

SUN SENIOR NEWS

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Tom Roth — Once Shy, Now Gregarious

BY JENNIFER MARTIN

In 1945, when Tom Roth was six years old, he attended a school in England for children who were refugees from Nazi-invasion of Czechoslovakia. From that time on, he had always considered himself to be a shy person. But now, seeing him thrive in our friendly Sun City environment, he's anything but. He's outgoing and involved in many activities and groups.

Tom's parents, Milan and Irma Roth, lived in an area of Czechoslovakia where German was spoken. After Hitler led occupational forces there in 1938, the Roths' knew their lives were in danger from Jewish persecution. Milan was smuggled out of the country in the false bottom of a coal car. He got out at the Polish border but was picked up by the Polish police who took his money. They were going to throw him in jail until he told them that he had more money which his mother had sewn into his clothing.



Tom Roth

Sparing his life, they let him stay in a barn. It was Yom Kippur and Milan went to a nearby temple where they cautioned him

to get out of the country. He ended up borrowing money to buy a ticket on the last boat leaving for England.

Tom's mother, Irma, stayed with her parents for a while, then got a visa to travel to Sophia, Bulgaria. Tom was sick as a toddler so his mother thought a visit to the Black Sea would improve his health. On the train, the Germans found a camera in her purse and accused her of being a spy and took her off the train. She denied being a spy and threatened to walk in front of the train and kill herself if they didn't let her back on. She won that argument and at the end of the trip, went to the British Embassy where Milan had promised to send a visa for her. There was no visa when she arrived, so she sat with 40 other families trying to obtain one. The next day, Irma and Tom were the only family to get a visa. Eventually, they got to England where they were met by Tom's father at the train station.

Tom remembers when he was three years old, he wandered from the hostel
(cont' on page 23)

SCR Foundation 2024

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

Another great turnout for the final Bingo of the year! We hope you had a fun time and for those that won, congratulations! Watch for announcements for the 2025 Bingo dates and the 27th Annual Golf Tournament. We hope to see you then. Thank you again for your continued support.

The Foundation recently awarded a grant for a portable AED (defibrillator) device. Clubs and groups that travel off-campus for their activities (softball, tennis, pickleball, golf, bus tours, etc.) may check out the AED and take it to their activities. It is being managed by the current President of the Softball Club. There are some procedures and policies regarding the use of the AED. Contact Frank Tom (415-827-9049, frankstom@comcast.net) for more information and to check out the defibrillator.

As you know, the mission of the Foundation is to provide programs and services through philanthropy and volunteerism that address the physical, social, safety, and emotional well-being of all Sun City residents. This is accomplished by our volunteer Board of Directors. Below is the list of the members with their contact information. If you have

(cont' on page 1)

Sun City Singers

BY JACKIE PROETT

It's September and the days dwindle down to a precious few. We celebrate Labor Day and the first day of Autumn, but the Singers are aware that we only have a few short months to learn 16 songs for our Christmas concert, Monday December 2. Hopefully, we are cooling off outside but inside, the hum of activity warms our being. The fun begins!

The Board had its first meeting at Co-Pres. Elizabeth Gustafson's home, where business was dolled up with tasty refreshments. By this time the Board members are well known, but the many other jobs have once again been filled and many of them by newcomers! Marla Shuman will once again Chair Hospitality and publicity by yours truly, Music - Terry Snook and Lois Habein, Membership - Linda Smouter and Ann Gibson, Sunshine - Norma Hankinson, Ticket Sales - Susan James and Karen O'Hara,

Online Music - Gail Hixson, who also took this picture. Now that is a brimming Board!

Singers were also brimming to get back to rehearsals. August 12 was the big day and Director, Paul and Accompanist, Andre greeted us with frosty Christmas carols. Great to see old and new friends! If you are looking for some new friends and if you love to sing, join us on Mondays 2:30, back of the ballroom. You'll find that besides music, we are great at giving parties, sharing time, listening to woes, laughing at mistakes and just being there. Don't forget, if you join us in September, these precious days, we'll spend with you.

• • •

Sun City Harmonicoots

BY LINDA B. AUG

September reminds us of back-to-school days, new books, seeing old friends and making new ones. The Sun City Harmonicoots welcome September with new music, seeing fellow "Coots" and greeting anyone who wants to

visit us at the Pines on Thursdays from 1:00 to 3:00. September also reminds us of teachers and leaders who have left an impression in our lives with their patience, encouragement, and enthusiasm.

(cont' on page 5)



Singers Board first meeting

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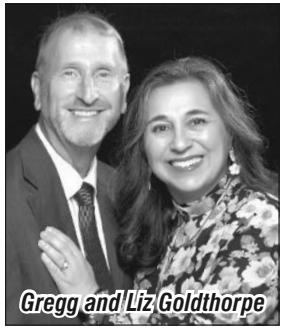
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Gregg and Liz Goldthorpe

EDITORS
 Gregg & Liz Goldthorpe

ADVERTISING
 Gregg Goldthorpe

PRODUCTION ASSISTANT
 Madison Goldthorpe-Lewis

CONTRIBUTORS

Jennifer Martin, Kathi Stropkai, Jackie Proett, Linda B. Aug,
 Linda Vincent, Ron Masciovecchio, Jane Bohn, Vikki Clark, Lenora Davis,
 Carol Kovach, Nancy Vavul, Peggy Voakes, Tim Miles, Geoffrey Browne,
 Elizabeth Gustafson, Brian Sutton, Nikki Combs, Lois Arlen, Karen Levine, Ed Cervantes, Barbara Eichen,
 Linda Gordon, Sherri Scott, Elna Ragan, Marisa Bernetti, Geoffrey Marshall, Pam Scheel-Hemingway,
 Suzette Austin, Donna Weigelt, Charlyn Ross, Michael Welch, Linda Cilenti, Janet Morelli, Silvana Hughes,
 Bob Montalvo, Wendy Leimbach, Anne Burney, David Moore, Jahna Holmes, Pam Skarg, Nancy Labrada,
 Mike Murphy,
 Walt Bromby, David Zan, Michael Ross, Becky Matson, Harriet Garland, Martin Green.
 Roseville Police Dept., Ann Stults, City of Roseville.

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Neighborhood Watch/Citizen Patrol

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

Our Neighborhood Watch Office is consistently updating information to keep everyone informed of information that is helpful to you. If you are not receiving emails from a team link located in your neighborhood, that is being forwarded from your Neighborhood Watch office, please send us an email at neighborhoodwatch@scrca.org so we can hook you up with information. We don't know that you are not receiving information unless you tell our office.

Alarms —

If you have an alarm in your home, it's a good idea to give your key and code to a trusted neighbor so they may turn it off if you're on vacation. Remember, your alarm does no good if you don't use it! Please notify us if you have an Alarm. AND... We also have a program with the Roseville Police Department – Resident Key Location Information. The forms are located on the Neighborhood Watch/Citizens Patrol website – fill it out and send into the Police Department. This form needs to be updated once a year, but it helps the police when they know where your “hidden” key is located.

Vial of Life —

The Vial of Life is important to convey information to the EMTs if you can't speak for yourself. This is personal information between you and the man who is trying to save your life.

Medication he wants to give you may depend on what medication you take. Vials and update sheets can be obtained in the Citizens Patrol / Neighborhood Watch office. And each time you go see your doctor – they can print out the most current medication you take, then that can be replaced in your Vial of Life. Please notify us if you have the Vial (if you have not already done so) neighborhoodwatch@scrca.org.

No Soliciting —

Roseville Municipal Code 10.36.030: It is unlawful for any person to solicit orders for, to peddle or to hawk goods, services or merchandise or to conduct any charitable or other solicitation at any house or residence when a sign in clear view has been placed prohibiting such solicitation or peddling. No soliciting signs can be picked up at NW/CP office.

Pets —

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Neuropathy Relief Is Possible

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

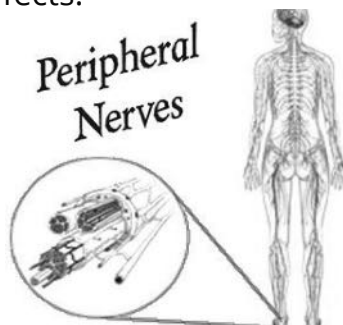


Figure 1: Notice the very small blood vessels surrounding each nerve.

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

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

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

Three Factors to consider for Effective Neuropathy Treatment:

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

Three goals of treatment at Lincoln Acupuncture:

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

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

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

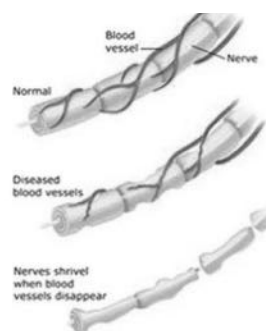


Figure 2: When blood vessels become diseased, they shrivel and are no longer able to provide nourishment to the surrounding nerves.

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

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

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

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

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

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YOU DON'T HAVE TO JUST LIVE WITH IT

Sun City Harmonicoots

(cont' from page 1)

Ann Kelly, the Sun City Harmonicoot's Musical Director, has all those qualities! Imagine trying to get the attention of thirty people in a large room - ALL with musical instruments in their hands. She does. Who sends out weekly emails to all members with updates on sheet music, performance times and what to wear? She does. Who tosses aside a song after practicing it for several weeks because it's not good enough? She does. Who provides the "Coots" with party necklaces and bracelets for our festive performances? She does. Who conducts the Harmonicoots and sings with the audience at the same time? She does! Ann's quick wit and infectious spirit gets the crowd singing in no time! The Sun City Harmonicoots wish to thank her from the bottom of our "harps".



Ann Kelly infecting the crowd!

Universally people love the same three things: food, sports, and music! In Sun City we certainly enjoy all those things! The SCR Harmonicoots play an important and active role in Sun City. We have a group of "youngsters" who enjoy playing the harmonica. The skill level spans from beginners to players with much expertise. Ask the "Lil Wranglers" who all got free harmonicas on Grandparents Day! They will tell you no instructions were included!

Be a "Big Wrangler" and come and join us! Meet Ann and all the Coots. Come and learn the fun of the harmonica.

Harps Up!

• • •

Music and Laughter

BY JANE BOHN

Whoa, what a fun time at our last months Music and Laughter Open Mic. Our entertainers included pianist Jan Given, violinist Joe Given, singer guitarist Bruce



Barley, jokester Jack McGurk, singer guitarist Ken Roberts, comics Jan Montero and Ed Lick. Additionally, this proud grandma surprised the audience by introducing our visiting and talented singer/guitarist/keyboard player grandson Jake Bratrude, who performed several of his original songs and various jazz compositions. Jake is an accomplished musician who has been around the music scene since his high school years. As he travels between bouts in L.A. and New York we are hoping he'll stop in again and treat us to more of his new arrangements and songs, perhaps in the fall. Meanwhile, he can be easily seen at various places on the web like Utube. His name, Jake Bratrude, should take you to his Jacob Beats and various videos, etc.

Congrats to our exuberant prize raffle drawing winners, Alan Scheiver, Candy Bryant, Dave Wammer, William Fisher, Jill Aggersbury, and Jan Montero. Hearty thanks to our upbeat entertainers, our faithful receptive audience and the many dedicated behind the scenes volunteers who make my job a joy; Maria Hajgato, Arlette Bennett, Jill Aggersbury, and Lily Safdie.

We hope you'll mark your calendar and come join us for our next event Wednesday evening September 11 at our Sierra Pines Lodge located on the corner of Del Webb Blvd., and Whistlestop Way. Our doors open at 6:30 pm, and show starts promptly at 7pm. Don't forget to bring your \$1 entry for the raffle at the end of the show. We anticipate another unforgettable hour of music, laughter, and wonderful camaraderie.

