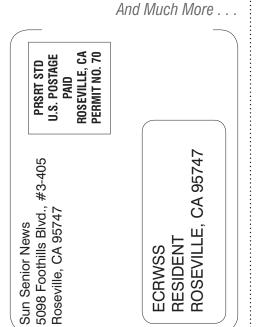
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Jan Percy—Loving the Music of Life

BY JENNIFER MARTIN

When you walk into Jan Percy's home, a gleaming grand piano immediately captures your attention and earns your instant admiration. Learning to play the piano at a young age, Jan, a longtime SCR resident, has made the piano an integral part of her life. She sees it the way Leopold Godowsky saw it when he so eloquently said, "The piano as a medium for expression is a whole world by itself. No other instrument can fill or replace its own say in the world of emotion, sentiment, poetry, imagery and fancy."

Jan was born, the youngest of nine children, in a small town in Ohio in 1937. Her father owned a farm where he dug a coal mine, so the large family worked both the land and the mine. Jan remembers loving the rural life, playing in the creek, and running in the woods.

Her mother died when Jan was five and she and her sister, Mary, went to live with an aunt in town. That's when Jan got piano lessons and developed her talent and passion

SCR Foundation 2024 BY KATHI STROPKAI

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Amazingly, we're starting the sixth month of 2024 and I thought we'd do a recap of our projects keeping in mind that the mission of the Foundation is to provide services that address

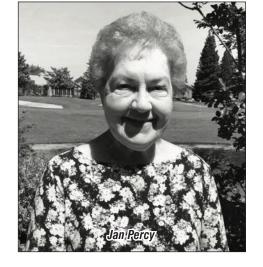
physical, cultural, educational, and social needs and partnering with the HOA for projects that enhance the community

In addition to funding CPR classes and the Speaker Series, we initiated a community enhancement partnership with the HOA to provide License Plate Readers (cameras). The first step was completed by the HOA board when it approved the LPR project. The Foundation's participation in the partnership will be to fund the installation and two years of service for the project.

In April, the Foundation approved an application from the HOA to fund permanent exterior trim lights to enhance the appearance and safety at the Timbers & Sierra Pines Clubhouse. Also approved is Foundation funding, through the HOA Activities Department, for the SCRCA Flag Day ceremonies that will be held June 14, 2024.

Thank you for all your support! The Foundation can continue to offer these programs and projects through your support

(cont' on page 31)



for playing it. She also played "Taps" on the trumpet and notes that her brothers all played some kind of instrument, whether it was guitar, mandolin, or fiddle. "They played mostly blue grass music," she recalls.

After graduating from Salineville High School in 1955, she got a degree from Kent

.....

Unity In Colors — **Celebrating Our Flag**

BY MARY ANN CHITTICK

A very appreciative audience enthusiastically applauded the first Sun City Roseville Celebration of our Flag on June 14, 2022. This year's presentation is expected to be just as good, if not better, with the addition of some new features.

The "Evolution of the Flag" will be heard once again, giving attendees the opportunity to wave their miniature flags at the mention of a state in which they may have lived in their lifetime. The Sun City Singers are returning to help us in enthusiastic singing of some of those favorite patriotic songs. Adding to the music will be the Sun City Harmonicoots, a newcomer to the Celebration.

You will be able to hear the voices of your fellow residents as they share what the Flag means to them and a more in-depth reflection on our Pledge of Allegiance. Approximately eighty residents will be contributing to the production as well as several people from our staff and a few outside professionals giving us the help where we need the expertise.

It is going to be a rousing, happy Celebration, concluding with an ice cream social on the patio. We're looking forward to a great morning on Friday, June 14, from 10-Noon in the Ballroom. Doors open at 9:30 a.m. Though this is a free event, we are asking people to register either at the Monitor's Desk or through Sun City Roseville Club Now.

State University in Ohio where she had taken classes to become an elementary teacher. She taught in Ohio for five years. But the story of how she ended up teaching in California has the makings of a road trip movie.

First, Jan and her college roommate, Glenda, were interviewed in Ohio for teaching positions in California and traveled for seven weeks in her Mercury Comet to get there. Using her farming background in preparedness, Jan made sure the car carried a five-gallon gas can and a protective shield on the headlights as well as undercoating on the engine because she anticipated rocky roads. They camped out during the entire trip, using a 6-foot tent, staying first on the shore of Lake Michigan, but then detouring a bit when Glenda came down with a serious leg infection. Jan sought help at a community center from a woman who happened to work as a pink lady at a nearby hospital. Glenda was hospitalized for three days but recovered and Jan credits divine guidance for getting the right people to help her at the right time.

After Glenda was better and an effort to (cont' on page 29)

Sun City Singers BY JACKIE PROETT

It's June and time to raise the flag! Flag

Day, June 14, reminds us how lucky we are to live in this wonderful country, flaws and all. We can love, hate, criticize our leaders and everything about our country and not be thrown in jail. We are blessed.

Before celebrating Flag Day, the Singer's want you to come to our Concert, COUNTRY ROADS, on Monday June 3, 7:00pm at the Timber Creek Ballroom, Tickets are \$18. Ticket Chair is Jahna Holmes 530 559 0599. Going, Going-----!

A Concert ticket would be the perfect gift for the other folks we celebrate in June. Yep! Don't forget Dad, the Grad and the "I Do" dads. They will all enjoy traveling our COUNTRY ROADS.

Speaking of traveling, it seems that most of our Board members are staying put! The



wonderful individuals that you see in the photo, Kathleen, Elizabeth, Paula and Thomas have all re-upped except for Barbara Wammer, new member, who will become Secretary. Thanks for your service and for marching in place.





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SUBMISSIONS: The Sun Senior News -

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

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

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Neighborhood Watch/Citizen Patrol

BY LINDA VINCENT & RON MASCIOVECCHIO

The year is rolling by very quickly and summer is fast approaching. Be mindful and shut your garage doors while you are inside or in the backyard working. Leaving your garage door open when you are not around makes it very tempting as we have many delivery trucks, contractors, mow & blow yard companies, etc. that are in our community every day – many times a day. Don't leave your valuables as a temptation for all to walk into your garage and help themselves.

In April, Citizens Patrol just hosted a Citizens Patrol Appreciation Breakfast for our volunteer who continue to be the eyes and ears of our community every night of the year by patrolling – we only ask for 2-3 hours a month! Our guest speakers- Chief of Police, Fire Chief, our Board President and our Executive Director really applauded our Citizens Patrol volunteers for all the hours they give to our community in patrolling each and every night of the year. And if the nights are too much for you, we welcome you to come and patrol during the day! Get a friend and get trained to keep watch over our community! We appreciate you!

In May, we hosted a Village Communicator special meeting with Gabe Sorenson, Public Safety Officer for the Roseville Police Department & our Village Communicators (we have 34 in Sun City), to put our heads together to help build a stronger community of Neighbors Helping Neighbors. Lots of good information and hopefully more of our residents will get involved to keep our community strong and connected. We will keep you posted.

In July, we will be having our July 3rd Fireworks Extravaganza which is much appreciated by our residents and surrounding communities! We will be looking for volunteers to help Citizens Patrol in keeping our golf courses clear of people.

We will be having our Quarterly Neighborhood Watch Meeting on July 8th to share ideas on how you can have a successful NNO in your neighborhood. Remember NNO is August 6th, so we all need to get planning.

So, let all of us get involved in our community to keep us stronger, better and low crime area in the City of Roseville.

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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Sun City Singers

(cont' from page 1)

On the contrary, Hospitality is marching forward. There will be our annual "Wrap Party", but the details are not all in place at this writing. Information will come anon. For newcomers, the Wrap Party is when we get together after the concert and share comments, ideas and suggestions from our loyal audience. We get a good idea of what worked and what should be tossed! We wrap it up and store it for future reference.

After the Concert is done, we take a well needed vacation. We won't come back until Monday August 12, 2:30, back of the Ballroom. Now, all you shower singers come join us, grab a pack of Christmas music and cool your jets! Flag waving now!

All Tuned Up

BY PEGGY WELLS

We at All Tuned Up received some sad news: One of our members, Frank Kilarr, passed away very suddenly toward the end of April. Frank was a relatively new member, but his wonderful, rich voice brought something very special to the group. Those of you in Solo Friends, those who regularly attend Music & Laughter, and those of you who attended our ATU show last fall will remember his renditions of New York, New York and Some Enchanted Evening. I had the privilege of singing All I Ask of You with him. Frank leaves a big hole in ATU; he will be sorely missed.

On a happier note, ATU performed its spring show on April 29. This was the first time in many years that we have put on a show in the Timber Creek Ballroom, and we had a sold-out night. It was a lot of work, especially the "choreography" - figuring out how to get people on and off the stage. A shout out to Anne Becker, whose efforts made the process go smoothly. We had rock and roll, country, jazz, and a sing-along (America the Beautiful). Thanks to all who attended; your appreciation made the evening special.

So ATU will have a leisurely summer till September, when we gear up for our fall show. Stay tuned for the date!

Music and Laughter

BY JANE BOHN

Are you ready for an hour of fun filled Music and Laughter all for the cost of \$1.00? Yes, one dollar! Our "Open Mic" format continues to celebrate our Sun City's talented neighbors for over 20 years now. At our last gathering on May 8, per usual, we opened the show with a rousing rendition of "Happy



Birthday" to all those born within that month. Then the fun began with the following Sun City entertainers: singer guitarist Ken Roberts, pianist Jan Given, a cappella singer Peggy Wells, violinist Joe Given, a cappella singer Linda Kosut, jokester Ed Lick, clarinetist Elton Pamplin, comic Jack McGurk, singer/pianist Letha Dawson, comic Dennis Hellman, and singer/comic Ray DeBenedetto. As always, festivities concluded with a raffle drawing; this month's lucky winners were Janet Mohr, Janet Preis, Ed Lick, Kathy Carvoso, Joe Given, Linda Good, Gary Betz, Jay Javier, Jackie Phillips, Colleen Norman, Nancy Pontier, Christiane Fitzgerald and Virginia Mark.

Thank you to our great audience, our "Open Mic" performers and our steadfast helpers, Maria Hajgato, Arlette Bennett, Rebecca Hellman, Dennis Hellman and Ken Roberts. For those of you who haven't joined us, we hope you're ready to infuse your Sun City experience with more Music & Laughter. We invite you to join us at our next gathering Wednesday evening June 12, at 7pm in our Sierra Pines Lodge, conveniently located at the corner of Del Webb Boulevard and Whistlestop Way. Doors swing open at 6:30 welcoming you to an evening brimming with smiles and joy.

Sun City Harmonicoots BY LINDA B. AUG

The harmonica has been a part of American culture since the early 19th century. Its versatility and small size made it a staple in many circles, including blues, folk, and patriotic



music. From Civil War soldiers to traveling musicians, the harmonica has been a trusted companion, providing comfort, entertainment, and inspiration.

Whether played by a lone musician on a porch, a rock star on a stage, a marching band in a parade, or a homesick solider on the battlefield, the harmonica's sweet melodies have warmed us with a sense of pride, unity, and American spirit. From classic patriotic tunes like "You're a Grand Ole Flag" to folk songs like "This Land is Your Land," the harmonica has played a significant role in shaping our musical identity.

This year The Sun City Harmonicoots are PROUD and HONORED to participate in Sun City Roseville's Flag Day held on June

(cont' on page 7)



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Sun City Harmonicoots

(cont' from page 5)

14th in the Ballroom. This patriotic program will commemorate the adoption of the United States flag, a symbol of freedom, unity, and patriotism.

Preparing for Flag Day has allowed the Coots to dust off their patriotic song books just in time for the 4th of July Golf Cart Parade! Listen to your patriotic favorites while the red, white, and blue golf carts line up. What do grandchildren, bocce courts, sunshine and harmonicas have in common? Rumors are flying the Harmonicoots may be entertaining small humans on Grandparents Day July 25th! Stay tuned for more information about the Sun City Harmonicoots! Check out our page on the website. Thank you Barbara Mills for all your efforts to update our page!

