

SUN SENIOR NEWS

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



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Players — *Guys & Dolls* Coming Soon!

BY KAREN PINOMAKI

Rehearsals are underway for Players Club's *Guys and Dolls*, the musical comedy classic filled with characters that are among the best known and most beloved in Broadway history.

Considered by many critics to be the perfect musical comedy, it's a musical fable about rolling dice and taking a gamble on love. When it opened in 1950 on Broadway it ran for 1,200 performances and won numerous Tony awards including Best Musical. Frank Loesser's toe-tapping score is heralded as one of the greatest ever written for a musical, and includes some of the most iconic show tunes, including "Luck Be a Lady," "Sit Down, You're Rocking the Boat," "If I Were a Bell," and "Adelaide's Lament."

The show is set in fictional 1950s Runyonland (Manhattan, NY). Runyonland was created by Damon Runyon, short-story writer of the 1930s and 40s. Runyon spun Broadway's nightlife with humorous and

(cont' on page 30)

LINCOLN HILLS PLAYERS PRESENTS
Guys & Dolls
A Musical Fable of Broadway
Thurs/Fri, November 21 & 22 at 7pm
Sat/Sun, November 23 & 24 at 2pm
Orchard Creek Ballroom
Directed by Karen Pinomaki
TICKETS: Premium \$24, Standard \$21 • sclhresidents.com

LH Foundation — *Heading into Fall*

BY DENISE BOWDEN

As we start into Fall and hope for the cooler weather to kick-in we start the month with Labor Day. Though many of our residents are retired, I'm sure we all remember that nice 3-day weekend that marks the end of summer and don't forget the Autumnal Equinox at the end of the month that signals that Fall has officially arrived.

Several days in September are worthy of special mention and are associated with programs of the Lincoln Hills Foundation. National Food Bank Day starts off the month with us recognizing the Salt Mine Food Pantry and the work they do. According to recent statistics the need for food in our community has increased by 30% since last year. When the cost of everything rises it is often food that is the lowest priority in budgets and the Salt Mine plays a critical role in assisting seniors experiencing food insecurity.

Though it is officially Alzheimer's month, World Alzheimer's Day is at the end of September. The risk of Alzheimer's disease increases with age, affecting about one in 13 people between the ages of 65 and 84, and one in three people aged 85 and older, sobering statistics for a community such as ours. The Foundation provides grants to both Del Oro Caregiver Resource Center for respite care as well as our own resident support group here in SCLH.

Bingo this month is on a Wednesday, so mark your calendars for September 25th. Doors open at 12:30 and play starts at 1:00. Twelve cards for \$25, with exact change appreciated. Payouts are \$100 for the first eleven games and \$250 for the final game. Make an afternoon of it and enjoy lunch at Meridians beforehand.

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

Vaudeville

BY STEVE EVANS

The New Vaudeville Variety Show 2025! Neighbors and friends, get ready for a new and exciting Vaudeville Show in 2025. There will be many changes that are designed to provide an energetic variety of music and entertainment. It will be a show to remember!

For starters, the show will be performed in the Orchard Creek Ballroom during the last week of August 2025. Details to follow as we get closer to show time.

We will incorporate a variety of music that will be one of your favorites and newer and contemporary music that you will recognize and appreciate.

We will utilize more technology throughout the show to enhance the experience for our audience.



(cont' on page 5)

2nd Annual Senior Health and Resource Fair

BY HARRIET GARLAND

The City of Lincoln and Seniors First of Placer County are once again joining forces to present the 2nd Annual Senior Health and Resource Fair. The Fair will be held on Sept 18, 10am – 2pm at McBean Park Pavilion, 65 McBean Park Drive. Last year's inaugural Fair was a great success, and it is expected to be even better this year.

Approximately 50 vendors are anticipated enveloping all areas of senior living, including medical, financial assistance, senior exercise, etc. The Lincoln Lions Club will once again provide their Eye van and free eye examinations will be available. Visitors can also get their blood pressure reading, chair massage as well as hydrating hand treatments.

Speakers will be featured throughout the day including a chair yoga class, Placer County District Attorney speaking on Scams, Lincoln Police Department speaking on senior safety among others.

Complimentary coffee and cookies will be available in the morning followed by food to purchase from Sabores Mexican Food Truck, Salad Works, Old Town Pizza and Lockard's Ice Cream Truck.

This event is not only for Seniors but is also a great resource for adult children that may have to make life decisions for their parents in the future. The goal is to try and ensure that seniors and/or their caregivers have all the resource information to make well informed decisions for their loved ones. Admission is FREE.

For more information contact Harriet Garland, 916-543-0541 or Kris Wyatt, 916-768-3803.

Former Missile Site Cleanup Update

BY SANDI DOLBEE - Member, Restoration Advisory Board

Lincoln Hills residents got some good news recently when officials announced that no trace of the toxic chemical trichloroethylene (TCE) has been detected by new vapor wells installed near homes closest to the former missile facility off Oak Tree Lane. Activists have long claimed that an underground cloud of TCE-contaminated groundwater is moving steadily toward homes.

(cont' on page 6)

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Location: Sun City Lincoln Hills

Limited Space: RSVP by Sept 11

deborahh@placerspca.org | 916-872-6166



PANELISTS INCLUDE:
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Tony Owings
Certified Financial Planner
at Legato Financial

Leilani Fratis
CEO Placer SPCA

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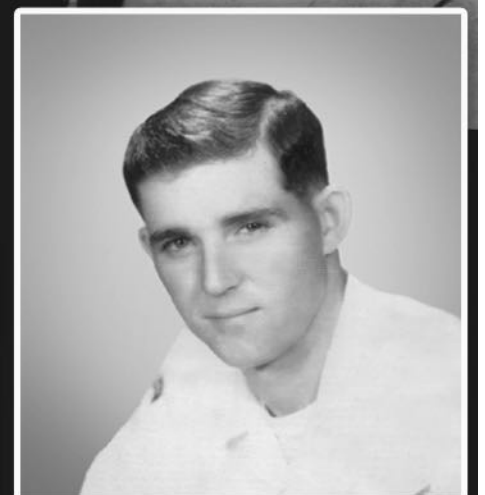
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Neighbors InDeed

BY RICK CARREIRO

“When the lights go down in the city”

Yes, that’s a familiar song phrase, but not one of us ever wants to sing it. Since our homes are ageing, so too are our electrical system components. No one wants to be left in the dark when it comes to maintaining or upgrading our home’s electrical needs. Please look over the information below to guide you with these needs.

Our Handy Helpers actually can help you with many electrical tasks that will make your home life better and safer. Some of the basic items NID HH can offer are: replacing light bulbs, help with home entertainment systems, reset or replace thermostats, reset fan direction switches (clockwise in winter then counter in summer), replacing smoke alarms or CO



monitors or their batteries, reset or replace sprinkler control units, reset or replace garage door remote units, repair or replace address sign units, reset or replace doorbell buttons/units, reset outdoor light timer units, reset or unjam garbage disposals, reset or replace electrical light switches or outlets (especially GFI Ground fault interrupter outlets). GFI’s are a true safety item that helps prevent overloaded circuits and shocks.

NID suggests, for other Major electrical needs residents can call us for electrical contractor referrals.

So, as we can see, the upkeep of all our electrical needs is not just for comfort or convenience but InDeed for safety!

As always call our 24 hour message center at 916 223-2763. Leave a message with your name and phone number. We will call you back between 9AM - 5PM, Monday through Friday.

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

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

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Vaudeville

(cont' from page 1)

We cannot thank our neighbors and friends for their continuous support and appreciation throughout the years. Our goal is to impress and entertain to the extent that you will look forward to every show year after year.

If you or anyone you know that would like to share their talent with our show, please contact me so I offer an invitation to get more information or check us out in one of our meetings.

Steve Evans - Director 916-224-4352, Steveevans11@gmail.com

• • •

LH Chorus

BY GAY MACKINTOSH

Take note of our new website! lincolnhillschorus.org. The public portal has About Us and Holiday Concert Info with a link to purchase tickets going "live" October 17. Performances are Friday evening December 13 and Saturday and Sunday matinees December 14-15 in the OC Ballroom.



Chorus members can view our full concert program on the new site and access many exciting resources for singers. You can listen to full vocal recordings or just accompaniment and sing along to your voice part predominant or (for a real challenge) your voice part muted. And wait, there's more! Download the Choir Genius app to your phone so you can take your music and rehearsal files everywhere.

Interested in raising your voice in song with us? Whatever your level of musical experience, you will enjoy learning more under the professional leadership of Dynamic Director Paul Melkonian and Awesome Accompanist Nina Malone. Basses, Tenors, and Altos are especially needed, but pick

whichever voice part is most comfortable for you. Registration is open the first three weeks of the upcoming concert season, starting September 3 at 2:00 PM, KS Presentation Hall. (You can turn in your music by September 24 for a refund.) Some choral experience and ability to read music is useful. You'll need to learn your part with our helpful website resources and attend Tuesday afternoon rehearsals plus sectionals as scheduled.

Visit lincolnhillschorus.org for more information or contact our Membership Chair, Mari Long, at mlong24sjca@sbcglobal.net or 916-409-9136.

• • •

LH Music Group

BY JULIE RIGALI

If you love music, there is a wonderful opportunity available to you. Our music group meets on the second Wednesday of the month, in Presentation Hall from 1:30 to 3:30. You can participate in this group, or just listen to other musicians. If you choose to perform, sign up on the performance sheet, which is available from 1:00 to 3:30. If you do choose to perform, you will find our setting relaxing and supportive. But before the performances begin, everyone who chooses to can join the rest of the group playing and singing songs that are on our website. The website is www.lincolnhillsmusicgroup.com. The password for this website is musicgroup.



In addition to our monthly music group, there are two other sections that might peak your interest. The first is the guitar ensemble, led by Sal Caruso at 916-343-5810. This group meets on Fridays from 1:00 to 3:30 in Orchard Creek. The second group is Ukulele Ohana, led by Ron Peck at 925-788-5869. Ukulele Ohana meets on Wednesdays from 1:00 to 3:00 in Orchard Creek. Anyone who lives in Sun City is eligible to attend any of these groups. Do yourself a favor and plan to visit one of these groups in the near future. You won't regret it. Questions? Please contact Julie Rigali at rigalijulie@gmail.com

• • •

Ballroom Dance

BY ERNIE MICHELI

The Ballroom Dance Club held a Ballroom Saturday Night ice cream social on August 10.

The activity included ice cream sundaes and root beer floats, games and dancing. A Hot August Nights theme was carried out with a mural depicting a 1950's style diner. Table settings included replicas of 1950's style cars, 45 records and a Rock 'n' Roll center piece.

Individuals competed for best theme costumes. Best dressed in the women's event was Dtim Tatum. Best dressed in the men's event was John Kirkwood. Best dressed in the coordinated couples event was David and Stacey Reynolds.



There were two games played a "twist" contest and a "freeze" contest. The "twist" contest

was won by Ria Worden. The "freeze" contest danced in "swing" style required couples to dance until the music stopped. Those that continued to dance would be asked to leave the floor. The "freeze" contest was won by Jerry Cress and Sandra Speight as they successfully survived each time the music stopped.

The evening would not have been a success if not for the helpers. Congratulations to all those who contributed to make Hot

August Nights a success.

Special Note: September 3 and 10 will be "open dance" from 2:00 to 4:00 PM. September 17 and 24 will resume our normal schedule and provide instruction for the East Coast Swing. Additionally, the 3:00-3:30 PM half hour will provide review of the waltz with focus on the multiple patterns taught in August.

Annual membership dues are only \$10 a person and is open to all SCLH residents and sponsored guests. Lessons are offered in the Kilaga Springs Lodge Multipurpose rooms each Tuesday. Contact Sal Algeri at 916-770-0077 for more information. The Ballroom Dance Club website is at selhbdc.com.

