

# SUN SENIOR NEWS

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## Anne Becker — On the Road Again

BY JENNIFER MARTIN

SCR resident Anne Becker's life seems to be reminiscent of Willie Nelson's song, "On the Road Again." She calculates that she's moved twenty-two times—living in six states and five countries.

Anne was born in Utah during WWII. Her father was in the Navy, so every time he was reassigned, her family moved. When the war ended, her father was hired by United Airlines, necessitating a move to Cheyenne, Wyoming, where Anne attended grade school through high school. "After those many years in Wyoming," she recalls, "there's definitely a lot of cowgirl in my soul."

Her parents separated and her mother decided it was time to fulfill her dream of living in Mexico and studying art. Anne, then a sophomore at Mills College in Oakland, having always had an interest in travel and languages, moved with her mother and two sisters and transferred to Mexico City College. Her mother bought a baby blue Impala convertible,



Anne Becker

and the ladies were off on their adventure.

While in Mexico, Anne met and married her first husband—a gringo—and following their wedding, moved to Medellin, Colombia, where he had a short-term job assignment. There she had her first exposure to foreign

language instruction, teaching English to adults.

"I found it was an absolute natural for me," she says.

When the couple returned to the United States, they settled in New York City where their son, Scott, was born. After five years, there was a job opportunity in California, so they headed West for San Mateo. A ten-year period of calm and normalcy ensued, during which their daughter, Kristin, was born. Then a job transfer took them back to the East coast where they lived in New Hope, Pennsylvania.

Their marriage fell apart and Anne moved back to California, got her real estate broker's license, and began a new life. One of the new activities she pursued was ballroom dancing and it was in a dance class that she met the man who'd become her second husband, Bill, a civil engineer. Six months after their wedding, Bill's company sent him on assignment to work on a copper mine in Kitwe, Zambia, in Africa.

Anne's first impression of Africa was from the window of a small single prop plane that took them from the international  
*(cont' on page 23)*

## SCR Foundation 2024

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

Our mission is to fund, develop, and provide services, programs, and events through philanthropy and volunteerism that address the physical, social, and safety needs; and emotional well-being of all Sun City residents.

After 16 years of service, we have retired the Home Maintenance Service Van. It has served us well. We are excited to announce our new Home Maintenance Service Box  
*(cont' on page 31)*



## Honoring Veterans

BY CITY OF ROSEVILLE

Join the City for a celebratory event to honor the service and sacrifice of those who serve in our military. This family-friendly event will honor all those who have served, and those who continue to serve. Honoring Veterans is taking place on Thursday, November 7 at 5:00pm in Vernon Street Town Square. Donations for a care package station are appreciated. The event will include kid's activities, Wall of Honor, representatives from military branches, live music and food trucks.

Donation Ideas — Donations are collected at the event. These donations go directly to the troops. If you wish to participate, here are ideas of items needed: Sunblock, socks, underwear, and lip balm. Snacks, including chips, salsa, nuts, cookies, beef jerky, non-melting candy and trail mix in packaging that isn't easily crushed. Drink mixes in single-serving packets.

Wall of Honor — Pay tribute to local Roseville Veterans by adding their names to our Wall of Honor. To add a Veteran's name, please visit the Events page on the City's website. You will be contacted for a short bio and picture to be displayed at the event. It's a meaningful way to recognize the contributions of our local heroes.



## Sun City Singers

BY JACKIE PROETT

It's November and time to give thanks. The Singers give thanks for a basket full of treasure. Our list of things we treasure most, are topped by our Director, Paul, and our pianist, Andre. They continue to make our musical journey filled with lovely sounds and few unpaved roads. They are in full command of our Holiday Concert, CANDLES IN THE WINDOW to be held on Monday, December 2, at 7:00pm, in the Timber Creek Ballroom. The tickets are \$20 and may be ordered through ticket Chairs, Susan James, [drsusanjames@gmail.com](mailto:drsusanjames@gmail.com) and Karen Ohara, [karenohara2@gmail.com](mailto:karenohara2@gmail.com).

We must always give thanks to the members who caringly serve as our Board of Directors and the Chairs of all activities. We also need to give thanks to music itself, for its enjoyment and healing qualities. Lucky us! Do not forget to give thanks to our Hospitality Committee, chaired by Marla Shuman and the really fun Halloween party on Oct. 30. Good food, Costumes, Ghost Stories, prizes—who could ask for more?

Our Concert, CANDLES IN THE WINDOW, reminds us to give thanks for the opportunity of being the light in someone's life. The candles welcome all to a safe house, to give comfort and warmth when the world seems cold and uncaring. Let's shed our light this Holiday.

Happy Thanksgiving to all of you, your families and dear friends.

• • •

*(more Club News cont' on page 5)*



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

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

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# Neighborhood Watch/Citizen Patrol

BY LINDA VINCENT & RON MASCIOVECCHIO - Program Coordinators

As we head into the holiday shopping time of the year, here are a few things to keep in mind to keep you and your loved ones safe.

Did you know that parking lots are where most mall-related crime occurs?

Drivers and walkers navigating the lot are vulnerable to theft, and unattended vehicles loaded with packages are often open invitations for break-ins. If you plan on going to the mall for some holiday shopping, here are a few tips to keep in mind:

- **Stay Focused** – people walking through the parking lot are often distracted with their cellphone. Reduce your chance of becoming a victim: look to your front, side, and rear when walking to and from the store. Be aware of your surroundings.

- **Assume You're Watched** – criminals watch for shoppers who put purchases in their car or trunk, then walk back into the store. Once you're gone, it can only take moments to break in and grab items. If you need to stow packages while shopping – repark your car in a different location away from your original spot.

- **Don't Dally** – Walk to your car like you have a purpose. Don't wander around even if you are not sure where you parked. Always have your keys in hand when leaving the store. Once in your car, lock the doors before starting your engine. Driving away as soon as possible to lessen your chance of being a target.

- **Beware of Stranger Danger** – If you are approached or chased, yell or scream to get attention or go back into the store and alert security. If you are followed while driving, go to an open gas station or a populated area with plenty of light. Get on the phone and call 911.

Don't forget the many Scams out there, especially during the holidays. Check the link below for more scams to be aware of: <https://www.chase.com/digital/resources/privacy-security/security/how-to-spot-scams>

Remember, it is up to all of us to be diligent watching out for one another! Don't forget we can always use more Citizens Patrol volunteers to be the eyes and ears of our community especially during the holiday times. Give us a call and get trained now!

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

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

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## Harmonicoots

BY LINDA B. AUG

November brings us cooler weather, falling leaves, comfort food, family, and friends. On October 3rd, the Sun City Harmonicoots welcomed the Fall season at Timbers Lobby with an Octoberfest Sing Along! Thank you to all who sang to “Do



*Dancing to the Chicken Dance.*



*Dennis Hellman conducts!*

Re Mi;” “Edelweiss;” “Beer Barrell Polka;” “Ach De Leiber Augustin;” and “John Jacob Jingleheimer Schmidt!” Our musical finale was TAKE ME HOME COUNTRY ROADS giving us all thoughts of home and holidays past.

Country roads can lead us back home to “a place we belong” or to a new site to discover. While Ann Kelly, our director, took time off to travel country roads, other Coots took a road less traveled with an attempt to fill her shoes. Thank you to Carolyn Winters, Dennis Hellman, and Linda Aug for stepping up as substitute music directors in Ann’s absence.

The Harmonicoots love the holiday season! Keep traveling the road with us into December as we celebrate the holidays with garland and tinsel! On December 7th we will once again be honored to play at the Veterans and Patriots Pearl Harbor Day at Sierra Pines. If you have never attended this dedication and remembrance ceremony, be sure not to miss it. On December 11th, the Harmonicoots will gather once again in the Timbers Lobby to fill

the air with holiday caroling. Bring your friends, open a song book, and sing along with us to all your holiday favorites.

We may go over the river and through the woods, but country roads will lead us all back home to a place we belong. Every Harmonicoot knows where we belong on Thursdays. We meet at Sierra Pines from 1:00 to 3:00 and are seeking new members. Come in and visit us. Stay a while. Catch our vibe. Sing with us. Feel our fun. Discover a new country road for yourself. Discover the harmonica.

Harps Up!

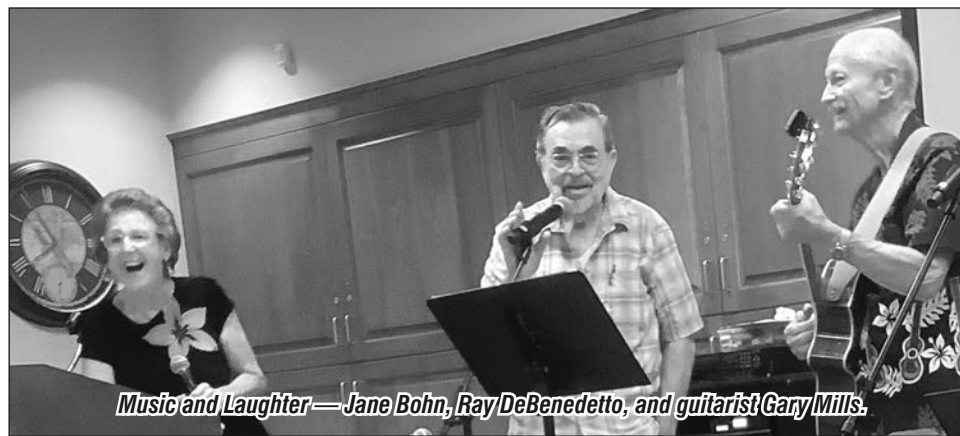
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## Music and Laughter

BY JANE JANE BOHN

As always, we began our show with a four-throated “Happy Birthday” sung in honor of our Sun City neighbors with October birthdays. To our delight, this gets our long-time fan club audience primed for upcoming sing-alongs. Entertainers at this one hour “Open Mic” included, pianist Jan Given, Violinist Joe Given, singer/guitarist Ken Roberts, humorous story teller Jack McGurk, singer/guitarist Gary Mills, our regular comic Ed Lick, new jokester Don Woods, singer/guitarist Alan Nichols, jokester Jan Montero, and our regular singer/comic who always encourages us to sing along, Ray DeBenedetto.

Congrats to our enthusiastic prize raffle



*Music and Laughter — Jane Bohn, Ray DeBenedetto, and guitarist Gary Mills.*

winners, Maria Hajgato, Cal Conley, Sandi George, Sharon Rubio, Irwin Perry, and Doug Hull.

Hearty thanks all our entertainers, our loyal fan club and the many dedicated behind the scenes volunteers who make Music & Laughter my true joy. These include, Maria Hajgato, Arlette Bennette, Jill Aggersbury, Jodi Kramer and Doug Hull.

We hope you newer folks who have not joined us will mark your calendar and come attend us for our next event Wednesday evening November 13 at our Sierra Pines Lodge located on the corner of Del Webb Blvd., and Whistlestop Way. Doors open at 6:30 pm and show starts promptly at 7pm. Don’t forget to bring your \$1 entry for the raffle at the end of the show. We anticipate another unforgettable hour of music, laughter, and wonderful camaraderie. This will be our last show this year until we reconvene in January 2025 so you won’t want to miss it.

