

SUN SENIOR NEWS

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LaVerne Metzger – Pearl Harbor Survivor

BY JENNIFER MARTIN

If you ever visit LaVerne Metzger’s home, you are instantly greeted by Mowgli, her rambunctious dog, holding a stolen sock in his mouth. Once he settles down and LaVerne begins to narrate her early years, you get swept up in her story of living on the Navy base in Honolulu when the Japanese bombed Pearl Harbor in 1941.

LaVerne was born in San Francisco in 1931 and was raised with two sisters and two brothers, all of whom are still living. Her father, Stewart, was in the Navy, eventually earning the rank of Commander. In 1939, after the family had lived in San Diego, they were transferred to Honolulu.

A week later, still unpacking from their move, a monumental event occurred. LaVerne and her sister, Barbara, were outside, sitting on the family car when LaVerne noticed “funny-looking airplanes which had a red circle painted on them” and saw dirt flying across the street. They ran to tell their mother, but



LaVerne Metzger and her dog Mowgli.

she told them not to worry, that the Army was on alert, and went back to sleep. So, the girls went back outside.

Moments later, they were shocked to see a bomb fall into the vacant house across the street. Naively, they ran to the house and found the bomb, thankfully a dud, in the bathroom toilet. Upon hearing this account, their mother finally got up. Several groups of Marines came by to evacuate the family, but the mother stubbornly refused until the Marines insisted. So, they went to an Army base, Ft. Ruger, and stayed with a friend for six weeks, sleeping in their clothes and shoes in case they had to face immediate evacuation. One of LaVerne’s uncles was injured in the raid and when the family visited him in the hospital, everyone pitched in to fold bandages for the Red Cross.

Once it was safe to return to their house, they moved back, but LaVerne didn’t see her father for more than two years later because he was serving on a submarine, the USS Cuttlefish. In March of 1942, the family was evacuated out of Honolulu on the HMS Britannia, Queen Elizabeth’s ship, because the Matsen lines were full. They lived in San Francisco with LaVerne’s grandmother for a while, then moved in with another grandmother (on her father’s side),

(cont’ on page 23)

SCR Foundation 2024

BY KATHI STROPKAI, Vice-Chair/Events Director

Join us for the final Bingo fundraiser of the year, on August 11 in the Timbers Ballroom. Ticket sales start at noon and doors open at 1:00 pm. Bring your good luck and have fun!

The Foundation can live up to its motto,

CPR/AED/First Aid Training - Funded by the Foundation and operated by the Association’s Fitness Center, American Red Cross-certified training is provided to residents for a \$5 registration fee. The Foundation pays the \$65 cost of training for each resident. The Foundation has committed \$10,400 for up to 8 CPR classes in 2024.

Sunshine Services organization – The



Permanent Exterior Lighting for Timbers and Pines Lodges.

“Neighbors Helping Neighbors” with the support of the residents. Here are some of the projects that your donations and contributions have helped implement.

Speaker Series – Funded by the Foundation and operated by the Association’s Activity Department, speakers are brought to Sun City every quarter for resident enjoyment. The Foundation has committed \$20,000 in 2024 for this purpose.

Foundation funds the Sunshine Services organization of the Association. Services include Medical Equipment Loans and discounted Arrow (Dial-A-Ride) transportation.

Flag Day Ceremony (June 14, 2024) – Funded \$1,445 to SCRCA Activity Department for handouts and ice cream social.

Permanent Exterior Lighting for Timbers

(cont’ on page 26)

Sun City Singers

BY JACKIE PROETT

It’s August and time for the “Dog Days”. This year those naughty Fidos sweltered us in July, leaving August, with nothing to bark about! Can you vaguely remember that last third of July we needed sweaters to sit outside and watch the Fireworks at the Lodge? This year it was still near 100 degrees at 9:30pm. Thank heavens that the golf cart parade began at ten in the morning. What a lovely parade it was! There were fun decorations, lots of honking and throwing candy. Candy always tastes better when it’s free! What is better than candy??? Why, of course, Music!

The Singers have the perfect solution for “Dog Days”. Come join us on Monday August 12, when we return from summer vacation, at 2:30, back of the Ballroom. We will hand you a shivering pack of Christmas music, but we advise that you bring a sweater. You may think the dogs are vicious, but you don’t know our AC! At any rate, you will remain cool, calm and connected. We love that connection and want you to sit and stay!

Let’s hope that everyone has had a great vacation, in spite of the heatwave in July. That was too reminiscent of the Covid Lock down. At least we could get out in the morning to get things done before the unbearable temperature rose. Yes, some people still played golf!

Ah Well, looking forward to seeing you all, old friends. Bring new friends with you! Even with the puppy dogs nipping at our heels, music heals in a magical way. And ain’t that cool!

•••

(more Club News cont’ on page 5)



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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

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Neighborhood Watch/Citizen Patrol

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

Do you know how many traffic signs are in Sun City and are adhered to? If you are a Citizens Patrol volunteer who has been trained, and you have nothing to do, take a drive through the community and check out the signage. Not only will you see for yourself, but you, being seen in the CP cars keeps our visitors, delivery trucks, mow and blow and landscapers aware of our program. Below are some of the statistics:

Intersections with Stop Signs: 36

Intersections with Yield Signs: 6

Traffic Signals: 4

Stop Signs for golfers: 9

Timbers (Lakes): 4

Sierra Pines: 5

Every street the golfers cross while on the Timbers or the Pines, there is a Stop sign. It also says that cross traffic does not stop. Vehicles on the street do NOT have a stop sign. Cars have had rear end accidents when they do stop. Pedestrians and golf carts do have the "right-of-way" when they are in the crosswalk. Watch out for them.

Yield Signs within the Community: 6

North Side: 3

South Side: 3

These signs are out there because traffic on the cross streets may be going at excessive speeds. They are there for a reason. If the Yield signs don't work, then Stop signs would be the next steps.

Stop Signs within the Community: 27

Entering Del Webb Blvd: 9

Entering Sun City Blvd: 8

North Side Interior: 6

South Side Interior: 4

These signs are there because of the nature of the intersection. They are here to keep Sun City a safe place to live. A "rolling stop" is not acceptable on your driving test—just because you live in Sun City doesn't mean you can roll through these signs—cars, cyclists and golf carts included.

Monthly Gatherings—Have we lost touch with our neighbors or new neighbors moving in? In trying to rebuild our Neighborhood Watch here in Sun City, maybe you should consider reaching out to your neighbors once a month, or even quarterly to catch up, share and build up the camaraderie among your neighbors. We need to continue to watch out for our neighbors and continue to keep our Sun City a safe place to live.

Until next month... Linda and Ron, your Neighborhood Watch/Citizens Patrol Coordinators 916-774-3817 / 916-774-3853.

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SUN CITY REAL ESTATE UPDATE

I've noticed a few trends over the past month in Sun City. I have been seeing more price reductions and an increase in DOM, days on the market. We are still seeing some homes go into pending sale within the first week, but it is not like it was earlier in the year when we saw a greater number sell quickly. Sometimes we have to read between the lines to understand the trends, because it might be counterintuitive. For example, the trend could be a shrinking in the size of the buyer pool, or another issue is that sellers have increased their asking prices beyond where the market actually is. I believe it is a little of both, I think the buyer pool has shrunk and more sellers are asking for premium prices and buyers have been unwilling to purchase at the premium. Thus the increase in both price reductions and DOM.



WRITTEN BY **GEORGE BROWN**
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Sun City Harmonicoots

BY LINDA B. AUG

Hello August! The Harmonicoots wave goodbye to our summer songs only to say hello to new musical seasons!

The Sun City Harmonicoots have been



Flag Day.

“Around the World in 80 Days” since March when they wore green shamrocks and played Irish tunes in the Timbers Lobby. In May the Coots partnered with the Sun City Singers to kick off Opening Day Men’s Softball at Mahaney Park.

The requests kept coming in and the Harmonicoots found themselves participating in Flag Day on June 14th in the ballroom. The patriotic tunes flowed on July 4th when Harmonica players were cited in the Timbers Parking Lot. “I’m a Yankee Doodle Dandy” and “America the Beautiful” were heard as the Golf Cart Paraders lined up!

Wait! There’s more! The Bocce Club snagged the Harmonicoots on July 12th for their “Chillin’ and Grillin’ Bash” and a few days

later the Coots entertained the SOLO Club with a Summer sing along. Summer season ended on July 25th when the Coots circled the wagons on the Bocce courts for Grandparents Day. We heard a few of those little wranglers found shiny harmonicas in their pockets on



4th of July.

the way home.

Grass doesn’t grow fast under their music stands! The Coots will be busy preparing for our FALL and HOLIDAY seasons. Mark your

calendars for October 3rd for an encore OCTOBERFEST sing along in Timbers lobby. We will return to the Pines on December 7th for Pearl Harbor Day hosted by the Veterans and Patriots Club. And don’t forget to sing all your holiday favorites with us on December 11th around the Christmas tree.

Please visit our Sun City group page and view our photo gallery! Your club or group can get on our page too! Let the Sun City Harmonicoots be part of your next season! Call JoAnn Stooksberry for more information at 916-749-4425. Harps Up!

All Tuned Up

BY PEGGY WELLS

ATU has been rather quiet this summer. Some of our members have beaten the heat by spending the summer in cooler climes; others are on vacation. So, our regular sessions have been fairly laid back. And thanks to our fearless leader, Ken Roberts, we have been able to purchase some additional sound equipment - e.g., cordless microphones so we aren’t worrying about tripping over cords.

Because there is not much news, I will close with an invitation. Anyone who likes music and enjoys a fun group of people should stop by our regular meetings at 9:00 on Thursday mornings in the Ponderosa room at Sierra Pines. We welcome anyone who wants to make music - vocalists and instrumentalists. You don’t need to be a great performer to have a great time!

• • •

Drama Club

BY LENORA DAVIS

The Drama Club has been very busy for the last few months, reviewing sketches for our next big production in the Spring. We have also been spending time improving our skills with acting lessons, workshops and performing practice sketches. These are designed to not only improve acting skills but include team building exercises to help us all work together performing to our best.

Our goal, of course, is to continue to



Diana Combs, Bob Jorgenson and Sharon Bryant.

improve and perfect our future performances. We have not yet started casting the next performance, so now would be a good time to join us to see what we have to offer. We usually have needs in areas where you can participate such as acting, directing, backstage crew, script assistants, ticket sales, and other related activities.

Have I mentioned that we also have FUN doing all of this, including sharing parties and camaraderie. In our May cast party we played a game called Liars Club, where 3 different

teams of 3 partners were given an (obscure) word and each one tried to convince us, through acting and speaking, that their definition was the true one while the other two were lying. All players, including the truth-teller, came up with truly entertaining, crazy definitions. Pictured are the winners of each of the 3 groups: Diana Combs,



Sharon Bryant, Fred Miller and Charlie Bauman.

Bob Jorgenson, and Sharon Bryant. Also shown is one of the competing groups: Sharon Bryant, Fred Miller, and Charlie Bauman.