• • •

Tap Company

BY ALISON WOLFE

Last July, the Tap Company hosted its annual Spring luncheon for 40 members. During the luncheon, Mary Adamson, President, spoke to the group announcing the dates of the 2025 Spring Tap Show and



changes to our tap classes. A new performance class will be held on Mondays at 11:00 AM. This class is designed to help tappers prepare for the stage. Mary was quick, however, to reassure everyone that participation in the performance class did not mean a commitment to perform in the show. The existing technique classes will continue as usual. Mary reminded everyone that enrollment in a technique class was required for those who wish to join the performance class, ensuring that everyone has a strong foundation in tap.

• • •

(more Club News cont' on page 10)

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Lincoln Hills July Snapshot

Address	Street	Approx SqFt	Orig. Price	Selling Price	Floorplan
1997	WindingWay	1161	\$499,000	\$480,000	Millpond
1872	Stone House Lane	1161	\$540,000	\$525,000	Millpond
210	Geary	1322	\$500,000	\$529,500	Bridgeway
2675	Woodacre Lane	1322	\$547,000	\$545,000	Bridgeway
2053	Prairie View Lane	1515	\$569,000	\$574,000	Pine Hill
944	Castleberry Lane	1515	\$639,500	\$590,000	Pine Hill
1136	Ivy Arbor Lane	1515	\$575,000	\$585,000	Pine Hill
1830	Graeagle Lane	1515	\$599,900	\$600,000	Pine Hill
1168	Segolily Lane	1531	\$649,950	\$605,000	Alpine
874	Mossy Ridge Lane	1545	\$559,000	\$554,000	Bridgeway*
2924	Blue Heron Lane	1549	\$555,000	\$575,000	Alpine
2272	Pebblestone Lane	1602	\$570,000	\$575,000	Lassen
2152	Pebblestone Lane	1626	\$569,000	\$569,000	Lassen
107	Azeo Ct	1741	\$629,500	\$640,000	Cottage
1157	Segolily Lane	1777	\$619,000	\$584,000	Tehama
1872	Blackbird Lane	1785	\$639,000	\$629,000	Santa Cruz
401	Wood Duck Court	1854	\$659,000	\$648,000	Plumas
1996	WindingWay	1860	\$734,900	\$710,000	Baldwin****
1857	Hawk Hill Lane	1873	\$659,000	\$669,000	Orchard Crest
2051	Coldwater Lane	1911	\$730,000	\$720,000	Fremont
1094	Truchard Lane	1935	\$775,000	\$795,000	El Dorado
1562	Summerhill Lane	2073	\$875,000	\$855,000	Annadel
1380	Stone Hearth Lane	2080	\$859,000	\$832,500	Fremont*
1010	Wagon Wheel Lane	2128	\$695,000	\$670,000	Ventura
859	Mossy Ridge Lane	2151	\$799,000	\$805,000	Sausalito
2556	Black Hawk Lane	2192	\$799,000	\$790,000	El Dorado*
2301	Longspur Loop	2264	\$824,000	\$800,000	San Mateo***
1404	Lasso Lake	2264	\$949,000	\$949,000	Napa
2300	Cinnamon Teal	2372	\$885,000	\$760,000	Shasta***
965	Wagon Wheel	2504	\$969,000	\$1,025,000	Marin***
2307	Blue Heron	2513	\$935,000	\$965,000	Marin
1500	Gingersnap	3133	\$1,399,000	\$1,250,000	Meadowgate*/***

*Casita ** 2 Story ***View / Golf ****Custom Addition

Total Homes sold in Sun City per MLS 7/1/24 - 7/31/24

Former Missile Site

(cont' from page 1)

The results of these first tests were announced July 18 at the quarterly public meeting of the Restoration Advisory Board (RAB), a consortium of federal and state officials, along with community members appointed in March by the U.S. Army Corps of Engineers. Working together, they hope to decide on a plan for cleaning up the former Titan 1-A missile facility that housed three missiles in underground silos for three years in the 1960s.

“If the next rounds of tests show the same results, it should reassure homeowners’ concerns,” said Ranny Eckstrom, a retired engineer and community co-chair of the RAB. “I welcome the good news, which replaces speculation with facts.”

TCE was used as a degreaser and cleaning solvent at the former missile facility. It also was a popular additive to foods and even used as an anesthesia until it was banned for food and medical uses in the 1970s. TCE was first detected on the property in 1991 and remediation work removed some of the contaminated soil until the work was stalled for 10 years over who was responsible for the contamination. The goal now is to gather updated and accurate information about the extent and the location of the TCE-contaminated groundwater before agreeing on a restoration plan.

But the news about the TCE findings was overshadowed by another announcement: low levels of

benzene, another cancer-causing substance, was detected by two soil vapor probes near SCLH and and three others probes near the the parking lot at nearby St. Joseph Catholic Church. It is not known where the benzene came from, though it is found in a variety of products, from gasoline and glues to cleaning products and paint thinners.

Several residents were obviously upset by this discovery, though more than one official from the state water board explained that it was too soon to be alarmed because the levels are low and benzene rarely travels to the surface and quickly dissipates when it does.

The U.S. Army Corps of Engineers is tasked with the responsibility for the clean-up of this site, as well as the other former Cold War-era missile sites across the country that left behind chemicals and other pollutants that we now know are health hazards.

The next quarterly public meeting is tentatively scheduled for Oct. 24. Details will be announced closer to the date.

Lincoln Police Department — Volunteer Program

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

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Neighborhood Watch

BY TERESA TANIN



Neighborhood Watch began with a small group of nine residents in 1999, and by March of 2000 had grown to 123 teams of volunteers. Neighborhood Watch now serves 6,783 homes, through Directors, Village Coordinators, and Mailbox Captains, all as resident volunteers. The on-going goal of Neighborhood Watch is to deliver safety and security information to help keep residents safe, and to recruit enough Mailbox Captains to cover every cluster mailbox station.

The next training session for volunteers will be held September 13, 2:00 PM, in the Fine Arts Room, Orchard Creek Lodge. New and continuing volunteers benefit from receiving updated information. All residents and volunteers are welcome. All residents are members of Neighborhood Watch, however, to be an active member, consider volunteering. Visit the Neighborhood Watch website selhwatch.org and click on "Want to Volunteer?" Also, click on "Add me to Alerts" to receive community-wide "Alerts" directly. Attend the September training session and find out what Neighborhood Watch is all about. Help keep your neighborhood safe as part of our safety and security team. We need you!

Be sure to attend the Special National Night Out event October 1, at the Sports Pavilion, beginning at 4:00 with a Q & A at

5:30 PM. Enjoy a meal from the vendor Cowabunga BBQ and refreshments from the no-host bar. Residents can attend this special event following their own neighborhood events. Meet and talk with the Lincoln Police and Fire personnel, and several representatives from Placer County Services. While hosting your own neighborhood event take a group photo and email by October 10, "Actual Size" to NWPhotos@selhwatch.org. Designate your Village and Mail Station. Your photo may appear in the special November Compass.

For event information please email NNO Coordinator at nnocoordinator@selhwatch.org. Join in on the fun, the food, and receive updated safety information.

Thank you to the Lincoln Hills Foundation for their help in funding Neighborhood Watch, and thank you for the generous help from our residents who have contributed in helping to secure the success of our (their) organization (now a 501.c.3. Let's go for another twenty-five years!

Neighborhood Watch will be holding its annual meeting Saturday, November 9, 9:30 to 11:30 AM. All residents and volunteers are welcome. Following a breakfast potluck in the Multipurpose-Kitchen, Kilaga Springs Lodge, Village Coordinators will participate in the vote for new and renewing Directors. A quorum is required. More information will

follow. Questions? Email executivedirector@selhwatch.org.

SCLH Neighborhood Watch Mission Statement, through the dissemination of safety and security information: Strengthen neighborhood ties, increase personal safety and security awareness, be the "eyes & ears" of the Police & Fire Departments, and encourage emergency preparedness. Stay informed; stay safe! Visit NW website selhwatch.org for community-wide "Alerts" and to view updated information, including new mailing address: SCLH Neighborhood Watch, P.O. Box 282, Lincoln, CA 95648-0282.

Power of Pink Event

BY ANN STULTS

Sutter Roseville Supportive Oncology Center and Brighton Collectibles are launching October Breast Cancer Awareness Month. The Brighton Collectibles store inside Roseville Galleria, 1151 Galleria Blvd., Roseville, CA will open early to welcome guests and speakers on Friday, September 27, 2024, from 9:00 AM to 10:00 AM. The festive and informative Power of Pink celebration is open to all those who are interested in hearing about the latest advances in breast cancer diagnosis, treatment and support from top breast cancer physicians and other specialized medical professionals.

Over the past 21 years, Brighton has raised and donated over six million dollars to benefit local breast cancer charities nationwide. Sutter Roseville's Supportive Oncology Center provides a wide range of patient and family assistance, including complementary services and therapies ranging from nurse navigators and survivorship programs to nutrition and various supportive therapies.

All Sun City residents and friends are invited to attend this special event!

Meet The Author Lecture Series

BY JOY HUTCHISON

Our guest author on Monday, September 23rd at 2:30 PM in Presentation Hall (KS) is Andrew (Andy) Dexter. Andy was raised on a small farm in the Willamette Valley in Oregon, served twenty-two years in the Navy, and then had a second career at the Exxon Refinery in Benicia. He and his lovely wife Sheri have been married for sixty-three years, and enjoy many of the activities Sun City Lincoln Hills offers. Andy is active in the Writer's Group and has published three books, with more on the way. His novel "Death by Golf Ball" will put a smile on your face, and his short stories, including "Hotpop's Short Stories Volume 1", will do the same. Enjoy an afternoon with Andy and acquaint yourself with his delightful characters, many from his circle of friends and used with their permission. Lecture Series Coordinator is Rita Rutledge at ritarutledge78@gmail.com



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Country Couples

BY RICH AND DONNA PICK

This summer sure has been a warm one, but we continued to dance and to get together socially. On July 31st Country Couples got together at Old Town Pizza. This is a favorite pizza parlor for many Lincoln residents and outlying communities. Their pizza is one of the best in the area, and they also serve sandwiches and wings. We like to visit nearby restaurants for the Happy Hour selections, so we usually gather together around 4:00 PM. Approximately 30 members attended this pizza outing. We all had a wonderful time. We were



Enjoying a dinner, get-together.

able to talk about dances we are learning and about old dances we miss. And of course, we were happy to not have to cook on such a hot day. Some members even ordered items to have the next day at home.

Country Couples encompasses others also. We have line dancers, former dancers, new dancers, and also occasional dancers. In August our group is looking forward to the Structured Dance evening and also a dinner

gathering at Timbers Lodge in Roseville.

Anyone interested in joining our club, please contact April Cederburg at 916-390-3931. We'd love to meet you.

Website: selhcc.com

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Line Dance Club

BY ANNETTE PORRECO

Thanks to all the line dancers who participated in the August 25th social. It was lots of fun! We are planning to provide many more dance opportunities in the upcoming months. We already have a holiday social on the calendar. It will be held at Kilaga Springs in the Lincoln room on December 16th. More specific information will be available in the near future. So, thanks again to everyone who attended the August social and don't put away those dance shoes just yet. We have a lot more dancing to do.

• • •

Ceramic Arts Group

BY JIM CARNATHAN

Jim Phillips from the Ceramic Arts Group loves building large structural public art and has recently finished his latest public art installation in front of the Art League of Lincoln in downtown Lincoln. The structure is called "Tres Artistas". It is built using 3 wide flange steel beams with glazed ceramic elements on the webs of the beams. The idea of installing a sculpture at the Art League

(cont' on page 11)



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Ceramic Arts Group

(cont' from page 10)

Gallery came up two years ago when Gia McNutt from the Art League attended the dedication of Jim's Lincoln Library sculpture "The Stacks". Jim and Gia started discussing it more seriously after the installation of the Beerman Plaza sculpture "Clay" in front of the Lincoln Archives Museum. A grant was submitted to the Arts Council of Placer County and funded earlier this year. These funds were used to cover a significant amount of the project's material cost.

The project collaborators are The Art League of Lincoln, The Arts Council of Placer County, and The City of Lincoln Public Works Department. All 3 of his Lincoln installations are wonderful and substantial pieces of public art that should be viewed and enjoyed by everyone.