• • •

Dance Club

BY VIKKI CLARK

August was a busy month in the Sun City dance world. August 19th was "Hot Town, Summer in Sun City", music provided by DJ Tom. It was a warm evening, but the ballroom was cool, and the dance floor was sizzling! August 27th was a line dance social. All students and their guests of Intro to Line, Classic Line, and Line 2/3/4 were on the floor.

September 16th: Line 1 Social—This social will be held on September 16th.



Lenora and Greg Davis.



Sue Davis, Shelly Winters and Phyllis Melberg.

This event is perfect for those who love line dancing or want to give it a try. With easy-to-follow steps and a welcoming atmosphere, it's an excellent opportunity to meet new friends and enjoy some exercise on the dance floor. Bill Swayne will instruct and DJ, making sure there is something for everyone.

October 1st: Country Couples & Line Dance Social—This social is a structured dance featuring dances learned in the club's Country Couples and Line dance classes. Dust off your cowboy boots and join us for a night of lively music and spirited dancing. Come with a partner or solo, this social is all about fun and connection.

October 21st: Guys, Gals & Ghouls Halloween Dance — Get ready for a spooktacular evening at the Guys, Gals & Ghouls Halloween Dance. Dress up in your favorite costume and join the festivities. Crystal Image band will keep the dance floor buzzing with Halloween-themed tunes and classic hits. This event promises to be a highlight of the season, combining the joy of dancing with the excitement of Halloween.

Join the Fun! These events are a great way to stay active and have a lot of fun, so mark your calendars for these upcoming socials. We look forward to seeing you on the dance floor!

• • •

Drama Club

BY LENORA DAVIS

We have had so much fun in the last month, especially with Grandkids Day at the end of July. Many of the kids participated in our Readers Theater presentation of "The Real Story of the Three Little Pigs", with the older children, assisted by Drama Club members, entertaining the younger ones and the grandparents. Greg Davis played the part of the Wolf with Pam Wingo and Jill Aggersbury playing the two living little pigs, while the older kids served as narrators. Many of the children also participated in brief improv activities. Many thanks to our director, Susan Glover, who organized this event.



Top: Grandkids Day — Below: Acting workshop



Beginning at the end of July and continuing through all of August, we were fortunate to be able to participate in a 6-week series of workshops taught by Karen Pinomaki from Sun City Lincoln Hills. She has been acting, directing, and teaching at all age levels for many years. Many of our actors learned or improved individual acting skills and techniques. And we had a great time doing it!

Now it is time for us to buckle up and get ready for our next big production in the ballroom next Spring. We are also considering smaller productions at Sierra

(cont' on page 7)

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Drama Club

(cont' from page 5)

Pines. More information on these events will follow.

It is not too late to join us as a new member. Contact Susan Glover (530-388-6367) or Lenora Davis (707-350-1357).

• • •

Creative Arts Club

BY CAROL KOVACH

Three members of the Creative Arts Club, Marilyn Phelps, Donna Stephens and Carol Kovach, travelled to the University of Nevada's North Lake Tahoe's (Incline Village) Holman Arts and Media Center for an exciting and informative workshop focusing on fast-fired alternative decorative processes for firing and glazing pottery.



The workshops were conducted by two incredibly knowledgeable and talented potters who have come together in Tahoe each year for the past 27 years. Best friends for years each brings their own unique talent to the workshop, with Randy specializing in creating "story pots" which feature his drawings of fishes and animals. Randy also utilizes the electric kiln where pieces are sprayed with a copper matte glaze, then sprayed with alcohol after coming out of the kiln, before being placed under a Pyrex bowl on a raised sand box for the reduction process. Glazes change to display amazing blue and purple colors before being doused with water.

Don works the gas kiln, which he built years ago, to fire raku glazed pieces, low-fire salt saggur firing, and fuming with chlorides. With their unique raku glazes,

a thick raw raku glaze is dobed on each piece, which, when fired, leaves a black and white textured design. Other raku glazes produce the traditional crackle design after being placed red hot under a can to oxidize.

Don Ellis is currently a professor and a Fine Arts Department Chair at San Juan College in Farmington, New Mexico and has been a ceramics educator since 1986.

Randy Brodnax, a dedicated teacher and storyteller, is known to cook up a mean gumbo and an entertaining yarn while making beautiful pots. A master Raku potter for more than 50 years, he has been featured in countless books and magazines and given hundreds of workshops.

• • •

Fine Arts Club

BY NANCY VAVUL

This fall, the Fine Arts Club highlights the incredible career of Pat Abraham, who will be retiring in November after nearly five decades of inspiring artists. Pat's journey began at the age of ten, when she knew she was destined to become a professional artist. Her art education began at the University of Wisconsin, continued at the Academy of Art Chicago, and eventually expanded to the Zhejiang Academy of Fine Art in China.



Pat started teaching in 1973 and then established California Watercolor Workshops in 1985, sharing her expertise in Hawaii, France, Asilomar, and other locations. Her work has been showcased

in national and international exhibitions, including the Rocky Mountain National Exhibit, where her painting was featured on the cover of the catalog. Notably, in 1986, Pat painted a wooden egg for the White House Easter Egg Roll, marking a prestigious highlight in her career. Her publications include features in the Artistic Touch Art books, The Art of Layering, and her own teaching workbook, Watercolor 101.

In 2005, Pat co-founded Art Studio Trek which she was part of until 2021. As Pat says, "An artist never retires," and she continues to create, innovate, and inspire.

In October we will present a special exhibition showcasing the incredible works from Pat's classes-- a fitting tribute to her profound impact on our community.

Meanwhile, club activities continue with oil and acrylic painting classes on Monday mornings and afternoons, and drawing on Friday afternoons. Don't miss the mixed media workshop on September 13 and the alcohol ink workshop on September 26.

Join us for the general meeting on September 12, where Tom Jones from Sierra Hills Framing will speak. Newcomers can attend orientation on September 24 from 3:00 to 4:00, in the art room. We look forward to seeing you and celebrating Pat's artistic legacy.

• • •

SCR Needle Arts Club

BY PEGGY VOAKES

When September rolls around, I still get that back-to-school feeling. For me, it was a good feeling – sharp new pencils, empty new notebooks waiting to be filled with new information, reconnecting with friends. It's the same with our Needle Arts Club, I hope – new adventures, new projects, and, so importantly, reconnecting with friends after our summer break. I know our Board, Council, and volunteer Committee members are already busy working on this coming year's projects and adventures for us.

From the sound level in the Ballroom, our August meeting program - Special Interest (and other) Groups - was a terrific success. Questions were asked, information given, and connections made.

We have a lot of new members and I think they were made to feel welcome and find a special niche or two in the club. If you didn't connect with a group at the meeting, remember that our monthly newsletter has contact information for all our groups, as well as machine training, Event Chairs, and Board members.

I am giving you advance notice that our Back Table ladies are planning a No Tricks – All Treats Back Table Bonanza for our October meeting, so come early enough to shop. We have been gifted with some large donations recently and plan to have more than the usual amount of goodies. A reminder that the Back Table Challenge is continuing to our November Show & Tell!

We always welcome new members and this, the beginning of our fiscal year, is a great time to join us!

• • •

Roseville 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

(cont' on page 9)



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Executive Director Comments

BY GEOFFREY BROWNE

Congratulations to the new Board of Directors, who were elected on July 16th and who were installed by City of Roseville Mayor Bruce Houdesheldt on August 1st at the Annual Members Meeting. While we said goodbye to some of our longest-serving members, we also said hello to a few more.

At the time of this writing, as I prepare to help the new Board set goals and prepare for the next year, I find myself thinking about setting ourselves up for success in the coming years.

During our 8-hour workshop in August, we will review up-to-date information about Sun City Roseville, familiarize ourselves with community-specific information that everyone serving at SCR needs to know (Bylaws, Policies and Procedures, Organizational Goals, etc.) and discuss our roles and how we all fit into the Association support structure that is our main responsibility to our members. We've put together an comprehensive, well-organized, and interesting agenda that serves as the basis for our discussions and puts a framework around our organization as a whole.

The reason I bring that up is to let you all know that we have come a long way in the last few years. This will be the second workshop I have attended since I became Executive Director and I am looking forward to it with a lot of enthusiasm. What once was a loose agenda of reviewing the general policies, signing a few ethics documents, and assigning committee roles and newsletter articles has become a professional and

meaningful workshop that encourages input and participation from the entire Board, from first-time leaders to veteran volunteers.

It has always been a primary goal of mine to ensure the responsible turnover of leadership in any organization I've worked for. It is imperative to carry on the progress the Association has made over the last few years by establishing a succession plan for leadership. In many ways it is like running a professional sports team – take young players (new members), expose them to knowledgeable and committed coaches (veteran members and committee members, and our vaunted Leadership Academy), develop their skills and talents (get them on as a volunteer, preferably on a committee), encourage them to take the lead on projects (committee chairpersons) and help them become leaders in their own right (directors). In fact, this year there are 5 of our 7 Directors who are graduates of our Leadership Academy!

I feel like we are going in the right direction. We have a great variety of skill and experience, diversity and focus at the leadership level in the community, as well as top-notch professional management to execute on a day-to-day basis. Every event I attend I see new faces eager to get involved and familiar friends that have already served for years, and may again in the future. Our community is changing each year and our future is looking more and more secure. Come join us – I can promise that being part of something larger than yourself is well worth it.

SCR Library News

BY ELIZABETH GUSTAFSON

We have some great new books this month – see the list below. If you want to see a short description of each book, you can pick up a copy of the Courier by the Library door. Due to length limits, we are unable to describe the books here. Also feel free to go to the Library web site under Amenities in screcs.org to search our catalog of books by title or author.

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

New Books – Fiction: Coulter, Catherine – “Flashpoint” (FBI thriller series); Moore, Liz – “The God of the Woods”; Neff, Amy – “The Days I loved You Most”; Patterson, James – “Hard to Kill” (Jane Smith courtroom dramas); Quinn, Kate – “The Briar Club”; Rosenfelt, David – “Dog Day Afternoon” (Andy Carpenter series); Silva, Daniel

– “A Death in Cornwall” (Gabriel Allon thrillers); Sullivan, Courtney – “The Cliffs”.

Non-Fiction: Fedarko, Kevin – “A Walk in the Park: The True Story of a Spectacular Misadventure in the Grand Canyon” (Memoir); Satow, Julie – “The Plaza: The Secret Life of America’s Most Famous Hotel” (History).

Large Print: Chambers, Essie – “Swift River”; Chevalier, Tracy – “The Glass Maker”; Coulter, Catherine – “Flashpoint”; Foley, Lucy – “The Midnight Feast”; Greaney, Mark – “Sentinel” (Joshua Duffy series); Lombardo, Claire – “Same as it Ever Was”; Moore, Liz – “The God of the Woods”; Patterson, James – “Hard to Kill”; Patterson, James – “Tiger, Tiger: His Life, As It’s Never Been Told Before”; Quinn, Kate – “The Briar Club”; Ryan, Jennifer – “The Underground Library”; Silva, Daniel – “A Death in Cornwall”.

Roseville Stamp Club

(cont' from page 7)

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.

• • •

Cinema Group

BY BRIAN SUTTON

Join us in September for this special movie...

Movie: "The Princess and the Frog" (2009)

Directed by: Ron Clements and John Musker

Run Time: 1 hour 35 minutes

You may have experienced watching an animated movie while in the company and distraction of children. This showing will provide you an opportunity to personally recapture the delight and imagination which a Disney animated movie is known to inspire.

The main character, Tiana, dreams of one day opening the finest restaurant in New Orleans. Her dream takes a slight detour when she meets Prince Naveen, who has been turned into an amphibian



by evil Dr. Facilier. Mistaking her for a princess and hoping to break the spell, the Prince kisses poor Tiana, thereby turning her into a frog as well. The pair hop along on an adventure through the bayous to seek the help of a powerful priestess.