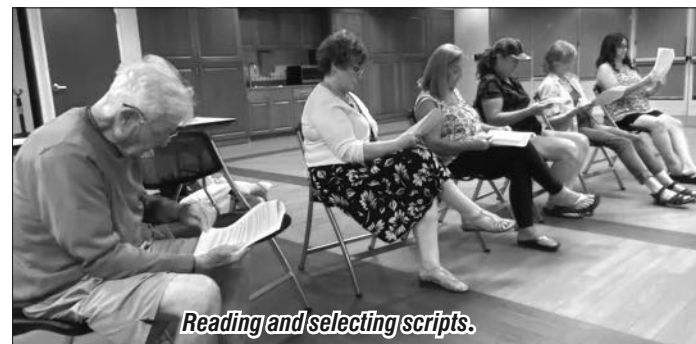
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## Drama Group

BY LENORA DAVIS

Do we have news for you? Well, yes, yes, we do. Big news, so don’t snooze. On November 19 & 20, we will be hosting our World Premier performance of Second Act Studio Cabaret. This will feature one reader’s theater play, plus 4 short sketches to entertain you, each evening. Tables of 4, providing a more intimate atmosphere, will be set up in Sierra Pines with sweet treats and water. You will be encouraged to bring your own wine, beer or soft drinks, but no hard liquor please (legal issue). Doors will open at 6:30 for the 7:00 performance.

Tickets are \$10 and



*Reading and selecting scripts.*

available in the Lodge lobby on Thursdays, between 3:30 and 5:30, or by contacting a Drama Club member. Seating will be limited to 100 patrons for each show, while tickets last, so do not wait - we expect to sell out fast.

This is open to all SCR residents and guests. For more information, contact Susan Glover (530-388-6337) or Lenora Davis (707-350-1357).

Our next Ballroom production is scheduled for March 9 (a Sunday matinee with lunch) and March 10 (an evening performance). We have selected our plays and rehearsals have begun. More information will follow as we get closer.

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(more Club News cont’ on page 7)

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## Dance Club

BY VIKKI CLARK

With Fall in full swing, what better way to spend time indoors than dancing! If you have never danced, no fear, feel free to join Shelly in her "Intro to Line" class. Shelly will have you doing the basic dance steps to a variety of music, while learning the terminology. This class doesn't require a partner, but feel free



to bring a friend and be prepared to have fun.

September brought out dancers from all over the community. DJ & Line Dance 1 teacher, Bill Swayne had everyone in the crowd on the floor for over 2 1/2 hours. Many dancers had not attended Bill's class, but were able to follow the simplified moves and had a great time.

October 1st was a new social that included Country Couples and line dancers. Jim Keener played everyone's favorites, couples and singles were on the floor scootin' and stomping!

Guys, Gals & Ghouls dance was held on October 21st. All the ghouls and goblins came out to dance to tunes from the live band,

Cocuzzi Dance Trio. It was a spook-tacular night! What a great kick-off to the upcoming holiday season!

Save the date for December 3rd for Holiday Magic. Check in and no-host bar will begin at 5:00. The menu will include a choice of; New York Steak, Sea Bass, Lemon Cream Chicken or Pasta Primavera. Performances will be provided by Sun City Tappers, Strutters Tap, Strutters Jazz, Country Couples and Line Dance 1. So put on your favorite party outfit and meet us on December 3rd. Table reservations are available at any dance class.

Start off the New Year right in January with an old-fashioned sock hop. This will include all of our favorite party dance music. Tickets will be available for \$5. More to come!

• • •

## Creative Arts Club

BY CAROL KOVACH

A different technique for creating a pot — One of the Sunday classes presented by the Creative Arts Club (CAC) in September focused on a technique to create what is known as a Wad Pot. Rita Zanzinger learned this technique at Monterey Peninsula college, near where she lived prior to moving to Sun City, and wanted to share with members.

Using a bowl or other shaped container as a mold lined with a paper towel, makers press thumb-sized pieces of clay into the mold, joining the clay together by pressing each new piece close to an existing piece to create



a join. Gradually building up the pot with successive pieces of clay, the inside will show the placement of the small pieces of clay while the outside will have a nice textured appearance showing the lines and cracks where each piece of clay has been added.

Sometimes called, press molding, this technique is an alternative to lining a mold with a smooth slab of clay, where no joins are visible, and any texture is added after the piece has been created.

Pam Jacobson then gave a presentation on a variety of finishing methods, such as oxide washes and glazes particularly appropriate for the wad pots or other items with a lot of nooks and crannies where the glaze can seep in, helping emphasize the design.

Mark your calendar! As a continuation of the Annual Holiday Craft Faire the CAC window will feature the This & That Pop-Up through the month of November. The studio window will be filled with items for sale created by CAC members. Don't miss this opportunity to get your holiday shopping done in one place!

• • •

## Fine Arts Club

BY NANCY VAVUL

The Fine Arts Club is buzzing with creativity and excitement this November! We kick off the month with the annual Craft Fair on November 2. This beloved event will showcase a variety of vendors and stunning artworks from Needle Arts, Creative Arts, and Fine Arts making it the perfect opportunity to start your holiday shopping or simply enjoy the local talent.

On November 8, 9, and 10, don't miss the Placer County Studio Tour, featuring 13 talented Sun City artists. Their works will be on display in the Fine Arts room all three days from 10:00 am to 5:00 pm, offering a unique chance to engage with the artists and purchase original pieces.

On November 14, join us for the general membership meeting where established artist Tracy Bolton will inspire attendees with her

insights on oil painting in her distinctive style. This is a wonderful opportunity to learn from a professional and enhance your own artistic journey.

For those looking to dive into hands-on creativity, our art classes continue to flourish. Join Donna Self on Monday afternoons for acrylic painting, Maria Winkler on Tuesday mornings for colored pencils, Pat Abraham on Tuesday afternoons for watercolors and Ed Mallory on Thursday mornings for oils. Sherry Bleiweiss will provide a class in alcohol ink on the afternoon of November 21.

Lastly, mark your calendars for the much-anticipated Holiday Party on December 13! As always check the Fine Arts room for further details and sign-ups.

This November promises to be a month filled with artistry, inspiration, and community in the Fine Arts Club. We can't wait to see you there! We hope you have a lovely Thanksgiving holiday filled with love, family and friends and gratitude for all of your blessings.

• • •

## SCR Needle Arts Club

BY PEGGY VOAKES

"I've found the impossible is just somebody's opinion." Larry O'Connor (thrill-seeking multi-millionaire)

If you've received your Sun Senior News on the first, know that all our neighbors, their families and friends are invited to join us on Saturday, November 2, for our annual Craft Faire and Bake Sale in the Lodge. I am writing this before the event, but I know that it won't fail to be a huge success. Sitting in on the committee meetings had me thinking about the above quote. There are so many "moving parts" to this event that it would seem impossible to put together. However, Committee Chairs Carolyn DeSantis and Barbara Aaberg, along with their committee members—Linda DuPree, Diane Gard, Elaine Tom, Kathy Rott, Susan Arbuckle, and their dozens of other helpers, plus all the member bakers, make doing the impossible look easy.

Speaking of doing the impossible, our October presenter, Rami Kim, stunned us with her incredible needlework. Her techniques are applied to both to quilts and gorgeous garments, which members Karen Porter, Gail Miller, Paula Hau, Nancy Dunne, Lynda Hamill, and CJ Kidd enjoyed wearing while giving us a little fashion show. All that, and a delightful sense of humor.

The Back Table Bonanza at the meeting was quite the wild event – think Filene's basement! We are looking forward to seeing some member creations at our November

(cont' on page 11)

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## Ambassador Committee

BY DAWN HASKIN

It is the season of Thanksgiving! Cooler nights and lush fall colors are beginning to take shape in our community. This is the best time of year to take advantage of the outdoors here in Sun City Roseville! Take a walk along the streets, in our own preserves as well as the Pleasant Grove Trail which is accessible from Stagecoach Circle. While our outdoor pool has closed, you can still enjoy the indoor pool and hot tub! And what better time of year to play golf then during our winter months!

While the Ambassador Committee makes phone calls to our newest residents each month, what makes this community great is how neighbors greet one another. We encourage you to step out and take a walk, visit a new neighbor and introduce yourself. Help them get connected to all there is to offer here in SCR.

During this month of Thanksgiving take the time to give thanks for all you may have—for friendships old and new, for family near (that you may have moved here for) or far and for being in a community where you can feel safe. We give thanks to the staff and for the clubs and groups, who make sure there are always plenty of things to keep us busy!

Our next New Resident Orientation will be on Saturday, January 4, 2025 and will be open to residents who moved into the community during the months of August through November 2024. If you moved in during these months, look for your invitation which will be sent out in the coming weeks.

## Website Workgroup

BY CHARLYN ROSS

The November “Slide” — Do you remember trying a playground slide? You climbed the steps, and assumed a sitting position at the top. Then, most likely, you hesitated for a moment to gather your courage, before you pushed off. Once you began to slide, you anxiously awaited getting to the bottom and the satisfaction that “you did it!” Well, the month of November is like a slide. At the beginning of the month, we prepare ourselves for all that lies before us...the holidays and all the year-end tasks.

The Resident Website, [www.scrs.org](http://www.scrs.org), can help with many of those “tasks.” The Holiday Craft Faire on November 2, offers many gift ideas. If you missed the craft fair, you might consider purchasing a Sun City Roseville (SCR) Gift Card, which can be used by anyone for purchases, in our Pro Shop, Restaurant, Lounge, and Fitness Center. The Gift Cards, in holiday themes, will be available at the Administration Office in the Lodge.

Should you need a resident’s street or email address for a seasonal greeting, the Website’s “SCR Directory” in the “Community” menu may help. You can search by first or last name, address, street name, or phone number to find what you need.

If your Club or Group has uploaded their holiday photos to the Website’s “Photo Gallery,” you can share them with family and

friends. The link to the Photo Gallery is in the “Community” menu. After you access the Album, click on the “Share” icon at the top of the screen to get the “Page/URL” information, you can provide to others. If your Club or Group has not posted photos, you might consider designating a member(s) to maintain the Photo Gallery Album. Our Director of Information Technology, Redell Moore, can provide help with that task. Contact him either by phone at 916-774-3885, or by email at [redellm@scrca.org](mailto:redellm@scrca.org).

The “Announcement’s” on the main page of the Resident Website show many of the upcoming events offered by our Activities Department. Each has a “view” link to additional information. For future events, check out the “Calendar” menu. All Activities events will appear in “red” on their calendar date. To see only “Activities” events, click on the word “Activities” (green print) at the top of the calendar.

With all the help the Resident Website provides for these year-end tasks, you might be able to enjoy that “ride down the slide.”

Sun City Pets — Being a pet owner in SCR requires you to be aware of the City of Roseville’s “Animal Laws.” The Resident Website has added a link to those laws. At the bottom, right of the Announcement page is the “Resident & Member Safety Button,” which leads to a webpage with a series of seven round buttons. The middle one is “Animal Control,” which will provide access to all the City’s laws and additional pet information, including the “Leash Law.”

## Charter Club Committee

BY FRANK TOM, CHAIR

The Charter Club Committee (CCC) is one of seven SCRCA Standing Committees operating in accordance with Associations Governing Documents and Bylaws. The Committees are SCR member volunteers who advise the Board in various ways as it pertains to the responsibilities of the respective Committees. Specifically, the CCC oversees and assists in the activities of the Charter Clubs and when requested, assists in the activities of Resident Groups. Staff representative, Sharon Mowry serves as Advisor to the CCC as a non-voting member. Board Liaison, Yvonne Bond serves as a resource to the Chair, as a non-voting member.