For CAG and class members interested in selling their art, coming up October 20th is the Holiday Market Sale and then Art in the Alcove is back November 1st-15th. Both events will be held in Orchard Creek Lodge.

Ceramic classes are ongoing every month so please sign up and come play in the clay.

• • •

Mixed Media Club

BY JILL SHORT

I have always looked at September as the doorway into fall. The Mixed Media Club enters September as the new club year. This month our members are encouraged to attend

the club's important yearly business meeting on the 18th. We will be voting on our By Laws, our 2024-2025 leadership team and will collect yearly \$20 dues. The Leadership Team wanted to do something special for our members at our business meeting so come enjoy a catered lunch as we leave OC Fine Arts Room and get together at Frima Stewart's home. More information will be mailed to our members before the meeting. The September email will ask for an RSVP. Please RSVP back to our President, Chris to help with our planning. It will be great to see everyone as we have a time to relax and socialize.

Before the September meeting, members will receive the By Laws by email. Please read these over to be ready to vote on them. Members were notified about the By Laws vote coming up this month at our June, July and August meetings plus the club emailed the By Laws in August as well before the meeting in September.

Mixed Media Club does not have an art challenge prompt in September, but we will have one that you can do and share at the October 16 meeting. The prompt will be, "Once in a Blue Moon." No rules just let your creativity go and enjoy the process.

The Mixed Media Club meets the 3rd Wednesday of the month in the Fine Arts Room (OC) at 1:00 PM. The exceptions will be September and no meeting in December. For more information contact Chris Fetter at 916-276-7895 or email at: mixed.media.chris@gmail.com

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Needle Arts

BY MARY SWANSON

Just as teachers and students are returning to classrooms, Needle Arts members return to general meetings on September 10th at 1:00 PM in P-Hall (KS). Join us for an update on club activities and a special presentation by the Needlepoint/Cross Stitch Group. Stitch by Stitch is how this group builds their canvas-fabric based creations and they're looking forward to sharing their craft, projects, experiences, tip and techniques with everyone.

Workshops are on the agenda for September. There will be an open workshop on Friday, September 6th from 1-4 pm, which is a great opportunity to work on your projects. On Tuesday, September 17th Jean Storms will be demonstrating using various sewing machine feet. This workshop is limited to 8 participants. Please email Jean directly to make your reservation (jeanstorms272@gmail.com). The NA website is where you'll find the calendar with the remaining workshops/demonstrations for the year.

Space at the Spring Mercy Auburn Retreat scheduled for March 31 through April 3, 2025, is limited to 13 this year. There are still some spots available, so get your reservation and deposit in soon and don't miss this fun event. Information for the retreat is available on the NA website, sclhna.com.

Do you love to plan a party? NA is seeking one or more enthusiastic volunteers to plan our Holiday Luncheon on December 10, 2024. The room is reserved and the NA Board will

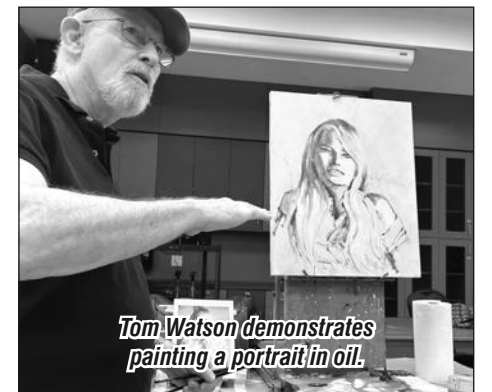
provide all the details and you'll receive lots of ideas and support for your planning committee. Please contact NA President Brenda Wright as soon as possible if you can help out.

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Painters' Club

BY TAMSEN ARMSTRONG

Why do artists need to show their work? Some painters say they only paint for themselves, but most of us would like some validation and perhaps monetary appreciation as well. There is a famous saying, "If a tree falls in the forest and no one is there to hear it, does it make a sound?" This suggests that we have a fundamental need to communicate with our art. With that said, now is the time to sign up for our upcoming member shows and get your work seen! We have three places that you can choose right now: Simple Pleasures, the Autumn Artistry Show at the Art League



Tom Watson demonstrates painting a portrait in oil.

(cont' on page 13)

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Painters' Club

(cont' from page 11)

of Lincoln, and if you're also a member of the Art League, the upcoming Members Show. This is only a short list of the possible places that you can consider. But, it's a start! We also have ongoing shows that you might check out: Buonarrotti Ristorante until October 4th, The OC Lobby Show for the month of September and those PC members who have work in the Art League Gift Shop would love it if you came in to view their paintings.

We held our "Southwest" theme challenge in August with news of the winners posted soon. Next challenge is in November on the theme of "Looking Up."

Thanks to Janette Olcott and Joan Kline, two members on the Nominating Committee who will present a slate of names for the board positions by October 1st, with the election held at our General Meeting on the 15th.

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

Paper Arts Club

BY LINDA LUCCHETTI

People are still talking about the club's first ever Craft Room Tour on August 1. We left our meeting room to explore the craft rooms of five club members. We got ideas for storing and organizing our "tools of the trade." Many on the tour were inspired to work on their own rooms! Thank you to the following hosts who graciously opened their doors to share their spaces: Mina Bahan, Maureen Morton, Pat DeChristofaro, Charlotte Knutson, and Sarah Kevin. The event concluded with an informal lunch and social time at the Sports Pavilion.



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

the status of activities and meetings.

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

LH Photography Club

BY DIANE MARGETTS

For our August meeting Truman Holtzclaw, Photography Club VP, organized a fun and educational workshop on creating silhouettes. Silhouette photography involves capturing subjects so that they lack detail. The focus is on creating striking black shapes against a background. It's a technique that emphasizes the shape and form of the subject, resulting in minimalistic and graphic effects. This way, you eliminate all the internal details and turn your subjects into the desired black shapes. As a follow on, our September meeting will feature photos of silhouettes and shadows created by our members.

Also, in September, our special learning class will be presented by one of our own phenomenal photographers, Dennis Berry. Dennis has a unique and dramatic approach to photography. Basically, he takes ordinary photographs and transforms them into something quite spectacular. In this Special Learning Class, Dennis will demonstrate, step-by-step, the methods he uses to change the ordinary images to something incredibly unique and exciting.

Editing techniques he uses include Photoshop, Topaz Studio II, plug-in filters, Topaz Gigapixel Ai, Filter Forge 9 and Adobe's Camera RAW filter. He will also demonstrate how "layers" in editing are used for transformations. He strongly believes that we also need to set our own creativity and imagination loose to run wild for the transformation.

Our smartphone sessions have proven to be a remarkable success. One final course will be offered in September for a limited number of members. Watch our website for information on that course.

Be sure to check out some beautiful photography at our current exhibit in Simple Pleasures Restaurant in downtown Lincoln. The exhibit ends in early October. We also have an ongoing in at the Kilaga Springs spa.

Thinking about joining the Photography Club? We always welcome new members. You can sign up at any of our monthly General or Photography Special Interest Group

Meeting. For information of meeting times and schedules, please check out our website.

Contact: Diane Margetts; 916-955-1809
Website: <http://www.lhphotoclub.com>

Woodcarvers Club

BY LIONEL RAINMAN

Wood carvers are unique in that a group of carvers that are using the same particular pattern would produce identical results. That would be unusual as carvers would look at the pattern and view the subject with a different interpretation. The pattern serves as a basic concept. Assume the pattern is of a bird and some would carve it in a straight forward position. Others may carve it with the head turned or maybe tall and slender. There are options when carving which makes the finished project unique. Speaking of options, the club has an extensive library of books and magazines which covers all styles of carvings. Additionally, help and guidance is available by club members as well as tools are available to try before you buy.

You are invited to come in and see what the men and women carvers are working on. We meet every Wednesday in the Sierra Room at Kilaga between 1:00 and 4:00 PM.

Contact: Lionel Rainman 916-253-9534
lrainman1414@Yahoo.com

Stamp Club

BY TIM MILES

Meetings are held at the Sun City Roseville Lodge (7050 Del Webb Blvd) usually on the 2nd and 4th Tuesday of the month at 6:30 pm. September meetings are Tuesday the 10th and Tuesday the 24th. October meetings will be Tuesday the 8th and Tuesday the 22nd. You get access to all things philatelic from albums, pages, stamp mounts, collections, stamps, you-name-it-we've got it. Additionally, we have door prizes and drawings for various accouterments needed by the collector plus many different "giveaways" as they arise.

From time to time, we have an "open garage session", usually on Friday and Saturday at Al Caparelli's house (reservation needed) where we can really get into what is needed to round out your collection. Due to the recent hot weather we had to cancel a few of these so look for the announcements in your email. Bob Barlett (bartlett@corsearch.net) does a great

job of keeping us notified but it only works if he has your email address. Any other questions can be addressed to Al Cap at (916-771-8288).

You don't have to be a member to get an evaluation of the current worth of that "old" album in the closet that belonged to "Grandpa." Bring it to one of our meetings and enjoy a good time in the process. Joining the club is \$20 a year and is well-worth it for a stamp-collector. Non-members are welcome at our meetings.

Writers' Group

BY RAY BIRGE

We are proud to be the SCLH Writers' Group dedicated to encouraging the growth and development of members in meeting their individual writing objectives. We want to be the most creative organization possible by providing feedback and constructive suggestions to our members and have fun doing it. If you can think of it, you can write it. We author short stories, novels, poetry and even memoirs—when we can remember them. Come join us!

Looking for inspiration for your masterpiece? Triva can be a wonderful source. Did you know, (1) September is not the longest month, but it has the longest spelling. (2) People born in September are known to be both charitable and caring but are also detail-oriented and perfectionists... AKA annoying! (3) The US Constitution was adopted in September (4) September is the start of the Harvest Moon which is the fullest of the year, and (5) the Fall Equinox occurs when daylight and nighttime are equal.


September is also full of fun holidays such as California Wine Month, National Bacon Day, International Talk Like a Pirate Day, and the day I am most proficient at, Ask a Stupid Question Day.

We meet monthly on the 2nd and 4th Monday from 5 to 7 pm in the Computer Room (OC). Bring 12 to 14 copies of your less-than 1,200 word "masterpiece" so we can read along as you read aloud. Join us and we'll laugh or cry together. Let's have fun! "Remember, if you can't laugh at yourself, someone else will."

Any questions, call Ray or Anne Constantin Birge 909-965-3556 raybirge@aol.com

(more Club News cont' on page 14)

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Apple User Group

BY NINA MAZZO

Enable background sounds on the iPhone and iPad and/or adjust the size of your pointer on the Mac. Discover how to enable these by reading the August issue of the Cider Press newsletter available at our club website.

Thursday September 5th, Vicki White presents “iMovie- create engaging presentations with animations, transitions and other special effects.” Vicki will discuss and demonstrate how to combine your video segments and photos into one cohesive presentation including titles, transitions, audio and special effects. Ask the Tech 6:30PM; presentation 7:00PM; KS Presentation Hall.

Monday September 23rd, Ken Silverman presents “Apple Pay – the safer and convenient way to use your credit cards. Don’t let your credit cards get hacked!” Apple Pay is a mobile payment service through Apple Inc. that allows users to make purchases in person, in iOS apps and on the web. It is supported on the iPhone, Apple Watch, iPad and the Mac.

Ken will discuss and demonstrate this service. Ask the Tech 10:15AM;

Presentation 10:30AM; KS Presentation Hall.

No general meeting this month.
Lincoln Hills Apple User Group website:
www.lhaug.org

General information line: 916-913-6833.

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SCHOOLS

BY PATTI KINGSTON

All are invited to the SCHOOLS annual meeting on Monday, September 9 at 10AM at the Kilaga Springs Lodge in the Placer Room (“Kitchen Room”) The format this year will be a round table conversation instead of a speaker. Volunteers will have the opportunity to meet each other and to share experiences and advice. Please join us if you are interested in learning more about volunteering in our local schools. We hope to see you there!