No matter the season or occasion, the Sun City Harmonicoots have music, song books and fun to share! Visit us at Sierra Pines on Thursdays from 1:00 to 3:00 and hear us "Roll out those Lazy, Hazy, Crazy Days of Summer!" Harps Up!

arps Op:

Dance Club

BY VIKKI CLARK

May 20th brought to Sun City, swing dance lessons! After a 45-minute lesson, students/ dancers were invited back to the dance floor to practice and show off their new moves. They were also given an opportunity to practice again at Swing Collective, presented by the Activities Department on May 29th. What a swinging kickoff to summer! Get ready to



groove as we journey through the decades at the Dance Club's upcoming Election Dinner/Dance on June 19th, "Dancing Thru the Decades". Join us in celebrating the vision aries behind our vibrant club: the founders and past presidents of our club. From the 90's to the 2000's, it's a night filled with nostalgia, laughter, and of

course, dance moves that transcend time. A Mexican Fiesta buffet will be served for dinner, with a no-host bar. 6 of our many dance classes will perform prior to open dancing. Seating forms are available now at classes, the Kiosk, and June's Courier Day. But the fun

doesn't stop there! On July 15th, we're bringing the spirit of

Aloha to the dance floor with our Hawaiianthemed extravaganza. Don your tropical shirt or dress and just "hang loose"!

Susan Gloverfready for Neon Nights.

Mark your calendars for August 19th as things heat up with "Hot August Nights". It's the ultimate summer soiree where the dance floor sizzles with energy and excitement. This is the night to let loose and feel the heat of the summer vibes.

So, join us for an unforgettable summer of dance, camaraderie, and endless fun at the Dance Club! Whether you're a seasoned pro or just love to bust a move, there's something for everyone as we dance our way through the months ahead. Please visit the website to view times of classes, events and pictures.

Drama Club

BY LENORA DAVIS

It looks like all of our hard work paid off once again. If you saw our performance on May 26 and May 27, I am confident that you will agree. Once again, special thanks go out





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not only to our cast (both seasoned and firsttimers), but also to everyone else that made this happen. This includes the stage crew, the sound and lighting crew, ticket sales, directors, assistant directors, costumers, cue assistants and everyone that helped out with various tasks when needed. As you can see, it takes a large group of people working in unison to make a production come together.

Even though a lot of work goes into one of our performances, we also have a lot of fun doing it – we do love to have fun and laugh

Fine Arts Club BY NANCY VAVUL

As the summer sun casts its golden glow over Sun City, the Fine Arts Club warmly welcomes all members to an exciting array of events and activities for June.

Mark your calendars for the highlight of the month: the Installation, "Bicycles and Boutiques," set to take place on June 19 at 11:00 in the enchanting Rose Garden. Join us for a delightful gathering filled with art, conversation, and delectable treats as we celebrate the installation of new club officers.

For those eager to hone their artistic skills, June brings an enticing lineup of classes led by esteemed instructors. Dive into the captivating world of acrylics with Donna Self's dynamic sessions on Monday afternoons. Discover the intricate beauty of colored pencils under the guidance of Marie Winkler every Tuesday morning. And don't miss Pat Jordan's engaging drawing classes, catering to all levels of expertise, each Friday afternoon. Details and sign-up sheets are always available in the Fine Arts room, so be sure to stop in often.

Please note that watercolor enthusiasts will need to exercise patience, as watercolor

with each other. We even like to perform for each other at our after-performance cast party.

If this sounds interesting to you, whether acting or working in one of the many other club capacities, come to our General Meeting on June 11, 6:30pm, at Sierra Pines. See up close what we do, get acquainted and share in our ideas as we plan and brainstorm for the summer. We are an inviting group and, as I always say, "Never turn down an opportunity to have some fun."

classes will resume in October.

Also, this month, save the date for our Game Day on June 26. Join fellow members for a fun-filled afternoon of board games, laughter, and friendly competition.

Looking ahead to November, arrangements are being completed for the Holiday Boutique as well as the Placer County Artists tour, so keep those creative juices flowing in anticipation for participating in both of these events.

As we immerse ourselves in the vibrant hues of June, let us anticipate the artistic journey ahead. Stay tuned for more updates as we continue to celebrate creativity, camaraderie, and community spirit.

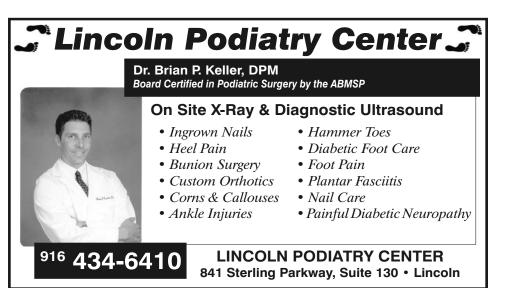
Remember, creativity knows no bounds, and at the Fine Arts Club, there's always something inspiring to discover. See you there!

SCR Needle Arts Club

BY PEGGY VOAKES

Wow, this year has gone by so quickly, I feel like a runner sliding into home plate ahead of the throw! And, what a great year it's been. Our membership is bouncing back after (cont' on page 13)





Ambassador Committee

BY DONNA WEIGELT

On April 25, the Mix and Mingle Was held in Timbers Ballroom. The event was very well attended and each of the Committee's present, engaged with attendees and clearly explained their purpose and goals while soliciting new volunteers to join and replace outgoing committee members. From the Ambassador Committee, Latricia Nickolson, Suzie Ladis and Joanne Gregson worked on the organization of Mix and Mingle and arranging table decorations.

The Ambassador Committee will have several openings at the end of this year's term. If you are interested in joining as a volunteer to any of the committee's and did not get an application at the Mix and Mingle event, you can pick one up at Administration Office or at Courier Days as several of Committee's will have members with applications available.

The Application period to turn in forms to the Administration Office is May 1through June 14 at noon.

The Interview period will be June 17 through June 30. Committee Chairs will notify applicants of selection on July 8.

The Committee year begins September 1 Linda Nelson and Nancy Green hosted the April 10 Realtor Lunch. 18 realtors attended and 6 of those were new to the area realtors. Executive Director Geoff Browne, Community Standards, Director Lorri Booth and Activities Director all attended the Luncheon. There were many and varied questions.

Flag Day is June 14 from 10:00 am to Noon. Several Ambassadors will be helping with the activities by distributing material, checking registrations at the door and helping with the handout of ice cream cups and spoons.

The next New Resident Orientation will by held on Saturday, May 18 at Sierra Pines Community Center for residents who registered in the Administration office in February, March and April. It will be a champagne brunch from 10:00 am to noon with speakers providing valuable information about our community and there will be wonderful door prices. Those eligible will receive an email blast and are encouraged to attend.

Website Workgroup

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BY CHARLYN ROSS

Those Two Important "C" Words—From infancy to adulthood the words "Curiosity" and "Caution" have played an important part in our lives. Children are encouraged to be curious by exploring their surroundings but are cautioned about possible dangers such as electric outlets and hot stoves. In today's world of Internet technology, it is necessary to be curious to learn about the internet. Yet, it is even more important to be cautious about doing so.

Curiosity — The Resident Website landing page shows the current Community "Announcements." It contains a navigation/ menu bar which provides access to many other

features. Curiosity has probably taught you that when you move your cursor (mouse/arrow) around on the web page, it often turns into a "pointing hand", which signifies a clickable link to another webpage. Also, that the "green dot" that appears at the right of several menu items, indicates that item holds a menu for additional information. And, at the far right of the menu bar is the "hamburger" button , a common Internet icon designed for the smaller smart phone screens. Your curiosity will confirm that this icon also contains sublinks to additional information.

Caution — The Classified Ad feature, in the "Community" menu continues to be one of the most popular Resident Website features. When residents post any ad, it is strongly suggested that they read the "Terms of Service", which indicates "Ads that are posted to the Sun City Roseville Community Association Classified Ads are viewable or accessible to the public."

When someone conducts an internet search for "Sun City Roseville", results can reveal a link to our public website, www. suncityroseville.org, which promotes our community to the general public. Or the search can lead to the login screen for our Resident Website, www.scres.org. The menu bar on the "login" screen permits the public to look at some features, such as our Courier publication, golf courses, restaurant, catering service, employment opportunities and "Classified Ads". A resident login and password are needed to enter the Resident Website.

Even though it is beneficial having a

classified advisible to more people, it requires the person placing the ad to be "cautious" when interacting with any potential buyers, and vigilant about any offers that seem suspicious.

The current feature, which permits residents to register for an Activities event using the "SCR Club Now" link, also deserves a word of "caution". When registering for an event, assure that have reviewed all information needed for the reservation, by being a little curious, and scrolling down to the bottom of each webpage.

Hey Clubs and Groups!

The monthly Resident Website statistics show that the "Clubs and Groups" webpages are the third the most viewed features on our Resident Website, after the "Login Screen" and "Classified Ads". This confirms that your members are using the convenience of your Club/Group Website and how important it is to keep your website up-to-date.

Need Website Assistance?

Should you have Resident Website (www. scres.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.



Phone 916-961-3434 Website **www.pposac.com**

SCR Volunteerism Group

BY KATHY CASTEN, DEE FRANZ, CAROL RODEN

An Invitation to Make a Difference!

Have you been thinking about getting more involved in SCR governance? Now is the perfect time as our Required and Standing Committees are actively seeking new members for the 2024/25 term. Applications to serve on a Committee are accepted from May 1 through noon on June 14.

You might be wondering, why a Committee? Here are just a few reasons. Serving on a Committee provides members with many benefits such as an opportunity to utilize their talents, ideas, and life experiences toward the common goal of keeping SCR the premier active adult community in Northern California. Members gain a sense of Community because they are a part of its success while at the same time, it is a great learning experience and an opportunity to meet and work with new people. As a Committee member, you will be learning about Sun City policies, why they are in place, and why they make SCR the quality community that it is.

Would you like more information? Committee information is available on the SCR website. On the Homepage, select the "colorful" Volunteer tab on the lower left side. Here you will find a wealth of volunteer information including a direct link to each of the Committees where you can learn about their purpose and responsibilities. You will also find a printable Application form, or you can pick one up in front of the Administration Office. The specific timeline of the application process is printed at the bottom of the form. And volunteers will be available on June 1 Courier Days to answer your questions.

What do our volunteers contribute? Approximately 345 volunteers bring their diversity, viewpoints, ideas, and talents and provide services vital to our Community. They are critical to the success of SCR and provide close to one million dollars in service annually. Our volunteers are one of the reasons we are considered "The Premier Active Adult Community in Northern California".

Be a part of it! Step Up and Make a difference!

Sunshine Services By Linda Cilenti

.....

This article will share a neighbor's experience, a great reminder to keep vital information handy, close to the phone or easily found by anyone else.

24/7 Nurse Line: Printed on the back of my supplemental health insurance card.

California Poison Control: 1-800-222-1222.

Medication List: Name and dosage (have this information in your wallet as well)

Weight: Very important, no time for secrets

Here's the story. While eating popcorn and enjoying a movie, I had some popcorn

in one hand to pop into my mouth. Before popping it into my mouth my Alexa device let me know it was time to give my dog her heart medication. I picked up the heart medication and put it into the other hand while calling her over. You guessed it, I inadvertently popped her pill into my mouth! At the time I wondered why the popcorn tasted so bitter.

My dog jumped onto my lap, and I went to give her the pill, however realized it was gone. Thinking I had dropped it, I looked everywhere and then it dawned on me what the bitter taste in my mouth was. After taking a couple of deep breaths and trying to quell my anxiety I began to argue with myself, do I call 911 or the nurse line. I opted to begin with the nurse line.

