

SUN SENIOR NEWS

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



IN THIS ISSUE

Neighbors InDeed.....	3
Music, Ballroom, Line Dance.....	5
Tap, Country Couples.....	5
SCLH Election News.....	6
Needle Arts, Ceramic, Painters'.....	7
Paper Arts, Mixed Media, Photography.....	9
Woodcarvers, Stamp.....	9
Bosom Buddies, Alzheimer's.....	11
Multiple Sclerosis, Hearing Support.....	11
Low Vision, Singles.....	12
Shalom Social, Lavender Friends.....	13
Italian, Writers', Genealogy, SCHOOLS.....	15
Travel, Apple User, Veterans.....	16-17
Amateur Radio, Democratic, RV.....	19
Republican, Sports Car, Garden, Rods & Relics...23	
Bird.....	24
Hikers and Walkers, Softball, Table Tennis.....	25
Tennis, Pickleball.....	27
Linsters 9-Hole, Ladies Golf 18-Holers.....	29
Men's Golf, Water Volleyball.....	29 - 30
Swimmers & Water Walkers, Shuffleboard.....	30 - 31
Cribbage.....	31
Volunteer with AARP Foundation Tax-Aide.....	33
SSNLH Writer.....	35
Duplicate Bridge, Kilaga Springs Library.....	36
Neighborhood Watch.....	37
SSN Classifieds.....	39

And Much More . . .

PRSRRT STD
U.S. POSTAGE
PAID
ROSEVILLE, CA
PERMIT NO. 70

Sun Senior News
5098 Foothills Blvd., #3-405
Roseville, CA 95747

ECRWSS
POSTAL CUSTOMER

The Songs of *Guys & Dolls*

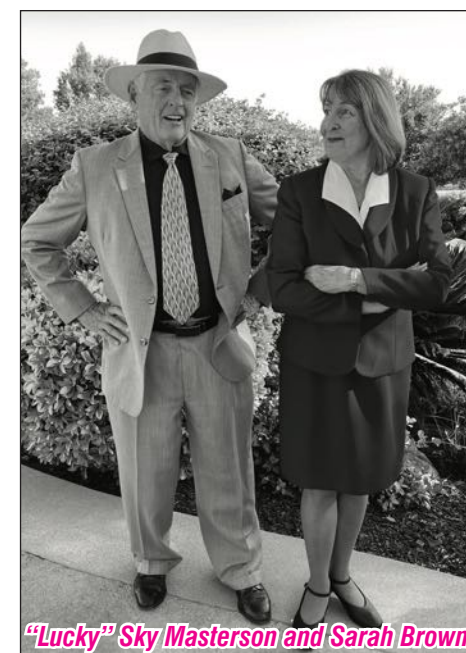
BY DOUG BROWN

For 75 years since the 1950 Broadway debut of *Guys & Dolls*, it has evoked marquee memories in dozens of productions from New York to London, Chicago, Melbourne, Tokyo...and now Lincoln Hills! Why such popularity? Much of the credit goes to incomparable songwriter-composer Frank Loesser, whose songs and music push the fast-paced, heartwarming story along. Let's look at a few examples.

"Luck Be a Lady" embodies the energetic theme of the musical, with lyrics told through the eyes of a gambler – Sky Masterson (Wayne Sutton) – who yearns to win a bet, and if he's lucky, he'll win the "doll" of his dreams, Miss Sarah Brown (Karen Hardage). For years after its Broadway opening, singers like Frank Sinatra and Jack Jones and others recorded the song, garnering top ratings on the Billboard charts. Why? Because everyone can identify with the



"Bushel and a Peck" Adelaide and Nathan Detroit.



"Lucky" Sky Masterson and Sarah Brown.

good luck of finding the love of their life!
The down-home, whimsical lyrics of "A Bushel and a Peck," recorded by a
(cont' on page 33)

LH Foundation — A Month of Thanks and Giving

BY DENISE BOWDEN

November brings another year of Bingo in the Ballroom to an end, but there will be plenty to keep everyone busy. The month starts off with Daylight Savings time ending and getting back an extra hour that day. It is a month of giving and appreciation with World Kindness Day and National Philanthropy Day as well as giving thanks to all who served our country on Veterans Day and, of course, Thanksgiving Day when we gather with family and friends.

We are highlighting The Salt Mine as our Grantee of the month in November. The work they do to provide pantry items and fresh food for local seniors in need exemplifies the spirit of the special days of kindness, philanthropy, and thanks that we celebrate this month.

Food is an important part of our holiday celebrations and food insecurity is a significant challenge for many seniors and one that is not always visible to friends and family. The Foundation has committed to increasing our grant to The Salt Mine for 2025 to help address this growing need.

Bingo this month is on Tuesday, November 26th. Doors open at 12:30 and play starts at 1:00. Twelve cards for \$25, with exact change appreciated. Payouts are \$100 for the first eleven games and \$250 for the final game. Make an afternoon of it and enjoy lunch at Meridians beforehand. Bringing a group? We are taking table reservations. Email your request to lincolnhillsfoundation@gmail.com.

Community Veterans Day Celebration

BY STEVE WITMER

The Lincoln Hills Veterans Group will present its annual community Veterans Day celebration on Monday, November 11. Activities will begin with a wreath-laying ceremony at the veterans memorial plaque at the main entrance to Orchard Creek Lodge at 9:00 a.m.

Patriotic music by the Roseville Community Concert Band will begin in the Ballroom at 9:30 a.m. and the formal Veterans Day ceremony will begin at 10:00 a.m. The Whitney High School Air Force Junior ROTC Cadets will post the colors. Vocal selections will be performed by the Sunny Singers. Assemblyman Joe Patterson will be the keynote speaker. A two-bell ceremony will honor those veterans who have passed in recent months. Music by the Roseville Band will continue after the close of the formal ceremony.



LH Chorus

BY GAY MACKINTOSH

Great seats are still available for our holiday concert, "Season of Light." Get your tickets now for December 13th (7:00 PM Friday), 14th (2:00 PM Saturday), or 15th (2:00 PM Sunday). Choose your seats at either lodge or at www.sclhresidents.com: Ballroom premium reserved \$24, standard reserved \$21.

Our mix of traditional and contemporary pieces is sure to bring you "A Bit of Holiday Cheer," a light-hearted medley of popular tunes. "An African Celebration" of folk songs arranged by Sally Albrecht (2003) translates to "We Are Marching in the Light of the World." In "Hanukkah, the Season of Light" (2011) we "pray for peace everywhere."

More deLIGHTful songs include "It's Beginning to Look Like Christmas" by Meredith Willson (1951) and "From a Distance" by Julie Gold (1985), released by Bette Midler in a 2006 Christmas version. Mariah Carey cowrote "All I Want for Christmas" with Walter Afanasieff (1994). Our accompanist extraordinaire Nina Malone will delight you with her solo vocal introduction.

"Noel Fantasy" combines two 13th century

(cont' on page 5)



AT TRUEWOOD BY MERRILL, THE PRICE IS COMFY & THE PLACE IS COZY

You can relax, be yourself, and enjoy a price that fits like a favorite sweater. Call or visit truewoodroseville.com for more information.



TRUEWOOD
BY MERRILL
SENIOR LIVING

Ask About Our Special Savings!*

916.547.5999 • truewoodroseville.com
1275 Pleasant Grove Blvd, Roseville, CA 95747



*Limited time offer. Call for details.

Independent Living



Sam's Electric

Local and semi-retired 40 years experience
LICENSED ELECTRICIAN

ANY TYPE OF ELECTRICAL REPAIRS:

CEILING FANS

RECESSED LIGHTING

EXTRA / OUTDOOR PLUGS

HANDYMAN REPAIRS

PANEL SAFETY CHECKS

Low rates!

916-521-8319
WE ANSWER OUR PHONE!

Senior discounts
Financing Available



Are you in Pain? Do your feet hurt? Do your knees or hips hurt?

GIVE US A CALL at 916-961-3434
and one of our Doctors can help you with your
podiatric and orthopedic needs



Premier Podiatry & Orthopedics

Our office is located in Roseville at
576 N Sunrise Avenue #230
Roseville, CA 95661

Phone **916-961-3434**

Website www.pposac.com

The Sun Senior News - Lincoln Hills is a monthly publication, published by EGnews Inc.

916-727-6383 • E-mail: SunSeniorNews@gmail.com
 Ad rates are available online at www.SunSeniorNews.com or
 Email: SunSeniorAD@gmail.com



Gregg and Liz Goldthorpe

EDITORS

Gregg & Liz Goldthorpe

ADVERTISING

Gregg Goldthorpe

PRODUCTION ASSISTANT

Madison Goldthorpe-Lewis

CONTRIBUTORS

Doug Brown, Denise Bowden, Steve Witmer, Gary Mackintosh, Dave Short, Dan Lehrer, Ernie Micheli, Annette Porreco, Alison Wolfe, Richard & Donna Pick, Teresa Tanin, Mary Swanson, Jim Carnathan, Tamsen Armstrong, Linda Lucchetti, Jill Short, Diane Margetts, Lionel Rainman, Tim Miles, Dottie Suhrhoff, Marianne Oliphant, Joanne Mitchell, Jeri Di Fiore, Stu Singer, Kathy Shaddox, Judy Ganulin, Sandi Dolbee, Ray Birge, Nancy Switzer, Patti Kingston, Linda Bevis, Joanne Schumacher, Nina Mazza, Mary Carbrey, Sue Dumas, Rob Phillips, Lorraine Immel, Elna Ragan, Sherry Singer, Heidi Mazzola, Ilene Marshall, Pamela Geernaert, Dianna Henrickson, Lora Finnegan, Carol Lopez, Carl Lynch, Hollis Bischoff, Rosemary Tanfani, Jon Kline, Mel Switzer, Gary Steer, Malcolm Singer, Mona Stryker.

CIRCULATION: The Sun Senior News - Lincoln Hills is mailed free to 7,000 homes in the Sun City - Lincoln Hills community. The delivery is targeted for the first week of each month.

Read Online - Digital Issues: The Sun Senior News - Lincoln Hills is available to download each month as a PDF digital file at: www.SunSeniorNews.com

Back issues are available to download there as well.

ADVERTISING: Visit www.SunSeniorNews.com or Email: SunSeniorAD@gmail.com for advertising information.

CLASSIFIED ADS - Email: Classified Ads should be emailed by the 12th of each month to: SunSeniorCA@gmail.com. See the Classified page towards the back of this issue for more information.

SUBMISSIONS: The Sun Senior News -

All content and letters to the editors represents the opinion of the various authors and all content and letters should be considered as opinion and editorial in nature. Any representations expressed by the various authors are not necessarily shared or verified by the publisher. Advertisers are solely responsible for all representations made by their advertisements. EG NEWS INC. is not responsible for the content or accuracy of any advertisements. The presence of an ad within our publications or electronic communications does not imply endorsement of the advertised company, product, or service. Readers should use all due diligence regarding representations, products or services before a transaction is performed. EGnews, Inc. reserves the right to refuse any advertising.

EGnews Inc. publishers of the Sun Senior News - Roseville and Sun Senior News - Lincoln Hills
 Sun Senior News is not associated with Del Webb's Sun City.

Neighbors InDeed

Tasks, Do or Do Not

BY DAVE SHORT

Sometimes we get requests for services that we are unable to fulfill. We have tried to "spread the word" about our limitations with handouts and on our website, but not everybody remembers. So, to refresh your memories, here is a condensed version of those lists.

Some things we do: Assemble Christmas Trees (under 6 ft), minor electrical (replace GFCI, switches, and outlets), replace furnace filters, lubricate garage doors, unjam garbage disposals, hang a few pictures or mirrors (under 20 pounds), Home Entertainment Systems (diagnose, adjust, and connect), replace light bulbs, turn or rotate mattresses, move furniture or boxes (less than 35 pounds), replace water filter in refrigerator, smoke alarms (install new alarms or replace batteries), replace and/or program sprinkler controllers, and program

thermostats.

Some things we don't do: Check the entire drip system, enter attics, clean rain gutters, climb on roofs, work on eaves, repair computers, drill holes in exterior walls, health care related tasks, install grab bars, install weather stripping, plumbing repairs, light pilot lights, transport residents, use resident's debit or credit card, or work on 14 ft ceilings.

Let's talk about video doorbells for a second. We will install your new doorbell. This is our only exception to drilling holes in a wall. A powered video doorbell will require a larger transformer to function properly. Your handyman can install the new transformer. We will connect your doorbell to your Wi-Fi.

These lists are not comprehensive. Ask if we can do a particular task. If we say "no" it's for your and our protection.

To request service call us at 916-223-2763 Monday through Friday. Please leave a message, and one of our volunteers will return your call as soon as possible.



Rudi Nov. 2024

Have You Checked Out NID Do or Do Not Tasks?



WE'VE MOVED!

State Farm

Julie DeCarlo, Agent
 Lic. #0B98828
 916-783-4010
 Julie@juliedecarlo.com
 www.juliedecarlo.com

Same Great Service, NEW Location!

1259 Pleasant Grove Blvd. Suite 140
 Roseville CA 95678
 (S/E Corner of Foothills & Pleasant Grove
 Across Street From Arco AM/PM)

HOME DETAILS (916) 500-4314
HomeDetailServices.com
Lic # 00850467

LEAVE THE LADDERS TO US!

- Gutter Cleaning
- Window Cleaning
- Solar Panel Cleaning
- Christmas Lighting

Scan & claim your free quote today!

WE BUY GUNS
 BUY • SELL • CONSIGN

FREE FIREARM APPRAISAL
 Fast, Friendly Service • Gun Smith
 Gun Transfers & Registration

LINCOLN GUN EXCHANGE
NEW & USED

916-MR 1-GUNS
 (671-4867)

607 5th Street, Lincoln
lincolngunexchange.com

Wed - Sat
 10 - 5

Morgan Oaks
 Eternal Preserve
 A GREEN BURIAL CEMETERY

Leave a legacy for future generations to enjoy!

OUR GREEN BURIAL:

- Offers minimal environmental impact
- Conserves natural resources
- Forgoes toxic embalming
- Provides an affordable way to say goodbye to your loved ones
- Delivers a lasting legacy for generations to come
- Includes 160 acre nature preserve with 3 miles of walking trails in a park like setting

Start your afterlife journey now with green burial and we will help you every step of the way.

421 Fleming Road, Lincoln, CA 95648
 Located in scenic Placer County. Schedule your private tour of the property today.

833.667.4266
Hello@MorganOaksGreenBurial.com
www.MorganOaksGreenBurial.com COA 667

Mention this ad and receive a complimentary processing and recording fee with your plot purchase, a \$250 value!

TICKETS NOW ON SALE FOR THE PRICE IS RIGHT LIVE! COME ON DOWN!

COME ON DOWN...



YOU COULD BE NEXT!

FRIDAY, NOVEMBER 29, 2024 • 8PM

THE VENUE
— AT THUNDER VALLEY —



WANT TO PLAY? NO PURCHASE NECESSARY. Open to legal residents of 50 United States and Canada (excluding Puerto Rico), 18 years or older. Ticket purchase will not increase your chances of being selected to play. To register for the chance to be a contestant, visit the registration area at or near the venue box office up to 2 hours prior to show time. For complete rules & regulations, including eligibility requirements, visit or call the box office. To enter theater to watch show, a ticket purchase is required. Void where prohibited. Price is Right Live. © 2024 FremantleMedia Netherlands. 2024. All Rights Reserved.

THE BEST BINGO IN NORTHERN CALIFORNIA • OVER \$24,000 IN PAYOUTS EVERY SESSION

BINGO

THUNDER VALLEY CASINO RESORT

*Enjoy specials, progressive jackpots,
giveaways and more!*

THURSDAY, FRIDAY & SATURDAY

Admission opens at **4pm** • Games begin at **6:30pm**

SUNDAY

Admission opens at **10:30am** • Games begin at **1pm**

FOR CALENDAR DETAILS, VISIT THUNDERVALLEYRESORT.COM



TIMES, DATES, SPECIAL EVENTS AND PRIZES MAY VARY.
VISIT THUNDERVALLEYRESORT.COM OR THE BINGO ROOM
DURING NORMAL BUSINESS HOURS FOR DETAILS.



MANAGEMENT RESERVES THE RIGHT TO ALTER OR CANCEL
ANY PROMOTION AT ANYTIME WITHOUT NOTICE

THUNDER VALLEY
CASINO RESORT

FREE VALET PARKING
TAKE I-80 TO HWY 65, LEFT ON SUNSET

Gambling problem? Call (800) 522-4700.

LINCOLN, CA • 877-468-8777
THUNDERVALLEYRESORT.COM

LH Chorus

(cont' from page 1)

songs: "The First Noel" and "Infant Holy, Infant Lowly," a Polish carol. Our version of the ancient French carol "Angels We Have Heard on High" is reimagined in a 2006 "jazz groove" arrangement by Jay Rouse.

Join us in December for lots more musical delights, from the sublime to the rousing. "A Classic Christmas" is a medley of favorites by Vivaldi, Bach, and Handel, all dating from the 1740s. "'Twas the Night Before Christmas" features 2024 music by Andy Beck with words from Clement Moore's 1823 "A Visit from Saint Nicholas," which shaped our modern concepts of Santa Claus and Christmas gift-giving.

Rehearsals start in January for our spring season. Visit lincolnhillschorus.org for more information or contact membership chair Mari Long at mlong24sjca@sbcglobal.net or 916-409-9136.

• • •

LH Music Group

BY DAN LEHRER

October's meeting was a scary and fun musical adventure. Costumed performers added extra spice to the afternoon. I think it was Mike and John under those masks. We welcomed two new talented members to our group. We will be meeting on the first Monday of the month starting in January, 2025 from



Batman and Mr. X Perform for the Music Group.

1:00 to 4:00 PM in the Fine Arts Room (OC).

You can participate in the Sing & Play from 1:30 to 2:15, or just listen to other musicians. If you choose to perform, which runs from 2:30 to 4:00, sign up on the performance sheet, which is available starting at 1:00. If you do choose to perform, you will find our setting relaxing and supportive. Before the performances begin, everyone who chooses to can join the rest of the group playing and singing songs that are on our website.

The website is www.lincolnhillsmusicgroup.com. The password for this website is musicgroup. In addition to our monthly music group, there are two other sections that might peak your interest. The first is the guitar ensemble, contact Sal Caruso at 916-343-5810 for more information. This group meets on Fridays from 1:00 to 3:30 in Orchard Creek. The second group is ukulele Ohana, led by Ron Peck at 925-788-5869. Ukulele Ohana meets on Wednesdays from 1:00 to 3:00 in Orchard Creek. You can also contact Julie Rigali at 925-787-1875 for general Music Group information.

Anyone who lives in Sun City is eligible to attend any of these groups. Do yourself a favor and plan to visit one of these groups in the near future. You won't regret it.

• • •

Ballroom Dance

BY ERNIE MICHELI

The Ballroom Dance Club held its Ballroom Saturday Night Dance on October 26. The dance had a Halloween Theme as attendees outdid themselves with their creative costumes. Photos of the evening are posted on our website at sclhbdc.com.

Sal and Ruth Algeri will provide instruction for the Cha Cha in November. The Cha Cha is a fun dance with rhythmic moment to get your heart rate up. In addition, Sal and Ruth will be providing additional review from 3:00 to 3:30 PM on October Rhumba lessons.