Our Lincoln schools need you. Children are back in the classroom and volunteers may sign up now for the 2024-2025 school year. Help is appreciated in grades K-5 and for Phoenix High School where tutors help with English, Math or History. Some of our elementary volunteers have continued to work with teachers over the past 2 years, using imaginative ways to be of help. Some have corrected papers and made copies of schoolwork sheets for the teacher without being in the classroom. Most enjoy the contact with young people. The days and hours of service are up to the volunteer. No teaching experience is necessary. Many volunteers are in the classroom 1 day a week for a few hours. They work closely with the teacher and are under her direction.

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

Michelle’s Featured Listings



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Plumas Model
Golf Course Lot
1154 Truchard Lane
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Offered at \$409,000



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in past issues of this newspaper and there are many volunteers with interesting classroom experiences.

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

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Genealogy Club

BY NANCY SWITZER

Have you ever found skeletons in your family through your Genealogy Research? Do you have famous lawmakers in your line? Maybe they filed a lawsuit or maybe there was a law passed in their honor! This month's presenter, Elena Smith, is a Reference and Outreach Librarian for the Witkin State Law Library, a premiere collection of legal materials that is especially strong in California law but also has impressive national and international collections with resources dating back to the 16th century. She has over a decade of experience helping patrons with their research in a wide variety of local libraries and archives. Her professional passions include historic California law, especially as it relates to genealogy and public access to legal resources.

Learn how to mine legal resources for genealogical treasures that can provide rich details about your ancestor's life in this talk. Elena will discuss which records are available from the comfort of your home (or at your State Law Library) and which types of records are

available elsewhere. Then we'll explore how we can use those resources to find information about our ancestors via several research examples.

Please join us after the meeting for Coffee and Chat.

Genealogy Workshops: Kate McCarthy at starkayak@icloud.com.

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

RIP Bob Ringo, a past club President and long-time supporter of the Lincoln Hills Genealogy Club. No more brick walls!

• • •

Singles

BY KATHY SHADDOX

Our first event will be our monthly Birthday Celebration on Sunday, September 8th at 4:00 pm at the Kilaga Springs Café. If you are a member and have a birthday this month, please join us and receive a free birthday drink from your club. Of course, Dennis Doane will be there to lead all of us in singing happy birthday to you.

We will have our Activities Meeting on Tuesday, September 10th at 4:00 pm in the OC Computer Room. Have some new ideas for social events? Come and share your thoughts and help out with future activities.

Our monthly Business Meeting will be held on Thursday, September 12th at 5:30 pm in the OC Ballroom. After the meeting, we will play "Games On-The-Move. Wonder what that is? You have to come to find out!

Our 2nd Saturday Breakfast will be on

September 14th at 9:00 am in the OC Sports Bar. No reservations needed and we order whatever we each want off the menu. Nice event to socialize with our members while enjoying the morning.

On September 19th at 4:30 pm we have our Dining Out event. This month we will go to one of our favorite spots, Kobe Teppanyaki & Sushi in Lincoln. Reservations are required. Sign up at our monthly meeting or check your E-blast for contact information.

One of our biggest fun events is our Beldon Bocce Tournament to be held on Wednesday, September 25th at the Bocce Ball Courts. Be sure to sign up if you wish to play. Don't forget if you do not want to play, you can come out and watch and support your single friends.

On September 26th at 5:00 pm at the Sports Pavilion we will have our Beldon Bocce Bash Dinner/Dance. We will then find out who won the Bocce Tournament.

Our weekly activities are Bocce Ball on Wednesdays at 10:00 am; and 18 Holes of Golf on Fridays at various courses.

If you wish to become a member, please pick up a flyer in the OC lobby and for \$20 you can join.

• • •

Lavender Friends

BY JOAN LACKTIS

No more closets. In September 2009, a group of LGBTQ residents here took the courageous first steps and filed an application to become an officially recognized club here at Lincoln Hills.

They weren't sure they would be welcomed or well-received by other residents and at first club leaders didn't want to post their names publicly for fear of backlash. Well, they needn't have worried. We have grown from that first small group to around 100 members who feel welcome everywhere.

We Hula dance, square dance and play pickleball. We preside over other clubs here and participate in the wider community through leadership in things like the Lincoln Hills Foundation and the Restoration Advisory Board for the cleanup of the former Titan 1-A missile facility.

We are planning to honor our roots with a hybrid potluck — the meat will be provided — and ice cream social on September 28 (our 16 remaining original members will be our guests). Club members, watch the Weekly to see how to RSVP and other details. You will not want to miss it.

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

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Shalom Social Group

BY JUDY GANULIN

"Summer doldrums" is a common affliction, but not for the Shalom Social Group! We had a wonderful time at our recent Pizza and Bingo Night. We are planning the October Bocce Tournament. Our September meeting has been changed to September 30 to accommodate our speaker,

(cont' on page 16)



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Shalom Social Group

(cont' from page 15)

the Placer County District Attorney. We have completed our nominations for a full slate of Board officers and committee chairs. We are planning our annual festive Hanukkah dinner, set for December 27 this year, where Lynne Snyder will install our new officers. For more information, please contact Margie Gulko, 916-543-5303, or Deanne Iliff, 530-518-3704.

• • •

LH Astronomy Group

BY BILL WEAVER,

The monthly LHAG General membership meeting will be on September 4, 2024, in the Kilaga Springs Presentation Hall. The meeting will begin at 6:45 PM.

Michal Warzecha, Mechanical Engineer, will give an update on the James Webb Space Telescope (JWST) from his February 2024 presentation to the LHAG. Learn about the development of new 3D visualization, discovery of new exoplanets, new photos of interacting galaxies, and much more. SCLH residents are welcome to attend this presentation at no cost.

Cosmology Interest Group (CIG) — The next meeting is set for September 16. Retired professor Charles Hunt will lecture on the origin of the Elements. The discussion will include the Big Bang theory, the cosmic microwave background radiation, and the cosmic abundances of the lightest elements. SCLH residents are welcome to attend this presentation at no cost.

The meeting will be held in the Fine Arts room of the Orchard Creek Lodge at 6:45 PM and open to all SCLH residents.

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

LHAG Telescope Interest Group (TIG) Star Party—The next star party is scheduled for September 30 (Monday) @ 7:00 PM. Primary objectives are Venus and Saturn, Andromeda Galaxy, Pleiades, Butterfly Cluster, and many star clusters.

The Moon will be at 1% brightness. A solar telescope will be set up a couple of hours before sunset.

LHAG members will set up their telescopes in the upper tennis courts of the SCLH Sports

Complex. SCLH Residents and their families are invited to attend the event and look through the telescopes.

For information contact Bob Collins at bobpcoll@community.net

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

• • •

Democratic Club

BY JUDY GANULIN

Attention Lincoln Democratic Club members and guests: Please note that, while we usually meet each month on the third Thursday, in September we will meet on the fourth Thursday, September 26. Our speakers will be school board candidates Holly Cuthbertson and Cassie Lin (Roseville), Jason

Price (Lincoln), and other local candidates. We hope to see you all there! Our final Placer Food Bank service will be October 16. We will help the Food Bank again next year and are also considering other service opportunities. For more information about our club or membership, please see our website, <https://democraticclublincolnca.org>

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LH Italian Club

BY LINDA LUCCHETTI

Movie Night returns on September 25, from 5:30 – 8:00 p.m. in Presentation Hall at Kilaga Springs Lodge. We'll be showing, in Italian with subtitles, the classic movie, "Marriage Italian Style." This 1964 romantic comedy-drama directed by Vittorio De Sica, stars Sophia Loren and Marcello Mastroianni. Dessert and socializing will follow in the Multi-Purpose Rm. across the hall. Make it a "date night" or Girls' Night Out, and come on down! Go to the website for the flyer.

To learn more about our monthly events and activities, visit our website at www.lhitalianclub.org. For membership information contact Sandi Graham at 916-826-5711.

• • •

Food Adventures Club

BY PAUL R. WANKLE

On behalf of the Food Adventures Club (FAC) leadership team, our welcome to the considerable number of new members who have joined our club during the past several months. With over 400 members, we

are making efforts to plan larger events to accommodate additional attendees. Also, we continue to have quarterly meetings in Presentation Hall, typically followed by food related gatherings in the Kilala Kitchen. We also have other monthly gatherings that appeal to smaller groups, featuring interesting food and beverage related topics.

In July, eight members welcomed members to their homes for our second appetizer sharing event in 2024. The gathering attracted over 100 members who enjoyed a wide range of delicious appetizers, socialized with new and old friends, and had a wonderful evening. Special thanks to the hosts who made the event a big success!

In late August, 80 club members attended a food and beer pairing dinner at BJ's Roseville. The 5 course dinner paired a variety of beer with each course with BJ's management sharing details about the beer and food items. Sincere thanks to Mike Phillips, a club member and Founder of BJ's for his presentation regarding the history of the BJ's organization.

We are extremely enthusiastic about our premier event for 2024. On October 22nd the FAC will host a five (5) course paella dinner/dance. The event, featuring a choice of 3 types of paella including seafood, meat, and vegetarian, will be held at McBean Pavilion on October 22, 2024, at 5:00 PM. We still have a few spaces available at this writing and will set up a waitlist if the event sells out. Please contact Wendy Nugent at paellafac@yahoo.com.

(cont' on page 17)

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Website **www.pposac.com**

Food Adventures Club

(cont' from page 16)

com for information. Please note that with few exceptions, our events are open to Food Adventures Club members only.

If you would like to join the Food Adventures Club, please contact Paul Wankle at foodadvclub@gmail.com

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LH Travel Group

BY LINDA BEVINS AND JOANNE SCHUMACHER

The red and gold colors of fall are arriving soon after a long hot summer. So, pack your bags and book your tour with the Lincoln Hills Travel Group!

We offer a variety of destinations. Did you know the Greenbrier Tour begins in a 5-star hotel that has not allowed tour groups in the past? And then continues to Washington DC to visit many historical Museums and Memorials and on to Colonial Williamsburg. Perhaps the Cherry Blossoms will be greeting you with spectacular pink and white colors along the Tidal Basin!

Be sure to reserve for the FREE Travel Show on Sept 18th in the Willow Room, Lincoln Public Library, 485 Twelve Bridges Dr. We are holding two afternoon sessions: 1-2:30 pm, and 3-4:30 pm. Please RSVP your preferred time to jkschumacher1@gmail.com.

Jay will present two new trips with limited departures! Branson only in November 2025 and Florida's Key West in January 2026. Ilene

Ferguson (Alamo Travel) and Crystal Cruises will present a New York to Quebec cruise departing October 2025, too.

Everyone is welcome later at the Hot Dog Party, LH Pavilion at 5:30pm. Dave's Dawg's Food Truck will cater. The cost is only \$9 per person and includes hot dog, bratwurst, or veggie option, chips and soda/water. RSVP and prepay by check by September 10 to Louise at louisekuret@att.net. Send check to 2421 Longspur Loop, Lincoln, CA 95648.

WEBPAGE: lincolnhillstravelgroup.com

Check out our web page for all our trips and travel information. You can also sign up for trips there with a secure link directly to Collette. And always feel free to contact any committee member to answer any questions or get assistance.

Lincoln Hills Travel Group Committee: Sheron Watkins (sheron55@att.net), Louise Kuret Auerbach (louisekuret@att.net), Lyle Auerbach (lea925@att.net), Joanne Schumacher (jkschumacher1@gmail.com), Linda Bevins (djbevins17@gmail.com),

Lisa Viviano (lisa.viviano@yahoo.com)

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RV Group

BY MARY CARBREY

Let's admit it! July heat was brutal here in Lincoln Hills. To escape it, we were able to enjoy the cool breeze of the Pacific Ocean in Bodega Bay. We took a private tour of Korbel Champagne Cellars,



played golf in the redwoods, learned new card games, and simply enjoyed reading as we relaxed on the ocean bluffs, listening to the waves. In August, many of us ventured out on our own. No matter where the road takes us, we always discover something new, and thoroughly enjoy swapping stories around the evening campfire with our RV comrades.