Outgoing Members: Frank Tom, Chair, Linda Moyer, Patrick Maglione, Barbara Davis.

The CCC launched our new committee year on September 5 that included an orientation of roles and responsibilities, as well as a Continental Breakfast to thank the

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## Charter Club Committee

(cont' from page 8)

outgoing members. Patrick Maglione and Barbara Davis for serving two terms, and Linda Moyer for serving one term. Additionally, we welcomed Jack Porter and Ann Neumann to our seven-member committee.

Our committee has been focused on assessing the needs of Charter Clubs and Resident Groups. More recently, we hosted a Round Table meeting with Clubs and thereafter with Groups to listen to their interest and needs. At each meeting, we surveyed the clubs and groups regarding their interest in unifying Clubs and Groups into Community Clubs. The goal would be for Community Clubs to have more flexibility to govern themselves, but within the parameters of the Association Governing Documents, Bylaws, and Guidelines. Based on 41 Clubs and Groups attending the meetings, 39 Clubs and Groups were in favor of the concept for Community Clubs. More will follow in our next article regarding our work in progress to unify Clubs and Groups into Community Clubs.

## Sunshine Services

BY LINDA CILENTI

“We’re Here to Help.” With this in mind, we are rolling out a new service, Personal Home Care Items.

We have received phone calls about donating personal home care items, such as moist towelettes, adult briefs and underpad bedding protectors. These items are new and are no longer needed, the wish of the donors was to pass them along to another neighbor.

The Sunshine volunteers overseeing the service are Jill Aggersbury (jillmpj@comcast.net) and Sharon Rubio (maamrubio@comcast.net). Other group members will store items until they are rehomed. These items will not be stored or accepted at the Medical Equipment Loan storage unit.

If you have items to donate or have a specific need, send an email to our general email address, sunshineservice1cc@gmail.com, or reach out to Jill or Sharon.

Starting this month we will include two new topics: resources and general information. Resource: MAXIaids.com. MAXIaid has a catalog of products for independent living, such as fit over sunglasses, button hooks, dressing sticks, talking tape measures, and reachers/grabbers, to name a few.

Information: Before having work done to your home, check the contractor’s license number online at www.cslb.ca.gov or call 800-321-2752. Get a written contract and never pay more than 10% down or \$1,000, whichever is less. Avoid paying in cash. Always get multiple

bids. Beginning in 2021, those 65 or older have a 5-business day right to cancel a home improvement contract; for all others, it is 3-business days. This information and more may be found on the State of CA, Contractors State License Board website, www.cslb.ca.gov

Need a smile and a sparkle of sunshine, stop by during Courier Days and meet some of the Sunshine Services members, who are your caring and giving neighbors. “We’re Here to Help.”

## SCR Library News

BY ELIZABETH GUSTAFSON

Among our new books is a great refresher on American history in *Confronting the Presidents* which has a chapter on each president and his contributions. If you have enjoyed Osman’s Thursday Murder Club series, you might want to try the first mystery in his new series, *We Solve Murders*. Elizabeth Strout returns to Crosby, Maine and her wonderful characters Olive Kitteridge, Lucy Barton and Bob Burgess in *Tell Me Everything*. This time Bob is working on a murder investigation. So many good books!

In January, the library will host presentations by two panels of Sun City residents who have written books. Watch for publicity for these fun events.

The library is open for Sun City residents Monday-Saturday 10:00-4:00 and Sunday

10:00-2:00. When we are not open, you can return books in the drop box by the door.

New Books – Fiction: Alam, Rumaan - Entitlement; Dave, Laura - The Night We Lost Him; Flynn, Vince - Capture and Kill; Haig, Matt - The Life Impossible; Moriarty, Liane - Here One Moment; Osman, Richard - We Solve Murders; Parker, Robert B. - Buzz Kill; Patterson, James - Lies He Told Me; Sparks, Nicholas - Counting Miracles; Strout, Elizabeth - Tell Me Everything.

Non-Fiction—O’Reilly, Bill - Confronting the Presidents: No Spin Assessments from Washington to Biden (History)

Large Print: Alam, Rumaan - Entitlement; Bowen, Rhys - The Rose Arbor; Cussler, Clive - Ghost Soldier; Flynn, Vince - Capture and Kill; Haig, Matt - The Life Impossible; Moriarty, Liane - Here One Moment; Patterson, James - Lies He Told Me; Picoult, Jodi - By Any Other Name; Slaughter, Karin - This is Why We Lied; Sparks, Nicholas - Counting Miracles.



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## SCR Needle Arts Club

(cont' from page 7)

meeting's Show & Tell. Thank you, Chris MacAdams, Norma Horrell, Diane Gard, Bette Barr, Carol Frank, and Lani Cortez for the tasks of lugging, sorting, arranging, and lugging the leftovers back out!

My impossible task this month will be not eating Halloween chocolate! Looking forward to seeing you at our meeting on Wednesday, November 6, in the Ballroom at 1:30 – guests and new members are always welcome!

• • •

## Cinema Group

BY BRIAN SUTTON

Join us in November for this special movie... Movie: "You Can't Take It With You (1938)." Directed by: Frank Capra. Run Time: 2 hours, 7 minutes



Sweet-natured

Alice Sycamore (Jean Arthur) falls for Tony Kirby, a banker's son (James Stewart). But when she invites her snooty, prospective in-laws to dinner to give their blessing to the marriage, Alice's peculiar extended family--including philosophical grandfather Martin Vanderhof (Lionel Barrymore), hapless fledgling ballerina sister Essie (Ann Miller) and fireworks enthusiast father, Paul (Samuel S. Hinds)--might be too eccentric for the staid Kirbys.

Critics Consensus:

It's predictably uplifting fare from Frank Capra, perhaps the most consciously uplifting of all great American directors. Thanks to immensely appealing performances and a nimble script, "You Can't Take It With You" is hard not to love.

"You Can't Take It With You" is one of those pictures destined to send everybody away from the theatre in a happy, satisfied mood.

Reviews: IMDB (Internet Movie Data Base): a high 7.8 out of 10

Rotten Tomatoes: A high 94% critics, 88% audience

Friday, November 15, 1:30 pm. Spruce Room, Sierra Pines. As always, admission is free!

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

• • •

## Roseville 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 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!

• • •

## Mantra Meditation

BY ED CERVANTES

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

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

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

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

Here are the dates and locations for our upcoming meetings.

Wednesday, November 13th 1:30pm - 2:30pm in the Ponderosa Room at Sierra Pines  
Friday, November 22nd 1:30pm - 2:30pm in the Ponderosa Room at Sierra Pines.

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

• • •

## Socrates Café

BY STEVE GUSTAFSON

Our discussions last month focused on marriage and war—our topics are limited only in that we avoid politics and religion.

As usual, over twenty of us faced each other as in a conference room, and a volunteer facilitator introduced the questions to be discussed.

The marriage questions concerned a passage in a marriage manual for women from 1961. It emphasized your "commitment to obey" your husband. If he suggests sexual intimacy, you must "agree humbly, all the while being mindful that a man's satisfaction is more important than a woman's."

We agreed that this passage is incongruent with modern attitudes. But, why the change in the past 63 years? Many of us said that the birth control pill and increased participation of women in the workforce were major factors.

The questions on war concerned the Ukraine-Russia war and the Israel-Hamas/Hezbollah war. Is a negotiated settlement acceptable for either or both wars? Are Hamas and Hezbollah criminal terrorist organizations that must be exterminated?

We had a variety of opinions on these questions. There was no clear consensus, which made our discussions particularly interesting.

We meet at 10:00 on the first Monday of every month in the Timbers Lodge. You are welcome to join us.

• • •

## Jewish Fellowship Circle

BY LOIS ARLEN AND KAREN LEVINE

A special thank you with appreciation to Karen Levine for leading the Shabbat service (Friday night Sabbath prayers) and to Nancy Schubach for hosting the Oneg (a sweet table after the Friday night Sabbath service) in September.

The potluck dinner in September was enjoyed by all along with a trivia game that added to the fun that evening.

Our next get-together event will be our annual Hanukkah dinner on December 29, the fifth night of Hanukkah, at Sierra Pines. Elena's Kitchen and Catering will be catering the dinner.

A Special Announcement from Ruth Elkins: Solitaire is so much fun! So much fun, I'm addicted to it. And Words. Words with Friends... I am finding that with all the distractions of games, FaceBook and scrolling through my email, I'm not spending as much time reading as I once did. However, JFC Bookclub is what keeps me reading. I enjoy reviewing the books, schmoozing and laughing with fellow readers of JFC. So come, even if you haven't read the book! Come sip some wine and have a cookie. The book is "Harlem Shuffle" by Colson Whitehead. We're meeting on November 11 at 7:00pm at the home of Ori Kritz, 7508 Council Rock Rd. RSVP: Ruth at 916-396-6677, text or call. Email: RuthbabyRN@gmail.com

We wish everyone in our Sun City Roseville community a Happy Thanksgiving!

• • •

## Healthcare Professionals Group

BY LINDA GORDON

The next meeting of the Healthcare Professionals Group will be on Wednesday November 6 at 11:00 in the Spruce Room at Sierra Pines. We will not have an official speaker for this meeting. This will allow more time for our members to socialize, as they seem to enjoy this part of our meeting so much. This will also allow time for any member who would like to give a short 5-10 minute presentation on a subject of interest to the group to do so. If you would like to present something please let Linda know before the meeting.

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

Spruce Room in Sierra Pines. The speaker will start at 11:30 and lunch and social time will be at 12:00. Cost is \$10 for lunch. Our next meeting will be November 6.


Nurses from our group hold a Blood Pressure Clinic for Residents on the second Wednesday of the month from 9:30-11:00am in the Fitness Center. This is open to all residents to have their Blood Pressure checked and to discuss any issues they may have. Our next clinic will be November 13

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

• • •

(more Club News cont' on page 13)

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## Solo Friends

BY NIKKI COMBS

An organization is only as good as its leaders. Solo Friends has been blessed with a wonderful group of ladies who brought the group back from the edge of extinction and created a fun, vibrant organization. But being a leader can be exhausting and keeping an organization vital requires new people with new energy and ideas.



*Retiring Council Secretary Diane Peterson, President Sharon Hearden, VP Mary Dial, Treasurer/Membership Cathy Schimansky.*



*New Council: VP - Jen Martin, Membership - Roberta Simpson, President - Mary Dial, Secretary Diane Peterson, Missing is Treasurer - Susan Lussier.*

A huge THANK YOU and round of applause to our retiring Council members: President Sharon Hearden, Vice President Mary Dial, and Treasurer/Membership Cathy Schimansky. Diane Peterson will continue as Secretary and Bin Keeper.

Volunteering to be part of a Council can be intimidating. Especially if the previous shoes will be difficult to fill. Thankfully, Solo Friends is again blessed that qualified individuals have stepped forward and were elected by the assembly to become our new Council members.

Please welcome: President Mary Dial, Vice President Jen Martin, Treasurer Susan Lussier, Membership Chair Roberta Simpson, and Socials Coordinator Sharon Hearden. The position of Media Coordinator is still open. Anyone interested should contact Mary Dial.