• • •

(more Club News cont’ on page 7)



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Music and Laughter

BY JANE BOHN

The 105-degree weather didn't stop our Sun City entertainers and long-time fan club to be drawn by the promise of music, laughter, and camaraderie. The support continues to surprise and overwhelm me. Entertainers contributing to our one-hour Open Mic format



Jean Stephens

included; jokester Jack McGurk, singer/guitarist Bruce Barley, violinist Joe Given, pianist Jan Given, accordianist Jean Stephens and jokester Jan Montero.

Participating with the audience during the sing-alongs is always an added delight. Congrats to our prize winners; Carol Gonzalas, Bill Stephens, Lily Sadfie, Colleen Norman, Nancy Pointier, Dave Wammer, and Joe Molinaro. Huge thanks to my steadfast helpers, Jill Aggersbury, Maria Hajgato and Arlene Bennett and all our attendees who contributed to another hour filled with music and laughter. What makes these evenings truly special is not just the talent on display, but the sense of community and support that comes with every note and punchline. Residents cheer on their neighbors, sharing in each other's joys and accomplishments. Mark your calendars for our next event on August 14 at 7 PM. Doors open at 6:30 and don't forget to bring your \$1 entry for the raffle at the end of the show. We anticipate another unforgettable hour of music, laughter, and wonderful company.

• • •

Dance Club

BY VIKKI CLARK

The Sun City Dance Club will continue an exciting summer with a series of themed events that promise fun for all.

On July 15th, the club brought a tropical flair with



Sandy Gardetto and Jane McNally

It will be held from 12:30 to 3:30, tickets are only \$5.

Line Dance 1 is hosting its social September 16th. Bill Swayne is the DJ for this dance. Tickets are only \$5. Don't line dance? No worries, it's easy and fun... anyone can do it!

Each of these events will



Dance Club Founding Members & Past Presidents

the Hawaiian Hoedown. Members and guests donned their best Hawaiian shirts for a night filled with music and dancing. Music was provided by Shelly.

The summer fun continues this August 19th with "Hot Town, Summer in Sun City". This celebration is all about embracing the warmth and vibrancy of summer. The dance floor will be sizzling with hot tracks, provided by DJ Tom. It's the perfect event to wrap up a season of sunshine. Tickets will be \$10.

August 27th will be a social hosted by: Intro to Line, Classic Line & Line Dance 2/3/4.

be held at the Sun City Timbers Ballroom, where the dance club members and guests can come together to enjoy music, dance, and each other's company. All tickets can be purchased at any dance class or at the door the day of the event. Whether you're a seasoned dancer or just looking to have a good time, these events offer something for everyone. Mark your calendars and get ready to dance the summer away with us.

See the Dance Club website for pictures of past events and class schedules.

• • •

Fine Arts Club

BY NANCY VAVUL

As summer progresses, the Fine Arts Club has an array of activities and classes lined up to inspire and engage all our members.

On August 3, we will be installing small works in the showcase across from our room. Please drop off your paintings at 10:00 AM to be included in this display. It's a wonderful opportunity to exhibit your work!

This month's membership meeting on August 8 features a special presentation by Mary Tess Mayall, who will enlighten us about Blue Line Arts. Don't miss this informative session.

Donna Self will teach acrylic painting on Monday afternoons. This class is perfect for both beginners and experienced artists looking to refine their skills. Marie Winkler will guide a class on colored pencils every Tuesday morning. Explore the versatility and vibrant results of this medium.

Renee Hawkyard will conduct a mixed media workshop on the afternoon of August

15. Discover new techniques and combine various materials for unique creations. On August 22, Sherry Bleiweiss will lead a fascinating workshop on alcohol ink for jewelry so members can create stunning pieces of wearable art.

This month, our gallery wall theme is mixed media. Be sure to check out these beautiful and diverse creations displayed in our room. September's theme will showcase oil paintings, if you want to plan ahead and create something memorable.

Looking ahead, we are excited to announce that Susan Edie and Pat Jordan will resume their classes in oil painting and drawing, respectively, starting in September. Pat Abraham will also return to teach her final watercolor classes in October and November.

All details and sign-up sheets for classes and workshops are available in the fine arts room. Enjoy these opportunities to expand your artistic horizons, learn new techniques, and share your creativity with fellow members. Happy creating!

• • •

Creative Arts Club

BY CAROL KOVACH

Welcome to our new President, Bridget Whitaker, and new Secretary, Wendy Leimbach. Carol Berger will continue as Vice President and Freddie Minchow as Treasurer.

Bridget has been a resident of SCR since 2013. A transplant from Livermore, she has been an independent graphic designer for close to 30 years, supporting large and small businesses in both the non- and for-profit sectors. She and her husband, Amel, teach Happiness is a Choice in the Sun City Roseville and Lincoln communities. They also served as chapter directors for a non-profit, Special Spaces, creating dream bedroom makeovers for children with cancer. A life-long learner, Bridget joined the CAC at the beginning of 2023, focusing on pottery.

She is excited for what the next few years will hold for the CAC. "The talent amongst the artists in our membership is quite amazing. More amazing are the friendships that are forged through our common love of creating."

The club includes the disciplines of pottery, ceramics, decorative painting and stained/fused glass. Bridget looks forward to developing new ideas in each of these areas. This process has already begun when our



Display in the window.

students, new and old, were challenged, to create art with an aviary theme. Anything; ducks, birds, bird houses, bird bath, bird painting and more, were invited. The response was exciting, and the results were on display in the window opposite the Creative Arts room during July. We hope you had a chance to enjoy the eclectic display, talent, and creativity. Most important of all, everyone had lots of fun!

CAC continues to welcome new members. Please check the classroom schedule for orientations.

• • •

(more Club News cont' on page 9)

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Travel



You are Invited to a very special travel event! Please join us for the afternoon on Thursday, August 15, 2024 from 1:00pm to 3:00pm in the ballroom at the Orchard Creek Lodge at Sun City Lincoln Hills. We will have a representative from Insight and Brendan Vacations, showcasing US National Parks, Fall Foliage, Ireland, Scotland, Paris and London!

Everyone is welcome, but reservations are required since seating is limited. Please contact Yvette Taylor at 916-789-4100 or yvette@clubcruise.com to RSVP for this event.

Light refreshments will be served. Don't miss our show specials and a raffle! See you there.

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SCR Needle Arts Club

BY PEGGY VOAKES

“A hundred bad days made a hundred good stories

A hundred good stories make me interesting at parties” — AJR

I was reminded of the above lyrics, sung to me by my grandchildren on one of their visits, while I was talking recently to one of our members about her vacation. Her trip had gone awry in ways one couldn't make up. By the end of the conversation, we were both laughing and looking at the unexpected discoveries to which some of those incidents had led. What a great attitude to carry us through life.

Here we are at the first meeting of our Needle Arts new year. Our new and returning Council members were installed at our June meeting. Sitting before you for 2024-2025 are me, Peggy Voakes, President; Sharon Lawin, Vice President; Nancy Dunne, Treasurer; and, Dianne Faulkner, Secretary. Your Council and volunteers have been hard at work over our break making sure we have another wonderful year ahead of us. I am happy to continue as President and thank you all for your support.

Show & Tell at our June meeting was amazing, as usual. We have so much talent, in so many areas, in our club and it is inspiring to have the results of those talents shared with us. The Back Table Challenge was a terrific success, and the Challenge continues through this year with more results at our November Show & Tell.

Our business year having begun on July 1, our dues for the new year are payable now. Our Membership Chair, Karen Porter, will be at the entrance table at our August 7 meeting, making it easy for you to accomplish that task! I look forward to seeing you all in the Ballroom on August 7, 1:30 pm (1:00 pm, if you want time to shop the back table!) and welcoming new members!

Happy Needle Arts Club New Year to you and I wish us all a year of good stories!

• • •

Roseville Stamp Club

BY TIM MILES

Everyone has noted the rise in First Class postage as of July 14th to 73 cents. Christmas just got more expensive.

We meet at the Sun City Roseville Lodge (7050 Del Webb Blvd.) on Tuesday, nights at 6:30 pm, usually twice a month. Our August meetings are on the 13th and the 27th and the September meetings are the 10th and the 24th. We usually are on our way home by 8:45 pm so things are lively. We have door prizes, access to all things philatelic (albums, pages, stamps, liners, files, and whatever you need).

Should you have any questions about the club, call Al Capparelli (916-771-8288) to get whatever problems solved. From time to time, Al has an “open house” garage day or two where you can schedule a visit and really supplement your collection with whatever it is missing.

Anybody is invited to our meetings so don't hesitate to attend with that “old” album from your closet to get a free appraisal of current value.

If you are a current member, be sure and let us know your email address as that is our means of communicating what is to be offered at our upcoming meetings. Contact Bob Barlett at bartlett@corsearch.net to get on the list.

We welcome our new members (and their puppy) to our club.

Keep tuned in for all the club “doings”. See you at the next meeting.

• • •

Cinema Group

BY BRIAN SUTTON

Join us in August for this special movie...

Movie: “The Cider House Rules (1999)”.

Directed by: Lasse Hallström. Run Time: 2 hour, 11 minutes.

The film follows the life of Homer Wells (Tobey Maguire). He is a precocious orphan, raised in an orphanage run by Dr. Larch (Michael Caine), who trains Homer to be a doctor. Homer decides to leave his loving tutor, to explore the world. While Homer struggles to make a life for himself on his own, he must make monumental decisions that will change the course of his future and deeply affect the lives of those around him.

The famous line from this movie is Dr. Larch's good night saying, “Good night, you princes of Maine, you kings of New England.”

Ratings: IMDB: 7.4, Rotten Tomato: 71% - 77%. - “The Cider House Rules” derives affecting drama from wonderful performances, lovely visuals, and an old-fashioned feel.

Academy Awards— Winner: Best Actor, Michael Caine; Best Writing, based on John Irving book.

Nominee — Best Picture; Best Director; Best Film Editing, Best Set Decoration; Best Music, Original Score.

Friday, August 16, 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

During the July General Meeting, members enjoyed a presentation about our flag by Assistant Boy Scout Master Tom Evans and Eagle Scout Matthew

Evans. Tom's Scouts learn the meaning and significance of the flag, and to respect it and all who defend it.

The largest US flag is in Long Beach, CA. Known as the super flag, this giant measures 225 feet by 505 feet, weighs 3,000 pounds and takes hundreds of people to carry.



The colors of our flag represent different qualities. The red stands for valor, hardiness, and bravery. The white is for purity and innocence. The blue symbolizes vigilance, perseverance, and justice.

The Pledge of Allegiance was first written in 1885. It was revised in 1892 and finally adopted by Congress in 1942. On June 14, 1954, the words “under God” were added.

Most everyone knows that a flag is burned at the end of its life. Few know the ceremony and protocols for retirement. Only cotton flags may be burned, polyester ones release too many chemicals and must be handled by special companies.

The Boy Scouts are one of the few organizations that routinely retire flags. First, they are cut vertically and then horizontally. This leaves three sections of stripes with the blue (Union) section intact. The Union is never severed. The pieces are burned one at a time with the observers remaining silent.