You can also learn more about our group by visiting our club website at www.lhrvg.com or attend one of our meetings held on the second Thursday of each month at Kilaga Springs, 4:30 PM in the Placer Room. For general information, contact our club president, Jake Baker at 916-838-5253 or jrbaker525311@gmail.com. For membership contact Tari Briscoe at 530-210-3302 or taribriscoe@gmail.com.

Finishing up our tour at Korbel Champagne Cellars

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Republican Club

BY SUE DUMAS

Calling all Republican rally enthusiasts! We are planning golf cart and car rallies to promote Republican awareness. The goal is at least one golf cart caravan through our LH community. We will carry flags/banners/signs, passengers, make some noise, and have a lot of fun. If interested, please text or leave message on Sue Dumas' cell: 650-888-7704

The "rush" is on to get the message out via rallies, voter registration, and information on candidates, issues and concerns. As always, volunteers are much needed in LH and communities within Placer County. Public awareness on issues, concerns, and fund raising.

With existing danger and worsening conditions in our country, this is - historically, the most important election we have ever faced, as a nation.

Display your candidate yard signs! Let it be known who and what you support! HOA Rules allow signs starting at 60 days prior to election, thru the election. Do not be concerned... we have to let our voices be heard!

At August's meeting, Kevin Kiley updated us on both the State and DC tasks at hand, including keeping Newsom at check, as much as possible both in CA and DC. Let's continue to support Kevin in these endeavors!

Upcoming —

Tuesday, September 17: Doors open 6:00 PM — meeting starts 6:30 to 9:00 PM - (KS)

(cont' on page 20)



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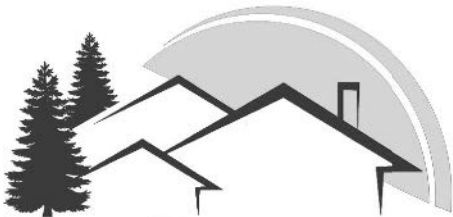

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Days & Destination	Cruise Line ~ Sailing Date	Starting Price/ Inside Ocean View Balcony		
15 DAY HAWAII from SFO! PRINCESS	Sep 29, 2024	\$1,678	\$1,762	\$3,028
Ruby Princess ~ 3080 Passengers	Dec 2, 2024	\$1,479	\$1,561	\$1,999
	Jan 30, 2025	\$1,389	\$1,465	\$2,089
	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	Jun 6, 2025	\$3,298	\$4,291	\$6,058
Ruby Princess ~ 3080 Passengers	HURRY – LIMITED AVAILABILITY – ONLY A FEW LEFT! *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	Jun 28, 2025	\$1,468	\$1,950	\$2,528
Ruby Princess ~ 3080 Passengers	Jul 9, 2025	\$1,498	\$1,989	\$2,528
	Jul 31, 2025	\$1,408	\$1,877	\$2,218
	Aug 22, 2025	\$1,358	\$1,821	\$2,478
Sail round trip from San Francisco, California to Skagway, Alaska; Juneau, Alaska; Glacier Bay National Park, Alaska; Ketchikan, Alaska; Prince Rupert, BC, Canada; San Francisco, California. *LINCOLN SHUTTLE TO SHIP AVAILABLE!				
11 DAY MEXICO From SFO! PRINCESS	Jan 19, 2025	\$839	\$970	\$1,219
Ruby Princess ~ 3080 Passengers	Mar 8, 2025	\$929	\$1,065	\$1,289
	Sep 24, 2025	\$1,159	\$1,329	\$1,759
Sail round trip from San Francisco, California to Manzanillo, Mexico; Puerto Vallarta, Mexico; Mazatlan, Mexico; Cabo San Lucas, Mexico; San Francisco, California. *LINCOLN SHUTTLE TO SHIP AVAILABLE!				
16 DAY PANAMA CANAL PRINCESS	INCLUDES LINCOLN SHUTTLE TO SHIP & SACRAMENTO AIR RETURN!			
Coral Princess ~ 2000 Passengers	Jan 20, 2025	\$2,564	\$2,778	\$3,578
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.				
12 DAY AUSTRALIA & NEW ZEALAND ROYAL CARIBBEAN	Feb 9, 2025	\$1,663	\$1,912	\$2,162
Ovation of the Seas ~ 4905 Passengers				
Sail round trip from Sydney, Australia to Wellington, New Zealand; Picton, New Zealand; Napier, New Zealand; Dunedin, New Zealand; Dusky Sound, New Zealand; Doubtful Sound, New Zealand; ; Milford Sound, New Zealand; Sydney, Australia. Post packages available.				
17 DAY AUSTRALIA & BALI VIKING OCEAN	Feb 20, 2025	\$7,699		
Viking Venus ~ 930 Passengers	Mar 21, 2025	\$7,999		
Sail from Sydney, Australia to Newcastle, Australia, Brisbane, Australia, Whitsunday Islands, Australia, Townsville, Australia, Cairns (For the Great Barrier Reef), Australia; Thursday Island, Australia; Darwin, Australia; Komodo National Park (Slawi Bay), Indonesia.				

*Shuttle from Lincoln to the ship in San Francisco is \$200 p/p round trip. Prices are per person based on double occupancy and subject to availability at the time of booking. Taxes, Fees, & Port Expenses as well as Travel Insurance are additional. Please call for current availability and pricing.



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Days & Destination	Cruise Line ~ Sailing Date	Starting Price/ Inside Ocean View Balcony
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Windstar ~ Star Legend ~ 312 Passengers

INCLUDES ROUND TRIP SACRAMENTO AIRFARE!

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

10 Day TAHITI Windstar Yacht October 2024 – March 2025	\$4,999
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Windstar ~ Star Breeze ~ 312 Passengers

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7 Day COSTA RICA & PANAMA CANAL October 2024 – March 2025	\$4,599
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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 October 2024 – December 2025	\$4,499
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Viking Longships ~ 190 Passengers

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

INCLUDES ROUND TRIP SACRAMENTO AIRFARE!

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

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Republican Club

(cont' from page 17)

PH Ryan Ronco, Registrar of Voters – will be our guest speaker. Learn how our now “11-day” election day, works and how Placer County will deliver a free and fair election.

Wednesday, October 23: Doors open 6:00 PM — meeting starts 6:30 to 9:00 PM - (KS) PH - Guest Speaker TBD

Saturday, November 9: Post Election Party — doors open 6:30 PM to 8:30 PM. KS Placer Room.

Welcome to new members, we look forward to your participation in our activities! Membership is \$15 per person, per year. See Website for application and directions.

www.RepublicanClubSCLH.org

LH Veterans

BY BILL L. LEWIS

Charlotte James will be the featured speaker for the September 19, 2024 general meeting of the Lincoln Hills Veterans Group

In an effort to plan for the future, President Jeff Davis conducted All Hands meeting to discuss the members ideas and thoughts about the activities and programs of the veterans group. The topics included; General Membership, Social Activities, Community Activities, and Membership Criteria. The meeting was an open forum, and everyone had the opportunity voice their opinions about the Board, Our Activities, and Future.

The members of the Board are now in the process of researching the ideas and opinions that were presented at that meeting to determine how that we can implement them into our existing methods of operation. Upon completion of the study we will bring it forward for presentation to the membership under the guidelines of the Association.

The Group's paid membership stands at 160, including 95 life members and 51 annual members. World War II veterans (including surviving spouses) totaled 14. We no longer count the associate members, because all residents of Lincoln Hills are welcome to join. Please renew your annual membership in the Lincoln Hills Veterans Group, along with a check for \$20, payable to Lincoln Hills Veterans group. Welcome Aboard to New Member, Michael Catlapp. U.S. Marine Corps.

The Flag Table will be open on May 15, 2023 in the Orchard Creek Lodge Lobby for the sale of Flags at a price of \$20. Please turn in old flags for retirement when they show signs of wear. There is also a box for flags to be retired in the room next to the Main Desk.

Please continue to Fly Your Flag Proudly May 8, VE Day; May 18, Armed Forces Day and Memorial Day, May 27, 2024

Alzheimer's-Dementia Caregiver's Support Group

BY MARIANNE OLIPHANT

The Alzheimer's-Dementia Caregiver's Support Group offers information and support

to those caring for a loved one with dementia. We have three monthly group meetings. Our Women's group meets at 1:00 PM on the 1st Wednesday in the Fine Arts Room (OC). The Men's group meets in the multi-purpose room at 10:00 AM on the third Thursday. Both groups are focused on individual sharing. The General combined meeting is held on the 4th Wednesday at 1:00 PM in the Fine Arts Room (OC) and features a guest speaker. However, September's program is a Social Gathering for caregivers and loved ones, Monday, September 23rd. RSVP required. At all meetings you will find a welcoming community ready to hear your questions and concerns. Contact: Jo Fratessa – 916-759-8760.

• • •

Bosom Buddies

BY DOTTIE SUHRHOFF

Bosom Buddies is a support group for those who have experienced breast cancer. We welcome new members at any time including our general meetings on the second Thursday of each month. These meetings are held at 1 PM in the Multipurpose Room at Orchard Creek.

The Caregivers' Luncheon was very enjoyable. There were over 40 people dressed in colorful clothing and wearing Hawaiian leis made by Sandy Adame. The food was good as was



Jaye Tinloy



Caregivers' Luncheon

the entertainment. We had a hula dancer, Jaye Tinloy, perform to music.

There was a general meeting in August. We did not have a speaker but used the time as a meet and greet. It is always nice to be able to talk to new members and learn more about them. Our September meeting will be different this month. We will have an “Appreciation Luncheon” to celebrate all members and to introduce the new officers. It will be on Wednesday, September 11 in the OC Solarium (in Meridians).

Since our new year begins in September, our \$12 dues are due at that time. You can bring cash or a check to give to our treasurer, Verity Gould.

We have been invited to the September 27 Brighton Event at the Roseville Galleria. Sutter medical professionals will be giving updates on breast cancer detection and treatment.

Future dates are the October general meeting on Thursday, October 10, and Foundation Bingo on October 24, which will be dedicated to Bosom Buddies. The Holiday Party will be held December 12.

If you have any questions regarding

(cont' on page 21)

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Bosom Buddies

(cont' from page 20)

Bosom Buddies, please contact Dottie Suhrhoff (815-236-0197) or Judy Stewart (916-408-3597).

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

• • •

Low Vision Support Group

BY STU SINGER

Our Next Meeting — On Tuesday, September 3 at 2:00 in the Fine Arts Room at Orchard Creek Lodge, Kyle Bodyfelt, Executive Director of Sun City, Lincoln Hills, will visit our meeting to discuss the unique transportation needs within Sun City for our members and explore possible solutions for those issues. This will serve as an excellent follow up to our highly successful August meeting which featured members of the Placer County Transportation Planning Commission.

After that conversation, we will have our annual “Personal Strategy Sharing Session”. This is a time when group members can offer techniques that have proven to be successful in dealing with low vision challenges. These meetings have always proven to be both highly productive and enlightening.

Save the date — October 1 Meeting: What can Sun City do for you? One of the greatest challenges of the aging process is keeping physically fit, improving balance to avoid falls and maintaining flexibility. For individuals with low vision these three items

are especially important. At this meeting Rex Owens, Fitness Supervisor, Sun City Lincoln Hills Community Association, will discuss what resources are available to our members to meet those needs. In addition to Rex, Kilaga Springs Lodge has an extensive library which features a number of books and devices for low vision readers. The KS Librarian will share with us the many resources available.

Low Vision Support Group Mission Statement

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

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

For questions or to suggest speakers, topics, request electronic copies of our notices or remove your name from our mailing list: Contact Stu Singer at 703-864-8161 or stuartstinger3@gmail.com

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Multiple Sclerosis Group

BY JERI DI FIORE

Meet our new Corporate Sponsor of the Lincoln Trailmixers Fundraising Team on Tuesday, September 17, at 1 PM, OC Multimedia Room.

Hank Rhoads of American Senior Reverse Mortgage Funding! Hank will explain “What is a Reverse Mortgage”, and how ASRM



plans to support the Lincoln Trailmixers. Your questions are welcome.

Also, at this meeting, Michere Schoot of the MS Society will bring us up-to-date with where the Trailmixers stand donation-wise in the Folsom Walk contest, which ends September 30.

