

SUN SENIOR NEWS

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Jill Aggersbury — Lovely London Lady

BY JENNIFER MARTIN

She's been a secretary, a realtor, a nurse, a cocktail waitress, a photography model, an internationally recognized ballroom dancer, and an admired Red Cross volunteer. She's hitchhiked all over Europe and has lived in England, Canada, Saudi Arabia and the United States. And now, Jill Aggersbury is a successful retiree living in Sun City Roseville since 2021.

Jill was born in 1943 in war-torn London where air raid shelters were prevalent and multiple buildings were in ruins. Both of her parents were on active duty, and Jill recalls she didn't meet her father until she was five years old when the war was over, and he came home. He was a mechanical engineer while her mother, a housewife, looked over her and her three siblings, one sister and two brothers.

After completing secondary school, Jill worked as a secretary in London's West End. To overcome her shyness, she had taken ballroom dance lessons in her early teens and entered dance competitions, becoming a silver medalist



Jill Aggersbury

in International Ballroom Dancing. Also, to give herself another boost of confidence, she decided to become a photography model. But her abiding interest was always in nursing. After three years of study, Jill graduated from St. Mary's Hospital in 1966 and entered the nursing profession.

That goal having been met; Jill decided she wanted to go the U.S. by way of Canada.

This was when she became a cocktail waitress in the club room at the Calgary Stampede and Husky Tower. She also worked in Banff where there were lots of Brits and Aussies skiing. Eventually, she drove to San Francisco and landed a nursing job, working for a doctor in Union Square. She saved up \$1500 to buy a house, but when she was short of money for the down payment, the real estate lady she was working with loaned her the rest so she could put 20% down on her house.

This first house was pretty much a real "fixer-upper," so Jill decided to write to the editor of Sunset Magazine for pointers on how to redo her bathroom. As luck would have it, the editor actually showed up one day at her door with his photographer and did a story on her remodeling project. The article, which appeared in the November 1973 issue, started with the headlines "New Bathroom—She rebuilt it herself."

In 1975, Jill, who has been a jazz enthusiast since her London days, decided to organize a "Jazzboat." She had been a member of the New Orleans Jazz Club of Northern California
(cont' on page 21)

SCR Foundation 2024

BY KATHI STROPKAI, *Vice-Chair/Events Director*

496 service items have been performed through May by the volunteers on the Home Maintenance crew. What a great way to start the year. The amazing thing is they accomplished this even though our van was in the shop for some of June. Speaking of our van, if you've noticed that big white box truck



in the parking lot, that is the replacement for the van and new home for all the home maintenance inventory, and soon you'll see it driving up to your home to do the services. Watch for our christening event announcement.

Our 26 Annual Golf Tournament was a huge success. We cannot thank all the players, sponsors, clubs, groups, and volunteers enough. A special thank you goes to our Tournament Sponsor, The Ivy Park Blue Oaks, Signature Senior Living, a luxury Assisted Living and Memory Care community opening in Winter 2024, and LGCY Solar the Goodie Bag Sponsor. We had 23 vendors contribute to the tournament, 13 SCR Clubs & Groups, and over 35 residents volunteer to make this tournament so much fun. 160 golfers participated between

both courses. Ten vendors offered food, drink, games, and giveaways, as well as three beer and water holes sponsored by the Foundation. Players had numerous games throughout both courses and finished the day off with a catered Mexican Buffet. Prizes were awarded to first and second-place teams on both courses. For a list of all winners and sponsors, check out the website. Players had a chance at some great hole-in-one prizes, (Porsche Macan and Ford

Mustang) but no one had to rush home and clean out their garage for their new car.

Thank you for all your support! The

Foundation can continue to offer its programs and fund projects through your support and attendance at Foundation fundraising events. Visit our website www.scrfoundation.org to learn more about upcoming events.

Don't forget to mark your calendars for the next fundraiser, Bingo, on August 11 at 1:00 pm, Timbers Ballroom. Tickets go on sale at Couriers Days on August 1 from 8:00-11:00 am and then again on August 11 at noon.

If you have any questions about our programs, services, or events please call the Foundation's phone number at 916-774-9040 or www.scrfoundation.org. Join us for our next meeting on July 12 at 9:00 am in the Card Room.

Harmonicoots

BY LINDA B. AUG

No Rootin' Tootin' about it! The Sun City Harmonicoots have a hot July Jamboree planned! So, grab your cowboy hat, your favorite Red White and Blue shirt, dust off those chaps and spurs and let the Sun City Harmonicoots hogtie ya down and show you a hee-haw of a good time!

The Coots have a busy July at the SUN CITY CORRAL and we've got a bee in our bonnet to spread the word lickity split! Starting with a firecracker bang on July 4th, you will find the Sun City Harmonicoots getting all fired up at the Golf Cart Parade. But be careful! You may find one hitchhiking on the back of your golf cart.

It's back to the watering hole for a short spell but on July 12th the Harmonicoots gave a lick and a promise to the Bocce Club to gather for a hoot-n-nanny! There will be lots

(cont' on page 3)



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SUBMISSIONS: The Sun Senior News -

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

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

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Harmonicoots

(cont' from page 1)

of wobblin' jaws and music in the air! We hear the Bocce Club is rustling up some good grub too. A few bunk nights later, July 20th, the Harmonicoots will proudly make their return visit to the enthusiastic SOLO CLUB. We always have a swell time, and the song books are hot off the fire!

July's GRAND event will be on July 25th when Sun City celebrates Grandparents Day. These little wranglers are going to have a ROOTIN TOOTIN good time with the Sun City Harmonicoots. We will gather at the BOCCE COURT BARN, give the little rascals a wallop of some Wild West Fun! Maybe a few of those half pints will find a harmonica in their pocket when they get home!

Come and visit us on Thursdays at the Pines! Can't promise a harmonica in your pocket but can promise you a hee-haw of a good time!

Harps Up!

...

Sun City Singers

BY JACKIE PROETT

It's July and time to keep that flag raised. Like the song says, "I'd gladly stand up next to you and defend her still today, 'cause there ain't no doubt I love this land, God bless the

U.S.A. Let's raise a glass to July 4th!

The Singers are not only proud to be Americans, but proud that we performed a great Concert. Our ears are still tingling from all the praise. Our Wrap Party is the time that we share cookies, lemonade and good and bad comments we received from the audience. They loved the music, our enjoyment of performing it and the full beautiful sound! Yeah! We were royally led by Paul, Andre and Valerie, who made it clear that this wasn't our first Rodeo! Yipiyai!

Now it's time for summer vacation. Give Dad anything but a tie. Go to the Graduation and then to the wedding and if you have any money left, go to the ocean or the mountains, or sit under the sprinkler. We won't start up again until Monday August 12, 2:30pm, back of the Ballroom. This is the time to join us. You don't have to audition. You can come to three rehearsals before joining. You'll get a pack of Christmas music and a bunch of new friends.

Speaking of friends, the Sopranos are so happy for Lori Burt and Jane McNally who have both sold their houses. We will miss them terribly, but we know that they have wonderful adventures ahead of them. Keep singing, Ladies and come back and visit.

It's time to drag out the red, white and blue. Wear it proudly! God Bless the U.S.A.

...

(more Club News cont' on page 5)

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

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

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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.



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All Tuned Up

BY PEGGY WELLS

July brings themes of the USA and patriotism. At ATU, one of the selections in our song book is a medley of *Yankee Doodle Dandy*, *You're a Grand Old Flag*, and *God Bless America*. So, I decided to consult Professor Google about the origins of these songs.

The story goes that the term Yankee Doodle was created by a British doctor in 1755, as a way of insulting the colonists as crude and cowardly. Legend has it that during the Revolutionary War, the colonial militiamen sang Yankee Doodle to retreating British armies to throw the insult back at the British, and soon Yankee Doodle became the anthem for the Continental Army. The song *Yankee Doodle Dandy* was written by George M. Cohan in 1904. The most famous rendition of the song is from the 1942 movie "Yankee Doodle Dandy" sung by James Cagney.

You're a Grand Old Flag is another George M. Cohan song from his 1906 musical "George Washington, Jr.", and also made famous by James Cagney starring as George M. Cohan. (Prior to the 1942 movie, Cagney was mainly known for playing tough guys and gangsters. He broke out of the typecasting singing and dancing as Cohan, for which he won the Oscar for Best Actor.)

God Bless America was written by Irving Berlin in 1918. In the run up to World War II, with the rise of fascism, he revised the lyrics to the song we know today. It was introduced on Armistice Day in 1938 by Kate Smith on her radio show. Berlin also provided an introduction to the song in the nature of a hymn, which Smith always used, but is rarely heard today.

Happy 4th of July!

• • •

Drama Club

BY LENORA DAVIS

This month finds the Second Act Studio Drama Club busy planning for their activities for summer and beyond. We are always in search of new material and events to practice our acting and improv skills. Soon we will be researching new plays to present to Sun City for our next major performance. Meanwhile, we are considering smaller, less involved sketches that we can perform at Sierra Pines. Some of these may be Readers Theater, to give more opportunity to actors less inclined to memorize script, or for those who have never been on stage but would like to give it a try.

Grandparents Days are scheduled for July 25 and 26. Our Drama Club has some activities scheduled for the grandkids, so bring them along to join the fun. They may participate in

"The True Story of the Three Little Pigs", or other activities as time permits. This will be on Friday, July 26, from 12:00 to 1:00.

Our Club holds our weekly meetings at Sierra Pines on Tuesday evenings at 6:30, except the first Tuesday of each month, and invites Sun City residents to join us. We encourage non-acting members to join in stage-related activities, since we are always in need of help in a multitude of ways.