Occasionally a flag needs gentle washing. Always use cold water and gentle soap. Never put a flag in the dryer, hang it to dry thoroughly before folding.

Besides the Boy Scouts, Sun City Veterans and Patriots Club members will take old flags for retirement.

Join us for the next General Meeting, Monday, August 5, 6:00 pm in the Ballroom, when Roseville Historical Society Board President and Curator Phoebe Astill will speak.

• • •

Jewish Fellowship Circle

BY LOIS ARLEN AND KAREN LEVINE

A special thank you with appreciation to Ron and Diane Rische for leading the Shabbat service (Friday night Sabbath prayers) and hosting the Oneg (a sweet table following the Friday night Sabbath service).

The log hot ubiquitous days of Summer are here, and upon its arrival we have planned more upcoming fun events:

On August 2 the JFC Board will be leading the Shabbat service and hosting the Oneg. A catered Shabbat dinner will be served before the Shabbat service. All will be held at Sierra Pines.

There will be a potluck dinner on September 22 at Sierra Pines. Stay tuned for more information that will be emailed to all JFC members as we finalize the details.

The Book Club is planing to resume in September at the home of Ruth Elkins and Ray Seamans.

• • •

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

Wednesday, Sept 11th 1:30pm - 2:30pm in the Ponderosa Room at Sierra Pines

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

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

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(more Club News cont' on page 11)

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SCR Computer Club

BY BARBARA EICHTEN

There will be a General Computer Club meeting on September 23 at 10:00 am. 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 pm in the Club Room. The next meeting is August 8. 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, August 16 at 10:00 am 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, August 12, 2024. August's theme is "Bold Colors." Photos have no time frame. Contact Dennis Studer or Jenni Raminéz 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 August 2, 9, 16, 23, and 30 from 1:00-3:00 pm 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

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SCR Democrats

BY MARISA BERNETTI

Our superstar speaker for our July 24 meeting was Mike Madrid, co-founder of "The Lincoln Project", and one of the nation's foremost experts on Latino politics. He discussed how in 2020, Latinos became the nation's largest ethnic minority group in our



country. In his book *The Latino Century: How America's Largest Minority is Transforming Democracy*, he explained: "how and why the two major political parties are failing Latino voters and the profound impact it will have on American democracy and politics for decades to come."

August is dark for a general meeting. However, this is when we have fun! On Wednesday, August 28, we will host a Sizzlin' Summer BBQ at Sierra Pines. The price is \$15 for members and \$18 for guests, who are always welcome. It includes food, water, and a free champagne toast or mimosa. BYOB beer and wine are acceptable. Some candidates for local, state, and national offices will attend and introduce themselves. For more information on the BBQ, call Pam Wilkinson at 916-772-0559.

With the scorching hot July weather, many members were very busy indoors writing postcards for a partnership with Commit to Democracy (CTD) and for Neva Parker's AD05 campaign. CTD is a robust Postcards to Voters program for the 2024 election. It is a nationwide organization of over 12K volunteers committed to electing Democrats in Swing States and Swing Districts (including CA), to ensure we take back the House, keep the Senate, and re-elect Joe Biden. For more information on the national postcards, call Marisa at 916-745-9571. For Neva Parker postcards, call Linda Enis at 916-747-5882. All postcards are available at our general meetings until October.

Please visit us on the Resident Website and our Facebook page: <https://www.facebook.com/DemocratsOfSunCityRoseville> Together we thrive!

• • •

Socrates Café

BY STEVEN GUSTAFSON

Socrates Cafe is Sun City's philosophy discussion group. But don't let the word "philosophy" intimidate you. Our discussions are interesting and friendly (in part because of our rule that we don't discuss politics).

On the first Monday of each month, a resident "facilitator" who has volunteered to provide questions for discussion that month presents them, usually to over 20 of us. We are seated around a rectangular array of tables with microphones and name plates, so we can all see and hear and get to know each other.

Last month there were two questions, one on artificial intelligence, and one on prisons (there's lots of variety in what we discuss!).

The AI question was essentially "Is AI dangerous, could it be more intelligent than us, could it manipulate us, could it evade our control?" Some of us thought that the answers

to all parts of the question were "yes" and that AI would be like another industrial revolution. Others thought AI would only produce useful tools (like Chat GPT) and would pose little danger.

The prison question was essentially "The average cost of a California prison inmate is over \$132,000 per year. The prison system in Norway emphasizes rehabilitation instead of punishment (a murderer could be released in 5 years instead of 20), which saves a lot of taxpayer money. Would such a system work in California?" In the discussion most said no, because Norway does not have a racially diverse prison population, so they mostly avoid problems such as prison gangs organized by race or ethnic identity.

If you would like to join our discussions, you are welcome to do so. Our next meeting is Monday August 5th at 10:00 in the Timbers lodge.

• • •

Travel Club

BY PAM SCHEEL-HEMINGWAY

Our lucky Travel Club members have returned from Iceland, where volcanoes were erupting and waterfalls were flowing. What an amazing trip!

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/Williamsburg 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



Sun City Travelers enjoying exotic Iceland!

(Viking through Alamo)

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

Canadian Maritimes and Coastal Wonders: July 19-30, 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 August 26. 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!

• • •

Conservative Action Group

BY SHERRI SCOTT

Sun City Roseville showed our energetic American patriotism on July 3 at the fireworks display and the fine dinner event put on by Administration as well as during the Fourth of July golf cart parade.

Our group did not hold a general meeting in July but will be in action mode starting with our first Monday of the month meeting



Dee Smith and Cindy Jones.

in August. Knowledge about the candidates' priorities and each ballot proposition is the foundation for our voting decisions. Therefore, our group will have various speakers, open discussion and exchange of ideas, and educational materials.

In our August 5 meeting we will have a speaker, to be determined, and set out our action plans within Sun City to support conservative candidates. The meeting will be held at Sierra Pines starting at 6:30 pm. We look forward to seeing you.

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(more Club News cont' on page 13)

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SCR Library News

BY ELIZABETH GUSTAFSON

Each month the Sun City Roseville Library purchases new books, and you will find a list of this month's new books below. The library article in the Courier gives a brief description of each book to whet your appetite. If you have not picked up the Courier, you can get a copy right outside the door to the library.

If the book you want is checked out, you can get on the waiting list for that book by calling the library or stopping in. On the library website, you can search our catalog by title or author, and it will also tell you if the book is available in large print.

The Sun City Roseville Library is only for Sun City Roseville residents, and you should be prepared to show your activity card when checking out a book. We are staffed entirely by volunteers. The library is open Monday-Saturday 10:00-4:00 and Sunday 10:00-2:00.

New Books — Fiction: Carr, Jack - "Red Sky Mourning"; Crichton/Patterson - "Eruption"; Davies, Carys - "Clear"; Greaney, Mark - "Sentinel"; Hilderbrand, Elin - "Swan Song"; Ryan, Jennifer - "The Underground Library"; Sager, Riley - "Middle of the Night"; Steel, Danielle - "Resurrection"; Whitaker, Chris - "All the Colors of the Dark"; Wingate, Lisa - "Shelterwood"; Woods, Stuart - "Smolder"; Wroblewski, David - "Familiaris".

Non-Fiction: Goodwin, Doris Kearns - "An Unfinished Love Story: A Personal History of the 1960s".

Large Print: Connolly, John - "Instruments

of Darkness" Crichton/Patterson - "Eruption"; Hilderbrand, Elin - "Swan Song"; Kwan, Kevin - "Lies and Weddings"; Sager, Riley - "Middle of the Night"; Simonson, Helen - "The Hazelbourne Ladies Motorcycle and Flying Club"; Steel, Danielle - "Resurrection"; Sullivan, Mark - "All the Glimmering Stars"; Whitaker, Chris - "All the Colors of the Dark"; Wingate, Lisa - "Shelterwood"; Woods, Stuart - "Smolder".

Friends of the Roseville Library Book Sale

Friends of the Roseville Library Book Sale: August 3rd at the Downtown Roseville Library, 225 Taylor St., from 10:00am to 3:00pm

All kinds of books, new and gently used, lots of children's books, plus Mystery, History, Fiction, Diction, Classics, Science Fiction/Fantasy, Biography, Travel, Religion, Philosophy, French, Spanish, Art, CDs, DVDs, LPs, Science, Health, Teen, Humor, Large print, Vintage and antique, you name it!

Paperbacks \$2, hardcover \$3, children's paperbacks \$.50, children's hardcover \$1.

Come and find the books you love, books you should have read, books for gifts, books just nice to look at. Friends' members can enter early at 9:30 and you can join at the door for a small amount and early access.

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Rods & Relics

BY ELNA RAGAN

A number of our Club members had their vehicles in the 4th of July Parade. It was reported that over 10,000 spectators lined the downtown parade route on this exciting day. There were over 80 floats and numerous groups walking the downtown streets!

On July 9, there was a large turnout for the monthly lunch at the Waffle Farm. As always, it was a casual, fun get-together!

On July 18, the monthly General Business Meeting was held at Strikes.

The Rods & Relics Car Club has sponsored the Downtown Lincoln Car Show since 2007. This year's event on June 1 was a huge success. The proceeds, from the Car Show, go to charities. To date, our Car Club has donated over \$278,000. This year's recipients are Silver Wishes, The Salt Mine, and the Gold Country Wildlife Rescue. Each received a check for \$8,000.

The next major event the Club will participate in is the Lincoln Wings & Wheels Show at the Lincoln Regional Airport on Saturday, August 24. For more information contact Tom Indrieri at 530-300-6039.

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 out our Web Site listed below.

Contacts: Tom Indrieri, President 916-645-2035, Mike Fraga, Membership Director 916-812-2749.

Web Site: www.rodsnrelics.net

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Veterans and Patriots Club

BY GEOFF MARSHALL

Our 4th of July Golf Cart parade was a wonderful celebration appreciated by Sun City and many guests. The Independence Day parade was led by Veterans Group members with their golf carts decorated to represent the Military Branch in which they served.



SCR Veterans and Patriots Club volunteers - Ann Newman, Christiane Fitzgerald and Nancy Schmitz.

Our sincere thanks to Brian and Tracy Carr who organized this for us. There were nearly one hundred Golf Carts and about twenty five percent were veteran participants. It was held in the morning of a blazing hot day and our Veterans and Patriots Club had two tables to hand out cold bottled water and small American flags at the parade line up. We thank Steve Stansberry and his committee for putting this together.

Upcoming patriotic events include —
September 8: Fireside Chat with Wine and Cheese

November 11: Memorial Day Flag Raising
December 4: Installation of Officers and Holiday Dinner Dance

December 7: Pearl Harbor Day Event



Geoff Marshall's entry.

Veterans and Patriots Club meetings are the first Wednesday of each month in the Timber Creek Ballroom at 10 AM. Our next meeting will be August 7. 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.

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Birders

BY JANET MORELLI

Bird watchers and birds have a lot in common when it comes to inclement weather conditions. When the weather is very hot, cold, rainy, windy or foggy, sightings of birds and their watchers are scarce, both probably hunkering down in a sheltered place waiting for better conditions to appear.



Male Brown-headed Cowbird.