Thank you to our current sponsors Devin Arp, Sun Run Solar 801-830-4584, and Donna Judah, Coldwell Banker Real Estate 916-412-9190. Donations go to the National MS Society, the largest funder of MS research in the United States.

Call Captain Joni Deutsch 916-398-0349 to donate please.

Also, kudos to the Lincoln Hills Foundation for constantly supporting us on our MS journey!

• • •

Hearing Support Group

BY JOANNE MITCHELL MD

We meet on the first Tuesday of the month in the Multipurpose Room at Orchard Creek Lodge. Our meetings begin at 10AM, and captions are available.

For our September meeting, Mary Kate Donegan will present a discussion on Hearing Loss and Balance. In October, our speaker

will be Monica Martin, who will discuss Fall Prevention. In December, Dr. Chang will discuss the relationship of Hearing Loss and Dementia.

• • •

Rods & Relics

BY ELNA RAGAN

Several of our members enjoyed the August bunch held at the Waffle Farm. A drawing was held and there were three winners! Plan to join us at our September 10 brunch held at noon. Maybe it's your turn to be a winner!

Many of our Club members volunteered to help at the big Lincoln Wings & Wheels Show held on Saturday, August 24, at Lincoln Airport. There were over 100 cars and trucks on display along with an equal number of airplanes. A tethered Hot Air Balloon provided a safe, short ride that was an exciting experience! Thousands of spectators enjoyed the numerous displays. Hats off to Tom Indrieri, who is the CEO of Lincoln's Chamber of Commerce and our Club President!

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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(more Club News cont' on page 25)

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LH Sports Car Club

BY ROB PHILLIPS

As we are experiencing the last of the Summer Driving Season the LHSCG is still taking to the road. On August 1st we went as a group to one of our favourite "local" eateries, the Dancing Tomato in Yuba City. Shortly after on the 12th a number of folks took the scenic route from Lincoln to Jakes on the Lake in Tahoe City. The scenery, the food and the company were superb. Some club members extended and had dinner on Lake Tahoe and took a tour of the Thunderbird Lodge near Incline Village. To date this year the LHSCG have taken 8 trips to various locales throughout Northern California, and we still have a couple of good driving weather to plan a few more rides along with a Halloween Party in October and our Annual Holiday Dinner & Dance in December.



Ron and Elly Goleno ready to go to the Dancing Tomato.

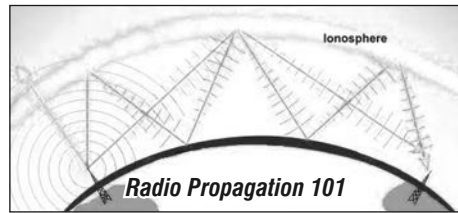
To learn more about the club visit our website at lhspcars.com. If you own a sports car and want to join, contact Vic Kremesec at vjk1245@yahoo.com.

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Amateur Radio Group

BY DAN LEHRER, KN6DRN

Several members drove to Roseville to view the world's largest steam engine known as "Big Boy." Big Boy weighs 1.5 million pounds and 24 wheels! John, NQ6Q brought his VHF/UHF portable antenna which impressed all with its small size yet great performance. Dan, KN6DRN shared propagation information. Research shows that the "summer doldrums" degrade HF signals as the ionosphere is heated and expands, making it less reflective. In addition, during the summer the ionosphere is less dense as it expands. This reduced density



also weakens its ability to reflect radio waves. However, of late, the SFI index has been very high. This measures the amount of charged particles in the ionosphere. More charged particles creates an environment of farther radio wave coverage and QSO's reaching greater distances.

Meetings are held at the South Tower every Monday night at 6:30 PM. Our club conducts a weekly radio network at 7:00 PM every Monday on the W6LHR Repeater at 147.030 MHz, 167.9 PL. If you are looking for a way to engage in the community and have an interest in amateur radio, please check out the LHARG. We can help with programming handheld radios. For more LHARG information visit our Website, the URL is: lharg.us or email dlehrer72@gmail.com

• • •

Garden Group

BY LORRAINE IMMEL

"Crisp air, squirrels hunting for acorns, and the crunch of leaves underfoot ...that's Autumn! (Gardening for Dummies.)"

The Annual Table Talk Event and Luncheon will be held at the Sports Pavilion again this fall (September 26) and we will be making a little change this year. The Garden Group is having one facilitator for the whole group with a demonstration instead of facilitator-led discussions. Afterward we are having a sit-down Autumn Luncheon.

Our guest presenter is Kevin Marini, Certified Arborist and Master Gardener of Placer County. His presentation will be "Pruning Show and Tell." Kevin says it can be difficult to understand the nuances of proper pruning by simply listening to someone explain them or by looking at pictures of pruning techniques in a book or online. Kevin will discuss the concepts of pruning trees and shrubs and then demonstrate tree pruning cuts on a purchased tree. Learn about the types of cuts, when to use them, and how to execute



Kevin Marini

them! What fun!!

Notice went out to the membership with an invitation already and sign-ups began at the August General Meeting. You can still sign-up by September 20th. Contact: Social Chair Debbie Schryver at dshumhaven@earthlink.net or at 916-666-1741 for information on a waitlist.

• • •

Bird Group

BY SHERRY SINGER

The Bird Group's annual August hiatus is over; the brutally hot summer weather is abating; and its

members are looking forward to resuming our meetings and outings.

Our September 9 meeting will be held as usual at 1:30 in Presentation Hall at Kilaga Springs. It will

feature photos submitted by individuals who ventured to Mono Lake for a two-day birding trip last June.

These pictures will include birds such as Violet Green Swallows, Kestrels, Tanagers and Ospreys - all of

which have successfully adapted to the extremely harsh environment in and around the lake.

All residents of Sun City Lincoln Hills are welcome. Hope to see you there!

Upcoming Events: If you are a resident of Sun City Lincoln Hills, you are welcome to join the Bird Group for our regular

monthly meetings on the second Monday of the month at 1:30 in Presentation Hall at Kilaga Springs.

Contact Information: You can email us at Birders@scilhbirders.org or visit us at our website www.scilhbirders.org

• • •

Hikers and Walkers

BY GAY MACKINTOSH

Don't miss out! Get the latest news on walks, hikes, and special club events at our website lincolnhillshikers.org. Smoke, thunderstorms, excessive heat or other conditions may require last-minute schedule changes so be sure to check back often.

Walkers meet every Wednesday morning to explore our own SCLH trails. Choose a brisk 2½-3-mile trek or a slower-paced Walk for Wellness with Karl Aitken karlaitken@comcast.net. Call Coordinator Debbie Schryver, 916-666-1741, with questions about



the Walkers.

Here's our September hike schedule as of press time (but check the website for changes/additions):

Tuesday, September 3: Peter Grubb Hut and Castle Pass. Moderate/Strenuous 8 miles
September 8 - 11: Gray Eagle Getaway. Wait list only

Monday, September 16: Three Lakes (Donner Summit). Moderate/Strenuous 5-mile loop

Tuesday, September 24: Avery's Pond. Easy 4.3 miles

And you won't want to miss our Annual Hikers and Walkers Meeting, Thursday, September 19, starting at 3:00 PM, KS Presentation Hall. Special guest speaker is Joan Griffin, author of the memoir "Force of Nature: Three Women Tackle the John Muir Trail." New and renewing members will have the opportunity to fill out our revised Membership Application/Waiver.

Ready to schedule a favorite fall hike? Step up to support your club! Relaxed, moderate, or fast pace? Lakes, waterfalls, fall colors? Short, local, easy hikes? Other days of the week? We have lots of resources to support returning or new hike leaders. Contact VP for Hikes Gay Mackintosh mackintoshbg@msn.com.

Call President Tom Denzler, 530-368-2564, for more information about LH Hikers and Walkers. New members are always welcome: see website "About Us/Join Us" tab.

• • •

Swimmers & Water Walkers Club

BY ROSEMARY TANFANI

Our club has many, many dedicated water exercisers. But we have learned that it is the serious swimmers who put in the most laps during their workouts.

Ron Morin, our 1200 mile man, swam a mile almost every day, and reached 1200 miles of swimming in LH pools on, March 2024.

(cont' on page 26)

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- • -

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Swimmers & Water Walkers Club

(cont' from page 25)

Swimmer Hugh Wilder, recalls his training days and says, "In my prime in college I trained six days a week, often twice a day. As a masters swimmer (age 40-74) I trained once a day, five-six days per week."

As we watched the outstanding feats of our swimmers during the Olympics, the question has been posed – how do Olympic swimmers train?

According to multiple sources, Olympic swimmers train more than other athletes, with multiple swim sessions per day, six days a week. They are usually in the pool five-six hours per day, and they also do dry land training.

Swimmer Michael Phelps, the most decorated Olympian in history with 23 gold medals, swam at least 8 miles a day, six or seven days a week. He swam about 50 miles a week!

Kathleen Ledecky, the most decorated Olympic female swimmer in history, told Eating Well, that she trains 26-30 hours a week, about 20 hours in the pool and the other 5 to 10 hours in the gym.

We applaud these outstanding swimmers and think that we emulate them in our own life. Keep up that swimming and water walking, everybody. We have a healthy water activity that continues, after the glory is gone, and we can swim and water walk within our own goals. This is a salute to all who use our Lincoln Hills pools. Club Contact: Kathy Carpenter, swimmers.walkers@gmail.com

LH WaterVolleyball

BY HOLLIS BISCHOFF

We have a busy fall season with semi-annual rankings and the Some Spike It Hot Tournament. We also leave the water for our annual Fall Festival on October 11th. RSVP required. Want to try us out, come to a free



drop session any Saturday at 9 am and hop in the water with us. Mentoring and training available for all levels of play. Find us at LHWaterVolleyball.com or call Jerry Grisler at 209-648-9534. Not sure if you have the skills? Attend a Skills and Drills class. Skills and Drills class are held the first Tuesday night of the month.

Please contact us beforehand. See you in the Pool!

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LH Softball

BY FRED SERNA

In our August edition of the Sun Senior Newsletter and COMPASS Magazine, we highlighted several upcoming Softball events including the LHSSL Coyotes Tournament scheduled for August 10 and 11, as well as our COED Division Playoffs from August 16 - 28, our league Championship game on August 28, and our seasonal Banquet on August 29. The Banquet was held at Orchard Creek pavilion.

We look forward, preparations for our Fun/Fall ball season are underway and we expect play to begin the first week of October and run through January 2025 (weather permitting). Games are played on Wednesdays and Saturdays beginning at 9:00AM. Volunteer Managers are selected to manage their teams which consists of 24 signed up players. As usual, sign-up links, and instructions on navigating the Sign-Up Genius, including potential weather related delays, changes to the Fun/Fall schedule including our Banquet and final results of our playoff/Championship Games will also be posted on our website. We also look back on this a very remarkable season and cherish the many exciting games, and ceremonies that symbolize the character and success of our LHSSL Softball program. The dedication combined with the untiring efforts of our many volunteers and fans has also resulted in another great fun filled year. The contributions and sacrifices of everyone from both our COED, and Womens Division,

plus the many friends and family members who dedicated their time enabled the LHSSL us to once again achieve unparalleled success during our season and Hot Dog day sales. To all who graciously volunteered throughout this season, our sincerest appreciation.

LH Table Tennis

BY ILENE MARSHALL

Did you know there were 30 different events to watch at the Paris 2024 Olympics! One of my favorites was Table Tennis. The ball can be hit as fast as 115 mph!! That's crazy fast!!

You won't find that type of play at our Table Tennis Club! We're all about having fun rather than hitting the ball at those speeds!

On July 21st, a group of players gathered for our monthly Doubles Round Robin Ladder followed by a delicious ice cream social. Yummy!!

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

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

You can also join our Lincoln Hills Table

Tennis Club (LHTTC). Membership dues are not required.

To join, just sign up on the new member sheet at the play sessions or email pingpongscelh2@gmail.com.

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

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

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

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

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

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

Tennis Group

BY PAMELA GEERNAERT

Fall is in the air, and we are back to our busy Tennis schedules. Thanks to our Resident Pro Eric Garcia, we have many activities that are geared for every level of play.

