

SUN SENIOR NEWS

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



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Vaudeville Group

BY CRAIG STULTS

Vaudeville Show READY! — Hurry... tickets to the 2024 Vaudeville show are almost

on your face.

The Vaudeville 2024 participants have been rehearsing their acts over the last 6 weeks. These performers are your neighbors and friends who enjoy performing and seeing



sold out! Sun City Lincoln Hills Vaudeville show offers a diverse range of entertainment, including comedy sketches, music, singing performances, ventriloquist, and more. This variety will appeal to a broad audience with different tastes. Twenty-Seven acts will prove to provide every viewer with the sense of having a fun time and leaving with a smile

others have a great experience.

The Vaudeville of yesteryear provided a gathering place where people could come together to enjoy live entertainment. It was a popular form of family entertainment and a way for people to socialize. This is what you will find at Kilarga Springs Presentation Hall. The seating is comfortable and there is not a



Laurie Westsmith and Linda Wilds-Beltz in costume.

bad seat in the house. Spend an afternoon or evening with us.

Show dates are July 11 & 12 – 6:00 PM Show. July 13 & 14 – 2:00 PM Show. Kilarga Springs Presentation Hall. Ticket admission: \$18. Tickets are on sale at the activity's desks at both lodges or on-line at www.sclhresidents.com

LH Foundation – Special July Bingo!

BY DENISE BOWDEN

Bingo usually takes a break in July but this year we are doing something different and hope our players can join us on July 18th for a special Bingo celebrating 25 years of Sun City Lincoln Hills. The Lincoln Hills Foundation and the Association have had a strong partnership since we started in 2002 and we want to acknowledge it with a special day of Bingo. Proceeds from the event will be donated toward celebration events during the summer.

Besides Bingo we can't overlook other July activities to celebrate. Independence Day brings out the red, white, and blue, the Summer Olympics start and will have us glued to our TVs watching our favorite sports. We can usually anticipate the hottest day of the year in July, but we will still enjoy BBQs and picnics with friends and family.

Mark your calendars for Thursday, July 18th and join us for our special Bingo in the ballroom. Doors open at 12:30 and play starts at 1:00. Twelve cards for \$25, with exact change appreciated. Payouts are \$100 for the first eleven games and \$250 for the final game. Make an afternoon of it and enjoy a special Bingo lunch at Meridians beforehand.

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

LH Players

BY DOUG BROWN

We're happy to report our OLD HAMS play in mid-June was a sellout for all four shows! Congrats to the cast, director, tech crew, and production team for once again treating us to a wonderful show. It just goes to show you that we "old hams," your friends and neighbors, can give audiences top-notch performances. Lincoln Hills today...tomorrow, Broadway?

Speaking of Broadway, we're thrilled to announce our blockbuster mainstage

November show, directed by Karen Pinomaki, will be GUYS & DOLLS JR, based on the legendary, multi-award-winning, musical comedy classic about rolling dice and falling in love under the lights of Broadway! Save the dates: November 21-24, 2024. Auditions will be August 5 and 6, and an introductory workshop, for those considering auditioning for the play, is scheduled for July 29 from 6:00-7:30. For details about auditions and the workshop, visit www.lhplayers.org

Coming up on Saturday, August 3 and Sunday August 4, we have one-hour FREE Readers Theater shows for you in KS Presentation Hall, each at 3:00 PM. You'll delight in a reenactment of MY MAN GODFREY, a widely-acclaimed 1930s movie/radio show, directed by Paul Gardner, and performed live on our KS Presentation Hall stage. It's a wacky screwball comedy whose satirical social commentary is not lost in all the laughs, as homeless Godfrey is hired by a riotously unhinged upper-crust family, and orchestrates multiple twists and turns—and a lesson or two for the socialites.

Check out our Players website www.lhplayers.org for further information about our club. All residents are welcome to attend our next meeting, Monday, July 8 at 4:00 PM in KS Presentation Hall. You'll meet other members and discover that club members are active in all kinds of theatrical activities, from onstage acting to support roles on the production team. Annual dues are only \$5.

Lincoln Hills Players Club
A Readers Theater Production
Readers Theater August 3 & 4

Directed by Paul Gardner

...
(more Club News cont' on page 5)

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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

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Kilaga Springs Library News

BY JOY HUTCHISON

Ah, summertime and the living is easy. Do you have leisurely time to finally just relax with a book? For our regular readers as well as those of you who have missed the opportunity, now is the season to acquaint yourselves with what Kilaga Springs Library offers. One of our popular sections is the Biography Section, located opposite the front-facing windows to the right as you enter. Perusing the array of titles, unlike the Fiction Section where books are listed by author, you will find this section listed by the featured person's name. If you're interested in show business celebrities, we have books from Julie Andrews to Dick Van Dyke. You will also find books about athletes, newsmen, inventors, politicians, war heroes and scientists. There are also books featuring special people from ordinary lives making extraordinary differences in our world. Check out those shelves and get inspired, entertained and educated.

The Kilaga Springs volunteer library staff

thanks all of you who attended our Adopt-a-Book Faire in May. Another one is scheduled for October 15th. In the meantime, while you are going through your old jigsaw puzzles or CDs, please consider donating them, as they are as popular as the books we receive.

The Meet the Author Lecture Series is taking a break over the summer. We will be offering our next presentation on September 23rd, with more information to follow.

Contact: Sarah Kevin, Volunteer Library Coordinator, sikevin@gmail.com.



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

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

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SUN CITY REAL ESTATE UPDATE

Over the years I have found there are times of the year that the market slows down, both on the seller side and the buyer side. June is one of those times. This is due to kids getting out of school, graduations and travel for graduations and family vacations all of which take or portion from the activity. Buyers are still paying attention, they are just not as active on a daily basis. Over the past several years we have seen the market pick back up again after the July 4th weekend but it slows down progressively from September to December. So if you are thinking of coming on the market, now is a good time to start readying your house for sale.

WRITTEN BY **GEORGE BROWN**
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LH Music Group

BY JULIE RIGALI

We just learned that our group will meet on the first Wednesday of July, and hopefully will return to the second Wednesday starting in August and running through October. We meet in presentation Hall, from 1:30 to 3:30. Our meeting begins with a group “sing and play”, using songs that are posted to our website, which is www.lincolnhillsmusicgroup.org, the password is “musicgroup”. You can join us to enjoy listening to other performers, or you can choose to perform for the rest of us. If you want to perform, please put your name on the signup sheet that is available from 1:00 to 1:30. If you have any questions, you can contact Julie Rigali at rigalijulie@gmail.com

The Guitar Ensemble meets on Fridays from 1:00 to 3:30 PM in Orchard Creek. Contact Sal Caruso at 916-343-5810 for information. Ukulele Ohana meets on Wednesdays from 1:00 to 3:00 PM in Orchard Creek. Contact Ron Peck at 925-788-5869 for information. All groups are open to Lincoln Hills residents. For questions about the regular music group, contact Julie at 925-787-1875.

We hope to see you soon!

• • •

Ballroom Dance

BY ERNIE MICHELI

The Ballroom Dance Club will provide instruction for the Nightclub Two Step during the month of July. This dance is often referred to as the “two step”. Actually the “two step” is known by many names and can be a completely different dance to different dancers.

My research has found that there is a Country Two Step, a Mexican Two Step, a Texas Two Step and Hip Hop refers to a two step. In the ballroom we dance the Nightclub



Two Step. One difference is the Nightclub Two Step is danced in the center of the floor while the other “two step” dances circle the perimeter of the floor.

The origin of many of the “two step” dances are varied. Some say the “two step” evolved from the foxtrot. Another source claims the “two step” developed because a cowpoke got tired of dancing the “one step” on the right foot and added the second step.

The Nightclub Two Step gives credit to a teenager named Buddy Schwimmer who invented the dance in the mid-1960’s. He developed the dance while practicing with his sister as he reached for a way to popularize slow ballad music. He noticed that during their high school parties, most of his friends stood still and shuffled in place when slow, romantic songs played. He felt there was a need for a more interesting alternative to dancing to slow music.

Annual membership dues are only \$10 a person to all residents and sponsored guests. Lessons are offered in the Kilaga Springs Lodge Multipurpose rooms each Tuesday: 2:00 to 3:00 PM beginners; 4:00 to 5:00 PM experienced dancers; open dance 3:00 to 4:00 PM. Contact Sal Algeri at 916-408-4752 for more information. The Ballroom Dance Club website is at sclhbdc.com.

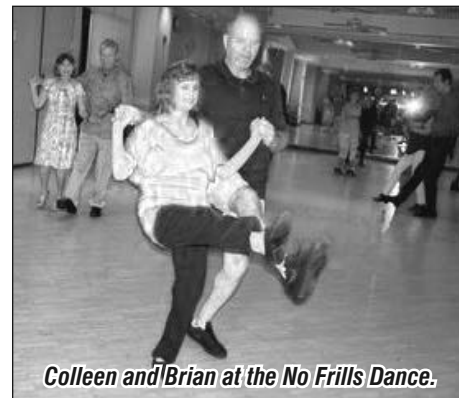
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Country Couples

BY RICH AND DONNA PICK

Country Couples was blessed with a beautiful sunny afternoon when we revisited the Yard House in Roseville for our dinner get-together. This was the first time we revisited a restaurant for our group. This time we were out on their patio. The Yard House placed two long tables next to each other side by side so that we could visit with everyone. Service was exceptional. We were able to order off the Happy Hour menu and they accommodated us with individual couple checks. Food was delish! Much enjoyed by everyone.

Everyone, please remember our get-together for June will be on the 28th at the Pavilions Plaza. Time is 4:00 PM til 7:00 PM. This is our second annual Picnic. Everyone brings their own beverage, dinner, or snacks. There will be many different games people can play including Corn Hole, Jenga, Dominoes, and board games. We might even have a water



balloon toss. Please bring along a favorite game of yours.

On Saturday, June 1st, our members gathered at Kilaga Springs Lodge for our third dance of the year, a “No Frills Dance” event from noon to 4:00 PM. Members brought their own lunch and beverage, with water and dessert provided. Jim and Jeanie Keener started the afternoon by teaching everyone a line dance, “Chocolate City Hustle”. We followed that with a waltz, a rhumba, a salsa, a cha cha, a swing and many more dances. Most of all, we all enjoyed being among friends and just having fun. It was a successful, fun event which will be followed by many more fun events.

For more information, call April Cederburg, 916-390-3931

Website: sclhcc.com

• • •

Tap Company

BY ALISON WOLFE

A reminder to mark your calendars for our Tap Company luncheons. Our Spring/Summer luncheon is scheduled for July 24, 11:00 to 2:00 in the Solarium at OC, and our Holiday Luncheon is scheduled for December 16th, 11:00 to 2:00 in the Ballroom at OC. Remember to pay your dues in order to attend. Dues can be mailed to Jennifer Carroll at 2057 Winding Way, Lincoln, CA 95648. Please make your check out to: SCLH Tap Company.

• • •

Line Dance

BY ANNETTE PORRECO

Attention all line dancers. We are inviting all line dancers to come and enjoy line dancing at its finest. We have an outstanding team of

teachers who provide classes for all levels from the absolute beginner to the most advanced students. We are very excited to announce that we are planning our next social event to be held in the Orchard Creek Ballroom on August 25th from 1PM to 4PM. Tickets will be available soon. So, dust off those dance shoes and join the fun! For more information contact Annette at 916 521 1295 or annetteporreco@gmail.com

• • •

Mixed Media Club

BY JILL SHORT

Hot days are upon us! I love to grab a cold drink, go into my art room put on my ceiling fan and create. It does not have to be a masterpiece but it keeps me inside in the cool house. Another cool place to be is at Mixed Media Club meetings. In June our club used napkins to make 4th of July art. Stop by the display window near the fine arts room and see our creations. The club will get a story prompt about a Red Balloon for our July meeting. Those who attended the June meeting got the story ahead of time. We will send the story prompt out by email before our July 17th club meeting. This project is where creativity and imagination come together as we breathe life into the adventures of the Red Balloon. So come out and play with us. This project will be created during our meeting time and is very open ended. Use what ever materials you want to.