Reviews:

- Academy Awards: 2010 Nominee - Best Animated Feature Film; Best Music - Randy Newman.

- Sacramento News & Review: "It's fluffy and enjoyable, with an infectious Randy Newman song score and sumptuous animation..."

- Rotten Tomatoes - 85% Critics - 74% Audience

- Internet Movie Data Base (IMDB): 7.2 out of 10

Friday, September 20, 1:30 pm, Spruce Room, Sierra Pines. As always, admission is free!

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

• • •

Solo Friends

BY NIKKI COMBS

There are many perks of being a Solo Friends member. The Group hosts book clubs, card and domino games, Scrabble and Rummikub, a monthly catered dinner, and general meetings with informative

speakers.

Phoebe Astill of the Roseville Historical Society spoke at the August meeting. Phoebe is a fourth-generation resident and a wealth of information. She is also very humorous. Phoebe told us three theories of how Roseville was named:



- 1) The area known as Gridders Ranch wasn't a preferred name. A group of men decided the first girl born would also be the name of the town. A girl was born on the Rose Ranch, thus Roseville.

- 2) A group of men (the same ones?) decided the first lady who walked into the saloon would be the name of the town. (Do "ladies" go into saloons?) Was there a woman named Rose who frequented the early saloons? At one point there were 31 saloons close to the railroad yards.

- 3) The town was named for the wild California roses growing all over the area. Correct!

Phoebe's Great-grandfather helped build the first houses in Roseville and she still lives in one he built.

The Historical Society operates in the Carnegie Library on Lincoln St. They have displays on early life and a large diorama with miniature trains. They also have a research library available. The museum is a great place to take visitors and the

grandkids. Each second Saturday they offer Carnegie Kids with stories and crafts.

The next General meeting will be Monday, September 2, 6:00 pm in the Timbers ballroom. Judy Kent will speak of Homeward Bound Golden Retriever (and other dogs) Rescue.

The September Social Dinner is Saturday, September 21 at 6:00 pm. Come to the general meeting for more information.

• • •


Jewish Fellowship Circle

BY LOIS ARLEN & KAREN LEVINE


Summer seems to have fled by, and here we are already in September with Fall almost officially upon us. With Fall comes our High Holy Jewish holidays - Rosh Hashanah (Jewish New Year) and Yom Kippur (Day of Atonement and fasting).

Rosh Hashanah is the first of the High Holidays in the Jewish New Year. It begins on October 2 at sundown and ends on sundown of October 4. The central observance of Rosh Hashanah is the blowing of the shofar (ram's horn). Rosh Hashanah feasts traditionally include a round challah bread and apples and honey symbolizing a sweet New Year. Yom Kippur which begins at sunset on October 11 and ends at nightfall on October 12 is also called the Day of Atonement. It is a significant day of prayer, fasting and

(cont' on page 11)




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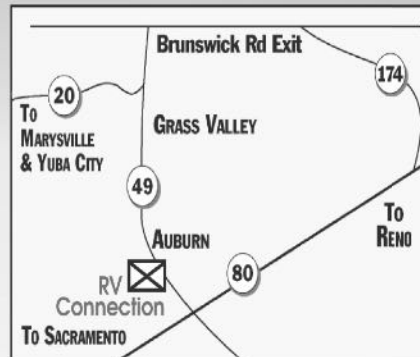
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Jewish Fellowship Circle

(cont' from page 9)

repentance. The closing service is called Neilah praying for forgiveness for "wrong doings" during the year.

A special thank you with appreciation to Mike and Sharon Liebowitz for leading the Shabbat service (Friday night Sabbath prayers) and to Randy and Lois Arlen for hosting the Oneg (a sweet table after the Friday night Sabbath service).

Our annual Pizza and Bingo night in July was a lot of fun, and many prizes were won.

The Book Club will resume on September 9 at the home of Ruth and Ray. The book that will be discussed is "The Invisible Wall" by Harry Bernstein.

Our annual potluck dinner will be held on September 22 at Sierra Pines. Details will be emailed to all JFC members.

We wish everyone a healthy, happy and sweet New Year!

• • •

Mantra Meditation

BY ED CERVANTES

Mantra Meditation — the Heart of Gold Meditation Group of SCR invites you to join us for a peaceful hour of mantra meditation, music, and good company.

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

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

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

Here are the dates and locations for our upcoming meetings.

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

Wednesday, Sept 25th 1:30pm - 2:30pm in the Ponderosa Room at Sierra Pines

Wednesday, October 9th 1:30pm - 2:30pm in the Ponderosa Room at

Sierra Pines

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

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

• • •

SCR Computer Club

BY BARBARA EICHTEN

There will be NO General Computer Club meeting in October or November 2024. The September 23 meeting will be in the Club room at 10:00. You are welcome to bring suggestions to revive the club.

Cardmaking: Classes will meet on the third Thursday of each month from 1:00-4:00 pm in the Club Room. The next meeting is September 19. The class will be creating all occasion/holiday cards with rubber stamps and dyes. For more information and to reserve your spot, call Cathy Fluellen at 623-256-0280.

Photo: Will meet on the third Friday, September 20 at 10:00 am in the Club Room. Come to the meeting and see how the Photo SIG (photo club) does things. Only Photo SIG members may submit photos for the monthly contest. Submission of a maximum of 3 photos, sent to PhotoSIG916@gmail.com is due by Monday, September 16, 2024. September's theme is "Cemetery Tombstones." Photos must be taken between January 2021 and the submitted date. Contact Dennis Studer or Jenni Ramirez for additional information

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

OPEN sessions will be on Friday September 6, 13, 20 and 27 from 1:00-3:00 pm in the Club Room. These sessions are to assist individual residences with their iPhone, iPad or a computer. For further information call/text Barbara Eichten (901-625-9821) or email barbara.eichten@gmail.com

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Healthcare Professionals Group

BY LINDA GORDON

The next meeting of the Healthcare Professionals Group will be on Wednesday, September 4 at 11:00 in the Spruce Room at Sierra Pines. As I mentioned last month, due to illness, Elaine Zilonka was unable to speak to us at our July meeting. Fortunately, she will be able to attend in September. Elaine has been the Director of the Sun City Fitness Center since 2005. She has a bachelor's degree in Kinesiology, a Minor in Chemistry and a master's degree in Exercise Physiology. She has worked at Mercy General and Mercy San Juan hospitals in both in-patient and out-patient Cardiac and Pulmonary Rehab. Her topic will be "How to Kick Start Your Heart." This should be a very interesting presentation.

The Healthcare Professionals Group is a social group of SCR residents who have worked in any capacity in the Healthcare Field. We meet the first Wednesday every other month at 11:00am in the

Spruce Room in Sierra Pines. The speaker will start at 11:30 and lunch and social time will be at 12:00. Cost is \$10 for lunch. Our next meeting will be September 4.

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

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

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Conservative Action Group

BY SHERRI SCOTT

We are energized! Our membership continues to grow, and our last meeting saw the largest attendance ever. With this election year there is a clear distinction between the policies of the two major parties. Our group provides a venue for highlighting these differences and an

opportunity to get involved before the election.

A big part of the draw to our last gathering were presentations by two exceptional candidates: Joe Patterson, our current District 5 Assemblyman and Ryan Haynes, a new candidate running for the Dry Creek Joint Elementary School District Board.

Joe is an active member on twelve committees in the State Legislature. One of the most important committees is the Special Committee on Fentanyl, Opioid Addiction and Overdose Protection. He just introduced a new bill requiring a murder charge for a fentanyl dealer that causes the death of the buyer. His primary focus has been and will continue to be on public safety issues.



Joe Patterson

The Dry Creek School District encompasses the southern part of Sun City. Ryan, with two school-age children, is for parental notification, curriculum content, and fiscal responsibility. He has been active in the community and wants to keep the areas rural, family oriented, small-town culture. He is heartily endorsed by CAG as well as The Placer County Republican Central Committee.




Ryan Haynes

Campaign signs for Kevin Kiley and Joe Patterson are available. Anyone interested in placing a sign in their yard may request delivery from CAG by emailing srcag@earthlink.net and

(cont' on page 12)

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Conservative Action Group

(cont' from page 11)

providing your name, address and phone number. Other candidate signs will be forthcoming.

Planning for our Saturday, October 12, CAG BBQ at Sierra Pines is well underway. It will be from 11:00 am to 2:00 pm. Reserve the date.

Our next meeting will be at Sierra Pines on Monday, September 2 at 6:30 pm.

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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

• • •

SCR Democrats

BY MARISA BERNETTI

The Sun City Roseville (SCR) Democrats ended a hot and sizzling summer on a cool note! Although August was a dark month, SCR Democrats actively supported local candidates at the Roosevelt-Kennedy Fundraising Dinner for the Placer Democrats Central Committee. SCR Democrats sponsored a table at the \$2500.00 level. The keynote speaker was the Honorable Toni Atkins, candidate for California Governor in the 2026 election. Ms Atkins served in the San Diego City Council, State Assembly, and State Senate, and was the first person in 150 years to have served as both Senate President pro-Tempore and Assembly Speaker. Quite a Résumé!

The SCR Democrats held their semi-annual social in August. Attendees enjoyed a delicious BBQ and a free champagne toast. This being an election year, several candidates for the non-partisan school board introduced themselves.

First was Tracy Balcom, a SCR resident, who is running for the Dry Creek Elementary School Board. Tracy was employed in the Dry Creek District as a teacher and principal for 18 years. She also worked at the Solano County Office of Education and the Association of California School Administrators.



Tracy Balcom

Next, Bill Schuetz, candidate for the Joint Union High School District School Board, Area 1, presented himself as a former Dry Creek District member. He currently serves on the Oakmont High School Site Council.



Bill Schuetz

Lastly, Patrick Ramos, a long-time Roseville resident, is also running for the Dry Creek School District School Board. He is endorsed by Gayle Garbolino-Mojico, Placer County Superintendent of Schools.

Due to a conflict, the September guest speaker had to cancel. Marty Boyer is scheduling someone equally noteworthy.

Check out our next SCR Democrats General Meeting on Wednesday, September 25, at Sierra Pines, check-in at 9:00am for refreshments and a mini social, meeting starts at 9:30am. Guests are always welcome!

• • •

Veterans and Patriots Club

BY GEOFF MARSHALL

National Purple Heart Day was August 7. The Purple Heart is our nation's oldest military medal. For our August meeting Ken Thurman, Sun City Resident and Club Member, presented his personal story of receiving Purple Heart, Bronze Star and Silver Star awards for his combat services in Viet Nam. He also presented an informative history of the Purple Heart Medal.



Geoff Marshall - president and Ken Thurman - guest speaker.

Lt Col Chris Reeder, USAF (ret) will be the speaker at our September 4 meeting. He has a very interesting background operationally flying the F15 Eagle, A-10, KC-135 Tanker, and the KC-10 tanker aircraft. He is a Gulf War veteran and also flew escort for President Bush on Sept 11 immediately after the attacks on New York, and the Pentagon. Chris is currently a pilot for Southwest Airlines.

(cont' on page 13)

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Veterans and Patriots Club

(cont' from page 12)

Upcoming patriotic events include—
September 4: General Meeting 10 am in the Ballroom

September 8: Fireside Chat Wine and Cheese 6 pm in Sierra Pines

November 11: Memorial Day Flag Raising 10 am

December 4: Installation of Officers and Holiday Dinner Dance

December 7: Pearl Harbor Remembrance Day

Veterans and Patriots Club meetings are the first Wednesday of each month in the Timber Creek Ballroom at 10 am. We encourage all club members to attend and invite all residents of the community as well as guests to enjoy the presentation, camaraderie, complementary coffee, and doughnuts; and don't forget the great free raffle prizes from our sponsors. We also encourage you to patronize our sponsors: Roseville Auto Spa, Raley's (Pleasant Grove and Woodcreek), Waffle Barn on Pleasant Grove and Al's Restaurant and Pizzeria.