Eric will give 1 FREE lesson to new members of Lincoln Hill Tennis Group. Just sign up through WellFit. We have Drop-in Wednesday and Saturday 8:00-10:00 and Sunday 8:30-10:00.

Sunday Drop-in for 2.5 players is a great way to get back into the game. We have "Coffee, Tea and Tennis" on the 3rd Thursday of every month. It is a free Drop-in session. Bring your own beverage and be prepared for some fun tennis while meeting your fellow players. Another event that Eric has created is Thursday night Mixed Doubles. Due to the hot temperatures we have had to postpone them, but now with tolerable temps we are ready to play. Our most popular event of the year is our Oktoberfest Tournament. It is sponsored by Schaack Physical Therapy and is always fun filled with lunch and music and prizes.

All of the above-mentioned events are listed on our website www.sclhtg.com or Contact EricGarcia@scelca.com

Remember "You only live once, but you get to serve twice".



(more Club News cont' on page 31)

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Letters to the Editors...

Authors are solely responsible for the content of their letters.

Suspensions and Discrimination

Recently, the President of the Board at SCLH highlighted the importance of sharing our limited facilities in the July Compass magazine. However, the current rules regarding the lap lanes at our pools contradict this principle. For instance, at the Kilaga pool, there are two non-reservable lanes but they are off-limits to swimmers when a water walker arrives. This situation raises the question: where is the sharing? Families pay almost \$2000 a year to access our amenities. One group of residents should not receive preferential treatment.

Prior to Covid, shared drop-in lanes existed for over 20 years but now swimmers face arbitrary and discriminatory rules. However it doesn't stop there. If a resident reserves a lane and forgets to cancel three times, they can be suspended from making future reservations for months at a time. Meanwhile, some residents reserve a lane, check-in, but never show up, facing no consequences. This discrepancy highlights another example of discrimination.

Our pool is the only amenity where residents are tracked every time they make a reservation. This tracking system can lead to suspensions. Targeting one group of residents for special treatment is a form of discrimination. At our attorney's request, we surveyed nearby HOAs to see if any have a punitive reservation system like ours. Thus far, we have found none.

Despite the flaws in the reservation system, we proposed a combination of reservations and drop-in lanes. This model has been successfully used in pickleball, which has both online reservations and drop-in courts every day of the week.

Despite our appeals, the Board has ignored the many residents who voted for drop-in lanes. Almost 40%... 212 out of 560 respondents voted yes to drop-in lanes. And there would have been more yes votes if the survey questions had not been manipulated.

Additionally, we are dismayed by the administration's insensitivity toward residents who are less fortunate than most. I am referring to residents with serious health issues who need

the flexibility of a drop-in lane when they feel well enough to swim. This flexibility is also important to residents who care for family members who are very ill or elderly. For them it makes no sense to make advanced reservations. These caregivers need the flexibility to drop-in whenever their schedules allow.

Madam President we agree with your conclusion that: "it's critical that we SHARE".

Now it's easy to talk-the-talk but we need a Board that can walk-the-walk.

We again appeal to the Board to implement a fairer system that truly promotes sharing. We need a system that will insure fair and equitable access to our pools for ALL residents.

J. K. Newell and 200 plus residents who voted yes for drop-in lanes.

• • •

Kilaga Springs Library News

BY JOY HUTCHISON

Over the summer, Kilaga Springs library volunteers did a little reshuffling of our collection of CDs and MP3 books. They are now easier to reach, conveniently located as you turn into the computer area by the front windows.

The semi-annual Adopt A Book Faire will be held in the Kilaga Springs lobby on Tuesday, October 15th between 9:00 AM and 1:00 PM. There will be a large selection of fiction and non-fiction books, both hardback and paperback, available. Also, due to a very generous donor, a large collection of jig-saw puzzles need new homes.

Join us at Kilaga Springs on Tuesday, November 19th, when we celebrate our 20th Anniversary! We will be unveiling an original art installation and light refreshments will be served. Contacts: Volunteer Coordinator, Sarah Kevin at sikevin@gmail.com; Donations, Sandy Melnick at 916-408-1035; Community Living Room (OC), Kay Parisot at 209-617-4111; Author Lecture Series, Rita Rutledge at ritarutledge78@gmail.com; Adopt A Book Faire, Monica Madden at fmomoon@gmail.com

In Memory of Johnny Lee Miller

Johnny Lee Miller, born January 24, 1953 passed away July 31, 2024 holding the hand of his true love.



After his deep love and commitment to family, humor was always his top value in life. Anyone who ever met Johnny Miller, knew he was a larger-than-life character that will make you laugh and never stop. His silly antics, lyrics, phrases, and physical comedy live on forever. He always went out of the way to make someone laugh, bring a smile to their face, lighten a load.

John loved to travel and explore treasures of the world and embark on those adventures with the ones he loved. Having visited every continent and countless countries, he loved Lake Tahoe and Middle Fork of the Salmon River most of all.

As an entrepreneur running Milco Development, he believed anything was possible with planning and hard work. He started his career in residential real estate followed by a shift to industrial real estate with Ashwill Burke company. Johnny had early success closing a big transaction that enabled him to buy his first couple of industrial buildings. Later, Johnny worked at Cushman and Wakefield. It was then he decided to form Milco Development and became a pioneer in the development of the Corona Industrial Park engaging in developments across Southern California. In the late 1990's, Johnny expanded Milco to the Sacramento area. Milco continues today with a professional in-house team.

He lived a life of gratitude sharing his time, talents and resources. We can all hope to have a friend like Johnny. He is deeply missed by his two daughters, and the love of his life.

Celebration of Life for John is October 5th at the Kilaga Spring Lodge, Potluck Room. Sun City Lincoln Hills, California. \RSVP at (<https://forms.gle/KLbVkb3nZoaLZxkUA>)

SSNLH WRITER...

One Step at a Time

BY JOY S. HUTCHISON

Adjusting to this single life has its ups and downs. Today was an "up" for me. This morning, I booked a trip with my oldest daughter to a place I've always wanted to go. It wasn't the actual place, so to speak, it was what I would be exposed to that encouraged me to "just do it"! At my age, mega-ships and crowded dining rooms were just not appealing to me anymore. I wanted to go somewhere I hadn't been before, learn about the culture, stay in a comfortable but smallish boat without the hoopla that so many cruise lines offer. I found just what I was looking for, hoping that next year when the magic day arrives, I plan to be fit as a fiddle to take in all that's been promised.

Fit as a fiddle? You must know that I have work to do. To put it bluntly, I'm totally out of shape. I don't even walk to the mailbox! I open the garage door, back out, go down a block, pick up my mail, and toot home again. How lazy can anyone get? After all, it's 102 degrees out and I sure don't want to pass out from heat exhaustion in my four-minute trek and back. Yes, I feel ashamed. I see many of my neighbors walking their pets several times a day; my next-door neighbor, with earbuds and walking sticks, trekking along like a Swiss gendarme, very early each morning while I sit at my front window and sip my coffee.

There will be a sequel to this story in about a year when my dream adventure is scheduled. Hopefully I will be able to brag about the number of paces or miles I can walk by then. Perhaps you would like to set some goals as well. It's never too late to check another adventure off your bucket list.

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

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Lincoln Hills 5 Days a Week

Players

(cont' from page 1)

sentimental tales of gamblers, hustlers, showgirls, and gangsters who hailed monikers such as "Nathan Detroit", "Harry the Horse," and "Big Jule." Extrapolated from some of Runyon's short stories, this high-spirited fable shares the hopes of high-rolling gambler Sky Masterson, who falls in love with the puritanical missionary Sarah Brown; Nathan Detroit, notorious for his floating crap game; the long-suffering fiancée showgirl, Miss Adelaide; and a sundry of gamblers and preaching missionaries. Can Nathan elude the "heat" and find a place for his crap game? Will Adelaide hear wedding bells? Will Sky win his bet? Can Sarah save their souls?

Come and find out as your friends and neighbors — talented actors, creative artists, techs, and stage crews — bring the musical to life! Tickets, which start selling September 17, are available at Member Services desks and online at <https://sclhresidents.com> See September's Compass for information. The show runs Nov 21-24 in OC Ballroom. It will be a crowd pleaser!

Titanic the Musical Sails into Lincoln September 13th

BY PAUL SCHECHTER

In a breathtaking journey back in time, a spectacular Lincoln Theatre Company production of *Titanic the Musical* runs for three weekends. A winner of five Tony Awards, this revolutionary musical, portrays the 1912 tragedy of the RMS Titanic. It is a masterpiece of storytelling, music, and emotion. *Titanic the Musical* portrays the real personal struggles and relationships of true-life characters involved in the actual event, unlike the popular movie which told a fictional romantic story. It offers a totally different, unique and immersive theatrical experience.

Many performances are already heading for sold out. Don't miss your chance to witness this unforgettable theatrical event that has captivated audiences around the world. Set sail on a journey you will never forget by booking your tickets now. Go online to www.lincolntheatrecompany.org or call 916-409-7030.



What: *Titanic the Musical*
When: Friday-Sunday Sept. 13-29
Where: Lincoln Civic Auditorium
511 Fifth Street, Lincoln
Tickets: \$24.50, \$26.50
How: www.lincolntheatrecompany.org
or call 916-409-7030.

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Pickleball Club

BY DIANNA HENRICKSON

Pickleball is a fun and healthy game, good for both mind and body. Lincoln Hills Pickleball Club has over 800 members of all levels, from the very new beginner to advanced tournament players. Beginning in September, we will offer weekly clinics and round robins to improve both your strokes and your strategy. If you would like to give pickleball a try, we offer a free introduction to pickleball class to help you get started. Email Carol Judd at Welcometopickleball@gmail.com. You will be happy you did!

Pickleball Club Contact: Dianna Henrickson 530-902-3394, diannahenrickson@yahoo.com

Website: www.lhpbclub.com

Lincsters 9-Hole Club

BY LORA FINNEGAN

Our major fundraiser of the year – the Breast Cancer Tournament in conjunction with the LHLGXVIII—is set for October 9. Kim Shutz, along with Patty Owens and their



Lincsters — White Team won the Red, White, and Blue tourney.

committees, have been doing an outstanding job getting prepared for this biggest day of the year. Decorations and advertising are well under way. There's still time for our members to step up and get donations for gift baskets and sponsorships — but hurry. Contact Jan Varin at jvarin@sbcglobal.net or 916-316-9594 if you have questions. Proceeds support the Placer Breast Cancer Foundation (PBCF).

Of note: our own Lincster, Pat Morgan, was recently featured in the NCGA magazine as an “ageless wonder,” still playing at 99 years young! Congrats Pat!

Join us! Go to the Lincsters.com or email Nancy Hastings: nhast38@yahoo.com.

Ladies Golf - 18 Holers

BY CAROL A. LOPEZ

The ladies have been enjoying some cooler summer days and we all hope those triple digit days are behind us and that you, too, are getting out and enjoying these sunny days. Our Captain's Cup tournament is underway and next month we will publish results. It is a special annual event acknowledging all Club Captains...past and present.

Nominations for our 2025 board have been received and are presently being voted on. Thank you to our past Captain, Barbara Grant, along with her committee members, Shari Loyd & Julie Storer, for assuming responsibility for this vital task.

Congratulations to Kathy Lee for a net 67 score and becoming our July Net Chix. The ladies played the Hills course and Elizabeth Phillips' 12'10" shot on #12 was closest to the pin. During an Orchard round playing One Best Ball/Even Holes & Two Best Balls/Odd Holes, Linda Blackburn was closest to the pin on #11 at 1'11" and first place teams were Flight #1: Mitsuko Cameron, Ileen Marshall, Nancy Sartor & Karen Thom and Flight #2: Donna Brinkerhoff, Judy Emge, Sylvia Feldman & Dee Grimm. Pat McNiff, Judy Dong & Sibyl Myers (Edda Ashe/blind draw) won the Orchard Two Best Balls of a Foursome event and Dong secured CTP on #11 with a 4'10" shot.