The July voluntary art challenge is, “Home is where the Heart is.” Our August challenge will be, “If the Shoe fits wear it.” There are no rules to these challenges. Give your creative self the freedom to go where it wants to go and then bring your finished project to the meeting. Pablo Picasso said, “Learn the rules like a pro so you can break them like an artist.”

We love for people to come and check the club out. The Mixed Media Club meets the 3rd Wednesday of the month in the Fine Arts Room (OC) at 1:00 PM. For more information contact Chris Fetter at 916-276-7895 or email at: mixed.media.chrisf@gmail.com

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(more Club News cont’ on page 6)



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Needle Arts

BY MARY SWANSON

Summer is here and it's time for Needle Arts general meetings to go on hiatus. Our June general meeting was a fascinating presentation by Jennifer Serr, Her journey through the various design and creation avenues of needle arts was most interesting and a great ending to the first half of the year. General meetings resume in September. Many breakout groups continue to gather during the summer and the times and meeting days can be found on the NA website (www.sclhna.com) and on the calendar in the window outside the sewing room.

Community Service continues to meet throughout the summer in preparation for the busy holiday donation season. While donations are made throughout the year, the requests for donations increase during the holidays and it takes many hands to fulfill the demand. If you are able, quilt kits with instructions are available during the Thursday morning CS gatherings. Finishing of the quilts is a big job and there is a high demand for anyone who can top quilt. Please stop by during community service hours any Thursday morning between 9 am and noon to see how you might help.

Be sure to stop by the display windows outside the sewing room and enjoy the patriotism on display in many forms of needle arts. This display will be replaced in mid-July as needle arts window displays also take a hiatus. Workshops will return in September. We are hopeful that more dates will be added

for in-house retreats as the June 22-23 event is full. Watch your email for new offerings. Our Mercy Auburn retreat has been scheduled for March 31 through April 3, 2025 and a deposit of \$155 will hold your spot. There are only 13 spots available and over half are already filled. Don't delay in turning in your reservation form which is available on the NA website.

• • •

Painters' Club

BY TAMSÉN ARMSTRONG

Looking to participate in the club's leadership? We are forming a nominating committee to recruit interested members in running for board positions. Not sure if you want to be involved? We will be presenting information at our meetings to give you an idea about what each position entails and make it easy to decide.

You won't want to miss this! Tom Watson, award-winning illustrator, graphic arts



designer, and painter will be demonstrating his painting technique at our July 16th meeting starting at 1:30 PM.

Congratulations to all the wonderful artists at the Sun City Fine Arts Show! We will post a list of award winners in next month's issue. Thank you to all who attended and helped organize this spectacular event. The committee is already working on dates for next year.

Want a quiet place for a nice dinner with lovely paintings on the brick walls? Try Buonarrotti's Ristorante in downtown Lincoln. Our show will be up through October 4th.

Our Spring Luncheon at Turkey Creek Bar & Grill was great fun with many amazing paintings from our members on display.

Exciting news: watercolor class are back at the OCLodge! Our own Lisa Caliouette is now teaching Beginning Watercolor every Saturday 10 to noon. Enroll through the SCLH website.

Our general meetings are on the 3rd Tuesday of every month at 1:30 in the OC Art Room, and dues are \$15 a year. Contact Marianne Oliphant for more information. Oliphant50@gmail.com 530-919-1750.

• • •

Paper Arts Club

BY LINDA LUCCHETTI

Don't miss our popular, Annual Overstock Sale set for Thursday, July 18 in the Terra Cotta Room at the Kilaga Springs Lodge, from 9:00 AM (members only) and 9:30-11:30 AM (residents and guests.) Whether you are a new or seasoned paper crafter, you're sure to find



New members: Galila, Tamara, and Judy

bargain items including paper, inks, dies, and much more. Come shop with us!

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

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

• • •

Ceramic Arts Group

BY JIM CARNATHAN

There are still a few days left to see the Feats of Clay regional ceramics arts show at the Art League of Lincoln 580 Sixth Street in downtown Lincoln. The show runs through July 7, 2024. The show's opening reception was a packed house and the ceramic creativity in the show is amazing. There is still time to see it if you can.

The SCLH Fine Arts show in the OC ballroom was also a success. The crowds were good size, and the art was amazing as well. I

(cont' on page 7)

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Ceramic Arts Group

(cont' from page 6)

hope everyone was able to attend and see the wonderful works of our creative artists.

Please support the Arts and come play in the clay.

• • •

Woodcarvers Club

BY LIONEL RAINMAN

To some people a block of wood is just that, a block of wood. To those that carve a block of wood could become a Santa Claus, a fish, or a four-legged animal. Every carving project is an adventure... something that will emerge, at a time later, as a carving masterpiece.

Everyone has the ability to carve and those that do carve have a desire to create an image in their minds and try to create it with a knife and/or chisel. A wood carving, like any form of art, is an individual thing. It can be somewhat duplicated, but never exactly.

Many of the members of the Woodcarvers Club enjoy the camaraderie and the challenges wood carving provides.

If you are curious or have an interest in carving, please stop by and see what we are doing. We have carving tools that you can use.

Woodcarvers Club meets every Wednesday from 1:00-4:00 PM in the Sierra Room at (KS).

Contact: Lionel Rainman, 916-253-9534

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LH Photography Club

BY DIANE MARGETTS

Jim Moon shared incredible bird images from his recent trip to Belize. With close to 600 species of colorful birds, Belize is a bird watchers' paradise. Almost half of the land in Belize is managed as reserves, wildlife sanctuaries, national parks, and protected habitats.

July will be a busy month. In addition to our membership meeting on general composition, we will have a special learning session on photographing the Milky Way/galaxy on July 3 followed on July 6 by a Show and Tell Extravaganza and a summertime favorite hotdog luncheon. There will no doubt be a flash mob field trip or two coming up as well. Our flash mob in June was a day trip to the Amador Flower Farm with lunch at the Villa Toscanini Winery.

Don't own a digital camera? No problem. We are offering special learning sessions for smartphone photography. The photos you can capture on your smart phone are absolutely amazing! Check our website for info.

Thinking about joining the Photography Club? We always welcome new members. You can sign up online or at any of our monthly General or Photography Special Interest Group Meetings. Both camera and smartphone photographers are welcome. For information of meeting times and schedules, please check out our website. Contact: Diane Margetts; 916-955-1809. Website: <http://www.lhphotoclub.com>

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Stamp Club

BY TIM MILES

Our club meets at the Sun City Roseville Lodge (7050 Del Webb Blvd) at 6:30 pm, usually on the 2nd and 4th Tuesday of the month. July meetings are Tuesday, July 9th and Tuesday, July 23rd. August meetings are Tuesday, August 13 and Tuesday, August 27. All meetings start at 6:30 pm and run roughly 2 hrs. We have door prizes, catalogs available to update your collection value, albums and pages and whatever happens to be available at the time. We have dealer members and Al Capparelli (916-771-8288) handles most of the inquiries as to collections, stamps and anything you might need. We highlight what is available at the upcoming meetings so you can be sure and be present when items are offered. We have "open garage" times set up so you can visit by appointment w/ Al Capp. and see what is available across the spectrum of the hobby in much more detail than what is available at meetings.

Thanks to our Secretary, Bob Bartlett, for his timely emails on news of the club and recent minutes.

Thanks also to Kathy Peterson who invited members of the Sacto Stamp Club to our meetings and several joined-so "welcome" to them.

Readers note that if you have an "old" album up in your closet, feel free to attend a meeting and get a pretty close appraisal of the collection's value.

Upcoming Greater Reno Stamp Show at National Bowling Stadium in Reno on July 27-28 (email "show@renostamp.org"- Website: <https://renostamp.org/>)

Hope to see you at a Club Meeting.

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Singles

BY KATHY SHADDOX

July is here and our single members have no summertime blues! We kickoff the month with our Activities Meeting on Tuesday, July 2nd at 4:00 pm in the OC Computer Room. Curious? Join us and bring some your new ideas of fun things to do as a group.

Once a month, we have our Birthday Celebration. This month will be on Sunday, July 7th at 4:00 pm in the Kilaga Springs Café. You have the choice of being indoors or out on their patio. If it is your birthday month, come and get your free drink on the club! In addition, everyone will sing to you and lead by Dennis Doane.

On Wednesday, July 10th at 5:30 pm is our monthly Business Meeting in the OC Ballroom. Following the meeting we will have our Singles Horse Races.

On Saturday, July 13th at 9:00 am we have our 2nd Saturday Breakfast in the Sports Bar. No registration needed. Just join us and order whatever you like from the menu and eat with your single friends. Dennis Reid will be your host and greet you.

(cont' on page 11)

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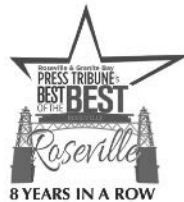
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Neighborhood Watch

BY TERESA TANIN

Summer is upon us, and we are all excited about getting out and about. With each outing, however, comes some risk. Neighborhood Watch Executive Director, Linda Minor, and Association Executive Director, Kyle Bodyfelt, work in concert with their volunteers and staff to help reduce the risks that may arise. Residents attending the New Resident's Orientations, the annual Community Safety Event and the National Night Out event, just to name a few, benefit greatly from the safety information presented by both Linda and Kyle.

Linda's event Coordinators will be presenting the "Kickoff" for National Night Out, August 17, from 6:00 to 8:00 PM, in the Multipurpose/Kitchen Rooms (KS). This Neighborhood Watch potluck event kicks off the preparations for the upcoming October 1, National Night Out, where residents meet and talk directly with Lincoln Police, Fire, and Placer County personnel. Sign up early for the August 17 event. This has always been an enjoyable evening. Visit schwatch.org for more information including a detailed event flyer. Please bring potluck dishes to share based on the first initial of your last name: A-H Salad or Side, I-R main or entree, S-Z Dessert or Appetizer; coffee and lemon water will be provided. Enjoy the no-host bar, music and more! Email RSVP to nnocoordinator@schwatch.org or call Suzanne at 775-790-0835.

Cost is \$5 per person. Please make your check payable to SCLH Neighborhood Watch, and mail to SCLH Neighborhood Watch, P. O. Box 282, Lincoln, CA 95648-0282. Thank you!

Kyle Bodyfelt, working literally in concert with staff and volunteers, has implemented updated safety measures during the Summer Concert Series. Update appeared in a recent eNews dated May 21, where it was communicated that a special EMT red tent, with two on-site EMT's, would be available to help residents should a need arise. "Safety is an essential part of a great evening" per Kyle, which is also the philosophy of Neighborhood Watch. Working in concert, both Linda Minor and Kyle Bodyfelt, help keep our community Safety First!

Neighborhood Watch Mission Statement, through the dissemination of safety and security information: Strengthen neighborhood ties, increase personal safety and security awareness, be the "eyes & ears" of the Police & Fire Departments, and encourage emergency preparedness.

Thank you to our volunteers who recently attended our June 14 training program. Held several times a year, training programs help new Mailbox Captains learn the best ways to serve the residents of Lincoln Hills. Those interested in helping keep our community safe can join our safety and security team. Visit

the Neighborhood Watch website schwatch.org and click on "Want to Volunteer?" Also, check out the many helpful online links to local resources and safety information including "Alerts" past and present. Click on "Add me to Alerts" to receive Alerts directly.

Help our local police. If you see something, say something. If you are unsure as to whether a situation warrants calling 9-1-1, please do not hesitate calling. The Lincoln Police will help direct your call and decide whether dispatch will happen. Provide as many details as possible. Or call the non-emergency number 916-645-4040 and then follow up by leaving a message with Barry Johnson at 916-792-7540, Neighborhood Watch police liaison.

Report what you see. Help keep our community Safety First!

Since Lincoln allows the sale of "Safe and Sane" fireworks, here are just a few reminders regarding safety at other's displays. Sparklers are nice to look at but operate at about 2,000° F on average. Other heat-bearing fireworks include fountains, streamers, various candles, smoke devices, and low height ejection materials as items that we need to be safe and sane around. Keep a bucket of water nearby as standard practice and possibly a fire extinguisher.

Virtual celebrations are now quite often the new alternative to the traditional chemical fireworks. Watching fireworks shows that are broadcast on television is a popular choice as well.