Have you noticed when a song plays, your toes tap, your body sways or your head bobs to the beat. You don't decide to tap, sway or nod—the movement happens. Kimerer L. LaMothe Ph.D and reviewed by Vanessa Lancaster in Psychology Today explored this phenomenon to explain why dancing is good for us.

In her research Ms. LaMothe found that dancing remains a vital practice for generating joy, motivating action, building physical



Jim and Pat Gabriel

strength and agility, and above all, cultivating awareness of how we are always sensing and responding to a rhythm. She concludes that the next time you feel the impulse to tap, sway, or nod, do yourself a favor—dance.

The Ballroom Dance Club will be holding its Christmas Potluck on Tuesday, December 10. Mark your calendar as this is a festive event that ends our 2024 Ballroom Dance activities.

Ballroom Dance Instructors Ruth and Sal Algeri are so very grateful and honored to provide dance lessons throughout the year to our membership. They would like to extend a very Happy Thanksgiving to each of you.

Contact Sal Algeri at 916-408-4752 for more information. The Ballroom Dance Club website is at sclhbdc.com.

• • •

Line Dancers

BY ANNETTE PORRECO

Hey line dancers. Our holiday social is just around the corner. It is scheduled for December 16th at Kilaga Springs Lodge. The festivities will begin at 12:30 with thirty minutes of open dance followed by the teacher led dances from 1:00 to 4:00. (Doors will open at 12:15). Once again, we will have T N T as our DJ's providing the music. Tickets will be available to purchase beginning the first week of November. You can purchase tickets before or after class in the lobby at Kilaga just outside the dance room. Prices for tickets are \$10 for club members and \$12 for nonmembers. Don't forget to bring plenty of water. It's important to stay hydrated. We are looking forward to a fun filled afternoon of dancing and hope to

see you there!

For more information contact Annette Porreco at annetteporreco@gmail.com or 916-521-1295.

• • •

Tap Company

BY ALISON WOLFE

The Tap Company is thrilled to announce its 2025 Spring Show, Dance Around the World, set to take place in April 2025. Following an audition held on November 9, a talented group of dancers, singers and entertainers are ready to begin the journey of preparation and rehearsals.

This year's theme, Dance Around the World, promises a showcase of international dance styles and cultural expressions, spotlighting the diversity of music and dance from around the globe. Audiences can expect dance performances, live vocal numbers, and a variety of other acts. As the production committee begins shaping the show, the cast will be working hard to bring this concept to life. Stay tuned for more details, including performance dates and ticket information.

For inquiries or additional details about the show, please contact Kathy Fernandes (kathyfern50@gmail.com) or Mary Adamson (maryadamson719@gmail.com).

• • •

Country Couples

BY RICH AND DONNA PICK

Hello all Country Couples members. As we sit here writing this article, we're wondering if it is going to ever cool off. While we are writing this, it is early October and the temperatures are in the high 90's touching into the triple digits. Remember we're all going to miss this warm weather when winter does finally get here.

The club had their annual Fall Harvest dance on September 21st. Everyone enjoyed

(cont' on page 7)



Members enjoying one of our many dinners out.



Briskey Painting


Affordable Painting
Over 40 Years Experience • Free Estimates

Interior, Exterior
Residential & Commercial Buildings

Stanley J. Briskey Lic# 717828
Cell Phones: **209-606-0509 | 916-587-3285**

SUN CITY REAL ESTATE UPDATE

2023 was the lowest sales year volume wise since 2008 regionally. 2024 will have a slightly higher volume than 2023 but only by a few hundred homes. Inventory of homes for sale has been at a historic lows and falling in September. This low inventory is masking the fact that there are not a lot of buyers in the market in comparison to 2015-2022. What that means for sellers; As long as inventory remains low we will have a market in which sellers have a slight advantage. However if inventory increases that advantage will shift quickly. Even today I see buyers being much more cautious on what they are willing to offer on and how much they are willing to offer. The only constant in Real Estate is change.



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

PROFESSIONAL REAL ESTATE SERVICES
THOMPSON+BROWN
OLD FASHIONED HARD WORK WITH A NEW ANGLE
BRE #01163699



**Lincoln Hills
FOUNDATION**
Serving the Lincoln Senior Community

It's Olive Oil Time Again!

Heart Healthy and Great for Gifts

**Individual items \$19.50 each.
Any 2 oil and/or vinegar for \$38**

We are buying to order this year which allows us to offer customers a wider variety of choices.

Oil Flavors
Classic Extra Virgin Olive Oil
Or
Basil Oil, Gourmet Herb Oil, Lemon Oil, Garlic Oil, Jalapeno Oil

Balsamic Vinegar Flavors
Dark Cherry Balsamic, Fig Balsamic, Peach Balsamic,
Pomegranate Balsamic

To place an order call 916-409-2016 or
email OliveOilLincolnHillsFoundation@gmail.com



9/24

SCLH Election News

BY TERESA TANIN, *Elections Committee*

Residents moving here find themselves reaching out to meet new people. They join one or more of the many clubs and volunteer for association committees. Each year members of our SCLH Board of Directors rotate-out leaving openings. For 2025 there will be four openings in the seven-member board of resident volunteers. Consider filling one of those openings. Meet fellow residents who dedicate their talents to help make this community the best it can be. Since 1999, for 25 years, our community

has relied on the decisions made by our board. Have new ideas? Make them happen. Consider being a member of the SCLH Board. Nominations for 2025 candidates are open. Nomination applications are always available at the front "help" desk (OC) or on the Resident's website. There will be a candidate information session held January 17, in the Solarium OC (time to follow). Deadline to apply (nominate) is February 18, 4:00 PM. Questions? Send an email to: elections.committee@sclhca.com. Join in on the decisions that make our community a special place to live. The value of our lifestyle depends on it!

2025 Election Schedule

Date	Event
11/20/24	Early Notice of Nomination Deadline / Acclamation Notice
1/17/25	Candidate Information Session
1/20/25	Notice of Delivery Date for Nomination Procedures and Deadline
2/12/25	Reminder Notice of Nomination Deadline
2/18/25	Nomination Deadline; Candidate Biography with Nomination Form due by 4:00 PM
2/19/25	Candidate Briefing Session
3/3/25	Candidate Forum Question Box on Display OCL/KSL
3/3/25	Campaign materials display begins in OCL/KSL
3/10/25	Pre-Ballot Notice
4/4/25	Voter List and Candidate Registration List Correction Deadline
4/5/25	Candidate Forum
4/09 - 14/2025	Ballot and Election Rule Mailing Date and Finalize Voter List
5/14/25	Voting Deadline at 3:00 PM
5/15/25	Election & Annual Meeting of the Members; Election Results announced.



Your Neighborhood Plumber & Re-Pipe Specialist.
Locally owned & operated since 1990

SERVICES OFFERED:

- Complete replacement of water pipes in home
- Water Heater replacement
- Fixture repair and replacement
- Sewer line inspection
- Pressure regulator replacement

**Do you have KITEC or
CPI DURA-PEX pipes
in your home?**

*Call today for a Free in home
Re-Pipe Consultation and Estimate.*

**CALL US TODAY AT
916-645-1600**

1901 Aviation Blvd
Lincoln, CA 95648

www.bzplumbing.com

License #577219

FREE ESTIMATES • SENIOR DISCOUNTS • ALL WORK GUARANTEED

Country Couples

(cont' from page 5)

getting up and dancing their favorite country dances. Then in October, we donned our Halloween costumes for a holiday party sponsored by Jim and Jeanie Keener. A few days later, we enjoyed another dinner out at Sully's Bar and Grill. Good food, good drinks, TV's. They are located in Rocklin on 4551 Pacific Street. The event started at 4:00. If you have never been there, it is surely worth a trip.

Just so you know, we are going to have our Holiday party and dance on Monday, December 9, 2024. Put that date on your calendar. More info to come out soon.

If you know of anyone who would like to join our very social group, have them contact April Cederburg at 916-390-3931.

Please visit our website: sclhcc.com

• • •

Needle Arts

BY MARY SWANSON

Fall can be busy, but we hope that you'll take time from your busy schedule to join us on Tuesday, November 12, 2024 at 1:00 PM for our next general meeting in P Hall, (KS). Our guest presenter will be Sandra Bruce. Sandra brings her former career in illustration and lettering into her skills as a quilter and quilt artist. She is an art quilter specializing in her technique she calls "Material Matrix." Join us for what promises to be a fascinating lecture.

Elections for the 2025 NA Board will be held during this meeting and there is still

one position to be filled, 2nd VP Travel. This position is in charge of retreats, both internal and external. The 2025 Mercy Auburn Retreat is already scheduled for March 31 through April 3, 2025 with only a few spots remaining open. Sign up soon and don't miss this fun event.

NA membership has grown this year and we are now over 200 members. Membership dues are \$25 and are good through 2025. Returning members please don't forget to sign up. The 2025 membership form can be found on the NA website (www.SCLHNA.com), in the sewing room, or at the general meeting.

Plans are in full swing for this year's holiday luncheon, "Gnome for the Holidays" to be held on December 10, 2024. Reservation forms are available on the NA website. This year's luncheon will include an opportunity drawings for several great items including a "Home Grown Holiday Quilt;" a 1951 Singer Featherweight Sewing Machine; and a gift bag chock full of spa items, including a gift card for Kilaga Springs Spa. Tickets for the drawing will be on sale at the November meeting and at the luncheon.

• • •

Ceramic Arts Group

BY JIM CARNATHAN

The Ceramic Arts Group artist and students will be displaying and selling their creative works during the "Art in the Alcove" show in the Orchard Creek Lodge November 1st through 17th. Please come by and see what our group is making and maybe find something

to take home for the holidays.

For CAG members it is time to renew your membership for the 2025 calendar year. Please renew it by December 31st if possible.

Ceramic classes are held on Tuesdays and Thursdays for beginners and advanced students. Holiday themed projects are being taught through December.

Please check the Compass for details and come play in the clay.

• • •

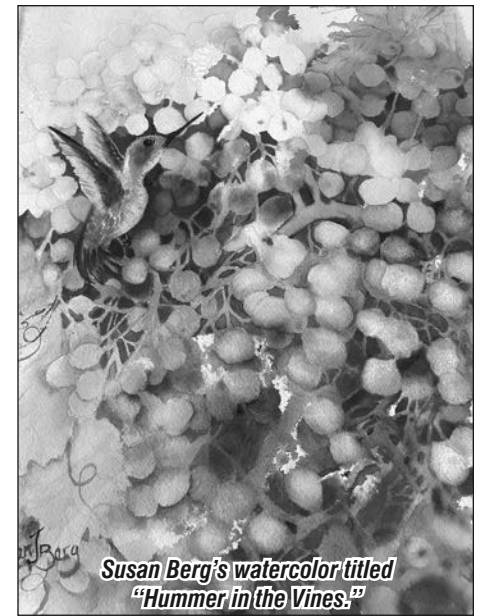
Painters' Club

BY TAMSEN ARMSTRONG

Autumn Artistry: the Painters of SCLH is up at the Art League of Lincoln throughout the month of November. Please stop in and see a stunning display of fall-themed paintings for your holiday shopping. Our subjects range from plein air landscapes, whimsical animal portraits, dramatic still lifes and abstract experiments with bold shapes and colors. Prices are reasonable and sizes range from 8x10 and on up. Whatever subject matter you enjoy, you will find something delightful on these walls.

While you're visiting downtown Lincoln, get on over to Simple Pleasures Café and see the new paintings up on their walls. Grab a tri tip sandwich or a delicious piece of pie while you're at it!

Our October meeting featured Gia Mc Nutt, who regaled us with her amazing multimedia creations and wearable art. Gia is a fabulous artist, singer and organizer who puts in long hours in the art community with her energy and talent.



Susan Berg's watercolor titled "Hummer in the Vines."

The OC Lobby Show was a great success with many sales and positive comments on our high level of work displayed. It's a beautiful setting to showcase our paintings and very convenient!

This month's painting challenge is "Looking Up" and we are all looking forward to seeing how imaginative our club members can be.

• • •

(more Club News cont' on page 9)

Lambert Funeral Home



A Family Tradition Since 1934
400 Douglas Blvd. • Roseville
783-0474

FD#734



LINCOLN COMMUNITY CHURCH

*"Sharing the Joy of Christ
with Seniors"*

**A COMMUNITY OF CHRISTIANS
WHO SERVE THE COMMUNITY,
IN THE NAME OF CHRIST.**

Pastors Jody Shorkey, and J.R. Griggs

*Weekly Services Available on YouTube.com
Lincoln Community Church*

**Community Food Drive November 17-20
950 E. Joiner Parkway, Lincoln, CA**

*For Information, call 916-408-3800
Or visit www.LincolnCommunityChurch.us*



HOW WILL YOU BE REMEMBERED?

Leaving a gift to the Placer Community Foundation is a powerful way to create a legacy of positive change. By designating a portion of your estate, you can help to improve the lives of people in Placer County for generations to come.

Think about the impact that your gift could have on local schools, healthcare facilities, cultural programs, and environmental initiatives. Without your support, these important causes may not receive the funding they need to thrive.

Don't let the opportunity to make a difference slip away. Your community needs your support now more than ever. Contact the Placer Community Foundation today to start building your charitable legacy.


**Placer
Community**
FOUNDATION

Call (530) 885-4920 or visit
PlacerGives.org to learn more.

PROSPER 

Paper Arts Club

BY LINDA LUCCHETTI

We are excited about our newest community project, Operation Holiday Salute

scheduled for December 4. Don't forget our OC window display. Please bring fall, Thanksgiving, Christmas, and holiday cards to be used over the next few months.

We typically meet on the first and third



Pat Murphy's "Show and Tell!"

with American Gold Star Mothers, Inc. During October, members donated their handmade holiday cards to be given to Veterans in Hospice Care. Thank you to all who participated!

Our November general meeting is set for November 21. We will be making the centerpieces for our Christmas luncheon

Thursdays of the month in the Terra Cotta Room at Kilaga Springs Lodge at 9:00 A.M. for general meetings and Open Lab. Check the monthly newsletters (email) for updates.

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

• • •

Mixed Media

BY JILL SHORT

Is there a beautiful, colorful, box of new pens calling you within your sight? Or maybe a box of watercolor paints that you are just too intimidated to use? Or perhaps you have a stash of pretty papers you have been holding on to... just waiting for the right time to use them. Sometimes you must just begin. The Mixed Media Club is a great place that encourages each of us to take that step to try things. Letting go and enjoying the process of playing with art supplies is what we want everyone to experience.

This month Nan Griffin will be teaching a couple fun techniques using foil in our art. You don't want to miss this! At this meeting you are invited to bring in any creative projects you have worked on to share with the group. For

those who have not paid their \$20 yearly dues, you can still pay at the November 20 meeting.

Sadly, soon after our yearly elections in September, Jan Stephens passed away. She was a wonderful creative person who was willing to give her time. She served many years on the Club's Leadership Team, helping us with our window display as well as leading us in some beautiful art lessons. She was one of the founding members of Mixed Media Club. We will miss this sweet, encouraging woman.

The Mixed Media Club will be taking a break in December but plan to come back ready to get creative in January 2025. The challenge prompts will start again with the February meeting. The club meets the 3rd Wednesday of the month at 1:00 PM in the Fine Arts Room (OC). For more information contact Chris Fetter at 916-276-7895 or email at: mixed.media.chrisf@gmail.com

• • •

Photography Club

BY DIANE MARGETTS

In October Tony Hallas gave an incredible presentation on astrophotography. Many of our members have a keen interest in astrophotography so we were particularly mesmerized on this topic.

With his very sophisticated equipment, Tony took us beyond the stars to show us what galaxies really look like. His photographs of super novas depict red rivers of hydrogen and blue of oxygen. Tony, the first to photograph a nebula in color, captured a magnificent image of what became famously known as "The Iris Nebula." This nebula is 1,300 lightyears away and six lightyears across. He showed us various other nebulas and how they change by season. We all left the presentation wanting to enroll in a class on astronomy!

Our November Special Learning Class will feature street photography by Charlie Schuman. Charlie will share his philosophy and techniques for capturing and editing images of people in real-life activities. Charlie strives to see the person(s) for who they are at a moment in time. He will discuss the rich history of this genre. Important topics include ethics, discretion, respect, and situational awareness. He will share what equipment he uses and techniques like camera angles and distances.

In October, we enjoyed a field trip to Nevada City and Grass Valley. We enjoyed a walk/drive around photographing the fall colors. Along with the beauty of the changing tree colors, we captured the buildings and houses of an 'era gone by' of the old west.

In December, we will gather for our annual holiday breakfast and social. This event is a member favorite. Our president, Ron Nabity, hasn't shared details but promised he would not make us embarrass ourselves with another round of trivia!

• • •

Woodcarvers Club

BY LIONEL RAINMAN

If you're thinking about getting into wood carving, you may wonder what you need. An imagination is helpful if you look at a piece of wood and see something in it. Also, there are many books on carving and carving plans that help with the imagination and inspiration.

There is no need to outlay big bucks for carving tools as a pocket knife and a piece of

wood can get you started. Wood carving can be addictive but carving skill doesn't happen if you spend a lot of money on tools. The best advice for improving your carving is to practice and carve with other more experienced carvers like those at the Woodcarvers club.

As you might image there are some hazards associated with wood carving since you are handling razor sharp knives or other carving tools. When carving, always keep safety in mind. Don't leave your knives or gouges lying around with edges exposed.

Whatever tools you decide to start with and whichever type of wood you choose for your first project, take your time, practice, be safe, and have fun.

Woodcarvers club can help you bring that first carving to a reality. Join us on Wednesday from 1 to 4 PM at the Sierra room at (KS).

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

• • •

Stamp Club

BY TIM MILES

All our meetings are held Tuesday nights at the Sun City Roseville Lodge (7050 Del Webb Blvd) and start at 6:30 pm and are usually over by 8:30 or so. The upcoming schedule is as follows: Tuesday, November 12 and Tuesday, November 26. No meetings in December due to the holiday bookings at the Lodge. Tentative January meetings are Tuesday, January 14th and Tuesday, January 28th. We have door prizes, giveaways, a "mystery box" available, all sorts of philatelic items to be accessed at considerable savings to club members.

Al Caparelli is having "open garage" meetings on Thursday and Friday, November 7 and 8 from 10-1 and 1-4 pm. Please call Al and book a time (916-771-8288). This is also an ideal time to pick up a nice Christmas present for the family stamp collector. The club has all sorts of goodies available from stamps to albums, pages, and all other accouterments. It will solve the Christmas present problem for you.

Club members, be sure that Bob Bartlett (bartlett@corsearch.net) has your email address, so as to be notified whenever anything comes up.

We are now one of the oldest stamp clubs in No. California and we encompass members

(cont' on page 11)

Patch Masters Drywall

Acoustic Removal & Drywall Textures

**All Work
Guaranteed
Free Estimates**

- Acoustic (popcorn) ceiling removal
- Water damage & drywall repair
- Sheetrock installation
- Machine applied textures
- Hand applied texture
- Retexturing & Painting
- BBB Accredited

Mike Church
Owner
CA Lic# 1004984
Bonded & Insured

(916) 847-7783
PatchMastersDrywall@yahoo.com
www.DrywallPatchMasters.com

Your Certified Computer Tech is Steve

Thank you for the last 18 years!