For more information regarding our club, contact Susan Glover (530-388-6367) or Lenora Davis (707-350-1357).

• • •

Dance Club

BY VIKKI CLARK

As we embrace the vibrant summer season, our club has a series of exciting events lined up to bring everyone together. Mark your calendars for the following dates and join us in celebrating these special occasions.

June 19th Election Dinner/Dance. Guests were treated to a delicious Mexican buffet with a no host bar, topped off with traditional churros for dessert. Founders and past presidents of the Dance Club were honored during the evening. We were treated to dance performances by Tap 2, Strutters Tap, Strutters Jazz, Clogging, Country Couples and Line Dance 2. Our returning Board of Directors were installed, and the night ended with open dancing for all.

Get your tickets now for the Hawaiian Hoedown on Jul 15th. Dust off your best tropical attire and get ready for a fun-filled night with a Hawaiian twist. Don't forget your leis!

August 19th-Hot Town, Summer in Sun



Cloggers



Gene Ballard & Kathy Wescott

City

Wrap up the summer with Hot Town, Summer in Sun City celebration. Roll up your jeans, wear your "coolest" dance wear and get ready to bop the night away with DJ Tom.

September 16th-Line Dance 1 Social

This is a dance for everyone! It's an easy, fun way to try out line dancing. Bill Swayne will teach the dances and play the music. You don't need a partner, know how to do the dances! Everyone out on the floor!

As a reminder, the annual membership dues of \$12 are due July 1st. This covers July 1, 2024-June 30, 2025. Your membership is crucial for the continued success and organization of our events.

We look forward to seeing you at these wonderful events and appreciate your continued support of SCRC Roseville Dance Club. Please visit the website to view times of classes, events and pictures.

• • •

Music and Laughter

BY JANE BOHN

Hooray for entertainers who come with their instruments to share their talent. The list was long and included the following, pianist Jan Given, violinist Joe Given, jokesters Jack McGurk and Jan Montero, singers, Peggy Wells with Carolyn Winters accompanied by guitarist Ken Roberts, a surprise performer our singer/guitarist grandson Andrew Bohn who performed two songs allowing the audience to chime in on the chorus and last but not least, our regular singer/comic Ray DeBenedetto. Now, doesn't that sound like a fun hour of Music



Ken Roberts, Carolyn Winter, and Peggy Wells.

and Laughter? Our enthusiastic prize winners included Sharon Rubio, Linda Bunyan, Marina Tan, Joe Given, Tim Bunyan, Cal Conley, and Sharon Lein. Here comes a huge thank you to our entertainers, our attentive singing audience, and our helpers, Maria Hajgato, Arlette Bennett, and Jill Aggersbury. Once again, you have all contributed toward the success of a wonderful uplifting hour of Music and Laughter and made my job a joy. We hope you'll join us when we gather next on Wednesday evening, July 10, 7pm at our Sierra Pines Lodge, located on the corner of Del Webb Blvd., and Whistlestop Way. Don't forget to bring your \$1 entry fee for the prize raffle at the end of the show and come early

for a good seat. Looking forward to greeting you there.

• • •

Creative Arts

BY CAROL KOVACH

Welcoming New Students — Since the reopening of the Creative Arts expanded and revitalized facility, thanks to the efforts of Pam Jacobsen and Joan Landecker the club has been able to offer new members beginning pottery classes. These have attracted many new members and on Mondays the room is abuzz with new and existing potters. The energy, enthusiasm and creativity is a welcome change.

One new member is Katherine Truffa. She moved to Sun City just over two years ago after living in Lake Tahoe in a cabin she and her late husband owned. After five years in Tahoe following her husband's death, and enduring a very close call from the Caldor fire while in escrow, she finally found her new home here. A few months ago she joined the pottery group, and enjoys the friendly people and camaraderie. She quickly developed a love for pottery - she had only been exposed to pottery in high school.

Growing up in San Jose and living in Santa Clara for many years, working for Orchard Supply for thirty-six years. She and her husband worked at fixing up houses, as he was a union plumber. But her real passion is travel. She took a novel approach when planning their first trip to Italy. She looked up the names of people in the area where her husband's family lived who had the Truffa last name and sent postcards to them. One of the recipients invited them to stay with her, and on arrival handed them the keys to her apartment! She has become a life-long friend.

Since retiring Katherine has travelled in Europe, Mexico, Peru, Chile, Dubai, Sri Lanka, Costa Rica and Hawaii. Next year she is off to explore Morocco.

• • •

Fine Arts Club

BY NANCY VAVUL

The Fine Arts Club has an exciting July planned, starting with our general membership meeting on July 11. Join us for an ice cream social in the Fine Arts room at 1:00. This will be a great opportunity to enjoy some delicious treats while catching up with fellow members and discussing our shared passion for art.

We are also happy to announce the restart of themed entries for our gallery wall. For July, the theme will be abstract art in any medium. We invite all members to submit their abstract

(cont' on page 5)



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Neighborhood Watch/Citizen Patrol

BY LINDA VINCENT - Program Coordinator &
RON MASCIOVECCHIO - Program Coordinator

Del Webb started the Neighborhood Watch program based on the National guidelines in 1996. They divided up Sun City into 13 Villages. Some villages are larger. We currently have 34 Village Communicators and 234 Team Links. Your Neighborhood Watch office sends informational emails to these communicators approximately every 6-8 weeks in an effort to maintain a communication link among neighbors.

Some Teams and/or Villages get together to have fun and get to know each other and build comradery among residents in your immediate area. This can be as easy as having your neighbors over for a donut and morning coffee. Others join with another team to have a potluck at Sierra Pines where the room is free. Give it a try.

If you are not getting our emails, please call us at 774-3817 or by email at neighborhoodwatch@scrca.org.

Report Suspicious Activity to the Police — Informed and alert citizens play a key role in keeping neighborhoods safe. Do your part in keeping your community safe by paying attention to your surroundings. If you see something – say something - call the police if:

- Someone going door-to-door asking unusual questions, or looking into houses or car windows.
- Unusual noises that cannot be explained,

like breaking glass, or pounding sounds.

- Business transactions conducted from a vehicle. (Possible drug or stolen property sales.)
- Someone removing property from unoccupied homes
- Someone loitering in a neighborhood on foot or in a vehicle when there is no apparent purpose or destination.

Become an active member in your neighborhood when asked. If there isn't a Team Link in your area, the communication link is broken. Will you get involved as a Team Link when asked?

Neighbors helping neighbors. It's a simple adage and one that holds immeasurable power when it comes to keeping communities safe.

Stay safe and get involved with your neighbors around you.

Remember, National Night Out is coming August 6th. Have you started planning for your neighborhood gathering on August 6th? Go to <https://www.roseville.ca.us/> to register for this event to have a police officer or the Roseville Fire Department come to your street!

And speaking about staying safe – have you ever been called about your open garage door being opened at night? We are always looking for CP volunteers to help be the eyes and ears of our community! Are you ready to get involved - we only ask 3 hours a month. Get a friend to join up with you and give us a call to get started.

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Fine Arts Club

(cont' from page 5)

pieces for display. Submissions will be accepted on Wednesday, July 3 from 2:00 to 2:30 PM. This is a fantastic chance to showcase your creativity. We encourage everyone to stop by to see this vibrant gallery wall.

Looking ahead, the theme for August's gallery wall will be mixed media. Start planning your projects now to be part of this diverse and innovative display.

On July 25, we will be offering a special class on creating alcohol ink jewelry. This unique and fun class will provide an opportunity to learn new techniques and create beautiful pieces. Sign-up sheets will be available in the art room. Don't miss out on this creative adventure!

In preparation for the November craft fair, we are introducing an Old Masters challenge. We encourage members to select a painting by an Old Master and create a reproduction. These masterpieces will be on display and available for sale during the craft fair. Start planning your projects now to be part of this event.

Keep an eye on the posted schedules and details for available classes, as some classes may be on hiatus during summer months. We look forward to seeing your artistic contributions and sharing these creative experiences with you throughout July and beyond.

SCR Needle Arts Club

BY PEGGY VOAKES

Our Needle Arts Club is dark in July – no General Meeting and, this year, no newsletter. Most of our smaller groups do, however, get

together over our summer break and, of course, behind the scenes our dedicated committees are already preparing for another great year. If you are looking for more info, please pick up our June/July newsletter in the NA Room or the Lodge lobby kiosk.

Our calendar year runs from July through June. Dues will be due beginning July 1. If you, like me, might forget over the break, you can pay your dues in the Needle Arts Room at any time. There is an envelope marked "Membership" on the counter as you come in the door. Of course, our Membership Chair, Karen Porter, will be at the door to the Ballroom at our August meeting to make that task easy for you.

The program for the August meeting will feature our many Special Interest Groups. They will be at tables around the Ballroom, ready to fill you in on what they do and answer your questions. It's a wonderful way to learn all that Needle Arts has to offer and find your special place in the club. As always, we welcome guests and look forward to new members!

That meeting will be Wednesday, August 7, 1:30 pm, in the Ballroom. Be sure to come a little early to shop the back table. I hope to see you there!

Roseville 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.

Cinema Group

BY BRIAN SUTTON

Join us in July for this special movie...

Movie: HELP! (1965). Run Time: 1hour 32minutes

In the follow-up to their successful debut musical, "A Hard Day's Night," the Beatles once again offer up a melding of song and slapstick. After Ringo stumbles upon a



valuable gem, the band starts getting harassed by a fringe religious group. To escape their sudden stalkers, the boys hit the road. As John, Paul, George and Ringo travel the globe, they perform a mix of musical numbers, singing hits ranging from "Ticket to Ride" to the

title ditty "Help".