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

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Travel Club

BY PAM SCHEEL-HEMINGWAY

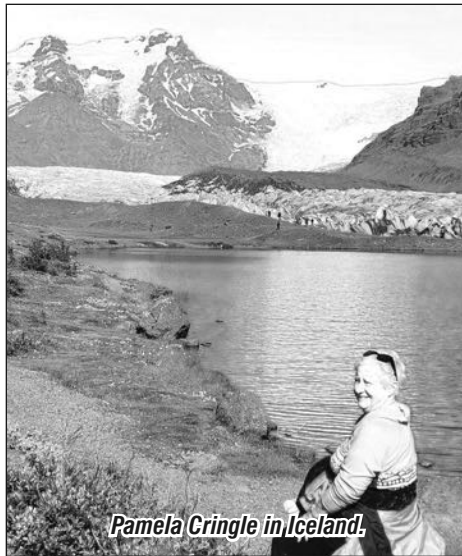
By the time you read this, Travel Club members will have enjoyed a trip to "Margaritaville" (AKA Sierra Pines). As always, Phyllis Melberg, Andrea Norcia and their team put on a great event!

Our Icelandic travelers brought back some amazing photos from their trip. What a spectacular spot!

Trips now available for booking for Travel Club members include:

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

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



Pamela Cringle in Iceland!



Michael Hemingway with Glacial Ice in Iceland!

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

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

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

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

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

Great Lakes Cruise – April 22-29, 2025 (Viking through Alamo)

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

Canadian Maritimes and Coastal Wonders – July 19-30, 2025 (Collette)

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

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

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

See the Travel Club web page on the SCR web site for details on all trips. Just click on the "Trips" button to see links to the flyers for all available trips.

The Travel Club meets the 4th Monday of each month at 3:00 pm in the Ballroom. Join us for our next meeting on Monday September 23. Remember to bring any unwanted travel-related items (in excellent condition) for the "back table". Donated items are available to all members on a first-come basis, so be sure to check the table when you get to the meeting!

• • •

Garden Club

BY SUZETTE AUSTIN

Justin Black, Water Conservation Specialist for the City of Roseville, will be the speaker for our September 3 meeting. Justin is responsible for overseeing the field technicians and operation of our city's Water Conservation program. He is committed to providing high quality, reliable water education to our community, as well as integrating innovation and sustainability into the future of our water efficiency of Roseville. Justin holds a B.S. in Agricultural Science from Chico State and has a number of water industry certifications.

(cont' on page 19)

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Ambassador Committee

BY DONNA WEIGELT

The month of September is a month of turnover for the Ambassador committee.

We will be welcoming Laurie Morkert, Dawn Haskins, Marlene Wenzler, and Donna Edwards to the Ambassador committee membership. They will be attending the August 20th Ambassador committee meeting.

We will be saying goodbye and a big Thank you to Latricia Nicholson, chair of the committee just ending. Latricia was also on the committee for several years prior to serving as committee chair.

We will also be saying Goodbye and a big Thank You to our outgoing Ambassadors Paula Hau, Joan Rose, Carol Norris, Nancy Green, Lee Schaefer, and Dana Eggert's, they all have also served on the Ambassador Committee for several years. The Ambassadors continuing in new term will be Carol Roden, Jo Ann Gregson and Donna Weigelt.

Our new chair of the committee is Suzie Ladas and her vice chair is Mary Porter. We will have a -goodbye and welcome get-together to acknowledge the transition of membership in late August or early September.

All is on track for the New Resident Orientation on (NRO) on September 7 at Sierra Pines. This is for residents who have moved to Sun City Roseville in May, June, July. It will be a 10:00 Champagne Brunch.

Website Workgroup

BY CHARLYN ROSS

In The Beginning...

It is human nature to be curious about "the beginning." Luckily, George Porter, a long time Sun City Roseville resident, decided to explore and document our community's beginning, to provide that information to future residents.

He is putting together a history of the development of Sun City Roseville (SCR). Currently, the written history begins in 1994, when the idea for our community was first proposed, and continues through 2010. It is made available from the main page of our Resident Website, www.scrs.org. The "SCR History" link is mid-page, on the left.

When you scroll down the "History" webpage, there are links to "Video Presentation Recordings". These presentations also explain the development of SCR. The videos can be watched with "closed captions" or with "transcripts" of the narration. Those two features can be accessed from the control area at the bottom, right of the video window.

We look forward to his future chapters which will confirm, what two recent articles in national publications have indicated, SCR continues to be the "premier active, adult residential community in Northern California."

Architectural Review Committee

(ARC)

When a home is purchased in our community, the homeowner becomes an "investor" in SCR. The ARC's main purpose is to help protect that investment by maintaining the integrity of the community's architecture and design characteristics established by the developer. To do that, the Committee reviews applications for landscape and exterior paint updates to confirm they follow the established guidelines.

The ARC's webpage can be reached from the Resident Website, via the "Board & Committees" menu, then the "Committees" link. From the ARC webpage a resident can access the most

current Design Guidelines and Governing Documents.

The application, which a homeowner would need to complete to report a modification to the exterior of their house/landscape, can be accessed from the ARC webpage "Documents" link, next choosing "Committee-Architectural Review (ARC)", then "Appendix A1 - ARC Application." The second page of the application explains how to complete it. The printed copy of this document is also available from the Administration Office in Timber Creek Lodge.

YOU Are Important!

(cont' on page 15)

Resident Website & Club Now Workshop

www.scrs.org and scrmember.scrs.org
"How can I use these tools?"

Wednesday, October 16th,
10:00 - 11:30AM
in the Club Room.
Seating is limited.

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Website Workgroup

(cont' from page 14)

According to SCR's Mission Statement, our goal is to continue "... providing a superior lifestyle for all residents by offering an array of exceptional activities, amenities, facilities programs and services." To help achieve this goal, three methods are provided to permit residents to submit suggestions and comments.

- The Resident Website, has a SUGGESTION button for comments. At the bottom of the "Suggestion" webpage is a diagram showing the review path for a submission.

- The "Drop Box" attached to the wall at the West entry to Timber Creek Lodge.

- On the Resident Website's main menu bar, the "Contact" menu leads to the "Contact Us" link.

Please note, if you receive an Association's "eBlast" email, and click "reply to" from within your email application, the Association will not receive that reply email. It is best to use one of the three provided methods.

Need Website Assistance?

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

Governmental Affairs Committee

BY MICHAEL WELCH

The new term has begun, the new Chairman is Kent Freeman and Vice Chair is Michael Luken.

The long-standing goal of the committee is to serve as an information conduit from the Government representatives to Sun City residents that has been established.

There are 6 staffers that attend each meeting, Federal, 2 State, County, City and emergency representatives.

They bring relative information about legislation and policies that effect the Sun City community.

The committee brings speakers with relevant firsthand information to report to our resident community, Congressman Kevin Kiley, State Assemblyman Joe Patterson, State Senator Roger Niello, Placer County Supervisor District 3 Bonnie Gore and a host of City council members (5), Mark Wolinski Roseville City Government Affairs officer and Mayor Houdesheldt, Matt Click PCTPA regional transportation planning, the airport upgrade and Safeway developer building on Pleasant Grove and Fiddymont.

All for the interest of Sun City residents. The Governmental Affairs Committee meets the 2nd Tuesday of every month.

Sunshine Services

BY LINDA CILENTI

Change is often said to be the only constant in one's life. Change is always inevitable; one can never completely prevent it. We can either wait for changes to occur or we can anticipate them, plan for them, embrace them and move forward.

We want to acknowledge and give a huge "shout out" to both Pam Murphy and Carole Schwartz for their years of volunteer service with Sunshine Services.

Pam has served for over 10 years plus, devoting her time arranging our quarterly speakers. Thank you, Pam, for securing speakers who conducted informative and meaningful presentations. Carole has had a critical role as treasurer. She has served for a few years and been instrumental in helping to make sure our finances were in good shape, thank you Carole. We wish the two of you only the best as you step away from Sunshine Services.

We will be extending a warm welcome to new members, many who expressed an interest during the Mix N Mingle event and others that might have been enticed into coming on board. We are happy to have so many neighbors who care and are willing to step up and volunteer.

A planning session for long- and short-term goals is in the works with two new service programs on the horizon, details should follow in the next couple of months.

Without these dedicated Council

volunteers Sunshine Services could not exist, thank you.

We will try and include important phone numbers in every article, provided we have not gone over the word count: Medical Loan Equipment Program: 916-960-8091; Arrow Discounted Ticket Purchase: 916-886-7008; get well, thinking of you or bereavement cards: send a detailed email to Peggy Voakes dasinc@kingcon.com

Each of these programs/services are overseen by volunteers, your Sun City neighbors. Should you phone and get voice mail, for either the Medical Loan Equipment Program or Arrow Discounted Ticket Purchase please leave a detailed message. If you are at the Lodge, we encourage you to pick up the Sunshine Services flyer to learn more about these programs/services and more. The back of the flyer will always contain additional community resources.

"Every sunset brings the promise of a new dawn." — Ralph Waldo Emerson

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15 DAY HAWAII from SFO! PRINCESS

Ruby Princess ~ 3080 Passengers

Sep 29, 2024	\$1,678	\$1,762	\$3,028
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

Ruby Princess ~ 3080 Passengers **HURRY – LIMITED AVAILABILITY – ONLY A FEW LEFT!** ***LINCOLN SHUTTLE TO SHIP AVAILABLE!**

Jun 6, 2025	\$3,298	\$4,291	\$6,058
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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

Ruby Princess ~ 3080 Passengers

Jun 28, 2025	\$1,468	\$1,950	\$2,528
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

Ruby Princess ~ 3080 Passengers

Jan 19, 2025	\$839	\$970	\$1,219
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

Coral Princess ~ 2000 Passengers

INCLUDES LINCOLN SHUTTLE TO SHIP & SACRAMENTO AIR RETURN!

Jan 20, 2025	\$2,564	\$2,778	\$3,578
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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

Viking Venus ~ 930 Passengers

Feb 20, 2025	\$7,699
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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15 Day BEST OF THE MEDITERRANEAN January – March 2025		\$6,299
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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

INCLUDES ROUND TRIP SACRAMENTO AIRFARE!

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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

INCLUDES ROUND TRIP SACRAMENTO AIRFARE!

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

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

INCLUDES ROUND TRIP SACRAMENTO AIRFARE!

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

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

INCLUDES ROUND TRIP SACRAMENTO AIRFARE!

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

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



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Garden Club

(cont' from page 13)

Justin's presentation will include an overview of the new regulations adopted by the State Water Board to implement the "Making Conservation a California Way of Life" legal framework. As the city's lead water efficiency expert, Justin will provide us information on conservation programs, educational offerings and rebates sponsored by the city.

Our Garden Club does not meet during July and August, so we are looking forward to the first meeting of our new fiscal year on September 3. Our meetings are on the first Tuesday evening of each month at Sierra Pines. Doors open at 6:15 pm, our meetings begin at 6:45 pm and end by 8:15 pm. Please join us and enjoy cookies prior to the meeting. Guests are always welcome. Don't forget to wear your name badge. Annual dues are due at the meeting, so remember to bring your check for \$10.

We have a table at our meetings to "Share the Bounty." If you have a garden and have extra fruit, herbs or vegetables you are invited to share. You may want to add serving suggestions, such as "allow to ripen on the counter" or "chill and enjoy" as well as the name of the donor.

• • •

Birders

BY JANET MORELLI

SCR Birders have created a new schedule of birding field trips for the 2024/2025 birding season (mid-September to mid-March). This schedule is now available on the Birders' Group website. Eighteen of these trips are planned for the 1st/3rd/and 5th Thursdays of each month of the season and one trip planned for a Monday in March. A week before each scheduled trip, an email will be sent to the SCR residents who are listed on the Birders' email roster to remind them of the trip and what they should expect to bring with them. To be placed on the roster or for more information, contact Janet Morelli (916-782-6393).

