

SUN SENIOR NEWS

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Sandi Nordquist — In a New Kind of Paradise

BY JENNIFER MARTIN

The 2018 Camp Fire in Northern California's Butte County was the deadliest and most destructive wildfire in California's history. The fire was contained on Sunday, November 25, after burning 153,336 acres, causing 85 fatalities, and displacing more than 50,000 people. It destroyed more than 18,000 structures, causing an estimated \$16.5 billion in damage and was the most expensive natural disaster (by insured losses) of 2018. Several survivors, their houses and belongings totally destroyed, found their way to Sun City Roseville. Sandi Nordquist was one of them.

Sandi was born in 1945 in Yreka, California. There were dredger ponds and abandoned miners' cabins along the creek that ran along her family's property. The creek provided her and her three siblings, along with three boy cousins, lots of adventures growing up. They swam, fished, and built rafts to float on the ponds which teemed with turtles, snakes, bullfrogs, and pollywogs. They even successfully panned for gold. When Sandi was nine, she saved her 4-year-old brother



Sandi Nordquist

from drowning in the creek which had flooded that year.

After graduating from Yreka High School in 1963, Sandi married Dan Nordquist who was stationed at Ramstein Air Force Base in Germany. While there, the couple enjoyed

touring nearby France and Luxembourg. When daughter Michelle, was born in 1964, Sandi's mother came to visit, and they enjoyed touring several European countries in the family's VW Beetle which they'd bought for \$75.

In 1967, Sandi and Dan left Germany, flew to New Jersey, bought a car, and drove all the way to Sacramento on Interstate 80, visiting friends along the way. They settled in the Sacramento area and welcomed a second child, Michael, in 1968. Later, when the children were in school, Sandi discovered her passion for planning events and preparing food for fund-raising events. She organized school carnivals, fashion shows, holiday parties, company picnics, casino nights, and talent shows.

She also immersed herself in helping her children's sport teams. She became a scorekeeper, a manager for girls' softball, and sometimes umpired. She also coached a girls-under-14 soccer team. After one season

(cont' on page 23)

SCR Foundation 2025

BY KATHI STROPKAI, Vice-Chair/Events Director

As we bid farewell to 2024 and remember its challenges, achievements, and moments that shaped us, 2025 is here with a new beginning in front of us.

With that in mind we'd like to highlight the flagship service that the Foundation is so well known for, Home Maintenance. Our Home Maintenance Service Program is staffed by a group of SCR residents who volunteer their time and expertise on a rotational basis. We have 13 teams consisting of 2 volunteers, averaging about 90 calls per month, as well as a team that replaces bulbs in address lights and installs the address light fixture (if resident buys it).

Some of these services we offer are, replace smoke detectors (when chirping) with 10-year detectors (we don't do battery replacements for smoke detectors), replace CO detector battery, replace light bulbs, replace/clean air filters (residents supply), program HVAC thermostat and irrigation timers. Secondary services offered are lubricate garage door (not chain or screw), SHARPS removal (closed container required), minor electrical or plumbing repair, move (light) furniture, hang limited number of wall art. We can assist with certain electronic waste items such as, VCR's, DVD's, CPU's, cell/land line phones, cameras, keyboards, printers and radios. (personal computer data must be removed by resident before disposal). Not eligible for disposal: TV's, all appliances, AC/HVAC units/thermostats.

We have seen an uptake of requests that

(cont' on page 27)

Sun City Singers

BY JACKIE PROETT

It's January and we are still in the afterglow of Candles in the Window that remind us to shed light on the new year. What a great concert to a great full house! Everyone seemed to enjoy our search for light and the idea that each of us should light a candle in someone else's life.

The comments, good and instructive, were well discussed at our Wrap Party. At that time, we get to bask in all the compliments and find ways to improve the things that didn't go so well. Everyone can get into the act. It was fun and helpful. Besides, we always love parties!

For those of you who saw our concert and want to join, now is the time. We will start rehearsing again on Monday January 13th, 2:30pm back of the Ballroom. You will be greeted with a folder full of our Spring Concert music and a room full of friends. You will meet our wonderful Director, Paul and our fabulous accompanist, Andre. You won't have to audition, and you can come three times before you join. Please, give us a try. Music heals body and soul!

Now, let's get on with this new year. Let's sing with joy and make it bright and beautiful!

Happy New Year!

...

Harmonicoots

BY LINDA B. AUG

The Sun City Harmonicoots are seeking one energetic and enthusiastic Conductor to lead our harmonica band. Requirements are a basic understanding of music, effective communication, and decision-making skills, comfortable performing in front of audiences, and a flexible schedule.



Captain Howard Trost (retired Navy) with Harmonicoot Ted Ball on Pearl Harbor Day.

Some frequently asked questions:

1. Do I have to know how to play the harmonica? No. Knowing how to play harmonica is not a requirement.

(cont' on page 5)



Sun City Singers Christmas Concert.



AAUW California
Speech Trek

Speech Trek Contest

February 7, 4 pm.
Free admission,
light refreshments

Space is limited - RSVP at
aaurosevillesouthplacer.org/Events

1167 Sun City Blvd. Kilaga Springs Lodge, Sun City Lincoln Hills

Speech topic:

“Climate change is happening. The effects are widespread and touch upon almost all aspects of our life on this planet. Select one area of impact and explore the effect climate change is having on women in the USA and around the world.”

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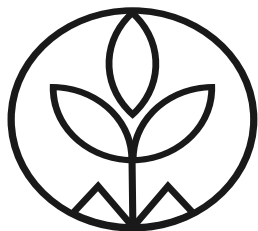
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SUBMISSIONS: The Sun Senior News -

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

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

Happy New Year Sun City Residents!
 A new year often signifies a fresh start for many people. For some, this means setting healthy goals such as losing weight or exercising more. Remember to laugh more, be more cautious in our daily routines, travel more, love more and don't worry about the small stuff.

As we all age, we look to be more healthy, happy and safe. Here are a few excerpts from healthline.com to maybe incentivize all of us to be a better us in 2025!

- 1) Eat more whole foods-vegetables, fruits, nuts, seeds, whole grains, and fish – an energy source.
- 2) Sit less and move more – sitting too much can have a negative effect on health.
- 3) Cut back on sweetened food and beverages – can lead to obesity, fatty liver, heart disease, etc.
- 4) Get more quality sleep – lack of sleep may increase your risk of weight gain, heart disease and depression.
- 5) Find a physical activity that you enjoy – don't purchase an expensive membership to a gym – do something that makes you happy, half-hour walk, bike ride, swim at the gym – just stick with it.

6) Take more “me time” and practice self-care – this is especially true for those in caretaker roles. Meditate, take a bath or sit in a jacuzzi or take a yoga class and relax.

7) Spending more time outside can improve health by relieving stress, elevating mood and even lowering blood pressure.

8) Being more present may improve life satisfaction by decreasing negativity and improve psychological health; notice your environment and listen intently to others

9) Take a vacation – even a short one can have a positive effect on stress levels and well-being.

10) Take caution while out and about, whether it be shopping, vacationing or just out for a stroll. Watch while you are walking for obstacles in your path that may trip you and always be aware of your surroundings especially when you are by yourself.

Don't forget to mark your calendars for our next Neighborhood Watch Meeting scheduled for Monday, January 13th, 10-11am in the Timber Creek Ballroom. Our speaker will be Megan Sponholz, Health Education Program Coordinator so don't miss out!

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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SUN CITY REAL ESTATE UPDATE

Happy New Year!!! 2025 will begin my 40th year in real estate. Everyone loves to look forward and see predictions in the Real Estate Market. Unfortunately it is a very difficult task as the only constant in real estate is change. 2024 saw prices rise early in the year only to flatten at the end of summer and begin falling as we moved into November. I honestly expect more of the same in 2025. I believe most of Placer County has satiated the demand for housing. There are literally tens of thousands of approved lots ready for building. The absorption rate for those new units is beginning to fall off at a time where builders have geared up and that points to increased supply at a time when demand is flat. Simple supply/demand economics or Econ 1A.

