.

We are responsible for the general monitoring of all Association common area properties, we assist staff by conducting inspections, identifying concerns, and making recommendations for staff actions to preserve, maintain, and enhance Association common area property and assets.

Our three sub-committees: Building/Hardscape, Landscape, and Open Space/Riparian, along with Staff, each conduct a monthly inspection which takes about two hours. You can view the Inspection Schedules for each sub-committee on the Properties Committee home page found in the Board and Committee tab on the website. We are also responsible for managing Resident Concern Forms. These forms are used by residents to report common area landscape, open space and riparian or facility concerns observed on Sun City Roseville common grounds. More information on Resident Concerns can also be found on the Properties Committee home page.

During the annual budget cycle, we review priorities for new acquisitions and

replacements of fixed assets, property, and equipment brought forward by Staff. At other times during the year, the Committee may also be asked to review acquisitions prior to consideration by the Finance Committee and the Board of Directors.

If you are interested in the appearance of Sun City Roseville; have planted a garden; have a background in construction, landscape, or architecture please consider applying for our committee. Our responsibilities are very interesting, and we are looking for Association members who would enjoy working with us to keep Sun City looking beautiful. Joining a committee is good for the community, is a great learning experience, and a wonderful opportunity to make new friends, and to make a difference.

We meet monthly, 2nd Thursday, at 9:00 AM. We invite you to attend one of our meetings, visitors are always welcome.

Sunshine Services

BY LINDA CILENTI

This month the focus will be on important phone numbers. Yes, this is repeated information, however very important. We want you to reach Sunshine Services on your first try!

*Medical Equipment Loan Program (MEL) – This is a short-term loan program that includes the loan of wheelchairs, transport chairs, canes, crutches, and ice machines. If you need assistance, call 916-960-8091.

*Discounted Arrow tickets for door-to-door transportation within the city limits of Roseville. Transportation is provided on smaller, wheelchair accessible, Americans with Disabilities (ADA) compliant buses. A ticket for ten rides costs \$10. Call 916-886-7008 to purchase tickets. To make ride reservations, call the City of Roseville, Transit Office at 916-745-7560.

When you call either number, please make sure to leave a detailed message on the phone.

If you have a general question or suggestion that is not related to MEL or Arrow, you may send an email to sunshineserviceslcc@gmail.com

A flyer describing Sunshine Services programs and other local resource information is always available at the Lodge, look for the flyer (Goldenrod in color), outside the Administration Office, in the magazine racks.

If you would like to meet the Sunshine Services members and learn more, we invite you to attend our meeting, held on the third Thursday of every month at 10:00am, typically in the Cedar Room at the Lodge.

*The Medical Loan Equipment Program and discounted Arrow tickets are generously funded by the Sun City Roseville Foundation. "We're Here to Help."

Bridge Club

BY JANE MCNALLY

The Bridge Club Council is sponsoring continued intermediate bridge lessons this Spring. The four Saturday dates are April 13th, April 20th, May 4th, and May 11th. The lessons are held from 10 am until noon in the card room at the Timbers. The lessons are open to all Bridge Club members. Please contact Susan Pankopf to sign or with questions. Her email is sndpank@gmail.com. Many thanks to Susan for agreeing to present these popular lessons.

The Bridge Club has open games for members on Monday, Wednesday, and Thursday. Many social occasions are planned. Be sure to write the following dates on your calendar. On Memorial Day, Monday May 27th, there will be a Holiday Cook-Out, including hot dogs and side dishes to go with the hot dogs brought by members. The next luncheon is June 10th. This is the general Club meeting and election of officers for the new term. Lunches are followed by bridge games. Both these occasions will be held at Sierra Pines. We are having lots of fun. New members are encouraged to join us.

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HOPE AFTER SHINGLES

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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 for more information or call **916-884-0398** to schedule an appointment for an initial consultation.

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SCR Needle Arts Club

(cont' from page 7)

to learn about the behind-the-scenes process which produces the fabrics (and wallpaper and other home items) that we so love. Melissa was charming and enthusiastic, a wonderful way to start the spring season.

We also had the introduction of our next slate of officers. They are, President - Peggy Voakes, Vice-President - Sharon Lawin, Secretary - Dianne Faulkner and Treasurer - Nancy Dunne. A heartfelt thank you to CJ Kidd and her nominating committee for their important work in keeping our club running smoothly.

In addition to the always entertaining Show-and-Tell at our June meeting, the last of our fiscal year, we will be accepting any nominations from the floor and voting on our next year's slate of officers. It is an important part of our club's activity and, also, the last time we will be together until our new year begins in August. I hope to see YOU there!

Our next General Meeting is Wednesday, June 5, 1:30 pm, in the Ballroom. It's Spring - go flaunt!

• • •

Cinema Group

BY BRIAN SUTTON

Join us in May for this special movie...

"Dr. Strangelove" (1964)

Written and directed by Stanley Kubrick. Run Time: 1 hour 33 minutes.

A film is about what could happen if the wrong person pushed the wrong button -- the situation is played for laughs. When Air Force General Jack Ripper (Sterling Hayden) goes completely insane, and sends his bomber wing to destroy the U.S.S.R., a major effort begins to prevent this from happening.

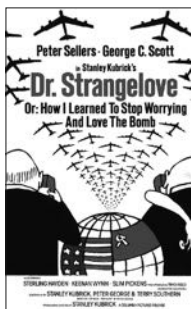
A number of officials are involved; George C. Scott, as Chairman of the Joint Chiefs of Staff; Keenan Wynn as Colonel "Bat" Guano, and Peter Sellers as a British exchange officer, as President of the USA, and as Dr. Strangelove, a nuclear war expert.

Reviews & Ratings:

Internet Movie Data Base - 8.4 out of 10

Rotten Tomatoes: 98% Critics - 94% Audience, indicating "Stanley Kubrick's brilliant Cold War satire remains as funny and razor-sharp today as it was in 1964."

Oscar Nominated: Best Picture; Best Actor - Peter Sellers; Best Director, Best Writing - Stanley Kubrick,



One reviewer stated, "It features Peter Sellers' finest 'three' performances, as well as proving that the supposedly humorless Kubrick was up for a laugh."

On the American. Film Institute's "100 Funniest American Movies of all Time", Dr. Strangelove... is listed third.

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

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

• • •

Roseville 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!

• • •

SCR Computer Club

BY BARBARA EICHTEN

If you have not considered attending the Sun City Roseville Garden Tour, tickets are still available. The tour is Saturday, May 4,

2024 from 9:00 am - 2:00 pm with eight houses. Contact Linda Gordon (510-813-78915) for tickets. See the Courier for further details.

There will be no General Computer Club meeting in May.

Cardmaking: Classes will meet on the third Thursday of each month from 1:00 - 4:00 pm in the Club Room. The next meeting is May 16. We will be creating all occasion cards with rubber stamps and dyes. For more information and to reserve your spot, call Cathy Fluellen at 623-256-0280.

Photo: Will meet on the 3rd Friday, May 17 at 10:00 am in the Club Room. Come to the meeting and see how the Photo SIG (camera club) does things. Submission of a maximum of 3 photos, sent to PhotoSIG916@gmail.com, is due by Monday, May 13. The photos will be juried at the regular monthly meeting. May's theme is "Black and White/optional with color." The photos have NO time frame. Contact Dennis Studer or Jenni Ramirez for additional information.