When I called the nurse line, the nurse asked for the name and dosage of my dog's medication and my medications. He also asked if I had taken the medication intentionally, a necessary question for them to ask. He gave me the phone number for Poison Control, all the while being very calming and reassuring, given the low dose of my dog's medication.

When called, the Poison Control staff member asked my age, weight, and list of my medications as well as my dog's medication. He was also very reassuring and said he would consult with the pharmacist. Once back online, he listed four symptoms to be alert to and recommended that I call 911, with a strong admonishment not to drive myself (no chance of that) if I started experiencing any of the four. The symptoms were: dizziness, heart palpitations, weakness, or chest pain. He reassured me that given the small dosage of my dog's medication, I should be fine. I asked how long the medication would be in my system; I needed to set the "count down" clock!

9

Trust me this was a scary, anxiety producing situation, thank goodness with a positive outcome. Having some medical knowledge, I called the nurse line, this was my personal decision. Not all situations are the same, you know the drill, "in case of a medical emergency, call 911", let the trained professionals be there for you.

I am relieved my neighbor was okay and asked me to share their story. Take care, be safe and have vital information (medical insurance card, list of medications and poison control phone number) close by for yourself, emergency responders, family, friends, or neighbors.





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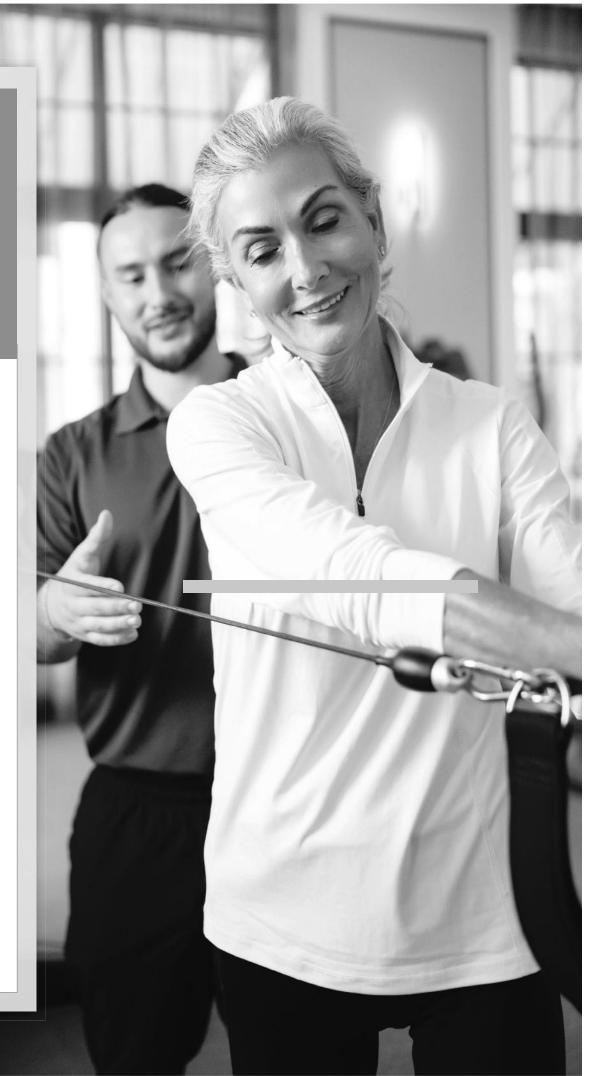
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BY NIKKI COMBS

missed.

contact Brian Sutton, 916-482-6393.

Solo Friends

when a unique person comes into our lives.

Frank was a great Friend and will be truly

moving to Sun City and his grace, kindness, and

Remembering Frank Kilarr. It's a blessing

Frank joined Solo Friends soon after

SCR Needle Arts Club

(cont' from page 7)

Covid, our events are back on schedule, our room is almost always abuzz with activity, our charity projects are increasing and expanding, and we are given more opportunities to learn new things, connect with each other, and make new friends.

We had a full room for last month's annual Fashion Show and Luncheon and, judging by the noise level in the Ballroom, it seems as if you all were having as much fun as I was. Our personal bar in the hallway was a social and financial success. I am sending out an awestruck Thank You to our committee, headed up by VP Dianne Faulkner, for the phenomenal amount of work they did to produce this event. Our models-Brenda Azevedo, Flo Carden, Marion Jones, Monica Konkel, Shirley Meloy, Marsha Rhodes, Diana Rischling, and Mary Onoderadid an outstanding job of showing us all the fun and fabulous looks from ChoCho's Boutique. I especially enjoyed the opportunity I had to get to know these members through sharing a bit of their life stories with them and with you.

I am happy to report that we have had volunteers for both the Room Scheduler and Class Coordinator positions. Thank you, Rona Katz and Marion Jones!

Remember that we are dark in July – no General Meeting. Our next meeting will be Wednesday, August 7, 1:30pm, in the Ballroom. We welcome visitors and new members! I will miss us in July and hope to see all of you in August!

• • •

Creative Arts Club

BY CAROL KOVACH

What does it take to get sixteen potters to come together to learn the ins and outs of creating a fanciful. A workshop conducted by Loan Landecker on two Sundays in April. The pottery members of the Creative Arts Club gathered around two large tables to learn from member Joan how she "builds" the pottery birds which adorn her garden. Joan has made a number of birds over the last few years, many of them with very long necks. These long necks require a special process involving several sticks to support and maintain the neck's bent shape. Many of the birds feature an elaborate headdress or beak, coupled with an array of body 'feathers.'



Starting with a flat piece of clay and a wine bottle wrapped in newspaper (to prevent the clay from sticking to the bottle) the basic body is formed. Additional shaped pieces of clay are artistically added to make a layered large feather look prior to adding a long or short neck and head. A decorative beak and top feathers are added to finish off the bird.

Everyone enjoyed the demonstration, daunting though the creative process appeared. Several members returned a week later to begin working on their creation. The results are to be displayed in the Creative Arts window in a couple of months.

Our three new kilns have been very busy firing lots of pieces from old and new members. With many members trying their hand at glass and pottery, the club room is an active place where visitors can see some of the activities they can look forward to when they move to Sun City.

Roseville Stamp Club

BY TIM MILES

Summer is upon us and we're in "improvemode" when it comes to the Philatelic hobby. The club has numerous issues, album pages, stamp miscellany of all sorts available to you. Al Capparelli (916-771-8288) is the contact and he also has "Open Garage" sessions where you can go and see all the items available to our members at huge savings to the normal price at a store or on-line. Come to our meetings at the Sun City Roseville Lodge meeting rooms (7050 Del Webb Blvd, Roseville) and enjoy the hobby. The June dates are June 11 and June 25 and they all start at 6:30 pm and we're usually finished by 8:35 pm or so. Everybody is welcome and we offer a free evaluation of any collection you need appraised.

We're now printed in both the Roseville and Lincoln Hills editions of the Sun City News so you can keep current on what is going on. We 're over 25 years old and one of the oldest stamp clubs in No. Calif.

Our meetings are full of info on the hobby and we have door prizes galore and there are all sorts of items available to you. Dues are \$20 per year (not much more than a couple of coffees at Starbucks) and offer a lot. We have occasional dinners, both off and on-site, during the year.

One of our members is a licensed dealer who can access anything unusual you might desire so anything is available to our members. Have a fun night out at a meeting!

•••

Cinema Group By Brian Sutton

Join us in June for

this special movie... "Laura" (1944), Directed by Otto Preminger. Run Time: 1 hour 28 minutes

In one of the most celebrated 1940s film noirs, Manhattan detective Mark McPherson (Dana

Andrews) investigates the murder of Madison Avenue executive, Laura Hunt (Gene Tierney). On the trail of her murderer, McPherson quizzes Laura's arrogant best friend, gossip columnist Waldo Lydecker (Clifton Webb) and her comparatively mild fiancé, Shelby Carpenter (Vincent Price). As the detective grows obsessed with the case, he finds himself falling in love with the dead woman.

Reviews & Ratings:

Internet Movie Data Base – 8.4 out of 10 Rotten Tomatoes: 100% Critics – 90% Audience

Oscar Nominated: Best Supporting Actor -Clifton Webb; Best Director, Best Screenplay

National Film Registry 1999 Winner American Film Institute name – Fourth

on AFI's list of the greatest mysteries. And the Institute named "Laura" (1944) among the most thrilling stories in cinema history, as well as one of the great film scores.

Friday, June 21, 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



talentsquicklyemerged.Helovedtheater,music, dancing, jokes, and travel. He made friends easily and wowed everyone who had the pleasure of

hearing him sing. Frank had that spark for life that was infectious to those around him. He loved to tell of his many travels and encouraged others to take the plunge and explore the world. He traveled so much he knew all the secrets of experiencing places like a local.

His voice was a gift that he happily shared with everyone. He delighted his friends by writing personalized lyrics to popular show tunes. He loved the "Oldies but Goodies" and warmed many hearts with his songs.

Frank loved to socialize and often the price of joining him was a joke. He never failed to jump in and help, even without being asked. At Solo Friends dinners, he always helped those with walkers by carrying their dinner plates. And he introduced the best potato salad to the hosts. He was a true gentleman with many fine qualities.

And Frank loved his family, especially his granddaughter. He moved to Sun City to be closer to her. He loved to show pictures of her and delighted in her growth. He not only looked forward to his life, but he looked forward to being a part of her life. It's extremely sad she will grow up never knowing him and his "old style" way of life. His humor, creativity, and finesse are lacking these days. "Only the good die young," and unfortunately, Frank left us much too soon.

(more Club News cont' on page 15)





Executive Director Comments

BY GEOFFREY BROWNE

I'm sure everyone knows we are well onto our Board of Directors Election Season. This year you have two positions on the Board to elect in July. At the final May 3, 2024 nomination deadline, we ended up with 3 candidates and the campaign officially started on May 31, 2024.

Candidate's statements and flyers have been prepared and the Association and the Election Committee will hist two Candidate Forums where you can meet the candidates and ask questions. These will be held on Wednesday, June 5th at 6:00pm and Tuesday, June 11 at 9:00am, both in the Ballroom at the Timbers Lodge. Balloting materials are scheduled to be mailed out to all members on June 14th and your signed ballot must be received by 10:00am on the deadline of July 16th, 2024. Have a say in who leads Sun City Roseville forward – make sure to cast your ballot correctly.

In other news, but related, Sun City Roseville was the focus of a wonderful magazine article published in the Spring 2024 issue of the Community Associations Institute (CAI) Northern California Chapter's "The Voice". Titled, "The Ideal Community," the article captures some of the reasons why SCR has successfully maintained its mission of continuing to be the "PREMIER Active Adult Community in Northern California." If you have not yet read it, you can find it on the SCR Resident Website under Announcements. Be in the lookout for another article on SCR (and our wonderful Leadership Academy), expected to be published in CAI's national publication, "Common Ground", in June or July of this year.

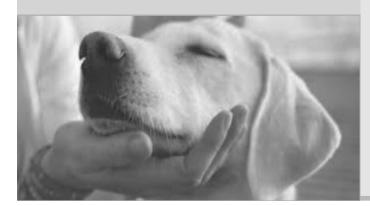
I hope many of you were able to take advantage of the tremendous spring and summer kick-off events that were planned for May and are looking forward to the slate of activities we have planned for you in June. Come celebrate Flag Day (June 14), take in a day of baseball in the city when the SF Giants host the Chicago Cubs (June 27) or recapture the spirit of Broadway (with Franc D'Ambrosio on June 28).

Here's to a fun-filled and busy summer at Sun City Roseville, where the excitement never ends!



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Jewish Fellowship Circle

BY LOIS ARLEN AND KAREN LEVINE

A special thank you with appreciation to Ruth Elkins and Ray Seamans for leading the Shabbat service (Friday night Sabbath service) and for hosting the Oneg (a sweet table after the Friday night Sabbath service).

As we enter the summer season, we will be having our annual delicious barbecue on June 9 at 5:00 pm at the Sierra Pines barbecue area.