For that reason, birding field trips are not scheduled for the months of June, July, and August when scorching daytime temperatures are common in the Sacramento Valley. In July, SCR Birders create a new schedule of birdwatching field trips for the months of September through May. This schedule will be posted to the Birders' web site in August. Occasionally, an adverse weather event will cause a scheduled field trip to be cancelled due to weather conditions, but SCR residents listed on the Bird Group email roster will be notified of the cancellation or change of

(cont' on page 15)

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Ambassador Committee

BY DONNA WEIGELT

The Ambassador Committee met on June 18. The Committee elected a new committee chair for the Ambassador Committee as our current chair will be leaving after completion of her current term. Our new chair will be Suzie Ladas and her Vice Chair will be Mary Porter.

The Ambassador committee has several openings for Terms starting on Sept 1st. Six applications were received, and interviews have been completed. New members will be announced in next month's article as will goodbye's and thank you to our members who are leaving.

The next New Resident Orientation (NRO) will be on September 7 at Sierra Pines. This will be for residents that have moved to Sun City Roseville in May, June and July. Due to the positive comments and success of the May 18th NRO brunch, the committee has decided to go with Saturday morning brunch as it seemed to be a better fit for attendee's and May 18th NRO received many positive comments and was very well attended by new residents. Invites and more information will be sent out as date of event gets closer.

Several Ambassadors worked handing out material and ice cream at the June Flag Day event. The event was a great success and all the time and work put into the program by different groups was appreciated by all of the attendees. Many thanks received from attendees and the ice cream was definitely one of the highlights of this event.

Website Workgroup

BY CHARLYN ROSS

Hear Ye! Hear Ye! In days gone by, the Town Crier was the prominent source of news for a community. Today, news sources have advanced to include printed newspapers/magazines, radio, television, and the Internet. Now, the Town Crier's "Hear Ye! Hear Ye!" may only be heard during historic re-creation events.

In the beginning years of Sun City Roseville (SCR), the Association had to rely on the monthly Village Courier magazine or mailings to residents, to spread important information. However, twenty years ago, as the use of computers and the Internet increased, the Association decided it was time to initiate the Resident Website, www.scrs.org, to better inform the community.

Soon, the Association recognized that the increased popularity of the Internet would be an excellent way to advertise the advantages of living in Sun City Roseville, and to market it to future homeowners. This led to the development of our Public Website, www.suncityroseville.org

When you access www.suncityroseville.org, the text on the opening page provides a great description of what SCR has to offer. Just below that description is a six-minute video, which was recently updated to visually show off our community. The video is enhanced by the ability to show "closed captions/subtitles" or a "transcript" of the audio. Those features are found in the control area at the bottom of

the video's screen.

Our Public Website is a great asset for publicizing our community's lifestyle, with its great central California location, between ocean and mountains, and with access to all the conveniences and services that exist around us. The Public Website permits each of us to become a "Town Crier", by spreading the news of www.suncityroseville.org

Another Type Of "Town Crier" — Our monthly "Village Courier" magazine contains information and articles that were submitted at the beginning of the prior month, due to printing deadlines. Again, the Association saw a need to provide more current information to its residents and initiated the eCourier. This online monthly newsletter, contains reports by SCR Department Directors, project updates, guest articles, and special events details. It is financially beneficial by reducing mailing costs.

One eCourier feature is the monthly article by the Association's Website Manager, which often contains tips relating to computer use such as, how to clear your internet browser's cache, maintenance of your email application, or basic tips on internet safety

A notice of the eCourier's availability is emailed to SCR residents on the fifteenth of each month. The current issue can also be found on the Resident Website in the "Community" menu. Scrolling down past the current issue you can access up to a year of former issues.

If you are not receiving the SCR's Association emails, which are called "eBlasts", you need to complete the "Electronic Mail Consent Form". That form can be found on the

Resident Website's main page, as a link below the "Announcements" area or can be obtained from the Administration Office in the Lodge.

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

Our Website Needs You! The Website Work Group meets 9:00-10:00 am, the first Wednesday of each month, in the Club Room. The meeting is open to all residents. The staff is interested in your input about the Resident Website.

Sunshine Services

BY LINDA CILENTI

Gratitude has many meanings; thankfulness, appreciation, being grateful. Sunshine Services expresses our gratitude to all who "give back" by volunteering.

We express gratitude to our faithful, capable, and caring team of volunteers who assist with the Medical Equipment Loan program. Everyday these volunteers, your neighbors, answer your call whether it be to obtain medical equipment or donate medical equipment.

We express gratitude to our many neighbors who have donated medical equipment, such as wheelchairs, transport

(cont' on page 15)

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Sunshine Services

(cont' from page 14)

chairs, walkers, canes, and crutches, to name a few. Your generosity in turn is shared with neighbors in need of those items; creating a "circle of gratitude."

We express gratitude to the Foundation for providing partial funding for Roseville Transit Arrow tickets so our neighbors may purchase Arrow tickets at a discounted price. Arrow administered by the City of Roseville provides door-to-door transportation within the city limits of Roseville.

I express my gratitude to the entire Sunshine Services Council for their willingness to serve not only on the Council but to the Sun City community, our neighbors. Thank you.

To learn more about either the Medical Loan Equipment Program (916-960-8091) or the purchase of Arrow discounted tickets (916-886-7008) call the referenced phone numbers or pick up the Sunshine Services flyer, located in the magazine racks outside of the Administration Office at the Lodge.

Maya Angelou has said, "This is a wonderful day. I've never seen it before." Each day brings with it something new, something to be thankful for, gratitude.

Birders

(cont' from page 13)

birding site prior to the scheduled date. SCR residents interested in adding their name and email address to the Bird Group roster should contact Janet Morelli, 916-782-6393.

The Brown-headed Cowbird is usually found in agricultural fields and woodland edges and sometimes in suburban areas. The male bird has a brown head, dark eye, and glossy black body and tail while the female bird is grayish brown overall with faint streaking on the breast. Brown-headed Cowbirds forage for seeds and invertebrates on open ground, often in flocks with blackbirds.

The female lays 10-12 eggs each season and, instead of incubating them in a nest of her own, she lays the eggs in the nests of another species to be raised by host parents. Since the infant cowbirds are larger than the hosts offspring, they usually hatch first and outcompete the others in the nest for attention and food.

• • •

Garden Club

BY SUZETTE AUSTIN

Just a reminder...the Garden Club does not meet in August, but we will look forward to seeing you again for our next meeting on September 3.

Garden Club meetings are on the first Tuesday evening of each month at Sierra Pines. Doors open at 6:15 pm, our meetings begin at 6:45 pm and end by 8:15 pm. Please join us and enjoy cookies prior to the meeting. Guests are always welcome. Don't forget to wear your name badge.

• • •

SCR Hiking Group

BY SILVANA HUGHES

To escape the valley heat, our recent hikes have taken us to higher elevations in the Sierra Nevada. We spotted a multitude of colorful wildflowers, butterflies and bees, and listened to the chirps and tweets of songbirds welcoming summer in the mountains. Streams and creeks were running full, and the lakes glistened with cool waters reflecting the surrounding landscape and blue sky.

A detailed schedule of future hikes is posted on the SCR Hiking Group web page. For additional information, please contact President Pete Grady (see SCR Hiking Group web page). Remember to 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 August 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!



Pale Agoseris

August 1: Euer Valley, rated #4.5 (easy to moderate), 6.7 miles, elevation gain 500 feet, \$12 carpool ride.

August 8: Prosser Creek, rated #5 (moderate), 7.5 miles, elevation gain 750 feet, \$12 carpool ride.

August 15: Penner Lake, rated #5 (moderate), 6.5 miles, elevation gain 900 feet, \$12 carpool ride.

August 22: Hawk's Peak, rated #4.5 (moderate), 6.5 miles, elevation 900 feet, \$12 carpool ride.

August 29: Peter Grubb Hut, rated #5.5 (moderate to difficult), 7 miles, elevation gain 1200 feet, \$12 carpool ride.

• • •

(more Club News cont' on page 18)



Sagehen Creek trail hikers 6-13-2024.

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Days & Destination	Cruise Line ~ Sailing Date	Starting Price/ Inside Ocean View Balcony		
15 DAY HAWAII from SFO! PRINCESS Ruby Princess ~ 3080 Passengers	Sep 29, 2024	\$1,678	\$1,762	\$2,978
	Dec 2, 2024	\$1,528	\$1,610	\$2,048
	Jan 30, 2025	\$1,288	\$1,354	\$1,938
	Oct 30, 2025	\$1,868	\$1,965	\$3,268
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!				
22 DAY ALASKA From SFO! PRINCESS Ruby Princess ~ 3080 Passengers	Jun 6, 2025	\$3,298	\$4,291	\$6,058
	*LINCOLN SHUTTLE TO SHIP AVAILABLE!			
Sail round trip from San Francisco, California to Ketchikan, Alaska; Endicott Arm, Alaska; Haines, Alaska; Sitka, Alaska; Glacier Bay National Park, Alaska; Hubbard Glacier (Scenic Cruising), Alaska; Valdez, Alaska; Anchorage, Alaska; College Fjord (Scenic Cruising), Alaska; Icy Strait Point, Alaska; Skagway, Alaska; Juneau, Alaska; Wrangell, Alaska; Vancouver, Canada; San Francisco, California.				
11 DAY ALASKA From SFO! PRINCESS Crown Princess ~ 3080 Passengers	Jun 28, 2025	\$1,468	\$1,950	\$2,418
	Jul 9, 2025	\$1,458	\$1,931	\$2,478
	Jul 31, 2025	\$1,388	\$1,848	\$2,288
	Aug 22, 2025	\$1,358	\$1,821	\$2,531
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	\$766	\$897	\$1,268
	Mar 8, 2025	\$856	\$992	\$1,216
	Sep 24, 2025	\$1,108	\$1,269	\$1,638
Sail round trip from San Francisco, California to Manzanillo, Mexico; Puerto Vallarta, Mexico; Mazatlan, Mexico; Cabo San Lucas, Mexico; San Francisco, California. *LINCOLN SHUTTLE TO SHIP AVAILABLE!				
16 DAY PANAMA CANAL PRINCESS Sapphire Princess ~ 2670 Passengers	Sep 28, 2024	\$1,999	\$2,299	CALL
	Jan 20, 2025	\$2,478	\$2,778	\$3,478
Coral Princess ~ 2000 Passengers 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.				
16 DAY EUROPE REPOSITION CELEBRITY Celebrity Ascent ~ 3300 Passengers	Apr 20, 2025	\$1,698	\$1,998	\$2,198
	INCLUDES LINCOLN SHUTTLE TO SHIP & SACRAMENTO AIR RETURN!			
Sail from Fort Lauderdale, Florida to Rome, Italy visiting King's Wharf, Bermuda; 7 consecutive sea days on Celebrity's Ascent!, Gibraltar, United Kingdom; Cartagena, Spain; Florence/Pisa (La Spezia), Italy; Rome, Italy. Would you like to see more? Stay on board & see below.				
12 DAY EASTERN MEDITERRANEAN CELEBRITY Celebrity Ascent ~ 3300 Passengers	May 5, 2025	\$1,937	\$2,190	\$2,562
	Sail round trip from Rome (Civitavecchia) to Chania; Crete; Ephesus (Kusadasi), Turkey; Istanbul, Turkey; Santorini, Greece; Mykonos, Greece; Naples, Italy; Rome (Civitavecchia), Italy.			