As you can see, the position of Treasurer has been separated from Membership Chair. This shows the increased workload of overseeing the membership. In addition, a Socials Coordinator has been developed.

Sharon will assist the hosts/hostesses with planning and executing the monthly Social Dinners. Many hands make easy work, and the enlarged Council attests to the growing membership and increased activities of our group.

We will thank the current Council and welcome the new Council members at the Holiday dinner on December 10 in the Timbers ballroom.

The next General Meeting is Monday, November 4, at 6:00 pm. We meet in the Timbers ballroom, and everyone interested in learning more about Solo Friends is welcome. The speaker will be Heidi Knost from the Placer Fook Bank.

## Conservative Action Group

BY SHERRI SCOTT

All our efforts came to bear in supporting conservative candidates for the upcoming election during the month October. There was the final push in fund raising for the qualified candidates running within Sun City voting districts. Yard signs and election material were distributed to highlight the candidacy of those candidates. Locally, these included: our incumbent Kevin Kiley for US Representative in Congress; our incumbent Joe Patterson for California State Assembly; and the new "Dads for Dry Creek" Ryan Haynes and David Corbridge. Even though we may not win in California, we strongly supported Donald Trump for President and Steve Garvey for the US Senate at the National level. Also, our volunteers worked at Vote Centers and monitored the vote counting process at the Elections Office. As planned, our CAG BBQ was held at Sierra Pines to recognize our volunteers and their accomplishments.



*Ryan Ronco and Phillip Chantri.*

Our speaker for the October 7 meeting was Ryan Ronco, Placer County Clerk-Recorder-Registrar of Voters, and his Assistant Registrar of Voters Phillip Chantri. Rather than using his prepared speech, Mr. Ronco opened by taking questions from the floor. Election integrity is the top priority of this office. Mr. Chantri stressed how our uniquely designed security guarded drop boxes are the

most secure in the country. Ballots dropped in these boxes are picked up daily, signatures are verified, and then votes are counted as expeditiously as possible. To make sure your vote is included in election night results - vote in person at a Vote Center. Take your mail-in ballot, sign the roster, and scan your ballot into the scanner. It's that easy.

Our next meeting will be held on November 4, starting at 6:30 pm in the Ponderosa Room at Sierra Pines.

## Computer Club

BY BARBARA EICHTEN

There will be no General Computer Club meeting on October or November, 2024.

The Computer Club will meet on Monday, January 27, 2025 at 10:00 in the Club Room.

Photo: Will meet on the third Friday, November 15 at 10:00 am in the Club Room. All photography artists are welcome to attend the Photo SIG (photo Club). Only Photo SIG members may submit photos for the monthly contest. Submission of a maximum of 3 photos, sent to PhotoSIG916@gmail.com is due by Monday, November 11, 2024. November's theme is "Old/Historic Buildings." Photos must be taken between January, 2021 and the submitted date. Contact Dennis Studer for additional information

Persons interested in Photography are welcome to come to the Club Room during OPEN SESSIONS to use the Adobe Photo Shop on the Computer Club's computers. Bring a thumb drive with the photos you are interested in improving.

Genealogy: The next meeting will be November 14 at 2:00 in the Club Room. Join us for a video presentation. We will meet in November, but will have no meeting in December.

OPEN sessions will be on Friday November 1, 8, 15, 22 from 1:00-3:00 pm in the Club Room. These sessions are to assist individual residences with their iPhone, iPad or a computer. For further information call/text Barbara Eichten (901-625-9821) or email barbara.eichten@gmail.com

## 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

## SCR Democrats

BY MARISA BERNETTI

Again, we partnered with Auburn Democrats in Voter Registrations at Sierra College. Approximately 145 students were registered in October. Surveys on relevant political topics are provided to encourage discussions in a non-threatening environment, as well as registrations. October's survey was on the Electoral College process. A brief overview of the Electoral College was provided.



The survey's results clearly showed that many students did not understand the function and why the Electoral College exists. A quick history lesson: The Electoral College is comprised of 538 electors. A majority of 270 electoral votes is required to elect the President. Each State has the same number

(cont' on page 15)



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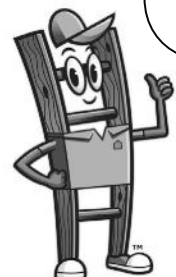
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You wake up some days and can't get out of bed.

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

# Fibromyalgia: The Invisible Illness

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.

## HOW WE TREAT Fibromyalgia

1. 

We start with acupuncture to decrease pain and restore function.

2. 

We add ATP Resonance BioTherapy, a technique for treating pain using low level frequency

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3. 

O3 Regenerative Therapy utilizes naturally occurring ozone and it's powerful healing capabilities in improving concentration and Fibro Fog

4. 

Personalized treatment programs using integrative therapies achieve measurable long lasting results.

## SCR Democrats

(cont' from page 13)

of electors as it has Congressmen, plus two Senators (535). The District of Columbia has three electors. Each Presidential candidate has their own slate, generally chosen by their political party. State laws vary on how the electors are selected. Most States have a "winner-take-all" system; this awards all electors to the candidate who wins the State's popular vote. However, Maine and Nebraska each have proportional representation. After the election, the State's Executive prepares a Certificate of Ascertainment showing the number of votes each candidate received. The electors, for the candidate receiving the most votes, meet and certify the election. This certification is then sent to Congress to be counted.

Why have an Electoral College, at all? A controversial subject, no doubt. The short answer is it's in the Constitution. The Northern industrial states had a larger voting population than the Southern Agricultural States, which had non-voting slaves. The Southern States feared their interests would be drowned out by the more populated areas. So, the founding fathers made this the compromise for the ratification of the Constitution.

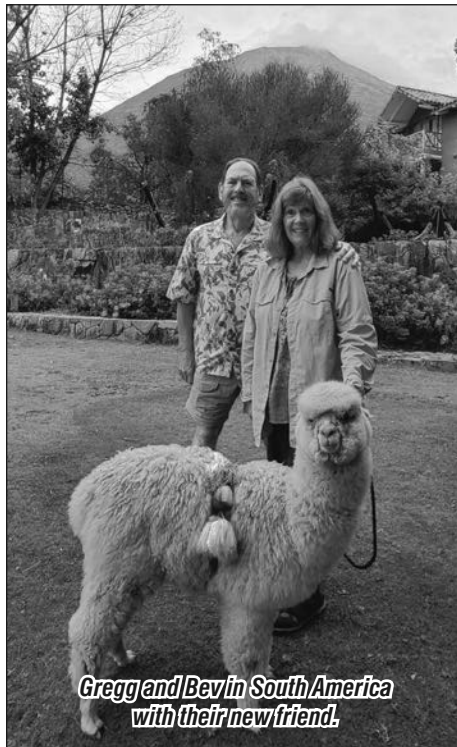
We honored former President Jimmy Carter's 100th birthday in September. A personal birthday card signed by many members was mailed.

The November general meeting will be held on 11/20/24, the 3rd Wednesday at 9:00am.

## Travel Club

BY PAM SCHEEL-HEMINGWAY

As I write this, Travel Club members are touring Peru and the Galapagos Islands. Wish we all could be there! By the time you read this, Travel Club members will be touring the beaches of Normandy in honor of the 80th anniversary of D-Day. The Travel Club sponsors an amazing variety of trips, with something for everyone.



Gregg and Bev in South America with their new friend.

Trips now available for booking for Travel Club members include:

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

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

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

Patagonia: Feb 21-March 6, 2025

(Collette)

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

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

Italy's Treasures: May 3-14, 2025 (Collette)  
Canadian Maritimes and Coastal Wonders: July 19-30, 2025 (Collette)

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

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

Canada and New England Cruise: October 14-22, 2025 (Crystal through Alamo)

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

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

The Travel Club meets the 4th Monday of each month at 3:00 pm in the Ballroom, but we are "dark" in November. December brings our annual Holiday Party in lieu of a meeting. Join us for our next scheduled meeting on Monday January 27, 2025. Remember to bring any unwanted travel-related items (in excellent condition) for the "back table." Donated items are available to all members on a first-come basis, so check the table when you get to the meeting!

## Garden Club

BY SUZETTE AUSTIN

Debbie Buelher, a CCN (Certified California Nurseryman), from Green Acres Nursery will be the speaker for our November 5 meeting. Her presentation will be about "Winterizing our Gardens".

Be sure to save December 3 on your calendar for our annual Christmas Breakfast and Gift exchange starting at 8:30am at the Timbers in the Aspen, Birch and Cedars rooms. We will be selling tickets at November Courier Days and at our November meeting.

George Porter was the speaker for our October meeting. As a member of SCR's Properties Committee, Foundation, and Board of Directors, George has extensive knowledge of our community. He has been responsible for the Landscape Maintenance as well as the planning and design of our irrigation and landscape designs over the years. Additionally he has been writing a monthly gardening article in our Courier and has also written three volumes of the History of Sun City Roseville.

We sincerely thank George for speaking to us, as well as all he has done for our Community over the years.

Our Garden Club meetings are on the first Tuesday evening of each month at Sierra Pines. Our next meeting is November 5. Doors open at 6:15pm, our meetings begin at 6:45pm and end by 8:15pm. Please join us and enjoy cookies prior to the meeting. Guests are always welcome. We will have a table at our



Garden Club—George Porter's presentation at the October meeting.

November meeting to "Share the Bounty." Don't forget to wear your name badge and bring check for our Christmas Breakfast on December 3. This social event will take the place of our December meeting.

• • •

## Birders

BY JANET MORELLI

The days are getting shorter, the deciduous trees are losing their leaves, the weather is becoming cooler and SCR Birders know that bird migration season is here. The Sacramento Valley is known as a fly-way and stop-over place for millions of birds moving to warmer climates or later returning to their former range or temporary breeding range. These visitors add to the wide variety of species that birdwatchers living in this area can see and enjoy.

SCR Birders' scheduled field trip in early October was to Ferrari Ranch Trail located east of Lincoln. Twenty-five species were seen including the Ring-necked Pheasant, White-crowned Sparrow, Green Heron, Common Gallinule, and Red-tailed Hawk. Field trips planned for November are to Traylor Ranch in Penryn on November 7 and Nimbus Fish Hatchery on November 21. SCR residents on the Birders email roster will receive more information via eBlast a week before each scheduled trip. To add your name and email address to the roster, contact Janet Morelli at 916-782-6393.



Common Gallinule

A Common Gallinule (formerly known as a Common Moorhen) is a duck-like water bird that is usually found on shallow fresh water ponds with enough water for swimming. In general, the bird is dark grey-brown, with white stripes on the sides, gray underparts, and long yellow legs with large lobed toes. For most of the year, this bird is easy to identify by its bright red bill and forehead shield that turn brownish in winter. When swimming or walking around the marshes, it bobs its head back and forth with movement. It eats insects, snails, berries, worms, seeds, and tadpoles gleaned when swimming or walking.

• • •

## SCR Hiking Group

BY SILVANA HUGHES

The summer hiking season is behind us, although the record high temperatures we had in October would have us believe otherwise. In the fall we typically keep to lower elevations and a bit closer to home. We had our meeting and annual BBQ in September and as always it was a fun event with the group providing burgers and fixings, and the members sharing delicious appetizers, salads, and desserts. Kudos to Charlie Baughman for grilling all those burgers!