On July 21 at 6:00 pm we will have our annual Pizza and Bingo night at Sierra Pines. It should be a fun evening for all with prizes to be won.

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

Shavuot marks the giving of the Torah on Mt. Sinai. The Ten Commandments are read in synagogues just as they were in the desert on Mt. Sinai over 3,300 years ago. Shavuot is a two-day holiday celebrated this year from sunset on June 11 until nightfall on June 13. It is celebrated by lighting candles, studying Torah late into the night, hearing the reading of the Ten Commandments and feasting on dairy foods. The significance of eating dairy foods is that the Torah is compared to milk and honey, and dairy foods symbolize the sweetness and richness of the Torah. The word Shavuot means "weeks". It celebrates the completion of the seven-week Omer counting period between Passover and Shavuot.

Meditation Group

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.

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

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

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

Here are the dates and locations for our upcoming meetings.

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

Wednesday, June 26th 1:30pm - 2:30pm in the Ponderosa Room at Sierra Pines

Wednesday, July 10th 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

. . .

Socrates Café BY STEVEN GUSTAFSON

Socrates Cafe is Sun City's philosophy discussion group. At our meeting last

month, one of the questions we (over 20 of us) considered was about the philosophy of communism.

We agreed that this philosophy seems desirable. Each individual would contribute to society according to their ability, and each would receive goods and services according to their need. Communism would allow the development of full human potential, enabling individuals to pursue their interests, talents, and passions without the constraints of economic necessity or social hierarchy.

However, in practice communism has been a dismal failure. Almost every country that has adopted it as an ideal form of government has devolved into a brutal dictatorship, often involving the death of tens of millions of people. Why has a philosophy that seems so good in theory turned out to be so evil in practice? And why do many still support communism?

We had a lively discussion. Many of the comments focused on how in many fields (physics, medicine, etc.) a theory that seems valid is often disproved by experiment. Also, it was mentioned that Plato's Republic (over 2500 years old but still among the greatest works of philosophy), says that all forms of government (including democracy) will ultimately become dictatorships, so the key issue is ensuring that the dictator is competent, moral, etc. Speaking through a dialogue with Socrates, he says that

.....

the dictator must be a "Philosopher King". Socrates Cafe meets at 10:00 on the first

Monday of each month in the Timbers lodge, so our next meeting is June 3rd. You are welcome to join us.

Conservative Action Group BY SHERRI SCOTT

As in April, our May 6 meeting highlighted another Sun City Roseville resident and CAG

member, Dr. Bob Taylor. He was born in Arkansas during the depression, moved to Bakersfield at 4 1/2 in a caravan, and grew up across the river from Bakersfield as an "Oildale River Rat." He is a proud and grateful product of great public schools ending with his



studies at UCLA and UC Berkeley. Nothing has influenced his thinking process as an adult as much as the 4 years he spent in graduate school at UCB. He spent 3 years at the NIH as a post doctorate/staff research fellow and was employed for 30 years by Lawrence Livermore National Laboratory in the Biomedical and Environmental Sciences Division. His presentation covered COVID-19 itself, its probable origin, Fauci, and the controversial way the pandemic was managed.

Many CAG members were recognized for their efforts in gathering signatures for the Protect Kids of California Act of 2024 initiative. (cont' on page 16)



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Conservative Action Group

(cont' from page 15)

Through family, friends and friends soliciting their friends, Sun City driveway tables, and sitting in front of Walmart we collected and submitted well over 300 signatures to help qualify the petition for the November election. Jonathan Zachreson, a major driver behind the petition, gave us an update on the status of signature collection as well as the latest information on the lawsuit filed against the California Attorney General for issuing a petition title and summary that is in direct



contradiction to the initiative language. Jonathan will kick-off his campaign for RCSD on May 29.

An El Pollo Loco dinner and social time forgetting to know new members will be held on Monday, June 3 starting at our usual time of 6:30 pm at Sierra Pines. Dinner reservations were needed by May 28 for this event.

Heathcare 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. Stay tuned for more information about the speaker.

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 June 12.

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).

Veterans and Patriots Club BY GEOFFREY MARSHALL

Colonel Ryan O'Reilly spoke and shared aslide show on the Spirit and Opportunities of Military Service at our May 8 meeting. He is an Army Strategist, who was promoted to Colonel in May and graduates from the US Army War College this month.



Members enjoyed

a Spring Fling Luncheon in April. We had a lively group, a warm sunny day, and great food, who could ask for anything more? We were entertained by Charlie Kidd, SCR guitarist who played and sang to us. It was truly a good afternoon spent with veterans and patriots enjoying a warm social time together.

Our Club's upcoming events include: May 27: Memorial Day Flag Raising 10

AM in front of the Lodge June 5: Veterans and Patriots Club

General Meeting

June 14: Flag Day

July 4: Independence Day - Golf Cart Parade, contact

Brian Carr at peppercorn2.0@yahoo. com

With all these upcoming patriotic events it's important to remember to fly your flag! If it is worn, you can bring it to the bin in the Lodge and we'll have it properly destroyed and then our Club can provide you a new flag for a \$25 donation. Contact Mike Wedemeyer (916) 742-4648 or Steve Stansberry 541-280-7572.

Veterans and Patriots Club meetings are normally the first Wednesday of each month in the Timber Creek Ballroom at 10 AM. Our next meeting will be June 5. We invite you to enjoy the presentation, camaraderie, complementary coffee, and doughnuts; and don't forget the great free raffle prizes from our sponsors.

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

https://scres.org click on Clubs and Groups Tab, click on Veterans and Patriots Club.

SCR Computer Club

BY BARBARA EICHTEN

There will be no General Computer Club meeting in June, July or August. See you in September.

Cardmaking: Classes will meet on the third Thursday of each month from 1:00-4:00 in the Club Room. The next meeting is June 20. The class will be creating all occasion/holiday 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 third Friday, June 21 at 10:00 in the Club Room. Come to the meeting and see how the Photo SIG (photo club) does things. Only Photo SIG members may submit photos for the monthly

(cont' on page 17)



SCR Computer Club

(cont' from page 16)

contest. Submission of a maximum of 3 photos, sent to PhotoSIG916@gmail.com is due by Monday, June 7, 2024. The photos are juried at the regular, monthly meeting. June's theme is "Animal(s)". Photos have no time frame. Contact Dennis Studer or Jenni Raminez for additional information.

Genealogy: The next meeting will be September 11 at 2:00 in the Club Room. Join us for a video presentation.

OPEN sessions will be on Friday June 7 and 28 from 1:00-3:00 in the Club Room. These sessions are to assist individual residences with their iPhone, iPad or a computer. For further information call/text Barbara Eichten (901-625-9821) or email barbaraeichten@ gmail.com.

Travel Club

BY PAM SCHEEL-HEMINGWAY

By the time you read this, Travel Club members will have returned from a journey back in time to the Amish Country. They will also have visited the Hershey factory in Pennsylvania. Hope they brought us back some souvenirs!

June brings the end of President Darleen Hegerle's 2 year term. Darleen has done a fabulous job of expanding our horizons and we thank her for her leadership and "joie de vivre". Safe travels, Darleen!!

Trips now available for booking for Travel

Club members include:

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

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

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

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

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

Tropical Costa Rica—January 22-30, 2025 (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)

Italy's Treasures – May 3-14, 2025 (Collette)

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

Islands of New England – October 2-9, 2025 (Collette)

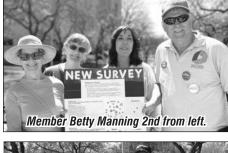
See the Travel Club web page on the SCR web site for details on all trips. Just click on the "Trips" button to see links to the flyers for all available trips. Also stay tuned as we are working on trips to Canada, the Florida Keys, Northern Spain/Portugal and the Western Rockies!

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 June 24. Remember to bring any unwanted travelrelated 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!

SCR Democrats

BY MARISA BERNETTI

The Auburn Area Democrats have a Voter Registration Table at Sierra College, Rocklin, during the 2023-2024 school year. On two April dates, they performed two surveys, on "Media Trust" and on "Healthcare in America". Two of our Dems-SCR members, Ann Neumann and Betty Manning, assisted with the surveys and registrations.





The Voter Registration program is about registration, discussion and information. Students are encouraged to engage in political conversations in a safe, non-confrontational environment. 172 students were registered so far this school year. The voter Registration Team is at Sierra College on Tuesdays and Wednesdays from 10:00am-1:00pm. Volunteer at https://www.mobilize.us/cadems/ event/599268/. It's fun and educational.

Rods & Relics

BY ELNA RAGAN

Once again, the monthly lunch at the Waffle Farm on Tuesday, May 7 was very well attended. Twenty-five members enjoyed a nice relaxing get-together!

Four of our Club members had their vehicles on display at the recent Sacramento Autorama. They enjoyed meeting with other Car Club members and checking out the impressive array of vehicles on display.

On May 14, Chuck Barnhart Car Show Chairman, held the last meeting before our BIG event, the Downtown Lincoln Car Show, on Saturday, June 1. Next month's paper will include a wrap-up of the day's activities: the early morning start with the local Boy Scout Troop's Pancake Breakfast and the Fly-Over of three vintage airplanes when the National Anthem was played. Lincoln's tree-lined streets filled with over 400 beautiful classic vehicles from a time long ago. The people enjoying the Raffle Booth, DJ music, BBQ lunch, food *(cont' on page 21)*



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Days & Destination	Cruise Line ~ Sailing Date	Starting	Price/ Inside	Ocean V	iew Balcony	
15 DAY HAWAII from SFC)! PRINCESS	Sep 29, 2024	\$1,248	\$1,326	\$2,298	
Ruby Princess ~ 3080 Passengers		Dec 2, 2024	\$998	\$1,065	5 \$1,678	
Sail round trip from San Francisco, California to Kauai, Nawiliwili Hawaii; Honolulu, Hawaii; Hilo, Hawaii; Ensenada, Mexico; Sar						
Francisco, California.						
11 DAY ALASKA From SFG	O! PRINCESS	Jul 9, 2024	\$999	\$1,331	WAITLIST	
Crown Princess ~ 3080 Pass	Aug 11, 2024	\$849	\$1,149	\$2,899		
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.						
14 DAY NEW ENGLAND R Emerald Princess ~ 3080 Pas		Oct 17, 2024	\$1,899 INCLUDES		\$2,899 Ento Airfare!	
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.						
				¢005	¢4.040	
12 DAY CARIBBEAN & PA		Oct 31, 2024	\$778	\$895	\$1,948	
Emerald Princess ~ 3080 Pas Sail round trip from Fort Lauderdale, I Grand Cayman, Cayman Islands; Fort	Florida to Aruba: Curacao: Cartagena,	Colombia: Partial Tran	sit the Panama	Canal; Co	olon, Panama;	
14 DAY CARIBBEAN CELE	BRITY	Jan 18, 2025	\$2,207	\$2,437	\$2,817	
Celebrity Apex ~ 2910 Passe	engers	Feb 15, 2025	\$2,403	\$2,657	\$2,987	
Sail round trip from Fort Lauderdale, Florida to Key West, Florida; Bimini, Bahamas; Private Island Day; Puerto Plata, Dominican						
Republic; Basseterre, St. Kitts; Tortola	n, British Virgin Islands; Fort Lauderda	le, Florida.	INCLUDES	SACRAMI	ENTO AIRFARE!	
10 DAY SOUTHERN CARI	BBEAN CELEBRITY	Jan 24, 2025	\$1,967	\$2 <i>,</i> 886	\$3,449	
Celebrity Beyond ~ 3260 Pas	sengers	Mar 7, 2025	\$1,799	\$2,499	\$3,299	
Sail round trip from Fort Lauderdale, Florida to Tortola, British Virgin Islands; Philipsburg, St. Maarten; Roseau, Dominica; Bridgeto						
Barbados; St. John's Antigua; Fort Lau	iderdale, Florida		INCLUDES	SACRAMI	ENTO AIRFARE!	
7 DAY WESTERN CARIBB	EAN ROYAL CARIBBEAN	Dec 28, 2024	\$1,698	\$1,998	\$2,198	
Brilliance of the Seas ~ 2112	Passengers	Jan 18, 2025	\$999	\$1,399	\$1,699	
Sail round trip from New Orleans, Lou Louisiana.	iisiana to Yucatan (Progreso), Mexico;	; Cozumel, Mexico; Geo	-	-	n; New Orleans, ENTO AIRFARE!	