The newest and most innovative form of celebration is the use of drone light shows. These consist of fleets of drones which have powerful LED lights that create amazing patterns and unlimited display themes. What a perfect way to allow all of us to enjoy a colorful, eye-catching show that doesn't hurt our pets' ears or frighten them into a state of panic. As a bonus, they don't leave any debris or harmful chemicals behind.

Finally, it is up to all of us to come together as one respectful group, honoring the principles and values of our founding fathers. A vision for a great nation that strives to create a more perfect union, is truly what the Fourth of July represents. So may the fourth be with us all!

Neighbors InDeed

BY RICK CARREIRO

"May the Fourth be with You!"

Hi Everyone! Now that summer is here it's time to celebrate Independence Day, often with fireworks that help symbolize our country's freedom and spirit. We can't forget the Lincoln 4th of July parade and its participants, followed by the evening fireworks shows. Many can watch from favorite SCLH viewing areas and catch several shows, all in one night.




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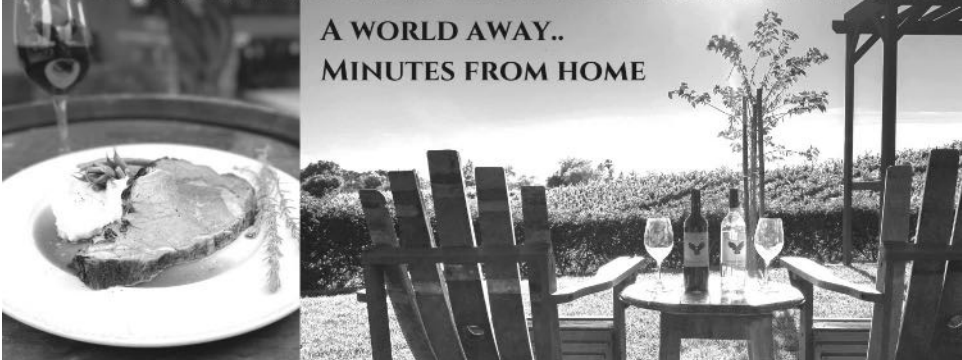
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A Different Kind Of Doctor

Do you ever wonder what it is that makes some doctors so incredibly compassionate while others have a bedside manner better suited for the DMV?

In the case of RaeAnn Salvador, DAOM, LAc of Lincoln Acupuncture Clinic, it is a case of true empathy.

"I suffered from cluster migraines in my teens and twenties," she explains. Cluster migraines are named such for their debilitating pain that is a step above the norm. "I had migraine headaches 3-5 days a week that were so intense I was often bedridden and would become physically sick."

Being that migraine is one of those complicated conditions that is not fully understood, treatment options were prescription medications that did not work and lifestyle changes to limit triggers that could cause migraine. "It was no way to live," she shares. "I was young and should've been living a bright, vibrant life. Instead I was monitoring my daily caffeine intake, avoiding long exposure to fluorescent lights, and doing my best to prepare for changing weather conditions. As you can imagine, Spring and Fall were especially rough. We lived in South San Francisco- it was Winter in the morning and Summer by the afternoon or sometimes the opposite!"

It wasn't until her primary care doctor sent her to an acupuncturist that she found real relief.

"This is why I often refer to my practice as 'The Last Resort With The Best Results.' You've been everywhere else and been given the same disheartening prognosis, prescribed the same medications, and told: 'This is just something you're going to have to learn to live with.'"

Soon after her incredible experience with the healing arts, she made the life-changing decision to change her career course and pursue her doctorate in acupuncture. "Acupuncture quite literally saved my life and I wanted to share that with the world," she proclaims.

While in school, she watched as her grandmother began to suffer from peripheral neuropathy. "Your golden years should be golden, not plagued with insufferable pain while doctors and specialists tell you there is nothing they can do." Understanding that Eastern Medicine excels where Western Medicine fails, Dr. Salvador set forth to develop treatment protocols for all variations of Peripheral Neuropathy (including diabetic and chemotherapy-induced) and now has an 85% success rate in treating this once difficult to manage condition.

I was tired of seeing the older generation suffer unnecessarily," shares Dr. Salvador. "Diagnosing them as 'just getting older' and giving them a treatment plan of 'you're just going to have to get used to it' has never sat well with me so I wanted to offer them a real option for treatment and care."

And what do those in her care have to say? "Dr. Salvador looked me in my eyes and wanted to know about me, not just my condition. I feel like a person, not just a patient," shares David. "In fact, I don't think she ever used the word patient."

Dr. RaeAnn Salvador has a long personal history working with complicated, difficult to understand conditions and understands how tragic it can all be if left untreated. "I have sat where my patients sit during their initial consultation. I've experienced their pain and suffering in a very real way. I know the frustration of feeling hopeless on an intimate level. And it brings me incredible joy when I get to say 'I can help you!'" At Lincoln Acupuncture and Integrative Health, we specialize in treating chronic pain, complicated neurological conditions, and autoimmune diseases that leave other professionals scratching their heads. A different kind of doctor, a different kind of care.

For more information about Lincoln Acupuncture and Integrative Health and what we treat, call 916-884-0398 or visit AcuLincoln.com.



Schedule a Consultation: 916-884-0398

Singles

(cont' from page 7)

We will have a special Singles Bowling event, on Tuesday, July 16th at 1:00 pm at Strikes Bowling Alley in Rocklin. Members have to have made a paid reservation with Vern Silva. Event includes bowling, shoe rental, food and 2 drinks.

Are you ready for another Cocktail Time event? Join us on Wednesday, July 17th at 4:00 pm at Buonarroti's on Lincoln Blvd. in downtown Lincoln.

We end this month's activities on Wednesday, July 24th at 5:30 pm for our Social with "Swingin' 60's Trivia and Ice Cream Treat.

We also have weekly sports like Bocce Ball on Wednesdays at 10:00 am; Shuffleboard on Thursdays at 9:00 am on Tennis Court #10 and Golf 18 Holes on Fridays at various courses.

Membership cost is \$20 a year. Contact Mari Long 916-409-9136.

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Genealogy Club

BY NANCY SWITZER

If a tree falls in a forest and no one is around to hear it, does it make a sound? Another philosophical thought I recently had was, "If an Ice Cream Truck came down SCLH streets, would anybody hear it?" But think about it, wasn't that one of the most exciting parts of summer? What was the tune your ice cream truck played? "Turkey in the Straw" was a popular tune, and in the 70's it was "The Entertainer." We lived in the desert, and my favorite memory was running out barefoot to stop the truck, and the kind salesman tearing apart empty boxes for my sisters and me to stand on the broiling hot asphalt, while we made our choices. My mother was not a fan of the Ice Cream Truck for a few reasons: the amazing cost of fifty cents for five treats, or the fact that the truck would come around when my mom was trying to get us in bed while the sun was shining at 7:30 PM and would park outside our home with the music playing!

Are you craving ice cream yet? Our July Genealogy Club Meeting is our annual Ice Cream Social (members only). It will be held Friday, July 19th from 11:30-12:30 PM in the Placer Room at KS. Come enjoy a sweet treat and meet with your fellow genealogy lovers.

Life is short, eat dessert first! Please let Rita know if you will be coming so there will be enough ice cream.

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

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

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Shalom Social Group

BY JUDY GANULIN

Shalom Social Group members enjoy a variety of activities. We volunteer at the Placer Food Bank. We have social events throughout the year – a picnic in May, a breakfast meeting with a speaker last month, Game Night this month, a Pizza and Bingo night in August and another in conjunction with our Membership Meeting in November, and our well-loved Hanukkah dinner in December. We also have several membership meetings each year. Our club is based on Jewish food, history and culture, but membership is open to all. For more information, please contact Margie Gulko, 916-543-5303, or Deanne Iliff, 530-518-3704.

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Lavender Friends

BY JOAN LACKTIS

Picnics are more fun with belly dancers! Nearly 80 members ate, sipped, and mingled at our Pride-themed all-member mixer in June. As a special treat, one of our members invited a few friends from his belly-dancing class to entertain us. We all had a great time.

The month continued with a tour of historic downtown Lincoln followed by breakfast at the Waffle Shop. This month we are planning a tour of the Telephone Museum in Roseville. Our Activities Committee Extraordinaire really comes up with some interesting ideas for us!

We also will be attending to club business



Two of the "Dancers of Intrigue" show off their moves center stage.

at our biannual meeting on July 20. Members, be sure to mark your calendars and plan to attend so you can be part of our decision-making process (look for details in your weekly email).

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

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SCHOOLS

BY PATTI KINGSTON

Our Lincoln schools need you! Volunteers may sign up now for the 2024-2025 school year. Help is appreciated in grades K-5 and for Phoenix High School where tutors help with English, Math or History. Some of our elementary volunteers have continued to work with teachers over the past 2 years, using imaginative ways to be of help. Some have corrected papers and made copies of schoolwork sheets for the teacher without being in the classroom. Most enjoy the contact



Allison Dougherty at Phoenix High.

with young people. The days and hours of service are up to the volunteer. No teaching experience is necessary. Many volunteers are in the classroom 1 day a week for a few hours. They work closely with the teacher and are under her direction.

The SCHOOLS annual meeting will be on September 11 at 10 a.m. and will consist of a round table conversation among volunteers to share ideas and experiences. Anyone considering volunteering is encouraged to join us. We will meet in the "Kitchen Room" at KS. Save the date.

If you have volunteered in the past and would like to share your experience, contact Patti at pkingston@att.net to tell your story. If you would like to write an article about your time in a classroom, you can submit it

to Patti. Some volunteers have been profiled in past issues of this newspaper and there are many volunteers with interesting classroom experiences.

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

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Democratic Club

BY JUDY GANULIN

Membership in the Lincoln Democratic Club keeps growing! One reason is our programs – we strive to have every program both informative and interesting. Our August speaker will be Lisa Howard of the Roseville Citizens Climate Lobby, a group that works with members of Congress across the political spectrum to find common ground on climate change action.

Our members continue to volunteer at the Placer Food Bank, and our Summer Dinner last month was a blast! Excellent food, inspiring speakers, and entertainment combined for a great evening!

For more information about membership and club activities, please visit our website: <https://democraticclblincolnca.org>.

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Apple User Group

BY NINA MAZZO

As we go to press, Apple announced the next OS (operating system) for the Mac will be called macOS Sequoia. There were many exciting announcements made during the World Wide Developers conference.

They include updates coming with iOS18, iPadOS18 and watchOS11.

One more announcement was Apple Intelligence – a big step into the world of AI. These updates are expected in the fall and we will keep you informed on this and other changes, additions, etc.

Gosh, so exciting to be a part of this technology revolution we have witnessed over the years.

Let's take a look at July meetings. There is no meeting July 4th.

Our general meeting will be held on a

(cont' on page 12)

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Apple User Group

(cont' from page 11)

different date this month.

Mark your calendars for Wednesday, July 17th. Details provided closer to program date

Ask the Tech 6:30PM; program 7:00PM; KS Presentation Hall.

Monday, July 22nd we will see the return of the instructive and entertaining Andy Petro. Andy will provide continued information on using Photos on your iPhone. Details provided closer to program date.

Ask the Tech 10:15AM; program 10:30AM; KS Presentation Hall.

Here is a tip from our Cider Press publication.

If you are taking a picture of something from above, use the camera level tool on your iPhone. This tool is part of the Grid overlay, but Apple separated out the function in iOS17, and now it has its own switch.

Open the Settings app on your iPhone, select Camera, then toggle on the switch next to Level. Now you are ready to use.

For further details see our club website for the Cider Press publications.

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

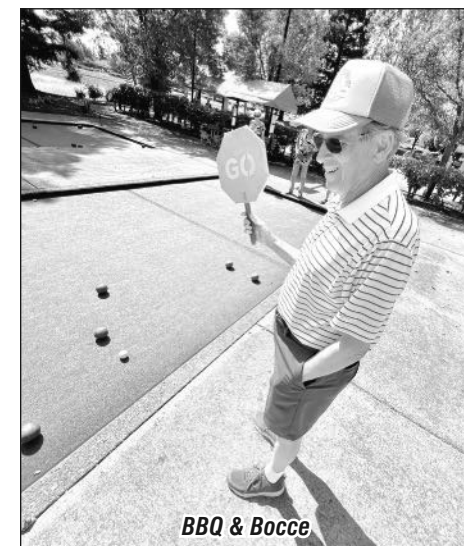
General information line 916-913-6833.