WRITTEN BY GEORGE BROWN

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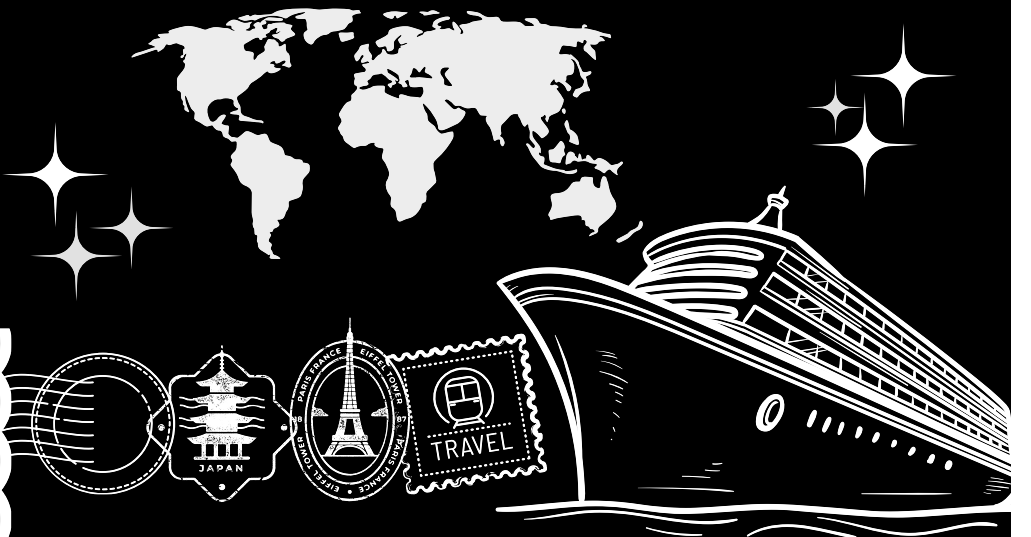
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LIGHT BITES

- CHICKEN SKEWERS
- ARTICHOKE RISOTTO FRITTERS
- POTSTICKERS WITH SWEET THAI SAUCE
- CRANBERRY BRIE BITES
- DRINKS AND REFRESHMENTS



RSVP HERE

Harmonicoots

(cont' from page 1)

2. How many are in the Sun City Harmonicoots? Currently we have about twenty-five active members who have a wide variety of skill levels. While many Coots have been playing for decades, some have been playing for 6 years or less. Some Harmonicoots read music while some can play "by ear." A few Harmonicoots have learned "harmonica tabs" which is sheet music written especially for the harmonica. We have one guitarist and one percussionist in our band. We also have an active Council, Music Selection Committee, Gig Coordinator, and a process in place to distribute sheet music.

3. What other duties are involved in being the Conductor? The Conductor leads members as a "band," interfaces with the audience, and conducts our weekly practices so we are ready to perform at our highest level.

4. Would traveling conflict with my commitment as the director? While we have many performances during the year, we usually have input with selecting the dates. We also have a few Harmonicoots who will "step up" on occasion and substitute for the Conductor.

5. Why wouldn't a Harmonicoot step up and become the Conductor? The answer is simple: We want to PLAY!

Please look for our flyer in the kiosk in the main lobby with more information. Or better yet, come to the Pines on a Thursday at 1:00. Perhaps 2025 is holding a spot for you as Conductor of the Sun City Harmonicoots! Harps Up!

...

Dance Club

BY VIKKI CLARK

Happy New Year everyone! Time to make a new year's resolution to improve your health and mental well-being by trying one of the many dance classes offered here, in Sun City. Classes range from Tap, Jazz, Clogging, Hawaiian dancing and many line dance classes. Adding dancing to lifestyle has been found to reduce falls by 58%, improving gait-helping you

to walk tall. It improves the condition of your heart and lungs, provides increased muscular strength, endurance and motor fitness, and increased aerobic fitness. It is a great physical exercise for people of all ages, it can safely be practiced from the age of 2 to 102! Come visit one of the classes, the first class is always free and a great way to see what dance style you will love.

A Sock Hop will be held in the Timber Creek Ballroom on January 20th. Tickets are on sale now and can be purchased at Courier Days or from your dance class monitor. Don't miss a fun night with your neighbors and friends!

Please visit the Dance Club website for events and pictures.

Hoping to see each of you at one of the events or dance class!

...

Music and Laughter

BY JANE BOHN

Did you know that our Music and Laughter group has been spreading much needed joy here in Sun City for over 20 years? We have an "Open Mic" format allowing all our talented neighbors here to tout their instrument or voice to entertain us. Our audience and steadfast fan club come to clap and cheer. We meet every second Wednesday evening of the month. Our show starts at 7pm, (doors open at 6:30) and normally lasts an hour. We start the show singing "Happy Birthday" to those in our audience born within that month. We often have sing-a-longs utilizing our overhead screen and you can join in or just listen. After the talented entertainers and jokesters perform we have our prize raffle. The show comes to a conclusion allowing us all to sing a rousing "God Bless America." The cost is a whopping \$1 donation for the raffle. Come join us at our next gathering Wednesday evening 7pm January 8 at our Sierra Pines Lodge located at the corner of Del Webb Blvd., and Whistlestop way. I'm sure you agree, we all need to incorporate more Music and Laughter in this wonderful New Year of 2025.

...

Drama Club

BY LENORA DAVIS

We in the Drama Club wish you a wonderful New Year filled with joy and happiness, but most of all fun and the camaraderie that is vital to living a long, full life.



Marlene Grenz and Greg Davis.

If you were lucky enough to get tickets to our November performance (many were not), we are sure you enjoyed the show along with many others. The Cabaret motif was well received. Our new sound system and lighting made a big difference in that show at Sierra Pines. Special thanks go out to Dave Tennes, Rob Harper, Donna Stephens, Jennifer Martin and Greg Davis who worked hard behind the scenes to pull it all together. It's not just the actors we love and appreciate, it's all the others that work hard at selling and taking tickets at the door, setting up the tables, decorating, set designs and all the stage crew that get there hours before and leave hours after. Let's also shout out to our president Susan Glover who not only was the M.C., but spent hours planning and sharing her vision for each performance along with the script review committee and the play directors.

We have not finalized details on our next show at this time but we will post updates on our website and also in the next month's Courier. We would love to have you join our next meeting on January 14th at 6:30 to 9:30 at Sierra Pines. This will be a short general meeting with socializing after. We welcome you to just come and meet some new friends and see if it could be something you would like to be a part of. Stay active, be social and most of all have some fun.

For more information call Susan Glover at 530-388-6367 - or Lenora Davis at 707-350-1357.

...

Fine Arts Club

BY NANCY VAVUL

Happy New Year Fine Arts Enthusiasts! As we step into January, we reflect on the joyous holiday party that brought our community

together. A heartfelt thank you Sherry Bleiweiss and Eileen Wagner for orchestrating such a successful and charitable event. The imaginative and beautiful gingerbread house centerpieces added a festive touch, showcasing the creativity that defines our club.

Charity donations were also collected from Donna Self's paint-along session, which was a true "Scream"! The participation was fantastic, and participants went home with some incredible interpretations of this iconic piece. Thank you to everyone who joined in, making it a memorable experience.

Looking ahead, the New Year opens up a plethora of artistic opportunities! We are excited to announce a variety of classes starting this month. Donna will be leading acrylics on Monday afternoons, while Maria Winkler will guide colored pencil enthusiasts on Tuesday mornings. For watercolor aficionados, Renee Hawkyard will host sessions on Tuesday afternoons. If you're interested in honing your drawing skills, Maria's "Drawing on the Right Side of the Brain" will take place on Wednesday afternoons. Edward Mallory will round out our offerings with oil painting classes on Thursday mornings.