Genealogy: The next Genealogy meeting will be May 8 at 2:00-3:30 pm in the Club Room. Join us for a video presentation.

OPEN sessions are on Friday May 3, 10, 17, 24 and 31 from 1:00 - 3:00 pm in the Club Room. These sessions are to assist residences with individual problems with iPhone, iPad, or a computer. Check the scres.org website for further information or call/text Barbara Eichten (901-626-9821) or barbara.eichten@gmail.com

• • •

Socrates Café

BY STEVEN GUSTAFSON

At our meeting last month, Socrates Cafe, Sun City's philosophy discussion group, discussed questions related to population growth. Is the number of humans on earth too large (or will the number become too large) for humanity to flourish? If so, what can (or should) we do?

The "Doomsday Paradox" came up in discussing these questions. It's an interesting conundrum that philosophers have pondered for decades (but have not reached consensus on a solution). It's easy to understand, and it goes like this:

Suppose that there will be a doomsday, and humanity will become extinct (not a cheery thought!). The doomsday could be caused by an asteroid that hits the earth (like the one that wiped out the dinosaurs), by a nuclear war, by a virulent covid-like virus, by artificial intelligence run amok, etc.

Each of us could have been born at any time in human history—from the time of the cave men to the time of the doomsday. But

because the human population increases almost exponentially, each of us is more likely to be alive near the time of the doomsday.

So, anyone who says "The End is near" is correct. How could we be so "special" as to live near the time of a doomsday? Could we delay the doomsday by controlling population growth?

If you find questions such as these interesting, you are welcome to join us (usually over a dozen of us) on the first Monday of each month in the Aspen room at the Timbers lodge.

• • •

Solo Friends

BY NIKKI COMBS

Roseville Police Cyber Security Investigator Kelly Sibbit appeared at the General Meeting on April 1st. No April Fool's joke: he spoke about preventing scams and identity thefts.



Sandil Nordquist, Liz Rosen, and Dawn Beck preparing for the April Social.

Criminals purchase a \$300 "pineapple" containing thousands of email addresses. They send out authentic looking emails from a bank or subscription such as Amazon. The message and link tricks a victim into revealing personal information. Only a handful of victims, giving a few thousand dollars each is a good payoff.

Detective Sibbit's prevention tips:

Update your devices, enable multi-factor authentication, use malware and antivirus protection, and ensure personal information is encrypted.

It only takes four minutes to crack a four-digit password. Complex passwords containing upper- and lower-case letters, numbers, and special characters can take millions of years to crack.

In addition - be prepared, don't be taken off guard. Have a plan, slow down, don't be pressured, and don't click any links. Look for misspellings and bad grammar. All government agencies and businesses that you deal with already have your personal information. They will never ask for it.

It's embarrassing to realize you are a victim, but it's important to report the crime. Start with the Roseville PD. They will determine if the FBI needs to be involved. Your report may solve that case.

AARP has the Fraud Watch Network for

(cont' on page 15)

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Solo Friends

(cont' from page 11)

more tips, reporting crimes, and getting help. As usual, knowledge is power. Know what to watch out for and how to respond.

No host/hostess for our Social Dinners is also not an April Fools. Without volunteers, April will be the last gathering until October. The Sierra Pines room has already been reserved and paid for. Anyone willing to organize an evening of cookies, games, or whatever please contact President Sharon Hearnden. Solos know, socializing is more important than the menu or decorations.

• • •

Conservative Action Group

BY SHERRI SCOTT

Who would have thought that a presentation on Nuclear Energy could be a crowd pleaser. A very technical subject was presented in such a way as to captivate our audience of lay members.

Our meeting of April 1 had the pleasure of introducing Dr. Jin Chung, a resident of Sun City Roseville, who has an extensive background in nuclear science. Born in Seoul, Korea, he received his PhD in nuclear science from Columbia University, New York. He built on his nuclear knowledge by teaching, conducting research resulting in scientific publications and patents, and advising



foreign power companies in nuclear plant development. He became a Senior Advisor with the International Atomic Energy Agency and was Senior Project Manager for the US Regulatory Commission focused on improving safety for the peaceful use of nuclear power plants. Risk-informed regulations have been put in place where the likes of Three Mile Island will not happen again in this country – or hopefully anywhere. We need nuclear power in our future: it is safe; to eliminate coal and sulfur oil; to handle the demand for energy which doubles every 11 years; it costs less than any other type of energy; and new technology is reducing the size of the large nuclear power plants from 1400-megawatts to a smaller and cheaper to build 50-megawatt plants.

Our new book club held its first gathering and decided to get together at 2:00 pm every third Tuesday of the month. Please join us on May 21 for discussion and the selection of books for review. Please contact Leah Cavanaugh on 916-666-7167 or email her on Leah@lassenview.net if you are interested in participating.

We are planning a fun social event for our next 6:30 pm meeting at Sierra Pines on June 3. More information to come.

• • •

Healthcare Professionals Group

BY LINDA GORDON

At the Healthcare Professionals Group meeting May 1, we had an interesting presentation by our own member CJ Noddings about the practice of Qi Gong. CJ is a Certified Advanced Holden Qi Gong Instructor who has taught over 500 classes in person & virtually. She holds a dual BA degree in Health Education and Gerontology in addition to her

Qi Gong certification.

Qi Gong is a practice of coordinated body posture and movements, breathing and intention for the purpose of enhanced emotional, physical and spiritual health. It is one of the five pillars of Traditional Chinese Medicine dating back as far as 4,500 years. Qi Gong practice seeks to balance our life force energy by ridding our negative life force energy and cultivating positive energy. Qi Gong is a fun and easy standing practice leaving you with less stress and more feelings of vitality!

The Healthcare Professionals Group is a social group of SCR residents who have worked in any capacity in the Healthcare Field. We meet the first Wednesday every other month at 11:00am in the Ponderosa Room in Sierra Pines. A speaker will start at 11:30 and lunch and social time will be at 12:00. Cost is \$10 for lunch. Our next meeting will be July 3.

Nurses from our group hold a Blood Pressure Clinic for Residents on the second Wednesday of the month from 9:30-11:00am in the Fitness Center. This is open to all residents to have their BP checked and to discuss any issues they may have. Our next clinic will be May 8.

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

• • •

Jewish Fellowship Circle

BY LOIS ARLEN AND KAREN LEVIN

What is LagBaOmer? LagBaOmer is always on the 18th day of the month of Iyar. The word “Lag” is made of the Hebrew letters Lamed and Gimel which together have the numerical value of 33. BaOmer means “of

the Omer”. The Omer is the counting of days that begin with the second day of Passover and ends with the holiday of Shavout. It is a festive day on the Jewish calendar and traditionally is celebrated by going outside where you can appreciate God’s magnificent creation. There is a custom to eat carob. Carob is grown on trees in the Mediterranean whose fruit is used as a substitute for cocoa.

A big thank you with appreciation to Larry and Sherry Bleiweiss for leading the Shabbat service (Friday night prayers) and for hosting the Oneg (a sweet table after the Shabbat service) in March.

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

Our Book Club is taking some time off for a few months.

Heading into summer, our Ice Cream Social will be on May 19, and the BBQ will be on June 9, both at Sierra Pines. Details will follow in an email to all JFC members.