*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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10 Day TAHITI Windstar Yacht July 2024 – March 2025 \$4,999
Windstar ~ Star Breeze ~ 312 Passengers **INCLUDES ROUND TRIP SACRAMENTO AIRFARE!**

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7 Day COSTA RICA & PANAMA CANAL October 2024 – March 2025 \$4,599
Windstar ~ 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 \$4,499
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
Viking Longships ~ 190 Passengers **INCLUDES ROUND TRIP SACRAMENTO AIRFARE!**

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12 Day MISSISSIPPI August 2024 – November 2025 \$4,299
Viking Mississippi ~ 386 Passengers **INCLUDES ROUND TRIP SACRAMENTO AIRFARE!**

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Cycling Group

BY SUZETTE AUSTIN

We are so happy to announce that we have a new president! Bill Haley, long time Cycling Group member, has stepped up to be our leader. Thank you so much for volunteering, Bill.

Even though our weather has been hot during the past month we have had many of our members are out riding. Most of us depart earlier on warm days.

We would like to thank Renee Hawkyard and Frank Lahde for their leadership of our Rovers Group. We've had many new members riding with this group. These rides are usually about an hour in length and average about 10 MPH. Avoiding heavy traffic, they ride inside Sun City and on local bike trails. This group focuses on new and returning riders. Any resident of Sun City is welcome. Departure times could vary, and cancellations do occur

due to weather. Please text 916-759-9495 to subscribe to up-to-date texts about each ride and to get more information.

We just had a Cycling Club "Barbecue Bonanza" social event on July 31. Festivities included a catered BBQ dinner as well as games and door prizes. Western attire was encouraged. Thank you so much Laurie Morkert and Barb Eagle for putting this together for us.

Our next meeting will be Monday morning, September 16 at 8 AM at Sierra Pines. Remember to bring a check for our annual dues. These meetings are usually fairly short and many of our members congregate for a ride afterward.

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

• • •



Departing for a morning ride.

Softball

BY BOB MONTALVO

Here's a riddle to start your August. "In the hands of one, I dance in flight, in a field of corners on a summer's night." What am I? With our softball season concluded, the season and playoff champs having been lauded at the annual awards banquet, we can focus upon the important tasks of staying in shape during the off-season and staying cool amid the onslaught of 100+ temperature days. Although we don't suffer the humidity of Midwest and Southern states, it's still HOT, and we need to stay hydrated and limit our exposure to the sun's damaging UV rays. Table games, books and stimulating conversations indoors are strongly encouraged. The riddle's answer: a softball.

Looking back on our softball season, it's important to recognize the contributions made by club members who volunteer to umpire games. They play a vital and necessary role. Led by Roy Myers, his crew includes Rich Aug, Dan Arriola, Pete Conley, Ralph Faust, Jerry Jackson, Randy Julian, Ken Miller, Patrick Maglione, John Raniseski, Frank Tom and Mike Worsham. Ken, Patrick, Frank and Mike are also active players. Every game also requires official scorers to put balls, strikes, outs and runs up on the scoreboard after each inning. The scorebooks then provide Ken Miller with the data to report individual and team statistics. This is an arduous task for which Ken deserves lots of credit. The scorekeeper crew led by Rose Miller includes Jim Sherrard, Dan Arriola, Maria Woodbury and Rich & Lani Cortez. Thank you all for doing an excellent job.

Once again, the club thanks our generous Team sponsors, Oakmont of Westpark,

Deano's, Guide Realty, Eskaton Village and Your Roofing Contractor/Wesley Rimelen. Thanks also to our All-Star sponsors, Sew Cal, Charles Dental Group and Ivy Blue Oaks

He & She Golf

BY JAHNA HOLMES

As I'm writing this at the end of June, the realization that the year is half over already is a bit of a shock! And you are reading this in August!! We've already endured very hot days, some clubs even cancelling play. However, in June He and She managed to play. June 3rd was quiet because so many folks were in Minden. The 9-hole group just had an open play day.

On June 24th we had warm but nice golf weather with a lovely breeze. The 18-hole group played a Scramble with only 31 players. Rich Aug wants to encourage more people to sign up going forward! The team who placed first, scoring 66, was Lynne & Rich Peaslee, Vernita Hillwig and Jim Sherrard. The 2nd place team, scoring 69, was JoAnne & Mark Gregson with Judy Bickell & Martin Abell. The 3rd place team, scoring 71, was Sol & Nancy Labrada, Karen Shahoian & Sherill Pahl.

The 9-hole group played a 1 low gross plus 1 best net game with 44 players. The 1st place team, scoring 67, was Dirk & Kathy Fowler with Don & Nancy Edgar, our newest members. The 2nd place team, scoring 72, was Andy & Paula Hau with Lou Steck & Candi McDonald. The 3rd place team, scoring 75, was Marty & Bobbie Hostler and Phyllis Mellberg & Andrea Norcia.

Our club membership now totals 188. That lovely golf day in June had a total of only 75 members playing golf, less than half (cont' on page 19)

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He & She Golf

(cont' from page 18)

the club! We really want to see more of you out there enjoying the day on our great golf courses! Finally, as Ben Hogan wished, "May thy golf ball lie in green pastures, and not in still waters."

• • •

Sierra Pines Ladies Golf

BY PAM SKARG

Thank you, Sun City, for the amazing fireworks show on July 3. Families from nearby communities gathered hours before the show, children laughed and played, dinner and dancing in the Ballroom, family and friends BBQed, and partied throughout our community all to honor and celebrate our great nation's independence.

In spite of Mother Nature turning up the heat, 11 ladies showed up to play golf in the Red, White and Blue tournament. Elizabeth Gustafson took first place, Carolyn Foster-Johnson took second place and Nancy Edgar took third place. Congratulations ladies, you were so brave to play in such heat.

The Lady Niners is proud to announce two new members to our club. Madeleine Bajurin and Debra Behrens, a very warm welcome ladies and we all look forward to meeting you at our next New Member Social or on the golf course. We now have 15 new members this year. Yah!

The Most Improved Players for June will be announced in the September issue of the Courier and Sun Senior News.

"The reason the pro tells you to keep your head down is so that you can't see him laughing."... Phyllis Diller

• • •

Timber Creek Women's Golf Club

BY NANCY LABRADA

Our ladies are playing great golf—even in this heat. The Most Improved Players for June are Becky Green, 1st Flight; Karen Shahoian, 2nd Flight; and Nancy LaBrada, 3rd Flight. Karen and Nancy will both be moving up a flight.

Congratulations to Barbara Simon who is the Red Tee winner and to Karen Shahoian who is the white tee winner in our Handicap Championship Tournament! A special thanks to Gail Quintel and her committee comprised of Johnice Swallender, Sandy Coltharp, John Quintel, and Bill Wells for serving us a wonderful pizza luncheon on the Bocce courts. Thanks also to the TCWGC members for helping with the cleanup. As always it was a great event.



Barbara Simon.



Karen Shahoian

On July 17 we enjoyed a wonderful 9/18 Hole Mixer with the Sierra Pines Ladies Golf Club. This year it was hosted by the SPLGC on the Sierra Pines course with a great turnout. Many thanks to Elizabeth Gustafson and her committee for organizing golf and providing a nice lunch. Elizabeth had a lot of help from Stephanie Tran, Gail Hixon, Judy Benjamin,

Pati Struble, Sharon Lawain, Joy Winston, Lindan Vincent, and Arlene Lizotte. It was a fun opportunity for all our lady golfers to socialize at this annual tournament. Winners will be announced in the next Courier.

The monthly General Meeting will be held on August 16. Whether or not you play that day, do come to the Birch/Aspen Room at 1:30 pm and keep up-to-date on our Club's activities.

• • •

Timber Creek Men's Golf Club

BY MIKE MURPHY

Hello Sun City from the Timber Creek Men's Golf Club! We are happy to welcome one new member this month. Leonard Clark is the newest addition to the Timber Creek Men's Golf Club family, and we look forward to meeting him. Welcome Leonard! We invite anyone interested in becoming a member to contact Neil Hamilton our Membership Director at 707-529-4038 or email him at neilhamilton6049@gmail.com

We are always looking for new members to share our wonderful club with. For those not familiar, we have weekly club play every Tuesday morning at 8:00, we host club tournaments and have many special events like our yearly BBQ and Christmas breakfast. There are also Central Valley Seniors (CVS) events every month at outstanding courses throughout the region. There is a lot of fun to be had and wonderful people to meet so come join us!

Our upcoming club events include the CVS outing to Cameron Park Country Club on August 12 and Woodbridge Country Club on August 26. These are fine golf courses, and the fees are very reasonable. Our club championship tournament will begin on August

6. There will be flight qualifying followed by match play for the top sixteen qualifiers in each of the four flights. This format allows golfers of all abilities to participate and enjoy friendly competition among good friends.

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 and guests to attend.

And now our monthly tip: "There's a force in the universe that makes things happen. And all you have to do is get in touch with it, stop thinking, let things happen, and be the ball!" The great Ty Webb.

• • •

Golden Niners

BY WALT BROMBY

Oxymoron: An Easy Par 3

Gremlins in the system scuttled last month's Golden Niners report so here is a brief summary for May:

Five Poley's were scored in May by Jerry Frederickson, Cary Diskin, Don Cook, Walt Bromby, and Bud Haddix. A Poley is a tee shot on a Par 3 hole that stops within a flagpole length of the hole. It earns the Nine five bucks, which is added to any additional team winnings. But the Poley by President Bud Haddix was not your garden variety Poley. It was a hole-in-one! This was Bud's first Ace after 68 years of playing golf. The Ace was worth \$55 dollars for Bud and he is hoping for his second Ace sometime in the next 68 years.

For June, the increasing heat index has resulted in the annual migration of some of the Niners who play in the late morning tee times

(cont' on page 21)

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Golden Niners

(cont' from page 19)

to the early morning tee times. Tournament winners for the June 4 tournament was the team of Bob White, Rich Forhan, Jim Willson, and Roger Gold. The June 11 winners were Gordon Russaw, Walt Bromby, Rich Forhan, and Greg Davis. The June 18 winners were Gordon Russaw, Gary Lee, Bill Burke, and one blind draw. The June 25 winners were Terry Berardino, Bill Bernard, Dwight Rose, and Tom Guisto. Four Poles were scored in June by Alan Greenberg, Gabe Andrade, Hal Crane, and John Geary.

Bud Haddix and Ed Underwood attended the First Tee celebration at Haggin Oaks in June and presented two deserving young golfers a donation of \$1000 each. The donations came from the sale of hats and shirts, or individual donations. Great going, Niners!

• • •

Pickleball Club

BY ANNE BURNEY

The temperatures in Roseville have been ridiculously hot this summer. That has not deterred our Pickleball members from playing though. They have had to be creative to find a safe time play. You'll find players on the courts at 7:00 in the morning or playing in the evenings when the courts are shaded.