Several members were able to attend the celebration of life in memory of John Charles "Chuck" Cobb that was held in September. Chuck was an avid outdoorsman and loved hiking, backpacking, and hunting with his buddies. Chuck, together with his wife Karen, was active in the SCR community and participated in the Hiking Group and the Boomers Club. He will be missed.

This year's holiday celebration will be a no-host dinner at Timbers Restaurant on Friday, December 6. All those interested in attending should email Dori Zuchold who will reserve space at Timbers. The next Hike Group meeting will be on March 10, 2025.

Below is the November schedule with hikes ranging from "easy" to "moderate." The schedule is subject to change depending on weather and trail conditions. For additional information, please contact President Pete Grady (see SCR Hiking Group web page). Dress in layers and remember to bring water and snacks/lunch. Note time change: Starting in November, we meet at 8:45 am in the lodge parking lot near the tennis courts for carpooling. Please pack a change of shoes to keep the driver's car clean. Happy hiking!

November 7: Magnolia Ranch & Dave Moore Nature Area, rated #4 (easy), 5.5 miles, elevation gain 450 feet, \$8.00 carpool ride.

November 14: Nimbus Hatchery to Sunrise, rated #3 (easy), 7 miles, elevation gain 150 feet, \$8.00 carpool ride.

November 21: Weimar, rated #5 (moderate), 5.5 miles, elevation gain 900 feet, \$8.00 ride.

November 28: Thanksgiving - No Hike.

• • •

(more Club News cont' on page 19)



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Days & Destination	Cruise Line ~ Sailing Date	Starting Price/ Inside Ocean View Balcony		
<b>15 Day HAWAII from SFO! PRINCESS</b> <b>Ruby Princess ~ 3080 Passengers</b>	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. <b>*LINCOLN SHUTTLE TO SHIP AVAILABLE!</b>				
<b>14 Day EASTERN/WESTERN CARIBBEAN! PRINCESS</b> <b>Sun Princess ~ 4300 Passengers ~ NEW SHIP!</b>	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.				
<b>11 Day ALASKA From SFO! PRINCESS</b> <b>Ruby Princess ~ 3080 Passengers</b>	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. <b>*LINCOLN SHUTTLE TO SHIP AVAILABLE!</b>				
<b>11 Day MEXICO From SFO! PRINCESS</b> <b>Ruby Princess ~ 3080 Passengers</b>	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. <b>*LINCOLN SHUTTLE TO SHIP AVAILABLE!</b>				
<b>7 Day CLASSIC CALIFORNIA COAST From SFO! PRINCESS</b> <b>Ruby Princess ~ 3080 Passengers</b>	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. <b>*LINCOLN SHUTTLE TO SHIP AVAILABLE!</b>				
<b>16 Day PANAMA CANAL - PRINCESS</b> <b>Coral Princess ~ 2000 Passengers</b>	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. <b>INCLUDES LINCOLN SHUTTLE TO SHIP &amp; SACRAMENTO AIR RETURN!</b>				
<b>18 Day SPAIN TO SOUTH AFRICA - ROYAL CARIBBEAN</b> <b>Voyager of the Seas ~ 3286 Passengers</b>	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.				
<b>17 Day SOUTH AFRICA TO SINGAPORE - ROYAL CARIBBEAN</b> <b>Voyager of the Seas ~ 3286 Passengers</b>	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. <b>Sail back-to-back from Barcelona to Singapore!</b>				

Back 2 Back

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



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CST # 2033380-40 November 2024





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**Windstar Yacht ~ Star Legend ~ 312 Passengers**

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**7 Day DREAMS OF TAHITI Cruise**                      **October 2024 – March 2025**                      **\$6,950**

**Windstar Yacht ~ Star Breeze ~ 312 Passengers**

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**American Cruise Lines ~ American Constitution~ 170 Passengers**                      **INCLUDES ROUND TRIP SACRAMENTO AIRFARE!**

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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.

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# Executive Director Comments

BY GEOFFREY BROWNE

My favorite season is back again – I love the fall weather, holidays, and sense of winding down another year.

This year, as always, there is a lot going on. We’ve finished working on the Golf Course Master Improvement Plan projects for this year and they have really made a difference! The contractors did a terrific job and I am sure you’ll agree that it’s a giant step forward for our community amenities.

The Strategic Planning and Implementation Workgroup is back in full force after starting a refresh of the Ten-Year Strategic Plan. We’ll be meeting regularly to put together some recommendations on scopes of work and cost estimates for the future projects on the drawing board. To review the 2024 Strategic Plan Update, visit the Resident Website and click on the “Strategic Planning Committee” button on the top right of the home screen (announcement’s page). From there navigate to the “SPC 2024-2025” webpage near the bottom of the screen on the left. You’ll find the report under “Information and Communications” at the bottom – the report is officially called the July 2024 Strategic Planning Implementation Committee Report to BoD. Check the Courier each month for meetings of this Committee that are open to all members.

We are also planning some new work

on the Common Area Landscape Master Improvement Plan (MIP), and looking forward to continuous improvement in the community’s landscaped areas over the winter months, including the very important community and Lodge entrances.

And of course, we are preparing for some special Holiday Events, as we do every year. Oktoberfest and Halloween have just passed, but Thanksgiving and Christmas are just around the corner, and we’ll be ready. I can smell the spices already.

Once again, we will be decorating the Lodge with festive lights and trim, and hosting community events that we hope will bring us all together in our common purpose of celebrating our goodwill.

No matter whether fall is your favorite or not, I hope everyone has a safe and positive month, with friends and family nearby, and with high hopes for the future.



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## Cycling Group

BY SUZETTE AUSTIN

At the time we're writing this we are eagerly anticipating our "BBQ BOO!", a Halloween dinner party with Chef Karl preparing delectable sausage and chicken with homemade sauerkraut; as well as an evening of games, prizes and a short general meeting, on October 23 at Sierra Pines.

A Four Score and More breakfast is being planned for November 14—more details to follow soon. This is a SIG (Special Interest Group) of our members who have celebrated their 80th birthday.

Save the Date of December 18 for our Holiday Party, "Peace around the World" at Sierra Pines.



*Koffee Klatch at the Gustafson's.*

On a beautiful October morning we had a Koffee Klatch sponsored by Elizabeth and Steve Gustafson and Diana Rischling at the Gustafson's home. Both riders and non riders attended this fun event. Thank you again to the Gustafson's and Diana.

We have had rides leaving from the tennis courts almost daily during the past month. With the cooler mornings more riders are participating. Several new members are riding

with our Rovers Group. Please contact any of our Club officers for information on rides or text 916-759-9495 to subscribe to up-to-date texts about rides.

Watch your email for eBlasts on activities, check our webpage on the SCR website (Community/Clubs & Groups) and visit our photo gallery for pictures of our group activities.

## Softball

BY PATRICK MAGLIONE

Do you remember the question that was asked at the very end of last month's article? If not, go back and check it out. The answer is "five (5)" - unless you take a broader approach, it could be a few more. But five (5) is official.

Since our new officers and council members were announced in our September article, we can skip that and move right into what you are all interested in - how things are shaping up for next season. Our fall practices are well under way and are planned to continue through November 13, when we brake for the holidays and resume in the new year. What's new, though, is that Frank Tom scheduled two practice games with players from Sun City Lincoln Hills. While we won the first game played on September 25th by one run; we lost the second game played on October 2nd by a landslide. Nevertheless, all players had a great time and additional games are planned. These practices and practice games set the stage for our 2025 season.

As of the time of this writing, we have twenty three (23) players signed up and anticipate a sufficient number of additional sign ups to field five (5) teams. We now have three managers and coaches, but are still shy

by two (2). Umpires, scorekeepers, and other supporting staff are signing up, so things are progressing well.

Since a membership meeting will not be held in December, the January 8, 2025, membership meeting will mark the deadline for player sign ups. Don't let time get away from you - sign up now!

Visit our club website [www.rosevillesseniorsoftball.org](http://www.rosevillesseniorsoftball.org) to print an application and waiver. Complete and submit along with your check as instructed. You may also check the kiosk at the lodge for an application.

## He & She Golf

BY JAHNA HOLMES

The year is beginning to wind down. However, the club's biggest event of the year is just a month away, so save the date, Friday, December 6 for the Holiday Party to be held in the Ballroom. Look for the flyer coming out this month with all the details!

It was still pretty warm on our September 9th play day, but 48 players turned out to play in the Nine Hole group. The one low gross/one low net game first place was Bob and Pat Horning and Wayne Berger & Jahna Holmes, scoring 69. Second place, scoring 71, was Dirk & Kathy Fowler and Dwight & Joan Rose. Four more places were paid out. CTP men, 1st place, Jim Hackbarth at 9' 11" and 2nd place Gordy Smouter at 24' 1". No women reached the green.

On September 23rd, the Nine Hole group had 50 players. Michael & Pam Hemingway ran the tournament while the Fowlers were on a cruise. The first-place team scoring 61 was Pagano, McDonald & Edgars and Amador,

Vincent & Meyers. Second place tie scoring 63 were Osgoods & Futrans, and the Hostlers, Larson and Wan. Two more places were paid out. CTP was Nancy Edgar at 14' 2" for women, and for the men, Don Edgar got 1st place at 41' 4", and Michael Hemingway got second at 41' 9".

The 18 Hole group had 30 players. First place winners scoring 133 were Johnnie Swallender, Rich Aug, and two Blind Draws. Second place scoring 139 was Steve & Julie Harris and Jeff & Christy Bennett. Two more places were paid out.

Details of the Fall Festival tournament and party at the Pines on October 14th will be in next month's article.

## Sierra Pines Ladies Golf

BY PAM SKARG

November is upon us, as hard as that is to believe. Daylight savings time ends and ushers in getting dark earlier, however, there is still time to get out and play a round of golf hopefully in cooler weather. This month is always a time to reflect on the positive things that we are grateful for in our lives. One thing

(cont' on page 21)



*Committee for the 2024 Sierra Pines Ladies Golf Championship Tournament - Pati Struble, Carolyn Pittman, Judy Benjamin and Jan Pillard.*

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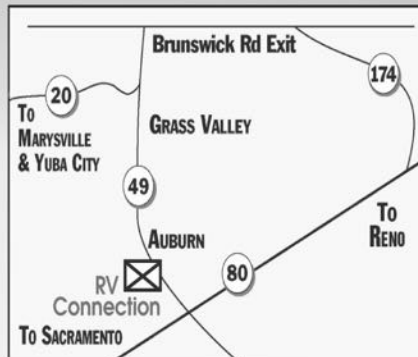
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## Sierra Pines Ladies Golf

(cont' from page 19)

for sure, as for me, is feeling fortunate to be able to still play golf, to meet, play and get better acquainted with the lovely ladies in our club and to get to play at two of the best courses in the area.

Our Club Championship was held in September with a very relaxed format and everyone who participated in it enjoyed themselves. The finale was held in the Rose Garden with a delicious lunch and awards presentation. In the absence of Kathy Fowler, Carolyn Pittman picked up the ball and ran with it. Thank you, Carolyn, for your willingness to take charge. Another wonderful lady who is overlooked and is always volunteering her time and creativity in decorating the venues is Pati Struble. Thank you, Pati, for sharing your love of decorating with all of us.