We happily welcome a new member, Cindy Jones, to the club! She's already taken a winning spot in one of our rounds. It's always a fun day on Thursday and we are presently teeing off at 8:00am. Our website (<https://lincolnhillsladiesgc.memberplanet.com>) or membership chair, Linda Chappellear (linda_chappellear@sbcglobal.net or 916-409-0151), provides club information... come join us.



Kathy Lee, July Net Chix

Men's Golf Club

BY CARL LYNCH

As a member of MGCLH, you'll have a ready-built social scene to tap into. There are monthly competitions to play in, and you can sign up for Central Valley Senior (CVS) matches against other clubs.

The Men's Golf Club of Lincoln Hills is an excellent way to meet new friends and to



Hole in One by Jeff Warner.

(cont' on page 33)

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Here's hoping for a bit of FALL WEATHER for September!



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Men's Golf Club

(cont' from page 31)

enjoy a game of golf. We are a totally inclusive club and encourage players of all levels and handicaps to come out and participate in our monthly tournaments at no additional cost beyond green fees. Your membership includes membership to the NCGA-GHIN for entering scores and keeping handicaps current.

The Lincoln Hills Golf Club Pro Shop hosts a weekly "sweeps" on Tuesday mornings. A \$3 contribution to the prize pool, a GHIN number, and your greens fees are all that is needed to participate. To sign up for the sweeps, send an email to Sherrill: sherrills31@gmail.com. She will then include you in the weekly emails to sign up for the sweeps.

Congratulations to the August Red, White & Blue - 4-Man Stroke Play tournament Low Gross winners: John Eisenhower, Torr Zielenski, Walter Milgroom, and Rob Schneider.

Our next tournament on September 17th is our "Summer Heat", 2-Man Better Ball tournament on Hills & Orchard, hope to see you there!

Check out our Men's Golf Club webpage at <https://mgclh.club/>.

Why did the golfer wear two pairs of pants? In case he got a hole in one!

• • •

Shuffleboard Club

BY JON KLINE

Learn to play shuffleboard by enrolling in a Free New Player Clinic. Two are scheduled this month for Monday mornings: September 9th and 23rd from 8:30 to 10:00 AM. To enroll, email or call Jon - contact info below. Come play on our 5 all-weather PolyCourts on Court #10, located in the Sports Plaza adjacent to the rear of the softball field parking lot. Club play is every Wednesday and Saturday morning from 8:30 to 10:30 AM, with new player orientation offered at every session. Monday evening socials are from 7:00 to 8:30 PM. Bring a snack for yourself or to share. Fall tournaments and socials are being planned for club member, so join in the fun! For open play and practice, reserve courts for 1-3 hours up to 7 days in advance at: Resident Website / Wellfit Reservations / Shuffleboard Courts. All equipment is in the onsite locker. Tents provide shade for players, and there are four chairs at each court for rest breaks when you're not shooting. A chilled water fountain is nearby. For evening play, enjoy the bright LED lighting until 9:00 PM.

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

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

• • •

Cribbage Club

BY MEL SWITZER

You'll never know how much I want to skunk you;

It's a goal that is without compare!

Listen,

Do you want to know a secret?

I promise it won't smell.

Whoa, oh, oh.

Closer,

I'll be totally sincere,

This may save my whole career,

I must skunk you!

Ooh-ooh-ooh-ooh ooh

I've had this wish for a week or two,

Nobody knows, don't say boo!

Listen.

Let me whisper in your ear.

Say the words that bring you fear.

I must skunk you!

Ooh-ooh-ooh ooh-ooh

Ooh-ooh-ooh ooh-ooh

Ooh-ooh-ooh ooh-ooh

The most recent "skunkers" who were winners were:

7/16 Pat McGough, 7/23 Rich McGough, (both ringers) 7/30 Betty (the Southern Belle) Carter and 8/6 Bruce (usually upside down) Quick.

We try to skunk each other every Tuesday at the OC Card Room at 8:30 AM. Full houses are the norm these days. See you there!

But don't worry, we fumigate after each session.

• • •

Duplicate Bridge Club

BY MONA STRYKER

Calling all duplicate bridge players! We have room for more! Our ACBL game is a bargain at \$3 per game. Win ACBL master points among friendly people with a great director!

Organized by our social chairman and her committee, we enjoyed a "Hot August Nights" snack event on August 21. It featured some old and some new delicious snack favorites.

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

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

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

For further information, go to our website shown below.

Partnership chairman: Dianne Conforti 916-284-1821

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

Website: www.bridgewebs.com/lincolnhills/

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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.

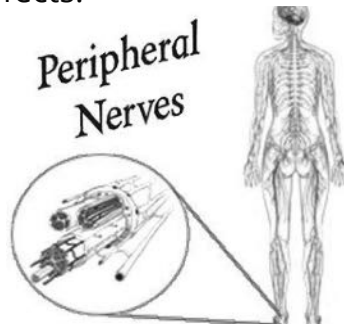


Figure 1: Notice the very small blood vessels surrounding each nerve.

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.

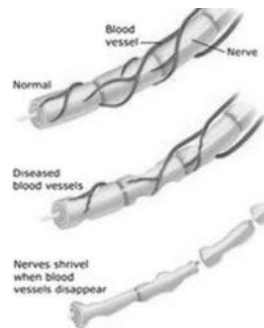


Figure 2: When blood vessels become diseased, they shrivel and are no longer able to provide nourishment to the surrounding nerves.

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.

Call **916-884-0398** to make an appointment to determine if the peripheral neuropathy affecting you can be treated.

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WANTED

LOOKING FOR SMALL HOME to rent, in the near future. One bedroom, 1 an 1/2 bath. Single lady with lots of years in Sun City Lincoln. Please contact 916-365-7774 with information.

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

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

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

ANNOUNCEMENTS

GARAGE SALE: 27 sep 2550 fountain hill loop household decorative appliances tools new mens eddie bauer 520 479-7555.

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

LET'S PLAY DUNGEONS AND DRAGONS or other roleplaying games. I've been playing since 1975 and cannot believe I'm the only gamer in Sun City! Have you played before and want to get back to it? Did you never get the chance before but wanted to play? Maybe this is a new way of meeting folks and having fun that you'd like to try? Let's talk. I've got the games, old and new, and am ready to start D&D, Traveller Science Fiction, TOON! comedy and more. Call or email DAVE 916-295-1912 cataract_2000@yahoo.com.

SELF DEFENSE WORKSHOP: Cost \$25.00 This class will concentrate on situational awareness. Non-lethal defense tools will be demonstrated and discussed. We will learn how to defend ourselves against being choked and numerous other "physical what if's" that can happen to us. This class will mostly be lectures and provide demonstrations, however those students that would like to physically participate will have the opportunity and should wear loose fitting clothing and tennis shoes. Outside of Sun City, this course can cost over \$100; \$5 of your registration fee will be donated to the Lincoln Hills Foundation. Robin Padilla Safety Educator with Damsel In Defense will be there with her products, DefendableMe.com. Self Defense Instructor: Al Trimarchi.

SUN CITY REAL ESTATE UPDATE

After spending time with a buyer from the Bay Area who is looking for a place in Sun City, I will reiterate some of what I wrote last month. Buyers are not as anxious or FOMO (fear of missing out) as they were earlier in the year. Further the buyer pool, while still active is not a large as it was either. What does that mean to sellers? It means pricing and age of the interior of the home grow in importance. As the homes in Sun City have aged there are two tiers, original or close to original and remodeled. Even the time frame when the home was remodeled is important. Styles have changed in the last 5 years as has what buyers want. The buyer I showed wanted either newly remodeled or original so he can use materials and colors he (or rather his wife) wants



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



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

**FREE ADS — INCLUDE:

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

Classified Ad Submissions — WHEN: By the 12th of the month. Please email the information below to: SunSeniorCA@gmail.com.

- Subject Line** should be SCLH Classified and your Phone Number (Example: SCLH Classified 916-123-4567)
1. Contact name and phone number.
 2. Which category to place your classified ad in: (Service, For Sale, Wanted, Announcement)
 3. Classified ad text - including the phone number you want readers to call.

SCLH residents get FREE non-business Classified Ads; limited to 15 words; one per household per month. **Non-business Ad** items include selling personal used items such as furniture, tools, books, rugs, electronics, personal car, golf cart, etc.

BUSINESS ADS:

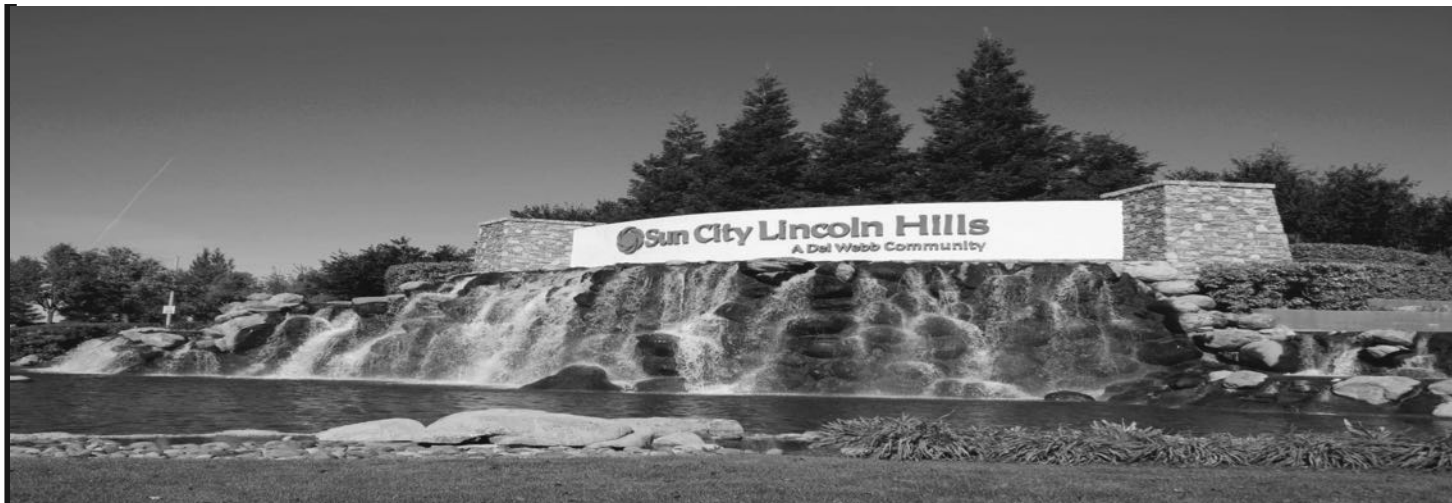
- ◆ Anything of a commercial nature, including pet sitting, real estate, rentals, timeshare/condos, etc.
- ◆ 15 words for \$35. Additional words \$1 each.
- ◆ \$90 for three months, same ad! (15 words only) additional words \$1 each

Business Ads include anything of a commercial nature or service, including pet sitting, real estate, rentals, timeshare/condos, any service etc.

Business Ads are 15 words for \$35 for one-month. Additional words \$1 each. (\$90 for three months for the same ad.) If your classified ad is determined to be "business" related, we will email you an invoice that will allow you to pay immediately with a credit card, or mail a check.

*HINT on Word Counts: A "word" is anything separated by spaces, or as reported by word-process software like Microsoft Word.

If you have any questions, please email us at: SunSeniorCA@gmail.com



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



George Brown

Recent Sales in Lincoln Hills

Since 1991
CALL /TEXT US OR
EMAIL
FOR MORE
INFORMATION

916-297-3500

FOR A FREE HOME
VALUATION
EMAIL :
**gbrown@thompson
-brown.com**



#01163699

CALL/TEXT
916-297-3500



2378 Longspur Loop
Alpine Model
OLD \$675,000



2301 Longspur Loop
San Mateo Model
SOLD \$800,000



2307 Blue Heron Loop
Marin Model
SOLD \$965,000



965 Wagon Wheel Lane
Marin Model
SOLD \$1,025,000

All measurements and all calculations of area are usually deemed reliable but is NOT

approximate. All Sales from all MLS Brokers. Display of MLS d