• • •

Mantra Meditation

BY ED CERVANTES

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

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(cont' on page 19)


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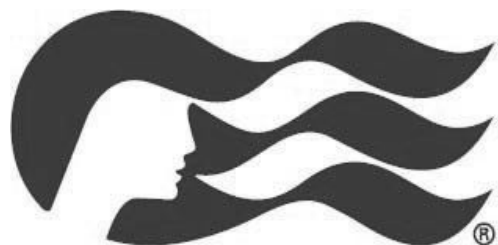
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Ruby Princess ~ 3080 Passengers	Dec 2, 2024	\$947	\$1,011	\$1,598
Sail round trip from San Francisco, California to Kauai, Nawiliwili Hawaii; Honolulu, Hawaii; Hilo, Hawaii; Ensenada, Mexico; San Francisco, California.				
*LINCOLN SHUTTLE TO SHIP AVAILABLE!				
11 DAY ALASKA From SFO! PRINCESS	Jun 17, 2024	\$898	\$1,222	CALL
Crown Princess ~ 3080 Passengers	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.				
*LINCOLN SHUTTLE TO SHIP AVAILABLE!				
14 DAY NEW ENGLAND REPOSITION PRINCESS	Oct 17, 2024	\$898	\$1,057	\$1,948
Emerald Princess ~ 3080 Passengers				
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.				
12 DAY CARIBBEAN & PANAMA PRINCESS	Oct 31, 2024	\$748	\$860	\$1,878
Emerald Princess ~ 3080 Passengers				
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.				
16 DAY PANAMA CANAL PRINCESS		INCLUDES SFO SHUTTLE & SACRAMENTO AIRFARE!		
Sapphire Princess ~ 2670 Passengers	Sep 28, 2024	\$1,599	\$1,999	\$2,599
Coral Princess ~ 2000 Passengers	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.				
12 DAY ALASKA CRUISE / TOUR PRINCESS	Jul 6, 2024	\$1,399	\$1,419	\$2,749
Sapphire Princess ~ 2670 Passengers	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!



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12 Day PARIS TO THE SWISS ALPS March – December 2025	\$3,499
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Viking Longships ~ 190 Passengers

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15 Day GRAND EUROPEAN TOUR May – December 2025	\$4,299
---	----------------

Viking Longships ~ 190 Passengers

INCLUDES ROUND TRIP SACRAMENTO AIRFARE!

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

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

Viking Mississippi ~ 386 Passengers

INCLUDES ROUND TRIP SACRAMENTO AIRFARE!

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Package Includes your home to the Sacramento Airport Transportation, round trip Sacramento Airfare, Airport Meet-And-Greet with Transfers from the Airport to the hotel & river boat, your 7 Day Viking 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.

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Mantra Meditation

(cont' from page 15)

the stress, anxieties, and emotional situations of daily life.

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

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

Here are the dates and locations for our upcoming meetings.

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

Wednesday, May 22nd 1:30pm - 2:30pm in the Ponderosa Room at Sierra Pines

Wednesday, June 12th 1:30pm - 2:30pm in the Ponderosa Room at Sierra Pines

Bring a friend and come make new ones. Thanks so much and we look forward to meeting you,

Cordially, Ed Cervantes and The Heart of Gold Meditation Group mantramedclub@gmail.com

• • •

Veterans and Patriots Club

BY GEOFFREY MARSHALL

Veterans and Patriots Club meetings are usually on the first Wednesday of each month in the Timber Creek Ballroom at 10 AM. Our next meeting will be May 8 (due to availability of the Ballroom). Enjoy the presentation, camaraderie, complementary coffee, and doughnuts; and don't forget the great free raffle prizes from our sponsors.

Lieutenant Colonel (Promotable), Ryan O'Reilly, will speak on the Spirit and Opportunities of Military Service at our May 8 meeting. He is an Army Strategist, will be promoted to Colonel in May and will graduate from the US Army War College in June. He graduated from Santa Clara University and received his commission as an Armor Officer through ROTC.

Prior to the War College, he served in tactical assignments in Fort Polk, LA; Fort Liberty, NC; and Fort Carson, CO; as well as Iraq, Afghanistan, and Korea. He has also served in strategic assignments at North American Aerospace Defense Command and



Lieutenant Colonel (Promotable), Ryan O'Reilly

U.S. Northern Command, Peterson Space Force Base, CO; United States Army Central (Third Army), Shaw Air Force Base, SC; NATO Allied Land Command, Izmir, Turkey; and as an Army Congressional Fellow in the U.S. Senate, Washington, DC.

Our Club's upcoming events include:

May 27: Memorial Day Flag Raising

June 2: Fab Fifties Celebration

June 5: General Meeting

June 14: Flag Day

July 4: Independence Day - Golf Cart

Parade

Check out the Club's Web Page on the SCR Resident Web Site for more information.

<https://sres.org> click on Clubs and Groups Tab, click on Veterans and Patriots Club

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• • •

Travel Club

BY PAM SCHEEL-HEMINGWAY

By the time you read this, Travel Club members will have returned from a fabulous trip to England and Scotland and will be preparing to depart for a week in Amish Country, including a visit to the Hershey factory in Pennsylvania. You can almost smell that chocolate, can't you?

Trips now available for booking for Travel Club members include:

Amish Country+Philadelphia - May 6-12 (Collette)

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

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

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

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

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

Patagonia - Feb 21-March 6, 2025 (Collette)

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

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

Croatia Yacht trip with Venice, Italy -- August 18-30, 2025 (Collette)

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

The Travel Club meets the 4th Monday of each month at 3:00 pm in the Ballroom. Join us for our next meeting on Monday May 27, which will feature a guest speaker from Zoe's Cruises. Remember to bring any unwanted travel-related items (in excellent condition) for the "back table". Donated items are available to all members on a first-come basis, so be sure to check the table when you get to the meeting!

• • •

Rods & 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!

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

• • •

Garden Club

BY SUZETTE AUSTIN

"Gardens in Bloom," our Sun City Roseville 2024 Garden Tour, will be held this Saturday, May 4. Eight gardens will be featured in the tour. Homeowners have taken on a labor of love, are ready to share their gardens, and hope you will enjoy them as much as they do. A brochure with a map that shows the homes and wristband for one person is \$15. It will be



available at May Courier Days or by calling Linda Gordon at 510-813-7815 or Melanie Faust at 916-771-3256.

Our May 7th meeting will feature Debbie Arrington speaking about "How the Queen of Flowers meets the Sport of Kings," the Rosy History of the Kentucky Derby. Debbie was the Home & Garden writer at The Sacramento Bee and author of the daily garden blog, Sacramento Digs Gardening. A 24-year member of the Sacramento Rose Society, she has served as that Society's President. Her other passion is horse racing. Covering racing for more than 40 years, she's a member of the National Turf Writers and Broadcasters.

At our April meeting we learned about the Loomis Library Demonstration Gardens. Karen Covey, a Placer County Master Gardener and project leader for the gardens, was our primary speaker.

Our June 4th meeting will be our annual root beer and ice cream float party as well as a garden swap. At this meeting Club members are encouraged to bring garden-related items they no longer want or need (no chemicals or soil please), so start saving your extra "stuff" now!

Garden Club meetings are on the first Tuesday evening of each month at Sierra Pines. Doors open at 6:15 pm and our meetings begin at 6:45 pm. Guests are always welcome. We do not meet in July or August.