Mark your calendars for our general meeting on January 9, where Pat Abraham will lead a critique session. Bring in your unfinished, unsigned paintings for insightful feedback.

Additionally, Sherry will be hosting an exciting alcohol ink workshop on January 23, where you can create beautiful cards and jewelry.

This month, our gallery wall will feature stunning watercolor works, showcasing the talent of our members.

As always, check the art room for details and sign-up for these opportunities, and let's embrace the fresh beginnings that 2025 brings! We look forward to seeing you at our events and classes. Happy creating!

...

SCR Needle Arts Club

BY PEGGY VOAKES

Happy New Year to us all! I always miss us in December, but this year, for the first time since Covid, our paid members were once again treated to our Holiday Home Tour! We are sending out a huge Thank You to Barbara Aaberg and her phenomenal committee members, Gail Miller, Carolyn DeSantis, Karen Porter, Susan Mehning, Dianna Anderson, and Monica Konkel, as well as our generous homeowners, Judi Harrison, Judy Bostrum, Cheryl Finley, Lauri Moorman, Lisa Ivancich, and Darlene Haverland, who welcomed us into their beautifully decorated homes.

(cont' on page 8)





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Executive Director Comments

BY GEOFFREY BROWNE

As 2024 winds down, and our thoughts turn to next year, I like to take time to reflect on the journey that my life has taken over the past months. I'm not sure what it is about January that takes me down this thoughtful road but it's probably some combination of the holidays, with the family gatherings and festivities and the traditions we enjoy so much, and the upcoming year of possibilities. In November, I focus on being thankful for the blessings in my life: my health, my family, my job, my freedoms, and so much more. In December, I can't help but think about the challenges, the tests and trials that I and my family have faced this year, and how we've emerged from them. I suppose it's a way to wrap them up and put them away as best I can.

But my thoughts always turn to those who are not as blessed as I am. Those that

are facing challenges more difficult, with less support. Those who have lost loved ones, or those who struggle to make ends meet, or whose health has been compromised. And I wonder what they think about when they look toward the next year. Can they find the strength and courage and will to be optimistic, still? I pray that they can, and do. And as friends and neighbors, we must help them.

So, for this year, at least for the next few months, I'm challenging you to give. Give support, or encouragement, or assistance to someone in need. Try for once a week. Say something nice. Give a compliment. Lend a hand. Open a door. It's easy, and important. I know you can do it.

Have a wonderful 2025.

"No one has ever become poor by giving."
 — Anne Frank

Sunshine Services

BY LINDA CILENTI

Happy New Year. Wishing you joy, peace, and happiness, with few challenges. May any resolutions be both reasonable and achievable. Remember not to add stress to your life; think of the fable of the tortoise and the hare — slow and steady wins the race!

During 2025 we want to bring meaningful events and speakers. With that in mind, we invite you to save the date for our first quarterly meeting on February 19, 2025, at 10:00am at

Sierra Pines.

We'll provide delicious food while discussing Sunshine Services, aiming to make it a fun and informative fundraising event. Enjoy homemade soups, bread, salad, and cookies for a small entry fee. We might even have a white elephant gift or a special gift or two!

Fundraising supports Sunshine Services, a free-standing volunteer community service group. We offer two services with a modest budget from donations and one service with

(cont' on page 7)

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Sunshine Services

(cont' from page 6)

partial funding. The three services we provide are: the Medical Equipment Loan Program, 916-960-8091, the sale of discounted City of Roseville Arrow tickets (partially funded by the Foundation), call us at 916-886-7008, and Personal Home Care Items such as wet wipes, bed protector pads, and briefs. To learn more about this program, email sunshineserviceslcc@gmail.com.

The Medical Equipment Loan Program relies on your generous donations of gently used items, such as wheelchairs, walkers, crutches, transport chairs, and canes, to keep our inventory available. We also replenish inventory and cover operational costs, such as printing, monthly cell phone bills, cleaning, and maintaining the donated equipment.

Our goal is to support you, "We're Here to Help." Fundraising is vital. Donations can be dropped in our boxes, one in the Medical Equipment storage unit or the other left of the library doors. We would appreciate your help in filling them with some cheerful donations!

Save the date: February 19, 2025, for our TLC for Your Tummy event!



Ambassador Committee

BY DAWN HASKIN

Happy New Year! How many of you made New Year's Resolutions? SCR has great amenities to help with those resolutions! More exercise – use the fitness center or the pool or try a new sport. Be more active – join a new club or get more involved with one you currently attend. And how many will keep those resolutions past January 31? I think as we get older, we no longer feel the need to make a resolution. We just try to do our best all year long. Whether you make a resolution or not, we are happy that you reside in our community!

One of the important activities of the Ambassador Committee is to host a New Resident Orientation. These are conducted four times per year and pertain to new residents who moved into the community during a specific time frame. These champagne brunch events feature speakers from a variety of committees and groups including the HOA board, Fitness Center, Web Design and so on. It is very informative, and we encourage you to attend if you have received an invitation!

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. Be aware that you will have just one opportunity to attend the orientation, so we hope you can make it! RSVP's were due before the first of January but you may contact the Ambassador Committee to see if there is space for you!

Upcoming activities we will be hosting this year include another New Resident Orientation on March 29 and a Realtor Information Breakfast on April 9.

Website Community Service Group

BY CHARLYN ROSS

Another Year Begins — January seems to provide a time to pause, to think about the challenges and pleasures that may exist in the months ahead. A challenge for Sun City Roseville (SCR) is providing favorable activities and events for its residents. Another challenge is maintaining its facilities and common areas to be attractive to future residents. The pleasures are knowing our residents are taking advantage of all that is being offered within our community.

SCR's challenges and pleasures are guided by its residents via its Committees and Board of Directors, which provide direction to our staff and the Executive Director. On the Resident Website (www.scrs.org) in the "Board & Committees" menu, you can access the "Member-Led Committees" list. Each Committee's webpage provides information on its purpose and its actions for SCR.

Community Maps Revised — On the Resident Website's main page, (www.scrs.org), in the "Community" menu, is a revised item called "SCR MAPS." All of our community's maps have been moved into one area. Included is the main map of SCR, along with the map of the inside of the Lodge. Scrolling down on this webpage, you will find links to "SCR Street Maps" and "Nature Trail Maps."

The "Street Maps" link lists the name of every street in SCR. And, each street name is a link to that street on a community map. When you click on the name of a street, the map opens with a red marker on that street.

An information panel at the left side can be moved out of the way by clicking on the white tab at its right side.

As the map being used for entering this feature is an aerial view of our community, you can check out what your house looks like from above, by placing your cursor on the map and scrolling your mouse up and down to zoom in and out on the image. Or, at the lower right side of the map, click on the + sign to zoom in, or click on the - sign to zoom out.

If you click on the little "yellow figure", at the bottom right, and drag it over the map, the streets turn blue indicating they have been photographed from street level. By dropping the little yellow figure onto a street, you will get a street view of the area.

Next, place your cursor (mouse) on the street, click and hold while you move your mouse. from side to side. This permits you to rotate the screen image to see the houses along that street. Then, by placing your cursor on the street and clicking, you can move the cursor forward or turn the cursor around to go back the other way. These technics may work on most Internet maps.

Next, explore the many "Nature Trail Maps" which exist in our community. At the bottom of the Nature Trail screen there is a link to download the "Nature Trails Brochure." After the "Nature Trails Brochure" appears on your screen, just use your app's feature to save it to your desktop for future reference.

Need Website Assistance? Should you have Resident Website (www.scrs.org) questions, please contact Redell Moore, our Director of Information Technology, either by phone at 916-774-3885, or by email at redellm@scrca.org.