Drum roll please! Congratulations to Pam Hemingway who is our new 2024 Club Champion. Way to go, Pam!

The Most Improved Players for September:

Flight A: Theresa Howard

Flight B: Pat DeCroix

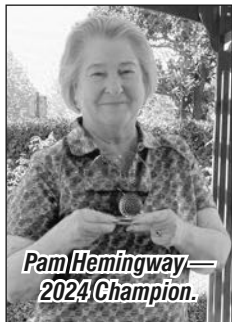
Flight C: Christy Bennett

Flight D: Pam Skarg

Great golf ladies in some record-breaking heat.

November 13 is the last day to post Eclectic and Putt 4-Points. Please mark your calendars for our next General Meeting on November 20. Come join us and be a part of making our club great.

"Be thankful for what you have; you'll end up having more."...Oprah Winfrey  
Happy Thanksgiving Sun City



Pam Hemingway—  
2024 Champion.

and Sandy Coltharp. A great job, Gail et al. Congratulations to our 2024 Club Champion, Cindy Gray! And congratulations to Joan Meyers, the overall winner from the White tees. Kudos to all who played. It was quite a tournament.

We held Play for P.I.N.K. tournaments on October 2, 9, 16, 23, and 30. Due to the wonderful support of our members, our Club made a generous donation to the Breast Cancer Research Foundation. Thank you to Barbara Mills and her committee of Paula Hau, Nancy Gould, and Lois Habein for spearheading this worthy fundraiser for the sixth year.

The Most Improved Players for September: Joan Munn (1st Flight); Vi Wan (2nd Flight); and Christina Leamon (3rd Flight). Congratulations!

Thankstoallourmemberswhovolunteered to helpwiththe 1st Tee Tournament on October 5. What a worthwhile event! So much fun watching the kids play. Hopefully, we will have more volunteer participation from the whole community.

Just a reminder to please check the back of the weekly scorecards for Rules of Play. Our Tournament Chair will advise us when they go into effect by noting them on the back of the scorecard. Winter Rules, "mark, lift, clean, and place the ball," are determined by the weather and condition of the course.

We are looking forward to the Holly Jolly Tournament on December 4, a festive, fun day. So sign up, wear your "jolly" golf outfits, and come play in our last tournament of the year.

Wishing everyone a very Happy Thanksgiving!

• • •

## Timber Creek Men's Golf Club

BY MIKE MURPHY

Greetings from the Timber Creek Men's Golf Club! As we all endure a prolonged summer season, we are grateful for the beautiful mornings spent on the golf course with good friends and fellow members. Cooler days will soon be here, and we are all looking



Timber Creek Men's Golf Club get ready to play a CVS event.



Members line up for lunch after the Member Guest Tournament.

forward to some fall afternoon golf. We invite anyone interested in becoming a member of our club to contact Neil Hamilton our Membership Director at 707-529-4038 or email him at neilhamilton6049@gmail.com. Our member renewal drive is underway so please get your renewal to Neil as soon as possible. For new members there are many benefits to being a member of our club including monthly tournaments, club activities and camaraderie.

Our Central Valley Seniors (CVS) season is now concluded, and we look forward to another great year in 2025. This program allows us to play the best courses in the region at a very reasonable price. This is available to members only, so get in on the fun in 2025! Our final event of the year will be the Turkey Shoot on November 12. We will be playing for Thanksgiving turkeys so make sure to sign up for this one! Our holiday breakfast is right around the corner in December, and we look forward to the skills challenge held after the breakfast where members compete for bragging rights and prizes in long drive, putting and chipping. The side bets may be the best part! Congratulations to Barry Speier on his recent 79 which was his best round ever! Nice going Barry!

Our next general meeting is on November 6 at Sierra Pines. Free donuts and coffee will be served by Bill Ledoux at 8:00 and the meeting starts at 8:30. We encourage all our club members and guests to attend.

See you on the links!

• • •

## Golden Niners

BY WALTER BROMBY

Golfer: I'd move heaven and earth to break 100.

Caddie: Try heaven, you've already moved most of the earth.

As the Golden Niners headed into early September and beyond it was apparent that summer refused to relinquish its grip on hot temperatures. As of late September, temperatures were still in or near triple digits. Nevertheless, the Niners averaged 88 players per week, with 120 members playing in the month. Total winnings for the month were \$1388, with 102 members winning money. Top winners for the month were Howard Frank, \$39, Kaz Seo, \$32, Gary Pyle, \$30, Mark Dixon and Royce Harnsberger, \$28.

One of our new members is Jim Taylor. Jim and his wife, Maria, moved here two years ago and are really enjoying SCR. Jim is a retired Classified Employee of a school district in the bay area. Jim has only recently started playing golf and was told by a club member that it would be a great place to meet people and help his game. Welcome, Jim.

Four tournaments were held in September. The September 3rd tournament was Individual Low Net and was won by Jim Taylor. The September 10 tournament was a Modified Scramble won by Sherm Walker, Barry Franklin, Jerry McColley with a Blind Draw. The September 17 tournament was the Odd/Even tournament won by Mark Dixon, Bob Horning, Steven Scheftner, and Paul Stooksberry. September 24 was a Full Scramble at The Oaks and was won by Anthony Riggio, Steve Hutchinson, Howard Frank, with a Blind Draw.

Poleys were scored in September by Walt Bromby, Mark Dinibilo, Steve Hutchinson, Gabe Andrade, Tom Martin, and Bob Paese.

• • •

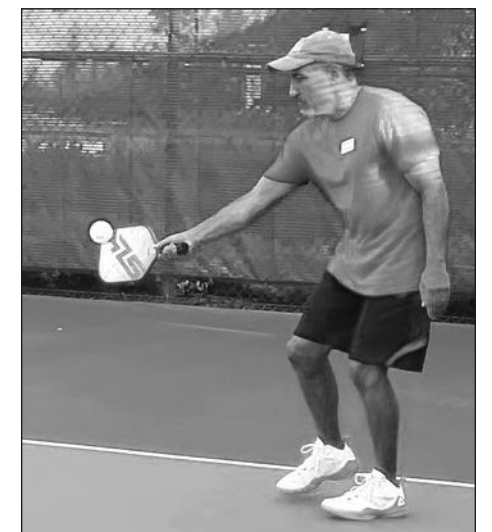
## Pickleball Club

BY ANNE BURNEY

Last month the club had five new members. Welcome to Bob Swanson, Colleen and John Whatley, and Dave and Kathy Miliani. Sun City residents interested in trying out the game may play on the courts during our club's reserved times, Monday through Saturday from 8:00 am to 12:00 pm up to three separate days. Paddles and balls are available for use at no charge. After the third tryout, resident need to join the Pickleball Club to continue to play during the reserved hours.

In September the Sun City Pickleball Club was busy with both a Newbie Tournament and

(cont' on page 23)



## Timber Creek Women's Golf Club

BY NANCY LABRADA

Our Club Championship was played on September 25, 27, and October 2, culminating with a fantastic pizza party hosted by Gail Quintel, Johnice Swallender, Sandra Morea,



Cindy Gray



P.I.N.K. Committee, Nancy Gould, Lois Habein, Barbara Mills and Paula Hau.





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★★★★★ 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

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**Anne Becker —**

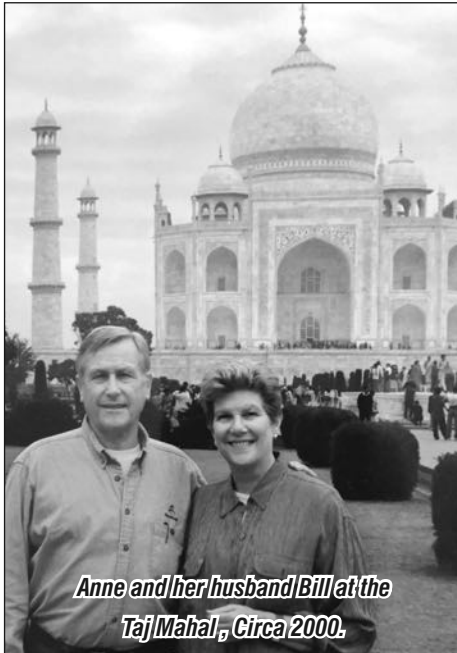
(cont' from page 1)

airport in Lusaka, the capital of Zambia, to a local airport near the small town of Kitwe that was to be their home for the next year. "From the plane, Africa looked just like it does in movies and books, minus the animals," she says. "Any animals that had not been protected in the game parks had been consumed!"

Life in Zambia was very basic and simple. Their house was on the edge of town—a small brick structure with concrete floors and walls and a metal corrugated roof. Because of the extreme poverty in the area, the national past-time was theft, so their house was surrounded by a tall chain link fence and they had 24-hour guard protection.

Putting food on the table was a real challenge. One scrawny chicken could make two small servings of curry. Milk was obtained from an open trough and scooped into a container Anne would have to boil the milk and let it cool to remove the scum. It was used for cooking and putting on cereal, but definitely not for drinking. She had to boil water to drink, then set it aside for the silt to settle to the bottom. During their first three months there was no flour in the country, so they had no bread products until a flour shipment arrived from Canada.

There were no paved roads, and it was rare to see a vehicle. "In our small town, folks walked everywhere including me!" Anne remembers. She volunteered to help two days a week at a nearby elementary school. She would distribute ballpoint pens and used computer paper from her husband's work to children she would meet on her walks. Soon word got out and each morning groups of young children would gather outside their gate, hoping to receive a



Anne and her husband Bill at the Taj Mahal, Circa 2000.

handout from her.

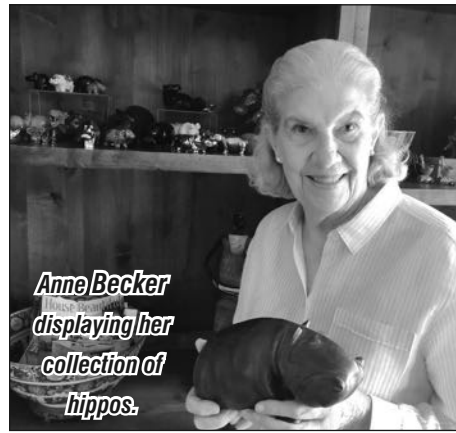
Anne and Bill had the use of a company car, so one weekend they drove to a game park for their first safari. As they traveled in the bed of an open pick-up truck, their first glimpse of an animal was the rump of a very large hippopotamus heading into the bush. Not long after that at an open-air market, Anne came upon a wood carving of a hippo which she found absolutely endearing. "That was the beginning of my

precious collection of hippos," she says. "I have one from almost every country we've visited."

After that assignment, the couple took a few months off to travel extensively in South Africa, Kenya and Egypt before returning to Palo Alto, California. They had been home for about four years when Bill was assigned to an oil refinery in Caracas, Venezuela. Anne's primary focus became languages. During the morning, she attended schools to advance her Spanish studies, and in the afternoon, she taught English to executives at Petroleos de Venezuela, the national oil company.

Personal safety became their immediate concern. "Lawlessness was rampant, accompanied by an utterly apathetic police force," Anne recalls. Traffic lights were just a suggestion. Speeding motorcycles were everywhere. People took their life in their hands just trying to cross the street. Anne and Bill were in Caracas when Hugo Chavez attempted a coup to overthrow the government. Chaos ensued for a short time before he was arrested and sentenced to prison.