Comp-Solve Computers

916-276-1374

In Home Computer Service

Then



Hard Drive Upgrades, Backup & Restore

New Computer & Printer Setup's, Data Transfer

Now



Lincoln Hills Special \$89/hr

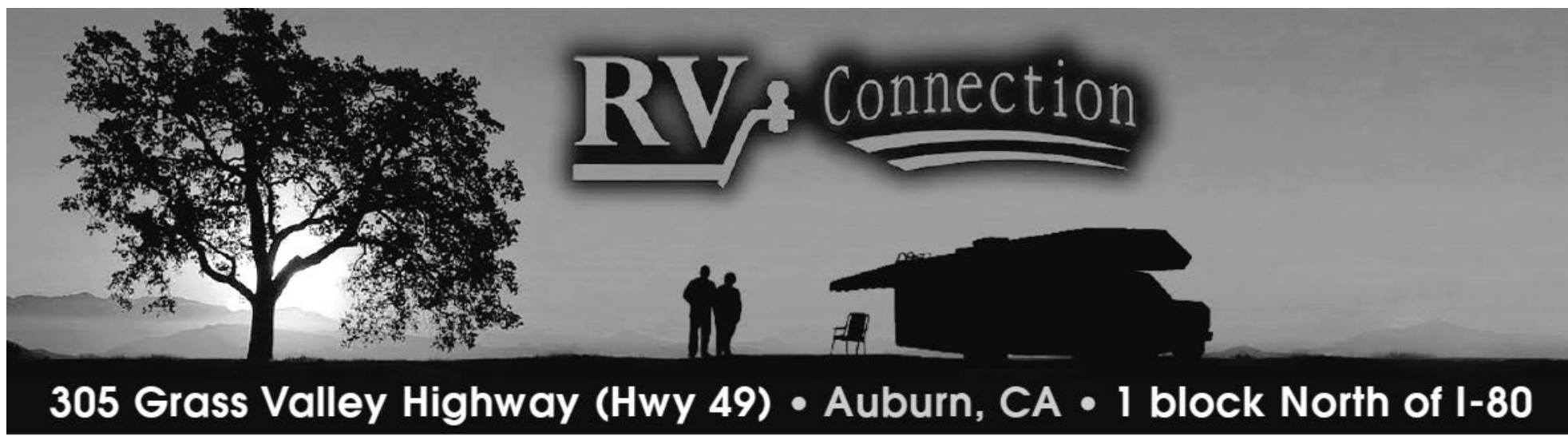
- Repairs - Wireless Issues
- Tablet & Phone Help
- Malware & Virus Issues
- Tune Up's - Email Setup
- Scams & Hacking Help

New

Ring Video Doorbell
Installs

Ring Wireless Backyard
Camera Installs

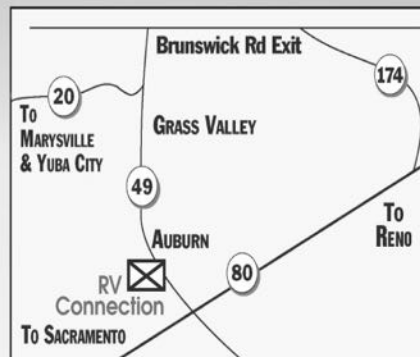
Lincoln Hills 5 Days a Week



BUY • SELL • CONSIGN

We Buy

- Motorhomes
- Travel Trailers
- 5th Wheels
- Campers



We Consign

Trades Welcome

Small town dealership with small town prices! Stop by for a FREE appraisal.

54 YEARS OF LOCAL RV EXPERIENCE

Visit our Website:

www.ShopRVconnection.com

Open 7 days 9am to 5pm • After hours appts. available

Call (916) 765-1022

Pictures of units are examples only.

Stamp Club

(cont' from page 9)

from Lincoln to Auburn, the Sac Valley area, Granite Bay, and various other spots.

As always, anyone who has that "old" album up on the closet shelf can bring it to a meeting and our members will give you a quick value appraisal.

Anytime anybody feels we can help with a stamp problem, call the numbers or use the email address.

Membership dues are \$20 a year due in January and it is a bargain given what it offers.

Lastly, the Roseville Stamp Club wishes everybody a Happy Thanksgiving!

• • •

Bosom Buddies

BY DOTTIE SUHRHOFF

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

We want to thank Cheryl Hansen for decorating our window in OC acknowledging Breast Cancer Awareness Month in October.

Ten of our ladies attended the September 27 Brighton "Power of Pink" Event at the Roseville Galleria. Sutter medical professionals gave updates on breast cancer

detection and other issues. We learned about new treatments and about the Survivorship Program through Sutter. Afterwards the ladies had coffee, courtesy of Bosom Buddies, and discussed the new information.

The October meeting on Thursday the 10th featured Hailey McCarthy speaking about the issues of lymphedema. Hailey is a physical therapist affiliated with Kaiser Permanente. Our November meeting is scheduled for Thursday the 14th. Our speaker will be Carolyn Washington from HICAP Services talking about Medicare and recent changes that affect us.

We would like to thank the Lincoln Hills Foundation for their yearly grants. Many ladies attended the Foundation Bingo on October 24, which was dedicated to Bosom Buddies. Thank you, Dee O'Hara, for organizing the informational table.

The Holiday Party will be held December 12 at Kilaga Springs. There will be a toy barrel



Window Display for Breast Cancer Awareness Month.



Power of Pink Attendees.

so start shopping for toys to donate to the "Toys for Tots" program.

If you have any questions regarding Bosom Buddies, please contact Dottie Suhrhoff (815-236-0197) or Judy Stewart (916-408-3597).

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

• • •

Alzheimer's-Dementia Caregiver's Support Group

BY MARIANNE OLIPHANT

The Alzheimer's-Dementia Caregiver's Support Group offers information and support to those caring for a loved one with dementia. We have three monthly group meetings. Our Women's group meets at 1:00 PM on the 1st Wednesday in the Fine Arts Room (OC). The Men's group meets in the Multimedia Room at 10:00 AM on the third Thursday. Both groups are focused on individual sharing.

Multiple Sclerosis

BY JERI DI FIORE

What fantastic news! The Lincoln TrailMixers MS Group, led by the Team Captain, Joni Deutsch, were the #1 Fundraisers for the 2024 Folsom MS Walk!

Congratulations to Team TrailMixers who trounced 45 Teams!

This was done by 8 Club Fundraisers pounding the pavement, large individual donations, and "Corporate Sponsors," such as: Devin Arp, Sun Run Solar 801- 830-4584; Donna Judah, Coldwell Banker Real Estate 916-412-9190;

Hank Rhoads, American Reverse Mortgage 916257-3176.

The General combined meeting is held on the 4th Wednesday at 1:00 PM in the Fine Arts Room (OC) and features a guest speaker. The General meeting will not be held during November and December but the Women's and Men's meetings continue. At all meetings you will find a welcoming community ready to hear your questions and concerns. Contact: Jo Fratessa 916-759-8760.

• • •

Hearing Support Group

BY JOANNE MITCHELL

In October we had an excellent presentation on Fall Prevention by Monica Martin, a credentialed expert in this subject. For November we hope to have someone from 211, but as of this submission, we have not yet lined that up. Watch your emails for updates. Then in November we will have a presentation by Dr. Beverly Chang, a geriatric psychiatrist, who will speak to us about Dementia and Hearing Loss.

• • •

Also, Captain Joni, in addition to the above, added a new successful event, A walk and picnic for all residents held from our Sports Plaza.

Thanks to all and the Lincoln Hills Foundation for their funding grants.

Congratulations to Joni and Team TrailMixers!

MS Members, please attend the November meeting to plan our Holiday party. (Bring your checkbook.)


1PM, Tuesday, November 19 at the SCLH Multipurpose Room

See you there!

• • •

(more Club News cont' on page 12)








Got Real Estate Needs???

You know my face,
I know the market!

Please contact me for a
free market analysis

Tony Williams

(916) 521-3400
Tony@TonyWilliams.com

BRE # 01390054 Each Office is Independently Owned and Operated

Amazing Grace

Seventh Day Adventist Church

Saturday Mornings - Bible Study 11:15 am
(English)

- - -

Worship Service 9:30 am - Pastor: Diego Barreto

Join us at

600 McBean Park Drive - (916) 408-4408

The Best Care. For the Best Life.

Our Traditions Memory Care program features innovative activities, a secure environment, and specially trained team members, ensuring quality care. Residents can choose from private studio, one-bedroom, or companion suites.

PERSON-CENTERED CARE

Specially Designed Community
Compassionate Care Providers
Individual & Group Activities
Restaurant-Style Dining



TOUR TODAY 916.297.4512

Assisted Living & Memory Care
Oakmont
of Roseville

1101 Secret Ravine Pkwy • Roseville, CA 95661
(916) 297-4512 • oakmontofroseville.com

Low Vision Support Group

BY STU SINGER

Our Next Meeting — November 5, 2 pm in the Fine Arts Room at Orchard Creek. This meeting will feature two cooking instructors from the Society for the Blind's Senior Impact Project (SIP). These presenters will demonstrate cooking techniques designed to assist individuals with low vision to improve their success in meal preparation. They will also give tips helpful for anyone who simply enjoys good food. We are also encouraging members to share their own strategies for improving their cooking environment. In addition, we are seeking member's recipes for a potential Low Vision Cookbook.

This should be both an informative and delicious meeting.

Save the Dates — On December 3 we will be starting an exciting new tradition! In lieu of the annual Holiday Luncheon we have had in the past, we will be using our December meeting as a casual social gathering in the Lincoln Room at Kilaga Springs Lodge at 2 pm. This will be an opportunity for members to get to know each other better while enjoying a variety of refreshments in a relaxed setting. All members are invited to attend free of charge. Here is your opportunity to spend an hour or two getting to know the folks who sit next to you every first Tuesday of the month!

Our 2025 schedule will begin on January 7 with Dr. Glenn Yiu, chairman of the Ophthalmology Department at UC Davis Medical School. We have been fortunate

to have Dr. Yiu visit us on a regular basis and we look forward to another outstanding presentation.

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

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

For questions or to suggest speakers, topics, request electronic copies of our notices or remove your name from our mailing list: Contact Stu Singer at 703.864.8161 or stuartsinger3@gmail.com

• • •

Singles

BY KATHY SHADDOX

We officially entered autumn on September 22nd. So why do some of us call it Fall? Maybe because the beautiful and colorful leaves are falling!! Now that temperatures are also falling we are enjoying all the activities the Singles Club offers without the excess heat!

On Sunday, November 3rd at 4:00 pm we have our monthly Birthday Celebration at Kilaga Springs Café. Remember, if you are a member and are having a birthday in the month of November, be sure to attend and you will be

(cont' on page 13)

J. Jowers Painting

Licensed Contractor # 1045212

Why not call someone that lives and works in your own community?

- Two coats of highest quality paint for all interior.
- For exterior spray and back roll body.
- Prime and two coats on all trim with paint.



Licensed

All work guaranteed!

References from people in your own community proudly provided.

Be aware of statements such as "As needed".

Call (916) 408-2341
(916) 802-1849

Singles

(cont' from page 12)

treated with a drink of your choice. Best part is when Dennis Doane leads all the members who are there in singing Happy Birthday to you!

Our Activities Meeting which is usually held on the first Tuesday of the month is cancelled this month because the committee has all their plans completed.

Our 2nd Saturday Breakfast will be held on November 9th at 9:00 am in the Sports Bar. No reservations needed. Dennis Reid will greet you when you arrive where you can order anything you want off the breakfast menu. This is always a fun way to meet new members and start up new friendships.

Our Business Meeting will be on Thursday, November 14th at 5:00 pm in the OC Ballroom. Be sure to come as we will have our "Turkey Bingo" which is always so much fun with lots of prizes. Also, that night be sure to visit our Silent Auction Table and you might want to bid on "homemade goodies" being donated by some of our members. Proceeds will be gifted to the Salt Mine in Lincoln.

No Dining Out this month. Instead on Thursday, November 21st at 4:00 pm we will have "Cocktail Time" at Buonarroti Ristorante on Lincoln Blvd. One of our favorite spots. Lovely atmosphere, great cocktails, and if you wish, food to purchase. Be sure to join in the fun.

Our weekly activities are Bocce Ball on Wednesday mornings at 9:00 am at the Sports Plaza; and Golf/18 Holes on Friday mornings

at various courses.

Wishing all our members and their family and friends a wonderful Thanksgiving Day filled with turkey trimmings... and for some football games.

• • •

Shalom Social Group

BY JUDY GANULIN

This is a busy time of year for the Shalom Social Group. The 2025 officers we just elected will be installed at our Hanukkah dinner in December. Last month our Women Together heard a presentation by Dr. Eric Ellis, founder of the Lincoln Urgent Care Center, and our Men's Group heard Lincoln City Manager Sean Scully. This month our own Hagai Narkis, who has gone back to his Israel homeland several times in recent months, provided his perspectives on the situation there. For more information about our activities and membership, please contact Margie Gulko, 916-543-5303, or Deanne Iliff, 530-518-3704.

• • •

Lavender Friends

BY SANDI DOLBEE

The decision to form our club wasn't easy. Several in the informal group of LGBTQ residents, who had been meeting in each other's homes, weren't in favor of becoming official. They weren't ready for others living here to know they were gay. Some were still working and feared losing their jobs.

But the other side maintained they had simply grown too large for house parties, and it was time they got to benefit from the clubhouses' rooms for social gatherings and for conducting business. And, some said, maybe it's time to stand up and be counted.

In September 2009, the application was filed with the HOA. Some left the group. Those who stayed had begun a sixth-month process to becoming the Lavender Friends Club. The HOA's board of directors gave their stamp of approval in March 2010.

Today's members heard this and more about our history at our Founders Tribute Dinner, held September 28th at Kilaga

Springs Lodge. Sixteen founders are still club members, and they were honored at this dinner with applause, awards of gratitude and much admiration from those of us who came after them. Fourteen were at the gathering; two are RVing across the country.

At one point during the evening, president Sandi Dolbee spoke of one of the missions the original members put into writing in the bylaws as they formed Lavender Friends: to create a legacy for future LGBTQ residents moving into Lincoln Hills. Sandi asked the men and women who were there to turn around and survey the nearly full room. "Mission accomplished," she reported.

This wonderful evening will soon join the ranks of another one that's coming up: the annual holiday dinner-dance at Turkey Creek next month. And guess what? It was a founder who originally set up that venue for us many years ago — and a trio of founders continue to organize it for us today. Just another example of legacy in action.

• • •

(more Club News cont' on page 15)



Michelle's Featured Listings



Plumas Model on Golf Course
1154 Truchard Lane
1,837 Square Feet
2 Beds | 2 Baths | Den |
Cart Garage
Offered at \$779,000



Plumas Model
2784 Black Hawk Lane
1,855 Square Feet
2 Beds | 2 Baths | Den
Offered at \$719,000



Tehama Model
413 Snapdragon Lane
1,793 Square Feet
2 Beds | 2 Baths | Den
Offered at \$639,000



Lassen Model
1010 Tioga Court
2 Beds | 2 Baths | Den |
2.5 Car
Offered at \$609,000



Alpine Model
704 Wagon Wheel Lane
1,549 Square Feet
2 Beds | 2 Baths | Den
Offered at \$609,000



BRE# 01821892



Be sure to "Like" my Facebook page. There isn't a better way to stay on top of today's real estate market.
Facebook.com/SunCityLincolnHillsRealEstate



Michelle Cowles, Realtor

1500 Del Webb Blvd. Suite 101, Lincoln, CA 95648
www.TheRealtyExperts.com | Michelle@TheRealtyExperts.com

916 295-8532



Use the contractor with
nothing but 5 Star reviews

★★★★★ I got several estimates for my bathroom remodel - LISAC was somewhere in the middle. I picked them because of the product; no grout lines with the appearance that the entire bathroom was one piece. It turned out AMAZING. Even better than I had anticipated. They do great work, always on time, and didn't drag the job out. J.G. from Sacramento

★★★★★ Wonderful company. The product is beautiful. The crew arrived on time and were conscientious, professional and courteous. H.M. from Lincoln

★★★★★ We couldn't be happier with the beautiful walk in shower and vanity with integrated sinks that Stanko and his crew constructed for us using the fabulous Kerrock product! Everyone involved was very professional, efficient, and attentive to details. We are going to love the easy care and timeless beauty of our new seamless shower, vanity and sinks! Thank you so much!! J.W. from San Francisco

★★★★★ We have had almost our entire house re-modeled and have worked with numerous contractors. Some of them were great and some were a complete nightmare. LISAC far exceeded my expectations in both customer service and workmanship. Our project consisted of a full master and guest bathroom remodel. We love our seamless shower and vanities. We would highly recommend this company. S.W. from Sacramento



European Seamless SHOWERS & COUNTERTOPS

kerrock

- Frameless Shower Doors
- Seamless Construction
- Non Porous – Bacteria Resistant
- Scratch Resistant
- Heat Resistant
- Absolutely No Staining
- All Surfaces Are
Guaranteed Repairable
- High Strength Material
- No Maintenance
- Unsurpassed Fit & Finish
- Handcrafted Quality
- Lifetime Warranty (Exclusive to Material)
- Featuring ADA Showers

Specializing in
Curbless Showers!



Newly remodeled
Showroom...
come see us!

Call for a Free Estimate
916-652-2600

Showroom:
3346 Swetzer Rd.
Loomis, CA 95650

www.LisacKitchenandBathroom.com
LisacKandB@gmail.com

LH Italian Club

BY LINDA LUCCHETTI

On Sunday, November 3, like birds of a feather we flock together at the Timber Creek Ballroom in Del Webb, Roseville for our annual "Turkey Bingo." Then, on December 10, we'll hold our annual Christmas Dinner and Dance at Catta Verdera. You won't want to miss this elegant and enjoyable event. Check the website for details.

If you missed club member Bruce Quick's September Community Forum, "Walking the Heel of the Boot of Italy," you can view his presentation posted on the LHIC website.

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

• • •

SCLH Writers' Group

BY RAY BIRGE

All writers, beginners and seasoned, suffer from the same challenge. What the heck to write about? Now is the perfect time to begin. November is the month of the "family and feast" day. It is estimated 88% of American consume 46 million turkeys and 50 million pumpkin pies on Thanksgiving. Erma Bombeck said, "I come from a family where gravy is considered a beverage."

Often the feast overshadows the family part, but that may provide fodder for a story. Johnny Carson had a little different view when he said, "Thanksgiving is an emotional time of year. People travel thousands of miles to be with people they only see once a year. And find out once a year is too often." Do you have Thanksgiving stories? If you can tell them, you can write them.

We are proud to be the SCLH Writers' Group dedicated to encouraging the growth and development of members in meeting their individual writing objectives. We want to be the most creative organization possible by providing feedback and constructive suggestions to our members and have fun doing it. We author short stories, novels, poetry and even memoirs.

We meet on the 2nd and 4th Monday from 5 to 7 pm in the Computer Room (OC). Bring 12 to 14 copies of your less-than 1,200 word "masterpiece" so we can read along as you read aloud. Join us and we'll laugh or cry together.

Let's have some scary fun! "Remember, if you can't laugh at yourself, someone else will."

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

• • •

Genealogy Club

BY NANCY SWITZER

This is a grave problem for me. Do you know how many cemeteries there are in the L.A. Basin? I am hoping our November 15th presenter will have an idea to help me find my grandma! Her son (90 yrs young), three cousins, three sisters, a brother and a brother-in-law cannot remember the name of the Columbarium where her niche is.