Reviews & Ratings: Internet Movie Data Base – 7.1 out of 10; "Ringo Starr finds himself the human sacrifice target of a cult, and his fellow Beatles must try to protect him from it."

Rotten Tomatoes: 86% Critics – 86% Audience. "Help!" finds the Beatles displaying their infectious charm and humor in an enjoyably madcap adventure.

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

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

Solo Friends

BY NIKKI COMBS

Solo Friends are fascinating people. Our members led (or still lead) exciting lives in education, medicine, law, business, government, entertainment, etc. They come from all walks of life and bring a variety of skills to the group.

One skill that is apparent during the Solo Friends' monthly dinners is creativity. The hosts

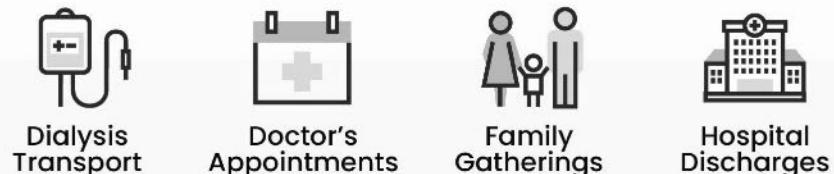
(cont' on page 13)



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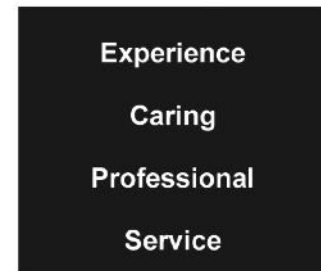
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Sunshine Services

BY LINDA CILENTI

This month Sunshine Services is providing several phone numbers and websites you may find helpful. Apart from the Sunshine Services phone numbers, this list is contained in the 2024 Service Directory published by Agency

on Aging Area 4.

Agency on Aging Area 4's mission is "to enrich the lives of older adults and people with disabilities by fostering networks of support, advocating for individual choice, collaborating with other, ensuring equity and striving to do so with conviction."

- Sunshine Services — Medical Equipment Loan Program - 916-960-8091; Arrow Discounted Ticket Sales - 916-886-7008
- For Information & Assistance in Placer County — Seniors First — 530-889-9500 www.SeniorsFirst.org
- Enhanced Information & Assistance/No Wrong Door — Aging & Disability Resource Connection 800-211-4545 www.adrc4.org
- CalFresh Food Assistance — Agency on Aging Area 4: 800-211-4545 www.agencyonaging4.org/calfresh-food
- Caregiver Respite & Support — Del Oro Caregiver Resource Center: 916-728-9333 www.deloro.org
- Employment Services Agency on Aging Area 4: 916-486-1876 www.agencyonaging4.org
- Health Insurance Counseling & Advocacy — HICAP of Northern California: 916-376-8915 or 800-434-0222 www.hicapservices.net
- Health, Wellness, & Fall Prevention Education — Agency on Aging Area 4: 916-486-1876 www.agencyonaging4.org
- Legal Services — Legal Services of Northern California: 530-823-7560 www.lsn.net
- Long-Term Care Ombudsman Services — Agency on Aging Area 4: 916-376-8910 www.agencyonaging4.org
- Lunch Site & Home Delivered Meals — Seniors First Inc. (Western Placer County): 530-889-9500 www.seniorsfirst.org
- Residential Repairs/Modifications — Placer Independent Resource Services (PIRS) 530-885-6100 www.pirs.org

Ambassador Committee

BY DONNA WEIGELT

The Ambassadors held the third New Resident Orientation (NRO) of the year on Saturday, May 18, at Sierra Pines. The theme of the day was

bottles of wine, gift cards and the beautiful food table decorations.



Ambassadors look forward to assisting with the Flag Day event on June 14. The program is in the ballroom starting at 10 am. The

Welcome to Spring. The NRO was changed this time and instead of a late afternoon event, a 10 am Champagne Brunch was served.

Valuable information regarding the upcoming Board of Directors election was presented along with several speakers from Activities, Golf, Sun City Foundation, and Citizen Patrol and Neighborhood Watch who provided helpful information to new residents. There were many handouts available at the information table with assistance on questions or additional information from Ambassadors, Speakers or Staff members.

There were several door prizes drawn for golf, dinner at Timber Creek, Fitness Books for classes at Fitness center, Show Tickets,



Ambassadors will be handing out information as guests arrive and will distribute ice cream on the patio at the end of the program.

As a result of Mix and Mingle applications are currently being received to serve as a volunteer on various committees. Those interested in joining the Ambassador Committee should submit an application by June 14. Interviews will be held June 17 through June 30.



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Website Workgroup

BY CHARLYN ROSS

The “Upside and Downside” of The Year! July, the seventh month, could be considered the “down” side of the year, as we slide into the final six months of 2024. However, for our Sun City Roseville (SCR) Association, July is actually the “up” side of the year, the first month of our “fiscal year,” when the Association’s 2024-2025 Budget is activated. And it is the “up” side, as it advertises all the great activities and events that are planned for July, while hinting at those for the remaining months of 2024.

Just remember, the Resident Website, www.screa.org, is always your resource for information about all the activities and events planned for our community. And, the “Sun City Roseville Club Now” website, is your “go-to” place when an activity or event requires registration.

This month starts with our “July 4th” Fireworks Extravaganza, traditionally held on July 3, which will be hosted by Timbers Restaurant.

On July 16, the Election results will reveal which of the three candidates will fill the two openings in our seven-member Board of Directors for the new fiscal year. The “Election Information” button on the Resident Website’s Home Page provides all Election information.

And, July will see an encore of Grandchildren’s Day on Thursday, July 25 and Friday, July 26 with the theme of “Wild, Wild West” days.

If you need assistance accessing the “Sun City Roseville Club Now” to sign-up for activities or tee times, contact Nona Weintz, in the Administration Office, nonaw@scra.org or phone (916) 774-3820.

Your Suggested Improvements

Two recent projects have resulted from residents’ suggestions, confirming that your input on community matters is taken seriously.

The first is to continue throughout the year, the decorative lights that were visible during the December holidays along the roof line of Timber Lodge and Sierra Pines. The second is to improve security by installing license plate reading cameras at our community’s entrances. Both of these suggestions have been approved and are in the process of being implemented, with some funding assistance from our Sun City Roseville (SCR) Foundation.

The SCR Foundation, is an independent organization, whose mission is to provide services that address the physical, cultural, educational and social needs of SCR residents, beyond those services already provided by the SCR Community Association. To learn more about our Sun City Roseville Foundation, on the Resident Website, www.screa.org, click on the hamburger button at the far right of the black menu bar, and scroll down to SCR Foundation.

What’s Happening Today!

The calendar of today’s activities can be accessed in two ways on the Resident Website, from the “Calendar” menu at the top of the webpage or the “Calendar Button” at the left below the photo on the Home page.

At the top of the calendar, click on the group whose events you wish to view, such as “Clubs & Groups” then scroll down. Below each date will be the listings of all that group’s events for that day.

To simplify your search, the groups are listed by colors.

- Board of Directors – Brown
- Committees & Workgroups – Blue
- Clubs & Groups – Green
- Activities – Red
- Fitness Center – Grey
- Timbers Restaurant & Lounge – Dark Brown/Black

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

Executive Director Comments

BY GEOFFREY BROWNE

Phase B Update — Back in May I wrote that, when it comes to our Phase B project (the Fitness Center Expansion and Renovation), we have a long road ahead, with many months of planning, designing, and submitting documents to the City of Roseville as we begin the Entitlements and Permitting phase of the project.

This will be our fourth major building project over the last several years, including the expansion of Sierra Pines, the Timbers Restaurant and Lounge expansion, and the previously mentioned Phase A-2 project.

There isn’t much to update you on this project yet, but we do have initial confirmation of an April 2026 start for construction. Our next meeting with the Architects and General Contractor will be set for August where we will map out the entire process and review our current design details so we can start the application process.

Stay tuned for occasional updates on this exciting project!