SCR Foundation Update

Here are some highlights of the Foundation's recent support for Sun City Roseville residents, our plans for the future, and a recap of current programs. The Sun City Roseville Foundation was established by a group of homeowners to offer residents amenities, services, and programs that the homeowners' association does not typically provide. The Foundation is an independent, non-profit, charitable organization funded by donations, not from homeowner assessments.

Projects Recently Funded by the SCR Foundation

- Training for CPR, First Aid, and use of Automatic Electronic Heart Defibrillators.
- A portable AED heart defibrillator for groups and clubs to use outside Sun City
- The Quarterly Speaker Series (administered by the Activities Department)
- Arrow dial-a-ride transportation subsidies (administered by Sunshine Services)
- Flag Day celebration support (administered by the Activities Department)
- Exterior lighting outlining the Timber Lodge and Sierra Pines
- New shelving for the SCR Library
- License Plate Reader System (entrance/exit cameras) to improve SCR security

Looking Ahead - Social Engagement, Aging-in-Place, Safety at Home and in the Community

The Foundation will continue to support existing programs while placing renewed emphasis on promoting social engagement with neighbors, a leading factor in well-being. In addition, the Foundation will explore ways to support aging-in-place and resident safety at home and within the community.

- **Home Care Respite Support** partnership with a leading non-profit organization launching in 2025.

Foundation Fund Raising Events for 2025

- **Bingo:** January 5th, March 2nd, and July 20th.
- **27th Annual Foundation Golf Tournament :** June 13th

For more information about current programs and publications

- **No-Charge Home Maintenance Services** (More than 1000 service requests addressed by Foundation volunteers in 2024)
- **Party/Special Event Decor Loan**
- **Survivors Planning Guide**
- **Alternative Living Considerations Booklet**

Go to the **Foundation's website:** scrfoundation.org

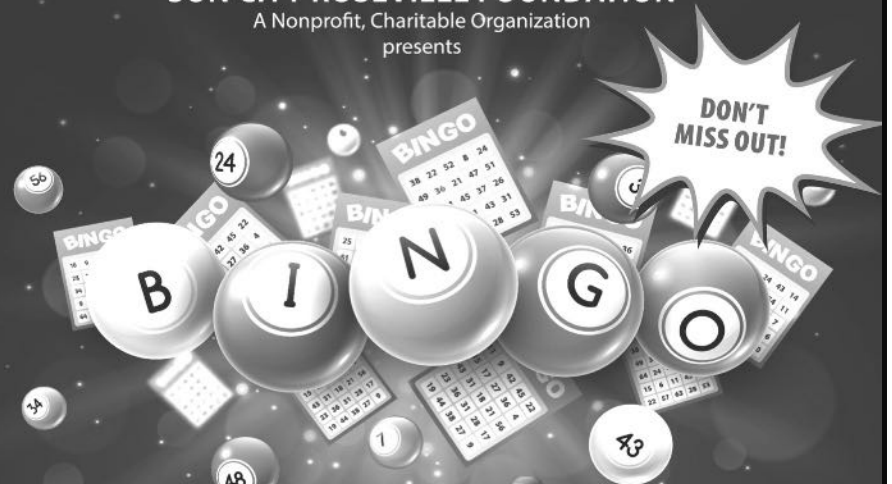
Or call the **Foundation Help Line: 916-774-9040** and leave a message.



P. O. Box 819 Roseville, Ca. 95678-0819 Tax ID: 91-1840255 1 The Sun City Roseville Foundation is an independent 501(C)(3) charitable foundation without financial support from the Sun City Roseville Association. Donations to the Foundation are tax-deductible.

SUN CITY ROSEVILLE FOUNDATION

A Nonprofit, Charitable Organization presents



2025 SCHEDULE

January 5, March 2 & July 20

(Pre-sales during Courier Days January 2, February 1, July 1)

Sun City Roseville, Timber Creek Ballroom

Doors Open at 12:00 pm | Games Begin at 1:00 pm

Daubers are provided

\$100 Prize Per Game

15 Games For \$20 | 2-15 Games Packages - \$25

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SCR Needle Arts Club

(cont' from page 5)

With the help and enthusiasm of our Board and Council members, we are really making a comeback from the effects of Covid. Do stay current with activities, classes, and meetings by reading our newsletter each month.

My resolution this year is to have the courage to pick up and finish old projects! We have Special Interest groups, all listed in our newsletter, to help with that goal. What will you be resolving? Can Needle Arts help you achieve your resolution? I look forward to helping you try!

Our next General Meeting will be February 5, 2025, back at our regular time of 1:30 pm, in the Ballroom. We always welcome new members and guests. I look forward to seeing you there!

...

Creative Arts Club

BY CAROL KOVACH

Every slump attempt is an experiment! So, say the Creative Arts Club bottle slumping class participants.

Several members gathered in November to learn about glass bottle slumping with instructor Tom Ikelman. Tom has been



Bottle slumping class.

experimenting with different shapes and sizes of bottles for a while, having learned the basics from member Juanita Stonebraker. He had many examples to share with the class who came armed with bottles of their own, hoping for interesting results. Will it be a trinket tray, cheese platter — maybe a spoon rest? Use is in the eye of the beholder!

Slumpers can use a mold or slump directly on the kiln shelf. The club has several molds; some with texture which adds extra interest to the finished piece. Bottles placed directly on the kiln shelf result in a more free-form finish. While it sounds simple, care must be taken to avoid disaster. Kiln or mold, must be meticulously prepared to prevent the glass from sticking.

With the increased interest in glass art, the club has invested in glass inventory and now has a firing schedule specific to the different types of techniques. Working in glass is a very satisfying craft with beautiful results. If you have been considering a new hobby — or have a unique bottle you liked to see slumped — stop by the studio on a Monday or Thursday between 1pm and 4pm to get a glimpse of the craft.

The Fall Craft Show was a great success! The room had a lovely festive look with snowflakes hanging from the ceiling and fairy lights throughout. Display risers and additional shelving, along with hanging artwork on the locker doors made up for our limited space and created a true gallery ambiance for the shoppers. A very successful transition by the new club team.

...

(more Club News cont' on page 9)

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Roseville Stamp Club

BY TIM MILES

We're into 2025 and that means \$20 dues are being accepted. We meet twice a month at the Sun City Roseville Lodge (7050 Del Webb Blvd) at 6:30 pm. The January dates are Tuesday, January 14 and Tuesday, January 28. February dates are Tuesday, February 11 and Tuesday, February 25. We're usually finished by 8:45 so you get home at a decent hour. We have door prizes, guest speakers, giveaways of every sort, anything philatelic that you need at reduced prices to the internet and dealers offerings, and anything else (albums, album pages, mounts, you name it). Al Capparelli (916-771-8288) even comes up with a mystery box which is offered at each meeting. Lately, we were introduced to a "new" fun game called STAMP but played like bingo but with a bucket of stamps for chips and the members really enjoyed it.

Should any of our readers have an "old" album gathering dust on the closet shelf

please don't hesitate to bring it to a meeting and we'll be glad to make you happy by showing you how much it has appreciated in the interim since it was last evaluated.

Members should make sure that Bob Bartlett (bartlett@corsearch.net) has your email address, so as to make contact with club news. We are one of the oldest stamp clubs in NorCal.

We will be having "open garage" sessions at Al Capparelli's house probably in February so look for the dates in the next month's column.

...

Cinema Group

BY BRIAN SUTTON

Join us in January for this special movie...

"Butch Cassidy and the Sundance Kid" (1969)

Directed by: George Roy Hill

Run Time: 1 hour 50 minutes

Based loosely on fact, the film tells the story of Wild West outlaws, Robert LeRoy Parker known as "Butch Cassidy" (Paul Newman), and his partner Harry Longabaugh, the "Sundance Kid" (Robert Redford), who are on the run from a posse after a string of train robberies. The pair and Sundance's lover, Etta Place (Katharine Ross), finally need to flee the country to escape the posse.