The first field trip of the new season is scheduled for September 19 and will be to nearby Veteran's Memorial Park

in Roseville. Two weeks later, the Group will be going to the Ferrari Ranch Trail in West Lincoln on October 3. For both trips, we will be walking on paved trails and be away from SCR for approximately 3 hours. New Birders are always welcomed!

A bird frequently found year-round in the cattle and farming regions of California as well as parks and parking lots is the Brewer's Blackbird. This bird is roughly the size of an American Robin but appears glossy black and has a bright yellow eye (male). In the sun, its colors



look like shiny blue, green and purple. The female is a dull brownish black with a dark eye. They often mix with other Blackbirds, Brown-headed Cowbirds, and European Starlings that frequent lowland fields throughout the winter. Brewers Blackbirds can easily be identified in the crowd because, while feeding on the ground, they walk with a slow, steady, upright strut, nodding with each step. Because they are frequent visitors to fast-food parking lots, they've also been called "the McDonald's Bird".

• • •

SCR Hiking Group

BY SILVANA HUGHES

Our long-time VP Bill Haley recently provided some historical recollections of the Hiking Group, which began when a couple of avid hikers posted a meeting notice on the bulletin board at the Lodge for interested persons and weekly hikes began with Jim Baker as Trailmaster. The group organized as a SCR sanctioned club in 1998 and then-resident Bob Christian served as the first president and his wife Pat was VP. Bill Pence took over the leadership as president in 2000. Bill Haley has served as VP since June 2005. Membership was



85 in 2005.

Hikes gradually branched outward from SCR with the Sierra Nevada as the summer destination, while fall, winter and spring hikes were closer around Nevada, Placer, Sacramento and El Dorado Counties. A few hikes traveled a lengthy distance westward to the Lake, Napa and Sonoma Counties and occasionally the group would stop for dinner en route home to SCR. The first overnight outing with multiple days of hiking was September 17-22, 2002 with hikes in Kings Canyon and Sequoia National Forest. Away outings continued through 2019 and stopped when Covid struck. They could resume if there is sufficient interest among current members.

Jim passed the Trailmaster hiking stick to Don Stoye who has fostered many new hike routes. Hike planning sessions now have an abundance of local trail routes and high-country summer routes. Today's hikers capture the route with photos of scenery, flora, and fauna observed along the trails, and Bill Haley curates the group's photo gallery on the SCR website.

Below is the September schedule, subject to change depending on weather and trail conditions. For additional information, please contact President Pete Grady (see SCR Hiking Group web page). Remember to bring plenty of water, sunscreen, insect repellent, and lunch. We meet at 7:45 am in the lodge parking lot near the tennis courts for carpooling. Please pack a change of shoes to keep the

driver's car clean. Happy hiking!

September 5: Rubicon Trail, rated #4.5 (easy to moderate), 5.75 miles, elevation gain 600 feet, \$12 carpool ride.

September 12: Mt. Judah, rated #6 (difficult), 6 miles, elevation gain 1300 feet, \$12 carpool ride.

September 19: Lake Valley Reservoir Overlook, rated #5.5 (moderate to difficult), 7.25 miles, elevation gain 1200 feet, \$10 carpool ride.

September 26: Malakoff Diggins, rated #5 (moderate), 7 miles, elevation gain 900 feet, \$12 carpool ride.

• • •

Cycling Group

BY SUZETTE AUSTIN

"Barbecue Bonanza" a Cycling Group social event was held on July 31. Festivities included a catered BBQ dinner as well as games and door prizes. Thank you so much Laurie Morkert and Barb Eagle and their



Barbecue Bonanza



(cont' on page 21)



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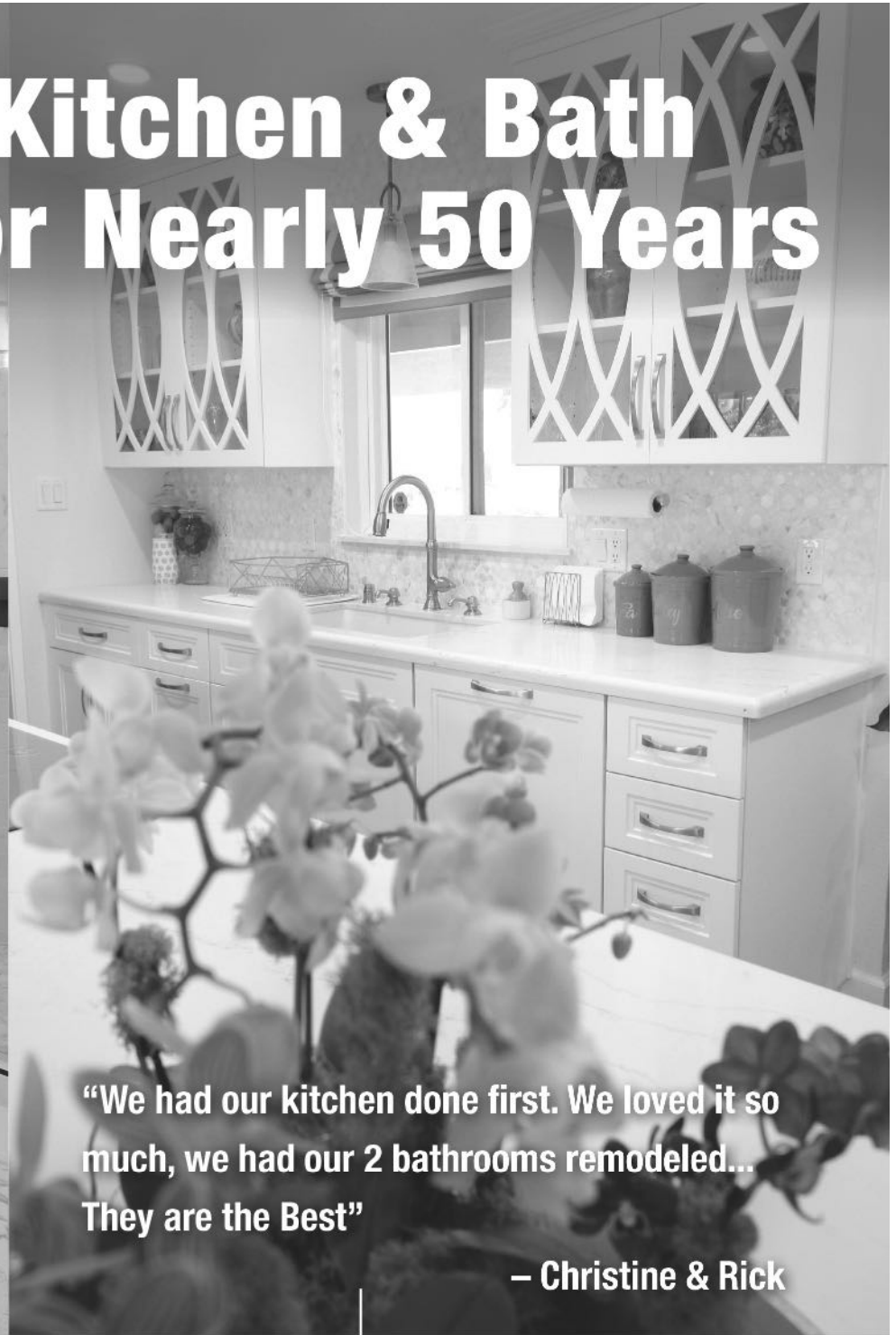
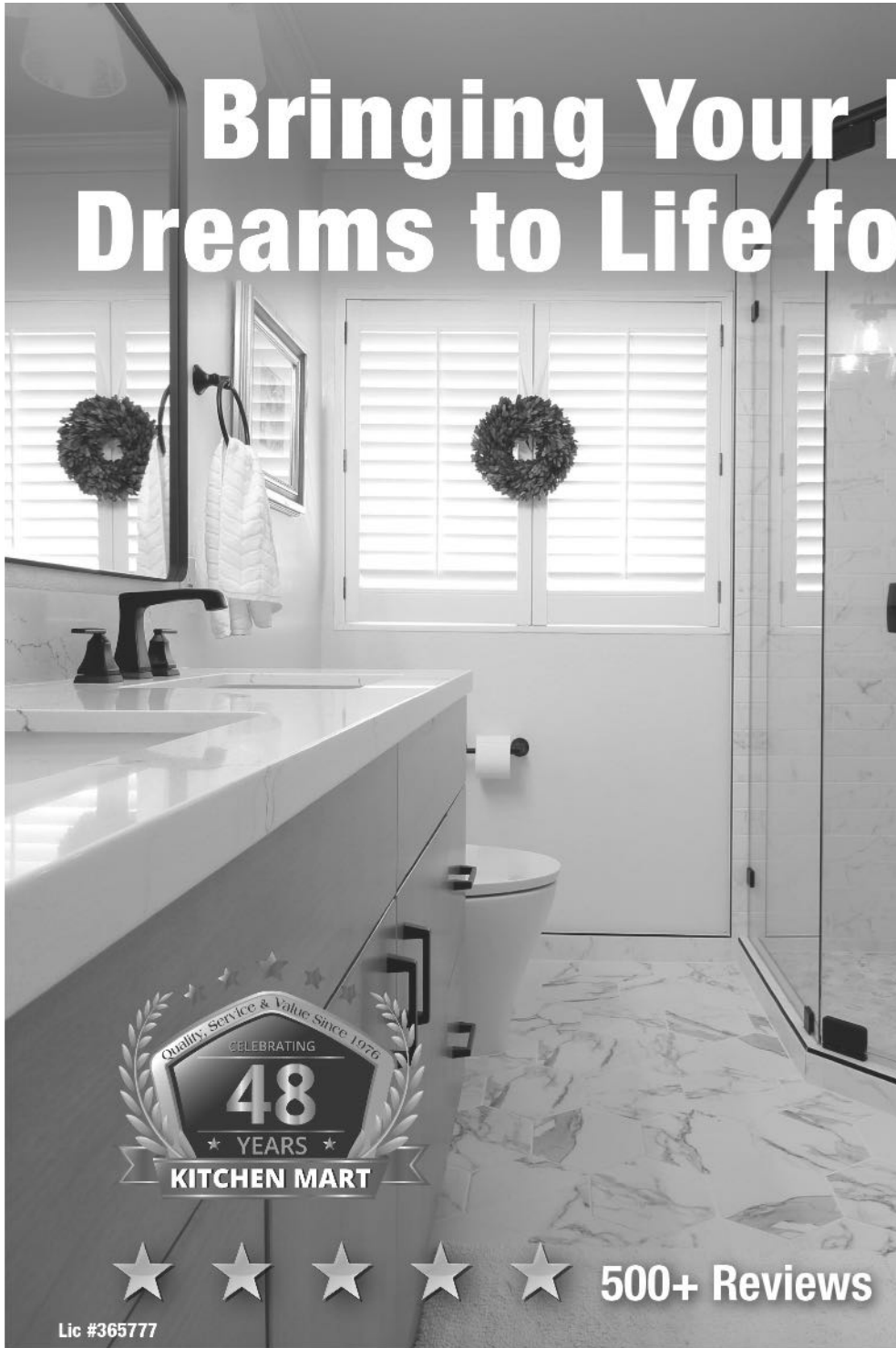


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Cycling Group

(cont' from page 19)

committee for putting this together for us. We combined a short business meeting with this social event; our first meeting with our new president, Bill Haley, presiding.

A Koffee Klatch is scheduled for September 19th, sponsored by Elizabeth and Steve Gustafson and Diana Rischling. It will start at 9 am at 7625 Rosestone Lane. Both riders and non riders are invited to attend.