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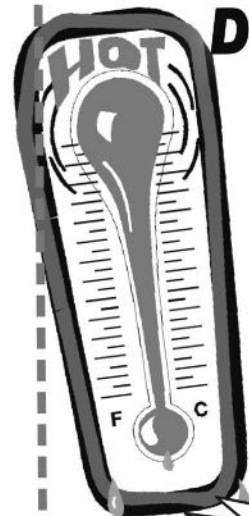
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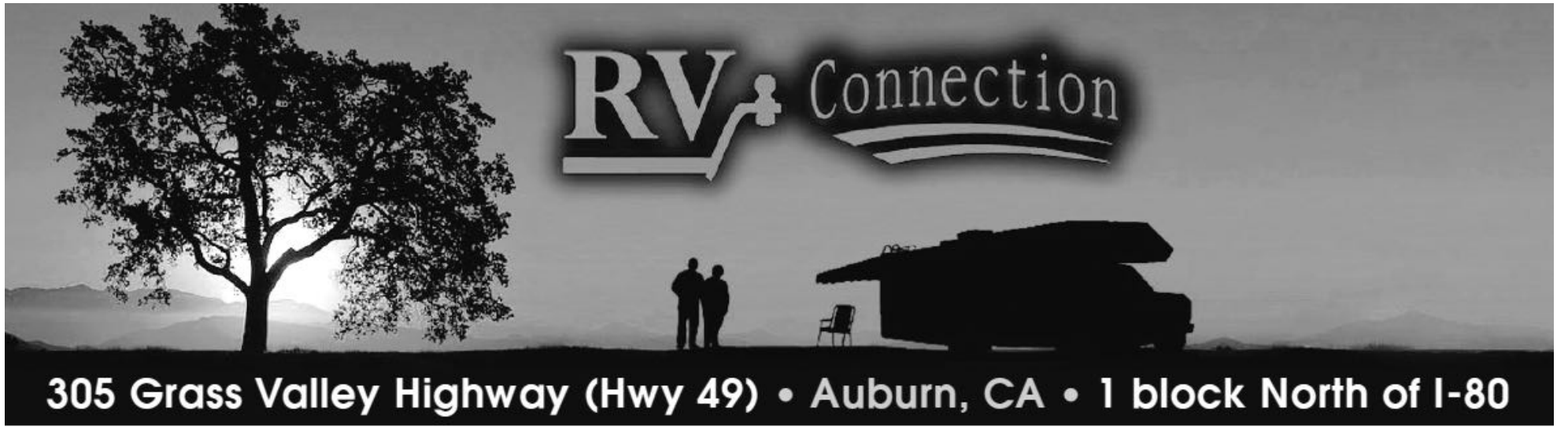


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Solo Friends

(cont' from page 7)

bring in or design a variety of activities to create a fun evening. We have enjoyed performances by various Sun City groups including the Harmonicoots, Second Act Studio Drama Club, All Tuned Up, and the Cinema Group. We have delighted in playing games, having a decorated hat parade, White Elephant gift exchange, and a costume jewelry exchange.



Solo Friends enjoying the May dinner.

These activities not only showcase our members' creativity, but they also give the attendees a memorable evening. Hosting a monthly dinner can be a lot of work. Finding entertainment or designing an activity adds to the workload. Thankfully, our members are energetic and inventive. Congratulations to all past hosts for giving your fellow members pleasant evenings that promote socialization and entertainment.

And thank you to all upcoming hosts. Because of your commitment to the group, the Solo Friends can enjoy a gathering each month this year. It will be exciting to see what is presented every third Saturday. Even if it's nothing more than a brown bag or desserts, with simple games or just conversations, it gives the members a chance to get out of the house and gather with friends. Without you, many would miss these outings.

Information about each month's activities can be found on the website or at the General meetings. Meetings are open to all members and guests and occur on the first Monday in the Timbers ballroom. Meetings start at 6:00 pm and include a guest speaker.

Jewish Fellowship Circle

BY LOIS ARLEN & KAREN LEVINE

We were honored and delighted to have Rabbi Matt Rosenberg officiate a special Shabbat service (Friday night prayers) last month. Rabbi Rosenberg is the incoming Director of the new Einstein Jewish Community Services; a nonprofit human service agency being developed to support seniors and the disabled throughout

the Sacramento area. A big thank you with appreciation to Rabbi Rosenberg for leading the special Shabbat service and to Larry and Phyllis Bernstein for hosting the Oneg (a sweet table) after the Shabbat service.

Summer brings our annual Pizza and Bingo night which will be held on July 21 at Sierra Pines. There will be prizes given for the winning Bingo games. It will be a fun evening.

Our Book Club is on temporary hiatus for this summer.

The Jewish Fellowship Circle (JFC) represents a group of people here in Sun City who come together regularly for specific Jewish purposes. Our Fellowship has a Friday night service once a month led by people in our group. We also have programs relating to several Jewish Holidays. Our annual BBQ, Pizza and Bingo night and Ice Cream Social are three of our many successful events. We are a small group but always looking for people to join in our activities. Check your Courier once a month for a preview of that month's programs.

...

Healthcare Professionals Group

BY LINDA GORDON

The next meeting for the Healthcare Professionals Group will be on July 3 at 11:00 in Sierra Pines. Our speaker will be Elaine Zilonka, Director of the Sun City Fitness Center since 2005. Elaine has a Bachelor's degree in Kinesiology, a Minor in Chemistry and a Masters degree in Exercise Physiology. She has worked at Mercy General and Mercy San Juan hospitals in both in-patient and out-patient Cardiac and Pulmonary Rehab. Her topic will be "How to Kick Start Your Heart."

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

Nurses from our group hold a Blood Pressure Clinic for Residents on the second Wednesday of the month from 9:30-11:00am in the Fitness Center. This is open to all residents to have their BP checked and to discuss any issues they may have. Our next clinic will be July 12.

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

...

Democrats of SCR

BY MARISA BERNETTI

We are excited to introduce two formidable candidates for the Roseville City School Board, in the November election, Cassie Lin and Holly Cuthbertson. Both are mothers of school-age children and have been involved with the school district in numerous ways for several years. These two dedicated candidates deserve your utmost consideration in November.



As we celebrate Independence Day, we caution all to use safe and sane fireworks. With this hot weather, we are in extreme fire danger. Enjoy the BBQ, your favorite libation, your family, friends, and neighbors. Marvel at the Sun City fireworks on July 3 and stay safe.

The next general meeting is Wednesday, July 24, 9:00am at Sierra Pines, guest speaker is Mike Madrid.

...

SCR Computer Club

BY BARBARA EICHTEN

There will be no General Computer Club meeting in July or August. See you on September 23 at 10:00 in the Club Room.

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

Photo: Will meet on the third Friday, July 19 at 10:00 in the Club Room. Come to the meeting and see how the Photo SIG (photo club) does things. Only Photo SIG members may submit photos for the monthly contest. Submission of a maximum of 3 photos, sent to PhotoSIG916@gmail.com is due by Monday, July 15, 2024. July's theme is "Low Light/Night." Photos are taken between July 2021 and the submitted date. Contact Dennis Studer or Jenni Ramez for additional information.

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

OPEN sessions will be on Friday July 12, 19, and 26 from 1:00-3:00 in the Club Room. These sessions are to assist individual residences with their iPhone, iPad or a computer. For further information call/text Barbara Eichten (901-625-9821) or email barbara.eichten@gmail.com

...

Mantra Meditation

BY ED CERVANTES

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

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

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

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

Here are the dates and locations for our upcoming meetings.

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

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

Wednesday, August 14th 1:30pm - 2:30pm in the Ponderosa Room at Sierra Pines

Bring a friend and come make new ones. Thanks so much and we look forward to meeting you, Ed Cervantes and The Heart of Gold Meditation Group.
mantramedclub@gmail.com

...

Socrates Cafe Group

BY STEVEN GUSTAFSON

At our meeting last month, over 20 of us encircled a large table to discuss some fascinating questions. As usual, a volunteer facilitator presented the questions: (1) What makes our lives meaningful? and (2) What is love and how does it relate to marriage?

On the meaning of life, an answer by Ralph Waldo Emerson in his famous poem "What is Success?" was suggested. To Emerson, your life has meaning if you "...leave the world a bit better, whether by a healthy child, a garden patch, or a redeemed social condition; to know even one life has breathed easier because you have lived".

We discussed some classic definitions of love. Plato said that love is "a desire for beauty". Aristotle said that love is "a feeling of admiration and respect". Nietzsche said that love is "an animal instinct akin to lust". We further discussed how marriage has evolved from the duty-bound marriages of the past to today's marriages that emphasize equality and individualism.

(cont' on page 17)



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	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 Crown Princess ~ 3080 Passengers	Jul 9, 2024	\$999	\$1,331	WAITLIST
	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 Ruby Princess ~ 3080 Passengers	Jan 19, 2025	\$648	\$785	\$998
	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!				
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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 Celebrity Apex ~ 2910 Passengers	Jan 18, 2025	\$2,207	\$2,437	\$2,817
	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 Celebrity Beyond ~ 3260 Passengers	Jan 24, 2025	\$1,967	\$2,886	\$3,449
	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 Brilliance of the Seas ~ 2112 Passengers	Dec 28, 2024	\$1,698	\$1,998	\$2,198
	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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Days & Destination	Cruise Line ~ Sailing Date	Starting Price/ Inside Ocean View Balcony
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15 Day BEST OF THE MEDITERRANEAN January – March 2025		\$6,299
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Star Legend ~ 312 Passengers

INCLUDES ROUND TRIP SACRAMENTO AIRFARE!

Beat the crowds and visit the Mediterranean during the winter! Sail from Barcelona, Spain to Venice, Italy visiting Marseille, France; Nice, France; Genoa, Italy; Livorno for Florence, Tuscany and Pisa (2 days); Rome, Italy; Naples for the Amalfi Coast, Capri & Pompeii, Italy; Messina (Taormina), Sicily; Dubrovnik, Croatia; Zadar, Croatia; Venice, Italy (2 days). Ask about pre and post cruise hotel stays.

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

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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.

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

INCLUDES ROUND TRIP SACRAMENTO AIRFARE!

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

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

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



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Socrates Cafe Group

(cont' from page 13)

Socrates Cafe has discussions in the Timbers lodge at 10:00 on the first Monday of each month, so our next discussions are July 1st. You are welcome to join us.

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Conservative Action Group

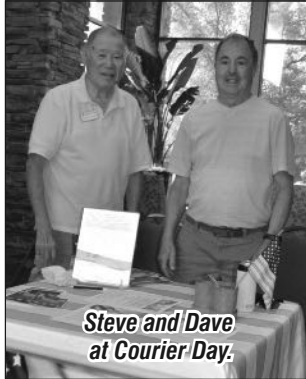
BY SHERRI SCOTT

The Conservative Action Group is comprised of Sun City Roseville residents. Our mission is to inform, become involved and initiate activities that will promote political conservative values. We seek to uphold and defend the United States Constitution and our republican form of government within our voting districts.