Our presenter is Susan Rogers, speaking on FindAGrave.com: Strategies For Success. Susan was with us last year (if her name sounds familiar) and is an instructor in the OLLI program at Sierra College, teaching genealogy, and she also has been a presenter for genealogy societies in the Sierra foothills and Sacramento region. We will meet at 10:00 AM in Presentation Hall (KS).

It's that time of year again! RootsTech 2025 registration is now open! It will take place March 6-8th, online at RootsTech.org or in person. There are hundreds of classes available and they continue to be available after the event is over. There are so many fun classes to watch and learn new information.

Meet at 10:00 AM in P-Hall (KS) and afterwards for a Social. There will be Pumpkin Pie and potluck, so please bring a dish from your heritage.

(P.S. We still need a new Social and Membership Chair)

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

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

• • •

SCHOOLS

BY PATTI KINGSTON

Joe Propersi has been volunteering in the SCHOOLS program for 17 years while spending the last 14 with Kelli Willard in her 2nd grade classroom at Carlin Coppin Elementary. They've become a team and Joe is able to anticipate what she needs done and happily helps with whatever needs doing. He spends 4 to 5 hours in her classroom

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

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



Joe Propersi in Ms. Willard's 2nd grade class at Coppin Elementary School.

on Wednesday mornings on art projects, correcting papers, assessments, or working one on one with the kids. He says it makes his day, and can't miss seeing his munchkins, even when his golfers back pain is acting up. He loves the youngsters and because he attends the school's Open House and High School visit day, he often sees former 2nd graders who have turned into teenagers. If he doesn't recognize them, they certainly recognize Mr. Joe, who has become a positive force in their lives. Footnote to Joe's story: He enjoys being in the classroom so much that he has become a certified substitute elementary teacher.

Our Lincoln schools also need you. Children are back in the classroom and volunteers may sign up now for the 2024-2025 school year. Help is appreciated in grades K-5 and at Phoenix High School where tutors help with English, Math or History. Some volunteers correct papers and make copies of schoolwork sheets for the teacher without being in the classroom. Most enjoy the contact with young people. The days and hours of

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

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

• • •

(more Club News cont' on page 16)



HOLM SWEET HOME

YVONNE HOLM REALTOR®



916.616.6555
www.LincolnHillsRE.com

YvonneHolm@me.com
DRE# 01969667



GARY'S SPRINKLER REPAIR SERVICE



Local Experts • 31 Years Experience
Troubleshooting & Repairs

- Timers Set or Replaced • Wiring Issues
 - Valve Replacements • Drip Systems Replaced
- All Work Guaranteed

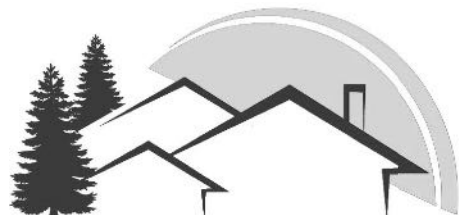
916-223-3706 LIC# 869624

Hey neighbor...

Thinking of selling your home?

Have a friend moving here?

I'd like to help.



BILL DAVIDSON
BROKER
 916-539-3537
 DRE BROKER LIC. # 01099153



A Resident of Sun City Lincoln Hills

25 years residential real estate experience.

Just add me to your list of REALTORS® to interview.

www.BillDavidsonHomes.com/testimonials

Travel Club

BY LINDA BEVINS & JOANNE SCHUMACHER

This month we're spotlighting our 2025 trips to our neighbor to the North-Canada! This may be a New York trip with a one-day stop in Canada, a cruise up the east coast that views the fall colors in Canada, a train trip through the Canadian Rockies, Christmas markets in Canada, or visits to several historical French-Canadian cities.

Trips To Canada —

Canadian Rockies featuring Rocky Mountaineer: August 6-13, 2025

Charms of Quebec featuring Montreal, Charlevoix and Quebec City: August 8-15, 2025

Crystal Cruise-New York City to Quebec City: October 14-22, 2025

New York City to Niagara Falls: October 15-22, 2025

Discover Christmas Markets of Montreal & Quebec City: December 11-17, 2025

Canadian Rockies featuring the Rocky Mountaineer Railroad. Delight in two days aboard the train viewing coastal forests, roaring river canyons and lofty mountain peaks. Traverse the Continental Divide and spy moose, elk and bighorn sheep. Walk on the Athabasca Glacier or the Columbia Icefield Skywalk.

Charms of Quebec featuring Montreal, Charlevoix & Quebec City. Explore French-speaking Montreal, rich in European culture and architecture. Take an exhilarating whale-watching expedition on a zodiac boat. Visit

Montmorency Falls which plunges 272 feet. Sample locally made products and tour a winery on Ile d'Orleans.

Discover the Christmas Markets of Montreal and Quebec City in the European style without going all the way to Europe! Meander thru the vendors and holiday stalls reminiscent of the German Christmas Markets. Enjoy a culinary workshop learning to make a Buche de Noel.

For a complete list of 2025/2026 trips visit our website: www.lincolnhillstravelgroup.com. All trips include airfare and ride to/from airport. Travelers must be members; however, YOU DO NOT HAVE TO LIVE IN SUN CITY TO BE A MEMBER. Visit our website for an application.

Lincoln Hills Travel Group Leaders — Joanne Schumacher 415-999-1242 jschumacher1@gmail.com;

Louise Kuret Auerbach 916-408-0554 louisekuret@att.net; Lyle Auerbach 916-847-6544 lea925@att.net; Linda Bevins 916-666-7627 djbevins17@gmail.com; Lisa Viviano 916-798-7462 lisav4747@gmail.com

•••

(more Club News cont' on page 17)

Family Owned – Community Focused



916.783.7171

www.cochranewagemann.com



916.550.4338

www.csopc.com



Doug and Rita Wagemann
 FDR 2864 CA INS LIC. OI49635



Apple User Group

BY NINA MAZZO

With iOS18, Apple overhauled the Home Screen, introducing design changes that allow for more customization and personalization. You can put icons where you want, change their size and give them new colors. For more information check out the October issue of the Cider Press located on our website.

The club has an educational seminar and general meeting this month. The educational seminar on Thursday, November 7, Helen Rains presents “Get Organized Before the Holidays: Contacts App Tips and Lists!”

As the year comes to a close and the holidays approach, join Helen for a timely seminar to polish your digital address book.



You will learn how to easily add and update contact information, create group lists for sending holiday cards and networking, and sync your contacts across devices. You’ll be ready to send email messages, greetings, newsletters and more. Don’t miss this chance to streamline your contact organization! Ask the Tech: 6:45PM; Presentation 7:00PM; KS Presentation Hall.

The November general meeting is Tuesday, November 12. Ken Silverman will present iPhone Camera – he will demonstrate settings and show some iPhone accessories for the iPhone camera.

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

Remember to read the member weekly emails for any updates or changes to our

meetings.

The Apple User Group recently celebrated its 22nd anniversary with a Hawaiian themed party. Attached photos – thank you setup volunteers.

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

General information line: 916-913-6833.

• • •

LH Veterans Group

BY STEVE WITMER

The Veterans Group will once again present its annual Veterans Day community celebration on Monday, November 11. Activities will begin at 9:00 a.m. with a wreath-laying at the veterans memorial plaque at the main entrance to Orchard Creek Lodge. A concert of patriotic music by the Roseville Community concert Band will begin in the Ballroom at 9:30, followed at 10:00 by the formal ceremony. Vocal music will be presented by the Sunny Singers and Assemblyman Joe Patterson will be the keynote speaker.

Bill Holmes and Anne Constantin Birge, avid history researchers, will be the guest speakers at the November 21 general membership meeting in the Kilaga Springs Presentation Hall at 1:00 p.m. They collaborate on a project to reveal the stories of U.S. Army Infantry soldiers buried at Camp Far West, adjacent to the Bear River about 17 miles north of Lincoln. Fourteen graves have been discovered to date and our guest speakers will discuss the stories of the men buried there, some of whom died even before California

became a state in 1850. Don’t miss the fascinating stories that Bill and Anne have uncovered about army life in the far west at a formative time in California history.

The Veterans Group’s popular Holiday Luncheon will be held on Thursday, December 5 in the Orchard Creek Ballroom. A no-host bar will be open from 11:00 a.m. to noon, when lunch will be served. Three entrée selections will be available: roasted turkey breast, oven-roasted salmon and winter pasta fusilli (vegetarian option). The price is \$33 per person. Reservations are needed by November 25. For further information, contact Claire Luke at 916-253-3711.

• • •

(more Club News cont’ on page 19)



.....
Help our community grow strong — support our advertisers and community organizations!



INDEPENDENT LIVING • ASSISTED LIVING • MEMORY CARE
 Call 916-755-6553 to set up a tour today!



Voted Best of The Best in Granite Bay 2023!

WellQuest of Granite Bay Senior Living offers age in place accommodations for seniors exploring Independent Living, Assisted Living and Memory Care.

Our Resident’s have access to our many unique amenities:

- Heated Swimming Pool
- On-site full time Physical Therapy
- Nearby Paved Nature Trail
- Spacious Apartments
- 5 Star Cuisine in an Open Dining Setting
- Covered Dog Park

Call today to schedule your Tour and experience the difference and feel the WellQuest Vibe!

916 864-9800

WellQuest of Granite Bay Senior Living

9747 SIERRA COLLEGE BLVD.
 GRANITE BAY, CA 95746
WWW.WELLQUESTGB.COM



You wake up some days and can't get out of bed.

Most evenings, the pain is so intense you can't even make dinner for your family.

The exhaustion takes over and covers you like a heavy blanket.

And of course, when the depression hits, you can't clean your house or play with your grandkids.

You wonder if you're any good to anyone when you're like this.

This was everyday life for Kelly of Roseville.

This is life with Fibromyalgia.

At Lincoln Acupuncture, we understand how debilitating Fibromyalgia can be - you're in pain all the time, you don't have the energy to do the things you love with the people you love.

Fibromyalgia affects the

entire body, and to make things complicated, it affects every body a little differently.

"I would spend my days in bed. I couldn't even anticipate where the pain would be each day. It was an aching sensation that moves under my skin, a sensation I wish on no one. I knew my family needed me, and it was devastating to not be fully present day after day because I didn't feel well," Kelly shares.

So how is it that we have a 90% success rate in treating Fibromyalgia? We incorporate ATP Resonance BioTherapy™. It's a cutting edge technology that targets specific tissues in the body. It then reprograms them for optimal performance, thereby amplifying the effects of acupuncture.

It's in combining the time-tested science of acupuncture

and modern medical solutions like ATP Resonance BioTherapy™ and O3 Regenerative Therapy that we are giving much needed relief to those suffering with Fibromyalgia and other complicated, chronic conditions.

Benefits of Treatment:

- *Reduce Fibro fog and improve memory, concentration, and focus*
- *Improve sleep and increase energy*
- *Reduce pain and stiffness*
- *Alleviate anxiety and depression*
- *Improve gut health*

By improving these areas, we offer our patients their best chance at living a pain free life!

"Every specialist I met with couldn't offer me a real solution. I had never felt so defeated, but now, I can be the one who hosts the bridge parties. I'm thriving, not just surviving!"

At Lincoln Acupuncture Clinic, an initial consultation is the first step to creating a personalized treatment program for each individual. Call **916-884-0398** to start your healing process.



LH Amateur Radio Group

BY DAN LEHRER, KN6DRN

Several members helped out and others attended the annual Hamfest sponsored by the Western Placer Amateur Radio Group. Our group participated in a New Resident Orientation event at the OC. We had a wonderful chat with a fellow Ham who just moved here and we hope to see him at our meetings. The California QSO Party enabled us to make many contacts across the Country and Canada. Stations from out of State all call into California to try and make contact. Over 15 States, two Canadian Provinces were heard. We are looking forward to a Hams & Coffee

gathering in December, details to follow.

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

• • •

Democratic Club

BY JUDY GANULIN

As we write this, we are confident that our candidates will have won their offices by the time you read this. Our weekly rallies for reproductive rights were well attended and greeted positively by passing drivers. Our volunteers have walked precincts, made phone calls and otherwise helped our candidates'

campaigns. We continue to volunteer at Feeding the Foothills (formerly Placer Food Bank). We enjoyed Terry McAteer's presentation at our October meeting and look forward to our November 22 event and our December 19 dinner meeting. For more information about our activities and membership, please see our website, <https://democraticclubLincolna.org>

• • •

RV Group

BY MARY CARBREY

Up up and away! Our trip to the Southwest and the World Famous Albuquerque Balloon Fiesta was a "billowing" success! Thirteen rigs, (26 RVers) embarked on a three-week adventure to explore Bryce, Zion, and Grand Canyon National Parks, which culminated at the exciting balloon fiesta. A shout-out goes to Patty Holderfield, the trip's Wagonmaster, for her creativity in coordinating such a well-planned journey for so many grateful participants. Thank you, Patty! This month

our group is heading up to Feather Falls at Lake Oroville, to enjoy the fall foliage and mild temperatures before Winter is upon us.

See our website at www.lhrvg.com to learn more and join us on the second Thursday of each month at Kilaga Springs, 4:30 PM in the Placer Room. For general information, contact our club president, Jake Baker at 916-838-5253 or jbaker525311@gmail.com. For membership contact Tari Briscoe at 530-210-3302 or taribriscoe@gmail.com

• • •

(more Club News cont' on page 23)



Art, KI6GY and Dan, KN6DRN Greeting New Residents



RV Club Enjoying Albuquerque Balloon Fiesta.



SAM'S GARAGE DOORS

- ▶ NEW INSTALL
- ▶ REPAIRS
- ▶ BROKEN SPRINGS
- ▶ OPENER INSTALL
- ▶ OPENER REPAIR
- ▶ DOOR OFF TRACK
- ▶ MOST ANY GARAGE RELATED PROBLEMS



\$55 SERVICE CHARGE PLUS ANY WORK PERFORMED & ANY PARTS

916-769-8345

Do You Know What Your Home is Worth?

I can help you figure the current value or what to do to make it worth more.

Call Me for a FREE Consultation!



Jean Lund-Morrisseau
Resident Realtor ®
916.751.0712
JeanLund81@yahoo.com
DRE# 01966589





CLUB CRUISE & TRAVEL

Call our travel experts and let's start planning your next vacation! Call 916-789-4100

We are a FULL SERVICE Travel Agency. Tell us where you want to go and we will help make it amazing!

Days & Destination	Cruise Line ~ Sailing Date	Starting Price/ Inside Ocean View Balcony		
15 Day HAWAII from SFO! PRINCESS Ruby Princess ~ 3080 Passengers	Dec 2, 2024	\$1,528	\$1,610	\$1,999
	Jan 30, 2025	\$1,589	\$1,674	\$2,389
	Mar 19, 2025	\$1,738	\$1,837	\$2,588
	Oct 30, 2025	\$1,818	\$1,912	\$3,018
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!				
14 Day EASTERN/WESTERN CARIBBEAN! PRINCESS Sun Princess ~ 4300 Passengers ~ NEW SHIP!	Jan 4, 2025	\$1,735	\$2,086	\$3,400
	Feb 15, 2025	\$2,238	\$2,648	\$3,738
	Mar 8, 2025	\$1,973	\$2,548	\$3,278
Sail Round Trip from Fort Lauderdale to Roatan, Honduras, Belize City, Belize; Cozumel, Mexico; Princess Cays, Amber Cove, Dominican Republic; Grand Turk; Fort Lauderdale.				
11 Day ALASKA From SFO! PRINCESS Ruby Princess ~ 3080 Passengers	Jun 28, 2025	\$1,478	\$1,964	\$2,618
	Jul 9, 2025	\$1,518	\$2,017	\$2,608
	Jul 31, 2025	\$1,448	\$1,934	\$2,288
	Aug 22, 2025	\$1,448	\$1,952	\$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	\$918	\$1,055	\$1,418
	Mar 8, 2025	\$958	\$1,090	\$1,358
	Sep 24, 2025	\$1,108	\$1,269	\$1,558
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!				
7 Day CLASSIC CALIFORNIA COAST From SFO! PRINCESS Ruby Princess ~ 3080 Passengers	Apr 27, 2025	\$1,229	\$1,329	\$1,679
	Oct 5, 2025	\$1,039	\$1,117	\$1,339
Sail round trip from San Francisco, California to Astoria; OR, Seattle, WA; Vancouver, Canada; San Francisco, California.				
*LINCOLN SHUTTLE TO SHIP AVAILABLE!				
16 Day PANAMA CANAL - PRINCESS Coral Princess ~ 2000 Passengers	Jan 20, 2025	\$2,350	\$2,2550	\$3,150
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.				
INCLUDES LINCOLN SHUTTLE TO SHIP & SACRAMENTO AIR RETURN!				
18 Day SPAIN TO SOUTH AFRICA - ROYAL CARIBBEAN Voyager of the Seas ~ 3286 Passengers	Oct 27, 2025	\$1,635	\$1,885	\$2,163
	Sail from Barcelona, Spain; Tangier, Morocco; Las Palmas, Canary Islands, Walvis Bay, Namibia; to Cape Town, South Africa.			
17 Day SOUTH AFRICA TO SINGAPORE - ROYAL CARIBBEAN Voyager of the Seas ~ 3286 Passengers	Nov 14, 2025	\$1,723	\$2,233	\$2,509
	Sail from Cape Town, South Africa; Port Elizabeth, South Africa; Pointe Des Galets, Reunion; Port Louis, Mauritius; Singapore.			
Sail back-to-back from Barcelona to Singapore!				

*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.



CLUB CRUISE Reservations, Serving Placer County Since 1991
851 Sterling Parkway, Lincoln, CA 95648

We're local, please visit us or call **(916) 789-4100**

Visit us online www.clubcruise.com Email: book@clubcruise.com

CST # 2033380-40 November 2024

Back 2 Back



CLUB CRUISE & TRAVEL

It's about time to plan your dream vacation. You deserve it don't you?

Your local full service travel agency is just a phone call away. Our professional travel team is here to help make your trip better!

Stop by, call or email us to arrange your next trip with a professional travel agent.

Ask about our COMPLIMENTARY DOOR TO DOOR AIRPORT SHUTTLE TO SACRAMENTO AIRPORT with your Viking Cruise reservation.

Days & Destination **Cruise Line ~ Sailing Date** **Starting Price/ Inside Ocean View Balcony**

16 Day WINTER IN SPAIN & THE RIVIERAS **January–December 2025** **\$5,775**
Windstar Yacht ~ Star Legend ~ 312 Passengers **INCLUDES ROUND TRIP SACRAMENTO AIRFARE!**

Beat the crowds and visit the Mediterranean during the winter! Sail from Rome, IT; Livorno, IT; Genoa, IT; Nice, FR; Barcelona, SP; Valenica, SP; Malaga, SP; Gibraltar, SP; Palma De Mallorca, Barcelona, SP in an Ocean View Suite. With 4 overnight Ports! Ask about pre-and-post cruise hotel stays and the FREE all-inclusive upgrade. Call us today!

7 Day DREAMS OF TAHITI Cruise **October 2024 – March 2025** **\$6,950**
Windstar Yacht ~ Star Breeze ~ 312 Passengers

INCLUDES ROUND TRIP SAN FRANCISCO AIRFARE AND 2 NIGHTS IN AN OVERWATER BUNGALOW!

Board your Windstar Yacht and sail round trip Papeete, Tahiti visiting the French Polynesian islands of Moorea, Raiatea, Motu Mahaea (Tahaa), Bora Bora, Huahine, and back to Papeete in an Ocean View Suite. Don't put it off any longer. Book your Tahiti trip today. Call your Tahiti experts at Club Cruise.