*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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Rods & Relics

(cont' from page 17)

vendors, and the quaint shops and restaurants in Downtown Lincoln.

To date, the Rod & Relics Car Club has donated over \$253,000 from the Car Show's proceeds to local charities. This year's charity recipients are: Silver Wishes, Gold Country Wildlife Rescue, and the Lincoln Salt Mine.

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, was a sell-out event held on May 5 (even though it was delayed a day because of bad weather). Eight homeowners took on a labor of love, and prepared their beautiful gardens to share with us all. We want to thank Linda Gordon, the event chairman, and all of the volunteers who made this event so memorable.

Our May 7th meeting featured Debbie Arrington speaking about "Queen of Flowers meets the Sport of Kings; the Rose History of

the Kentucky Derby". Debbie was the Home & Garden writer at The Sacramento Bee, author of the daily garden blog, and a past president of the Sacramento Rose Society. Her other passion is horse racing



and she's covered racing as a member of the National Turf Writers and Broadcasters.

Our June 4th meeting will feature our annual root beer and ice cream float party as well as a "GARDEN Potluck." This is a free raffle where each Club member will be give raffle tickets to "spend" on anything that strikes their fancy. Club members are encouraged to bring garden-related items they no longer want or need. Gather your extra "stuff," such as pots and planters, seeds and seedlings, tools and books and bring it with you Tuesday evening (no chemicals or soil please).

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. Our Club does not meet in July or August, but we will look forward to seeing you again on September 3.

Birders

BY JANET MORELLI

SCR Birders' scheduled field trips for the 2023/2024 season (September to May) came to a close on May 16 with a trip to Folsom Lake and will begin again, for the next season (2024/2025) on September 19. A new schedule of group trips for the next season will be created in July or August and be available on the Birders' Group SCR website.

In mid-April, SCR Birders enjoyed a sunny morning field trip to Linda Creek Trail in Roseville where they identified 21 species, including the California Towhee, Coopers' Hawk, Blue-gray Gnatcatcher, Nuttall's Woodpecker, and Orange-crowned Warbler.

Then, in early-May, they visited the California Raptor Center (CRC) at UC Davis. The CRC is an educational and research facility dedicated to the rehabilitation of injured and orphaned birds of prey (raptors). It was a unique experience for the Birders who normally see these birds from long distances with their binoculars or cameras. Here, they could see the birds at distances as close as two feet and marvel at their beauty. Among the species seen were the Bald Eagle, Red-tailed Hawk, White-tailed Kite, Northern Harrier, American Kestrel, and Great-horned Owl.

The White-tailed Kite is a small, mostly white bird of prey that is often seen hovering up to 80 feet high above open fields and suddenly dropping

straight down with wings raised to catch a small rodent. It has a gray back, black patch on its shoulder and undersurface of its pointed wings, and a white tail. The white face has black rims



around the red eyes. These birds were almost extinct in the 1930's and 1940's and have since made a comeback in California's suitable lowland habitats. They prefer to rest on $treetops \, or \, other \, high \, lookouts \, and \, congregate$ at roosts of a dozen or more.

SCR Hiking Group

. . .

BY SILVANA HUGHES

On our May hikes in the Sierra foothills, we observed a variety of wildflowers that sprang forth after the April rains. In the summer we will again be heading to the higher elevations in the Tahoe National Forest to escape th valley heat. The drives will be a bit longer, but we will be rewarded with the magnificent vistas in the high Sierra Nevada. For those who might want to try hiking we have two "easy" rated hikes that are scheduled for June 13 and 20. 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). Bring plenty of water, lunch, and sunscreen, and a change of shoes to keep the driver's car clean. Be aware that tick season is upon us! To ward them off, use permethrin tick repellent on shoes, socks, and bags. Also, wearing light colored clothing makes it easier to see them so you can remove them.

Our next get-together will be at Sierra Pines on June 10, at 5:30 pm, for our yearly BBQ. The agenda and food assignments will be forthcoming.

Below is the June 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. Happy hiking!

June 6: Prosser Creek - #5 (moderate), 7.5 miles, elevation gain 750 feet, \$12 carpool ride. June 13: Sagehen Creek - #3.5 (easy), 5.5

miles, elevation gain 200 feet, \$12 carpool ride.

June 20: Carpenter Valley#3.5 (easy), 5.5 miles, elevation gain 200 feet, \$12 carpool ride. June 27: Pioneer Trail - #5.5 (moderate),

7 miles, elevation gain 1050 feet, \$10 carpool ride. . . .

Cycling Group BY SUZETTE AUSTIN

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 member to step up and volunteer to take over as club president.



We will have a clothing and gear exchange at this meeting as well. 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).

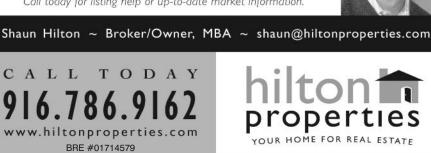
Softball

BY BOB MONTALVO

For those of you with a penchant for the obscure, June 3 is National Donut Day and June is Accordion Awareness Month! My wife also turns 70 this month, so I'll be breaking out my 120-bass Honor Tango IIM in her honor. I hope the neighbors don't mind. June also means Parks & Recreation will do some maintenance on our Mahany fields; thus, no games are scheduled for June 3 & 5. Then on June 14, we have Flag Day, so remember to hoist your "Old Glory." Most of our club members have the privilege (thanks to their loving spouses) of being fathers, so don't forget us on Sunday, June 16.

With the league schedule winding down, all five teams know they must play their best if they want to win the league championship on Wednesday, June 26. Everyone gets into the playoffs, but the league championship is a coveted prize. It's been an exciting season so far, and lots of Sun City supporters are enjoying the warm weather and entertaining games. Do come out and join us for some fun on Mondays & Wednesdays at 10 am. If you'd like to follow the league standings and (cont' on page 23)





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Safety First — Calling 911 with no service: Is it possible?

BY ROSEVILLE POLICE DEPARTMENT

The thought of needing emergency assistance but being unable to call due to a lack of phone service is undeniably frightening. When faced with an emergency, 911 is often the lifeline we rely on for help. But what happens when our phones show no bars? Can you still reach out to 911 without service?

Surprisingly, the answer is yes. Despite having no network signal or a wireless calling plan, it is possible to make a successful call to 911. However, this comes with a caveat. While reaching emergency services is possible, the operator's ability to assist may be limited.

So, how does one connect to 911 without any service when conventional phone functions fail? When you dial 911, your phone activates its emergency call function, sending a signal to the nearest cell tower regardless of your service provider. This ensures everyone has access to emergency services, directing your call to the closest emergency center for swift assistance.

Contrary to popular belief, the absence of service bars does not necessarily mean you're entirely cut off from communication. While your device may not receive signals from your service provider's towers, it might still pick up signals from other providers in the area, enabling you to connect to 911.

However, calling 911 without service does present challenges. The most significant issue is the inability to transmit your location to the 911 call center. If you cannot provide your precise location, responders may struggle to locate you swiftly.

So, what can you do to improve your chances of reaching 911 in an emergency, especially if you're in an area with poor signal coverage? You can employ several strategies, such as reducing the distance to cell towers, refreshing your phone's signal by toggling airplane mode, or using signal boosters to enhance signal strength.

Alternatively, if cellular service is unavailable, your phone may utilize Wi-Fi for emergency calls if it's accessible. Creating a Wi-Fi hotspot or connecting to an available network could be a viable option for contacting 911 when traditional cellular service is unavailable. However, in scenarios where no network coverage is available whatsoever, mobile phones become futile. This underscores the importance of alternative communication devices, such as satellite phones or radios, especially for individuals venturing into remote or isolated areas where traditional network coverage is non-existent.

In conclusion, while calling 911 without service may seem daunting, it's reassuring to know that help is still within reach. By understanding how emergency calls function and taking proactive measures to improve signal reception, you can increase your chances of successfully reaching emergency services when needed most. Remember, in an emergency, every second counts.

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Softball

(cont' from page 21)

get game scores as well as brief summaries of each week's games, go to the club's website (rosevilleseniorsoftball.org) and in the menu, click on "games."

Once again, the club would like to thank our generous sponsors, whose names are displayed on banners hung on Mahany's fences during the games. Our five team sponsors are Oakmont of Westpark, Deano's, Guide Real Estate, Eskaton Village Roseville, and Your Roofing Contractor/Wesley Rimelen. Our All-Star sponsors are Sew Cal, Charles Dental Group and The Ivy Blue Oaks located at 275 Roseville Parkway. Their support is greatly appreciated.

Pickleball Club

BY ANNE BURNEY

Last month the Pickleball Club hosted their annual Dinko de Mayo event. The party took place at the home of Elizabeth and Kevin Williamson. A decorating committee out did themselves making the backyard look like



a little slice of Mexico. The event had great food, overflowing with margaritas and sangria drinks. After dinner the club members did what they do best, played games until they closed the party down.

We will be hosting a meet-and-greet newbies and newcomers event on June 1. There will be a pickleball clinic with Wayne Miller followed by bagels, cream cheese and orange juice.

Pickleball Tip of the Month: A great way to put pressure on your opponent is to take more balls out of the air. Make the kitchen feel small. Take away your opponents safe space to hit the ball. Too often at the kitchen line, players let the ball bounce and settle for hitting a casual dink. When you reach higher levels, players don't just stand at the kitchen line. They bend their knees and lean into the kitchen. Any ball that can be hit out the air is taken as a volley. This accomplishes two things: One, you take away time from your opponent to recover in between shots. Two, you put them on their heels, on the defensive, because they have to prepare for a potential speedup.

At our last "Intro to Pickleball" workshop Wayne Miller instructed several

Instructor

Wayne Miller.

new beginners on the basics of pickleball. The members had a lot of fun and were able to play games using the drives, the dinks, and the drops that they had Intro to Pickleball just learned. With new members joining the

club, Wayne will be starting another workshop soon. If you're new to the game, please contact Wayne Miller, our Intro to Picklelball manager at Tollman80@yahoo.com. Be sure to let Wayne know if you're interested

Tennis Club BY WENDY LEIMBACH

Greetings from the tennis club. We hope that our June weather is sunny, moderate, and dry. More tennis players are coming out after a particularly cold and rainy winter. Our drop ins are starting to fill up again. This leads us into thinking about getting ready to play, warming up and stretching.

We had the opportunity to talk with one of the trainers at the fitness center, Leslie Bianchi to learn a little bit more about what stretches and routines are required to prevent foreseeable injuries as well as provide enhanced performance on the court.

As a daily routine, moderate dynamic warmup stretches to get your heart rate elevated and body ready for play enhances optimum performance. The fitness center has a gentle stretch class on Tuesday and Thursday at 12:00 pm. Check it out. Below are initial stretches to get you started:

- a. Light jog: forward and backward
- b. Side shuffle to the right /and then left. c. High knee marches/ toe to heel rocks d. Arm circles.

e. Leg swings forward/backward and across/ side.

f. Hamstring stretch - One leg back, other



leg forward, toe raised and swing arms down towards ground and then up again.

There are many other exercises to enhance performance and prevent injury. You can find out more about pre game stretching by calling Leslie at 650-438-1072 or emailing her at fitbyles@gmail.com; or drop by the fitness center and talk with one of the trainers there.