We become informed of various issues through education via meetings, workshops, various gatherings with relevant speakers, sharing information from one member to others, and using sources of media including governmental websites.

The purpose of this group is to also involve members by joining together here in Sun City as well as with other like-minded organizations to keep Roseville and Placer County red. We strive to actively support conservative candidates who understand and represent our core values at the local level.

With our actions we initiate paths for all to assist in maintaining our conservative goals by attending official government meetings,



Steve and Dave at Courier Day.

supporting appropriate referendums, communicating with legislators on pending legislation, fund raising and other means.

Please join us for the upcoming November election. We welcome anyone of any party affiliation that supports the need to ensure we keep our constitutional framework of individual liberty, property rights, and the rule of law. You can sign up at our Courier Day table on the first of every month, go to our scres.org website and contact a board member, or come to our next meeting in August.

We had a wonderful get-acquainted dinner meeting on June 3. The ice breaker game was enjoyable and we learned a lot of fun things about others in attendance.

There is no meeting in July. Our next meeting will be held on August 5, at Sierra Pines starting at 6:30 pm when we will determine our action items for the coming months.

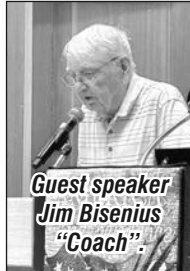
Hope to see you.

• • •

Veterans and Patriots

BY GEOFFREY MARSHALL

Our May 27 Memorial Day Flag Raising in front of the Lodge included playing of Taps along with the flag raising to half mast, a solemn prayer and recognition of Veterans in attendance and a presentation by US Congressman Kevin Kiley. The event was so well attended that we had additional chairs brought in at the last minute.



Guest speaker Jim Bisenius "Coach".



Memorial Day Flag Raising at Sun City Roseville: Congressional Representative, Kevin Kiley; Club President, Geoff Marshall; Club member Ken Thurman.

Our Guest Speaker for our June meeting was "COACH" Jim Bisenius, a U.S. Marine Corps Veteran and highly respected Coach from North Dakota and many years in Hayward California. He has coached Jack Del Rio, Coach of the NFL Raiders, as well as many other athletes who turned Pro.

Upcoming patriotic events include:

July 3: Independence Day Extravaganza and Fireworks

July 4: Independence Day - Golf Cart Parade

September 7: Fireside Chat with Wine and Cheese tasting

November 11: Veterans Day - Flag Raising

December 4: Installation of Officers and Holiday Dinner Dance

December 7: Pearl Harbor memorial event

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

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

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

• • •

Travel Club

BY PAM SCHEEL-HEMINGWAY

In July, lucky Travel Club members are exploring exotic Iceland, where this time of year the sun barely sets before it is rising again. Can't wait to see the pictures!

July also begins the start of the new fiscal year for the SCR Travel Club. Annual dues of \$15 are due and we also welcome our new board: Co-Presidents Andrea Norcia and Cathy Schimansky, Vice-President Linda Bevins, Treasurer Stella Maynard and Secretary Pam Scheel-Hemingway.

Trips now available for booking for Travel Club members include:

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

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

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

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

Tropical Costa Rica: January 22-30, 2025 (Collette)

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

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

Great Lakes Cruise: April 22-29, 2025

(cont' on page 18)

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Travel Club

(cont' from page 17)

(Viking through Alamo)

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

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

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

European Christmas Markets: December 4-11, 2025 (Collette)

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

The Travel Club meets the 4th Monday of each month at 3:00 pm in the Ballroom. Join us for our next meeting on Monday July 29. Remember to bring any unwanted travel-related items (in excellent condition) for the "back table". Donated items are available to all members on a first-come basis, so be sure to check the table when you get to the meeting!

• • •

Rods & Relics

BY ELNA RAGAN

The 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 Sunnyside 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.rodsnrelics.net

• • •

Birders

BY JANET MORELLI

The last field trip on the 2023/2024 SCR Birders' Field Trip Schedule was to Folsom Lake on May 16th. The birders identified 25 species at the Lake. Among the species sighted were the Ash-throated Flycatcher, Northern Rough-winged Swallow, White-breasted Nuthatch, and the Spotted Towhee. A new schedule of birding field trips for the months of



September 2024 to May 2025 will be posted to the Birders web site next month.

The Ash-throated Flycatcher is a somewhat secretive bird normally perching on twigs within the middle to upper branches of trees, rarely seen in the open. It has a pale grayish throat and breast, a grayish-brown bushy crest, and pale-yellow underparts. In flight, it shows a bright cinnamon tail and wingtips. These flycatchers catch insects in flight and also on the ground. It is found in the foothills' chaparral and oak woodlands of California's Central Valley and often nests in tree cavities.

Do you love birds? Would you like to learn more about the different species and their behaviors? How about an easy, low stress way to build your knowledge base? The SCR Birders Group may be the perfect answer. There are no dues, and with 18-19 field trips planned each year, learning in the field with a small group of friendly birders is fun instead of frustrating. A week before each scheduled field trip, an email is sent to all SCR residents listed on the Birders' Group roster. The email provides detailed information for the upcoming trip, such as start time and meeting place, whether it will be birding by auto or walking (and distance, if walking), duration (estimated return time to SCR), any parking or park entrance fees, and recommended payment to the carpool driver. To be added to the Birders' roster, call Janet Morelli, 916-782-6393.

• • •

Garden Club

BY SUZETTE AUSTIN

Our "GARDEN Potluck" along with our annual root beer and ice cream float party were the features of our June meeting, our last meeting until September. What fun it was to enjoy a cold sweet treat on a very warm evening while participating in a free raffle of garden pots and planters, seeds and seedlings, tools and books!



In our brief business meeting we were presented with our new slate of officers. Barbara Eichten and Chris Watt will continue as Co-Presidents. Linda Gordon will continue as Treasurer and Sandee Drapeau will join the Council as Assistant Treasurer. Our new secretary is Carolyn Epting who will replace Melanie Faust. We thank Melanie for her service.

Suzette Austin, Gwen Weitz and Sherry Scheftner will continue as Council members. We are still looking for a Vice President to replace Mike Horrell who is moving out of the area.

Garden Club meetings are usually on the first Tuesday evening of each month at Sierra Pines. Our Club does not meet in July or August, but we will look forward to seeing you again on September 3. Doors open at 6:15 pm and our meetings begin at 6:45 pm. Guests are always welcome.

• • •

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SCR Hiking Group

BY SILVANA HUGHES

What do Purple Chinese Houses, Himalayan Blackberry, Sticky Monkeyflower, and Twining Snake Lily have in common? These are the exotic-sounding names of wildflowers blooming in the foothills in spring and early summer which we saw on recent hikes, along with many other types of wildflowers. All these beautiful things are pictured in the Hiking Group photo gallery on the SCR website, courtesy of our talented photographers and our curator Bill Haley. We enjoyed views of full lakes, cascading waterfalls, and the sounds of many songbirds that have returned to the foothills. We also observed wildlife such as nesting snowy egrets, Canada geese and ducks with their young ones, as well as a Common Kingsnake and a Western Skink.

In the summer we will hike to the higher elevations in the Sierra Nevada to escape the valley heat. At higher altitudes the air is thinner, and the sun's radiation is stronger so it's important to use sunscreen, sun-protective clothing and head gear. For those who might want to give hiking a try, we have an "easy to moderate" rated hike scheduled on July 11 when we will visit Summit Lake.

A detailed schedule is posted on the SCR Hiking Group web page. For additional information, please contact President Pete Grady (see SCR Hiking Group web page). Bring plenty of water, sunscreen, insect repellent, and lunch. Please pack a change of shoes to keep the driver's car clean.

Below is the July schedule, subject to change depending on weather and trail conditions. We meet at 7:45 am in the lodge



parking lot near the tennis courts for carpooling. Happy hiking!

July 4: Little Bald Mountain - #4.5 (moderate), 5.5 miles, elevation gain 950 feet, \$10 carpool ride.

July 11: Summit Lake - #4 (easy to moderate), 6 miles, elevation gain 600 feet, \$12 carpool

ride.

July 18: Razorback Ridge - #5 (moderate), 5.6 miles, elevation gain 1100 feet, \$12 carpool ride.

July 25: Carson Pass to Woods Lake via Winnemucca Lake - #4.5 (moderate), 5 miles, elevation gain 500 feet, \$12 carpool ride.

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Cycling Group

BY SUZETTE AUSTIN

At our June meeting, in addition to elections, we had a clothing and gear exchange. Members who had cycling clothing or gear that they were not using brought it in to find someone else who could.



Seven of our members participated in the Association's filming of new video which will replace and update the existing video on the suncityroseville.org website landing page. Part of this new video was filmed using a drone.

Mark your calendars for a Cycling Group

Barbecue Bonanza on July 26 from 5:30 - 8:30 PM in Sierra Pines. Festivities will include a catered BBQ dinner as well as games and door prizes. Western attire is encouraged.

We also hope to schedule Koffee Klatches and Group Rides this summer. Watch your email for eBlasts and check our webpage on the SCR website (Community/Clubs & Groups).