8 Day PUGET SOUND & SAN JUAN ISLANDS Cruise **April-October 2025** **\$4,999**
American Cruise Lines ~ American Constitution~ 170 Passengers **INCLUDES ROUND TRIP SACRAMENTO AIRFARE!**

Package Includes round trip Sacramento Airfare, WIFI, an included excursion at each port and gourmet dining.

Explore the Cascade and Olympic Mountains. Sail round trip Seattle, visiting Anacortes, WA; Friday Harbor, WA; Cruising the San Juan Islands; Victoria, BC; Port Townsend, WA; Poulsbo, WA; Seattle, WA. In a private balcony cabin.

12 Day PARIS TO THE SWISS ALPS **November 2024 – November 2025** **\$4,499**
Viking Longships ~ 190 Passengers **INCLUDES ROUND TRIP SACRAMENTO AIRFARE!**

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

10 Day EMPIRES OF THE MEDITERRANEAN **April – December 2025** **\$4,599**
Viking Ocean Small Ship ~ 930 Passengers **INCLUDES ROUND TRIP SACRAMENTO AIRFARE!**

Package Includes your home to the Sacramento Airport Transportation, Round trip air from Sacramento, Your 10 Day Viking European Ocean Cruise sailing from Venice, IT; Koper, Slovenia; Zadar, Dubrovnik, Kotor; Croatia, Corfu, Katakolon, Santorini, and Athens; Greece in a balcony cabin, all meals on board the boat, WIFI, AND daily sightseeing! Ask about higher category staterooms.

8 Day MISSISSIPPI Cruise **January 2025 – November 2025** **\$5,299**
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, all meals on board the boat AND daily sightseeing! Ask about higher category staterooms. Ask about pre and post hotel extensions!



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.

CLUB CRUISE Reservations, Serving Placer County Since 1991
851 Sterling Parkway, Lincoln, CA 95648

We're local, please visit us or call **(916) 789-4100**

CST # 2033380-40 November 2024



LiftMaster®



Get in your garage, EVERY TIME

See and hear what's happening in your garage.

- The LiftMaster Garage Door Opener, with built-in camera and 2-way communication, provides peace of mind your garage is safe and secure. Model 85503
- REAL TIME VIDEO MONITORING
- 2-WAY COMMUNICATION
- SMART PHONE CONTROL
- INTEGRATED BATTERY BACKUP



COMPLETE Garage Door Installations

*Many Styles & Colors to Choose From
Less Expensive Than Home Depot & Lowe's
Over 20 Years of Experience*

**EL CAMINO OVERHEAD
GARAGE DOORS**

Contact **Khoune Mokhantha**
For a free estimate!



Lic# 910298

(916) 533-6501

www.elcaminogarage.com

Republican Club

BY SUE DUMAS

Final countdown to the election – 2024! Club members have been ‘busy bees’ holding Wednesday morning fun filled vigils on Colonnade and 12 Bridges, walking neighborhoods, registering voters, etc. Makes you proud to be part of our Club, and the Republican Party!

Remember, vote – early and in person, or drop your ballot off per the dates and instructions. Please refer to your newsletter, or recommended GOP positions.

John McGinness – retired Sheriff of Sacramento County was October’s guest speaker. Widely recognized as an exceptional leader and political commentator on Newstalk 1530 KFBK. Mr. McGinness had many interesting perspectives on everything politics.

Saturday, November 9 – Victory Pizza Party! Join us in the California and Placer rooms. Doors will open 1:00 PM. We will be celebrating all our great candidates especially #47–Donald J. Trump! (The power of positive thinking!!!) No Host Bar. Bring your smiles and stories and let’s MAGA, with Trump at the helm!

Your RSVP is required – deadline November 6. Call Aggie Marsh at 916-409-5699, or email at aggiemarsh59@yahoo.com.

Voting Centers in Lincoln: Locations and Times

1. Lincoln Veterans Hall at 541 5 th St. (11 days)

October 26–November 4 (8:00 AM–4:00 PM) and November 5 (7:00 AM – 8:00 PM).
 2. Lincoln Library at 485 Twelve Bridges (4 days) November 2 – November 4 (8:00 AM – 4:00 PM) and November 5 (7:00 AM – 8:00 PM).
 3. Sun City Kilaga Springs at 1167 Sun City Blvd (4 days). November 2 – November 4 (8am – 4pm) and November 5 (7am – 8pm)

If you are not able to get to a vote center with your ballot, rest assured you can deposit your ballot into a drop box at the Registrar’s office (3715 Atherton Road, Rocklin, CA 95765, Monday through Friday, 8:00 AM to 5:00 PM. Have questions? Contact Registrar: 530-886-5650

www.RepublicanClubSCLH.org

• • •

LH Sports Car Club

BY ROB PHILLIPS

The early days of fall were warmer than usual, but the LHSCG still managed to do some autumn like things. On October 3rd a number of members drove together to Kathrin’s Biergarten Restaurant in Roseville to celebrate Oktoberfest. Great Bavarian Style food and of course beer was enjoyed by all who attended. At our monthly club meeting on October 7th, we held our second Mini-Car Show of the year. This gave us the opportunity to not only spend some social time together but also to see up close the cars our fellow members drive. On a more businesslike side a slate of officers for 2025 and will be voted on at the November Meeting We closed out the month with a Halloween Dinner/Dance on the 25th held at the OC Ballroom. Over 60 folks attended and enjoyed good food, fun company as well as taking part



Ernie and Susan enjoying Oktoberfest

in some “Contests” related to our club as well as the “Spooky Season”.

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

• • •

Garden Group

BY LORRAINE IMMEL

Happy Thanksgiving! In a season of gratitude, we are especially thankful for having a supportive and active Steering Committee for the Garden Group. They team together to offer monthly General Meetings with highly qualified speakers on all aspects of gardening.



Active Steering Committee for the Garden Group.

Included at these meetings are sign-ups for events, garden plant sale, door prizes, and Master Garden Q’s & A’s. They sponsor Garden Shows (Bonsai and Rose), host a local Garden Tour, organize Plant Sales for Lincoln Civic Projects, and provide Field Trips, Socials, and Classes in Composting, Bonsai, & Flower Arranging.

Membership for 2025 starts in January and for more information and forms go to

our website: lhgardengroup.org. You can also register at the General Meetings (Jan-Oct, Thursdays, 2PM, KS).

Most of us are recreational gardeners and our purpose is to acquire knowledge about gardening techniques, stimulate interest in landscape projects, expose the membership to horticulture, and enjoy camaraderie among members.

• • •

Rods & Relics

BY ELNA RAGAN

The following three charities to receive the proceeds from next June’s Downtown Lincoln Car Show were selected on September 19, at the Club’s General Business Meeting. They are Acres of Hope, Lincoln High School’s Sober Graduation Night, and the Hope

Foster Family Agency. Congratulations to the winners! To date, our Club has contributed \$278,741 to local charities from our annual Car Show!

On Sunday, October 6, over 30 Club members attended a BBQ held at Jerry Polen’s facility in Sheridan. It was a great day to celebrate the success of the recent Downtown Lincoln Car Show!

Our Club members also continue to enjoy the monthly Brunch that was held on October 9 at the Waffle Farm. In addition to having a relaxing time and eating delicious food, our hostess Sherry Hickerson provides a special treat for a “lucky” member. I wonder what it will be next month!

On October 15, a group of Club members traveled to Lathrop for a tour of the In-N-Out Burger Headquarters and Warehouse. They enjoyed the tour and were treated to a free lunch!

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

• • •

(more Club News cont’ on page 24)



REBARK TIME, INC
FOR ALL YOUR LANDSCAPING NEEDS

FREE ESTIMATES!

www.rebarktime.com • Thinning/Pruning of all Plants Shrubs and Trees
916-764-7650 • Tree Training/Maintenance
 Licensed/Insured • Weed Abatement • Planter Beds
 #23559/03224 • Pathways/Walkways/Walls
 • Boulders/Stream Beds • Bark Installation
 • Outdoor Drain Repair and Unclogging

Tree Care - Planting - Irrigation - Fertilization

Your Neighbor & Sun City Specialist

21

“Call me today to find out what your home is worth!”

MARY OLSEN
REALTOR® | DRE 01313270
(916) 521-5492



3 Time Centurion Award winning Agent

CENTURY 21 Select Real Estate

©2024 CENTURY 21 Select Real Estate, Inc. All rights reserved. CENTURY 21 and the CENTURY 21 logo are registered trademarks owned by Century 21 Real Estate LLC. Each Office is Independently Owned and Operated.



**Experience,
Tenacity, Ethics,
Resourcefulness,
and Attention to Detail**

Paula Nelson
916-240-3736

DRE lic. # 01156846

www.PaulaNelson.com

email: REALTOR@PaulaNelson.com



**COLDWELL
BANKER**

**SUN RIDGE
REAL ESTATE**

Each office independently owned and operated.

Lincoln Hills September Sales Snapshot

Address	Street	Sq. Ftg.	Orig. Price	Selling Price	Floorplan
1173	Ivy Arbor	1161	\$510,000	\$515,000	Millpond
2988	Black Hawk	1195	\$495,000	\$495,000	Calaveras
1542	Rose Bouquet	1298	\$535,000	\$515,000	Bridgeway
2792	Blue Heron	1361	\$586,000	\$560,000	Madera
2688	Woodacre	1491	\$575,000	\$583,000	Pine Hill
870	Anton	1515	\$550,000	\$560,000	Pine Hill
2360	Kingfisher	1531	\$619,950	\$599,950	Alpine
1299	Freschi	1531	\$600,000	\$585,000	Alpine
2031	Stepping Stone	1539	\$599,900	\$579,900	Pine Hill
1808	Gingersnap	1571	\$698,000	\$722,000	Quail Cove*
1029	Fairway Valley Ln	1626	\$658,000	\$650,000	Lassen*
319	Stags Leap	1655	\$589,000	\$589,000	Trinity
2281	Swainson	1655	\$565,000	\$565,500	Trinity
735	Stockman	1739	\$624,000	\$624,000	Mendocino
681	Rustic Ranch	1785	\$700,000	\$680,000	Santa Cruz*
2280	Stepping Stone	1791	\$749,000	\$750,000	Tahoe
1968	Glenbrook	1911	\$749,875	\$730,000	Fremont
1041	Truchard	1967	\$695,000	\$695,000	El Dorado
1239	Secret Lake	2090	\$749,000	\$749,000	Tahoe**
2356	Winding	2151	\$749,000	\$739,000	Sausalito
2657	Black Hawk	2258	\$999,000	\$985,000	Napa***
1804	Glenbrook	2258	\$1,100,000	\$1,050,000	Napa***
2200	Lamplight	2465	\$899,000	\$880,000	Monterey*/***
2421	Granite	2991	\$999,000	\$1,026,000	Springcrest**/***

*Pool **Casita ***View

Total Homes sold in Sun City per MLS 9/1/24 - 9/30/24

Bird Group

BY SHERRY SINGER

In 1890, 100 European Starlings were release into New York's Central Park by a man who wanted to introduce into the city every bird mentioned in Shakespeare's plays. Every one of the over 200 million Starlings alive today are descendants of those first 100 birds! They are thriving everywhere in the United States as well as parts of Canada and Mexico by outcompeting other birds for food and nesting sites. This is a classic example of the life history of invasive species: non-native species whose introduction is likely to cause harm to the environment. On the Bird Group's October 11th bird walk at Dry Creek Community Park in Roseville, we observed over 200 birds, at least 30 of which were descendants of those initial 100 European Starlings released in Central Park.

At our October 14 meeting, Chris Conard, Natural Resource Specialist at the Bufferlands

in Sacramento County, reviewer for eBird and past president of the Central Valley Bird Club showed us spectacular pictures of birds including birds of paradise, kingfishers and crowned pigeons from his 2022 trip to Papua New Guinea.

Future Bird Walks: departure @8AM from OC gym parking lot

November 8: Gray Lodge Wildlife Area, Gridley

November 22: Ferrari Pond/Salt Pond (local)

Upcoming Meetings: Every 2nd Monday of the month at 1:30PM at Presentation Hall at Kilaga Springs

November 11: SCLH resident Carol Smith will share bird pics from "Travels with Carol"

December 9: JC Bergeron: International Bird Rescue

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

(more Club News cont' on page 25)



Daylight Saving Time Ends — Sunday, November 3, 2024, at 2:00:00 am. Turn clocks backward 1 hour and enjoy more light in the morning and less light in the evening!



PECK
HEATING & AIR
CONDITIONING
CSLB# 566294

- SALES
- SERVICE
- INSTALLATION

www.PeckHeatingAndAir.com **916-409-0768**

**Be Prepared for
COOLER TEMPS with our
Early Bird "Fall" Special!**



We are Hiring Service Technicians!

**Call Now to
Secure Your
Spot For Our
Fall "Early Bird"
Tune Up
Special!!!**

\$69

Expires 11/30/24

Three Generations Strong

Hikers and Walkers

BY GAY MACKINTOSH

With the holidays fast approaching, LH Hikers and Walkers give special thanks to all the hike and walk leaders who so generously share their love of the outdoors for us to enjoy. Check out lots of ways to celebrate with us at our website lincolnhillshikers.org. And save the date for our Holiday Party Tuesday, December 10, 5 PM in the OC Ballroom.

Walkers meet every Wednesday morning

at 8:00 AM to explore our own SCLH trails. Choose a brisk 2½-3-mile trek or a slower-paced Walk for Wellness with Karl Aitken karlaitken@comcast.net. Call Coordinator Debbie Schryver, 916-666-1741, with questions about the Walkers.

Here's our November hike schedule as of press time. Smoke, thunderstorms, snow (!), or other risks may require last-minute schedule changes so check back often.

- Friday, November 8: Stevens Trail (North Fork, American River Canyon).

Moderate/Strenuous 7.7 miles with 1600' elevation gain. Moderate pace.

- Tuesday, November 12: Ruck-a-Chucky. (Middle Fork, American River Canyon). Moderate/Strenuous up to 9 miles with 1200' elevation gain. Fast pace.

- Thursday, November 21: Cool Deli (American River Confluence). Moderate 7 miles with 1000' elevation gain to lunch in town of Cool. Moderate pace.

Interested in sharing your favorite hike with fellow nature-lovers? We have lots of resources to support new leaders. Contact Gay Mackintosh, Vice-president for Hikes, mackintoshbg@msn.com or 916-2093628.

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

• • •

LH Senior Softball

BY HEIDI MAZZOLA

We kicked off our first doubleheader on October 12th, marking the beginning of the Fun Ball season. Games will continue every Wednesday and Saturday morning, weather permitting, until the end of the year. Details and sign-ups have been emailed to all members, and the information is also available on our website.

We're excited to announce Pat Sabia as a new addition to our Board of Directors, filling a recent vacancy. Pat is a long-time member of the LHSSL, and we look forward to his contributions. His term runs through 2025.

Additionally, three new Board Members will start their terms in 2025: Joe Budelli, Phil Suek and Steve Tadevich. Joe and Steve are relatively new to the league, while Phil has been with us for a few years and recently retired. We extend a warm welcome to all three and thank them for volunteering their time and service.

Hall of Fame (HOF) nominations for class of 2025 are now open and will close at the end of year. For nomination details, visit the Hall of Fame tab on our website, where you'll find instructions and a Nomination Application. We would like to thank Bec Cannistraci for doing an outstanding job as Chairperson of the HOF committee. Bec will be stepping down at the end of the year, so if you're interested in serving on this important Committee, let Bec or any Board Member know.

Our next General Meeting is scheduled for December 3rd. As always, check our website for updates at LHSSL.net.

• • •

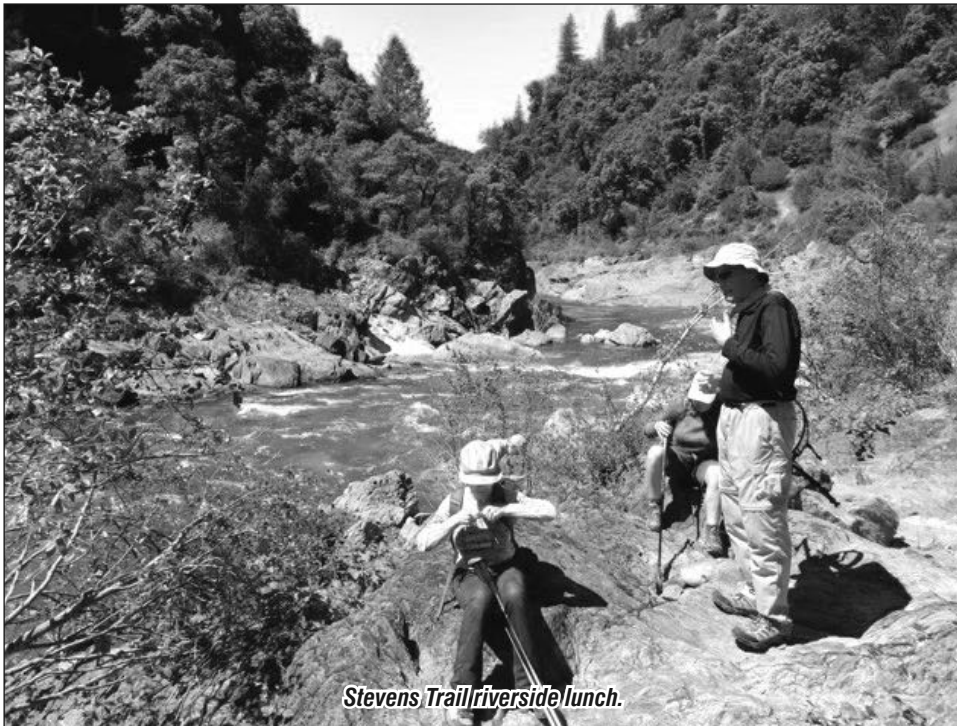
LH Table Tennis

BY ILENE MARSHALL

November will be a busy and fun month for the Table Tennis Club. We're having our Monster Bash Potluck event on November 2nd and hosting the Roseville Table Tennis Club on November 17th at our Interclub Tournament. We won last time! Come by and cheer us on to make sure we remain undefeated.

We play in the Multi-Purpose Room (KS)

(cont' on page 27)



Stevens Trail riverside lunch.

Lenora Harrison
916.765.4188

Broker Associate | DRE#01229917
lenorasellssuncity@gmail.com

Larry Pearson
916.521.6516

Realtor | DRE#01938527
youragentpearson@gmail.com



YOUR NEIGHBORHOOD
REALTORS

with **1,000+**

Sun City Home Sales!

GUIDE
REAL ESTATE

Forbes
GLOBAL PROPERTIES

WeSellSunCity.com



\$0 DOWN

Pay Less each month
than you are currently
paying!

Don't Miss Out,

Call Today!

(916) 782-3333

VISIT US AT: www.capitalcitysolar.com



Serving Sun City
Lincoln Since 2002

• Solar Electric Installation

• Battery Back Up

• Service Solar Electric

T E S L A

POWERWALL

CERTIFIED INSTALLER

CCL# 1018035



SAVE \$\$ WHEN SELLING YOUR HOME!!

List for 1.5%*

Independent Real Estate Broker Living & Selling in Lincoln Hills
Full Service Less Cost! for over 15 years!