• • •

Birders

BY JANET MORELLI

This month is the last month of our scheduled birding field trips until they begin again in mid-September when the weather begins to get cooler and trees are start to lose their leaves (making bird watching much more comfortable and less difficult). SCR Birders will continue to watch birds during June, July, and August but choose cooler climate areas and earlier start times in the morning.

Our field trips are usually scheduled for the first and third Thursday of the months beginning in September and ending in May, although the one to Sierra View Country (cont' on page 21)

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Safety First — Avoiding Common Travel Scams

BY ROSEVILLE POLICE DEPARTMENT

In the age of digital connectivity, travel scams have become increasingly prevalent. From “free” vacations to robocalls about vacation deals, and vacation home scams, travelers need to be vigilant to avoid falling prey to such deceptive practices.

“Free” vacations are a common scam. Advertisements online, emails, calls, or text messages may claim that you’ve won a vacation. However, these “free” vacations often have hidden fees and taxes. Legitimate companies will not ask you to pay for a supposedly free prize.

Robocalls offering vacation deals at discounted prices are another common scam. These calls are illegal unless the company has obtained written permission from you. If you receive such a call without permission, it’s likely a scam or, at the very least, a company you should avoid.

Vacation home scams have also become widespread. Scammers hijack real rental listings and advertise them as their own. When you arrive for your vacation, you may find that other people have also booked the same property, leaving you without a place to stay and out of pocket. Some scammers even create listings for non-existent properties.

The Federal Trade Commission (FTC) offers tips on how to spot and avoid travel scams. Scammers often advertise a “free”

vacation that you have to pay for, don’t provide specific details about the travel offer, insist on payment via wire transfer, gift card, or cryptocurrency, pressure you to make quick decisions or advertise premium vacation properties at suspiciously low prices.

To avoid travel scams, follow these three steps:

1. Understand the terms: Don’t sign or pay until you know the terms of the deal. Obtain a copy of the cancellation and refund policies before you pay. If you can’t get these details, walk away.

2. Do your research: Look up travel companies, hotels, rentals, and agents with the words “scam,” “review,” or “complaint.” Check that the address of the property exists. If the property is in a resort, call the front desk and confirm their location and other details on the contract.

3. Safe payment methods: Avoid paying with wire transfers, gift cards, or cryptocurrency. If there’s a problem with what you paid for, you’ll lose your money, and there’s likely no way to track it or get it back.

By being aware and taking these precautions, you can protect yourself from travel scams and enjoy your vacation with peace of mind.



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Birders

(cont' from page 19)

Club (SVCC) is planned for a Monday in late March or early April. The golf course is normally closed on Mondays so March 25 was chosen to do our birdwatching. Among the 29 species recorded were the American Kestrel, White-crowned Sparrow, Northern Rough-winged Swallow, Snowy Egret, and Brown-headed Cowbird.

On April 4, SCR Birders visited Johnson-Springview Park in Rocklin. Rain was expected that morning and nearly all the deciduous trees were fully covered with new leaves. Sighting birds was going to be challenging. Despite the fact that the birds were hunkering down, out of the wind and impending rain, Birders were able to identify 16 species including the White Breasted Nuthatch, Oak Titmouse, Eurasian-Collared Dove, Coopers Hawk, and Ruby-crowned Kinglet.

The last two field trips on the current schedule are to Granite Bay in Folsom on May 2 and to the Birds of Prey Raptor Center in Lincoln on May 16. An eBlast will be sent to SCR residents on the Birders' email roster a week before each of these trips with more information. Contact Janet Morelli at 916-782-6393 to be added to the email roster.

• • •

Cycling Group

BY SUZETTE AUSTIN

Mangia Italiano was the theme of our April Cycling Group party at Sierra Pines. Dinner was catered by Buca di Beppo and the festive fun included games and door prizes. Thank you to Barb Eagle, Laurie Morkert and their committee who put this fun event

together.

For over four years Bill Swayne has led cycling group rides almost daily (weather permitting). His rides depart from the tennis courts, are usually 17 - 25 miles, and always include a stop for coffee near the end of the ride. Friday rides are to Panera Bread. Those who ride with Bill swear he has built-in GPS; he never gets lost and can modify his route to meet last minute requests. Those who wish to join his rides may contact Bill to be put on his daily text list announcing departure times which vary depending on the weather.



Bill has been riding about 15 years and often participates in outside rides. He has traveled to Idaho, Iowa, Missouri, Florida and Arizona among other places for cycling outings.

Rovers Rides continue on Sundays and Wednesdays. These rides are about an hour and are a slower speed on Sun City roads and local bike trails. Contact Renee Hawkyard for more information.

Our next meeting will be June 24 at 8 AM at Sierra Pines. We're electing our officers for 2024/25 and are still looking for a candidate for the president's position. We also planning a clothing and gear exchange. If you have cycling clothing or gear that you are not using, please

bring it to this June meeting and it will find someone who can use it.

For more information on our Club, please contact Dee Franz at petendee@comcast.net or check our webpage on the SCR website (Community/Clubs & Groups).

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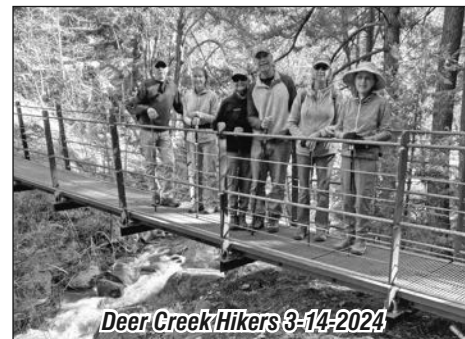
SCR Hiking Group

BY SILVANA HUGHES

March and April showers brought many spring flowers as shown in the many photographs on the SCR Hiking Group photo gallery, expertly curated by William Haley.

At the March 11 group meeting we enjoyed a smorgasbord of tasty entrees, salads, and desserts prepared by the members. We also elected the officers for the next term and we expressed our appreciation for their continued service: President Pete Grady, VP Bill Haley, Treasurer Charlie Baughman, and Secretary Silvana Hughes. Clubs and groups like ours function only because of the volunteers who dedicate their time to the cause!

We hosted a guest, Jim "Steamer" Boyle, who presented a slideshow of his recent trip the Grand Canyon where he hiked from the South Rim to the North Rim. He discussed



the intensive training and conditioning he completed to prepare for this challenging hike and talked about the necessity for strategically planning every aspect of the hike, including necessary gear, food and water. Everyone enjoyed the beautiful photographs he shared. Thankfully, our group hikes do not require such athletic prowess and our trail master and hike leaders do all the planning for us. The upcoming May 9 hike is rated "easy" thus providing a great opportunity for folks who might want to give hiking a try!

Our next meeting will be on June 10 and the agenda and food assignments will be sent out in advance.

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

May 2: Yuba Rim Trail - #5 (moderate), 5.25 miles, elevation gain of 950 feet, \$10 carpool ride.

May 9: Cascade Canal - #2.5 (easy), 6 miles, elevation gain of 175 feet, \$8 carpool ride.

May 16: Brown's Ravine toward New York Creek - #5 (moderate), 6.5 miles, elevation gain of 800 feet, \$8 carpool ride.

May 23: Hidden Falls (7 Pools and River Otter Loop) - #5 (moderate), 6.6 miles, elevation gain of 1,000 feet, \$8 carpool ride.

May 30: Jenkinson Lake - #4 (easy to moderate), 8 miles, elevation gain of 500 feet, \$10 carpool ride.