The Tennis club is having a free beginner tennis clinic June 24 from 9:00 am – 11:00 am. Call Nancy Kacey at 408-718-6725 for more information.

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.

(more Club News cont' on page 25)



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Table Tennis GroupBY JAN GREGSON

"We don't stop playing because we grow old; we grow old because we stop playing" (George Bernard Shaw). The Table Tennis Resident Group is certainly playing so we like to think we are not growing old. We have players of all ages and skill levels in the group, and perhaps we feel young because we continue to play.

One of the best things about table tennis is you don't need much equipment. A table tennis paddle is needed and if you don't have one, there are several provided by the club you can use. It's recommended wearing tennis shoes, but you can wear closed toed shoes. No sandals. That's all the equipment you will need.

There are three or four tables set up each session which depends on the availability of the two rooms at Sierra Pines. Typically, on Tuesdays, we have both Sierra Pines rooms and can accommodate four tables. On Thursdays we share Sierra Pines clubhouse with the Harmonicoots so we are able to set up three tables in the Spruce room. Saturdays, we usually have both rooms and have four tables available for play, occasionally we get preempted from play by SCR for special events. We average 15 to 25 players each day. Every session we play doubles table tennis allowing four players to use one table each time. This also makes for a terrific social experience as we can chat while others are playing. Usually, once a month the ball machine is set up, so you can practice with the machine.

Perhaps, it's time for you start playing table tennis again. Come and check out our friendly group. We meet Tuesday and Thursday 2:00-5:00 and on Saturdays from 9:00-12:00, at Sierra Pines.

Sierra Pines Ladies Golf BY PAM SKARG

"June is bustin' out all over" Sun City. How fortunate we are to live in a place with so much going on. For those of us who enjoy the game of golf, what better place to be. Someone who lives the good life in Sun City is our own Captain of the SPLG, Janet King. Janet has been with the Lady Niners for the past seven years and during that time she has chaired multiple committees, served as Co-Captain for two years and is currently our Captain. Janet doesn't know a stranger and she brings fun wherever she goes. She is also a member of the Dance Club, Boomers, Bocce and He and She. She enjoys the theater,



anet Kind

crafting, crocheting and golfing with friends. Needless to say, she is living the good life in Sun City both on and off the golf course. The motto she lives by is: Live, Laugh and Love and she lives it well.

A wonderful time was had by all at the "Parr-Tee" luncheon put on by Andrea Norcia and her amazing crew. There were games, prizes, a delicious lunch and adorable centerpieces. Ladies, you set the bar pretty high.

The Most Improved Players for April: Flight A: Barbara Simon Flight B: Pat DeCroix

Flight C: Vikki Clark

Flight D: No Improved Player

Congratulations, great golfing ladies.

"In golf, as in life, it is the follow through that makes the difference."...Anonymous

. . .

He & She Golf BY JAHNA HOLMES

April turned out to finally have good golf weather! On April 8th, the 9-hole group had 32 players: CTP woman, Monica Konkel at 25', 3"; CTP men, 1st place, Jack Moskewich, 6'1", and 2nd place Brian Gorman at 25'8".

First place team: Tony & Janet King and Jim & Linda Ryan, with a score of 70; second place team: Mike and Cindy Boyette, Fred Festersen and Charlotte Johnson with 72; third place team: Brian Gorman, Sephanie Tran, Lois Habein and Jahna Holmes with 75.

On the same day, the 18-hole group had 39 players. First place team scoring 143 was Devin Olson, Gloria Oats, Martin Abell



and Judy Bickell. Second place team scoring 150 was Vernita Hillwig, Jim Sherrard, Don Cook and Raquel Godfrey. Third place team scoring 156 was Bill Thyken, Darrell Herold, Joe Ramos and Blind Draw. CTP was Kathy Hamilton at 7'5" and Mark Gregson at 5'2".

.....

April 22 had 55 players showing up for the 9-hole group. The CTP winners were Kathy Fowler at 55'0", no 2nd place; Dirk Fowler 1st place at 4'6", and Bob Niznik at 7'3". The firstplace team scoring 71 was Al and BJ Dumm and Andy & Paula Hau. The second-place team scoring 73 was Jack Moskewich, Jackie Shook, Don Cook and Raquel Godfrey

The 18-hole group had 36 golfers on April 22. No CTP this day. Holes thrown out by blind draw were 1,7,9 and 18. First place scoring 226 was team Barbara Simon, Ron Galvin, Paul Niebank and Denise Roberts. Second place scoring 228 was team Tena Johnson, Ed Van Patton, Christina Leaman, and Jim Dachauer.

Both group captains want to remind everyone how difficult it is to reshuffle at the last minute when players simply don't show up for a team game. Please, let Kathy Fowler or Rich Aug know ASAP when you know you can't play! **Timber Creek Women's Golf Club**

BY NANCY LABRADA

Congratulations to Pam Hemingway and Theresa Howard who were the Red Tee winners and Cindy Gray and Karen Shahoian who were the White Tee winners of the Better Ball Tournament held April 10 and 17. The tournament was enjoyed by all and a special



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(cont' on page 26)



Timber Creek Women's Golf Club

(cont' from page 25)

thank you to Jean Nakao, Yolanda Lawrence, Tena Johnson and Laura Cason, our 2023 winners, for hosting a wonderful luncheon on the patio.

The Most Improved Players for April were: Barb Simon (1st Flight); Nicki Wampold (2nd Flight); and Maureen Nutter(3rd Flight). Keep up the good work!

A very big congratulations to Sherrill Pahl for her hole-in-one on the Lakes #6 on April 29.

Our Club Invitational was held on May 22 and our Memorial Day tournament on May 29. Reports on these events will be in the July article.

The Handicap Tournament will be held on June 12, 19, and 26. It is a fun tournament to play in, so sign up and bring your best game to the competition.

There will be a General Meeting on June 19.

Timber Creek Men's Golf Club BY MIKE MURPHY

Greetings from the Timber Creek Men's Golf Club! Our golf season is in full swing and with the improving weather we are looking forward to some great golf with our fellow members and friends. As always, we would like to invite anyone that may be interested in meeting lots of new people with the same passion for golf, camaraderie and fun to please contact Neil Hamilton, our Membership Director at 707-529-4038 or email him at neilhamilton6049@gmail.com. Included in your membership fee is NCGA membership including a GHIN number allowing you to establish an official handicap. We welcome players of all abilities so call Neil today and ioin the fun!

We have a number of exciting events scheduled beginning with the popular member/ member tournament on June 11. This is a great tournament that our members look forward to all year. The Firecracker Tournament will be held on July 9th this year. This is another fun format where we play from the red, white, and blue tees. The Central Valley Seniors season is in full swing as well with our next outing on June 10 at Lincoln Hills followed by June 24 at El Macero. If you are not aware, the CVS program provides our club members with the opportunity to play the top courses in the area for a very reasonable price which usually includes lunch and a light breakfast. This is terrific value and one of the top benefits of being a club member.

Our next general club meeting will be held on Wednesday June 5 at Sierra Pines. We encourage all our members to attend, and we would like to invite anyone interested in our club to come by and meet the membership. As always, free coffee and donuts are served at 8:00am.

See you on the links!

Golden Niners BY WALTER BROMBY

"My game is so bad I had to have my ball retriever regripped".

Five tournaments were played in April. The first was Low Net plus Low Gross. First place was Jin Chung, Deane Johnson, Gene Ballard, and Jerry McColley.

April9was the Masters tournament where chosen professional golfers were randomly assigned to each Niners team. At the end of the professional Masters tournament in Augusta, Georgia, the final round score of the assigned pro was added to each Niners team score. Three teams finished with the lowest score but tie breaking rules resulted in first place going to the team of Anthony Riggio, Duane Kreun, Dwight Rose, and Greg Worth. Second was Terry Bernardino, Cary Diskin, Rick Robinson, and Gene Martineau. Third place was Walt Bromby, Robert Ange, Bob Eggerts, and Gary Wolff.

The April 16 tournament was Acey-Duecy. Winners were Bob White, Rick Robinson, Bob Paese, and Steve Rodriguez.

April 23 was a Full scramble at The Lakes. Winners were Steve Eastman, Martin Pavloff, Brad Davies, and Ralph Friend.

April 30 was Modified Scramble - 2 Best Balls. 1st place was Howard Sandler, Tom Schuster, Bill Ledoux, and Dave Rose.

Niners scoring Poleys in April were Jim Ryan, Bob Horning, Jerry Fredericksen, Cary Diskin, and Bill Ledoux. A Poley is tee shot length of the hole. But a special shout out goes to Bob Horning who scored not one, not two, but three Poleys in April, including on both Par 3 holes in the Lakes Full Scramble. Nice going, Bob!

Top money winners for April were Rick Robinson, \$55, Duane Kruen and Lloyd Leitz, \$40, Anthony Riggio, \$39, Mark Dixon and Steve Rodriguez, \$36.

Croquet Club

BY MIKE DOVER

Welcome to our new members, Ada and Don Warden, and prospective new member Don Manning. We hope you have been enjoying your lessons and appreciate this old traditional game with a lot of history. We are glad you are finding it to be lots of fun and realize that it demands more accuracy than vou ever imagined.

You have already discovered that our games run for 75 minutes and are played on a well-maintained first-class grass court. There are many rules, some of which you have already learned. As a further basic introduction to the game, right out of the official rule book, play is made by striking the ball with a mallet. The player doing so is called the Striker, and the ball struck is called the striker ball. Of course, this applies to each player when it is their turn.

A Striker striking the striker ball may cause it to hit another ball or to score a wicket. When the striker ball hits another ball, that is called a roquet. The striker ball is now "ball in (cont' on page 27)



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on a Par 3 hole that stops within a flag poles

Croquet Club

(cont' from page 26)

hand", is picked up by the Striker and placed against the ball that was just struck. The Striker continues play by striking the striker ball and must simultaneously move the other ball... this is called a croquet. The Striker gets one more shot, the continuation shot, to strike another ball, score a wicket, or position the ball for their next turn.

Now that you are thoroughly confused, be sure to attend your next lesson to better understand this basic play in this sport others may think is not challenging.

See you on the court.

• •

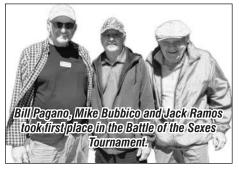
Bocce Club

BY DAVID MOORE

The Sun City Roseville Bocce Courts have never been busier with the spring mini-leagues going at full tilt. The league was a bit more than half completed at the deadline for the News and the following teams were leading:

Sunday Team 2 - Arlene Bailey, Mike Boyette, Debbie Landrum. Monday Team 7 - Barbara Fultrane, Louise Knight, Curtis Neely, Dory Nugent. Tuesday morning Team 8 - Jeanne Christy, Ilona DeRosa, Darlene Flora, Diana Rischling, Tuesday evening Team 12 - Kathy Cardosa, Diane Gard, Jim Jordan, Jennifer Martin, Steve Rasmussen. Wednesday Team 1 - (Marilyn Myers, Martin Pauloff, Linda Robinette, Greg Worth) and Wednesday Team 12 - (Bev Cutler, Tony Kazwell, Kris McGushin,





Tim O'Loughlin) were tied.

Thursday morning Team 8 - Cinda Dye, Tom Eastman, Nancy Green, Frank Kilpatrick. Thursday evening Team 16 - Arlette Bennett, Laura Meyers, Kevin Myers. Don Phillips, Eileen Wagner. Friday Team 11 - Eleanor Dean, Bill Pagano, Ken Skarg, Debie Smith, David Zan. Saturday Team 5 - Gary Beckman, Dianne Cohn, Michael Foote, Medina Lane.

The final winners will be announced at the Awards Party scheduled for Friday June 7 at 5:30 p.m. at the Bocce Courts.