When it was time to retire, they moved to Granite Bay and spent the next 25 years traveling, grand-parenting, gardening, and pursuing their various personal interests.



Anne Becker displaying her collection of hippos.

Eventually, Anne began teaching Spanish at Sierra College, Lincoln Hills, and Lake Tahoe Community College. She also became a certified reading instructor to children with dyslexia.

Since they'd met at a dance class, ballroom dancing became a regular part of their lives again. In high school, Anne had been a member of the girls' rifle team, and Bill was a competitive shooter, so shooting was a shared interest as well

Their primary mutual passion, though, was traveling the globe. They visited 44 countries, spending at least two to three weeks in each. In China they spent the night in the home of a small-town villager. In Morocco, they slept in tents in the Sahara, climbed sand dunes at dawn, and had tea in a nomad's tent. They dined on tilapia on the Sea of Galilee and followed in the footsteps of Jesus along the Stations of the Cross in Jerusalem.

In February of 2020, Bill suffered a fatal cardiac arrest when they were staying in Todos Santos, Mexico. Anne's Spanish came to the rescue as she navigated the many government offices and Mexican bureaucracy to get them both back home.

Anne moved to SCR in 2020 and had to wait until the Covid shut-down ended to become active in the many groups and activities offered here. "Sun City is the ideal place for me to be," she says, "although building a new life from scratch is definitely a challenge." There's no doubt she'll be up for that challenge.

**Pickleball Club**

(cont' from page 21)

an Inter club social with Heritage Solaire. The social was hosted here at Sun City Roseville and afterwards everyone went over to Timbers for appetizers and beverages. The Newbie tournament had 13 new pickleball club members playing. They played a total of six games and afterwards medals and gift cards to Timbers were given out to first, second, and third place winners.

On November 6 our activities committee will be hosting "Pickleballers head to Bocce Courts". This event starts at 3:00 pm and club members will play bocce ball and then enjoy a potluck. Please look for the flyer posted on the bulletin board for further details.

The Pickleball club will be having a General Membership Meeting on December 9 at 4:30 pm in the Card and Table Room. All are welcome to attend to hear what's planned for the following year.

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

...

(more Club News cont' on page 24)



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!

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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  
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### SCR Tennis Club

BY WENDY LEIMBACH

August has been a very productive month for the tennis club. Our club added an additional five tennis players. So welcome to all our new members. In addition, we

supporting any new players through our beginner or intermediate clinics. If you would like to learn tennis; or are looking to dust off the rust, please call either Nancy Kacey 408-718-6725 or Wendy Leimbach (585)545-5162 for information.

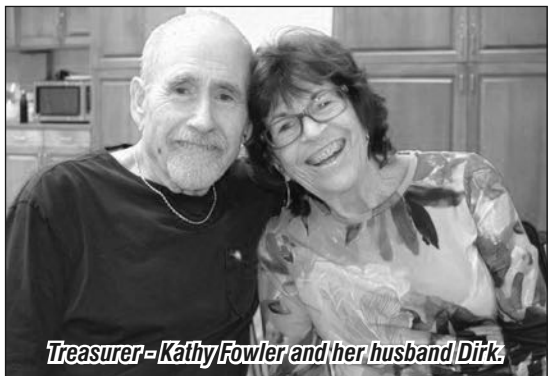
Our Saturday coed drop-in is in full



Tuesday/Thursday men's in-house league.

have added a new Tuesday/Thursday men's morning informal league. Please email Patrick Maglione at 916-740-2353 for information about this new men's league.

The tennis club is extremely interested in



Treasurer-Kathy Fowler and her husband Dirk.

swing. The new start time starting September 8 is 8:00 am. Come on down and play a couple of sets with a bunch of enthusiastic tennis players.

Our SATA summer league has ended with all makeup games

played. The team came in second place. Let us give huge congratulations to our captain Nancy Kacey and all the players. It has been a great competitive experience for all our league players. To celebrate the team had a small pool party with some delicious food and pool side conversation. The next season starts in September. Good luck for another successful season.

There are numerous competitive opportunities available for women tennis players of all levels in the Placer County area. Please call either Nancy Kacey at 408-718-6725 or Wendy Leimbach at 585-545-5162 for information.

It is with some sadness that our valued Treasurer Kathy Fowler will be stepping down from this role after supporting the club for nine years. Anyone interested in taking on the Treasurers position please call Dieter Rohfleisch at 916-217-9513 for more information.

Looking forward to the Fall weather cooling us down. Hope to see you all out there playing Tennis.

...

### Table Tennis

BY DON WOODS

Our table tennis group would like to invite you to participate in our table tennis activities at Sierra Pines. We meet Tuesday and Thursday from 2:00 PM to 5:00 PM.

Saturday from 9:00 AM to 12 Noon.

You will have the enjoyment of meeting new people, participating in a good exercise program and developing new skills that will benefit you.

...

### Bocce

BY DAVID MOORE

This report marks a transition point in the Bocce Year. The 2024 Fall Mini-league is now in the books and the tournament season has been completed with the Sun City Bocce Champions of 2024 having been selected on September 28. The men's champions were Mike Bubbico (Bronze), Pete DiLonardo (Silver) and Tony King (Gold). The women's champions were Medina Lane (Bronze), Rhonda Bubbico (Silver) and Diana Rischling (Gold).

Looking back at the thousands of games played on the courts this season, there have been many club members that have made it happen. But there has been one person whose quiet help has made the experience better for every person who has played bocce this year.




Louise Knight is one of the super volunteers who make the Bocce Club special.

A few examples include the blue and white signaling flags that we all use. The reason they are no longer tattered is because of Louise Knight. If you have played in a mini-league and pulled your nametag from the

envelope to see what court you play on, the reason the envelopes were there was Louise. When you able to see what place your team is in only hours after your game, Louise is part of the reason that happens. If you've played in a tournament, one of the people sitting at the registration desk was no doubt Louise. At the

(cont' on page 25)




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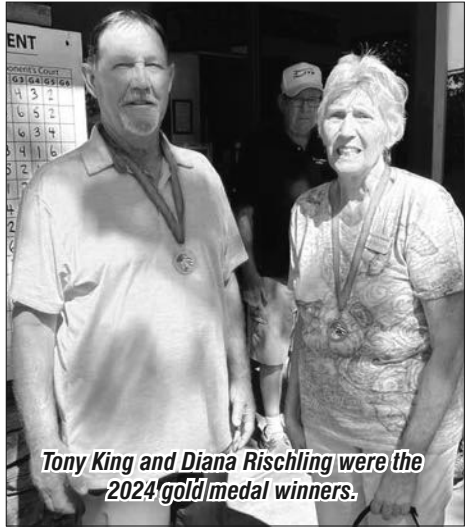


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**Bocce**

(cont' from page 24)

end of the game she was probably the one who posted your results on the scoreboard. There isn't enough space to list all the ways Louise Knight helps our bocce club. Next time you see her be sure and give her a big thank you!



Tony King and Diana Rischling were the 2024 gold medal winners.

Although there won't be quite as much bocce this month, that won't stop the club members from socializing. The Harvest Moon party on November 15 at Sierra Pines will feature awesome food, prizes, a raffle and a game.

...

**Croquet Club**

BY PATRICK MAGLIONE

For whatever reason, can you no longer participate in tennis, pickleball, softball, golf, cycling, hiking, or any of those physically challenging sports or activities? But do you still desire an outdoor activity that requires a bit more energy than walking or bird watching (no offense walkers and birders)? Or would you and your partner enjoy an activity that you can participate in together?

Well, we've been trying to get your attention for a long time, because there is an answer to these questions – Croquet! Are you now ready to discover the game that feeds into your strategical desires like a game of chess and satisfies your physical competitiveness like making it to the Super Bowl. No comparison, you say? Just give it a try to find out for yourself. Or do you not have what it takes? No one is saying it's easy, but it is challenging... and fun!

Another reminder, earlier this year we made the wearing of whites optional. So, that is no longer an excuse to not participate. We provide all the equipment you'll need to play. After receiving some instructions, you will be on your way to mastering this highly skilled game. So, when you see us playing, stop and watch for a few minutes. Catch the attention of one of the players who will be glad to answer your questions. You might even want to take a mallet in hand and give a ball a shot. Careful though, you might like it!

Besides the game of Croquet itself, we have quarterly meetings on the 4th Sunday in February, May, August, and November, 4pm in the Spruce Room at Sierra Pines. Meetings are usually brief, followed by dinner, and social activities. Dues are only \$10 per fiscal year.

For more Info, contact Louisa or Patrick

Maglione, 916-7410-2353.

...

**Cornhole Group**

BY STEVE GUSTAFSON

Sun City's Cornhole Group plays on the Sierra Pines horseshoe lanes every Tuesday at either 9:00 or 3:00. So, how do we decide which time?

It's very scientific! We select the time so that, on average, the temperature is not too warm and not too cool. Until November 5 we'll play at 9:00, from November 12 until May 6, 2025 we'll play at 3:00, and from May 13, 2025 until October 28, 2025 we'll play at 9:00.

How did we come up with these dates? You might know that daylight is longest on the Summer Solstice (about June 20 each year) and shortest on the Winter Solstice (about December 21). Also, day and night are equally long on the Autumn Equinox (about September 22) and the Spring Equinox (about March 20). To maximize our comfort (on average), we switch our time from 9:00 to 3:00 midway between the Autumn Equinox and the Winter Solstice, and we switch back to 9:00 midway between the Spring Equinox and the Summer Solstice. Whenever we play, you're welcome to join us.

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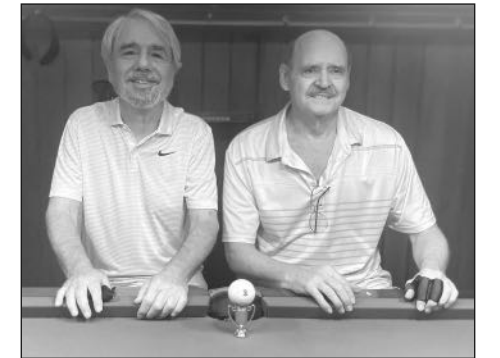
**Billiards**

BY DAVID ZAN

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

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

For Members and Guests, please remember to sign in on the sign-in sheet when entering the Billiards Room and please print your name. Some signatures are hard to read... thanks.



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

The Team Tournaments on Tuesday at 1:00pm are attracting a full house and are very competitive. Congratulations to Jerry Crosby for being the winning team twice this month.

Winners of the team tournaments in September were:

September 3: 9 Ball - David Deninno & Ken Lane

September 10: 8 Ball - Don Warden

September 17: 8 Ball - Jerry Crosby

September 24: 8 Ball - Jerry Crosby & Tim Connolly

...

(more Club News cont' on page 27)

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### Maj Jongg

BY BECKY MATSON

Our October luncheon was held on Friday, October 25 at Sierra Pines. Our hostesses were Ann White, Joanne Mastalski, Salli Scott, Dale Alvarez, Kathi Botelho and Bobbi Dunk. They treated us to a delicious potato bar with all the trimmings. Thanks ladies for a great job!