Offering *Over 20 Years BROKER EXPERIENCE* in Placer County with Lincoln Hills Resident References, Personalized Service and **COMMISSION SAVINGS!**

Services Available

- Provide Comprehensive Market/Price Analysis
- Assist in Prelisting Home Preparation, Pricing and Marketing Strategy
- Activate Your Home in Multiple Listing Service including World-Wide Web Advertising
- Design, Print and Provide Marketing Materials/Flyers
- Arrange Installation of Post, Flyer Box and FOR SALE Sign
- Place Realtors MLS Lockbox for Agents and Arrange Showings
- Provide Mandatory California Buyer/Seller Disclosures
- Receive, Present and Negotiate Offers between Sellers & Buyers
- Open Escrow and Transfer Documents with All Parties

OVERSEE THE ENTIRE SALE PROCESS FROM LISTING THROUGH SELLING!

*PRICE YOUR HOME SELLS FOR	*TRADITIONAL LISTING COMMISSION 2.5%	ACTION REALTY LISTING COMMISSION 1.5%	**YOU SAVE 1% with ACTION REALTY!
\$400,000	\$10,000	\$6,000	\$4,000
\$500,000	\$12,500	\$7,500	\$5,000
\$600,000	\$15,000	\$9,000	\$6,000
\$700,000	\$17,500	\$10,500	\$7,000
\$800,000	\$20,000	\$12,000	\$8,000
\$900,000	\$22,500	\$13,500	\$9,000
\$1,000,000	\$25,000	\$15,000	\$10,000

*Commissions are based on Sale Price. I List for 1.5% and additional commission is paid to Buyer's Agency. TOTAL Commission is 4%.
**Seller savings based on Area Average Commission of 5%.



916-595-2635

Cindy Collis

Independent Real Estate Broker & SCLH Resident

cindycollis@mail.com

www.sellinsavewithcindy.com

I Also Represent BUYERS!



LH Table Tennis

(cont' from page 25)

on Sundays 8:00 AM to 5:00 PM, Tuesdays, 6:00 PM to 9:00 PM, and Fridays 8:00 AM to 12:00 PM.

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

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

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

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

We play on 7 tables, beginner to advanced levels on a drop-in basis. We play women's

doubles, men's doubles, mixed doubles, and singles.

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

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

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

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

• • •

LH Tennis Group

BY PAMELA GEERNAERT

If you happen to be at the Sports Pavillion on Saturday October 12th, you would have seen Grandparents and Grandkids running, laughing and interacting like there was no Generation Gap. Thanks to Eric Garcia our Wellfit and USTA Tennis Professional, along with Volunteers organized a Tennis playday for Seniors and their Grandchildren. It was time spent together where special memories were made for both Grandparents and the "Grands"

Lincoln Hills Tennis wants to welcome our new members. Our Tennis courts are open to all residents. We encourage everyone to come out and see our beautiful courts and feel the

energy that you will experience just watching the players.

We have so many new programs. Drop-ins, Ball Machine, Fitness Classes, lessons.

This fall we are in the process of Electing our 2025 Board. Our Board members work hard throughout the year to make sure our club runs smoothly, planning special events for the group. Looking forward to seeing what they have planned for 2025.

For information regarding lessons contact Eric Garcia, Tennis Professional 530-945-8816 orgamesetmch@yahoo.com

future events, activities and other tennis news go to www.sclhtg.com

• • •



LH Pickleball Club

BY DIANNA HENRICKSON

The Lincoln Hills Pickleball Club 80 Plus Scramble featured 16 players over the age of 80 on Saturday, September 28. These players are a treasure to our club. Seeing them compete, move, laugh and enjoy pickleball

bracket were tightly contested. Gold medal winners in the five brackets were: Mike Mangiatini (Coed 4.0), Charlie Orr (Men 3.75+), Ron Lamb (Men 3.0+), Dusty Hoetger (Women 3.5), and Marianne Hinchee (Women 3.0). A good time was had by players and spectators alike! If you would like to try this fun, healthy and social game of pickleball, we



80 Plus 3.0-4.0 Medal Winners Mike Guantone, Terry Tibbets and Steve Wong.

was inspirational. Medal winners in the 80 Plus 3.0-4.0 division were Mike Guantone, Terry Tibbets, and Steve Wong. While the 2.0-3.0 80 Plus medal winners were David Africa, Sue Worrall, and Norman Seidenverg. On the same day, we ran a Skinny Singles tournament, which was also great fun (and terrific exercise!) This tournament featured 28 players in five divisions. There were many competitive games and the medals for each

offer a FREE introduction to pickleball class to help you get started. Email Carol Judd at Welcometopickleball@gmail.com. It's a great way to spend your Golden Years!

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

Website: www.lhpbclub.com

• • •

(more Club News cont' on page 29)

HAPPY
THANKS
GIVING

SCREENS 4 LESS
Window Sun Screens

- Security Doors
- Swinging Screen Doors
- Retractable Screen Doors

Call Us Today For A FREE Estimate! **773-6500**
Cont. Lic.#806165

BrightStar Care
 A HIGHER STANDARD OF HOME CARE

LET US HELP YOU CARE FOR YOUR LOVED ONE

We specialize in:

- › Personal Care
- › Alzheimer's
- › Companion Services
- › Parkinson's
- › Homemaker Services
- › Heart Failure
- › Respite
- › Post-surgical Care
- › Hospice Support
- › Multiple Sclerosis

We assist you with Long Term Care insurance processing.

No deposit required.
 Nurse oversight included.

Independently Owned & Operated

Insured & Bonded – Roseville, CA • 916 781 6500

HERE FROM THE BEGINNING. HERE FOR YOU TODAY.



Michelle Cowles
#01821892
916-295-8532



Nick Cowles
#02066942
916-216-5877



Linda Erwin
#00633529
Broker Assoc.
530-720-2303



Don Gerring
#00631339
916-747-5050



Sue Hanusek
#02186925
916-849-8504



Donna Judah
#00780415
916-412-9190



Wendy Judah-Olsen
#01764197
916-276-4194



Lynda McLain
#01960858
916-412-0120



Jean Lund-Morrisseau
#01966589
916-751-0712



Barbara Lynch
#00642851
Broker Assoc.
707-696-4431



Ken Martinez
#02002833
916-622-1667



Paula Nelson
#01156846
Broker Assoc.
916-240-3736



Kathy Nowak
#01327209
408-348-0641



Tara Pinder
#00898876
916-600-2836



Ann Renyer
#01746828
916-343-6045



Michael Renyer
#00894446
916-343-6044



Bill & Jan Rexrode
#01700676/#01700677
916-408-3997



Loree Risi
#01203309
916-716-0854



Greg Spier
#02120061
916-884-3364



Tangi Walker
#00820609
916-316-1112



Tony Williams
#01390054
916-521-3400



Jennifer Zehnder
#01190630
Broker Assoc.
916-812-2955

916.543.5222

CBSUNRIDGE.COM

1500 DEL WEBB BLVD. #101
LINCOLN, CA 95648

WE'RE OPEN TO SERVE YOU—STOP IN AND SAY HELLO!



COLDWELL BANKER

SUN RIDGE REAL ESTATE

Property Management by Gold Properties
goldpropertiesoflincoln.com - 916.408.4444
CA DRE #01366131

CA DRE #01441035
Each office is independently owned and operated

Lincsters 9-Hole Club

BY LORA FINNEGAN

Tournament Co-Chairs Kim Schutz, Kim Hall, and Patty Owens, and Financial Chair Jan Varin, plus 105 players and volunteers raised a record \$55,629 at the October Fundraiser Tournament for the Placer Breast Cancer

– Jeannine Wuschmig, Patty Alderete, Gay Gladden, Jane Steffes.

Winners Hills Course Back 9: 1st place – Maddie Krochak, Nancy Dame, Susan Mox, Liz Kelley. 2nd place – Kathy Lindner, Bev Johnson, Hedy Hallums, Judy Matson.

3rd place – Linda Salmon, Phyllis Patrick, Pat McNiff, Marie Bossert. 4th place



Patty Owens, Stephanie Hill (PBCF), Kim Hall, Cindy Picos (PBCF), and Kim Schutz

Foundation (PBCF).

Winners Hills Course Front 9: 1st place – Georgia Richie-Lynch, Kim Hall, Pat McMuray, Barbara Mikicach. 2nd place – Judy Josse, Fran Rivera, Karen Escobar, Susan Petersen. 3rd Place – Sue Pharis, Margie Jewett, Joyce Kirk, Marnie Badgley. 4th place

– Darlyne Giorgi, Dori Knorr, Peggy Carr, Lena Ingraham.

Closest to the pin winners: Fran Rivera, Judy Matson.

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

• • •

Ladies Golf -18 Holers

BY CAROL LOPEZ

We are happy to announce our 2024 Club Champion is Beth Morton. She joined our club earlier this year and is an enjoyable and inspiring addition to our group. Her total gross score for rounds on the Orchard and Hills courses was 166. Closely following with a 169 gross was Patti Tilton. Kelley Royball was our low net winner with a score of 138. Other winners, by flight, were Kathi McCoy, Nancy Sartor & Kathie Sutter for low gross; Mitsuko Cameron, Donna Brinkerhoff & Marcella Christoff for low net and Gay Wold (tournament chair), Nancy Jenkins & Mikie Briggs for second low net. Congratulations to all these ladies! A nice luncheon and awards ceremony in the Secret Garden topped off this special event.

The October Breast Cancer tournament exceeded all expectations with a donation to the Placer Breast Cancer Foundation in the amount of \$55,629 which is a new record for our Ladies Clubs. This year Kim Schutz from the Lincsters spearheaded the event with Patty Owens from our club as a co-chair. There are so many people to be thanked... you know who you are... as support for this worthy cause was tremendous from members



Beth Morton, 2024 Club Champion.

of each club, the LH Men's Club, the Pro Shop, Meridian's Catering, the Lincoln Hills community, surrounding communities and many businesses!

We tee off at 9:00am this month and our annual Turkey Trot will take place on the 21st.

• • •



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

Men's Golf Club

BY CARL LYNCH

Congratulations to Fred Jaicks and Mike Black as the low gross score winners of our September Summer Heat, 2-Man best ball, tournament.

It was a bit breezy and maybe just a little chilly in the morning, but we had an otherwise great day for golf! Nobody complained much about this after the long stretches of heat we have endured this summer.

Congratulations to Robert Musial, Torr Zielenski, Ciro Estremo, and Dan Guth for winning the closest-to-the-pin contests on

holes 5, 7, 12, and 16.

Congratulations to Walter Milgroom and Ron Hartman who took home the Long Drive Honors on Hole 18 from the Red and White tees.

All of our net scores on each flight were very close.

October 21/22 is the Club Championship & Just For Fun tournaments, and don't forget, the Pro shop hosts the weekly "Sweeps" on Tuesdays, hope to see you out there!

As a member of the Men's Golf Club of Lincoln Hills, you have an incredible support network at your disposal. If you're ever in need of assistance or advice, there will be someone

at your golf club who can help out.

It is very clear why golf is perfect in retirement. Golf provides an enjoyable and compelling activity that's good for you both physically and mentally. Golf delivers a ready-made social scene both on course and off and it allows for competition as well as friendly interaction.

Even if you're at retirement age and you don't play golf, it's never too late to start.

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

• • •

(more Club News cont' on page 30)



You CAN Cancel Your Timeshare

We have helped over 30,000 American families save over \$450,000,000 in timeshare debt and maintenance fees.
We can help you too.

Get your free information kit and see if you qualify: **Call 1.855.946.0763**

*This is an Advertisement. Wesley Financial Group, LLC ("WFG") and/or its affiliates, successors, or assigns are not lawyers and/or a law firm and does not engage in the practice of law or provide legal advice or legal representation. Actual results depend on each client's distinct case and no specific outcome is guaranteed.

Club Cruise and Travel

Please Join Us for Our Luxury Travel Show

When: January 28, 2025 ~ Time: 11am to 3pm

Where: Catta Verdera Country Club-1111 Catta Verdera, Lincoln, Ca 95648

- Cruises
- Land Tours
- Luxury Train
- River Cruises
- Specialty Trips

Guest Speakers!

Great Food!

Raffle Prizes!

Show Specials!



Please RSVP-916-789-4100 ~ Book@ClubCruise.com



Lincoln United Methodist Church Sunday Worship 10 AM

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

*Pastor Vinny's sermons available on YouTube.com
Lincoln UMC*

Reasonable Faith, Jesus vs. the Culture
6:30pm, Thursday, 11/7/24

EZ Dinner Nite
5:00pm - 7:00pm, Wednesday, 11/13/24

See upcoming events on our Facebook page

Lincoln United Methodist Church

629 "I" Street, Lincoln CA 95648

For more information visit us online at lincolnumc.com

or call us at 916-645-3588

Water Volleyball

BY HOLLIS BISCHOFF

Fall is a great time for Water Volleyballers. We attended land volleyball at Jessup, and completed our in-house tournament: Some

join us! Want to try us out? Come to a free drop session any Saturday at 9 am. Please contact us beforehand so we can let you know where to meet and what to bring. Find us at LHWaterVolleyball.com or call Jerry Grisler at 209-648-9534. Not sure if you have the skills?



Water Volleyball dries off to support Jessup Women's Varsity Volleyball!

Spike it Hot! Our new league play promotes cross level teams, but there's still plenty of single level and open play for all. Come

Attend a Skills and Drills class the first Tuesday night of the month.

• • •

Swimmers & Water Walkers Club

BY ROSEMARY TANFANI

Steven Pas and his wife moved to Lincoln Hills in October, 2020. He was overweight, with a demanding desk job that left no time for physical activity. Shortly afterwards, he retired and became more inactive. His doctor advised him to bring down his blood pressure and lose some weight.

According to Pas, "One day I was sitting on our front porch and I saw our 90 year old neighbor going for a walk, using her walker, with her arm in a cast. I realized I had no real excuse, to not workout."

Pas started with workouts in the pool and the gym. He hired a trainer to help with flexibility, balance, and movement, and he reached out to Kathy Carpenter, Swimmers and

(cont' on page 31)



When Buying or Selling Experience Counts & Who You Work With Matters!

"Anne was recommended to me by a family friend who had used her to sell their home. Start to finish, Anne was a dream. She was a great communicator, answered all of my questions and was a wealth of knowledge about not only the home selling process, but also the area. I would not hesitate to recommend Anne for buying or selling a home." **- Tina Johnson**

To see 100+ testimonials from Anne's clients, please go to AnnesFanClub.com

COLDWELL BANKER
SUN RIDGE
REAL ESTATE

Each Office Independently Owned And Operated



916.847.6006

Anne@YourAgentAnne.com

CA DRE Broker License #01425896



WWW.ACTIVEADULTPLACER.COM



Swimmers & Water Walkers Club

(cont' from page 30)

Water Walker Club president and mentor.

“Kathy taught me how to water walk efficiently and get the most out of my workouts,” says Pas. “Because of my bad knees, water walking was about the only way to get in cardio exercise. It also helped me strengthen my leg muscles and improved my balance.”

Pas started out with 30 minutes of water walking, six to seven days a week, then gradually increased to one hour a day. He also watched his diet, reducing his amount of sweets, bread and carbohydrates. After 18 months, he had lost 70lbs!

His work out advice is to keep it easy and simple. He states, “Start off with 15-20 minutes, three days a week for one month. If this works for you, then increase your work out minutes and days. You will be surprised how good you will feel!”

Thank you club member, Steven Pas.

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



Steven Pas, dedicated water walker.

Shuffleboard Club

BY JON KLINE

Club play has moved to Afternoons, every Wednesday and Saturday from 1:30 to 3:30 PM, with new player orientation offered at every session. Monday afternoon “Happy Hour” socials continue through November from 4:00 to 5:30 PM. Bring a snack for yourself or to share. Our tournament on 11/19 was “sold out” quickly with 20 players; results in next month’s SSN issue. Club volunteers hosted a free basic strategy clinic; players learned offensive and defensive strategies to improve their scoring. Two great socials were held last month: 38 people enjoyed an ice cream social followed by shuffleboard play, and 26 gathered for a dinner outing at Old Town Pizza. Join our club and enjoy these sport and social events. All residents are invited to play shuffleboard on our 5 all-weather PolyCourts on Court #10, located in the Sports Plaza adjacent to the rear of the softball field parking lot. For open play and practice, reserve courts for 1-3 hours up to 7 days in advance at: Resident Website / Wellfit Reservations / Shuffleboard Courts. All equipment is in the onsite locker; instructions for using the equipment are posted in the locker. For evening play, enjoy the bright LED lighting until 9:00 PM.

Email the club for the basic game rules. We are a no dues club. People of all ages and



Shuffleboard Club dinner at Old Town Pizza in Lincoln.

fitness levels can play shuffleboard because no bending or lifting is required.

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

• • •

Cribbage Club

BY MEL SWITZER

In honor of the SCLH presentation of “Guys and Dolls” Nov. 21st – 24th 2024

I dreamed last night I showed up for some Cribbage,

And by some chance I had brought my “sweet” cards along.

As I got caught, I hollered, “Someone Help Me,”

But the players they knew right from wrong!

For the people all said, “Sit down, sit down you’re rockin’ the crib!”

The players all said, “Sit down, sit down you’re rockin’ the crib!”

And we will drag you under and turn you into a greasy McRib,

Sit down, sit down, sit down, sit down, sit down you’re rocking the crib!”

I sailed that day on a little boat named Cribbage.

And by some chance found an extra 5 up my sleeve.

And there I stood nicely, collecting all the money.

But the players were really quite peeved! For the players all said “Beware, you’re on an honest ship!”

The players all said, “Beware, beware you’ll scuttle our trip!”

And we will drag you under, by the fancy words comin’ off your lip,

Sit down, sit down, sit down, sit down, sit down you’re rockin’ the ship!!!!

All of the following players won very honestly this past month:

9/17-- Jerry Carlson, 9/24-- Mystery Mike, 10/1-- Lana Venturi and 10/8-- Susan Shanellec

These “Guys and Dolls” were the champions because Luck was a Lady that day. They won a Bushel and a Peck at the Oldest Established Cribbage Club in town. So Sue Me, Sue Me for plagiarism and Stop Rockin’ the Boat!

Step right up any Tuesday at 8:30AM and join the “Guys and Dolls” of Cribbage in the OC Card Room. No, Sister Sarah won’t scold you, Nathan Detroit won’t bug you, but Nicely, Nicely Johnson might charm you.

• • •

(more Club News cont’ on page 36)



TERRAZAS LANDSCAPE
Family Owned Since 1998
CSLB #877722

New Landscape Design
Artificial Turf
New Lawns
New Drip Systems
New Drainage & Repairs



Offering Complete Landscape Maintenance!

Call for a Free Estimate! **916-247-2748**

Specializing in the Western Placer Area

- Active in Real Estate and Lending for over 35 years
- Consistent Placer County Top Producer

FREE HOME MARKET EVALUATION
FREE PARTIAL STAGING
VIRTUAL TOURS ON A NEW LISTING!

Let Me Help You Find Your New Home!
And Sell Your Current One!



Donna Judah

916-412-9190
djudah@sbcglobal.net
CalBRE #00780415
1500 Del Webb Blvd. #101
Lincoln, CA 95648



SUN RIDGE REAL ESTATE

Former Del Webb Sales Associate in Both Lincoln Hills and Sun City Roseville

35 Years in the Business

20 YEARS Carolán Properties

REAL ESTATE SALES & PROPERTY MANAGEMENT
Our goal is not to be the biggest, but the best.