In other action, ten teams competed in the Great Battle of the Sexes tournament on

April 20. First place was taken by the team of Bill Pagano, Mike Bubbico and Jack Ramos.

Ken Lane, Tony King, Paul Keck and Kenny Smith came in second while the team of Ron Judd, Bob Horning, Michael Foote and David Zan finished third.

The other tournament scheduled since our last report, the Ladies Blind Draw, had to be postponed because of all the rain that fell on Saturday May 4th.

That inclement weather was the exception though as most of the days and nights recently have had beautiful playing conditions on the bocce courts.

• • •

Cornhole Group

BY STEVEN GUSTAFSON

In Sun City, most of those who play cornhole also play bocce. Both are great games that provide moderate exercise and friendly camaraderie. Here's how these games compare.

Physical effort — A bocce ball is much heavier than a cornhole bag, but it doesn't need to be lofted as much. So, the physical effort is comparable. If you can throw your remote at a politician on your TV, you can play both cornhole and bocce!

Commitment — Most residents play bocce as a member of a team that regularly plays other teams. You must show up for your team play or find a substitute. Cornhole is more casual—-if you have an Activity Card, you can play anytime with the Cornhole Group.

Money and time — You must pay Bocce

Club dues to play on a team, but cornhole has no dues (and no meetings). Bocce team play typically lasts about two hours. Cornhole Group play typically lasts about an hour, and you can drop in or out any time.

Currently, the Cornhole Group plays every Tuesday at 9:00 on the Sierra Pines horseshoe lanes. You are welcome to join us.

Billiards

BY DAVID ZAN

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



lesson scheduled.

Gentle reminder to any member cancelling their pool cue locker rental should drop their (cont' on page 29)





"I Have Hope Again"

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

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

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

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

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

You're struggling with balance and living in fear that you might fall. Your doctor told you to "just live with the pain" and you're taking medications that aren't working or have uncomfortable side effects. Just know that there are options.

Fortunately, three months ago, Dawn read an article about Lincoln Acupuncture and the work being done to treat those suffering from Peripheral Neuropathy without invasive surgeries or medications. She can now share how significantly her life has been changed

"Now when I go to bed at night I don't have those shooting pains. I don't have that burning sensation. I can let the sheets touch my feet and it isn't painful," Dawn enthusiastically describes life after receiving treatment. "I can wear socks and shoes and I can enjoy working in my garden."

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

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

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

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



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

Jan Percy

(cont' from page 1)

get to the Calgary Stampede failed, the two decided to travel north on the Alaskan Highway, which, at the time, entailed 1,529 miles of graveled road. She remembers turning 25 years old in Fairbanks and touring Alaska for two weeks. She recalls going to the World's Fair in Seattle on that trip as well. When she and Glenda had finally made it to San Francisco and were tootling through the Golden



Gate bridge, people stopped to talk to them them along the way, intrigued by the caribou and moose antlers attached to their luggage on top of the car.

By 1962, Jan was teaching elementary school in San Jose. "I loved it," she recalls. "Especially the fifth-grade boys. They were really funny." She met her first husband, Curtis Hartley, an accountant at Lockheed, on a blind date when they attended a Fred Waring concert in San Jose. Jan and Curtis married in 1964 in North Hollywood and honeymooned in Hawaii, going to four of the islands, one of which, Molokai, Curtis found particularly interesting. They toured the leper colony as well as the church founded by Father Damien, a missionary priest who famously ministered



to the lepers.

Jan and Curtis had two children, Karen and Kristin. Karen lives in Roseville, works for Intel, and sings in the renowned acapella group, RSVP. She often accompanies Jan on trips and cruises. Kristin lives in Seattle with her husband, Bob, and two children, Lucas and Laike. Kristin, who sings in a choir that opened for Andrea Bocelli, flew in recently with her family to visit Jan on Mother's Day. Jan often uses Zoom to watch her daughter's concerts.

Sadly, Curtis died in his sleep of a pulmonary embolism in 1971. He and Jan had only been married seven years and their children were 18 months old and 4 years old. A year later, she met Dean Percy who lived in Cupertino and who, like Curtis, had worked at Lockheed. Dean had two boys from a previous marriage, Dan and David. Even though they had only known each other three months, Jan and Dean got married. "When you know, you know," she says.

Jan helped raise David who had Down Syndrome. "I was always volunteering at the kids' schools," she says. She also worked with Dean as real estate agents for ten years. Along the way, the couple bought nine rental houses in Cupertino and in between raising the kids, Jan often found herself painting, repairing roofs, and doing yardwork and other upkeep on the rentals.

She still owns three rentals today and makes sure they're maintained to her liking.

Arriving in Sun City in 1997, Jan and Dean both joined water aerobics, but Jan gravitated to the Sun City Singers where she accompanied them on the piano for ten years. The couple also went on cruises and enjoyed life together at Sun City. Although Dean passed away in

2009, Jan has no intention of moving away. "Ilove it here," she says. She's spry and active, often finding time to use the gym equipment in the Fitness Center as well as attend balance classes.

Jan has provided piano accompaniment for Pleasant Grove Church since it opened in 2000. Her favorite hymn is "All the Way My Savior Leads Me," because the lyrics speak to the way she feels her life has always been divinely guided. "All the way my Savior leads me: What have I to ask beside? Can I doubt His tender mercy, who thru life has been my guide?"



Jan has fond memories of her travel escapades over the years. She cruised Scandinavia. She went on river cruises to such places as Mississippi, Amsterdam and Budapest. She's visited many national parks such as Mt. Rushmore, Zion, Tetons, Yellowstone, and the Grand Canyon. She's cruised to Alaska and the Great Lakes and gone on many trips with her friend Cherie. Their first trip was to Mendocino to see how they got along as travel buddies and when that went well, they even took a trip all the way to Vermont where Cherie once worked. Of course, they had to stop in Ohio to visit Jan's relatives and friends.

Jan's favorite trip was to Israel in 2014. It was a 16-day journey which included walking into Jordan. The day she did that, the heat had soared to 104 degrees, so Jan found it impossible to walk back. She managed to get back by riding on a horse-driven cart but feeling every jolt along the way.

When asked what her plans for the future were, Jan quipped, "Tostay upright, let the song go on, and let the Lord guide me through it." No doubt she'll do just that.

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

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Billiards

(cont' from page 27)

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 all the winners.

Winners of the team tournaments in April were:

April 2 – 9 Ball: David Dennino & Roy Stearns

April 16–8 Ball: Ron Judd & Don Warden April 23 – 8 Ball: Tie: Terry Satchell & David Zan – David Deninno & Roy Stearns – Jerry Crosby & Bill Stephens

April 30 & May 1 the club held a special Men's Singles Tournament over two days. The winners were:

1st Place – David Dennino 2nd Place – Bob Cecil 3rd Place – David Zan

• • •

Bridge Club

BY JANE MCNALLY

Joan Donlon reported that the Bridge Club Luncheon and Membership Meeting will be held at Sierra Pines on June 10th. Pizza and salad will be served. We will vote for the slate of officers at this event. The current Council Officers will continue serving: President-Irene Lynn; Vice President- Bob Cecil; Secretary-Joyce Wade; Treasurer- David Bucher.

Susan Pankopf will continue intermediate (cont' on page 35)

SUN CITY REAL ESTATE UPDATE

Sun City Roseville continues with low inventory levels of homes available for sale. There are only 18 homes on the market as of today (May 9th) and there are only 6 homes under contract (in pending sale status). Both those numbers are very low for this time of year. There are a lot of options for retirement communities available and coming available but



only Sun City Roseville and Sun City Lincoln Hills combine the golf and the all the other amenities in one place. It will be interesting to see what the summer months bring inventory wise.

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





Union Pacific's famed "Big Boy No. 4014" visiting Roseville July 12-13

Union Pacific's legendary Big Boy No. 4014, the world's largest operating steam locomotive built to conquer mountains, will make 19 whistle-stops in five states this summer during its 2024 Westward Bound Tour from Wyoming to California.

In addition, this might steam locomotive will be on public display for two days each in Roseville, California, July 12-13, and Ogden, Utah, July 20-21. The Roseville display will be from 9 a.m. to 3 p.m. More details about activities surrounding the display will be available soon.

Big Boy will leave its home base in Cheyenne, Wyoming, on June 30, traveling across Wyoming, Utah, Nevada, and California. On its return trip to Wyoming, it will travel for a short stretch across southeast Idaho.

- Scheduled whistle-stops:
- June 30: Laramie, Wyoming
- July 1: Wamsutter, Wyoming
- July 3: Green River, Wyoming
- July 4: Morgan, Utah
- July 6: Wells, Nevada
- July 8: Carlin & Battle Mountain, Nevada
- July 9: Gerlach, Nevada
- July 11: Oroville, California
- July 14: Colfax and Truckee, CaliforniaJuly 16: Lovelock, Nevada
- July 10: Lovelock, Iveva
 July 17: Carlin, Nevada
- July 19: Montello, Nevada



• July 22: Brigham City, Utah, & Soda Springs, Idaho

- July 23: Kemmerer, Wyoming
- July 25: Point of Rocks, Wyoming
- July 26: Medicine Bow, Wyoming

Display days offer an up-close look at the 1.1-million-pound marvel along with the "Experience the Union Pacific" rail car, a captivating walk-through exhibition that provides a unique glimpse into the rich history of railroading.

During the tour, the Union Pacific Museum will host a special passenger trip. The unique experience is the annual gala fundraiser for the nonprofit organization and provides a rare opportunity to travel on this historic heritage equipment. More information and ticket information will be posted at www. UPtrainTix.org as the tour gets closer.

Twenty-five Big Boy locomotives were built for Union Pacific to haul freight over the steep grade of the Wasatch Mountain Range in Utah during World War II. Eight were preserved after the locomotives were retired six decades ago, but only Big Boy No. 4014 is still in operation. A steam tracking map showing No. 4014's location and route will be available at UPsteam.com.

20th Annual Voices of Lincoln Poetry Contest

The 20th Annual Voices of Lincoln Poetry Contest officially began in April, as part of the celebration of National Poetry Month. The theme of this year's contest is "HAPPY LEAP YEAR!... Leap Into Poetry." The five (5) new contest categories include the following: "Leap Into Love" "Leap Into Action" "Leap Into The Unknown" " Leap For Joy" " Look Before You Leap." Poets may submit a maximum of three poems, no more than one in each of three of the five contest categories.

Poems may be in rhyme, free verse, haiku or other accepted poetry forms and of any length, up to a maximum of 60 lines.

Everyone is encouraged to enter the contest. Poets do not have to live in Lincoln to be eligible. There is no entry fee. Young Poets, 18-years of age or under, are encouraged to submit poems and will compete in a special "Young Poets" category.

Goat Grazing Returns

Don't worry about the herds of goats descending upon the city, they are our newest (and cutest) four-legged employees. Goat grazing is an environmentally friendly option for open space management. Goats assist with thatch control, invasive species management and help reduce potential fire load due to dry grasses - not to mention they can get into canyons much easier than mowing equipment. The "Rules and Entry Form" can be downloaded from the following blog:

h t t p s : // s l o l o w e 4 4 . b l o g s p o t . com/2024/03/2024-voices-of-lincoln-poetry-contest.html.

Poems should be written in English. They should be typewritten and not centered. Please use the Arial font 12-point. The title should be listed at the top of the poem and the category should be included at the top right corner of the poem page. The name of the poet should not be included on the poem. Entry Forms must be received no later than Thursday, July 18, 2024. Early submissions are appreciated. If you have questions, please contact Alan Lowe, Contest Coordinator, at slolowe@icloud.com.

The Voices of Lincoln Poetry Contest is presented by the Poets Club of Lincoln. Winners will receive a commemorative chapbook of the winning poems.