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(more Club News cont' on page 23)

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Cornhole

BY STEVEN GUSTAFSON

Sports psychologists call this the “hot hand” effect. It’s observed in many sports — a hot hand basketball player makes many more baskets than expected. Research in recent years indicates this effect is especially pronounced in cornhole, particularly for Senior Citizen players like us!

The effect is psychological — If you have a hot hand in cornhole, you can thank your mind. Our fitness director, Elaine Zilonka, has said that cornhole can improve your eye-hand coordination. Who knew that cornhole can also improve your mind?

We play cornhole every Tuesday at 9:00 through the summer (to avoid the afternoon heat) on the Sierra Pines horseshoe lanes. You are welcome to join us.

• • •

Bocce

BY DAVID MOORE

Winter is over in the Bocce World and the Spring mini-leagues are in full swing on every day of the week. The Sierra Pines parking lot was overflowing on April 4th as 536 people had signed up for nine different leagues. Classes were offered to allow newer members the opportunity to learn the ropes. League play concludes on June 4 with the Awards Party scheduled for Friday June 7 at 5 pm at the Bocce Courts.



The second Winter League was won by Lisa Aphugh, Steve Aphugh, Gus Ballis, Richard Campagna and Lynn Jones.



The Ukulele Club entertained at the Bocce Spring Get Together.

The bocce Fun Tournament was held March 16. Twelve teams competed with the first-place squad consisting of Aud Bair, Bill Dunk and Kevin Meyers.

March 30 was a fun party at Sierra Pines. After a bbq dinner of burgers and hot dogs the Sun City Roseville Ukulele Club serenaded us with a program of oldies but goodies.

Two tournaments are scheduled for May. The Women’s Blind Draw is slated for Saturday May 4 while the Men’s Blind Draw is May 18. Both tournaments begin at 8:30 am with sign ups at 8 am.

The second Winter League concluded on March 18. First place was taken by the Rolling Stones team made up of Lisa Aphugh, Steve Aphugh, Gus Ballis, Richard Campagna and Lynn Jones.

The Rock n Rollers with Bill Dunk, Tony King, Gary Zeledan, Kenny Smith and Rob Schroeder came in second.

Third place was won by Frank Kilpatrick, Jerry Fredericksen, Gregg Hutchison, Bev Lewis and Linda Fredericksen.

• • •

Croquet Club

BY PATRICK MAGLIONE

Sun City Roseville residents—may I please have your attention? For those of you who visited our table on April 1st Courier Days and expressed an interest in playing this challenging and enjoyable sport of croquet, we thank you for your interest and hope that by the time of

this article you have received some instruction and are “hooked” on this sport.

Now, for those of you who did not visit our table, fret not, there’s still lots of time for you to take advantage of our generous offer. What offer, you ask?

1. Free instructions.
2. Free membership until July 1, 2024, when your dues will be only \$10 for an entire year.
3. Attend our May 26 meeting and social with dinner (nominal fee) and fun games.
4. Wearing of “whites” is optional.

So, how’s that sound? Pretty good deal, huh? But what may surprise you is the fun you’ll have playing croquet, a “game” you may have thought was for children. You will soon learn that it takes strategy and execution that will challenge your ability but not your body.

We meet on the 4th Sunday in February, May, August, and November, 4pm in the Spruce Room at Sierra Pines. Meetings are usually brief, followed by dinner, and social activities.

Stop by the kiosk at the Lodge and look for the green Croquet poster, then pick up the Uncle Sam flyer in the Croquet slot and turn it over where you’ll find... a membership form. Contact

Louisa or Patrick Maglione at 916-740-2353 for more information. So, not only do you not have to wear white, you also do not have to dress like those folks in the green poster!

• • •

SCR Senior Softball Club

BY FRANK TOM

We launched our 28th Annual Opening Day on April 1st at Mahany Park. Our celebration included coffee and donuts, and recognizing the volunteers in our league, such as our Council, Managers, Coaches, Umpires, Scorekeepers and Player Representative. We also recognized our loyal fans. Joe Lopez (90 years young) led us in the Pledge of Allegiance, followed by the singing of the National Anthem and Take Me Out to the Ball Game by the Sun City Singers and accompanied by the Sun City Harmonicoots. Thanks to these two Resident Groups for their enthusiasm and support. We thanked our sponsors: Oakmont of Westpark, Deano’s, Guide Realty, Eskaton Village of Roseville, Your Roofing Contractor, Charles Dental Group, Sew Cal Embroidery, and Ivy Blue Oaks.

We honored Al Bowen for his more than 25 years of loyalty to our league for being a player and manager. He was one of the founding players in our club’s traveling team called the Sun Dogs. We recognized the players on each of the five teams. Executive Director



Opening Day!



SCR Senior Softball Club

Geoffrey Browne was our guest speaker. He expressed his appreciation and pride for the Sun City Community, and he threw the traditional first pitch over the plate.

Our most senior players (ages 72-90) participated in our traditional Senior Game. The managers of the Senior Game were Roger Dorris and Larry Larsen. Roger’s team defeated Larry team by a few runs. The winners were all of the players that didn’t get hurt. That was 24 of 26 players. Guess who got slightly injured?

Please come to our games. We play on Mondays and Wednesdays starting at 10:00 am at Mahany Park. Visit our website www.rosevillesseniorsoftball.org and click our “Game” tab to view our League Schedule, and click our “Photo and Video” tab for some entertainment.

• • •

SCR Tennis Club

BY WENDY LEIMBACH

March was both cold and wet however, with glimpses of sun and drier weather; tennis players were coming out of winter hibernation and drop in and foursome play has been on the rise. Lets look forward to great spring weather and some future tournaments and round robin play to get everyone out to the courts.

The tennis club had its monthly general meeting last Wednesday. Club members were, with the support of our industrious events team, treated to a wonderful Easter ham dinner with ice cream for dessert. These meetings

are always a good way to get all members together, review club information and enjoy some tasty food.

This month the Tennis club would like to give a big thank you to Kathy Fowler, our Club Treasure since 2015. Kathy has been crunching the numbers and keeping us on the straight and narrow for nine years. It always helps that she was a tax auditor with the State Franchise Tax Board for 25 years. Fun fact, she met her husband, Dirk Fowler there in 1979 and married in 1986.



Dirk and Kathy Fowler

Kathy also has been the treasurer for the Lady Niners as well as the He and She golf club. Kathy’s other sport interests are golf as well as pickle ball. They recently took a nine-day Western Caribbean Cruise to Aruba, Curacao, and Nassau. Kathy, we thank you for your dedication, hard work and fun spirit that you bring to our club

Looking forward to some great tennis play in the spring. If you are interested in getting more information about the tennis club, you will find brochures and tennis applications at both the courts and in Timber Creek Lodge.

Remember; Volunteers are always welcome for tournaments, dinners, as well as for Grandparents’ Day. Let the council know of your interest in serving.

• • •

SCR Table Tennis Group

BY FRANK TOM

On March 23rd our Resident Group hosted our 8th Annual Spring Table Tennis Social with our neighboring Del Webb Association, Lincoln Hills Table Tennis Club. Each Fall they reciprocate by hosting us at Lincoln Hills Del Webb. We have fifty-six members, and they have over one hundred and forty members. Their Association has more than double the number of homes.