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LH Italian Club

BY LINDA LUCCHETTI

"A picture is worth a thousand words," the saying goes. Our club is seeking volunteer photographers to snap photos at our events throughout the year. You don't have to be a professional, nor do you need an expensive camera. You can be an amateur photographer



BBQ & Bocce

at heart with an iPhone. You will need a desire for capturing fun, and a commitment to cover events. If you have an interest in helping out or need more info, please contact incoming club President, Rita Rush, 503-780-0962 or

(cont' on page 13)

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LH Italian Club

(cont' from page 12)

ritaqueenofe@gmail.com.

Our Inaugural Party is July 7. Check the website for details. To learn more about our social club and monthly activities, visit our website at www.lhitalianclub.org. For membership information contact Sandi Graham at 916-826-5711.

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Food Adventures Club

BY PAUL R. WANKLE

In late June, our 3rd quarter meeting was held in the Kilaga Kitchen and California rooms to accommodate our club that continues to experience growth. In addition to an update on club business, this quarters meeting theme was "A 4th of July Ice Cream Social." Close to 100 members enjoyed a presentation on making homemade ice cream, sampling

homemade pies and ice cream, and the opportunity to socialize with fellow "foodies." In July, 50 members attended a wine/food pairing with food trivia at a nearby wine bar. Plans are underway for an inside gathering during the typically hot month of August to experience a unique beer and food pairing at a specialty brewery in the area. Finally, you may have heard rumors about the Food Adventures Club largest event ever, a paella themed dinner dance later this year. Well, it's true! Please save the date of October 23rd for what we will be a very special paella dinner/dance at Fowler Brewery...details to follow. Our events and gatherings are for members only, so if you have an interest in joining the Food Adventures Club (FAC), please contact Paul Wankle, President, to receive club information and a membership form. And remember, "People who love to eat are always the best people." Julia Child

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LH Travel Group

BY LINDA BEVINS and JOANNE SCHUMACHER

A fascinating trip that several members enjoyed was Amish Country that included Philadelphia, home of the Liberty Bell. It showcased the beautiful Gardens Nemours and Longwood Gardens, and a visit to Hershey's World USA. Look for this tour again in 2026.

For those partial to cruises, we cruised the Mississippi and enjoyed delicious Southern food and historical tours. A group is now finalizing paperwork for a fascinating Fall visit to Cape Cod and its islands including Nantucket and Martha's Vineyard. Visit Newport, home to the mansions of the rich and famous, and Plymouth Rock where early settlers disembarked from the Mayflower.

Did you know the Greenbrier Tour begins in a 5-star hotel that has not allowed tour groups in the past? It continues with visits to many Washington DC Museums and Memorials as well as Colonial Williamsburg.

The Holland Tulip River Cruise only happens a few weeks each spring during peak tulip season. It fills up quickly, so sign up now!

As the heat of summer sends everyone inside, browse the list of upcoming trips (www.lincolnhillstravelgroup.com) and choose your next vacation. You can sign up there via a secure link directly to Collette.

Trips for 2024-2025:

- Holiday Spotlight on New York City: Dec 10-14, 2024

- Wonders of Thailand-Small Group: Dec 26, 2024 - Jan 10, 2025

- Hawaiian Adventure: Three Islands featuring Oahu, Big Island and Maui Jan 30-Feb 8, 2025

- Spain Classics: Mar 28-Apr 8, 2025

- Discover Historical Greenbrier featuring Washington D.C. & Williamsburg: Apr 4-11, 2025

- Holland & Belgium Tulip River Cruise: April 22-30, 2025

- The Azores - Jewels of Portugal: May 1-13, 2025

- Mackinac Island: June 27, 2025 - July 5, 2025

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

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Republican Club

BY SUE DUMAS

Assemblyman Joe Patterson was the June guest speaker. Following the meeting, Joe attended the social following the meeting and addressed even more questions. It was a very productive meeting!

We are happy to report Congressman Kevin Kiley, another of our "golden candidates"

(cont' on page 14)

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Republican Club

(cont' from page 13)

has been doing a stellar job in Washington.

There will be many volunteer opportunities, check our website or our monthly Newsletters for opportunities and updates.

We have had several of our members volunteering at local events, such as the Auburn Home Show and the Rocklin Rods and Relics. These members were representing our club while supporting the Placer County Republican Central Committee. PCRCC is proactive in supporting local and state government candidates who promote and support the conservative Republican views and causes. They support candidates in their efforts, as well as find and “vet” candidates for various local positions on school boards and city governments.

Our next activity:

Thursday, July 4th: Lincoln Parade - see website for details.

Saturday, July 20: 1:00 PM – KS Placer Room – Ice Cream Social and Bingo. RSVP to Aggie at aggiemarsh59@yahoo.com (We will need a head count.) Cost \$5 per person. OK to pay at door. Come and enjoy the fun and “build your own” sundae. This is a popular event you will not want to miss!

Remember, our Club is only as good as our members — get involved!

Membership is \$15 per person/per year. To become a member, visit our website, follow directions to complete your application.

www.RepublicanClubSCLH.org

LH Astronomy Group

BY BILL WEAVER

Upcoming LHAG Programs —

The LHAG does not conduct member meetings and activities during the months of July and December. However, the LHAG Steering Committee is working on setting up new presentations for August and September. Possible subjects include, “Differences between the Hubble and your telescope”, “So you are new to astronomy”, “Winter is coming: The deep space objects of winter”, and an update on NASA’s Artemis Program. We will notify members in upcoming bulletins as to the presentations scheduled for the next couple of meetings.

Cosmology Interest Group (CIG)

Upcoming subjects for presentation and discussion beginning in August will include: “The First Atoms - Cosmic Microwave Background”. The September meeting will include “Formation of the Elements”, and October will present: “The history of the Universe”.

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

LHAG Telescope Interest Group (TIG) Star Party

No star party is scheduled for the month of July.

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

(cont' on page 15)

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LH Astronomy Group

(cont' from page 14)

Astronomical Events for July 2024 —

Jul 5: Earth's Aphelion: The Earth will reach aphelion—the point in its orbit farthest from the

Sun.

Jul 5: New Moon: July's New Moon can be a good time to look at the night sky, without a bright

Moon around to lighten the sky.

Jul 21: "Buck Moon": July's Full Moon is known as the Buck Moon, signifying the new antlers

that emerge on deer buck's foreheads around this time.

Jul 22: Mercury at Greatest Elongation East: This might be a good time to try and spot Mercury.

The planet appears at its farthest distance from the Sun in the evening sky.

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

• • •

Bosom Buddies

BY DOTTIE SUHRHOFF

We want to thank Val Singer for her many years writing this column. She has shown great dedication in letting us know what has been happening with Bosom Buddies for the last eleven years.

Our speakers for the June 13 meeting were Kieu Nguyen and Jung Kye from Sutter Health Cancer Center. Kieu gave a very informative overview of breast cancer including risk factors and treatment options.



We will be having our "Caregivers' Luncheon" on Saturday, July 27 from 11:30 AM to 2:30 PM in the Kilaga Kitchen/Multipurpose Room. It's an "Aloha" theme so wear bright Hawaiian colors. We'll be serving Hawaiian sliders (pulled pork and pulled chicken with sauces), salads, fruit and cookies. Each member can bring one guest who helped throughout her cancer journey or someone who has made a difference. All members are invited with or without a guest and there is no cost. Please RSVP by July 17 to Verity Gould at breatheverity@gmail.com

There won't be a core or a general meeting in July, but we will meet again in August. Please start thinking about Bosom Buddies' officers who will be welcomed at the September "Appreciation Luncheon." We need volunteers to come forward to help run our group.

Future dates are the Foundation Bingo on October 24, which will be dedicated to Bosom Buddies. The Holiday Party will be held December 12.

If you have any questions regarding Bosom Buddies, please contact Dottie Suhrhoff (815-236-0197) or Judy Stewart

(916-408-3597).

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

• • •

Low Vision Support Group

BY STU SINGER

Due to the July 4 Holiday, there will be no Low Vision Support Group meeting in July. Have a wonderful and safe Independence Day and we will see you in August.

Our Future Meetings:

On Tuesday, August 6 from 2:00-4:00 pm in the Fine Arts Room at Orchard Creek Lodge, we will be having two presenters. Mike Costa, Principal Transportation Planner Placer County Transportation Planning Agency, and Jamie Wright, Public Works Manager Transit Services. As part of our continuing study of transportation options for our members, Mike and Jamie will discuss what services are currently available for the residents of SCLH and then listen and respond to our concerns for achieving better access to local facilities.

On September 3 we will be having one of our "Strategy Sharing" sessions. Group members will be volunteering strategies that have been successful in dealing with low vision challenges. Questions will be solicited from group members. In addition, Kyle Bodyfelt, Executive Director of Sun City, Lincoln Hills, will join the meeting to discuss the transportation needs of our members within the community and explore possible solutions.

Low Vision Support Group Mission

Statement

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

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

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

• • •

Hearing Support Group

BY JOANNE MITCHELL

We will not meet in July due to the holiday. For our August meeting, we are working on possibly doing a presentation on the relationship between hearing loss and dementia.


We meet on the first Tuesday of the month at 10AM in the Multi-purpose room at OC.

• • •

(more Club News cont' on page 17)




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Alzheimer's Dementia Caregiver's Support Group

BY MARIANNE OLIPHANT

The Alzheimer's-Dementia Caregiver's Support Group offers information and support to those caring for a loved one with dementia. We have three monthly group meetings. Our Women's group meets at 1:00 PM on the 1st Wednesday in the Fine Arts Room (OC). The Men's group meets in the multimedia room at 10:00 AM on the third Thursday. Both groups are focused on individual sharing. The General combined meeting is held on the 4th Wednesday at 1:00 PM in the Fine Arts Room (OC) and features a guest speaker. Our speaker for July is Felicia from Elder Care Management speaking on "Advance Care Directives". At all meetings you will find a welcoming community ready to hear your questions and concerns.

Contact: Jo Fratessa 916-759-8760.

• • •

Multiple Sclerosis Group

BY JERI DI FIORE

Summer vacation! Yes, the Small but Mighty Lincoln TrailMixers MS Group is catching their breath after months of informational meetings, 1 Zoom, 1 party, and 2 MS Walks. Whew!



The next in-person meeting is September 17, at 1 PM, Orchard Creek, Multimedia Room.

At the 49-Team-MS-Folsom Walk, the outstanding little TrailMixer Fundraisers were first place, thanks to Captain Joni Deutsch, and generous donors like you; including current sponsors, Devon Arp, Sun Run Solar 801-830-4584, and Donna Judah, Coldwell Banker Real Estate 916-412-9190.

Help is still needed to have bragging

rights, as the National MS Society campaign ends September 30, and second-place Team Walka Walka is on our heels! Call Joni at 916-398-0349.

The National MS Society is the largest funder of MS Research in the US!

For Questions about MS Call MS Navigator 1-800-344-4867

For Questions about Food, Transportation, Housing, etc. Call 211

For Questions about the Lincoln MS Group, 530-401-2135, Jeri Di Fiore, Facilitator. See you in September!

• • •

RV Club

BY MARY CARBREY

RV there yet? Summer is in full swing, and our group is enjoying all the sites that the West has to offer. Recently we explored Santa Barbara County that included touring botanical gardens, visiting an ostrich farm, dining out at local restaurants and drinking champagne at the Bubble Shack. In June we headed up to beautiful Lake Tahoe where we enjoyed golfing, hiking, boating, and riding a diesel train to Gold Hill.

This month we are off to the coast at Bodega Bay to cool off from the valley heat and enjoy the Pacific Ocean breezes. Who knows what unique adventure awaits us on this trip? No matter where the road takes us, we always

discover something new, and thoroughly enjoy swapping stories around the evening campfire with our RV comrades.

You can also learn more about our group by visiting our club website at www.lhrvg.com or attend one of our meetings held on the second Thursday of each month at Kilaga Springs, 4:30 PM in the Placer Room. For general information contact our club president, Jake Baker at 916-838-5253 or

jbaker525311@gmail.com. For membership contact our membership chair, Tari Briscoe at 530-210-3302 or taribriscoe@gmail.com.