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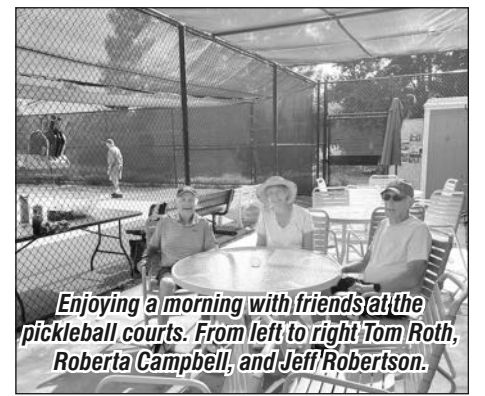
Pickleball Club

BY ANNE BURNEY

The Sun City Pickleball Club has seen lots of improvements this spring and summer. The courts have been completely repaired, resurfaced, and painted. We now have a total of eight beautiful Pickleball courts and four of them have lights for nighttime use. Additionally, the breezeway between courts is now covered to keep the sun out while relaxing between matches and visiting with friends. The final improvement is a gate that was installed to secure the courts.

The Pickleball club continues to grow with the addition of another new member, Greg Anderson. The club now has over 150 active Pickleball members.

In June the club hosted a Saturday morning brunch for newcomers to meet and play Pickleball with other new members. It



was a perfect morning with newly resurfaced courts, the covered patio for talking Pickleball, and sipping a little bubbly.

On July 25, 2024 the Pickleball club will again host Grandchildren's Day - Welcome to the Wild Wild West. Our grandchildren will head over to the sports courts for a morning of Bocce, Pickleball, and Tennis. The grandchildren will have an opportunity to play America's fastest growing sport, Pickleball! They will learn to dink, serve, and keep score. Afterwards, a luncheon will be provided followed by a swimming party.

If you are new to the game, please contact Wayne Miller, our "Intro to Pickleball" manager at Tollman80@yahoo.com. Wayne keeps a list of individuals that would like to attend a new players clinic. The July clinic date has not been set. Be sure to let Wayne know if you are interested in attending.

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(cont' on page 21)

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Jill Aggersbury

(cont' from page 1)

and thought it'd be a great idea to have a jazz band circle the San Francisco Bay, playing jazz on a boat for two hours. This event, of course, was a hit.



Jill Aggersbury in 2020.



Jill Aggersbury and a dancing partner in a Waltzing Society show in the 1990's.

Jill continued dabbling in real estate and worked at the U.C. dialysis unit, until, in 1978, the Mayor and Harvey Milk were killed and there was a mass suicide of the congregation of Peoples Temple in San Francisco. Jill recalls, "It was a miserable place to be in." So, she sold her house, moved to Orange County and decided to go into real estate investing. She completed her certification as a certified financial planner at USC, got her stockbroker license, and worked with real estate investors until her ever-present wanderlust urged her to quit that job and travel throughout the South for a year.

The next few years had her traveling back to England for a few months, then to Canada for a while, then back to California. In October of 1982, there was a disastrous fire in Anaheim which displaced 2,000 people. Over 1,000 had lost their homes to the fire. At the time, Jill was the volunteer supervisor with Red Cross' Emergency Services for Orange County and was very involved in getting food, supplies, and support for the fire victims. Because of her intervention, Jill received several letters of

commendation. One letter from the mayor of Anaheim, Ben Bay, stated, "We will treasure for years the very valiant and selfless role you played in assisting us in this disaster." Another letter from the American Red Cross said, "Please accept our sincere thanks on behalf of the Disaster Services Committee for the outstanding support given."

The following year found Jill back in healthcare, this time in Colorado Springs, which didn't last long before her travel urge kicked in and she ended up in Saudi Arabia. She had two contracts to work as a hospital nurse, one in Riyadh, the capital of Saudi Arabia, and the other in Al Khobar which was on the Arabian gulf. "It's beautiful there," she recalls. She was able to learn Arabic very quickly, not enough to hold a long conversation, but just enough to speak to her patients.

When her contracts were up, she returned to England, working at a London hospital on Harley Street where all the exclusive clinics are. One year later, she returned back to San Francisco where she worked at the California Pacific Medical Center. This turned into a permanent job. She bought a house in Novato and worked to remodel it, a project which took five years.

For many years, Jill has been interested in dancing. She's performed in Argentine Tango shows in the bay area and traveled three times

to Buenos Aires to tango. She even danced in the San Francisco's Waltzing Society event.

In 2020, as a longtime member of the Marin Medical Reserve Corps, Jill learned that the public health department needed help to set up clinics and organize contact tracing to help stop the spread of COVID. She and her 70-person team were featured in a September issue of the Pacific Sun which highlighted the work they did to help stop the spread of the virus. The article cited a "dramatic reduction of new virus cases in Marin from July, our worst month of the pandemic, to August, where we saw a flattening of the curve."

After retiring and doing extensive research into senior living communities, Jill moved to Sun City in 2021. In the past three years, she's been a member of the Bocce club, Needle Arts, Newcomers, Solo Friends, the Governmental Affairs Committee, Water Aerobics, Healthcare Professionals and the Second Act Studio Drama Club. Why Sun City? "It has everything I need, and I enjoy it," she says.

Earlier this year, Jill traveled with a Sun City friend to England where she showed him many of her favorite places, like the Lake district, London and Wales. They visited her brother in Manchester and went on the "chunnel" to France to check out the Eiffel Tower. Although she has been to most of the States, her future travels plans will be to revisit many of the beautiful areas in the United States, and particularly back East.

Looking back over her life with its diverse paths and choices, Jill considers herself to be very lucky. She's always believed that we should never go into retirement regretting things that we didn't get to do. "Don't wait until you're sixty-five to do what you want to do," she says. This philosophy echoes that of Sarah Ban Breathnach who once wrote, "Regret is the only wound the soul does not recover from."

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

Softball

BY BOB MONTALVO

With the 2024 league games concluded, we now start the exciting Playoffs at Mahany Park on Wednesday, July 3. Unfortunately, I cannot tell you which team won the league championship since this article is submitted well before the league games end, and my crystal ball is on the blink. Please check the club website for the final league standings. Since all five teams get into the Playoffs, regardless of who won the league, there's another championship at play and both champions will be honored at the club's Awards Banquet, held this year on Friday, July 19 at Sierra Pines. Tickets are \$25 and team managers will be distributing the participation form.

As this season ends, we'd like to recognize and thank the many volunteers without whose help the club would be significantly impaired. The arduous task of umpiring our games, calling balls and strikes and making "out" or "safe" calls on each play is handled by a crew of umpires that know the rules and are trained to apply them fairly. Our head umpire, Roy Myers, and his crew deserve our hearty thanks for the many hours they've contributed. The names of Roy's crew members will be listed here next month. The task of scoring each game from the booths behind home plate is handled by Rose Miller and her staff, who make play-by-play decisions regarding walks, hits, errors, runs scored and many other vital details. Her staff then tallies and provides team managers with individual batting statistics after each game. Names of Rose's staff will also be listed here next month.

Attention: Our softball club needs resident club members to assume officer positions for the coming year. Please strongly consider submitting your name for one of these roles; we can use your help.

•••

SCR Volleyball

BY MARISA BERNETTI

Volleyball, both court and water, is enjoyed regularly by many of our Sun City Roseville neighbors. No annual dues are required, just your desire to have fun and get some exercise, on the court or in the water. Since the Group owns the equipment, a \$5 equipment charge will be required of new members, after their third play.

Ongoing events are:
 • Water Volleyball: Indoor pool - Mondays, Wednesdays, and Fridays from 11:00-1:00pm. Play is in lanes one to three; so, no deep-water play. One can join the play at any

(cont' on page 23)

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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SCR Volleyball

(cont' from page 21)

time; you'll just rotate in at side out. It's fun and easy, like water aerobics, while volleying a soft ball back 'n forth. Join us or just come to watch (you'll laugh along with us!).



- Court Volleyball: Pickleball court #1, (closest to Del Webb Blvd). Summer hours are Fridays, 8:30-10:00am.

- Group Socials: The Group has quarterly meetings (very short) followed by a social dinner, BYOB, and games, such as cornhole, a left-right-center dice game, and others. Socials are on the third Friday of March, June, and September at Sierra Pines. Our socials are always well attended, and spouses/partners are always welcome to enjoy the festivities. Our next social will be Friday, September 20th, at 6:00pm. More details to follow.

Please join us, young, old, experienced, or not! For more information, call Marisa at 916-745-9571 or email her at mjbretiree@gmail.com.

• • •

He & She Golf

BY JAHNA HOLMES

We had perfect golf weather for almost all of May, which made our May 13th Spring Fling Invitational especially delightful! The game was a nine-hole Texas scramble at Timbercreek in which 120 members and guests participated. The game was followed by a nice luncheon under the tents on the patio. Peggy Mucci and her team of Paula Hau and Lois Habein provided the lovely table décor while Gary Mills and Peggy worked the check-in table.

Kathy Fowler and Barbara Simon ran the tournament. President Julie Harris (pictured) awarded very nice, donated gifts for the drawing.



President Julie Harris awarding donated gifts for the drawing.

Here are the winners of the two nine-hole games. The Lakes first place winners were Bob and Pat Horning, Cary Diskin and Pam Wilkinson, net 20.25. Second place went to Fred Festersen and Charlotte Johnson and Gary Wolff, net 20.67. Third place went to Dan and Trish Nicholson and Dave and Cathy Hurst, net 22.5. The CTP on Hole #4 was Ralph Leaman at 6'9".

The Oaks first place team was Al & BJ Dumm and Chuck Gielow Karen Hawkins, net 20.75. Second place went to Ron and Mary Onodera and Leonard and Vikki Clark, net 21.75. Third place went to Gary Parker, Kathy Hamilton and Stan and Carolyn Johnson, net 24.33. CTP on #14 was Al Dumm at 9'3".