There were 12 teams of doubles representing each association. Over the past eight years, we’ve won most of our matches. Last Fall when Lincoln was our host, we won most of those matches. This was the first year both “clubs” decided to award a Perpetual Table Tennis Trophy to the winners. We were missing six of our high and middle level players. As such, we lost many of our matches, although most of the matches were fairly close. Our top doubles players, beat Lincoln’s top three

doubles teams quite handedly. We look forward to the Fall Table Tennis Social at Lincoln Hills. Since they beat us in March and claimed the perpetual trophy at our home turf, we are inspired to hopefully claim the trophy when we compete against them at their home turf.

On July 26th – Grandparent’s Day, our Resident Group will host the first Table Tennis Workshop for grandkids who sign up. We will have four instructional stations, and one of the stations will allow the grandkids to experience hitting with the Pong Machine. That will be exciting. They will learn basic rules of the game, how to serve, return serves, apply the backhand and forehand strokes. Our members will provide the training. Grandkids will earn a Certificate of Completion - Basic Rules and Fundamental Skills.

We invite you to come experience the fun and laughter playing table tennis (ping pong) with our members. Tap this link for information: <https://screds.org/Table-Tennis>.

• • •



Bunco

BY PAT OBERLANDER

May brings flowers! So ladies, lets watch the sunshine finally... Come join us 2nd & 4th Mondays 9 am sharp! No training necessary, just luck. Sign in starts at 8:30am and we start playing at 9am. Good way to meet neighbors and



Winners for April 8 - Dottie Thornton, Pat Oberlander and Nora Bork.

lots of fun. We’d love to see you. We’re in the card room at Timber’s Lodge. You don’t have to commit to everytime, but once you start, you’ll be hooked. Come on down!

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(more Club News cont’ on page 25)

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

Brian Sutton

(cont' from page 1)

After graduating from Mira Loma in 1965, Brian attended American River College in Sacramento before transferring to California State University, Sacramento (Sac State) where he majored in History/Government and minored in Drama. He starred in the Odd Couple, taking on the role of Felix, the neatnik. He was also in The Threepenny Opera and a modernized version of The Wizard of Oz, spraying his hair black to portray the villain, Zanzar. Besides acting, Brian worked as a member of the sound and lighting crews for several productions.

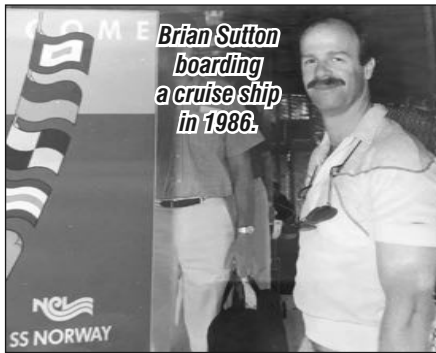
A fortuitous event happened to Brian when he signed up to take a class with Robert McFerrin, an operatic baritone and the first African American man to permanently sing with the Metropolitan Opera in New York City. McFerrin also voiced Sydney Poitier's part in the movie Porgy and Bess. "He was amazing," Brian says. "He taught me a lot of vocal techniques and how to support my voice using these techniques."

Brian spent three years at Sac State because in addition to his degree, he also attained a teaching credential. Working as an accountant at the Youth Authority, he thought he'd try his hand at teaching there, but the commute from Sacramento to Stockton was too stressful, coupled with the stress of the classroom filled with troubled youths, many of them felons, was too much and Brian returned to the work world of accounting where he became a supervisor. Eventually, he worked for Caltrans for eleven years until retirement.

Brian lives by the motto: Work to live, not live to work. So, his nights and weekends were always occupied with local theater. Over the years, he's performed in Sherlock Holmes, West Side Story, and Joseph and the Amazing Technicolor Dreamcoat, a production that ran for months in old Sacramento. "I enjoyed that," he says. "It just went on and on and on."



Brian Sutton with his movie memorabilia.



Brian Sutton boarding a cruise ship in 1986.

When Brian's sister, Gail, disclosed to him that her daughter, Teal, wanted to learn to sing, he remembered the vocal techniques that Robert McFerrin had taught him and taught them to Teal who went on to star in Wicked and Pippin on Broadway.

He's very proud of his niece and the part he played in her success. He and his partner, Joe, make a point of going to New York, not only to see Teal, but to attend as many other theatrical productions as possible.

Thirty years ago, Brian became a member of Music Circus, Broadway Sacramento, and a group that went to see the latest plays that would tour in San Francisco, like the hit show, Hamilton.

In addition to his love of theater, Brian collects autographed books and first editions. His collection includes books signed by Ray Bradbury, the Rolling Stones, the Beatles and more. He especially treasures his 1978 first edition copy of George Harrison's autobiography, "I Me Mine." Other signed memorabilia include a collection of autographs from the stars of the film, Lawrence of Arabia: Peter O'Toole, Anthony Quinn, and Omar Shariff.

Speaking of movies, Brian has a collection of more than 2,000 movies which have been organized, not according to alphabetical order, but by order of the director. All the Alfred Hitchcock movies are grouped together, then all the Tim Burton movies, etc. No wonder when he moved here in 2019, he joined the Cinema Club. He is its current president and

selects movies for the group from his vast collection.

In addition to his movie and book collections, Brian has thousands of special productions of music. He prefers English albums which are pressed better so the sound is better. And he prefers Japanese albums to English albums because they are pressed even better to create the best sound. Obviously, he invests in the best stereo equipment to render the highest quality of sound.

For the past two years, Brian's been a member of our Second Act Studio Drama Club, acting in the productions of The Prize, Anybody for Tea, and No Frills Airline. In their May 26-27 lineup, Brian plays a waiter in Lunch Ladies at L'Ambrosia Lucheria. About his experience being back on the stage, Brian says, "It's fun, but it's more difficult to remember lines now than when I was young."

Brian finds life at SCR like living in a resort. "There are so many activities, great concerts, and clubs for different interests," he says. He recently went on a 2-week trip with the Travel Club to England and Scotland, a first for him in visiting Europe. The lure, of course, was a chance to tour Liverpool, home of the Beatles. In the past, Brian's been on a cruise to the Panama Canal, trips to Hawaii and a visit to Costa Rica where he hiked through the Rain Forest to jump on ten different zip lines, getting to see leaf ants up close and marveling at the scenery. His future plans include making more exciting trips like these.

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

Friends of the Roseville Library — Big Book Sale!

Our next big book sale will be Saturday May 11th, 10:00 to 3:00 Location: Downtown Roseville Library 225 Taylor St. All types of books will be featured, plus Crafts, Puzzles and games and more. Hardcover \$3; Paperbacks \$2; Children's Hardcover \$1; Children's Paperbacks \$.50, unless otherwise marked. Friends' members may enter early at 9:30 and you may join at the door.

Pickleball Club

BY ANNE BURNEY

The mild temperatures of May make it a perfect time to join your friends on the pickleball court. The club membership is growing with six new members. We welcome Len Filippo Christine Leach, Dan and Nancy Goldstein, Tim Wallace, and Tom Frank.

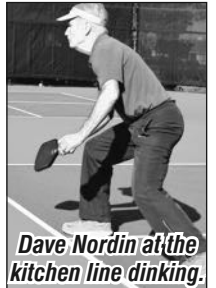
This month the pickleball club will be bringing back the annual Dinko de Mayo celebration. This is an evening party for our members to come together for dinner, beverages, and games. Please see our website for more details on this event.