• • •

LH Sports Car Club

BY ROB PHILLIPS

Even though the temperature is getting hot we keep moving. This is a busy time of the year for our group. We had a scheduled Ride to the Willo's Restaurant Tour for dinner on June 27th. The LHSCG will be participating in



the Lincoln 4th of July Parade. A Sierra Vista Scavenger Hunt is in the works for mid-July. On June 14th we had a Summer Fun Dance Party at Turkey Creek. Something we do every month at our meetings is celebrating anniversaries and birthdays. This month Bruce and Chris Drew had an anniversary and we celebrated birthday for Nadine Miller, Jerry LaFave, Rob Phillips, and Gary Musser.

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

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Rods & Relics

BY ELNA RAGAN

The Downtown Lincoln Car Show held on Saturday, June 1, had the most incredible array of high-quality vehicles featuring amazing paint jobs, chromed engines, and custom interiors. The Car Show featured close to 475 vehicles and over 5,000 attendees enjoyed the display between 7:00 a.m. and 2:30 p.m.

Silver Wishes, Gold Country Wildlife Rescue, and the Lincoln Salt Mine are the three charities that will receive a check from the proceeds of the Car Show. More information

will be provided in next month's article.

Twenty-five members and guests enjoyed Brunch on Tuesday, June 9, at the Waffle Farm. It is always a fun, relaxing time.

On Wednesday, June 12, several of our members were invited to have lunch and display their vehicles at the Summerset Senior Living Facility here in Lincoln. The residents enjoyed seeing the vehicles and talking with the owners.

On Friday, June 14, Dan and Carol Larsen, George Funk, and Rich Ragan helped the Lincoln Library staff with the annual Spring Book Sale. They assisted with the setting up of

the books for sale and the return of the unsold books to the library office.

The Rods & Relics Car Club is always looking for new members. All owners of 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.rodsrelics.net

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LH Amateur Radio Group

BY DAN LEHRER, KN6DRN

On or around 5-12-24, ARRL was the victim of a network attack by a malicious international cyber group. We discussed the impact this had on us, particularly the inability to use LoTW for logging QSO's. ARRL has stated that the data was not lost but it will take time to bring all systems up. In the meantime, our members will use a variety of other logging programs such as QRZ and Club Log. Of course, there is always good old pen and paper.

(cont' on page 21)

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| 15 DAY HAWAII from SFO! PRINCESS | Sep 29, 2024 | \$1,398 | \$1,477 | \$2,648 |
| Ruby Princess ~ 3080 Passengers | Dec 2, 2024 | \$1,248 | \$1,325 | \$1,798 |
| | Jan 30, 2025 | \$998 | \$1,064 | \$1,698 |
| Sapphire Princess ~ 2670 Passengers | Oct 15, 2025 | \$2,648 | \$3,021 | \$3,498 |
| Sail round trip from San Francisco, California to Kauai, Nawiliwili Hawaii; Honolulu, Hawaii; Hilo, Hawaii; Ensenada, Mexico; San Francisco, California. | | | | |
| *LINCOLN SHUTTLE TO SHIP AVAILABLE! | | | | |
| 11 DAY ALASKA From SFO! PRINCESS | Jul 9, 2024 | \$999 | \$1,331 | WAITLIST |
| Crown Princess ~ 3080 Passengers | 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. | | | | |
| *LINCOLN SHUTTLE TO SHIP AVAILABLE! | | | | |
| 11 DAY MEXICO From SFO! PRINCESS | Jan 19, 2025 | \$648 | \$785 | \$998 |
| Ruby Princess ~ 3080 Passengers | Mar 8, 2025 | \$678 | \$806 | \$998 |
| | Sep 24, 2025 | \$848 | \$1,009 | \$1,378 |
| Sail round trip from San Francisco, California to Manzanillo, Mexico; Puerto Vallarta, Mexico; Mazatlan, Mexico; Cabo San Lucas, Mexico; San Francisco, California. | | | | |
| *LINCOLN SHUTTLE TO SHIP AVAILABLE! | | | | |
| 16 DAY PANAMA CANAL PRINCESS | INCLUDES LINCOLN SHUTTLE TO SHIP & SACRAMENTO AIR RETURN! | | | |
| Sapphire Princess ~ 2670 Passengers | Sep 28, 2024 | \$1,428 | \$1,848 | \$3,188 |
| Coral Princess ~ 2000 Passengers | Jan 20, 2025 | \$1,928 | \$2,311 | \$3,133 |
| Sail from San Francisco to Fort Lauderdale visiting Puerto Vallarta, Mexico; Puerto Quetzal, Guatemala; Puntarenas, Costa Rica; Fuerte Amador, Panama; Full Transit of the Panama Canal; Cartagena, Columbia; Fort Lauderdale. | | | | |
| 14 DAY CARIBBEAN CELEBRITY | Jan 18, 2025 | \$2,207 | \$2,437 | \$2,817 |
| Celebrity Apex ~ 2910 Passengers | 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, British Virgin Islands; Fort Lauderdale, Florida. | | | | |
| INCLUDES SACRAMENTO AIRFARE! | | | | |
| 10 DAY SOUTHERN CARIBBEAN CELEBRITY | Jan 24, 2025 | \$1,967 | \$2,886 | \$3,449 |
| Celebrity Beyond ~ 3260 Passengers | 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; Bridgetown, Barbados; St. John's Antigua; Fort Lauderdale, Florida | | | | |
| INCLUDES SACRAMENTO AIRFARE! | | | | |
| 7 DAY WESTERN CARIBBEAN 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, Louisiana to Yucatan (Progreso), Mexico; Cozumel, Mexico; Georgetown, Grand Cayman; New Orleans, Louisiana. | | | | |
| INCLUDES SACRAMENTO 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.



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Star Legend ~ 312 Passengers

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| 10 Day TAHITI Windstar Yacht July 2024 – March 2025 | | \$3,999 |
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Star Breeze ~ 312 Passengers

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

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| 7 Day COSTA RICA & PANAMA CANAL October 2024 – March 2025 | | \$4,599 |
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Wind Star ~ 148 Passengers

INCLUDES ROUND TRIP SACRAMENTO AIRFARE!

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

| | | |
|---|--|----------------|
| 12 Day PARIS TO THE SWISS ALPS August 2024 – December 2025 | | \$3,499 |
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Viking Longships ~ 190 Passengers

INCLUDES ROUND TRIP SACRAMENTO AIRFARE!

Package Includes your home to the Sacramento Airport Transportation, round trip Sacramento Airfare, Airport Meet-And-Greet with Transfers from the Airport to your hotel in Paris for 2 nights, your 7 Day Viking River Cruise in standard accommodations with a window, 2 nights in a hotel in Zurich, Switzerland, daily sightseeing, and all meals on board the boat as well as breakfast in the hotels in Paris and Switzerland. Ask about higher category staterooms like a French Balcony or Veranda stateroom. Call for availability.

| | | |
|---|--|----------------|
| 15 Day GRAND EUROPEAN TOUR August 2024 – December 2025 | | \$4,299 |
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Viking Longships ~ 190 Passengers

INCLUDES ROUND TRIP SACRAMENTO AIRFARE!

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

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| 12 Day MISSISSIPPI August 2024 – November 2025 | | \$4,299 |
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Viking Mississippi ~ 386 Passengers

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

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



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LH Amateur Radio Group

(cont' from page 17)

We held our annual Field Day event in June. The results of this event will be discussed in a future article.

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

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Bird Group

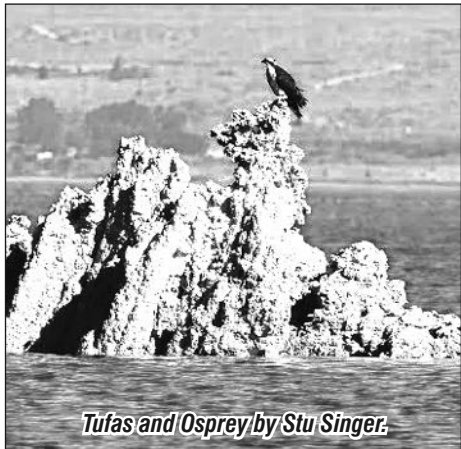
BY SHERRY SINGER

“Life finds a way.” Dr. Ian Malcom, Jurassic Park.

The fictional Malcolm’s observation accurately describes organisms that thrive in the Mono Lake Tufa State Reserve where 28 members of the bird group gathered for a rare overnight excursion.

The habitat at the lake is harsh. The water is three times as salty as the ocean thus lethal to fish but is perfect for brine shrimp and alkaline flies. These food sources account for the many migratory birds that stop over to feed.

A unique lake feature are the tufas, normally large underwater formations that are now up to 20 feet above water level due to the diversion of water to Los Angeles. These formations are excellent habitat for cavity nesters such as Violet-Green Swallows and



Tufas and Osprey by Stu Singer.

Great Horned Owls that use the numerous nooks and crannies to create nests. Ospreys make their large nests on top of the tufas so their young will be protected from predators even though they then have to fly dozens of miles per day to fish-filled lakes to acquire food.

We are very fortunate to have much more welcoming habitats in Sun City Lincoln Hills where we can enjoy birds and wildlife.

Meetings/Birdwalks:

July 8—Annual Photography Extravaganza: photographers in the Bird Group will share photos of their favorite birds or other wildlife.

August – no meeting.

Note: No bird walks are planned for June, July or August.

Contact Information: If you are a resident of Sun City Lincoln Hills, you are welcome to join the Bird Group for our regular monthly meetings on the second Monday of the month at 1:30 in the Presentation Hall at Kilaga Springs.

You can also email us at Birders@selhbirders.org or visit us at our website www.selhbirder.org

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Garden Group

BY LORRAINE IMMEL

Have you registered for the “Aloha Luau” Summer Social yet? It will be a Hawaiian Theme, complete with a special menu, bar with Hawaiian drinks, and entertainment-guests welcome. (Hawaiian attire!) All members have been emailed the info about it -complete with a reservation form. If there are any spots left, you must have your form filled out and sent to Debbie Schryver by July 11. If you need another email sent to you, contact Lorraine Immel, 916-434-2918 or lorraineimmed@gmail.com

There will not be a General Meeting in July due to the social, but the Sub-groups: Bonsai, Composting, and Flower arrangements will still be on and their information was sent out in the June Reminder.

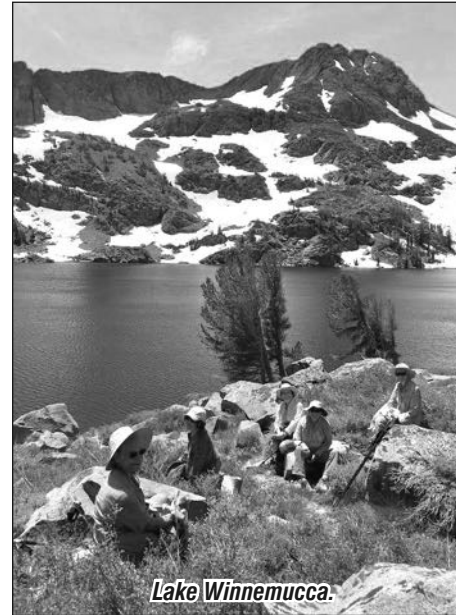
We are still in need of some volunteers as some positions are being vacated and are open again. Contact: President Penny Grmolyes, 509-939-3882, mrspennyg@gmail.com.

• • •

Hikers and Walkers

BY GAY MACKINTOSH

Come enjoy the great outdoors with LH Hikers and Walkers! We’ve got lots of ways to beat the heat, from earlier walks to higher altitude hikes. Check our website often www.lincolnhillshikers.org. Smoke, thunderstorms, excessive heat or other conditions may require last-minute schedule changes.



Lake Winnemucca.

Hikes are usually the first Tuesday (except July 2, holiday week) and third Thursday of each month plus bonus hikes--including a Friday hike August 23.

- Tuesday, July 9. Rowton Peak. Moderate/strenuous 6+ mile loop starting at 7,100 feet.

- 3rd Thursday, July 18. Lake Winnemucca rescheduled for peak wildflowers. Moderate/strenuous 6 miles starting at 8,000 feet.

- Special Hike and BBQ. July 25. Truckee area moderate hike followed by BBQ at the Huntingdales’ cabin.