Critics Consensus:

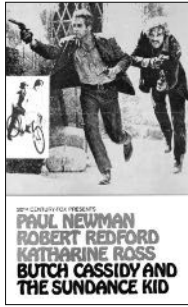
- With Paul Newman and Robert Redford, a jaunty screenplay, and a Burt Bacharach score, the film is considered among the defining moments in late-'60s American cinema.

- In 2003, the film was selected for preservation by the National Film Registry at the Library of Congress, as being "culturally, historically, or aesthetically significant."

- The American Film Institute (AFI) ranked Butch Cassidy and the Sundance Kid as the 73rd-greatest American film on its "AFI's 100 Years, 100 Movies 10th Anniversary" List.

- It was selected as the 7th-greatest Western of all time in the "AFI's Top 10 list in 2008."

- 1970 Academy Awards: Nominated: Best Picture, Best Director, Best Sound and Winner: Best Writing, Best Cinematography.



Reviews: IMDB (Internet Movie Data Base): a high 8.0 out of 10

Rotten Tomatoes: High ratings: Critics 89%; Audience 92%

Movie Showing: Friday, January 17, 2025 at 1:30 pm. Spruce Room, Sierra Pines. As always, Admission is free!

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

...

Solo Friends

BY NIKKI COMBS

Happy New Year! So, who are these Solo Friends? Simply stated, Solo Friends are people without partners. This is not a dating group. We offer a safe place to meet other solos for socializing and friendships.

2025 is starting with a bang as our Group has grown to more than 200 members. With so many members, the new year will be filled with lots of activities and socializing.

We have General Meetings featuring speakers on a variety of topics. Meetings are usually held the first Monday of each month

in the ballroom.

Our speaker for January 6 at 6:00 pm will be Logan Whiteagle. His topic, The Crab Conspiracy, explores how the opinions and expectations of others limit us. He will show how to break free and enjoy a life that is authentically ours. A good way to start the new year and perhaps fulfill some resolutions.

In addition, there are monthly dinners at Sierra Pines. These dinners have become very popular with almost half of the group attending.

And check out the variety of games offered at the special interest groups. Since both book clubs are filled, why not start a third group? There is no limit to the number of gatherings Solo Friends can support.

If you haven't submitted your \$15 dues, please get your check made out to "Sun City Solo Friends" to Membership Chair Roberta Simpson before the end of the month. New members may join anytime. Of course, the sooner you join, the sooner you can enjoy the perks and get more for your money.

If you are single and wish to start your New Year with more friends and activities, we have a spot for you. There are many members who will be happy to introduce you to our group.

...

Jewish Fellowship Circle

BY LOIS ARLEN AND KAREN LEVINE

As we ring in 2025, we extend our best wishes to everyone in our Sun City Roseville community for a healthy and happy New Year!

A special thank you with appreciation to Dave and Cora Rose for leading the Shabbat service and to Jim and Gerri Junso for hosting the Oneg in November.

(cont' on page 11)



Book club members enjoying a holiday brunch.

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"I Can Enjoy Walks With My Wife Again!"

Local acupuncture clinic is treating the untreatable peripheral neuropathy with incredible results!

Pain comes in many shapes and sizes. One of the most debilitating being the burning and tingling that comes with peripheral neuropathy. Neuropathy, a disease that was once classified as irreparable, is a disease that comes with years of shooting, stabbing pain that gradually ends in severe numbness, balance problems and in extreme cases, amputation.

David R. of Sun City was experiencing such a fate:

"I stopped golfing. I wasn't taking walks with my wife. I was living on Gabapentin and antidepressants and everywhere I went, my doctor, neurologist, the pain clinic, told me there was no cure. How are you supposed to live your life knowing that everyday brings pain and feeling unstable on my feet?"

Peripheral neuropathy is a result of damage to the nerves, commonly caused by a lack of blood flow to the nerves in the hands and feet. This causes the nerves to begin to degenerate due to lack of nutrient flow. Most peripheral neuropathy sufferers experience a heightened sensitivity to touch, making it almost impossible for those diagnosed to even wear socks or shoes, much less, enjoy life.

"It was like walking on sharp river rocks. I barely left my recliner," shares David, whose experience is not

uncommon for those diagnosed with peripheral neuropathy.

Quality of life for David seemed uncertain. That is, until he found RaeAnn Salvador, LAc, DiplOM of Lincoln Acupuncture Clinic. Lincoln Acupuncture has pioneered a cutting edge, medical solution to treat neuropathy, eliminate, or greatly reduce the symptoms of neuropathy and give people their lives back. And they're doing it without the use of prescription medication or invasive surgeries.

"Acupuncture is incredible at restoring blood flow and stimulating damaged nerves, preventing them from dying off," tells Dr. Salvador. "We take our treatments a step further by integrating ATP Resonance BioTherapy," which targets specific nerves in the body using microcurrent. ATP BioTherapy is like watering a plant. This treatment will stimulate the blood vessels to grow back around the peripheral nerves and provide them with the proper nutrients to heal and repair.

Three months later, David is thrilled with his progress, "I can enjoy walking my dog around the neighborhood with my wife and I feel more stable on the golf course."

Success stories like David's are not atypical at Lincoln Acupuncture, "We have a 90% success rate. But only doctors care about the numbers. How people feel and what improves in their lives is what really matters," shares clinic manager, Ann.

The number of treatments needed to allow the nerves to fully recover will vary from person to person and can only be determined after a detailed neurological and vascular evaluation. Lincoln Acupuncture offers hope for neuropathy where there once was none.

While David's neuropathy was idiopathic, meaning the cause is not quite known, treatments at Lincoln Acupuncture can also help people whose neuropathy is caused by diabetes or chemotherapy.

"We have seen tremendous success in treating neuropathy of all types through very personalized treatments specifically tailored to treat each individual case."

Neuropathy discomfort should not be the trade off for enjoying your golden years!

To schedule a consultation and complete evaluation, call the office at **916-884-0398**.

Lincoln Acupuncture & Integrative Health

120 F St. Lincoln, CA 95648

Jewish Fellowship Circle

(cont' from page 9)

Our first event of 2025 will be on January 3 at Sierra Pines. We will be serving a complimentary Shabbat Appreciation chicken dinner to respect and enjoy the camaraderie we have with our JFC group and to recognize the efforts of our JFC and Board members who volunteer, organize and participate in the creation of our social events.

After dinner there will be a Shabbat service at 7:30pm. For those who will attend the dinner, it would be appreciated if you would please bring a dessert of your choice. Please let Nancy Schubach know what your selection will be when you RSVP.

The Book Club will meet on January 13 at 7:00pm at the home of Ruth Elkins and Ray Seamans. The book selected is "The Heaven & Earth Grocery Store" by James McBride. The Book Club is an opportunity to schmooze and discuss the topic. Wine and snacks will be provided.

Please remember to mail or drop off your annual JFC membership dues for 2025 to Nancy Schubach. They are due in January.

We will have our annual lox and bagel brunch on February 7 at Sierra Pines. This brunch is free to all JFC members who have paid their 2025 membership dues.

• • •

Healthcare Professionals Group

BY LINDA GORDON

We hope you all had a Wonderful Holiday Season and wish everyone the very best in 2025.

It is Important to note that since the January meeting of the Healthcare Professionals Group happens to fall on New Year's Day, we will meet on Friday January 3 at 11:00 in the Spruce Room in Sierra Pines. Our speaker will be Peter McDonough who will speak about "Aging Vision Problems and how to cope using all of our senses."

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, as mentioned above, will be Friday January 3,

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 January 8.

For more information, 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).