Pickleball tips of the month: Four tips to be a better pickleball partner. When your partner is focused on hitting their shot, help them out by calling the balls that land outside the lines. You'll be a better partner if you cut down on your errors by being the patient and consistent part of the duo. Doing paddle taps between shots shows support no matter what happened. Be the one to always know the score and what side of the court you're suppose to be on. Finally, stay positive on the court. Don't get down on yourself or your partner. Remembering that it's just a game and we're their to enjoy ourselves and each other.

If you are new to the game, please contact Wayne Miller, our "Intro to Pickleball" manager at Tollman80@yahoo.com. Wayne keeps a list of individuals that would like to attend a new players clinic. The next scheduled clinic May 23 at 10:30 am. Be sure to let Wayne know if you are interested in attending.



Lisa Baude reaching up for a high ball.



Dave Nordin at the kitchen line dinking.

He & She Golf

BY JAHNA HOLMES

'Tis the merry month of May, and He/She folks will be making merry on lucky Monday the 13th at the annual Spring Fling Invitational. Both groups will be playing a nine-hole tournament, after which we will proceed to a luncheon on the Timbers patio at 11:30. Members are encouraged to invite non-He/She member residents as guests to play golf and have lunch with us. We want to encourage

(cont' on page 27)

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Observations on Words...

BY MARTIN GREEN

Niksen: Some time ago I wrote about the Dutch word “niksen,” which means doing nothing as an alternative to busyness and which is credited to making the Dutch some of the happiest people on earth. I noted that without knowing it I had been practicing nixen. When I seemed to be just sitting around doing nothing, this was obviously nixening.

Well, nixen might be good for the Dutch, but is it really a good thing for all of us? A Newsweek article (which is where I might have come upon nixen) says that it definitely is. It reduces stress and anxiety. To quote, “By intentionally doing nothing we can disrupt that anxiety-driven habit of working to excess... for long-term happiness and sharper focus and energy, taking a break and doing nothing sometimes is far more powerful.” Also, “practicing Nixen can help maintain optimal brain health by promoting neural plasticity and preventing mental fatigue.” That clinches it.

Hurkle-durkle: I was reminded of nixen when I came upon an article in the Wall Street Journal about a word (or words) from the Scotch, hurkle-durkle, which means “to lie in bed or lounge about when one should be up and about.” It seems that in addition to nixening that lately I’ve been hurkle-durkling.

In my younger days, I used to get up early three days a week to play tennis. I may have gotten up a little later on other days to do something or other, but I don’t believe I ever stayed in bed for long or lounged about. Now that I’m in my declining years and have all day to do the few things I have to or want to do, I’m in no hurry to get out of bed. I might go over in my mind what I’ll have to do that day, if I have to order something from Amazon or if there are some phone calls I want to make or some other important matter. I might even think about what I might write in my next “Observations.” Only then will I get up and start the day.

So, is hurkle-durkling, like practicing nixen, a good thing to do? Here, there doesn’t seem to be a consensus. On the one hand, the Huffington Post quotes a “clinical social worker” as saying “sometimes prioritizing rest and having a slower start to the day is the best way to optimize your time and mental health.” On the other hand, some experts say that hurkle-durkling may disrupt your sleep cycle. As far as I can tell, staying in bed for a while hasn’t done anything to my sleep cycle, whatever that is, so I’ll continue to hurkle-durkle; besides, now that I’ve discovered the term, it’s fun to say.

Napping: This is not a new word and I’ve written about it before, but it seems to fit in here. Just as us old-timers may like to practice

niksen and lounge in bed for a while, so it seems that we start to feel drowsy in the afternoon. My father, who lived to almost 99, used to lie down in bed every afternoon and take a snooze. Health experts seem to agree that taking a nap is good for you. WebMD says “Napping isn’t just for babies. Studies show that an afternoon nap is great for adults, too. There’s no need to feel lazy for indulging in daytime sleep. A short nap in the mid-afternoon can boost memory, improve job performance, lift your mood, make you more alert, and ease stress.” Okay, when I get that drowsy feeling, I’ll emulate my father and have what my Irish daughter-in-law calls a lie-down and invariably an afternoon nap.

Sophrosyne: This is not a word that people commonly use, but in discussing the above words, I wondered what the Greek word for moderation was and this is it. I think the word “moderation” came to mind because it can be applied to each of the three practices discussed above, especially to hurkle-durkling. Regarding nixen, you wouldn’t want to sit around all day doing nothing, would you? Neither would you want to spend all day in bed. And while an afternoon nap is refreshing, you wouldn’t want to sleep all day. So, if you want to practice nixen, hurkle-durkle and napping, I’d say doing so in moderation is the thing to do.

I have a new book on Amazon. It’s “Potpourri VI”, although the title came out to be just “Potpourri.” So, if you want to get it type “Potpourri” by Martin Green in the search box and you’ll see two “Potpourri’s”. The original one is the one with my picture on the cover.

Volunteer Bike/Walk Ambassadors

BY HELEN DYDA, *City of Roseville Public Works Public Information Officer*

You may have seen Roseville’s Bike/Walk Ambassadors out on Roseville trails. These volunteers provide trail safety, including emergency bike repairs, first aid and education.

Expect to see ambassadors around schools and trails to assist with practicing safe biking and walking habits like wearing a helmet properly, sharing the trail, and looking both ways before crossing the street. Ambassadors will either be wearing fluorescent vests and city identification or a red shirt with white cross when patrolling. Volunteers can assist in emergency bike repair and first aid. The volunteers help trail users find their way and enjoy their trail experience safely. We’re looking for friendly ambassador volunteers. Learn more: Roseville.ca.us/bikewalk

He & She Golf

(cont’ from page 25)

more residents to join our fun club! Outside guests are not allowed. Sign ups are available in both Pro Shops and will close soon.

March 29 turned out to be a pretty nice day. The Nine-hole group didn’t have a tournament and played socially by tee times. The 18-hole group had 27 players out of the 35 who signed up. Below are the winners of that game.

First place with a score of 133: Paul Niebank, Denise Roberts, Mark & Jo Anne Gregson; Second place with a score of 134: Joan Munn, Darrell Herold, Kathy Hamilton, and Gary Parker. Third place with a score of 137, playoff win with a blind draw: Ken and Shirley Roberts, Cal Conley, and Martin Abell. Fourth place with a score of 137, playoff loss with a blind draw: Barbara Simon, Ron Galvin and Joe Ramos. CTP winners are Connie De Blaquiére at 11’ 5”, and Jim Sherrard at 24’ 5”.

Finally, as this article is written and submitter before April 8, let’s hope that by the time you read this article, we will have finally had some good golf and spring weather in April! Hope to you see you all at the Spring Fling, on the 13th, and on the course!!

Sierra Pines Ladies Golf

BY PAM SKARG

Hallelujah! Beautiful weather, the golf course is in pristine condition, what better reason to get out and golf.

Our second general meeting of the year was held on March 20. Janet King called the meeting to order, the minutes and treasury reports were presented and approved. The various Committee Chairs stepped up to give their reports but due to the nasty weather in March and early April, there wasn’t much play so, needless to say, there will be much more to report at the May meeting. The winners of Closest to the Pin, Birdies and Chip-ins were announced at the meeting.