We have several new members that have joined the club this past month. The

new members include Irma McClure, David Odgers, Richard Alba, and John Cenicola. A big welcome to you all and everyone is looking forward to seeing you on the courts!

For the past two years a group of ladies have met on Sunday mornings to play Pickleball, visit and get to know each other, and listen to music while playing Pickleball. They call themselves, The Sunday Fun Day Group. This is a group reserved just for ladies. They refer to it as a, No Man's Zone. You'll usually find 10 to 15 ladies on the courts enjoying each others company and playing their favorite sport. If you're interested in joining these ladies to play Pickleball, you can contact Linda Sanders, the group coordinator. Thank you, Linda, for keeping the group going strong.

Pickleball tip of the month: Every player looking to improve their game knows they should be drilling as much they are playing. But knowing what to drill or how to drill can be an obstacle. Have you checked out Catherine Parenteau's YouTube Channel? On this channel she'll show you her favorite Pickleball drills that help solve those questions. Check out her channel and next time you're on the courts try some of her drills before you play.

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 August clinic date has not been set. Be sure to let Wayne know if you are interested in attending.

• • •

SCR Table Tennis

BY FRANK TOM

Are there couples such as husband and wife, or significant other that plays table tennis at your Resident Group? Yes.

Dreama and Tony Larish: They joined 5 years ago, enjoy playing table tennis for the exercise, and the challenge of playing against members with varying ability levels, and they enjoy the camaraderie, laughter, and fun.

Steve and Amy Cho: They played table tennis in college and learned the game from a national college champion. They have not played since college, until they joined the Table Tennis RG five plus years ago, and soon thereafter became the president and vice president. They've met many wonderful people who have become good friends.

Jan and Gary Gregson: They joined the Resident Group 3 years ago, because they like table tennis, and felt welcomed by all the members. They enjoy playing against/with players of all ability levels, especially the more experienced players. They've developed many friendships along the way. They are the current president and vice president.

Bill and Sally Kimura: They played table tennis when they were youngsters and thought they'd try again. They joined the RG in late 2017. They enjoy the social atmosphere and the many friendships that have formed. They haven't played much since the Pandemic, however when they do show up, they're greeted with open-arms. How friendly is that!

Henry and Kathy Koong: They joined the RG in 2000 because they love the game and to get weekly exercise. They enjoy the camaraderie of the players and the friendly atmosphere.

Terri Kutz and Dave Klinger: Terri never played table tennis until she and Dave joined the Table Tennis RG. They've been members post-Covid, and love the camaraderie, competition and fun times that they've been enjoying.

We welcome everyone visiting us with our Aloha spirit!

• • •

(more Club News cont' on page 23)



Sunday Fun Day Ladies — From left to right: Suzanne Crowder, Joyce Paese, Mo Guinon, Anna Hamilton, Marlene Grens, Rosemary Sanchez, Judy Corona, Lisa Baud, and Jane Julian.



Front Row: Jan and Gary, Back Row: L-R: Tony and Dreama, Bill and Sally, Kathy and Henry, Terri and Dave, Steve and Amy.



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

LaVerne Metzger —

(cont' from page 1)

staying until 1943.

LaVerne was only ten at the time of the bombing, but it had an impact on her for quite a while afterward. She was afraid of loud noises and wouldn't go outside if a plane was flying overhead. In looking at her mother's album that chronicled the event, she still remembers the special dinner at Schofield Army base that the survivors were invited to on the first Christmas after the attack on Pearl Harbor. She's even kept a sprig from the Christmas tree on display back then.

When the family moved to New London, Connecticut, LaVerne attended a private school for girls, Williams Memorial Institute, graduating in 1949. One day her father brought home Norman Walker, "a troubled sailor," who was handsome and charismatic. They got married and, while the marriage didn't last, LaVerne was happy to become mother to Karen and Robert. Karen lives in Oregon, has one daughter and has recently retired as the director of a health care facility. Sadly, Robert passed away in 2007.

After the divorce, LaVerne moved to Rhode Island and made friends with George and Martha Myett, who asked her to come to California with them. That's how she came to live in our golden state where she met her second husband, Francis, whom she married in 1960. The couple had three children: John, a contractor who lives in Tracy and has three children; Jennifer who lives in San Luis Obispo and has four children; and Mary who lives in Roseville, works as a receptionist at Kaiser and has one daughter.

The family lived in Fremont, spending time at picnics, visiting relatives and attending neighborhood gatherings. "We lived in a



LaVerne Metzger 5 Children, Circa 2004.



LaVerne Metzger made for her daughter Jennifer's wedding.

court and there were lots of children playing outside," LaVerne recalls. "I tried teaching them kick the can, but it never took off."

Francis worked at the Modern Mode Furniture company in San Leandro, while LaVerne worked at Golden Grain. Recalling her time in San Leandro, she laughs, remembering the restaurant, Pring's, which was the "in" place to be as you watched the cars dragging East 14th Street.

LaVerne has a strong artistic streak in her, exhibiting itself when she made flower-decorated wedding cakes or created lawn displays for the neighbors' front yards. First, she would sketch a shape (cartoons, animals, Christmas figures, etc.) onto an 8-foot piece of plywood. Then her husband would cut the drawing out and LaVerne would paint it. She must have passed the art gene onto her children and grandchildren because they all are talented in art.

In 1978, when their Fremont house burned to the ground, all the neighbors showed up to help with the clean-up. Although she lost nearly everything, the photos in the basement, including LaVerne's mother's album, were saved. The couple had been booked for a Caribbean cruise and Francis thought they'd

better stay home, but LaVerne saw the practicality of living on a ship while the house underwent repairs, so they went.

Speaking of cruises, LaVerne has sailed to Greece, Hong Kong, Tahiti and Alaska. Her favorite trip, though, was to Africa. "I've always been intrigued with elephants and animals in general," she says. She spent three weeks in the Serengeti, visited Johannesburg, Mosambique, Botswana, Tanzania, Zambia and had high tea at the Victoria Hotel in Botswana. She only saw one lion, but tons of elephants, monkeys and giraffes. Once two rhinos were fighting outside her canvas tent, but she knew there were armed men who patrolled the area so the visitors wouldn't be injured.

Recalling her adventures in Africa, LaVerne says, "The African people were so delightful. I enjoyed being up close and personal with the animals and the food was great." In fact, she was so taken with the food that she invited the chef to visit her in Fremont. He did stop by for a short visit and left her his recipe for lemon meringue pie with "an unbelievable crust."

In 1986, LaVerne traveled with her mother and some friends to the Orient. She remembers seeing Princess Grace and her husband, Prince Rainier, acknowledge her and the other guests when she stayed at a hotel in Kyoto. She's also traveled to Maine where she loved the lobster rolls and, since she loves seafood, is looking forward to her sister coming to visit with lobsters maybe this year. When she lived in Fremont, she would drive to San Francisco to North Beach and feast on the dungeness crab the area was famous for.

When LaVerne and Francis moved to SCR in 2016, she was too busy caring for him to join any clubs. After he passed away in 2018, she was content to stay home, read, do crossword puzzles and watch documentaries. When asked for any words of wisdom to impart to her neighbors, she says, "Just enjoy what you have and what you've done and take life in stride." Good words to live by, right?

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

Bocce Club

BY DAVID MOORE

The record heat wave hasn't kept Bocce Club members off the courts as the Summer League has been going every Monday morning while informal sessions of a couple of dozen players have been happening on Thursdays. We've also had three tournaments since our last report.



Tony King, Bobbi Dunk, Rhonda Bubbico and David Moore won the Mixed Blind Draw Tournament.



Pete Dilonardo, Elaine Turnbull, Nancy Johnson and Bill Johnson won the Choose Your Partners Tournament.

The Mixed Blind Draw Tournament was held June 8. The first-place finishers were Tony King, Bobbi Dunk, Rhonda Bubbico and David Moore. Second place was taken by Medina Lane, Jerry Fredericksen, Irene Judd and Jerry Bice. The third-place winners were Elaine Turnbull, Kevin Meyers, Pete Dilonardo and Bev Lewis.

The Men's Blind Draw Tournament, which was held on June 15, was won by Tom Bonomi and Gregg Hutchison. Second place was taken by Jerry Fredericksen and Dale Bailey while Ken Lane and Pete Dilonardo finished third.

The Choose Your Partner Tournament was held on July 6, which was a Saturday when it reached 112 degrees, although luckily not in the morning when the tournament was played. First place was won by Pete Dilonardo, Elaine Turnbull, Nancy Johnson and Bill Johnson.

Second place was taken by Lynn Jones,

(cont' on page 25)

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Neuropathy Relief Is Possible

The most common method your doctor will recommend to treat neuropathy is with prescription drugs. While this may temporarily reduce your symptoms, medications such as Gabapentin, Lyrica, Cymbalta, and Neurontin are primarily antidepressant or anti-seizure drugs. These drugs may cause you to feel uncomfortable and have a variety of harmful side effects.

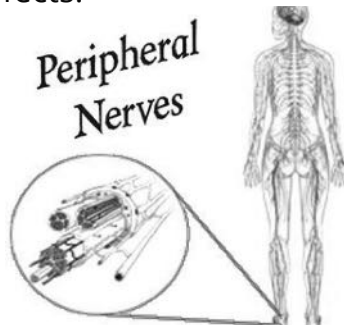


Figure 1: Notice the very small blood vessels surrounding each nerve.

Peripheral neuropathy is a result of damage to the nerves, often causing weakness, pain, numbness, tingling, and the most debilitating symptom, balance problems. This damage is commonly caused by a lack of blood flow to the nerves in the hands and feet. Every part of the body relies on blood via blood vessels, for oxygen and nutrients. Without it, the body begins to lose function.

As shown in Figure 2, as the blood vessels that surround the nerves become diseased, they shrivel. This prevents the nerves from getting the nutrients necessary to survive. The nerves begin to degenerate and no longer conduct sensation adequately.

When these nerves begin to "die" they cause you to have balance problems, pain, burning, pins and needle sensation, and other symptoms.

Three Factors to consider for Effective Neuropathy Treatment:

1. Underlying cause?
2. Amount of nerve damage sustained?
3. How much treatment is required?

Three goals of treatment at Lincoln Acupuncture:

1. Increase blood flow
2. Stimulate nerve fibers
3. Decrease brain based pain

The main problem is that those with Neuropathy have been given limited options for treatment: medications which often make you feel

sick or uncomfortable, or have to come to terms with the idea of "just living with it." There is now a clinic in Lincoln that offers you hope without worrisome side effects.

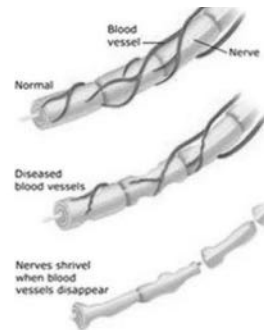


Figure 2: When blood vessels become diseased, they shrivel and are no longer able to provide nourishment to the surrounding nerves.