On May 27th, the Nine-hole group had open play only. The 18-Hole group held a tournament. First place scoring 129 was Jim Lynch, Connie DeBlaquiere, Carol Norris and BD. Second place scoring 130 was Darrell Herrold, Joan Mun, Steve Hennessy and Cal Conley. Third place scoring 133 was Tena Johnson, Rich Aug, JoAnne and Mark Gregson.

Finally, Mark Twain reminds us that "It's good sportsmanship to not pick up lost golf balls while they are still rolling."

• • •

Sierra Pines Ladies Golf

BY PAM SKARG

Break out the suntan lotion, gatorade, cool clothes and early tee times, July is here.

The 9:00 am shotgun tee time should help with the heat, but please remember to bring lots of liquid to help stay hydrated.

This is always a good time to show our appreciation and gratitude to the ladies who give of their time so freely. One lady that comes to mind is Marilyn Meyers. For the past four years Marilyn has held the position of Treasurer for the Lady Niners. She took accounting as an elective and found that putting a dollar sign in front of numbers was really fun. As CPA for Hewlett Packard, she retired after twenty-four years. Along her journey she kept books for the PTA, Girl Scouts and Boy Scouts. So, as you can see, our finances are in the best of hands. Thank you, Marilyn, for another year of service.

Our display case on the patio was looking a little sad, when Mary Burns stepped up and volunteered to put her creative touch towards giving it a face lift. She did just that and it looks amazing Mary! Thank you.

During the month of May, a record of 17 birdies and two chip-ins was reached for the very first time. Let's keep it going!

The Most Improved Players for May: Flight A: Karen Shahoian; Flight B: Joan Rose; Flight C: Kathy; Schroeder; Flight D: Pat Horning.

Congratulations on playing great golf.

Please remember to sign up for the 9/28 Mixer, July 17th. Don't forget the General Meeting also on July 17th and the Ice Cream Social on July 24th.

"As you walk down the fairway of life, you must smell the roses, for you only get to play one round." Ben Hogan

• • •

Timber Creek Women's Golf Club

BY NANCY LABRADA

Welcome to our newest member, Melody Orenchuk. Melody and her husband, Roman, purchased their Sun City home in April. They hail from nearby Rocklin. Both are avid golfers and look forward to golfing with our clubs. Melody is also a member at The Ridge in Auburn. She enjoys card games when not golfing. Melody owned a brush manufacturing company until 2020, at which time she sold and retired. Roman and Melody spend the winter months in Palm Springs. Melody's Big Sister is Nancy LaBrada, who she played with in 2 previous TCWGC Invitationals.

Our Invitational Tournament was a huge success, thanks to Kathy Hamilton, Susan Green and their team—lots of games and great prizes. Flight 1 winners were Marsha Suter's team. Flight 2 winners were Barbara Mills team. Flight 3 winners were Pam Hemingway's team. Flight 4 winners were Karen Hawkin's team. Congratulations to all the team members for the great golfing.



New Member — Melody Orenchuk.



Invitational Chairmen Kathy Hamilton and Susan Green.

The Most Improved Players for May are Joan Meyers (1st Flight); Karen Shahoian (2nd Flight); and Paula Hau (3rd Flight).

Our Handicap Championship Tournament was played over three Wednesdays in June. The winners will be announced in the August Courier article.

We are looking forward to the 9/18 Hole Mixer with the Sierra Pines Ladies' Club on July 17. There is always a big turnout for this really fun tournament, so watch for information on when to sign up.

Wishing everyone a happy and safe 4th of July!

• • •

Timber Creek Men's Golf Club

BY MIKE MURPHY

Warmest greetings from the Timber Creek Men's Golf Club! Summer is here and our golf season is certainly heating up. We are happy to announce that we have three new members this month, Chuck Benson, Bob Dias and Roman Orenchuk. The club welcomes all of you! We invite anyone that is interested in becoming a member to contact Neil Hamilton our Membership Director at 707-529-4038 or email him at neilhamilton6049@gmail.com. There are many benefits to belonging to the Timber Creek Men's Golf Club including weekly outings, monthly tournaments as well as the option to participate in the Central Valley Seniors program where we travel to play top courses in the area once a month.

Our upcoming club events include the CVS outing to El Macero Country Club on June 24, the always popular Firecracker Tournament on July 9 and another CVS trip to Rancho Murieta on July 15. We are also looking forward to our annual BBQ at Sierra Pines on July 23. These are all great events and give us the opportunity to spend time with a group of wonderful friends.

We have one hole-in-one to announce, Mike Barta had an ace on the fourth hole at Timber Creek on May 12 using an eight iron. We would also like to mention that Neil Hamilton shot his age recently, which is an outstanding accomplishment for any golfer. Congratulations to Mike and Neil!

Our next general meeting will be held on August 7 at Sierra Pines. Free donuts and coffee are served at 8:00 and the meeting starts at 8:30. We encourage all our club members to attend and would like to invite anyone considering joining our club to stop by and get to know the members.

Fore and see you on the courses!

• • •

(more Club News cont' on page 24)



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Bocce

BY DAVID MOORE

Busy busy busy is the best way to describe the bocce club in recent weeks. The Mini-league awards were presented on June 7. The first-place winners were on Sunday Night: Team 9: Linda Fredricksen, Heather Kendall, Frank Kilpatrick and Colleen Valentine.

Monday Night: Team 3: Sandy Coltharp, Michael Foote, Janice McCabe and Bill Stephens.

Tuesday Morning: Team 9: Arlene Donaher, Annette Eastman, Darlene Flora and Diana Rischling.

Tuesday Night: Team 13: Carol Huseby, Sandy Block, Lynn Jones and Lynn Pearsall.

Wednesday Night: Team 12: Bev Cutler, Tony Kazwell, Kris McGushin and Tim O'Laughlin.

Thursday Morning: Team 7: Cindy Boyette, Gerrie Gohr, Rich Niski and Carmelo Sala.

Thursday Night: Team 16: Arlette Bennett, Laura Meyers, Kevin Myers, Don Phillips and Eileen Wagner.

Friday Night: Team 12: Linda Aug, Jane



Mike Christy, Linda Fredericksen, Arlene Bailey and Aud Bair won the Mixed Blind Draw Tournament.

Hamblet, Lynn Jones, Ralph Leaman and Dwight Rose.

Saturday Night: Team 5: Gary Beckman, Dianne Cohn, Michael Foote and Medina Lane.

At the Women Choose Women Tournament on June 1 the team of Kathy Bomar, Cindy Boyette, Jean Stephens and Mary Scott took first place. Second Place was won by Roberta Campbell, Judy Corona, Jacki Burdick and Sandy Mogensen. Sherry Hilger, Linda Reid, Paula Happe and Lori Jones finished third.

The Mixed Blind Draw Tournament on May 18 was won by Mike Christy, Linda Fredericksen, Arlene Bailey and Aud Bair. Second place was taken by Bill Pagano, Pat Ramos, Susan Moore and Michael Foote. The team of Mike Bubbico, Terry Lane, Gregg Hutchison and Diana Rischling finished third.

This month's big social event is Chillin' and Grillin' on July 12 at Sierra Pines. Doors open at 5:30 pm with the Tri Tip and grilled chicken with all the fixings being served at 6:15. Entertainment will feature the Harmonicoats.

...

Cornhole Group

BY STEVEN GUSTAFSON

Dogs love cornhole! And your beloved canine is welcome to join us when we play cornhole every Tuesday at 9:00 on the Sierra Pines horseshoe lanes.

The photo shows Charlie, our Vice President of Canine Cornhole Marketing. As you can see, he's delighted to be where we play cornhole.

A sign in the photo says "Cornhole and Horseshoe Box". Any Sun City resident is welcome to use the cornhole boards and bags in this box anytime (you can get the key to the box at the Sierra Pines golf office).

Our Cornhole Group has no dues and no meetings — two good reasons to give cornhole a try!

...



Billiards

BY DAVID ZAN

The Billiards Club continued to be very active during May. Monday morning Ladies (9:00 am to 11:00 am) would like to increase their numbers and are looking for new players. No experience necessary. If you are not coming out because



you are worried about your skill level, I am happy to give informal lessons (group or individual). Any afternoon except on Wednesdays is good for me. Just email me (David Zan) at dzan@surewest.net to get a lesson scheduled.

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

The Club held their general meeting on May 15 and the following Officers were voted in:

President - Gerry Cristoni, Vice President - Brian Carr, Secretary - Barbara Davis, Treasurer - Bob Cecil.

The next singles Double Elimination Tournament will be held over two days on July 30 and 31. Mark your calendars. A signup sheet will be posted in the Billiards room the first week of July.

The Team Tournaments on Tuesday at 1:00pm are attracting a full house and are very competitive. Congratulations to Jim Calahan for being on two winning team this month.

Winners of the team tournaments in May were:

May 7 - 9 Ball: Bob Cecil & Ken Lane

May 14 - 8 Ball: Ron Judd & Jim Calahan

May 21 - 8 Ball: Ken Neal & Jim Calahan

May 28 - 8 Ball: Don Warden & Tim Connolly

...



Kathy Bomar, Cindy Boyette, Jean Stephens and Mary Scott won the Women Choose Women Tournament.

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Bridge Club

BY MICHAEL ROSS

Bridge is alive and well in Sun City with scheduled games on Monday, Wednesday, and Thursday. New members are always welcome, and if relatively new to the game, one can play social bridge on Thursdays. Lessons for those new or desiring to improve their bridge skills will start again in mid-September. People do move away, and one who is about to do so, is Jane McNally. She started playing at Sun City 25 years ago and is an accomplished player. She won't be moving far, and she will occasionally return to Sun City to play as a guest.