A Four Score and More breakfast is being planned for November—more details to follow soon. This is a SIG of riders and prior riders who have celebrated their 80th birthday.

Our next meeting will be Monday morning, September 16 at 8 am in Sierra Pines. Remember to bring a \$12 check for our annual dues if you have not already paid. These meetings are usually fairly short and many of our members congregate for a ride afterward.

We have had rides leaving from the tennis courts almost daily during the past month. With the cooler mornings more riders are participating. Many new members are riding with our Rovers Group. Please contact any of our Club officers for information on rides or text 916-759-9495 to subscribe to up-to-date texts about rides.

Mark your calendars for a Club Dinner at Sierra Pines on October 23.

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

• • •

SCR Senior Softball

BY BOB MONTALVO

Here we are starting our ninth month, which is named after the Latin word for seven (septem), because in the Roman calendar September was the seventh month of the year. January and February were added when the Gregorian calendar was created, thus moving September back two months, to the ninth month of the year. This month is also notable for its “Harvest Moon,” the fullest full moon of the year,

as well as the Fall Equinox (September 22 or 23) when our day and night are equal in length. In September we also mark National Grandparents Day. Sadly, there is no softball being played out at Mahany Park by our club. Bats and gloves lay idle in our closets or bat bags. This leaves many of us a bit listless and wishing that the 2025 season would hurry up and get here, and that practices might start in November. Hopefully, we’re staying physically active, maybe even hitting off a tee now and then. Of course, it also gives us more time with our significant others, and hopefully that’s a good thing.

Since October marks the start of the new fiscal year for our softball club, new club officers for 2025 were elected at the members meeting on August 7. Welcome Patrick Maglione, our new President, Ken Miller, our Vice President, Richard Epting continuing as Treasurer, and John Woodbury as club Secretary. We thank outgoing president Frank Tom, for his exemplary leadership and his commitment to making the game more fun for all of us. By all accounts, his focus on fair play, decorum and camaraderie has greatly improved our experience on the field. Thanks to Frank and all the outgoing officers for all their work in improving the Sun City Roseville Senior Softball Club.

• • •

Tennis Club

BY WENDY LEIMBACH

Well, it’s been a busy month for the Tennis Club. Men’s, women’s and coed drop in have been increasing in participation. Starting at 7:30 has allowed our players to get in a couple of sets before the summer heat takes over.

Grandparents’ day was a huge success at the tennis courts. With three groups of age-appropriate kids, we were able to provide new and fun skills along with some time to get in a little game time. When the whistle blew to end the session, several of our grand kids did not want to stop playing. The tennis club would like to give a big thank you to Ray Barnett and Jim leimbach for chairing this event and organizing the kids on the courts. They spent a lot of time planning and managing

the event. A huge shoutout also to all the tennis club members that volunteered that morning. We had about 15 volunteers who made the players sessions so much fun for the kids. Thanks for sticking around as the heat swelled and helping with the clean up afterward.

Our SATA league team summer season is ending. The team still has some make up games, but it looks like we will make the top three teams in the league. Congratulations to all the Tennis players that participated. There were some real competitive matches and some thriller finals. Anyone interested in playing in our league please call Vice President Nancy Kasey at 408-718-6725 for information.

The tennis club is interested in supporting any new players through our beginner or intermediate clinics. If you would like to renew your tennis play and are looking to dust off the rust, please call either Nancy Kasey 408-718-6725 or Wendy leimbach 585-545-5162 for information.

Stay cool and play tennis!

• • •

Pickleball Club

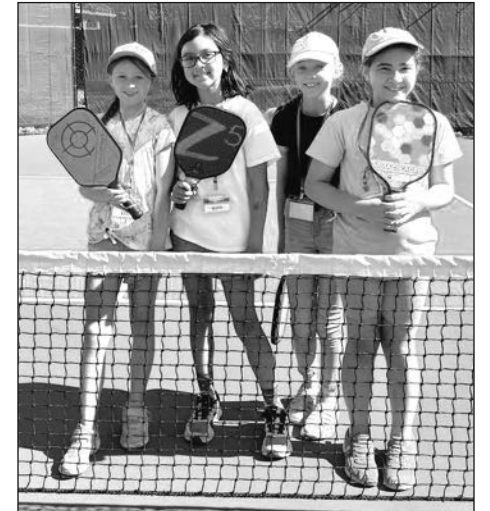
BY ANNE BURNEY

The newly resurfaced pickleball courts here in Sun City Roseville are now some of the best courts in our area. Players are hitting the courts and enjoying some sizzling pickleball action.

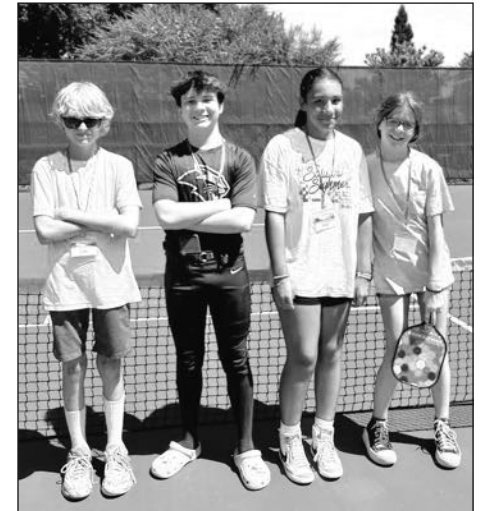
We have several new members that have joined the club this past month. The new members include: Christy and Jeffrey Bennett, Kathy and Dave Miliani, Rosemary Reboin, Gaby Houston. Doug Smoot, and Howard Trost. A big welcome to you all and everyone is looking forward to seeing you on the courts!

Sun City celebrated grandkids day last month. There were about 50 kids that showed up to learn the game of pickleball. They got a chance to learn how to hit the ball, serve the ball, and keep score. After that the kids played several games together. It was fun to see them pick up the game so fast and have a good time playing together

Pickleball tip of the month: The serve is a big part of the game in pickleball. Here



Grandkids Day 2024 — Future pickleball stars!



are some strategies to apply when serving the ball. Aim your serve so that the ball lands near the back part of the court. Mix up your serves: Hit a lob serve one time, and the next serve have more pace. This adds the element of surprise. The most important thing when serving is to be consistent. Practicing your serve with a bucket of balls can make a big difference the next time you come out for a game.

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

• • •

(more Club News cont' on page 24)

SUN CITY REAL ESTATE UPDATE

After spending time with a buyer from the Bay Area who is looking for a place in Sun City and listing and selling a home on the golf course 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.



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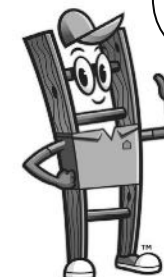
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SUN SENIOR PROFILES *Getting to know you...*

Tom Roth

(cont' from page 1)

for Czech refugees to a post office in the little town where his family lived. The post office has a doll display that fascinated him, but terrified his parents because they didn't know where he was and feared he had drowned in a nearby pond.

Tom's sister, Margaret, was born in England in 1941. Because they might return to Czechoslovakia after the war, his parents thought it would be good for him to go to a Czech school. Tom remembers his father taking him on a train to this school at age six. When they got to the station, Milan had to take the returning train back, so he pointed some boys out to Tom and told him to ask the boys where their school was. It turned out the boys didn't go to the Czech school and Tom was left to wander down a road with his little suitcase, hoping to find the school by himself. Luckily, one of the teachers from the school stopped to ask him if he needed help and Tom ended up getting a ride. His dad, though, had gotten the date wrong. The school didn't open until the following day.

In January of 1948, a cousin of Tom's father sent them visas to come to San Francisco to live. From living in a hotel, to an apartment, and finally to a house, the family really took to the American way of life. His parents ran a dry cleaner in the Haight-Ashbury area, with his



Tom Roth and his wife Peggy.

mother lending her sewing skills to help alter and repair clothes. "My mother was a strong lady," says Tom. "She was very courageous and survived against all odds. She lived to be 104 years old. It's because of her that I never spent a day in concentration camp." An interview with Irma can be found at <https://www.youtube.com/watch?v=ux6wjC1K-c8>.

com/watch?v=ux6wjC1K-c8.

Tom started high school at Lowell, but then went on to Verde Valley in Sedona, Arizona, for his last two years, graduating in 1957. He went on to UC Berkeley, majored in History in 1961, and went to work for the San Francisco Welfare Department. During his 35 years there, Tom got into a training program for social workers and ended up as a supervisor, particularly involved with helping the homeless population.

Tom met his wife, Peggy, at a church singles dance. They dated briefly, then drifted apart, until they ran into each other unexpectedly and decided to resume dating. Peggy had gone back to Chicago for a few months because she thought it would be impossible to reconcile their religious differences, but Tom traveled to Chicago to win her back. They married in a Catholic church ceremony in December 1963, when the temperature was 11 degrees.

Soon, the couple were the parents of three children. Lisa was born in 1964 and lived in Sacramento until she perished in a tragic car accident there. Sue was born in 1966 and lives in Sacramento with her husband, Michael, and three children. She does contract work for the state. And Joe, born in 1969, lives in El Dorado Hills

with his wife, Deanna, and two children. He's a senior program manager for Sutter Health.

Once their children were in their teens, Peggy worked for a family firm doing computer input. By this time, the family were living in Walnut Creek and enjoying the melding of two cultures, Jewish and Catholic, by celebrating both Hanukkah and Christmas with their friends and family members.

Because he was diagnosed with several health problems, Tom decided to retire in 1998. Eight years ago, he and Peggy moved to SCR to be near their children and grandchildren. Peggy joined the Needle Arts club while Tom got active in tennis and pickle ball. He's also a fixture at the gym every day, running on the treadmill at 6 mph.

After Peggy passed away in 2019, Tom joined Solo Friends and attends several of their break-out groups, enjoying Scrabble and participating in two book clubs. He is also a member of the Socrates group, Neighborhood Watch, and the Second Act Studio drama club.

One of his goals for the future is to return to the town where his mother and grandfather were born. A few years ago, he traveled back to see the post office in England which had the display of dolls that had captured his attention at age three. He found everything in the town had stayed the same, except the mesmerizing dolls were gone.

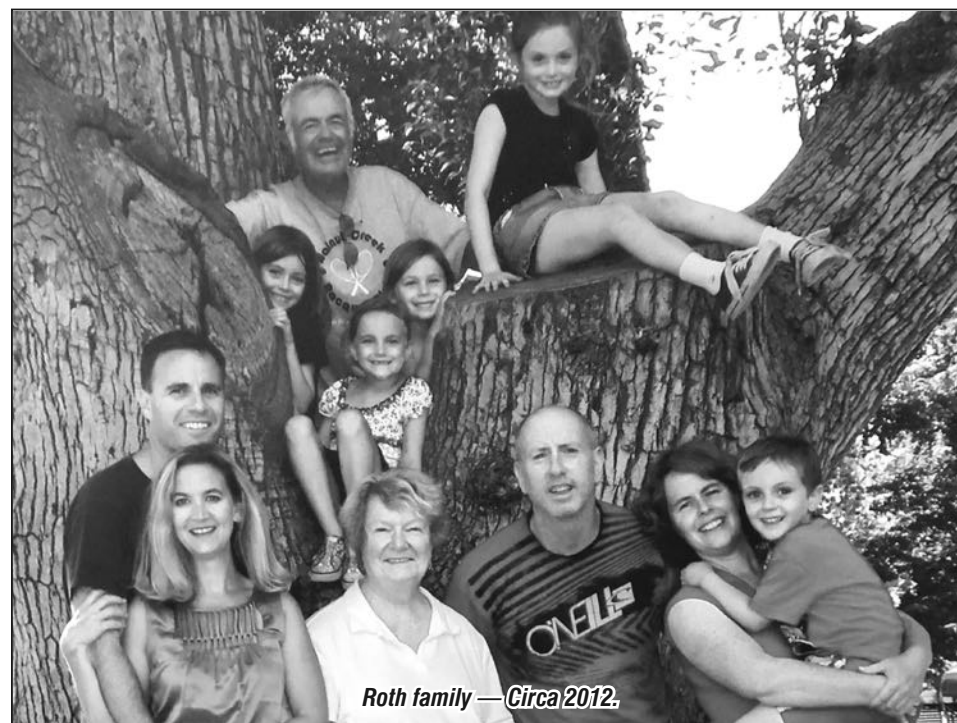
When asked what he is most proud of, Tom's face lights up. "My children," he says, "because they are successful, confident, have integrity and are positive." He enjoys family gatherings and talking to his children on the phone every day.