The treatment to increase blood flow utilizes Acupuncture, ATP Resonance BioTherapy and O3 Regenerative Therapy. Acupuncture helps to stimulate the blood vessels and the peripheral nerves such that they are able to receive proper nutrients needed to heal and repair. Collectively, these treatments function to increase blood flow and expedite recovery and healing.

The amount of treatment needed to allow nerves to fully recover varies from

person to person and can only be determined after a detailed neurological and vascular evaluation.

We will conduct an exam that consists of detailed sensory vascular testing and an analysis of neurological findings. After the exam, you will meet with the practitioner to discuss your results and determine if you are a good fit for our program.

This life impacting condition affecting millions of individuals can be helped and even reversed. Whether the neuropathy affecting you is chemical in nature, due to diabetes, or mechanical such as disc disease or arthritis, treatments are available to help you alleviate your suffering.

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YOU DON'T HAVE TO JUST LIVE WITH IT

Bocce Club

(cont' from page 23)

Paula Happe, Vickie Pagano and Bill Pagano. The third place finishers were Medina Lane, Ken Lane, Ron Judd and Irene Judd.

Looking ahead, the Fall Mini League sign-ups are Wednesday, August 21 starting at 5:30 p.m at Sierra Pines.

• • •

Billiards

BY DAVID ZAN

The Billiards Club continued to be very active during June. 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 Team Tournaments on Tuesday at 1:00pm are attracting a full house and are very competitive. Congratulations to David Deninno, Terry Satchell, and Jerry Crosby for being on two winning team this month.

Winners of the team tournaments in June were:

June 4: 9 Ball - David Deninno & Terry Satchell

June 11: 8 Ball - Wally Cameron & David Deninno

June 18: 8 Ball - Terry Satchell & Jerry Crosby

June 25: 8 Ball - Tie: Don Warden & Ron Judd and Tom Gonzales & Jerry Crosby

• • •

Cornhole Group

BY STEVEN GUSTAFSON

We're in the hot season now — it's often over 100 degrees in the afternoon. Let's say you want to get a little exercise, you want to do it outside, and you want to do it in the morning to "beat the heat". Here are some options:

1. You could go for a walk. This is a great option because you can go as far and as fast as you want. However, walking is not conducive to social interactions, except with the one or two persons you might walk with. And social interactions are "clinically proven" to be key for your mental health.

2. You could play pickleball. This is a great option because you get lots of exercise. However, the average age in Sun City is over 70, so not everyone has the physical ability to play.

3. You could play golf. This is a great option because it provides moderate exercise in beautiful settings. However, golf requires planning for a tee time, paying greens fees, and, most important, an ability to accept frustration.

4. You could play cornhole. This option has lots of advantages. No planning is needed — you can play a game anytime with one or three others, and, if you play with our Cornhole Group, there's no cost because we have no dues. Most Sun City residents have the physical ability to play, and there's plenty of "social interaction"!

Sun City's Cornhole Group plays every Tuesday at 9:00 on the Sierra Pines horseshoe lanes. You're welcome to join us.

• • •

Croquet Club

BY JIM WILLSON

Greetings from the Croquet Club. To all Sun City Roseville residents who are interested in acquiring new experiences and participating in new challenges, you might consider looking into croquet. Here in Sun City Roseville we have two of the finest croquet courts in Northern California and the beauty is it's right at our fingertips with very little travel involved. The game is very challenging and requires a lot of thinking and strategy, as well as execution to be successful, and does not require a lot of strenuous exercise so it is suited well for seniors. The game itself is international in scope with many countries having national championships.

The games usually run for approximately 75 minutes. For newcomers there are free lessons and annual dues are only \$10. White attire used to be required, but now is optional.

SCR Croquet Club hosts four dinners annually which follow the quarterly group meetings. Many long term friendships have

been developed through the club activities.

In the lobby of the Timbers Lodge is a kiosk with fliers for the various clubs including the Croquet Club. Feel free to pick up a flier which contains a membership application and for additional information please contact Louisa or Patrick Maglione at 916-740-2353. Once you get involved in the game and learn all the various strategies involved, you'll wish you had discovered and participated in the game sooner.

• • •

Mah Jongg

BY BECKY MATSON

If you're trying to escape the Roseville heat, join our Mah Jongg group in the Card Room! We play every Monday afternoon at 12:30 pm and every Friday morning at 9:00. The AC works very well! We have had several new players join our group and have added three new Mah Jongg sets! The group is growing because it's a fun, stimulating and challenging game!

Our next Mah Jongg member lunch, will be on Friday, August 23, at 11:30 am. We enjoy lunch and then we have fun playing afterwards. The sign up sheet will be available the last week of July in the Card Room. Checks for \$7 are payable to SCRMJC. We appreciate all who volunteer.

And please remember all Mah Jongg functions are fragrance free and name tags are encouraged.

• • •



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Bunco

BY PAT OBERLANDER

Hot August Days! Join us to beat the heat 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 be hooked. Come on down!



Bunco Winners!



Winners - June 10: Judy Spencer, Debbie Phillips, Sue Bianco and Jenny Stuart.

Winners - June 24: Jackie Spencer, Becky Matson, Salli Scott and Judy Del Grande.

• • •

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SCR Foundation 2024

(cont' from page 1)

and Pines Lodges – Funded \$18,255 in 2024 to SCRCA for lighting.

License Plate Reader Cameras – Funded \$21,300 for installation of cameras at four entrances to Sun City and two years of service.

Here are a few of the services the Foundation supports.

Home Maintenance – Teams of two workers respond to resident requests for certain safety and emergency requests. In 2024, Home Maintenance workers averaged 90 service calls to Sun City homes monthly. Services include smoke alarm replacement (only when chirping), battery replacements for CO detectors and thermostats, replacing ceiling and porch light bulbs, setting irrigation controllers, cleaning or replacing house air filters, lubricating squeaky garage doors, minor plumbing repairs, minor electrical repairs, and safe disposal of medical and electronic waste.

Survivor's Planning Guide – Free upon request, the Guide is designed to assist residents in preparing for a loss, dealing with the passing of a loved one, and adjusting to a new future. It helps with gathering financial, insurance, and household information for heirs and survivors, and provides caregiving and end-of-life advice.

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Safety First — How Landscaping Can Enhance Home Security and Crime Prevention Tips to Protect your Home

BY ROSEVILLE POLICE DEPARTMENT

During summer months many homeowners prepare for yard clean-up and landscaping projects. However, amidst the excitement of transforming outdoor spaces, it's crucial to consider how our landscaping choices can impact the safety of our homes.

Crime Prevention Through Environmental Design (CPTED) offers valuable insights into enhancing home security through the physical design of our properties. By focusing on elements such as fencing, lighting, and plants, CPTED aims to identify and mitigate areas that may attract criminal activity.

Unsafe landscaping can inadvertently create opportunities for crime, while safe landscaping helps deter burglars and thieves. Here's how you can transform your outdoor space into a safer environment:

Enhancing visibility

CPTED emphasizes the importance of increased visibility around properties to discourage criminal activity. When landscaping:

- Follow the 3-8 rule: Keep hedges no higher than three feet and tree canopies starting no lower than eight feet, especially around entryways and windows.
- Ensure outside lighting is adequate, with motion-sensing lights signaling to trespassers that they've been noticed.
- Maintain clear sightlines through windows facing streets, as they provide natural

surveillance.

Securing entry points

Distinct points of entry deter criminals, as they prefer areas with low visibility. Enhance natural access control by:

- Ensuring front and back doors are clearly visible and well-lit.
- Using dense or thorny landscaping to reinforce fences and discourage unwanted entry.

Demonstrating ownership

Show ownership of your community by maintaining a well-kept property and engaging in community-building activities:

- Personalize your space with flower gardens and seasonal decorations to deter crime.
- Regular maintenance sends a message of vigilance and care, discouraging vandalism.

Neighborhood Watch: Community Vigilance

Form a Neighborhood Watch group to actively prevent crime in your area:

- Keep an eye out for unusual activity and report concerns promptly to the authorities.
- Download our Neighborhood Watch Starter Guide to get started today.

By implementing these strategies and fostering community vigilance, homeowners can create safer neighborhoods for themselves and their neighbors. Let's work together to make our communities secure and thriving.

Here are also some other prevention tips to protect your home and vehicle from potential criminal activity.

Vehicles:

According to the National Highway Traffic Safety Administration (NHTSA) one vehicle was stolen every 32 seconds in the United States in 2022. That amounted to more than one million vehicles, and half of the thefts were due to driver error. The summer months are the highest season for vehicle theft.

Here's what you can do to reduce your chances of becoming a victim of vehicle theft or break-in —

- Do not leave your vehicle(s) unattended with the engine running.
- Close and lock all windows.
- Take your key or fob with you.
- Never leave valuables in your vehicle in plain sight.

Home —

According to the U.S. Department of Justice most burglaries happen in the summertime between June and August. That's the time period when many families go away for vacation. Being away from home for an extended period of time makes your home a target for thieves. According to the FBI, there are 2.5 million burglaries annually in the United States. That's a break-in every 26 seconds.

Going away on vacation? Here are some tips to reduce your chances of becoming a

victim of a home burglary:


- If you're going out of town, let trusted friends, neighbors, or family know you'll be gone.
- Set up a Vacation House Check through the Roseville Police Department.
- Make sure to leave your home (e.g., windows, garage door, pet doors, etc.) locked and secured.
- Put your mail on hold with the US Post Office.
- Don't post vacation photos on social media until you return home.
- If you have a home security system, make sure it is functioning and use it.

The beginning of summer is when many of us start to entertain, visit family, and plan vacations. Summer is also the time when home burglaries and vehicle theft/break-ins are on the rise. Do your part to reduce the chances of being a crime victim this summer season. Incorporate crime prevention tips so you can sit back and enjoy the summer months, no matter what you plan to do.

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Executive Director Comments

BY GEOFFREY BROWNE

And so, we start another year! Fiscal Year, that is. And a new year for the Board of Directors and Committee members, and new Activities, Fitness Classes, and amazing opportunities to stay involved!

At the time of this writing, we are well into our Annual Board of Directors Election, and tallying the votes took place on Election Day, July 16. This year we had three candidates for the two open positions, so your vote really counted (note: I do NOT know who the winners were!). Congratulations to the newly elected Directors!

Now the real training starts! At our Board Orientation in late July, we make sure the new Directors are familiar with the organization of the Association and the various departments and leaders, and how they all interact. We'll also make sure they understand their role and the legal responsibilities they have to the members and the Association in general. That newly elected Board will elect the Association Officers and be sworn in at the Annual Meeting on Thursday August 1, 2024, in the Ballroom by City of Roseville Mayor Bruce Houdesheldt.

We plan to also celebrate the unique and long-standing contributions of our outgoing Directors, John Raniseski and George Porter, both of whom have served for many years (10 or longer) in many different capacities on the Board and on various Committees. Without their dedicated service I can confidently say

that SCR would not be where it is today. We will miss them very much and wish them all the best in "retirement".