- Thursday, August 1. Donner Summit/3 Lakes. Moderate/strenuous 7 miles starting at 7,000 feet.

- 1st Tuesday, August 6. Summit Lake. Moderate 5 miles starting at 7,000 feet.

- 3rd Thursday, August 15. Round Lake, Grouse Ridge area. Moderate 5 miles starting at 6,700 feet.

- Friday, August 23. Loch Leven Lakes. Strenuous 7-8 miles starting at 6,800 feet.

Walkers now meet every Wednesday at 7:30 AM to explore our own SCLH trails.

Routes are on the website. Choose a brisk 2½-3-mile trek or a slower-paced Walk for Wellness with Karl Aitken karlaitken@comcast.net. Call Coordinator Debbie Schryver, 916-666-1741, with questions about the Walkers.

Call President Tom Denzler, 530-368-2564, for more information about LH Hikers and Walkers.

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

• • •

LH Table Tennis

BY ILENE MARSHALL

Wow!! What happened to our spring temperatures? It feels like we went from winter to summer in one fell swoop!

But there is a solution to beating the heat! Come out and play table tennis! The only heat you will feel is the warmth of good camaraderie and FUN!! And in addition, we have some of the BEST parties here in SCLH. Like our Luau Picnic coming up soon.

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

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

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

To join, just sign up on the new member sheet at the play sessions or email pingpongsclh2@gmail.com.

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

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

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

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

We set up a “Robot” table tennis ball

(cont' on page 22)



Lincoln United Methodist Church Sunday Worship 10 AM

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

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

Reasonable Faith, Wednesday, 7/10, 6:30-8:30pm
Jesus vs. the Culture video class with Dr. Frank Turek

Lincoln United Methodist Church

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For more information visit us online at lincolnumc.com
See upcoming events on our Facebook page or call us at 916-645-3588



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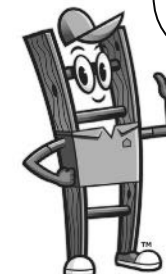
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Lincoln Hills May Sales Snapshot

| Address | Street | SqFt | Orig. Price | Selling Price | Model |
|---------|----------------|------|-------------|---------------|--------------------|
| 1920 | Starview | 923 | \$440,000 | \$453,000 | Woodleaf |
| 2549 | Winding | 1020 | \$549,900 | \$550,000 | Mariposa |
| 655 | Stockman | 1020 | \$498,800 | \$500,000 | Mariposa |
| 1149 | Ivy Arbor | 1161 | \$489,000 | \$494,000 | Millpond |
| 1439 | Topanga | 1240 | \$538,000 | \$550,000 | Cambria/Condo |
| 1200 | Shadow Glen | 1298 | \$529,000 | \$510,000 | Bridgeway |
| 1635 | Sweet Juliet | 1298 | \$520,000 | \$524,000 | Bridgeway |
| 1751 | Farmgate Ln | 1322 | \$580,000 | \$565,000 | Bridgeway |
| 259 | Saddlehorn | 1449 | \$527,000 | \$527,000 | Almanor |
| 825 | Azalea | 1473 | \$589,998 | \$595,000 | Almanor |
| 215 | Wisteria | 1491 | \$587,000 | \$575,000 | Almanor |
| 320 | Cloverfield | 1515 | \$575,000 | \$575,000 | Pine Hill |
| 649 | Gold Strike | 1515 | \$589,500 | \$589,500 | Pine Hill |
| 1120 | Shadow Glen | 1515 | \$595,000 | \$600,000 | Pine Hill |
| 360 | Stags Leap | 1531 | \$589,000 | \$600,000 | Alpine |
| 156 | Timberland | 1549 | \$569,000 | \$574,000 | Alpine |
| 1400 | Emerald | 1571 | \$639,000 | \$639,000 | Quail Cove |
| 2056 | Stonecrest | 1578 | \$575,000 | \$575,000 | Quail Cove |
| 2001 | Stepping Stone | 1595 | \$615,000 | \$638,000 | Quail Cove |
| 2900 | Blue Heron | 1673 | \$550,000 | \$539,000 | Trinity |
| 1905 | Homewood | 1739 | \$699,000 | \$720,000 | Mendocino |
| 1336 | Secret Lake | 1767 | \$679,900 | \$710,000 | Tahoe |
| 1250 | Hawthorne | 1777 | \$669,000 | \$669,000 | Tehama |
| 1101 | Overland | 1785 | \$739,000 | \$710,000 | Santa Cruz* |
| 379 | Marigold | 1795 | \$650,000 | \$625,000 | Tehama |
| 1788 | Maple Grove | 1815 | \$740,000 | \$700,000 | Tahoe |
| 201 | Ruddy Duck | 1836 | \$714,000 | \$724,000 | Plumas |
| 230 | Cabot | 1850 | \$729,900 | \$729,900 | Echo Ridge*/** |
| 2492 | Rubicon | 1854 | \$699,000 | \$685,000 | Plumas |
| 1152 | Castleberry | 1934 | \$799,000 | \$810,000 | Fremont* |
| 1269 | Longhorn | 1967 | \$689,000 | \$650,000 | El Dorado |
| 204 | Timberland | 2109 | \$820,000 | \$820,000 | Plumas** |
| 864 | Castleberry | 2156 | \$850,000 | \$835,000 | Fremont*/** |
| 1207 | Hawthorne | 2172 | \$779,000 | \$790,000 | El Dorado** |
| 891 | Rocky Ridge | 2176 | \$760,000 | \$678,000 | Sausalito |
| 807 | Carrousel | 2187 | \$849,000 | \$845,000 | Fremont*/** |
| 656 | Gold Strike | 2211 | \$779,000 | \$780,000 | Fremont** |
| 2756 | Eagles Peak | 2238 | \$849,000 | \$855,900 | Ventura* |
| 305 | Snapdragon | 2263 | \$889,000 | \$925,000 | Shasta |
| 2040 | Laurelhurst | 2360 | \$749,000 | \$750,000 | Atherton |
| 1158 | Longhorn | 2390 | \$769,000 | \$804,000 | San Mateo |
| 1295 | Truchard | 2390 | \$760,000 | \$760,700 | San Mateo |
| 1590 | Summerhill | 2465 | \$950,000 | \$800,000 | Marin |
| 1488 | Dapple Dawn | 2534 | \$1,075,000 | \$1,025,000 | Monterey* |
| 321 | Geary | 2536 | \$999,000 | \$955,000 | Tiburon* |
| 2240 | Cinnamon Teal | 2848 | \$1,580,000 | \$1,550,000 | Santa Barbara*/*** |
| 2486 | Loon Lake | 3055 | \$1,199,000 | \$1,160,000 | Santa Barbara*/** |

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LH Table Tennis

(cont' from page 21)

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

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

LH Tennis Club

BY PAM FLAHERTY

GameOn! Introducing a new era of exciting tennis opportunities for all player interests and levels, brought to Sun City residents by our Well-Fit program and the Lincoln Hills Tennis Club. (LHTG) club.

Meet our new United States Tennis Professional Association (USTPA) pro, Eric Garcia. Upon moving to SCLH last Fall, Eric immediately began observing tennis players and interacting with residents. When asked what he discovered, he smiles widely and reports the enormous player potential at all levels. In addition, he says, "You have the best facilities,



Meet Eric Garcia, senior our new Sun City Lincoln Hills Tennis professional.

and administrative support. You also have one of the largest retired populations that is relatively fit and motivated. I have watched some of the best tennis in Northern California right here, in Sun City Lincoln Hills."

Social players, athletes from other sports, a curious resident, people who played thirty years ago, competitive players and absolute beginners can all benefit from our tennis program which has been evolving to reflect SCLH demographics since 2001.

Residents can find Eric's classes and club activities, in the Well-Fit section of the Compass magazine on our website www.sclhtg.com, sports pavilion bulletin board, Court 1 display cases, and by contacting our president, stevebringman@yahoo.com or Eric at eric.garcia@sclhtg.com.

This summer:

- Ball machine practice, Saturdays 8:00AM-9:20AM Court 6, Free
- LH Tennis Club Board of Directors meeting July 1 at 1:00PM, Pavilion, all invited
- Cardio Tennis June 23 10:00AM-11:15AM (sign up on Well-Fit reservation site), Cost \$5
- Live Ball Sunday July 7, 10:00AM to

(cont' on page 23)

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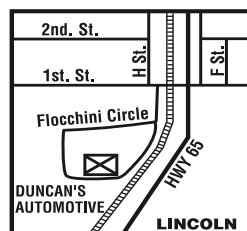
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LH Tennis Club

(cont' from page 22)

11:30AM Courts 1 and 2 Free

-Coffee, Tea and Tennis Thursday, June 20 8:00AM to 9:00AM Free

“Play Tennis, live longer, almost ten years longer-more than any other sport or activity”- Mayo Clinic. See you on the courts!

• • •

Coyote Softball

BY GAGE JOHNSON

The Coyote 75's won the May 18-19 tournament at Del Webb Field behind excellent defense and solid hitting. This was the second tournament at DWF this year, with the Coyotes finishing in second place in the previous event. The same five teams will compete in a third and final tournament at DWF on August 10-11. Concessions will be provided by the Women's Division of LHSSL. There will be five games daily beginning at 8:30 a.m. The Coyotes will be defending last year's NCSSA Championship in Manteca June 27-28, and will also play in the Western National Championships July 30 to August 1 before wrapping up their season at the August DWF tournament.

• • •

Lincsters 9-Hole Club

BY LORA FINNEGAN

Congrats to Linda Morley who got a chip-in and a birdie on the June 12 play date; Pam Abad won closest to the pin honors. Note that

July and August teetimes start at 7 AM, while shotgun start time remains 8 AM. August 28 is the Tin Cup Tournament.

Our major fundraiser of the year – the Breast Cancer Tournament—is set for October 9. The theme is “Together We Swing Fore a Cure.” Co-chairs are Kim Schutz and Patty Owens. We're seeking donations and sponsors. For info, call Kim Schutz at 530/300-7705. Proceeds support the Placer Breast Cancer Foundation (PBCF).

Join us! Go to the Lincsters.com under Membership or email NancyHastings: nhast38@yahoo.com.

• • •

Ladies Golf - 18 Holers

BY CAROL LOPEZ

The hot days are here and many of our members are not deterred by the heat knowing the importance of hydrating well the days before and during play. As a reminder, the pro shop has asked that we keep the staging area open by parking owned carts closer to the practice area on our Thursday play days.

We've enjoyed some fun tournaments such as 2 Best Ball of a Make Your Own Foursome on the Orchard, 1 Gross Best Ball and 1 Net Best Ball with ABCD Player Pairings on the Hills, ONES (game score on holes beginning with a O, N, E or S) on the Hills and our annual Guest Day. This year Ilene Marshall hosted the Guest Day tournament, her theme was “Diamonds in The Rough”, we played a Step Aside Scramble and had a great luncheon in the Ballroom with our friends.

Our member, Linda Fitzmaurice, had the privilege of being at the 79th US Ladies Open in Lancaster, PA last month as she was selected for the second time (last year she was at Pebble Beach) to be a volunteer. While health issues have kept her from playing regularly with us, her love of golf continues to be evident, and she is greatly admired by us all.



Linda Fitzmaurice,
Ladies US Open
Volunteer.

Have you had a Hole-In-One? Some say it's luck, but there is no doubt skill has to be involved. Gretchen Hansen spends the winter



Gretchen Hansen,
Hole-in-One Member.

months at her home in Palm Desert and returned to Lincoln Hills this year to become a “Hole-In-One” member for the first time making a 125-yard shot on the Hills Hole #12 during tournament play. She used her 3 club on the drive to a white flag, said “it was a shock, but fun!” and we congratulate her!

• • •

Men's Golf Club

BY CARL LYNCH

Sun City Lincoln Hills is one of the best golf retirement communities you can find. Many golfers find that they play their best golf after retirement. Many more pick up golf for the first time. With plenty of time for practice, and a relaxed approach, retirees often enjoy the game even more. You are lucky to have landed here in SCLH! Our Men's Golf Club is an excellent way to meet new friends and to enjoy a game of golf. We are a totally inclusive club and encourage players of all levels and handicaps to come out and participate in our monthly tournaments.