He also feels fortunate that he ended up living in Sun City. "It's a great place to retire," he says. "I've met a lot of people. It's fun living here." It's wonderful to see him blossom out of his past shyness into being his authentic, charming self.

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



Tom's mother, Irma Roth, at age 85.



Roth family — Circa 2012.

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Bocce Club

BY DAVID MOORE

As you read this report, the Summer League is in the record book and the Fall League is just beginning. There have also been two Saturday tournaments.

In the Summer League Debocery (Ralph Leaman, Ron Judd, Ken Lane, Medina Lane and David Zan)



Debocery finished in first place in the Summer League.



Aud Bair and Diana Rischling took first place in the Women's Blind Draw tournament.

took first place. The Bocce Ballers (Mike Christy, Kevin Myers, Michael Foote and Bill Pagano) finished in second place. The Rock n Rollers (Bill Dunk, Bob Horning, Tony King, Pete Dilonardo and Kenny Smith) finished third.

The Mixed Blind Draw Tournament was held on August 3. First place was won by Ken Lane, Fran Schaezlein and Gregg Hutchison. Susan Moore, Larry Herndon and Sandy Hanford placed second while George Schaezlein, Debbie Landrum, Mike Foote and Aud Bair finished third.

The Women's Blind Draw was held

on a chilly morning on July 27. First Place was won by Aud Bair and Diana Rischling. Second Place was taken by Linda Fredericksen and Sandy Hanford while Medina Lane and Dianne Cohn took third.

We end this months report on a sad note. Jack McKinney passed away in late July. Jack and his wife Sidnee were both longtime supporters of the Bocce Club and Sun City Roseville. He will be missed greatly by the many members of our club who had the pleasure of knowing him.

• • •

He & She Golf

BY JAHNA HOLMES

Here we are already in September and hoping that the heat has let up and golf has picked up! We added four new members in July, bringing our membership to 192. We certainly hope the fall weather will bring out many more members to play!

On July 22, the 18-hole group only had 30 players on this hot day. Here are the winners for the 18-hole tournament on July 22. The 1st place team scored 125, winning on a playoff: Nicki and David Wampold, Shirley Libis, and Christina Lehman. Second place, also with 125, was Rich Aug, Johnice Swallender, Dave Driscoll and Joan Meyers. Third place scoring 129 was Ken and Karen Shahoian, Don Cook and Raquel Godfrey. But kudos go to Dave Driscoll who shot an amazing 79 on Timbercreek, while his partner Joan

Meyers landed 2 inches from the hole on #6 to win the CTP award! Bill Thyken was 7' 9" from the hole.

The 9-hole group had 39 players on July 22. Closest to the pin for women was Kathy Fowler at 34' 7"; Don Meyers got 1st place at 35' 10", and Gordy Smouthier was 2nd at 40' 2". The game was one low net, one low gross. First place team scoring a great 67 was Marty and Bobbie Hostler, and Jim Ryan and Lois Habein. Second place with 74 was a 3-way tie for the following teams: Brian Gorman and Stephanie Tran, and Arlene Lizotte & blind draw; Don & Marilyn Meyers, Roy Thompson (guest who later joined!) and Monica Konkel; Gordy Smouthier, Diane Smith, Debby Huntington and Rhonda Slusser.

Keep a lookout for Eblasts regarding our October 14th social event at the Pines, and information about the upcoming election of club officers.

• • •

(more Club News cont' on page 25)

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Sierra Pines Ladies Golf

BY PAM SKARG

July set a record as being the hottest July recorded, however, that did not deter our ladies from enjoying and playing the game they love. July 17 was an enjoyable Wednesday of golf as we teamed up and played with the Timber Creek Women's group. After our round of golf, a delicious salad luncheon was hosted by Elizabeth Gustafson and her amazing crew. Thank you to everyone who made the 9/18 mixer a success.

Once again, the ladies came out in the heat to show off their skills as they tried to "Beat the Pro", Ian Glass. Ian's score was 35. Congratulations to Pam Cabezas, Debby Huntington and Lisa Cryan for doing just that. Way to go ladies!

After playing in the "Beat the Pro",

the Lady Niners showed their appreciation to the maintenance crew by serving them ice cream during their lunch break. The crew entered the room to a standing ovation and loud applause. We appreciate the courtesy they show to the golfers and the wonderful care they give to our golf course.

Most Improved Players for June — Flight A: Karen Shahoian; Flight B: Karen Hawkins; Flight C: Vikki Clark; Flight D: Judy Benjamin.

Most Improved Players for July — Flight A: Pam Hemingway; Flight B: Latricia Nicholson; Flight C: Carolyn Foster-Johnson; Flight D: No Improved Player.

Please mark your calendars for the next general meeting on September 18. Please stay after the meeting for wine. Also, don't forget to sign up to play in

the Club Championship on September 11, 18 and 25. There will be a luncheon on September 27. Come join in the fun and please don't let "Club Championship" scare you away from playing.

"You don't stop playing golf when you get old, you get old when you stop playing golf."

...

Timber Creek Women's Golf Club

BY NANCY LABRADA

We are happy to welcome new member, Bonnie Brown, who with her husband Mark, moved to Sun City in June. Bonnie lived for 40 years in Fair Oaks and worked at Sac State in the computer division. She left California for 3 years to try life in Reno. When they realized the golf season was too short there, they returned to California where they could golf most of the year. Bonnie has been playing golf for many years and was a member of Sierra View prior to leaving the state. Besides golf, Bonnie enjoys traveling and is looking forward to participating in gym activities.



Her Big Sister is Sherrill Pahl.

Our 9/18 Mixer held at Sierra Pines this year on July 17, was hosted by Elizabeth Gustafson. What a great turnout and wonderful way for the 9-hole players and 18-hole players to get together. Congratulations to our overall winners, Lisa Overholtzer, Lynne Pearsall, Jan Rivera and Denise Roberts. We enjoyed a lovely catered salad bar at the Pines Lodge.

Our Most Improved Players for August are Joan Meyers (1st Flight); Cyndi Davenport (2nd Flight); and Jahna Holmes (3rd Flight). Congratulations!

There will be a General Meeting September 18 at 1:30 pm in the Aspen/Birch rooms. All members are invited to attend and hear what is going on with our Club.

Hope you had a great Labor Day holiday!

...

Timber Creek Men's Golf Club

BY MIKE MURPHY

Greetings from the Timber Creek Men's Golf Club! We are happy to welcome three new members this month. Our new members are Tom Hodorka, David Deninno and Leonard Clark. Welcome and we look forward to meeting all of you! We invite anyone interested in becoming a member to contact Neil Hamilton our Membership

(cont' on page 26)



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Timber Creek Men's Golf Club

(cont' from page 25)

Director at 707-529-4038 or email him at neilhamilton6049@gmail.com. We are always looking for new members to share our wonderful club with. For those not familiar, we have weekly club play every Tuesday morning at 8:00, we host club tournaments and have many special events like our recently held BBQ and December Christmas breakfast. There are also Central Valley Seniors (CVS) events every month at outstanding courses throughout the region.

Our Central Valley Seniors (CVS) outings for August included events at Cameron Park Country Club and Woodbridge Country Club. Our club will be hosting the final event of the year at Timber Creek on September 16. The CVS director Richard Schiffers did an outstanding job coordinating the program, and we extend our thanks to him! Our member/guest event will be held on Friday, September 20. This is an extremely popular tournament followed by lunch at the clubhouse. One of our members had a special day recently, Bob Pearsall had a hole out eagle, congratulations Bob! Also, we had two holes in one in July, Mike Murphy on the sixth hole at Timber Creek and Ernie Bell aced the sixth hole as well. Congratulations!

Our next general meeting is on September 4 at Sierra Pines. Free donuts

and coffee will be served at 8:00 and the meeting starts at 8:30. We encourage all our club members and guests to attend.

See you on the links!

• • •

Golden Niners

BY WALTER BROMBY

Because of the brutal heat this Summer, golf course personnel have been keeping the course very wet which makes it almost seem like Winter golf.

Final numbers for FY 23/24 show the top money winners to be: Anthony Riggio, \$280, Lloyd Leitz, \$274, Stan Johnson, \$272, Howard Sandler, \$262, and Bud Haddix, \$259. Total winnings paid out was \$17,088.

The Golden Niners begin FY 23/24 with 148 members. Twenty-two members did not renew their membership. But the club has welcomed new members Bruce Ahnberg, Louis Steck, Jim Dachuer, Kaz Seo, Doug Ladd, Steve Hutcheson, Bill Kruger, Stuart Foster, John Long, Mark Dixon, Dave Hurst, Dan Goldstein, Brad Davies, and Jim Taylor.

The big tournament for July was the Red, White, and Blue tournament to honor the Fourth Of July. All Niners play three holes from the red, three from the white, and three from the blue tees. First place went to Stan Johnson, Sherm Walker, Brad Davis, and Bob Prentice.

The July 9 tournament was a Modified Scramble. The winning team was Barry

Franklin, Paul Garcia, Martin Pavloff, and Bob Prentice.

The July 16 tournament was the 3 Best Ball tournament won by Jin Chung, Mark McGushin, Fred Amador, and Bill Pagano.

The July 23 tournament was a Full Scramble at The Oaks and was won by Bob Eggerts, Leon Osgood, Steve Rodriguez and one Blind Draw.

The July 30 tournament was 3-2-1 Team Net and was won by John Geary, Sam Holsinger, Garry Wolff and one Blind Draw.

Top money winners for July were Bob Prentice, \$49, Mark McGushin, \$43, Stan Johnson, \$37, and Robert Ange, \$35. The club paid out \$1699 in winnings with an average of 85 Niners playing per week.

• • •

Billiards

BY DAVID ZAN

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

happy to give informal lessons (group or individual). Any afternoon except on Wednesdays is good for me. Just email me (David Zan) at dzan@surewest.net to get a lesson scheduled.

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

The Team Tournaments on Tuesday at 1:00pm are attracting a full house and are very competitive. Congratulations to Bob Cecil for being on two winning team this month and Don Warden for winning as a single.

Winners of the team tournaments in July were —

July 2: 9 Ball - Tie: Tom Gonzales & Roy Stearns / David Zan & Bill Stephens

(cont' on page 27)



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Billiards

(cont' from page 26)

/ Tim Connolly & David Deninno.

July 9: 8 Ball - Bob Cecil & Ken Neal

July 16: 8 Ball - Bob Cecil & David Deninno

July 23: 8 Ball - Don Warden

• • •

Bridge Club

BY MICHAEL ROSS

The Bridge Club welcomes new members and has free lessons for intermediate players on 6 consecutive Saturdays, beginning September 21, at 10am, in the Timbers card room. Despite the wondrous action of the game of bridge fewer people take it on with all the available leisure and entertainment venues available. In fact, the number of players in the Sun City Bridge Club over the past 25 years has dropped by two thirds! If you have a basic knowledge of the game, please join the Thursday bridge players and sign up with Susan Pankopf. She will be assisted in the instruction on Saturdays with other advanced bridge players to provide much individual attention. There are social events as well, like the Lincoln Hills Sun City bridge group joining us on October 14 here in Roseville Sun City for a card duel and luncheon.