58+ FIVE STAR
Google Reviews

EXCLUSIVE
Concierge Program

ON SITE OFFICE
Across From The
Orchard Creek Lodge

MARKETING
Including Print and
Website Profiles

*Penny
Carolán*

Broker
CA DRE #01053722

916-871-3860



*Courtney
Carolán Arnold*

Property Manager
CA DRE #01471287

916-258-2188

CarolánProperties.com • CarolánPropertiesRentals.com

Our family means business...
SELLING. BUYING. MANAGING. LEASING.

Try us in Lincoln...a place You Can Trust for your car repairs and maintenance.

*We have 25 Years
of Honesty & Integrity behind us.*

"Duncan's Automotive
fixed a problem that I had
been to 3 different places
over the course of 2 years".
-P. Buntiny
-Citrus Heights



Open Saturdays in Lincoln • We Now Do Smogs In Lincoln

most cars

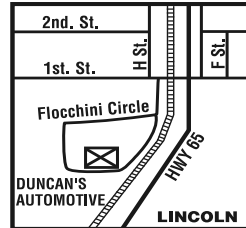
Winter Service Special \$189⁹⁵

- Lube, Oil, Oil Filter • Brake Inspection • Test Battery (Synthetic Oil Extra.)
- 45 Point Inspection • Install Wiper Blades (most cars)

Lincoln 645-2860 Also Good at: Citrus Heights 726-8473 and Roseville Locations 789-0303

Not Valid with any other offer. Expires 11/30/24

A place where
your car is
done when
promised!



185 Flocchini Circle, Lincoln

Duncan's Automotive

645-2860

www.DuncansAutomotive.com



Also Offering
Jewelry Repair
and Engraving

BUYERS & SELLERS OF

GOLD • STERLING SILVER COINS • BULLION • ESTATE JEWELRY UNIQUE COLLECTIBLES

Estate Appraisals by appointment
543-GOLD(4653)

LINCOLN Gold & Coin

547 Lincoln Blvd.

Expertise You Can Trust Kindness You Deserve

With more than 30 years of combined Real Estate experience
Sun City Lincoln Hills Real Estate Specialists

Jenna Lyn Gutierrez Sharon Worman
DRE# 02025988 DRE# 00905744

916.662.1477
Jennalyn.net

SCAN

Make a difference this tax season? Volunteer with AARP Foundation Tax-Aide in Lincoln!

BY GARY STEER

Are you looking for a rewarding opportunity to make a difference in your community? Each year, April 15 is widely met with feelings of pressure and anxiety. Some people sweat, many procrastinate – and a few simply deny it. Almost four out of five people who turn to AARP Foundation Tax-Aide are 60 or older, and household incomes aren't high. For many of them, a tax refund could mean they won't have to choose between paying for groceries and keeping the lights on. For the past 22 years, volunteers have been participating in the AARP Foundation Tax-Aide program in Lincoln. We need additional volunteers to join us to help taxpayers complete their 2024 federal and California income tax returns in Lincoln during the 2025 tax-filing season.

Becoming a volunteer is easier than you think! Volunteers are needed as schedulers to make appointments for our clients. All volunteers must pass a ten-question ethics test. Schedulers return the client's phone call to set up an appointment time, explain what information to bring to their appointment, and log the appointments into a Google Calendar; schedulers must be computer literate. Training is provided.

Greeters welcome clients, review and assemble their tax records, make sure they have brought the necessary information so our tax preparers can complete their returns

efficiently, and they manage the flow of clients being served. No computer experience is required to be a greeter! Training is provided and all volunteers must pass two ten-question tests.

Volunteers are especially needed as preparers to help the client prepare and e-file their returns. Even if you don't have accounting or tax preparation experience, becoming a tax preparer may be right for you if you have a knack for working with numbers. An introductory session is held in December, and the free, comprehensive training and certification class for preparers will be held in January, 2025 in Roseville and Lincoln. Computer literacy is required to assist in providing our free e-file service.

All volunteers are asked to commit 4 hours in one day per week during the tax-filing season, February 10th through April 15th. Volunteers of all ages and backgrounds are welcome; you do not need to be an AARP member or retiree to volunteer.

To volunteer or for more information, please e-mail yorke1946@gmail.com with your name, address, and phone number. Also, please indicate if you are interested in being a scheduler, a greeter, and/or counselor (preparer). We have a need for bilingual speakers. Dedicated translators who can assist our volunteers are also welcome.

The Songs of *Guys & Dolls*

(cont' from page 1)

multiplicity of pop singers, from Doris Day to Perry Como to the Andrews Sisters, charted the Billboards in four different recordings in 1950. In *Guys & Dolls*, this is Miss Adelaide's (Susan Stecz) declaration of her love for fiancé Nathan Detroit (Ken Reiss), despite her abhorrence of his gambling ways. Exasperated, Nathan responds to Miss Adelaide in a hilarious, ingeniously choreographed duet, "Sue Me."

In other songs, a dreamy "I've Never Been in Love Before" (Sky and Sarah duet) captures the thrill of newfound love and



"the helpless haze" they're in. And you'll love Nicely, Nicely Johnson's (Steve Evans) spirited "Sit Down You're Rockin' the Boat," for lyrics that relate a truly wacky dream!

For unforgettable songs, entertaining action, and fun for all ages, how about rockin' on down to OC Ballroom November 21-24? Hurry, tickets are going fast!

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

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



ENCORE
GOLD AND COIN

COLLECT • INVEST • APPRAISE • ENJOY



**New Family
Owned
Business!**

We Buy and Sell from Customers Like You!


Gold • Silver • Platinum • Palladium • Coins
Currency • New and Used Jewelry
Numismatics • Bullion • Scrap Metals

Location Address:
6827 Lonetree Blvd. Ste 101B Rocklin, CA 95765

Hours:
Mon-Fri 10am-5:30pm
Saturday: 11am-4pm
Sunday: Closed


Contact Us:
916-872-1562
info@encoregoldandcoin.com
www.EncoreGoldAndCoin.com

Transparent transactions. Fair current market prices. Expert guidance. Estate and collection appraisals. Swift on-the-spot cash!



Jensen Smith
CERTIFIED PUBLIC ACCOUNTANTS, INC.

*"Making a Lasting Contribution To Our Clients,
To Our Community and To Our Profession"*




Jennifer M. Jensen, CPA
Master in Taxation



Winner from 2006-2023

- ❖ **Income Tax Preparation**
 - ◆ Individual
 - ◆ Businesses
 - ◆ Estates & Trusts
- ❖ **Audit, Review & Compilation Services**
- ❖ **Small Business Consulting**

661 5th Street, Suite 101 ❖ Lincoln, CA
Phone (916) 434-1662

Bringing Your Kitchen & Bath Dreams To Life for Nearly 50 Years

Expert Craftsmanship

Full-Service Solutions,
Start to Finish

500+ Reviews
★★★★★

*"We had our Kitchen done first.
We loved it so much, we had
our 2 bathrooms remodeled...
They are the Best"
-Christine & Rick*

30,000 Happy customers

Proven Experience

Local, Family-Owned Co.

LIC #365777



Since 1976 we've been delivering uncompromising quality and attention to detail on every kitchen and bath remodel. With No Subcontractors you save time and money. Schedule your Free in-home consultation today.



Rocklin & Sacramento
916.362.7080

Building Custom Kitchens and Baths Just for You since 1976



KitchenMart.com

SSNLH WRITER...

Finally, an End to the 90% Dilemma

BY STU SINGER

All of us have experienced what I refer to as the “90% Dilemma” (trademark pending). I am comfortable using the word “all” since this crisis involves anyone who has wrestled with a bottle of ketchup, a jar of mayonnaise or a tube of tomato paste. After all, who among us has not been frustrated by the fact at least 10% of the contents in these various delivery systems are lost forever due to their faulty engineering.

Sadly, this crisis is not simply limited to the kitchen. Reflect for a moment on the last time you managed to retrieve every bit of cream, ointment and salve before deposing of the item.

This is no accident.

At least the salmon was good

This frustration was on full display two nights ago as we prepared dinner. The meal itself was fine. It was one of our favorite dishes—Sockeye Salmon with a creamy green curry chili sauce. The cooking was easy—the preparation is what led to the onset of heartburn. The battle of the mayonnaise and green curry chili paste initiated the churn. To be clear while most complaints about food prices center on inflation, another cause is the significant amount of product that is never utilized. Mayo jars are clearly designed to resist releasing all of their contents. Whether it is an open mouth or a squeeze bottle, unless one is willing to plunge their hand completely into the jar or risk serious injury by pounding the bottle on the counter top and then squeezing with face-reddening effort, significant globs of the tasty condiment will never be retrieved.

This is not an “oops.”

The quest for mustard was equally frustrating. Regardless of how many times it is slammed against a hard object, there will always be enough of the yellow stuff left behind for at least four sandwiches. Open the top and insert a knife and one can capture a bit more. However, most of this now coats your hand. In 2024 America no one should have to wipe the back of their hand on a freshly toasted bun.

These people do know how to engineer profits.

It is an epidemic that too often has received a grudging acceptance. “Well, of course,” we are told “no one gets the last bit of shave cream, Neosporin, shampoo, conditioner, hand soap, toothpaste....”

It does not have to be like this.

Say hello to the miracle tube

Remember the saying “You can’t put the toothpaste back into the tube.” This was an accurate truism for explaining why some mistakes cannot be corrected. But for me another truism I had painfully learned to accept was “You can never get ALL of the toothpaste OUT of the tube.” After discarding more partially filled toothpaste containers than we would like to admit, my wife and I went on a quest to find one container, any container, that would deliver 99% of its contents without us having to resort to some form of household jujitsu.

To our surprise, we did.

It was a nondescript item on a grocery

shelf which advertised itself as “fighting plaque, whitening teeth and freshening breath” but not a word about offering the unique opportunity of consuming all of its contents.

Talk about burying the lede.

The proof was in the tubing

After six weeks of use, this toothpaste dispenser had become extremely crinkled, seemed nearly empty and obviously nearing the end of its usefulness. I mentioned to my wife that I would soon be needing a replacement. With a new tube sitting next to the sink, a week went by while each morning and evening a healthy clump of toothpaste was still popping onto my brush. The wrinkles had become more profound and it bent slightly to the right when standing on its top but who am I to complain about the aging process? The next week led to an even more misshapen appearance while its contents continued to flow. At three weeks post normal death, I was shocked each morning when a more than adequate supply of my tooth whitener burst out.

Toothbrushing had become a giddy experience.

Rest in peace great warrior

Nearly one month after my wife had placed a replacement tube at the ready, four weeks after I had presumed it was near passing, my tube of toothpaste was officially pronounced “empty”. Not “done” with the forever lost 10% or more of its contents remaining.

It was empty, completely empty.

Its final days were filled with dignity; no pounding, grotesque squeezing or sharp weapons. In the end, I thanked it for its service, took a photo for reasons that still elude me and grudgingly opened the box for its noble replacement.

Some closing thoughts

Containers need to be put on notice. Look to this gallant tube, delivering its critical contents two or more times a day, every day, to a set of teeth in dire need of the qualities it provided. Others must join in this quest to end the 90% dilemma.

Please feel free to join in this search.

C is for Catalogs

BY JOY S. HUTCHISON

I don’t know about the rest of you, but I’m getting catalogs galore this time of year. Some are selling items similar to those I occasionally purchase, but others sort of make me wonder why I’m on their list. Let me tell you about an experience many years ago to explain what I mean.

In the 1980’s, my oldest daughter moved “up north”. She settled in a quiet community that offered employment and also an opportunity to attend a college that included classes to further her education. The area was really quite pristine, with mountains, lakes and forests that beckoned to her instinct to get away from big city life. However, there was one minor drawback the first winter she was there. Only ninety miles from the Canadian border, it snowed in September and was so cold it didn’t melt until April!

I was still living in the Bay Area and took a newspaper that had a weekly column touting a special item that subscribers could order. My

eyes opened wide when I saw the description offered: “Down Bra, One-Size-Fits-All.” I immediately thought of my dear first-born shivering and sliding on ice and snow, a two day’s drive away from me, and thought she would get a kick receiving one as a joke, and perhaps encouragement to stick it out. Without a second thought, I placed my order and had it sent post-haste to her in the hinterlands.

The end of the story – right? Not so, dear readers. Although oldest daughter and I shared a laugh when her package arrived, the powers-that-be never forgot my name and address. About a month later I received a catalog for hunting equipment including

guns, camouflage outfits, camping gear and decoys. Since I didn’t need any of the above, I just tossed it. Then came a martial arts catalog encouraging me to purchase scary militia-type goods, ninja stars and brass knuckles. Yikes! I could just imagine being put on some FBI list of potential troublemakers with a nit to pick.

I guess the moral of the story is, you never know who you’ll hear from when you place that order.

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

Lest We Forget

BY MALCOLM SINGER

In your past life, were you a member of the American Legion, the VFW, or Sempa Fi? Did you know that Lincoln Hills has its own Veterans Group, with full membership open to anyone who ever served, - regardless of rank - even if it was only for one day! And did you know that everybody living in Lincoln Hills is automatically an Associate Member?

In common with many other veterans’ organizations, the Lincoln Hills Veterans Group is entering a period of uncertainty. Our membership is shrinking each year. World War II veterans have almost all gone. Korean veterans are few and far between. Even veterans from the Vietnam period are aging fast. And most Gulf War and Afghanistan veterans are probably not yet old enough to live in Lincoln Hills. To add to these problems, our current membership is not growing any younger. Over the last few years our membership has reduced by almost half. And so has the number of volunteers.

We are trying to keep alive the camaraderie from our time in the service. A group of us meet informally for morning coffee in the Kilaga Springs Cafeteria three times a week. Another group meets for lunch every Thursday in Siinos Restaurant. And every few months dozens of us, members and wives, meet for breakfast at The Waffle Farm.



We work closely with The Lincoln Hills Association to mount two very important events – the Memorial Day and Veterans Day Ceremonies - both of which are open to the whole Lincoln community. In addition, we celebrate St. Patrick’s Day, host a Flag Day BBQ, have an Ice Cream Social in August, enjoy Oktoberfest, and gather for a big Holiday Luncheon in December.

After twenty-four years we are finding it harder and harder to fill key positions. Currently, we are desperately searching for somebody to take on the overall management of our social events. Someone who will control the calendar and coordinate the volunteers who run the self-funding social events we have each year.

If you are lonely or bored, this might be the ideal job for you. It’s a great opportunity for you to make a real difference to the veterans who live in Lincoln Hills, many of whom are now alone or in their final years.

For information on this role or to be listed as an Associate member, or if you wish to assist the Veterans Group in any way, please contact Shirley Schultz on 916-645-7539 or online at sstlouis41@gmail.com

In the meantime, we look forward to seeing you in the Orchard Creek Ballroom on November 11 for our Veterans Day Celebration.

LET THE PROS HANDLE IT!

1. WE CLEAN CLOGGED GUTTERS

2. WE SEAL + ALIGN GUTTERS

3. WE INSTALL LEAF FILTER

Say "NO" to Cleaning Out Your Gutters. → **Protect Your Home With LeafFilter.**

20% OFF + **10% OFF**
Your Entire Purchase* Seniors + Military

++ We offer financing that fits your budget!++

* See Representative for full warranty details. **One coupon per household. No obligation estimate valid for 1 year. †Subject to credit approval. Call for details. AR 366920923, AZ ROC 344027, CA 1035795, CT HIC 0671520, FL CBC056678, IA C127230, ID RCE-51604, LA 55954, MA 176447, MD MHWC111225, MI 262300173, 262300318, 262300328, 262300329, 262300330, 262300331, MN IR731804, MT 226192, ND 47304, NE 50145-22, 50145-23, NJ 13VH09953900, NM 408693, NV 86990, NY H-19114, H-52229, OR 218294, PA 179643, 069883, RI GC-41354, TN 10981, UT 10783658-5501, VA 2705169445, WA LEAFVFNW822J, WV WV056912.

FULL SERVICE GUTTER PROTECTION – SCHEDULE YOUR FREE INSPECTION NOW! 1-916-953-5518

Duplicate Bridge

BY MONA STRYKER

Our recent Roseville Exchange was a very fun event. Annually we have an exchange, alternating between Lincoln Hills and

least two days ahead of game with Elise Homer at elisehomer@gmail.com or 916 303-0751).

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

Saturdays: starting at 12:30 in Sierra



Roseville Sun City.

Thanks to Tina Amerio and her committee for a very fun Halloween party. Our next special event is honoring our veterans on November 6.

Congratulations to Larry Brenden for achieving the ACBL Life Master rank recently while playing in the Reno/Sparks Regional.

Our Fall charity is the Wounded Warrior Project. Donations are being taken until November 6.

Games (reservations need to be made at

Room (KS). Open section only

For further information, go to our website shown below.

Partnership chairmen: Open game: Denise Morgan (909-263-2651), C Group: Linda Kawula (423-538-0097)

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

Website: www.bridgewebs.com/lincolnhills/

• • •

Kilaga Springs Library News

BY JOY HUTCHISON

The Kilaga Springs Library volunteers have had a busy and productive 2024 year. In addition to keeping our inventory of books well-supplied and in good order, we also sponsored special events for you to enjoy. Our very popular Meet the Author Lecture Series hosted eight programs, featuring authors sharing their interesting and entertaining stories in Presentation Hall (KS). For book lovers looking for bargains, we had Adopt-A-Book Fairs in May and October in the Kilaga Springs living room where overstocked books and puzzles were ready to find a new home. If you haven't heard, on November 19th

between 1:00-3:00 you're invited to come help us celebrate our 20th Anniversary, with refreshments and some special surprises.

December is almost here, and with it our annual supply of holiday-themed books will be ready to read and return. While you are at the library, check out what our volunteers have cooked up for our special holiday display. Many of you may have enjoyed seeing last year's precariously balanced pyramid of books. I'm happy to report it stayed intact until it was disassembled after the holidays.

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

Silver Wishes Celebrates 75th Wish for Local Senior

Silver Wishes is excited to announce their 75th wish granted to a local senior this month. Since 2021, Silver Wishes has been granting one-time wishes to seniors to help them overcome an obstacle they are facing.

Every senior has a different story, making each Silver Wish unique but they all leave a lasting impact on each wish recipient. Rose happened to be the non-profit organization's 75th wish and her story tugged at the heart of the Board of Directors while reviewing each wish nomination.

Rose was a language specialist teacher for 18 years for K-8th grades in the San Juan Unified

School District but had to retire to undergo cancer treatments. She beat cervical and breast cancer but recently received a terminal diagnosis for non-alcoholic cirrhosis of the liver and stage 3 renal failure. Rose made the decision that she was not going to go through any more treatments but enjoy the time she has left with her family.

Silver Wishes received a wish nomination from her daughter explaining her mom's situation and that her wish would be to take a road trip to see Mount Rushmore. However, because her daughter has taken a leave of absence from work to care for her mother, they cannot afford to make this trip happen. Silver Wishes reached out to the community to make this wish come true. LIG Rentals of Loomis offered to donate an RV for their trip and the Closet Doctor offered to help cover some of the gas. This is just one example of how great things can happen when the community comes together. Silver Wishes was able to surprise Rose that her wish of a lifetime is going to come true. "This is a blessing. I've always wanted to see Mount Rushmore but didn't know how I was going to get there." commented Rose at the wish reveal. This is a wish that is giving Rose something to look forward to as they plan their road trip and memories that the family will forever cherish together.