Kathi Stropkai took the podium to pitch the Foundation Tournament to be held on June 7. This is a wonderful tournament, and the proceeds will help fund the Foundation which helps homeowners with maintenance problems at no charge. We help them and they help us. More information to follow.

Congratulations, the attendance at the meetings is getting better, however, it would be great to see a better turnout as this is an important time to learn more about what’s going on within the club, meet new ladies, and perhaps get some fresh ideas. It’s the willingness to serve by so many that makes the Lady Niners the club it is today. The next

general meeting is on May 15, we hope to see you there. Complimentary wine will be served on the patio following the meeting. Please stay and let’s get better acquainted.

The Most Improved Players for March:
Flight A: Karen Shahoian
Flight B: Latricia Nicholson

There were no improved players for Flights C and D

Congratulations, ladies, great golf.
“If you think it’s hard to meet new people, try picking up the wrong golf ball.”

Jack Lemmon

• • •

Timber Creek Women’s Golf Club

BY NANCY LABRADA

March was a very quiet month for golfers. We hope we can continue to play in super weather after our challenging winter. With this beautiful weather, we had an excellent turnout for our 36-Hole Better Ball Tournament on April 10 and 17. A big “thank you” goes to Tena Johnson, Laura Cason, Jean Nakao and Yolanda Lawrence for planning a nice luncheon on the patio after play on the 17th. Winners will be announced in the June Courier article.



We are so grateful to have Theresa Howard and Kathy Hamilton as our Tournament Chairs! They do a super job organizing our weekly and major tournament play. The also make decisions regarding the conditions of the course, coordinate with the Rules Committee, and supervise scoring, posting and keeping records of all winners.


Our Most Improved Players for March are Lorelee Del Rosario (1st Flight), Karen Shahoian (2nd Flight), and Carol Norris (3rd Flight). Congratulations all!

Our Invitational Tournament is almost here! At this time we have room for a few more teams for the May 22 event. Lots of games and fun for all. The July Courier will have all the outcomes.

• • •

(more Club News cont’ on page 30)

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Timber Creek Men's Golf Club

BY MIKE MURPHY

We have one new member this month. Rick Workmon has recently joined our club, and we would all like to welcome him! If you, or anyone you know, is interested in our wonderful game and would like to meet lots of new people with the same passion for golf, camaraderie and fun please contact Neil Hamilton, our Membership Director at 707-529-4038 or email him at neilhamilton6049@gmail.com. Rumor has it that Frank Taylor, one of our members and NCGA Tournament Director had a hole-in-one on the 14th hole recently and will receive his hole-in-one flag from the club at a future general meeting. Congratulations Frank!

We have some exciting tournaments and events on the schedule beginning with our new "Beat the Pros" in which two-man teams will try to beat our two golf pros Ian Glass and Ryan Citarella on April 16 followed by our popular Club Medal Play Tournament on May 14 and 21. Our Central Valley Seniors (CVS) season got underway last month with visits to Sierra View on April 15 and then a trip to Yolo Fliers on April 29. This is a great program. We also have two NCGA events scheduled, the NCGA Senior Four Ball Qualifier held on April 30 and the NCGA Zone Qualifier on May 7. This is a chance to represent our club at NCGA events that culminate with finals at Poppy Hills in Pebble Beach later in the summer. Our club will continue to have weekly outings on Tuesday mornings at 8:00am and with the warmer weather coming we are looking forward to sharing some beautiful mornings on the course with our friends and fellow club members.

Our next General Meeting will be held on

Wednesday, May 1 at 8:00am at Sierra Pines, we encourage all of our members to attend and if you are interested in joining our club, we invite you to attend and enjoy free coffee and donuts. We look forward to seeing you on the links!

...

Golden Niners

BY WALT BROMBY

"Golf balls are like eggs. They're white, they are sold by the dozen, and a week later you have to buy more".

The improved weather in March resulted in no cancellations for the Niners. The March 5 tournament was the Odd-Even tournament. First place went to the team of Bud Haddix, Joe Albert, and two blind draws. Second place went to the team of Bob Horning, Walt Bromby, Duane Kreun, and one blind draw.

The March 12 tournament was Best Ball Net. First place was the team of Rich Peaslee, Gary Pyle, Tom Shuster, and Howard Frank. Second place went to Anthony Riggio, James Ryan, Rich Muentner, and Greg Davis.

The March 19 was the Deucey-Acey tournament. First place was Gabe Andrade, Bud Haddix, Mark Dinubilo, and Hubert Gladbach. Second place was Rich Peaslee, Bob White, and one blind draw.

March 26 was a Full Scramble at the Oaks. First place went to Stan Johnson, Bill Kimura, Bob Paese, and John Tribbey. Second place was Howard Sandler, Cary Disken, Keith Ivy, and Dwight Rose. In addition, Jim Ryan, Jim Hackbarth, and Anthony Riggio all scored Poles on March 26.

Many of you will see a familiar face on the course. David Rose has rejoined the

(cont' on page 31)

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Golden Niners

(cont' from page 30)

Niners. David has lived in SCR for 19 years. He dropped out after starting a Yoga class. He did that until COVID stopped the class, realized he missed the Niners and has now returned. Welcome back, David.

Top money winners for March were Bud Haddix, \$40, Anthony Riggio, \$34, Rich Peaslee, \$31, Howard Frank, \$30, Duane Kreun, \$26, Joe Albert, Hubert Gladbach, and Stan Johnson, \$25. \$1168 was paid to the Pro Shop.

The club averaged 72 players each week, 71% played at least one time, and 56% won money.

...

Billiards

BY DAVID ZAN

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

Important: The club will be having a members general meeting on Wednesday, May



March 26: 8 Ball - Tim Connolly and Ken Neal.

15 at 1:00pm in the Cedar Room at the Main Lodge. It's an important meeting as members will be voting for club Officers. Please come out and vote.

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

The Team Tournaments on Tuesday at 1:00pm are attracting a full house and are very competitive. Congratulations to Bob Cecil for being on the winning team 3 out of 4 weeks.

Winners of the team tournaments in March were:

Mar. 5: 9 Ball - Ken Lane & Bob Cecil

Mar. 12: 8 Ball - David Zan & Bob Cecil

Mar. 19: 8 Ball - Bob Cecil

Mar. 26: 8 Ball - Tim Connolly & Ken Neal

...

Mah Jongg

BY BECKY MATSON

The Club's Spring luncheon was held in April. Lunch was followed by another fun afternoon of play and using the new 2024 card. A month has passed since we started playing with the new card and we're all experts or maybe not!! Everyone continues to have a good time enjoying the game and each other's company. Thanks to our hostesses Connie Lugo and Becky Matson.

Save the date of June 28 for the next MJ Club luncheon. The sign-up sheet will be in the Card Room. Our lunches are a nice way to mingle the Friday and Monday players.

Play is open to all levels of experience, the more you play, the better you get. We play Monday afternoons at 12:30 pm and Friday mornings at 9:00 am. Please join us either or both of those days.

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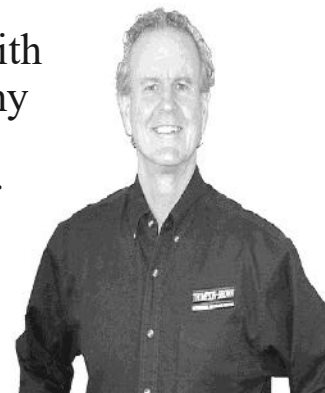


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