We play Mah Jongg in the Card Room on Mondays from 12:30 pm to 3:30 pm and on Fridays from 9:00 am to 12:00 pm. Some of us meet for lunch in the Timbers Restaurant at 11:30 am on Mondays and at noon on Fridays. You can play either day or both. Mah Jongg is fragrance-free and name tags are encouraged.

Happy Thanksgiving!

• • •

### Bridge Club

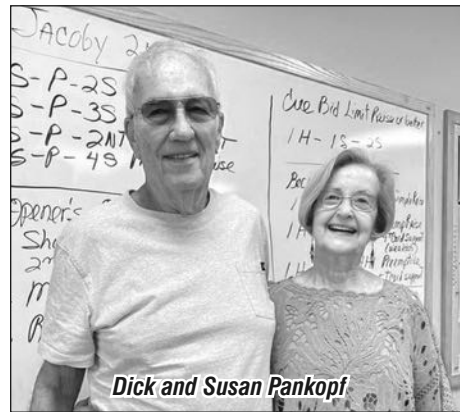
BY COLLEEN TOVEY

Our featured member this month is Virginia Lynam, who will be 100 years old on November 14.

She grew up near Fresno. In 1943 she married Bob, who had enlisted in the U. S. Coast Guard and been deployed to Oregon. They lived in Oregon until the end of the war. Then they returned to California where they raised two children. Virginia was a bank loan officer for about 20 years. Virginia learned to play bridge from friends and from YWCA lessons. When she moved to



Virginia Lynam



Dick and Susan Pankopf

Sun City in 1997, she joined the Bridge Club. Those who are her partners or opponents know she plays a solid competitive game using the latest conventions. We also know she is a kind and gracious member of our community. Show commands Happy Birthday, Virginia.

Susan Pankopf is continuing to teach intermediate bridge classes in the card room at the Lodge. 25 players signed up to learn more about opening bids, Rule of 20, transfers and other more advanced bids. Her husband, Dick, has been her main assistant in getting the room and cards set up. We thank them both.

• • •

### Bunco

BY PAT OBERLANDER

Fall has finally arrived! Join us at Bunco on the 2nd and 4th Monday of each month. Sign in starts at 8:30 am and we start playing at 9:00 am. We'd love to see you. We're in the card room at Timber's Lodge. You don't have



Bunco Winners!



Bunco Winners!

to commit to every time, but once you start, you'll be hooked. We are always looking for fun loving players. And if you win, you'll get your 15 minutes of fame!

Winners for September 9: Margrit Grenier, Barbara Adams, Judy Del Grande  
Winners for September 23: Yoshi Polgar, Jackie Spencer, Candy Bryant.

• • •

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## Observations Looks Back: NYC “Street Games”

BY MARTIN GREEN

In recent months, “Observations: has looked back at those radio programs we watched before television and then at the early television shows we watched. But, for kids in the 1930s and 40s (I know, that’s way back when) radio and television were not the major things in life. For me, growing up in the Bronx, it was, after coming back from school, running down from our tenement apartment to the street to play. There was nothing organized about it but in the street, there was always the “gang,” and somebody always had a ball and, although we may not have known it, there were always the New York City “street games” to play.

The best-known NYC street game is probably stickball, the street’s answer to baseball. In that time there was no such thing as Little League with its uniforms, equipment and regular ball fields or, if there was, we kids weren’t aware of it. Our bat was a broomstick. Our ball was a pink rubber ball made by the Spalding Company and known to everyone as a Spaldeen. Home plate was a sewer cover and possibly second base was, too. First and third bases were chalked on the street or, if they were parked in the proper places, parked cars. A good hitter was someone who could hit the ball three sewers. Oh, there was no pitcher. You threw up the Spaldeen and could hit it with or without a bounce.

I recently saw on television a clip of Willie Mays playing stickball with the kids in Harlem. He was at least a four-sewer hitter. I

was pretty young in my stickball days, under ten, and couldn’t hit the ball very long, so tried to pull the ball into a building cellar. That was a ground-rule double. The big stickball games were played on weekends by the teenagers and young guys and our street would play against another street for money. How much I don’t know, but in those Depression days even a little money was a lot.

There wasn’t much traffic on our street, but occasionally a car would come driving by and that interrupted the game. Also, stickball wasn’t strictly legal and every now and then a cop car or policeman on foot would appear and someone would cry “Chigee, the cops” and someone would take the broomstick and run with it up onto a roof. If it was too late, the cop would put the broomstick into a sewer cover hole and break it off. That meant getting another broomstick. Stickball was only one of the street games we played. Some of the others were slug ball box ball, curves, off the wall, and stoop ball. All of course involved a ball, the good old Spaldeen. In off the wall you threw the ball at the molding of a building and if it came off so you could catch it that was an out. If it bounced once before you got it that was a single, twice a double, etc. I don’t know if the people who lived in the front apartments above the molding appreciated us kids playing this game. Stoop ball was the same although, as the name indicates, you threw the ball at the building stoop. The danger in stoop ball

was that if you had to go out into the street to catch the ball you might get hit by a passing car, as did happen to me once. The car must not have been going very fast because I wasn’t hurt. Just a little scared and surprised. As for the other ball games I’ll leave it to the reader to look them up.

Then there were the seasonal games, marbles and scully. The distinctive thing about these was that there was a marbles season and a scully season. I don’t know how it was determined but at a certain time in the year we all got out our marbles and that was the big game at that time. The same was true for scully. As I remember it, you drew a scully board on the sidewalk which had boxes at each corner and maybe some other places and there was a final box in the middle. The idea was to shoot a bottle cap around the numbered boxes and into the final box. But if you landed in the open space, you were in scully and that was bad, like being in jail in Monopoly.

I don’t know how many, if any, of these New York City “street games” of the 1930s and 1940s are still around, probably none, but at the time they gave us Depression-era kids an opportunity to play and to socialize while using the things we had available and without having to leave our street. They also enabled us to be kept under the eyes of our mothers, those who lived in the front apartments. At a certain time, when it was getting dark, one of these mothers would call down to have her kid come up for supper and that was the signal for the day’s play to end.

## Succulents for Soups — Small Plants, Big Impact on Hunger and Water Use

Do you have extra canned goods or non-perishable items in your pantry? Donate between November 12 and December 18 to give back to the community and help reduce food insecurity.

From Tuesday through Saturday, 12:00 - 4:00 p.m., bring your non-perishable food items to the Utility Exploration Center at 1501 Pleasant Grove Boulevard, and as a token of our appreciation, you’ll receive a complimentary succulent, provided by our partners at Green Acres Nursery and Supply.

Last year, we were proud to collect over 7,000 pounds of food, all of which went directly to the Roseville St. Vincent de Paul Society to help combat hunger. This year, we’re aiming to make an even greater impact.

Not only will your donation help local families in need, but the succulents you receive are a reminder of the importance of water efficiency. These drought-tolerant plants are perfect for conserving water, and with each succulent, you’ll also get tips on how to make your home more water-efficient.

Help us make a difference—both in our community and for the environment. This offer is valid while supplies last, so donate today, help decrease food insecurity, and do your part to conserve water.

Each family that donates will receive one succulent, while supplies last, and water-saving tips to enjoy.

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# 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 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.

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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.

  
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# SCR Foundation 2024

(cont' from page 1)

Truck is on the road and helping Sun City residents. Our Home Maintenance Service Program is staffed by 30 SCR Residents who volunteer their time and expertise. Through September we have completed 646 house calls which amounted to 834 individual actions. One of the most requested services is, replacing “chirping” smoke detectors. To date, we have replaced approximately 200 at \$30 each. When we perform this service, we replace all existing smoke detectors with new 10-year battery detectors. We replace 4 to 6 detectors per home. With the rising costs, we are averaging about \$120-\$180 per home. The truck is stocked with many bulbs and replacement parts for our other services,

thanks to your generous donations and your participation in the fundraising activities we hold throughout the year. If you need to request service, complete the form near the monitor’s desk, visit the website (www.scrfoundation.org), or call the helpline at 916-774-9040.

Currently, the Foundation Board is updating its Vision and working on developing a new Strategic Plan. Over the next three years, the SCR Foundation will continue to foster meaningful and measurable programs and services supported by philanthropy and volunteerism to benefit all Sun City Roseville residents. We will do this by raising funds and investing in events, programs, and community enhancements that create connections among residents, and support emotional well-being at all stages of life.

# Safety First — Don't Take the Bait on Phishing Scams

BY ROSEVILLE POLICE DEPARTMENT

Have you ever received a text or email warning you that something is wrong with one of your online accounts? Maybe it says your streaming account is about to be suspended unless you take action immediately. It might even include a link that claims to help fix your account’s problems. The message seems urgent and real. But is it?

Your first instinct may be to click the link to resolve the issue quickly. Don’t click. There’s probably nothing wrong with your account. In fact, it’s likely a phishing scam. Phishing occurs when scammers impersonate legitimate companies through emails or texts to trick you into giving up sensitive information.

### Common Signs of Phishing Scams:

A phishing email or text might:

- Claim suspicious activity: It says there have been log-in attempts you didn’t make — but there haven’t been.
- Report a problem with your account: It claims there’s a problem with your account or payment information — but there isn’t.
- Ask for confirmation of sensitive information: It asks you to confirm personal or financial details — but you don’t need to.

### What Real Companies Won’t Do

While legitimate companies may contact you via email or text message, they won’t send links asking you to update payment information

or account details through a link. Only scammers use these tactics. Even opening a suspicious link without entering any information can put you at risk, as scammers may install harmful malware on your device.

### How to Stay Safe

- Don’t click on links in unexpected emails or texts. If you’re worried something might be wrong with your account, contact the company directly using a verified method, such as a link or phone number you know is legitimate.

- Report phishing: If you think you’ve accidentally shared sensitive information, take action quickly. You can:

- o Report the incident at IdentityTheft.gov and get a recovery plan.
- o If you clicked on a suspicious link, update your security software and run a scan to look for viruses and malware.

### Where to Report Phishing Scams

- Report the phishing attempt to the FTC at ReportFraud.ftc.gov.
- Forward suspicious text messages to SPAM (7726).
- Forward suspicious emails to the Anti-Phishing Working Group at reportphishing@apwg.org.

By staying alert and knowing the warning signs, you can avoid phishing scams and protect your sensitive information from cybercriminals.

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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.

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**6025 Rose Garden Lane**

**SOLD at \$700,000**

Sit back and relax in your 262 square foot fully screened sunroom, nestled next to the 8 green, overlooking the beautiful lake while watching and listening to the soothing sound of the waterfall feeding the lake. One of the best views in Sun City, and one of the best locations, a block away from the clubhouse, pool, courts and all facilities. The sunroom and rear of the house face north so it never gets direct sun. The sellers use it year round and spend hours relaxing there. A Plumas model that has been tastefully remodeled with recessed lighting, very high quality Hickory cabinets, appliances, flooring and fixtures. A stone walkway and gorgeous front door leads to an open and spacious great room adorned with 7 huge windows that provide loads of natural light and allows for views of the lake from every room, including the kitchen. The home also has many energy efficient upgrades including a whole house fan, tankless water heater with recirculating pump offering near instant hot water, new furnace in 2022, AC condenser replaced 2017. The second bedroom has a stylish Murphy bed and built in desk for both an office and a guest room. The garage is huge with room for 3 cars and a golf cart. The perfect home hobbyist garage. Hurry and view this home, or you will miss out!