"As with all of our wishes, we don't want to

grant wishes that will bring smiles for a couple of hours, but will change their outlook on life today, tomorrow and going forward." stated Stephanie Berger, Silver Wishes President/Co-founder.

Silver Wishes aims to let seniors that are struggling physically, financially or emotionally know that they are known and valued by helping them overcome a challenge they are facing that they cannot overcome on their own. Silver Wishes has granted wishes of all different kinds depending on the need. Some have helped overcome mobility issues with a new mobility scooter or a power lift recliner. Wishes have helped overcome safety hazards like replacing linoleum floors that are torn up or replace pathways that are being lifted by tree roots. Other wishes have helped those that are lonely and isolated be reunited with loved ones. Some wishes just help provide basic needs that a senior cannot provide on their own like new shoes or a comfortable mattress. Each wish is reviewed to make sure it meets the wish criteria that can be found on their website.

Currently Silver Wishes is serving seniors in Placer County, Wheatland and Citrus Heights.

Seniors must be at least 65 years old and not able to overcome the obstacle on their own.

There is more detailed information on the organization's website along with a simple nomination form to nominate a senior that is going through a difficult time.

Based in Placer County, Silver Wishes is impacting the lives of seniors one wish at a time. There are over 86,000 seniors living in our community and many of them are struggling. Please visit our website at silverwishes.org for more or to purchase tickets for Wild West Wishes. Together, as a community we can make a difference.



We Cancel Timeshares for You

Many people believe their timeshares cannot be canceled, but they often can be. Our founder and CEO, Chuck McDowell, has successfully fought in federal court for the right to help timeshare owners — like you — out of their "binding" agreements. Whether you were misled or pressured, you may have an easy exit.

How Does the Cancellation Process Work?

- Start with a FREE consultation to discuss your needs.
- If we see that the circumstances of your agreement qualify you to exit the timeshare, you'll be assigned a specialist to walk you through gathering documentation.
- Our Resolution Department then works quickly to have your timeshare and related fees permanently terminated.

We are able to help most timeshare owners that contact us. You could be one phone call away from complete peace of mind.



Get your free information kit and see if you qualify:

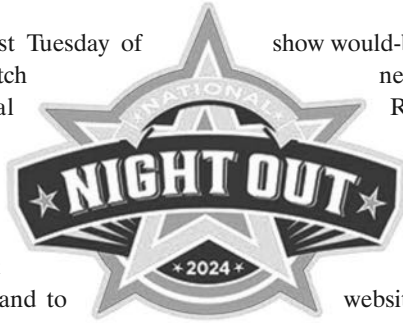
855-946-0763

Neighborhood Watch

National Night Out — A Special Tuesday Every Year!

BY TERESA TANIN

Each year on the first Tuesday of October, Neighborhood Watch (NW) promotes National Night Out (NNO). This year's events were again a great success. Neighbors gathered in their own yards to meet and greet new neighbors and to



show would-be criminals the strength of neighbors knowing neighbors. Residents pride themselves in being the “eyes and ears” of the Lincoln Police and Fire Departments. They report incidents to help others. Visit the NW website sclhwatch.org to view and



to sign up for “Alerts.” An informed community is a safer community. Residents also attended the National Night Out event held at the Sports Pavilion at 4:00 PM with Police, Fire, and several county representatives holding a Q & A session at 5:30 PM. This was a great time to speak directly to our first responders and gather information from Placer Health Services, Project Lifesaver, the City of Lincoln, the 2-1-1 Program, and the Lincoln Hills Foundation. Mark your 2025 calendar for the first Tuesday in October and attend next year's event. Give thanks to the special people who help keep us safe while enjoying a no host BBQ and refreshments. Residents also continue to donate food items to The Salt Mine food pantry—we thank our



generous community! Please visit the NW website sclhwatch.org for NNO event photos. Thank you for participating in this annual event. We are all safer when promoting neighbors knowing neighbors every day, and on that special Tuesday every year.

SCLH Neighborhood Watch Mission, through the dissemination of safety and security information is to strengthen neighborhood ties, increase personal safety and security awareness, be the “eyes & ears” of the Police & Fire Departments, and encourage emergency preparedness. Visit the NW website sclhwatch.org for community-wide “Alerts” and to view updated 501c.3 information, including new mailing address: SCLH Neighborhood Watch, P.O. Box 282, Lincoln, CA 95648-0282.

Lincoln Police Department Volunteer Program

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

For more information, contact Roy Osborne at 916-645-4081.



Forget Mow, Blow, & Go!™

USING THESE PAILS MAKES ALL THE DIFFERENCE.

The only way to provide a manicured look to your yard is to yank, trim, rake, and remove weeds, leaves, and debris **BY HAND...AND WE DO IT!**



We provide an English-speaking crew member at every visit. • Irrigation systems are regularly checked for proper operation. • FREE Timer Adjustments • (3) Service Plans to choose from. • NO contract required. • Change plans anytime. • Improvement project in mind? We prepare all documentation and submit it for Architectural Approval at **NO ADDED COST!**



530-740-3592

Martin's Landscape
CA Contractor Lic #1007425
City of Lincoln Lic #06875
BONDED & INSURED



Your Old Photos Restored!

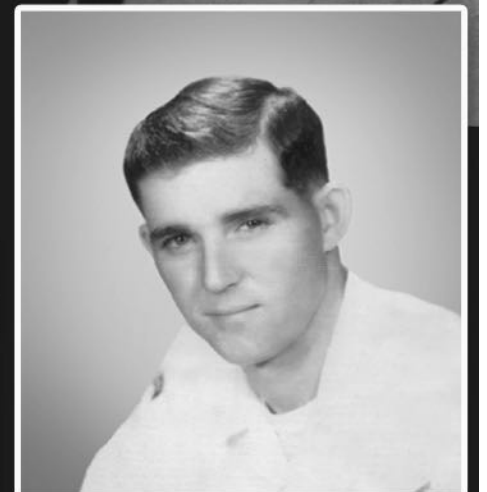
I'll restore your faded, stained and damaged heirloom photos to their original appearance.

They can also be re-colored, enlarged and duplicated—ready for framing. Your original is not altered, and never leaves my studio.

I live in Lincoln Hills and will gladly do free estimates in your home.



Patrick J Osborne
Visionary Design
916-747-2080
email patrickjosborne1@gmail.com





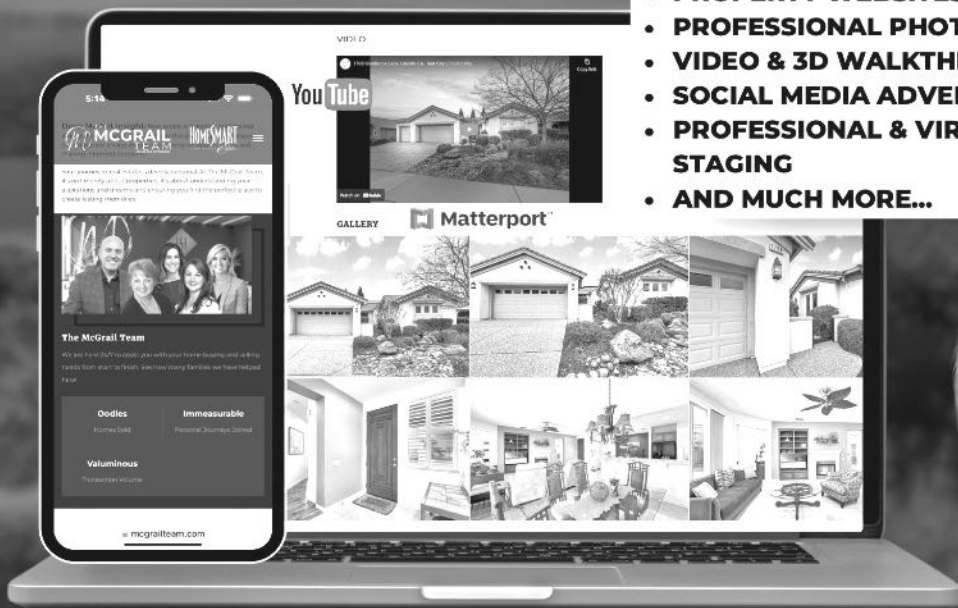
THE MCGRAIL TEAM

Real Estate

MAKES THE DIFFERENCE

Your Home Deserves More! Showcase your home with our innovative marketing tools, attracting buyers in today's digital age.

- PROPERTY WEBSITES
- PROFESSIONAL PHOTOGRAPHY
- VIDEO & 3D WALKTHROUGHS
- SOCIAL MEDIA ADVERTISING
- PROFESSIONAL & VIRTUAL STAGING
- AND MUCH MORE...



SHARI MCGRAIL
DRE# 01436301

ERIK NELSON
DRE# 02113178

916.765.8124
info@mcgrailteam.com



Your Local
HOMESMART
iCARE REALTY
Elite Agents



SUN SENIOR NEWS CLASSIFIEDS

SERVICES

\$\$\$SAVE MONEY WHEN SELLING HOME. LH Resident/RE Broker will list your home for only 1.5%! Full service, less cost! DRE#01195871. SELL n SAVE w/ Cindy. Action Realty: 916-595-2635 . www.sellnsavewithcindy.com

• • •

PET SETTING IN YOUR HOME. Senior women who will stay full time with your pet. Call Rita for details 916-280-1506.

• • •

WHEELER CLOCK WORKS. Certified Journeyman Machinist. Repair, Restoration of clocks: Grand father, Antique, Cuckoo. Jim Wheeler 916-303-3459.

• • •

HANDY MAN: A little bit of everything! I live in SCLH. I have been a contractor for 35 years in Placer county. Somethings I offer. Paint, Fencing, Concrete and repairs, Tile, pressure washing, sprinklers, Trees, dump runs, some plumbing and elec. Christmas lights. And much more! 916-532-2960.

• • •

SENIOR HELPER Services tailored to your specific needs. Call/text SCLH resident @ 408-858-8995.

R U S S ' R E C O N D I T I O N E D REFRIGERATORS. Delivery and Warranty available. Call Russ at 916-305-0499 or email at rbm20181@outlook.com

• • •

CELEBRATION OF A LIFE WELL LIVED: Heartfelt slideshow honoring cherished memories of your loved one. ViAnna 916-475-5848.

• • •

PROFESSIONAL CAREGIVER TAILORED TO YOUR NEEDS, 14 years experience SCLH Resident. Teri. 916-223-5556.

• • •

QUALITY FENCE BUILDING, REPAIR & PAINTING. Veteran & SC resident. Years of satisfied customers. **Now available with optional smooth (S4S) surfacing of all boards.** Call Bob Lincoln 916-505-7674.

• • •

CAPTURE CHERISHED MOMENTS: Family, pets & X-mas portraits to treasure for a lifetime. \$300. 916-475-5848.

• • •

DRIVER, SCLH residents. Sac Airport, errands, appointments etc. 6 passenger SUV, Mike or Abby 530-575-5782.

• • •

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

• • •

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

• • •

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

• • •

PELICAN HAULING AND JUNK REMOVAL garage, yard, storage units, furniture, appliances, e-waste, & more. Call/text Andy at 1-916-712-7224 Business Lic #00833776.

• • •

HAIR CARE SERVICES. Enjoy this specialty service provided in the comfort of your home. Licensed cosmetologist. Kimberly 916-837-1637.

• • •

ED'S STUMP GRINDING: Reasonable rates, prompt response. Call Ed 916-996-5812.

• • •

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

• • •

SENIOR COMPANION CAREGIVER. Retired Registered Nurse and SCLH resident. Phone 707-319-5186.

• • •

ORGANIZING SERVICES. Home clean outs, Pack/Unpack, Declutter, Downsizing, Running Errands. Arrange Your Place 916-581-0464.

• • •

ELIMINATE GUTTER CLEANING FOREVER! LeafFilter, the most advanced debris-blocking gutter protection. Schedule a FREE LeafFilter estimate today. 20% off Entire Purchase. Plus 10% Senior & Military Discounts. Call 1-916-953-5518.

• • •

TIMESHARE CANCELLATION Experts. Over \$50,000,000 in timeshare debt and fees cancelled in 2019. Get free informational package and learn how to get rid of your timeshare! Free consultations. Over 450 positive reviews. Call 855-946-0763.

• • •

FOR RENT

BEAUTIFUL SAN MIGUEL DE ALLENDE, MEXICO, condo for rent. Central location. Sandra 916-502-4882. LHSC resident.

• • •

FOR SALE

TWO BOSE INDOOR/OUTDOOR SPEAKERS with Sony AM/FM tuner. \$200. Paul 916-772-5766.

• • •

FORD FOCUS-SE 2010. 19,600 Miles, tech pkg. Mint condition \$5000 firm. Arnie 925-787-5613.

• • •

END OF YEAR PLANT SALE. Japanese Maples, Spider plants, Oak trees. 916-409-0322.

• • •

LADIES SAGUARO ROADMASTER 7 speed bicycle with accessories, very good condition \$35. 916-408-4342.

• • •

CHAISE LOUNGE CUSHION. Solid beige color. Perfect shape. \$20 cash. Call 916-409-5963. Leave a message.

• • •

BLACK BONDED LEATHER OTTOMAN W/Storage. 2'7"x3'11". Like New! \$100 obo 916-765-8274.

• • •

WANTED

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

• • •

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

• • •

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

• • •

ANNOUNCEMENTS

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

LOVE TO FLY FISH? Every Friday at 8 AM, we get together for breakfast at Meridians to talk fly fishing. Come and join us. Call Dick or Henry for additional info: 916-207-4473, 415-716-0666.

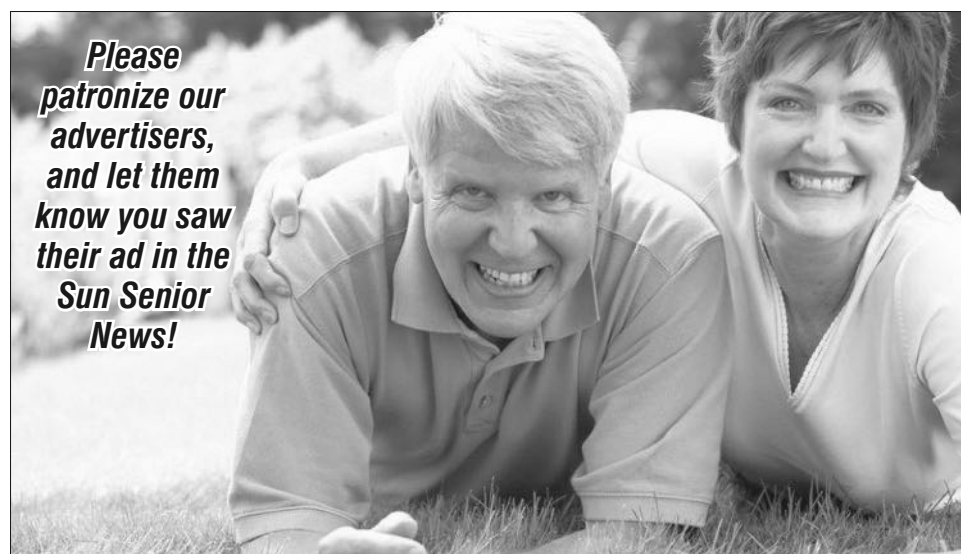
• • •

NATIVE DAUGHTERS of the Golden West Parlor 138. Meetings held the second Thursday of each month, 11:30am at the Lincoln Veterans Memorial Hall 541 5th Street, Lincoln. President - Marilyn Turner: 209-365-3918; mmt402@comcast.net

• • •

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

• • •



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

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

**FREE ADS — INCLUDE:

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

BUSINESS ADS:

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

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

Subject Line should be SCLH Classified and your Phone Number (Example: SCLH Classified 916-123-4567)

1. Contact name and phone number.
2. Which category to place your classified ad in: (Service, For Sale, Wanted, Announcement)
3. Classified ad text - including the phone number you want readers to call.

SCLH residents get FREE non-business Classified Ads; limited to 15 words; one per household per month.

Non-business Ad items include selling personal used items such as furniture, tools, books, rugs, electronics, personal car, golf cart, etc.

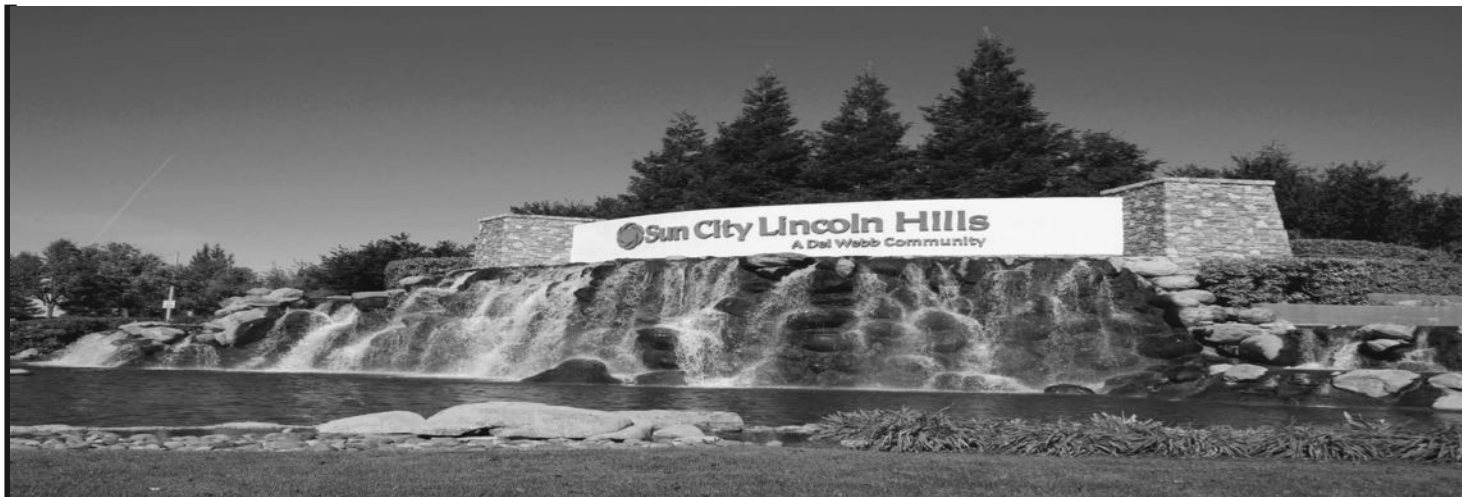
Business Ads include anything of a commercial nature or service, including pet sitting, real estate, rentals, timeshare/condos, any service etc.

Business Ads are 15 words for \$35 for one-month. Additional words \$1 each. (\$90 for three months for the same ad.)

If your classified ad is determined to be "business" related, we will email you an invoice that will allow you to pay immediately with a credit card, or mail a check.

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

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



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



George Brown

Recent Sales in Lincoln Hills

Since 1991

**CALL /TEXT US OR
EMAIL
FOR MORE
INFORMATION**

916-297-3500

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



#01163699

**CALL/TEXT
916-297-3500**



**2378 Longspur Loop
Plumas Model
OLD \$675,000**



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



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



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

All measurements and all calculations of area are approximate. All Sales from all MLS Brokers. Display of MLS data is usually deemed reliable but is NOT guaranteed accurate by the MLS. Buyers are responsible for verifying the accuracy of all information, Sales from all MLS brokers