• • •

Mantra Meditation

BY ED CERVANTES

Mantra Meditation – A Deeply Relaxing Experience... It is a New Year, which includes new resolutions to be healthier and happier in 2025. The SCR Heart of Gold Meditation Group invites you to come learn a simple method of meditation that uses soothing mantras and music to ease the stress, anxieties, and emotional situations of daily life. Join us as we begin the new year with a peaceful hour of mantra meditation, music, and good company. Bring a friend and come make new ones.

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.

Monday, January 13th 1:30pm - 2:30pm in the Spruce Room at Sierra Pines

Friday, January 31st 1:30pm - 2:30pm in the Ponderosa Room at Sierra Pines

Thanks so much and we look forward to meeting you, Ed Cervantes and The Heart of Gold Meditation Group: mantramedclub@gmail.com

• • •

Socrates Café

BY STEVEN GUSTAFSON

Our discussion last month focused on three fascinating questions:

1. Will there come a time when DNA and other genetic technology will be able to predict, maybe to within a year, when your natural death will occur? This technology can already accurately predict your inherited risk for many diseases and conditions, including various types of cancer.

2. Currently, economists and other experts who study how we exchange goods and services generally agree that our economy is "strong" and "one of the best in the world." But many Americans don't "feel it," and don't believe that their well-being has improved. Why?

3. Is GAGA (Google, Apple, Facebook, Amazon) too powerful? Are they creating a technical aristocracy of uncontrolled wealth and influence that has no regard for privacy

or even morality? What, if anything, should be done?

Socrates Cafe meets to discuss questions such as these at 10:00 on the first Monday of each month at the Timbers lodge. You are welcome to join us.

• • •

Conservative Action Group

BY SHERRI SCOTT

Who is Andrew Tagg and what is the Placer County Board of Education? We will find out in our next meeting on January 6, 2025, at Sierra Pines starting at 6:30pm.

Mr. Tagg was just reelected to the Board of Education. He was previously appointed to the Board in February 2022, then elected in November 2022 and is currently the Board Vice President. He has a strong background in school administration having served as a School Board Trustee and Board President for the Roseville Joint Union High School District. He has intricately involved himself in the south Placer community with business leaders, community leaders, educators, and members of local nonprofit organizations to ensure all voices are heard. He has also served on the Placer Breast Cancer Foundation, City of Roseville Library Board, and was just appointed in June 2024 to the City of Roseville Economic Development Advisory Committee.

Mr. Tagg strongly believes in our public education system and in public service. He believes every student should benefit from a quality education and environment that produces a path to success. He and his wife are longtime Roseville residents and have a daughter who attended Dry Creek and Roseville Joint schools.

Finishing touches are being made for the Lincoln Reagan Trump dinner to be held on February 1. Steve Hilton, a political commentator and supporter of President Trump, will be the keynote speaker. This is a fund raiser for our local conservatives who are running for office or for a board position in Placer County. Event is from 5pm-10pm at the Mahaney Fitness Center, 1545 Pleasant Grove Blvd. Tickets will not be sold at the



Linda and David DuPree

door. Please call Amy Cho at 510-823-4328 to join a CAG reserved table.

See you January 6 at our next meeting at Sierra Pines!

• • •

Travel Club

BY PAM SCHEEL-HEMINGWAY

Happy New Year Travel Club members! We hope you were able to join us for the wonderful "Merry Grinchmas" celebration on December 1. Social Chair, Phyllis Melberg, and her committee of Andrea Norcia, Darleen Hegerle, Stella Maynard, Cathy Schimansky and Bev Lewis, did a stellar job, as always. Santa promised them all lots of goodies this year, as you can see by their smiling faces. Hope he delivered!



Trips now available for booking for Travel Club members include:

Tropical Costa Rica: January 22-30 (Collette)

Patagonia: Feb 21-March 6 (Collette)
"American Music Cities" tour: March 16-23 (Collette) –SOLD OUT

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

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

Canadian Maritimes and Coastal Wonders: July 19-30 (Collette)

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

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

Canada and New England Cruise: October 14-25 (Crystal through Alamo)

Branson Holiday Spectacular: November 4-10 (Collette)

European Christmas Markets: December 4-11 (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. Watch for some 2026 trips coming soon too.

The Travel Club meets the 4th Monday of

(cont' on page 13)



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Travel Club

(cont' from page 11)

each month at 3:00 pm in the Ballroom. Join us for our next scheduled meeting on Monday January 27. Jay Fehan from Collette will be presenting, so don't miss this one! 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.

• • •

SCR Computer Club

BY BARBARA EICHTEN

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

Photo: Will meet on the third Friday, January 17 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, January 13, 2025. January's theme is "Close Up/Macro" Photo time frame is within the last 3 years. 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 January 9 at 2:00 in the Club Room. Join us for a video presentation.

OPEN sessions will be on Friday, January

10, 17, 24 and 31 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 (901-626-9821) or email barbara.eichten@gmail.com .

• • •

Veterans and Patriots Club

BY GEOFFREY MARSHALL

Our Annual Veterans and Patriots Club Holiday Dinner Dance was held on December 4 in the Timber Creek Ballroom. The evening was very well attended, including a delicious meal and music by the Baughman/Evans Trio. The officers and Council members for 2025 were introduced



A Pearl Harbor Remembrance Day presentation by Mike Wedemeyer in the Sierra Pines community center on December 7 was sponsored by our Club. Captain Howard Trost US Navy Retired was an engaging guest speaker with details of the Pearl Harbor invasion and a personal story from his father, a survivor on one of the navy ships at the harbor. JoAnn Stocksberry and the Harmonicoots played patriotic songs as we sang along. The placing of the wreath by Captain Trost and Geoff Marshall and playing Taps concluded the event

Our Club meetings are the first Wednesday of each month in the Timber Creek Ballroom at 10 am. We will not have a meeting on Wednesday, January 1, so our next meeting will be on February 5 at 10 AM.

We encourage all members to attend and invite all residents of the community as well as guests to enjoy the presentation, camaraderie, complimentary coffee, and doughnuts; and don't forget the great free raffle prizes from our sponsors. We also encourage you to patronize our sponsors: Roseville Auto Spa, Raley's (Pleasant Grove & Woodcreek), Waffle Barn (on Pleasant Grove) and Al's Restaurant and Pizzeria.

• • •

Rods & Relics

BY ELNA RAGAN

Several of our Club members participated in the Downtown Lincoln Christmas Parade in their decorated classic vehicles. Over 5,000 spectators lined the streets and enjoyed the festivities!

The Club's annual Christmas event was a luncheon held on Monday, December 16 in Del Webb's Orchard Creek Ballroom. Club members enjoyed a delicious hot buffet and a choice of tasty desserts. Soft background music was played and there were Christmas games with prizes. Each year at Christmas, our Club also donates unwrapped toys to the Toys for Tots organization.

Ralph Colunga, the 2025 Downtown Lincoln Car Show Chair, will be holding his second Committee Chair meeting in early January.

We look forward to the New Year and the many events we will be participating in. Be sure to mark your 2025 calendar for the Saturday,

June 7 Downtown Lincoln Car Show.

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.

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

Web Site www.rodsnrelics.net

• • •

Birders

BY JANET MORELLI

Two birding field trips were scheduled for the month of November, one to Traylor Ranch in Penryn and the other to the Nimbus Fish Hatchery in Gold River. The visit to Traylor Ranch resulted in sighting 24 species including the California Towhee, Ruby-crowned Kinglet, Nuttall's Woodpecker, and Red-tailed Hawk. The trip to the Nimbus Fish Hatchery was canceled due to weather forecasts for that day that called for rain in the area.