The Bridge Council meeting was held July 22, and it was attended by council

members Irene Lynn, Bob Cecil, Joyce Wade, Dave Bucher, Linda Hammel, Susan Pankopf, and Michael Ross. Our treasurer's report now shows a positive balance of \$4,825, which will be largely employed to buy new equipment. Please contact one of the council members for a membership form. Yearly dues are only \$15. Join the fun and challenge of bridge.

• • •

Mah Jongg

BY BECKY MATSON

Come join our fun ladies for this critical thinking game. Our group plays every Monday afternoon at 12:30 pm and every Friday morning at 9:00 am.

As this year's Secretary of our group, I've been going back in time looking at The Village Couriers. It appears that the Mah Jongg Club was started in 1998.

I found this in old article: "no one really knows the origin of Mah Jongg, but it is known to have been in existence as early as the 12th Century and the Tang Dynasty in China. It is believed that the game was so venerated that only aristocratic men were permitted to play".

Well, now it is available for everyone to enjoy. Thanks to the far seeking people who started it at Sun City Roseville! We play the National Mah Jongg version using the National Mah Jongg League rules and card. Again, join us for the social activity and build your skills as you play!

• • •

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.

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Observations Looks Back: *Early Television*

BY MARTIN GREEN

A while ago, "Observations" looked back at those radio shows we oldsters used to listen before television came along and changed our lives. This, of course, started me to thinking of those early television shows and about how much television has changed since then. I'm not sure just when my family got its first television set but I know it was after 1954 because this is when I returned to the Bronx after two years in the Army and I remember I had to go to a friend's apartment to watch a New York Knicks basketball game.

The first TV program I remember is "Your Show of Shows" which started way back in 1950, so I missed its first few years. "Your Show of Shows" was a variety show, popular on TV way back then and extinct now, and it ran for 90 minutes, a length of time for TV show also extinct now. It starred Sid Caesar, a comic genius, and Imogene Coca, a perfect complement to him, plus Car Reiner, a Bronxite who was to become an important figure in television, and Howie Morris. I looked them up but actually remembered these names after all these years. What I remember most about this show are the skits which Sid Caesar, Imogene Coca and the others did which, among other things, were take-offs of soppy movies and were hilarious. I also remember

Caesar's solo performances, which were mostly also hilarious. Among the show's writers were Mel Brooks and Neil Simon, so they had to be good.

The other show I most remember is "Playhouse 90," which, as its name indicates, also ran for 90 minutes, and was quite different from "Your Show of Shows," bringing serious drama to American households. One of its famous productions was its second show, "Requiem for a Heavyweight," which starred Jack Palance. "Requiem" later became a movie starring Anthony Quinn. I remember seeing "Marty" by Paddy Chayefsky on television before it also became a movie and thought that it was also a Playhouse production. I was mistaken. It was on another outstanding drama show, the Philco Playhouse. The TV Marty was Rod Steiger; the movie one was of course Ernest Borgnine, who won an Oscar for his performance. The other drama which somehow stuck in my mind was one by Paddy Chayefsky, that starred with Bette Davis in the very unglamorous role as a Bronx housewife. My Googling found it was "A Catered Affair," like "Marty," a story of "regular people, something Chayefsky pioneered."

Early television also launched the TV careers of comics other than Sid

Caesar. There was Milton Berle, who became known as "Mr. Television," Jackie Gleason and Red Skelton. I know I must have watched Berle, but mostly his comedy, like skits in which he dressed in woman's clothes, was too broad for my taste. Gleason played a number of characters, the most famous of which was Ralph Karamden, a New York City bus driver who later became the star of "The Honeymooners." Skelton also played a number of characters but, like Berle, I found a lot of his comedy too broad.

Here I want to skip ahead to one of my favorite comedians, Bob Newhart, who came along later in the 1970s and popularized deadpan humor. Newhart recently passed away at age 94 and he was just a few months older than me, two reasons why I've been thinking of him. He had two successful series, one in which he was a Chicago psychiatrist from 1972 to 1978 and the other in which he was a Vermont innkeeper from 1982 to 1990. Newhart to evoke laughter by a slight grimace with his mouth or by a blink of his eyes.

The Newhart shows could be called sitcoms, and these became a staple of television. Some of the others around this time that I remember and which were my favorites are "The Mary Tyler Moore

Show" (1970), "The Odd Couple" (1970), "All in the Family" and "Mash" (1972). Each of these sitcoms was somewhat groundbreaking in its own way. Mary Tyler Moore was a single woman making her own way. The odd couple were two guys living in a New York City apartment, one a neatnik and the other a slob. Archie Bunker and his family brought social issues to TV comedy. Mash depicted the futility of war. Another sitcom I liked and want to mention is "Cheers," which didn't start until 1982, and which was about a bar where everyone knows your name and the odd characters, Norm and Cliff among them, that are regulars there. And a spinoff from "Cheers" was another long-lasting sitcom, "Frasier."

So, what about television today? We now have hundreds of channels and all types of shows. I don't watch that much TV anymore, so I'm not an expert. My recollection when I did watch is that there were a lot of hospital and crime shows and that a lot of shows were pretty much alike. Maybe not, and maybe it's because I'm an ornery old guy, but I'll take the old shows and there's a reason those very early shows are called the golden age of television.

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Safety First — Bank Account Scams

BY ROSEVILLE POLICE DEPARTMENT

Did you get a call about fraud activity on your bank account? It could be a scammer.

Have you received a call, email, or text from someone stating that your account has been flagged for possible fraud or criminal activity? Did the caller tell you the only way to “protect” your money is to move it from your bank, investment, or retirement account? Perhaps the caller even asked you to share a verification code. If anyone asks you to do any of those things, it’s always a scam.

Here’s what you need to know from the Federal Trade Commission (FTC):

Never move or transfer your money to “protect it.” Your money is fine where it is, no matter what they say or how urgently they say it. Someone who says you have to move your money to protect it is a scammer. Period.

Never share a verification code. Ever. Banks and retirement and investment companies use these codes for online accounts to prove you’re really you. If you share that code, the scammer can use it to prove they’re you. No caller — especially someone from your bank or investment company’s fraud department — will ever ask for the verification code. That’s always a scam.

Stop and check it out. If you’re worried, call your real bank, broker, or investment advisor. Use the number you find on your statement — never the number the caller gave you, which will take you to the scammer.

And if you think your bank or investment fund will protect you, think again. Bank accounts have different (and fewer) protections than credit cards. If you are scammed into moving your money out of your account, you won’t be protected. And you probably won’t get that money back.

If you get a call, text, or message like this, tell your bank or fund right away. Especially if you moved money or shared a verification code. Then tell the FTC: ReportFraud.ftc.gov. Now that you know, share this advice — it could help protect your friends and their life savings.

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

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

SCR Foundation 2024

(cont’ from page 1)

any questions don’t hesitate to reach out.

Doug Smoot, Chair scrfchair2@gmail.com; Kathi Stropkai, Vice-Chair & Events scrfevents@gmail.com; Karen Shahoian, Treasurer scrftreasurer@gmail.com; Lorraine Welk, Secretary scrfsecretary@gmail.com; Steve Butkovich scrfweb@gmail.com; Elizabeth Gustafson scrfassistanttreasurer@gmail.com; Dawn Haskin scrfspecialprograms@gmail.com

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Leslie Sandberg scrfoundations@gmail.com; Pat Teihl scrforrespondence@gmail.com

Please join us Friday, September 13, at 9:00 am in the Card Room at the Timbers. It’s a great way to learn more about the Foundation and the work we are doing for the community.

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!





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Five Critical Facts About Your Sewer System You Need to Know

We often take our sewer systems for granted, flushing, or washing things down the drain without a second thought. However, ignorance about these vital systems can lead to serious health hazards and expensive cleanups. Here's what you need to know to avoid costly and dangerous issues:

Your home's sewer line depends on gravity, with pipes sloping downwards to connect to the main sewer line, typically in the street. If plant roots, debris, or a buildup of fats, oils, and grease (FOG) clog this line, sewage can back up into your home through the lowest drain or toilet.

Tree roots are a major threat because they naturally seek out the water and nutrients in sewer lines. They can enter through cracks and seams, eventually causing clogs. Even small roots can trap wipes, FOG, cotton swabs, and other items that shouldn't be flushed, leading to blockages.

Know which part of the sewer line is your responsibility -- we can help! Sewer lines can occasionally present challenges, and knowing your responsibility is crucial. If you encounter issues, reach out to us.

We'll assess the situation and determine the necessary steps. Depending on the problem's location, the responsibility could lie with either you or us.

Know the location of your sewer cleanout. If a clog or backup happens, it's crucial to know where your sewer cleanout is located. Homes built or remodeled after 1962 are required by building codes to have a sewer cleanout, typically marked by a round disk in your lawn, garden, or driveway labeled "SEWER."

Be cautious with landscaping--trees and shrubs planted directly over a sewer line can twist the pipe and create openings for roots to enter. Ensure you know where your sewer line runs, and avoid planting trees or shrubs directly over it. Consult your wastewater utility before planting any new landscaping.

Understanding these key points about your sewer system can prevent unpleasant and costly experiences. If you encounter any sewer issues, don't hesitate to contact us for assistance at 916-774-5750. We are available 24 hours a day, seven days a week, and we can figure out the next step together!

California Adopts New Regulation for Making Conservation a California Way of Life

California recently adopted a new rule to conserve water for the long term. This regulation establishes a water use budget for Roseville's entire service area. The budget includes:

- How much water a person uses indoors each day
- How much water residents and commercial, industrial and institutional customers use outside
- How much water is lost through leaks

Roseville must cut water use by about 10 percent by 2030, and water savings will need to continue over time. The city will continue supporting customers with water-wise rebates, infrastructure improvements, outdoor watering guidelines, turf replacement programs, and more.

"Our customers have risen to the occasion over the past decade. With education, rebates, and our commitment to encouraging water use efficiency, we hope to reach this community-wide target," said Bobby Alvarez, Water Conservation Administrator with Environmental Utilities. "Our customers have done a great job reducing water use over the many droughts we have experienced in recent years, and we are confident that together, we will meet these new water use targets."

Since 2013, Roseville's population has grown by 25 percent, yet water use dropped by 17 percent. Additionally, our team has

saved more than seven million gallons annually by inspecting and fixing leaks in 60 miles of pipes yearly, installing industry-standard water meters to monitor hourly water use, conducting 1,000 yearly Water Wise House calls, and boosting rebates for water-saving items like toilet replacements and turf removal.

Moving forward, Roseville will:

- Work with our parks division and businesses to remove and replace non-functional grass with water-wise landscaping.
- Improve our water meter capability and improve alerts to help customers save water.
- Expand our commercial landscape water budget program and hire more staff to help with reporting and customer engagement.
- Monitor businesses like car washes and cooling towers to ensure they use water efficiently and recycle where possible.

"Roseville has developed muscle memory for saving water and made changes that include sustainable water savings—like turf conversions, landscape retrofits, and leak control. While this state mandate will require some work and habit changes, our goal is to work with city departments and customers to find ways to squeeze more savings where possible," Bobby added.

For more information, rebates, and other program offerings, visit Roseville.ca.us/savewater.

SUN SENIOR NEWS CLASSIFIEDS

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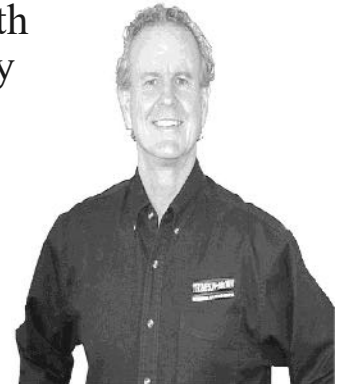
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