Most monthly tournaments are at no additional cost beyond green fees, and your membership also includes membership to the NCGA for handicaps. Come join the fun!

The Lincoln Hills Golf Club Pro Shop also hosts a weekly “sweeps” on Tuesday mornings. A \$3 contribution to the prize pool, a GHIN number, and your greens fees are all that is needed to participate. For more information about signing up for the sweeps, check out our webpage or contact the Golf Pro shop.

Our next tournament is July 16: The Red, White & Blue – 4-Man Stroke Play, hope to see you there! Signups are sent to all club members.

We offer a for “sale section” on our website for your unused golf items, if you have anything related to golf to sell, please contact the webmaster.

(cont' on page 25)

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Men's Golf Club

(cont' from page 23)

Enjoy the back nine (in life and on the course). I know I will!

Quote of the month:

If you think it's hard to meet new people, try picking up the wrong golf ball. (Jack Lemmon)

Happy Fourth of July!

• • •

LH Softball Senior League

BY FRED SERNA

In this edition, I would like to focus on our Women's Softball Division an integral part of the LHSSL. These ladies continue to play every Sunday morning, 10:00 AM to 12:00 noon, March through July. Their program caters to the skill levels of its players, are extremely fascinating to watch, and always provide a high level of competitive, fun filled games. For anyone interested in becoming a member, new memberships are welcomed throughout the year. A season ending tournament against a very formidable Sacramento Women's team is scheduled for July 28th from 10:00 AM through 12:00 noon at Del Webb Field. The response from our fans has been absolutely tremendous and indicative of their support and appreciation for this team. The recruitment of new players remains open, and anyone interested in joining either the COED and/or Womens Division is encouraged to apply. On August 10th and 11th, our Coyotes team will host an Invitational tournament at Del Webb Field, where members of the Women's Division will be setting up and selling Hot Dogs meals throughout the entire weekend. Also, a little update on our COED Division. The COED Summer season is in full swing with team Michelle Cowles currently leading the pack with a record of 10 wins, 2 losses, and 2 ties, followed closely by Dick's Sporting Goods, Electrick Motor Sports and Schaack Physical Therapy. However, plenty of time remains for the rest of the field to catch up thus making our season ending playoffs and Championship a real nail biter. COED games are played Mondays and Wednesdays beginning at 8:00 AM. This and much more information, such as, accessing player applications, game/tournament schedules, game times, locations, and other events can be found on our website at lhssl.net.

• • •

Swimmers & Water Walkers Club

BY ROSEMARY TANFANI

We are aware of the benefits of an aquatic work out, but let's talk about technique. As with any physical exercise, technique is important to get the most out of your work out and prevent muscle strain. With that in mind, the club will be reinstating our mentoring program to work on technique.

Swim mentoring is meant to improve one's swim stroke of any kind. This program is not intended to be lessons for non swimmers. Hagai Narkis and Hugh Wilder will be our swimming mentors, and Kathy Carpenter will handle water walking techniques. All sessions will be at the KS pool and water walking will be in the morning.

The swimming mentors will help with all strokes, and according to Wilder, "I can help with turns, including flip turns, and help a swimmer move from lap swimming to swim workouts." And, Narkis adds, "Let's not forget swimming aids. I can help people use paddles, fins and kickboards." Contact all mentors for appointments at swimmers.walkers@gmail.com



Swimmer Hagai Narkis is ready to mentor.

Our next club meeting is August 12, at 10:00 AM, in the pavilion area above the OC pool. This will be a casual, social event, with an update on pool conditions. Bring your own chair, and friendly conversations. Coffee and snacks will be provided.

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

• • •

LH Water Volleyball

BY HOLLIS BISCHOFF

Training and Mentorship. All levels of interested player's welcome. Find us at LHWaterVolleyball.com or call Jerry Grisler at 209.648.9534. Not sure if you have the skills?



• • •

Attend a Skills and Drills class. Skills and Drills class are held the first Tuesday night of the month. Improve your skills, learn how to be a better player. In the coming months, there'll be more outdoor pool play, bocce ball and socials as well. Come on out, the water is great!

Shuffleboard Club

BY JON KLINE

A women's doubles tournament was held on June 10 with rotating partners and courts. Every player won at least one game; congrats to the medalists: Tricia Zimmitti (1st), Michelle Hey, and Irene Hesson. A well-attended June free basic strategy clinic gave players tips to improve their scoring. Come out to the 5 all-weather shuffleboard PolyCourts at the Sports

Plaza on Tennis Court #10. Park at the back of the softball field lot. Club play is every Wednesday and Saturday morning from 8:30 to 11:00 AM, with new player orientation at every session. Monday evening socials are from 6:30 to 8:30 PM. Bring a snack for yourself or to share. Free clinics for new players, will be scheduled monthly on Monday mornings. For

(cont' on page 27)



Tournament Medalists: Irene, Tricia (Winner) and Michelle.

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Shuffleboard Club

(cont' from page 25)

open play and practice, reserve courts for 1-3 hours up to 7 days in advance at: Resident Website / Wellfit Reservations / Shuffleboard Courts. All equipment is in the onsite locker. Donated umbrellas and tents provide shade for players, and there are four chairs at each court for rest breaks when you're not shooting. A chilled water fountain is nearby. For evening play, enjoy the bright LED lighting until 9:00 PM.

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

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

Mad Hatters Bocce Group

BY KIM PETRUZZELLI

Our bocce balls are rolling at 8:00 am on Thursday mornings. We put 4 players on each court and focus on recreation rather than competition. Of course, everyone wants to win, but we mostly manage to behave ourselves. We rotate players with each 20-minute round, and usually spend about 90 minutes on the courts. New, inexperienced, and handicapped players are always welcome. Don't know how to play? We'll guide you. There is plenty of parking available at the courts, and it's a great way to

meet new people. Come when you can and stay as long as you're able. All equipment is provided.

Besides our Thursday morning group, there are other bocce groups that are also open to all residents. These include the Monday Morning Bocce Group that plays at 9:00 am, and the Night Owls that play on Tuesdays at 7:00 pm.

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

Cribbage

BY MEL SWITZER

The Impossible Dream or AKA Scoring a Double Skunk = 141 points

- To dream the impossible dream,
- To make the un-slamable dunk.
- To win against unbeatable odds.
- To win the rare double skunk!
- To win with one forty-one.
- To chase someone out of the door,
- To win when your head is so weary
- To reach the unreachable score!

This is Rae's quest,
To inflict deep scars.
Along with her Ginger,
We now call them Czars!
To win so decisively,
Without question or pause.
To be willing to crush someone down
For their own Cribbage cause!
A win is worth 121, yet a skunk is worth 131. But a double skunk is worth a nearly "impossible to beat" 141 points.

Rae Cook and Ginger Nickerson scored a double skunk in May 2024, a very rare feat, which happens about once every five years in our club. I won't say who they beat, but the internet says that the odds of a Double Skunk are around 1 out of every 200 games. I believe that the odds are a lot higher than that, since it hardly ever happens in our club of dreamers/sharks.

Come play Cribbage with us on any Tuesday in the OC card room starting at 8:30 AM. We have a lot of fun and please listen for the "cackle" of a Double Skunk. It's a hoot! But don't be the one who get caught getting "double skunked". The poor people who get double skunked "earn" less than 60 points. That's quite a big difference! 60 verses 141 - Wow!

The recent May winners were Ginger Nickerson and Marianne Crosby tying for first on 5/14, Paul Winters winning on 5/21 and yours truly, Mel Switzer won on 5/28. Nice lunch money!

See you in the Card Room!

Duplicate Bridge Club

BY MONA STRYKER

We welcome our new partnership chairman, Dianne Conforti. We thank Sharon Duley for performing this important job for many years.

We are proud to announce that Joyce Clark



Dianne Conforti

and her committee spearheaded raising approximately \$700 for the American Cancer Society from our club.

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

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

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

For further information, go to our website shown below.

Partnership chairman: Dianne Conforti 916 284-1821

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

Website: www.bridgewebs.com/lincolnhills/

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PROSPER 

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Independence Day

BY JIM FULCOMER

When we were children we would sing, "My Country 'Tis of Thee." For we were young and innocent - the words came easily.

It was just a song to sing, we may have missed the meaning.

But lessons of our history were all sung with patriotic leaning.

We sang "sweet land of liberty," with bells of freedom ringing.

And never felt the heavy cost that simple song was bringing.

How could we know the fearful choice our forefathers were taking - to risk their fortunes, homes and lives for a nation in the making?

The Declaration should be pledged by all who would be free - and live a life safe from the whims of foreign royalty.

Or any tyrant anywhere whose actions pose a threat

to our liberty and homeland, which we pay without regret.

Our Constitution crafted, by men of peerless vision.

Who risked it all to make us free, ignoring admonition.

A new nation, not yet perfect, but courageous and unique - where people choose their leaders - a radical conceit.

Our flag, is living history, with lessons to be shared. With parades and fireworks to honor those who dared - to guarantee those freedoms which we enjoy today. When called to serve, marched bravely in harm's way.

Set off the fireworks. Beat the drums; today to celebrate

the courage of those heroes, established on this date. Those challenges continue and we honor those who serve to protect this "experiment," whose purpose must preserve.

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

The Lady and Her Giraffe

BY JOY S. HUTCHISON

Since I'm an avid reader, I've been searching for a book group to join. A new friend mentioned I might be interested in her small group that meet in homes. She told me the date, time and location, and invited me to join her for their monthly gathering.

Although the hostess lives in Lincoln Hills, some of the group are from other areas. My friend explained that this group had been established many years before Lincoln Hills had even been built, and over time the membership had fluctuated. We arrived, the first to do so, and the hostess greeted me with open arms. She was about my age, and her home was filled with oil paintings on the walls, beautiful ceramics, and a large giraffe sculpture overlooking the living room! My friend then clued me in... everything I saw were the creative results of my hostess.

As the rest of the small group arrived, I was warmly welcomed by these octogenarian women. When we all sat and were served a flute of champagne and appetizers, the hostess asked if I would introduce myself and give a little background. I agreed, and started with where I was born: "At Children's Hospital in San Francisco". Immediately, one of the women exclaimed, "That's where I was born!" We had been born two years apart. During the rest of the afternoon, as conversations turned to many other subjects, it seemed that we were all on common ground.

Getting back to the giraffe: I asked the hostess about the large sculpture in the corner of her living room. She told me she had welded the re-bar, molded the chicken wire, applied the paper-mache and painted it. The result was this beautiful rendering of an animal she fell in love with on a safari in Africa.

Although we live in an over-55 community, please don't think that those who have gone before you are "over the hill", so to speak. We are still creating, we are still vibrant, and we still embrace a life well-lived.

Second Public Meeting on Missile Site Cleanup Project Set for July 18

BY SANDI DOLBEE, Resident Advisory Board Member

The Restoration Advisory Board (RAB), formed to help shepherd the cleanup of a former Cold War-era missile facility, will hold its second public meeting on July 18 to update the community on testing to determine the extent of the contamination on the 42-acre site

Court and Snapdragon Lane to check whether the cloud-like plume of TCE-contaminated groundwater was moving any closer to homes.

Samples have been taken from both the new and existing testing wells, the results of which should be available by late summer or



Workers installed new monitoring wells to gauge any contamination near SCLH homes.

Photo courtesy of US Army Corps of Engineers

located off Oak Tree Lane in Lincoln.

The meeting is set for 4 to 6 p.m. in Presentation Hall, located inside Kilaga Springs Lodge at 1167 Sun City Blvd. It will bring together the full advisory board for the second of its promised quarterly public sessions.

The RAB, which was formed in March, includes 11 residents, along with representatives from the state water board and the U.S. Army Corps of Engineers. The Army Corps is tasked with overseeing the testing and clean-up of the facility, which has been contaminated with trichloroethylene (TCE), a chemical that was widely used as a lubricant and degreaser before it was identified as a carcinogen.

The missile facility was completed in 1962 and consisted of three, 160-foot-deep silos to house the Titan 1 nuclear missiles. Its usefulness was short-lived; the missiles were deactivated after only three years and the site was later dismantled. However, in 1991, TCE contamination was detected in groundwater samples and that began a long journey toward gauging the severity of the contamination and developing a restoration plan.