The weather forecast for December 5 in Gridley, the destination scheduled for birdwatching at Gray Lodge Wildlife Area, was clear, sunny, and chilly. The Birders were able to find 50 species at that location in approximately 4 hours. Migrating Snow Geese and White-fronted Geese, stopping to rest and eat before resuming their trips to warmer climates, numbered in the thousands. The ponds were full of many species of ducks like Northern Pintails, American Coots, Northern Shovelers, Ring-necks, Wigeons and Gadwalls. Other species seen included

(cont' on page 17)



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15 Day HAWAII From SFO! PRINCESS				
Ruby Princess ~ 3080 Passengers	Jan. 30, Mar. 19, Oct. 30- 2025	\$1,663	\$1,727	\$2,939
Sail round trip from San Francisco, California to Kauai, Nawiliwili Hawaii; Honolulu, Hawaii; Hilo, Hawaii; Ensenada, Mexico; San Francisco, California.				
*LINCOLN SHUTTLE TO SHIP AVAILABLE!				
10 Day CANADA AND NEW ENGLAND! PRINCESS				
Majestic Princess ~ 3560 Passengers	Sep 9, 19, 29, Oct. 9-2025	\$1,448	N/A	\$2,148
Sail from Boston, ME; Portland, MA; St. Johns Bay; Halifax, CA; Sydney, CA; Charlottetown, CA; Saguenay, CA; Quebec City, Canada				
11 Day ALASKA From SFO! PRINCESS				
Ruby Princess ~ 3080 Passengers	Jun. 28, Jul. 9, 31, Aug. 22-2025	\$1,448	\$1,934	\$2,288
Sail round trip from San Francisco, California to Skagway, Alaska; Juneau, Alaska; Glacier Bay National Park, Alaska; Ketchikan, Alaska; Prince Rupert, BC, Canada; San Francisco, California.				
*LINCOLN SHUTTLE TO SHIP AVAILABLE!				
11 Day MEXICO From SFO! PRINCESS				
Ruby Princess ~ 3080 Passengers	Jan. 19, Mar. 8, Sep. 24-2025	\$948	\$1,091	\$1,928
Sail round trip from San Francisco, California to Manzanillo, Mexico; Puerto Vallarta, Mexico; Mazatlan, Mexico; Cabo San Lucas, Mexico; San Francisco, California.				
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16 Day PANAMA CANAL - PRINCESS				
Coral Princess ~ 2000 Passengers	Jan. 20, Dec. 7- 2025	\$1,950	\$2,127	\$2,619
Sail from San Francisco, California to Fort Lauderdale visiting Puerto Vallarta, Mexico; Puerto Quetzal, Mexico; Guatemala; Puntarenas, Costa Rica; Fuerte Amador, Panama; Full Transit of the Panama Canal; Cartagena, Columbia; Fort Lauderdale, Florida.				
*INCLUDES LINCOLN SHUTTLE TO SHIP & SACRAMENTO AIR RETURN!				
11 Night ALASKA DENALI EXPLORER EXCLUSIVE CRUISE TOUR - PRINCESS				
Sapphire Princess ~ 2670 Passengers	Jun. 10, Jul. 22, Aug. 19, Sep. 2-2025	\$3,045	\$3,095	\$4,195
Land and Sea includes a 4-night land tour and a 7-day Voyage of the Glaciers Cruise. 1-night Anchorage, 1-night Mt. McKinley, 2 nights Denali. Cruise one way from Anchorage, Alaska; Glacier Bay Scenic Cruising; Hubbard Glacier Cruising; Skagway, AK; Juneau, AK; Ketchikan, AK; Vancouver, Canada. *Package includes 3 breakfasts, 2 Dinners, Upgraded Denali Tour, Husky Homestead Excursion and a Welcome Reception on the ship! Call for Availability!				
7 Day CLASSIC CALIFORNIA From SFO! PRINCESS				
Ruby Princess ~ 3080 Passengers	Apr. 27, Oct. 12-2025	\$978	\$1,049	\$1,288
Sail round trip from San Francisco, California to Astoria, OR; Seattle, WA; Vancouver, Canada; San Francisco, California.				
*LINCOLN SHUTTLE TO SHIP AVAILABLE!				
22 Day ULTIMATE ALASKA SOLSTICE From SFO! PRINCESS				
Ruby Princess ~ 3080 Passengers	Jun. 6-2025	\$3,107	\$4,026	\$5,807
Sail round trip from San Francisco, California to Ketchikan; Endicott Arm & Dawes Glacier Scenic Cruising; Haines; Sitka; Glacier Bay & Hubbard Glacier Scenic Cruising; Valdez; Anchorage; College Fjord Scenic Cruising; Icy Strait Point; Skagway; Juneau; Wrangell; Vancouver, Canada; Victoria, Canada; San Francisco, California.				
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PROSPER 

Birders

(cont' from page 13)

Egrets (Great and Snowy), Herons (Green, Great Blue, and Black-crowned Night Heron), Western Meadowlarks, American Pipits, Killdeer, American Kestrel, and Woodpeckers (Nuttall's and Downey).

On January 2, SCR Birders are scheduled to go to Woodbridge Ecological Reserve and Staten Island in Lodi, on January 16 they plan to visit Sacramento Wildlife Refuge in Winters, and on January 30 they will be going to Cosumnes River Preserve in Galt. Birders listed on the Birders' mailing list will receive an eBlast a week before each scheduled trip that will provide more information regarding meeting times, duration of each trip, carpool information, and refuge/preserve fees. SCR residents can add their name and email address to the mailing list by contacting Janet Morelli at 916-782-6393.

The first scheduled field trip in February will be on February 6 when the Birders will be going to Colusa Wildlife Refuge in Colusa.

Garden Club

BY SUZETTE AUSTIN

What a festive and fun morning we had at our annual Garden Club Christmas Breakfast and Gift Exchange on December 3. We started the morning singing holiday songs led by Bruce Ahnberg, playing his guitar. Next, we enjoyed a delicious quiche buffet with fruit, bacon, muffins and drinks. Then we had lots of fun exchanging Holiday gifts and stealing them from one another!

Our first meeting for 2025 will be January 7. Suzette Austin, a Garden Club member, will give a slide show presentation of Filoli House and Gardens in Woodside. The speaker at our February 4 meeting will be Scott Paris, owner of High-Hand Nursery in Loomis.

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



Garden Club Christmas Breakfast.

wear your name badge.

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

...

SCR Hiking Group

BY SILVANA HUGHES

Happy New Year! If your new year's resolutions include trying new things like increasing your physical activity while enjoying the great outdoors and expanding your social network, you might consider checking out the Hiking Group. You may hike with us up to three times before becoming a member. We would love for you to join us and give us a try! For additional information, please contact President Pete Grady (see SCR Hiking Group web page).

For our annual holiday celebration, we gathered at Timbers Restaurant on December 6 where everyone enjoyed their favorite dinner. Kudos to Dori Zuchold who organized this event! Thanks also to our other members who volunteered their time over the past year to serve as officers, to Bill Haley for curating our picture gallery, and to our Hike Master Don Stoye and the many hike leaders who plan our hikes and lead us on our adventures. Doris Merchant hosted a lovely pre-dinner gathering at her home where we enjoyed wine and delectable appetizers while socializing. Sue Andreasen earned the prestigious "Hiker of the Year Award" for completing the most hikes (37), and Ray Fowler received the "Runner-up Hiker of the Year Award" for 35 hikes. Great job both of you!



Hiking Group enjoying the Holiday Dinner.

The next Hike Group meeting will be on March 10, 2025 at Sierra Pines.

Below is the January schedule, subject to change depending on weather and trail conditions. Bring water, snacks/lunch, and a change of shoes to keep the driver's car clean. We meet at 8:45 am in the lodge parking lot near the tennis courts for carpooling and a 9:00 am departure.

January 2 - Sweetwater Creek, #4 (easy to moderate), 5.25 miles, elevation gain 800 feet, \$8 carpool ride.

January 9: Cronan Ranch, #5 (moderate), 6.5 miles, elevation gain 1050 feet, \$8.00 carpool ride.