Jane was born and raised in San Francisco; she earned her BA and an MA in education and worked as a reading specialist and administrator in elementary and middle schools in the Bay Area. She has contributed much to the Bridge Club, including writing this column. Her appearance is always impeccable with tailored clothes, tightly curled white hair that gives her a halo, and just the right amount of make-up. Her daughter, Judy, lives in SF and has two children, Tara Jane and Hannah, and the latter is now in college. Jane's husband died 2 and a half years ago, but she stays quite busy as a singer, dancer, croquet player, watercolorist, and swimmer. And, of course, spending time with her family. We thank this lovely person for her service and wonderful smile.

Another person who is passing on her duties in the Bridge Club, who was most recently the person in charge of membership, is Terese Leonard. She has worked hard for the good of all in the club. Thank you so much. New officers were elected June 10 at our luncheon in the Timbers Lodge, and they are all incumbents: Irene Dunn, President; Bob Cecil, Vice President; Dave Bucher, Treasurer;

and Joyce Wade, Secretary. Thank you for continuing your service.

Mah Jongg

BY BECKY MATSON

The Mah Jongg Club had another delicious sandwich and sides luncheon on June 28 and another fun play day. We're appreciative of our hostesses, Judy Benjamin, Colleen Stangby, Beverly White, Diane Elieff and Barbara Victorino. It is always a good time when we mingle our Monday and Friday players. We're able to meet different players and play strategies!

Mah Jongg is played on Monday afternoon at 12:30 pm. Some of us get together for lunch in the Timbers Restaurant at 11:30 am before we play. Mah Jongg is also played Friday morning at 9:00 am. Some players gather for lunch at Timbers, after we play. You can play either day or both, come check us out. Play is open to all levels of experience. We always welcome new players.

Have a Happy 4th of July! We're so fortunate to live in this wonderful community and in this great country!

Bunco

BY PAT OBERLANDER

Independence Day is coming soon! Join us in asserting our independence from household drudgery at Bunco on the 2nd and 4th Mondays. We start with signing in at 8:30am and the fun and games begin at 9am. Good way to meet neighbors and have lots of fun. We'd love to see you. We're in the card room at Timber's Lodge. You don't have to commit to every time, but once you start, you'll



Bunco Winners!



be hooked. Come on down!

Winners for May 13: Jackie Spencer, Sue Moreland, Becky Matson, Sydnee McKinney, Barbara Perry

Winners for May 27: Helga Herrington, Debbie Phillips, Judy Spencer, Salli Scott

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.



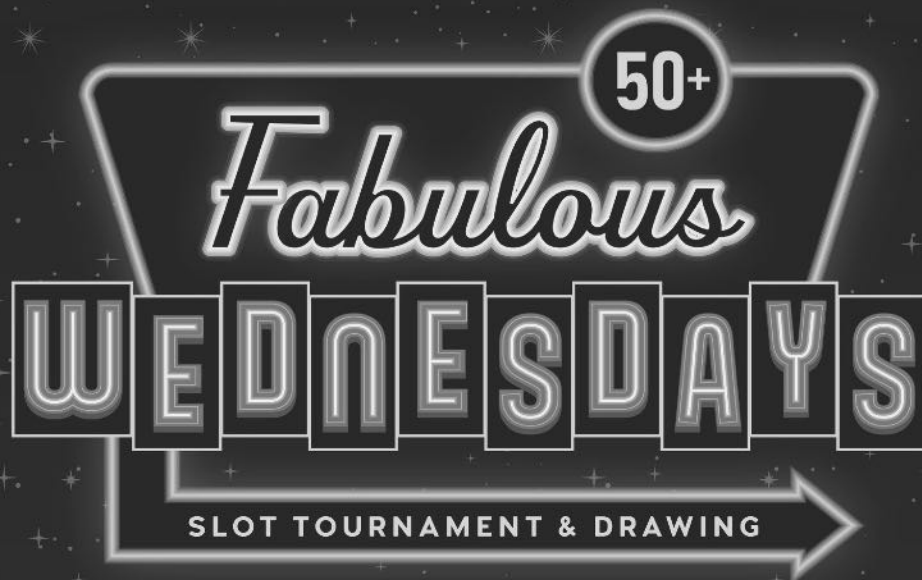
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11 	12 	13 	14 
18 	19 	20 	21 
25 	26 	27 	28 

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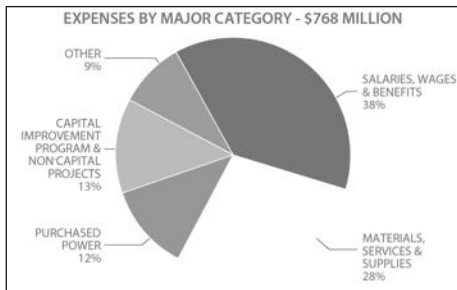
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City of Roseville Releases Proposed FY2024-25 budget

The City of Roseville is pleased to present the Fiscal Year 2024-25 proposed budget for public review. This expenditure budget totals \$768 million, with \$229 million allocated to the General Fund operating budget and \$539 million primarily dedicated to utilities such as electric, water, wastewater, and waste services. Revenues citywide total \$799 million.

The General Fund budget encompasses essential services including Police, Fire, Parks, Recreation & Libraries, and other City government functions. The FY2024-25

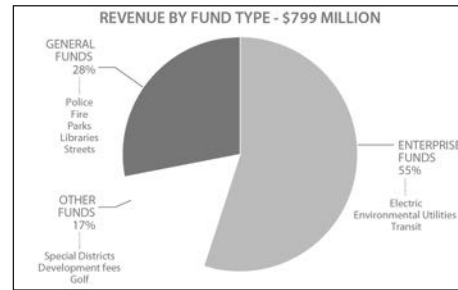


down unfunded liabilities for fiscal health.

- Securing Financial Reserves: Fully funding General Fund reserves for stability. Strategic Plan Alignment

The budget aligns with the City Council's Strategic Plan goals, which are:

- Ensure a safe and healthy community.
- Remain fiscally responsible in a changing world.
- Enhance economic vitality.
- Invest in well-planned infrastructure and growth.



General Fund operating budget includes \$229 million in revenues and expenditures.

Budget priorities

The FY2024-25 budget accounts for rising labor costs and other unavoidable expenses. It prioritizes maintaining current service levels, addressing City Council priorities, and ensuring adherence to state and federal regulations. The budget includes funding for:

- Strengthening Public Safety: Bolstering the Police Social Services Unit and Threat Assessment Unit.
- Sustaining Fire Department Operations: Conducting a fire academy to maintain staffing levels.
- Enhancing Park Maintenance: Insourcing park maintenance services for improved upkeep at reduced costs.
- Ensuring Environmental Compliance: Increasing Environmental Utilities staffing for state regulations.
- Improving Traffic Management: Boosting Traffic Operations Center staffing for better monitoring.
- Investing in Infrastructure: Funding capital projects including electric substations, parking improvements, park amenities, streetscape improvements, and roadway resurfacing.
- Addressing Financial Liabilities: Paying

- Support community engagement and advocacy.

- Deliver exceptional City services.
- Examples of initiatives and accomplishments tied to each goal can be found within the budget document.

Budget Information

The FY2024-25 proposed budget is available at Roseville.ca.us/budget. Our Budget in Brief offers a high-level view of expenses, revenues and budget priorities in the proposed budget. Past year's budgets, quarterly reports, and information about the City's budget process can be found at Roseville.ca.us/FinancialTransparency. Also, current year budget data, including interactive visuals, is available on the City's Open Budget platform at Budget.roseville.ca.us. The FY2024-25 budget will be included in Open Budget after adoption by the City Council.

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

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

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

NEED A HANDYMAN? Trust us to get the job done right. Contact us for quality service. Landrum Construction & Repair Services 510-901-1166.

FOR SALE

FREE Maxi Vertical Climber great cardio exercise, easily folds up. Belita: 408-702-8043

TWO BEAUTIFUL GERMAN PORCELAIN DOLLS \$75 each. For details call 916-771-7589.

FISHING/HUNTING GEAR; dove decoys, camo cooler-stool, waders, duck-blind ladder, etc. 916-772-5766.

PICTURE FRAMES 30+ various wood & metal frames 6 to 30 inches. All for \$70. 916-408-3803.

FREE ITEMS: Salmon couch, no pets or smoke, clean. Five drawer chest, beige wicker. Storage chest cabinet, brown, black stripe. For photos, 916-872-3041 or 872-3040.

WANTED / ANNOUNCEMENTS

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

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

COLLECTOR WILL PAY CASH FOR MILITARY ITEMS & COLLECTIBLES. I will pay cash for military and vintage collectibles. Helmets, maps, knives and bayonets, old west items, vintage military photos, model trains, unbuilt plastic models, old documents and more. Contact George 916.768.4694

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, time-share/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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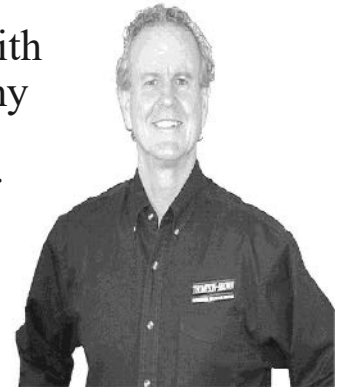
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As Broker and Owner of Thompson+Brown I have worked with thousands of sellers to achieve their goals. This year marks my 39th year in Real Estate. I have seen every market condition and I use that vast experience to make the sales process easier for 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