Last month, the Army Corps announced that five additional monitoring wells were installed near the Sun City Lincoln Hills property line along the eastern sides of Prunella

early fall, and monitoring will continue every six months. Officials hope to have a final report on the contamination, along with a proposed plan of action, next year.

The Army Corps has stressed that the city's water supply source is far from this site and "there is no imminent risk to residents in nearby communities." Groundwater at the project location, it said, is not used as household and drinking water source.

The RAB's community members, which includes retirees with backgrounds ranging from engineering and geology to architecture and communications, have been busy speaking to local groups and individuals to address their questions and concerns, as well as reviewing various documents about the site and researching similar cases across the country.

Ranny Eckstrom, the advisory board's community co-chair, said she is hoping for a good turnout by the public at the July 18 meeting. "It's a good chance to get to know the community members and government officials working on this project and learn what's being done to ensure the public's safety.

If you would like to invite members to speak to your group, or you have questions about this project, email RABTitan1A@selhca.com.

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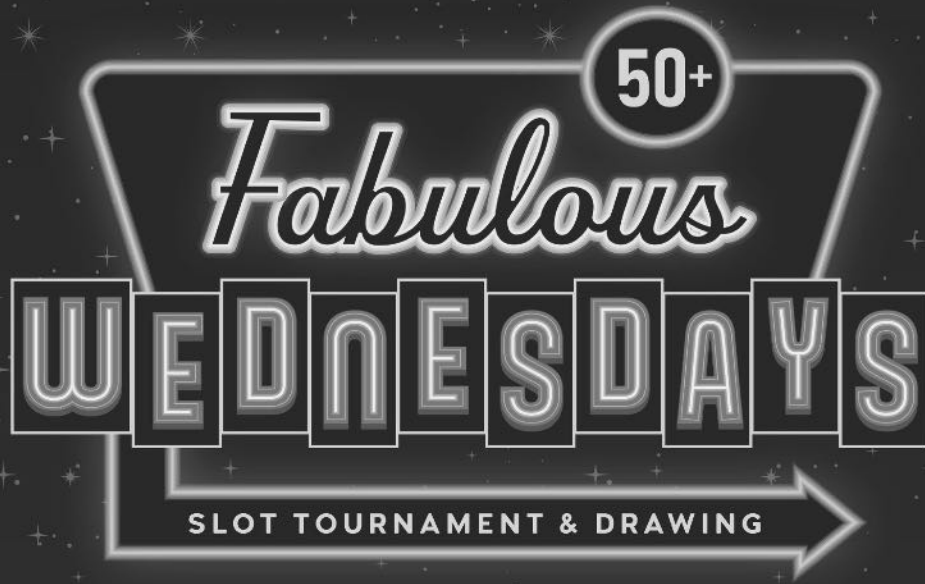
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| THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|---|---|---|
| 4   | 5  | 6  | 7  |
| 11  | 12  | 13  | 14  |
| 18  | 19  | 20  | 21  |
| 25  | 26  | 27  | 28  |

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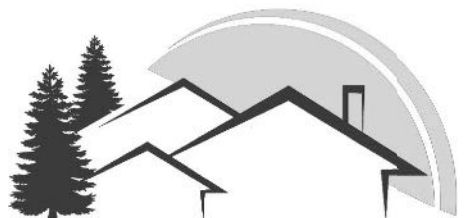
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In Memory — Richard Lincoln Moore

Richard Moore passed away peacefully at his Sun City Lincoln Hills home on Tuesday, May 28th, 2024. He leaves behind his wife of 62 years, Patricia, son Richard John Moore, daughter Elizabeth Hammack, and four grandchildren. He was preceded in passing by his brother, Dr. David Moore.



Richard was born May 15, 1938, in Whittier, California. He graduated from San Mateo High School in 1956, then went on to earn his Bachelor's, and Master's, degrees from Notre Dame College, Belmont, CA. He served in the US Army Reserves for six years. Richard took an interest in law enforcement upon his Army separation and began his public safety career as a reserve police officer for the city of Atherton in 1965. In 1967 he became a full-time sworn police officer and advanced through the ranks, eventually becoming its police chief in 1976. He served as the city's police chief until 1988 when he took on the additional role of city manager, eventually retiring in 1993. He then went on to serve in the security department of Bechtel Corporation.

Richard was an active member of the California Peace Officers Association throughout his career, becoming its president in 1987. Governor George Deukmejian appointed Richard to the California Police Officers Memorial Commission, after which he was elected its president.

Richard and Patricia moved to Lincoln in 2007, where he continued to serve his community on the Placer County Civil Service Commission, Sierra College Bond Oversight Commission, and the city of Lincoln Parks and Recreation Committee.

Richard was a huge sports fan, following the Giants and the 49ers, the Lincoln Potters baseball team, and William Jessup baseball and basketball. Richard always talked about his grandchildren, Emma, James, Kathryn, and William.

Final arrangements are ongoing, with a Celebration of Life on August 23rd in Granite Bay, CA, for family and friends. Memorial donations in Richard's name instead of flowers can be made to the California Peace Officers Memorial Foundation at: www.camemorial.org

City of Roseville Set to Welcome UP's Famed 'Big Boy No. 4014' on July 12-13

Big Boy No. 4014, the world's largest steam locomotive, will be on display for public viewing in Roseville July 12-13 from 9 a.m. to 3 p.m. as part of Union Pacific's "Big Boy Westward Bound" tour, which will honor Union Pacific's rich railroad legacy and celebrate the railroad's employees and communities it serves.



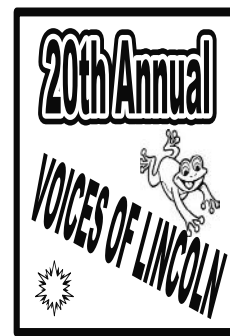
On Saturday, the city will be offering additional activities at the Vernon Street Town Square between 10 a.m. and 1 p.m., including:

- Live music • Food trucks
- A Farmer's Market • Live performances from the Black Flag Gang • Vernon Street Town Square Spray Ground

Additionally, the Carnegie Museum in Old Town Roseville will be open with an exhibit featuring the history of the Big Boy and a kid's railroad activity.

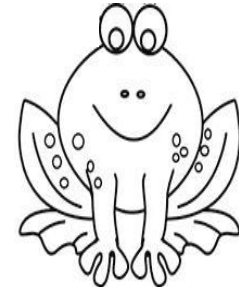
Any additional details, including a map with the locomotive's location along with parking and street closures related to this event, will be posted on the City's website as the event gets closer.

A steam tracking map showing No. 4014's location and route is available on Union Pacific's website at up.com/heritage/steam/4014.



Presented by the Poets Club of Lincoln

HAPPY LEAP YEAR!



Leap Into Poetry



*** RULES AND ENTRY FORM ***

- POETS WANTED!** 1st, 2nd, and 3rd place winners will be selected in each contest category.
- The five (5) 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 (3) poems. Select three (3) of the contest categories and submit one poem from each. Everyone is encouraged to enter. Poets do not have to live in Lincoln, CA. There is no entry fee.
- Poems may be in rhyme, free verse, haiku, or other accepted poetry forms and of any length, up to a maximum of 60 lines.
- Poems should be written in English. They should be typewritten and not centered (read left to right). 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 indicated on the poem.
- Young Poets**, 18-years of age or under, are encouraged to submit poems and will compete in a special "Young Poets" category. Young poets should follow the same rules as noted above. However, they should include their age, grade, and school on the Entry Form.
- All poems must be submitted on hard copy to the address listed on the Entry Form below and must be received **no later than Thursday, July 18, 2024**.
- Early submissions are appreciated. A separate Entry Form should be attached to the hard copy of each poem submitted. Duplication of the form is permitted. Questions—contact Alan Lowe at slolowe@icloud.com.
- The top three winners in each category will be contacted. They will be asked to submit their poems electronically, by email attachment. All winning poems will be printed in a commemorative chapbook, which winners will receive as a gift.

2024 VOICES OF LINCOLN POETRY CONTEST ENTRY FORM

(One Per Poem – PLEASE PRINT)

Name: _____ Phone: _____ Email: _____

Address: _____ City: _____ State: _____ Zip: _____

Young Poets Only—Age: _____ Grade: _____ School: _____

Contest Categories (Check appropriate category of poem submitted): Leap Into Love Leap Into Action Leap Into The Unknown Leap For Joy Look Before You Leap

Title of Poem Submitted: _____

Please insure that poems comply with all contest rules. No names should appear on the poems submitted. Include the title at the top of the poem. Place the category at the top right corner of the poem page. Use a paper clip to attach a copy of this Entry Form (cut along dotted line) to each poem submitted. Mail poems to Voices of Lincoln Poetry Contest, c/o Alan Lowe, 1235 Picket Fence Lane, Lincoln, CA 95648. Poems must be received **no later than Thursday, July 18, 2024**. Early submissions are appreciated.

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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, unbuil plastic models, old documents and more. Contact George 916-768-4694.

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

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

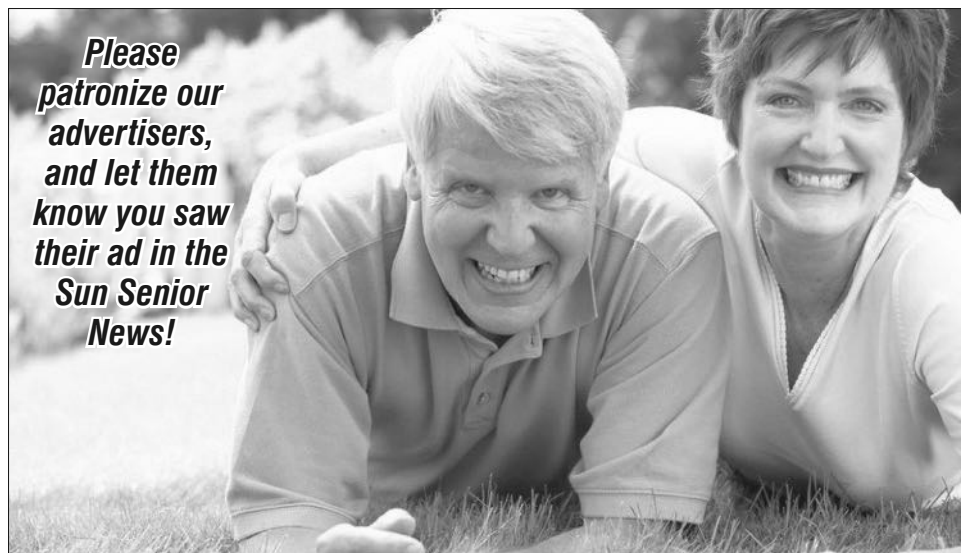
ANNOUNCEMENTS

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

LET'S PLAY DUNGEONS AND DRAGONS or other roleplaying games. I've been playing since 1975 and cannot believe I'm the only gamer in Sun City! Have you played before and want to get back to it? Did you never get the chance before but wanted to play? Maybe this is a new way of meeting folks and having fun that you'd like to try? Let's talk. I've got the games, old and new, and am ready to start D&D, Traveller Science Fiction, TOON! comedy and more. Call or email DAVE 916-295-1912 cataraft_2000@yahoo.com

LINCOLN POLICE DEPARTMENT VOLUNTEER PROGRAM: The program is open to Lincoln Residents, who are 21 years old or older. This is an on going recruiting effort for those individuals who would like to volunteer for either our Patrol Division (vehicle patrol, "Eyes and Ears" in the community) or the Front Office Staff (secured office, "meet & greet, lite phone and office work"). For more information, contact Roy Osborne at 916-645-4081.

SIR: Social Activities for Men — The mission of SIR is to improve the lives of our members through fun activities, lunches, and events while making friends for life. Branch 13 meets on the 3rd. Tuesday of the month at Catta Verdera Country Club. Contact Phil Sanderson at 916-408-4764 or Jay James at 408-533-3132. SIR Inc. provides social activities for men. SIR is strictly social, it does not do fundraising, has no religious affiliation, and is non-political. To learn more, visit www.wearsir.com or www.sirbranch13. Come, join us for a free lunch, where our June guest speaker will be Brandon Ida from Kaiser Hospital.



Please patronize our advertisers, and let them know you saw their ad in the Sun Senior News!

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

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

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

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

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



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



George Brown