At the Annual Board Retreat later in August the new Board and I will have a chance to set new goals and objectives for the next 12 months. I am sure that discussions around our Vision and Mission statements will again direct us toward the development of new or improved programs and services as well as our commitment to continuous improvement of the amenities and facilities in SCR in our efforts to maintain our position as the premier active adult community in Northern California. Other discussion points will include fiscal responsibility, project development and strategic planning for future growth and protection of property values.

And it is also a chance for those new volunteers to begin their work. It is from this pool of committed residents that new ideas and fresh energy is found, contributing greatly to the advancement of our community. The unique opportunity to give back and serve the community that offers so much to all of its residents will not only teach you a LOT about what goes on in Sun City, but you'll also meet a LOT of smart, funny, and genuinely kind people you should be proud to call neighbor.

What a great year it's going to be!



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Plans in Place for a Secure Water Future

BY CITY OF ROSEVILLE

When it comes to water, it pays to plan ahead. You never know when that rainy day—or prolonged drought—may come.

Roseville and Placer County leaders are pursuing long-term solutions to bolster water supply reliability while accommodating rapid population growth.

“Roseville takes a holistic approach to water supply,” explained Roseville Water Utility Manager George Hanson. “We look at varied sources such as groundwater, alternatives to Folsom Reservoir and water conservation, and how we can be more efficient.

“With this approach, we’ve built a robust water supply. The challenge in the future [will be] that we need to anticipate events and needs to ensure our water supply.”

Roseville is Placer County’s largest city, with a population of about 155,000 that is expected to top out at 230,000 people—a 48 percent increase. So city leaders don’t need to plan for current residents but those to come.

“People want to live here,” Hanson notes. “It’s not just a great place to live but a great place to work with great-paying jobs. Roseville is a very vibrant and growing city.”

Water sources to serve new neighborhoods have already been secured as a condition



of development. In addition, Roseville is experiencing a business boom.

“We’re seeing nearly 1,000 [new business] permits per year,” Hanson said. We need water for businesses and homes. We also need water for our overall quality of life—our parks, recreation, bike trails, and open space. Water plays a big role in all of that, too.”

Complicating growth and water need projections is a changing climate with longer droughts and earlier snowmelt.

“The question we ask ourselves: How can Roseville respond to extremely dry years?” Hanson said.

The city works closely with county, state, and federal agencies to secure its water future. The Placer County Water Agency, the Bureau of

Reclamation, and the Army Corps of Engineers are among its partners.

According to the PCWA, the build-out population of West Placer County—the area that relies upon PCWA water supplies—is estimated to be near 500,000. That’s up from 337,000 in 2023.

The areas served directly by PCWA account for 192,000 people, with the rest being areas where PCWA serves wholesale water. Wholesale customers often have some of their water supplies, usually from wells.

Roseville and PCWA share common water sources and priorities; both rely on the American River for surface water and are dedicated to maintaining river and watershed health. They’re working together on long-term solutions for their water needs.

A major concern during prolonged drought is what happens if Folsom Reservoir’s water level drops so low that water stops flowing to water agencies downstream. An issue that nearly came to fruition at the end of 2021, a year marked by severe drought.

One potential solution is to construct a pipeline so Roseville can access PCWA’s water system upstream from Folsom Reservoir. PCWA diverts water before it hits Folsom, so this pipeline would protect Roseville from concerns about low water levels in Folsom.

“That way, we can access the water supply directly without relying on Folsom Reservoir,”

Hanson says.


About 14 miles long, the pipeline would direct river water already contracted for use by PCWA and Roseville to a treatment plant in Placer County without having to pass through the reservoir. The project will require more than \$100 million in federal, state, and local funding.

Another long-term solution is The RiverArc Project, which would bring water to Roseville and Placer County from the Sacramento River and a new treatment plant. The water would also help supply other parts of Sacramento County, which is experiencing rapid growth.


The Sacramento River is six times the size of the American River, yet 80% of the regional surface water supply comes from the American as the primary resource. Switching some demand to the Sacramento River would have a big benefit to the fishery, too. More water could flow down the American River, which is vital for a healthy habitat.

In 2023, during its early stages, the project received a \$5.1 million grant from the California Wildlife Conservation Board, matched by approximately \$1.2 million in funding from local RiverArc partners. The City of Sacramento and the Sacramento County Water Agency are also RiverArc partners. The project needs \$250 million to \$350 million in additional funding.

“One of the great advantages of this project is it would give us the ability to tap into the two main water sources for our region,” Hanson said. “We’re looking at what’s feasible and different alternatives during extreme drought, so then we can provide alternatives to create more reliability.”



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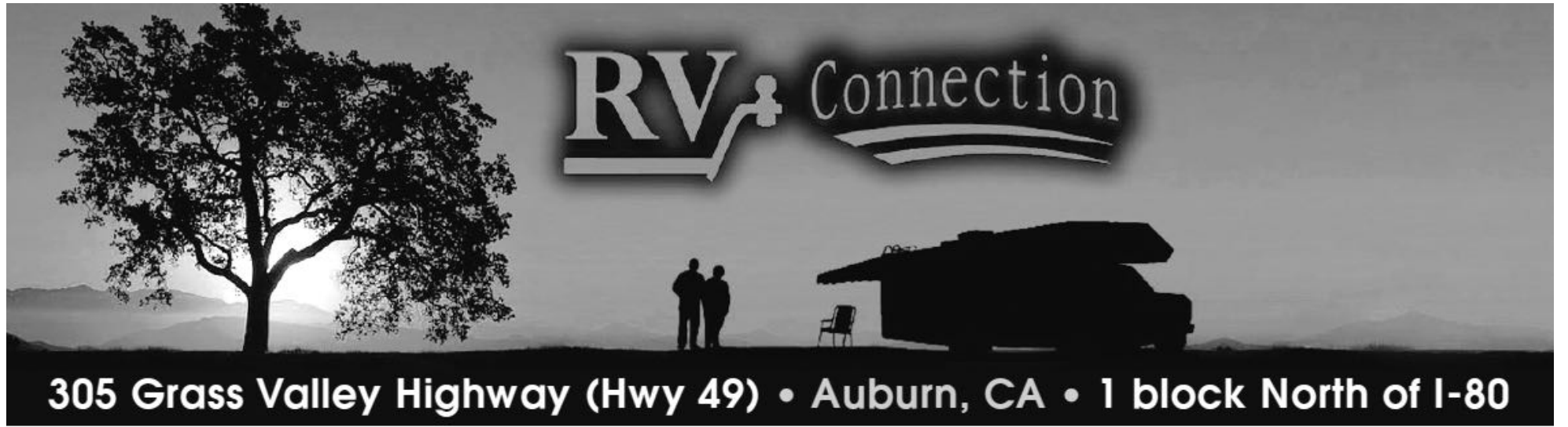
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Observations Looks Back: World War II

BY MARTIN GREEN

Maybe because it's just after Memorial Day and D-Day is coming up as I write, but I find myself thinking about World War II. It was a long time ago, and I wondered how many WWII veterans were left. I Goggled, and the number was 119,550 out of 16.4 million. I was too young, not quite twelve years old, to be drafted then (my turn would come during the Korean War) but, although I've forgotten many other things about that bygone era, I do remember where I was and what I was doing when it started. I was in our apartment in the Bronx on a Sunday and I was listening to a broadcast of the Giants/Redskins game (the Giants were losing) when it was interrupted by the news that the Japanese had bombed Pearl Harbor. I don't know if I recognized the implications of this, but I think I did realize that a lot of things would be changed.

My father was too young to be in WWI, served a hitch in the Navy afterwards, and was too old to serve in WWII. However, he was a plumber and in those Depression years jobs were scarce in New York, so two years before, in 1939, he'd started working out of town in what was known then as defense plants, soon to be called war plants. So, WWII had already had its effect on my family. I was talking to my sister about WWII recently and she remembers that we had ration books and that, among other things, sugar was rationed. I Googled and found out that meat, coffee, butter, canned goods, tires, gasoline, and shoes were also rationed.

We didn't have a car, so the rationing of tires and gasoline wouldn't have affected us. I don't know about canned goods, coffee and butter and sugar. I don't remember not getting shoes. I remember what did affect me. I'd begun playing handball every weekend at Crotona Park and the pink Spalding balls (Spaldeens) were no longer available. We had to make do with black balls made out of synthetic rubber, and these very quickly would split in half. So the war did have a profound effect on my young life. I also remember that all the kids at school bought what were called defense and then war bonds. You paid \$17.50 or something like that and would get back \$25 in maybe ten years. We were in a poor neighborhood, probably almost all Bronx neighborhoods were poor then, but I think all the kids bought these bonds, although not at one time, but in installments. We bought stamps and little by little they added up to the \$17.50.

The war also had an effect on my life when, a few years later, I was 13 and could get a work permit and could get a summer job. I didn't realize it then, but with the war on and most young men being drafted, I could probably have gotten some kind of office job. But, I didn't know anything about businesses then. I did know there was a garment district in Manhattan and I got a summer job as delivery and stockroom boy for a wholesale button place right next to Macy's. I received the minimum wage of sixty cents an hour and when I got my first check of \$24. I kept my hand on it in my pocket during the subway ride home and until I proudly presented it to my mother. I was contributing to the family income.

No one in my immediate family was in the military except my uncle Al, my father's youngest brother, and I remember hearing that he received the Bronze Star. I wish I knew more about him. My father's family had come to the US from Poland and my mother's from Hungary and all I remember about the relatives left in Europe was being told none were left after the war. I believe now all were killed during the Holocaust.

I remember after Pearl Harbor President Roosevelt giving his speech about the "day of infamy." I think I followed the war in the newspaper and on the radio (no television back then). There were also the news-reels which we saw when we went to the movies on Saturday mornings, along with the cartoons, serials and cowboy pictures. I vaguely recall radio announcer names like Gabriel Heatter, Charles Collingwood and Edward Severeid. There was also Edgar R. Murrow broadcasting from a London rooftop during the blitz.

I also remember the war movies in which US Army squads were made up of a cross-section of Americans from big-city kids to rural farm boys and the Nazis were always evil and played by, I think, Otto Preminger. And the classic "Casablanca" was a war movie that came out in 1942.

I said that my father started working in defense and then war plants starting in 1939. He continued doing this all during the war, working in such places as Florida, Oklahoma, Wisconsin, and Oak Ridge, Tennessee and even after the war ended. I think the last out-of-town place he worked in was Pittsburgh, close enough to New York that he came home some weekends. A couple of years after the war ended, there was a building boom in New York and he was able to come home and work there until he retired. I'm sure his being away for so long was a great hardship on him and my mother, but I never heard either of them complain. My father never fought in WWII, but he's still my hero.

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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- ◆ ONE AD PER HOUSEHOLD, PER MONTH
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BUSINESS ADS:

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

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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.

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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.)

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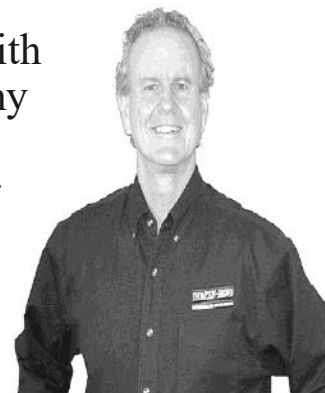


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