At the peak, the goat grazing plan includes six herds in open spaces throughout the City. In many areas, goats are funded through Community Facilities Districts or Lighting & Landscape Districts. For those areas that do not have dedicated funding and are reliant upon the General Fund, goats are returning due to community feedback through Engage Roseville and the approval of Measure B by voters in November 2018. If you want to visit the goats, the goat tracker has returned to *(cont' on page 35)*



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Observations on Some Words

BY MARTIN GREEN

Observations Looks Backward: One of my sons recently asked me what we did in those prehistoric days when I was a kid, and we didn't have television. I didn't have to search for an answer to this question. I told him we had radio. One of my earliest memories is that wherever our family was and whatever we were doing on a Sunday night we had to rush back home (an apartment in the Bronx) to hear the Sunday night shows. They started with Jack Benny, then Edgar Bergan and Charlie McCarthy, and then Fred Allan.

For younger readers who may not have heard of these, Jack Benny was a comedian who was famous for being stingy and I still remember one skit in which a robber asks him, "Your money or your life?" There's a long pause and then the robber asks him "Well?" and Benny replies "I'm thinking. I'm thinking." Fred Allan was also a comedian. Ahead of his time in that he poked fun at his radio bosses. I remember Allan's Alley. in which he talked to several characters, one of whom was a Mrs. Nussbaum. Allan would exclaim, "Mrs. Nussbaum" to which she would reply, "You were expecting maybe Eleanor Roosevelt?" Benny and Allan were supposed to be having a feud and this gave them fuel for a continuing comedy subject. In reality, I believe they were good friends. Edgar Bergan was a ventriloquist and Charlie McCarthy his dummy, who was a wisecracking kid and Bergan was his straight man. Of course, we never knew if Bergan moved his lips as this was radio and not television.

There were many other must-watch, pardon me, must-listen- to shows back then. One was Jack Armstrong, the All-American boy. I can't recall exactly what he did, but I assume he had various adventures, and I do recall that he was sponsored by Wheaties. Another teen show was The Aldrich Family, not an adventure but a comedy show and I still remember the start when Henry's mother would call, "Hennnreee, Hennnreee Aldrich and he would answer "Coming, Mother." For the girls (and also guys) there was Little Orphan Annie and her adventures, sponsored by Ovaltine. (Is that still around?) Then there was The Shadow, who had the power to "cloud men's minds" and make himself invisible and so fight any number of crimes. The Shadow was notably accompanied by his "friend and companion" Margo Lane, and was voiced by none other than a young Orson Welles. I was never too sure what being a friend and companion meant. Another crime fighter was The Green Hornet, who was really Britt Read, publisher of the Illustrated Press. The Green Hornet also had a companion, his valet Kato. I also recall a show whose name I think was I Love a Mystery and which started by telling you there were Jack, Doc and Reggie in the cave of the bats. With that introduction, it must have been good. One more show I have to mention, The Inner Sanctum, whose host was Raymond, and which started with the sound of a squeaky door. I don't remember what any of the shows were about, but I still remember the squeaking door which signaled that something scary was coming up.

Good grief, I almost forgot The Lone Ranger. Who could forget the start of that show with the stirring words, "From out of the past come the thundering hoofbeats of the great horse, Silver. The Lone Ranger rides again!" And then: "Hi, yo, Silver! The Lone Ranger rides again!" And all of this with the music of the William Tell Overture in the background. And oh yes, I must mention the Lone Ranger's faithful Indian companion Tonto and Tonto's horse Scout.

As the reader can see, once you start looking backward, it's hard to stop, but I'll end here. If any readers have memories of the old days they want to share, my e-mail address is mgreensuncity@yahoo.com.

Last month I wrote that I had a new book, "Potpourri VI," on Amazon. I neglected to add it's an e-book at practically no cost. You can also get my other books on Amazon at almost no cost. Take a look.

SCR Foundation

(cont' from page 1)

and attendance at Foundation fundraising events. Visit our website www.scrfoundation. org to learn more about upcoming events.

April not only brought us showers but also great attendance at the Mix and Mingle where potential volunteers learned what the committees and the Foundation have to offer. The Foundation's Board of Directors is comprised solely of volunteers. We will have several openings this year and are actively recruiting volunteers. Please join us Friday, June 10, 2024, at 9:00 a.m. in the Card Room at the Timbers. It's a great way to learn what the Foundation does for the community, and you'll have the opportunity to discover where you might fit in. Visit our website and learn more or contact Doug Smoot at 916-532-0332.

As this article goes to press, we are in the process of wrapping up the 26th Annual Foundation Golf Tournament. Check with the pro shops and see if there is any availability left or reach out to Kathi Stropkai, scrfevents@ gmail.com 916-761-9964. We have received an overwhelming number of sponsorships from outside the community so we're looking forward to someone driving off with a Porsche on Hole 14, Timber Creek, or a Mustang on Hole 8, Sierra Pines.

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



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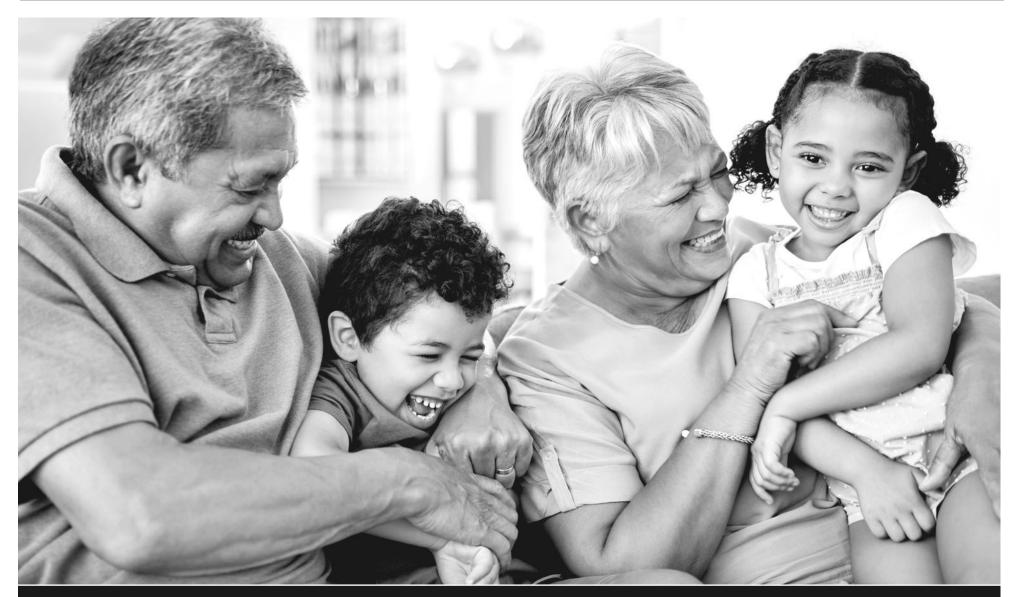
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Leaving a gift to the Placer Community Foundation is a powerful way to create a legacy of positive change. By designating a portion of your estate, you can help to improve the lives of people in Placer County for generations to come.

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

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



Call (530) 885-4920 or visit PlacerGives.org to learn more.







Bridge Club

(cont' from page 29)

bridge lessons in the future. Keep tuned in. Participants reported these

Judith Shivel

lessons were helpful. Many Club members assisted at the lessons attended by 8 to 9 tables of players. Kudos to helpers, who often filled in at the tables: Judith Shively, Colleen Tovey, John Long, Bill Huber, Dick Pankopf, Bob Cecil, Ella Bosse, Chantry Rogers, and Irene Lynn.

Our volunteer game managers on Wednesday Fun and Friendly Bridge are Judith Shively, Colleen Tovey, Don Manning, Bob Cecil, and Bob Yarrigle. Sylvia Richlin and Dick Pankopf help at Social Activities. ACBL helpers are Mike Coakley, Brence Davis, and Lynda Hammel.We have a very successful club because of these volunteers whom we appreciate. Our Club welcomes new members at all levels. Come join us.

Pay your Club dues of \$15 at the June Meeting.

Mah Jongg

BY BECKY MATSON

June, the start of summer. We're lucky to be living in Sun City Roseville where there's always action and our Mah Jongg group is no exception. We have a large group that plays Monday at 12:30 pm. There are sometimes 10 or more tables. We also play Friday at 9:00 am. Please join either or both days for play.

Membership is always open to new players. We have several ladies who took our April lessons and returned for play! Our next fun lunch and play afterwards will be at Sierra Pines. We will meet Friday, June 28 for 11:30 am lunch. There will be a signup sheet in the Card Room.

Remember, the MJ group is fragrance free and nametags are encouraged. They are helpful for our new players to meet other members of the group.

Bunco BY PAT OBERLANDER

Independence Day is coming soon! Join us in asserting our independence from household drudgery at Bunco on the 2nd and 4th Mondays. We start with signing in at 8:30am and the fun and games begin at 9am. Good way

to meet neighbors and have lots of fun. We'd love to see you. We're in the card room at Timber's Lodge. You don't have to commit to every time, but once vou start, vou'll be hooked. Come on down!

Bunco Winners!



Winners for April 8 - Pat Oberlander, Norah Bork, Dottie Thornton

Winners for April 22–Jackie Spencer, Sue Moreland, Becky Maton, Sydnee McKinney, Barbara Perry

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Goat Grazing Returns

(cont' from page 30)

make finding them easier. You can find it at roseville.ca.us/goattracker.

Here is some good to know information before your visit: Fences surrounding goats are electric, so don't touch. A herder and dog are on site with each of the herds.

Please don't throw food over the fence. Goats tend to all run towards the food and have knocked over the fence in some instances. Plus, their job is to eat the dry grass/brush.

Have fun, take some great photos and tag them #rosevillegoats.

SUN SENIOR NEWS CLASSIFIEDS

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FISHING EQUIPMENT: Rods, Reels and some gear. Paul 916-772-5766. . . .

WANTED/ANNOUNCEMENTS

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

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

BUYING OLD COINS, pay cash, free appraisals, discreet, I pay more! Private collector, SC resident. Call Jerry 1-916-772-4268.

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

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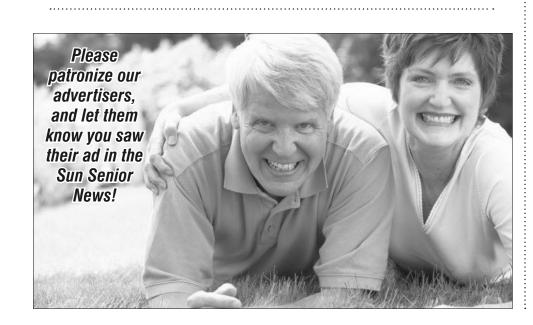
- **F R E E A D S INCLUDE:
- ✦ First 15 words are FREE (for SCLH residents only), additional words \$1 each
- ◆ ONE AD PER HOUSEHOLD, PER MONTH
- ♦ Any Real Estate or Business Ads are not free.
 Please see "Business Ads"
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- Classified Ad Submissions WHEN: By the 12th of the month. Please email the information below to:
- SunSeniorCA@gmail.com. Subject Line should be SCLH Classified and your Phone Number (Example: SCLH Classified 916-123-4567) 1. Contact name and phone number.
- 2. Which category to place your classified ad in: (Service, For Sale, Wanted, Announcement)
- 3. Classified ad text including the phone number you want
- readers to call. SCLH residents get FREE non-business Classifed Ads; limited to 15 words; one per household per month.
- Non-business Ad items include selling personal used items such as furniture, tools, books, rugs, electronics, personal car, golf cart, etc.

✦ Anything of a commercial nature, including pet sitting, real estate, rentals, timeshare/condos, etc

BUSINESS ADS:

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

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Recent Sales in Sun City Roseville



200 Swazey Ct Delta Breeze SOLD \$680,000



300 Wagonmaster Ct Sierra SOLD \$685,000



7380 Goose Meadows Way Delta Breeze SOLD \$ 783,000



6212 Strawberry Station Loop Timberlodge SOLD \$ 915,000

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