January 16: Foresthill Divide (south trail), #5 (moderate), 6.7 miles, elevation gain 900 feet, \$8 carpool ride.

January 23 - Skunk Hollow Loop, #5 (moderate), 5.75 miles, elevation gain 700 feet, \$8 carpool ride.

January 30: Folsom to Beals Point, #4 (easy to moderate), 7.75 miles, elevation gain 600 feet, \$8 carpool ride.

...

Cycling Group

BY SUZETTE AUSTIN

An exchange of cycling apparel and gear will be included at our January meeting. If you're looking for a cycling jersey or biking accessory, or if you have have cycling items or clothing you aren't using, you will want to participate in this event. You're also invited to attend if you plan to take up or resume cycling as part of your New Years resolution for 2025! Our next meeting is Monday, January 20 at 8 am in Sierra Pines.

"Peace around the World" was the theme of our Holiday Party on December 18 at Sierra Pines. In addition to a delicious catered meal we had a fun and festive White Elephant Gift Exchange. Many of our members brought food to donate to the Placer County Food Bank.

Although we have rides normally scheduled to leave from the tennis courts, we know this time of year they're often cancelled due to rain, chilly weather and strong winds. 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.

On Friday mornings many of our Sun City Cyclists ride or drive to Panera Bread, arriving at 9:30 for coffee, camaraderie and a bagel. You're welcome to join us.

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

...

Cornhole Group

BY STEVEN GUSTAFSON

Does Sun City cornhole have a GOAT? One Sun City resident, who wants to remain anonymous, has put all four bags in the hole in four successive games. This is not unusual for the cornhole pros you see on ESPN, but it's worthy of being the GOAT in Sun City!

There's only one GOAT, but other Sun City cornhole players have distinctions, mostly bad ones named after how they routinely miss landing on board. For example, a player who lands a bag on the ground but touching the near end of the board makes a "Mark." A player who holds onto the bag too long, causing it to go very high and land far from the board, makes a "Steve." A player who gets the bag directly in the hole without sliding on the board makes a "Carol."

Maybe you remember the Cheers TV show, where "everybody knows your name"? That's pretty much true for Sun City cornhole. We play on the Sierra Pines horseshoe lanes every Tuesday at 3:00. You are welcome to join us.

...

Table Tennis Group

BY JANICE GREGSON

Did you know that you can burn more calories by playing 30 minutes of table tennis than spending 30 minutes playing golf (using a cart)?



Sharon Hope's reaction after a great shot.

According to Harvard University, in collaboration with ACE Fitness.org, 30 minutes of table tennis can expend up to 114 calories. Thirty minutes of golf, using a cart, can burn 105 calories.

So, get out of the cart and off the course and join us for some rousing fun and exercise at our table tennis group! We play every Tuesday and Thursday from 2 to 5 and each Saturday from 9 am to noon. All games are at the Sierra Pines clubhouse. You don't have to join the club right away; any SCR resident can check us out. If you like it, it is only \$15 each fiscal year to join. Our minimal fees help defray cost

(cont' on page 19)



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Table Tennis Group

(cont' from page 17)

of equipment and an occasional social event.

Also, twice each year we challenge the table tennis group in Sun City Lincoln, to matches. Much fun to be had in this friendly competition. Hope to see you soon.

• • •

SC Senior Softball

BY BOB MONTALVO

With Christmas and New Year's Eve celebrations in the rear-view mirror, your Sun City Senior Softball Club wishes you and yours a Buon Anno, Hau oli Makahiki Hou, Bonne Annee, Gutes Neues, Feliz Año Nuevo, and of course a Happy New Year! There's good news for all of us looking forward to playing ball again. Softball practices that ended for the winter in November will resume at Mahan Park (weather permitting) on Monday, January 13. If you haven't already, be sure to register for the 2025 season before the deadline on January 8. As Larry the Cable guy would say, just "Git er done!" or you may miss the fun.

Here's a reminder for those of you who let yourselves slip into a sedentary winter lifestyle. Get moving again. Start slow and small, with short steps and deep breaths, but then move into longer strides while walking around the house, or out to your mailbox. You might work in some simple exercises to remind your muscles that they'll be needed to support quick movements, and even some running in the weeks ahead. You might get reacquainted with your glove by playing catch with someone nearby, and maybe swinging a bat with a wiffle ball, to get your eye-hand coordination working again. So, if you're ready and the weather

cooperates, we'll all meet up at Mahan Park in a couple of weeks. Here's hoping that 2025 brings all of us lots more fun, and a lot fewer injuries on the ball field. Preparing your body for all that movement will certainly help!

We're very happy to be welcoming a new team sponsor this season: The Ivy Blue Oaks, a Roseville Senior Living Community located at 275 Roseville Parkway. All of our 2025 sponsors will be acknowledged in the February Courier article.

• • •

Croquet Club

BY DALE BAILEY

Croquet Club members have been playing on two courts from the club's inception, accommodating the 6 wickets professional game and the 9 wickets game most of us knew as kids.

In November, the two courts were merged into one regulation size 6 wickets court. This was made possible by the dwindling number of members in the club who played 9 wickets. Hopefully, this change will result in members increasing their skill in playing a more challenging game on a professional size court.

We have morning games with two-two-member teams for scheduled play weekday mornings from 9AM until Noon. Games are usually timed at 75 minutes, but players may agree on different game time lengths based on availability of the court.

On numerous occasions, passersby have stopped to watch us play. If you are one of those passersby, we invite you to stop and talk to us. You might find that this is a more interesting and challenging game than you thought. For those of you who are curious about the game of Croquet and would like more information,

contact our club President Louisa Maglione. If you haven't already heard, wearing whites is now optional, so you can no longer use that as an excuse to not join. So why don't you give us a try? Are you up to the challenge?

You will be surprised at how much you will enjoy the game.

• • •

He & She Golf Club

BY JAHNA HOLMES

Happy New Year, everyone! How time flies! It's time to renew your He and She membership at \$12 per member. You may put your renewal check in the red Membership folder in either Pro Shop. New members must fill out an application. Returning members don't need an application unless you have phone or email changes. You may also bring your check to Membership chair Jahna Holmes's house and leave it in the blue folder attached to the porch pillar.

Congrats to our duly elected Council or returning officers. They are Julie Harris, President, Jahna Holmes, Vice President, Karen Hawkins, Treasurer, and Monica Konkel, Secretary. We also congratulate Michael Hemingway who is taking over the

9-hole tournaments, and thank Rich Aug for continuing as the 18-hole tournament chair. We also welcome Kathy Hamilton and Nancy Labrada as our new social events chairs.

We wish to give well-earned kudos to our outgoing Nine-Hole Tournament chair, Kathy Fowler, who did a superb job for seven years. She also served as club Treasurer for two years before that. Thank you so much, Kathy for your dedication to the club for so long!

The annual Holiday party on December 6 was a big hit. Cocktail hour-and-a-half was a lively schmooze fest of mixing and mingling. The catered meals were very enjoyable. After dinner, The Rusty Rockers played old sock hop favorites and retro music that inspired lots of dancing. There was a drawing for donated prizes, and for the poinsettia centerpieces. Thanks to Nikki Wampold and Peggy Mucci, our outgoing social chairs and their team, for this lovely holiday event, and a job well done on all our social events this year! Cheers to a great year of golf and fun in 2025!

• • •

Sierra Pines Ladies Golf

BY PAM SKARG

Hello 2025!

"Cheers to a new year and another chance for us to get it right." Oprah Winfrey

The Lady Niners ended their year with a wonderful brunch in the Timber's Ballroom hosted by Denise Roberts. The room was decorated in festive holiday decor with snowmen centerpieces holding a wine bottle which were given to several lucky ladies to take home. Our special guest of the morning was Isaac Wilhelm who brought his charm

(cont' on page 21)



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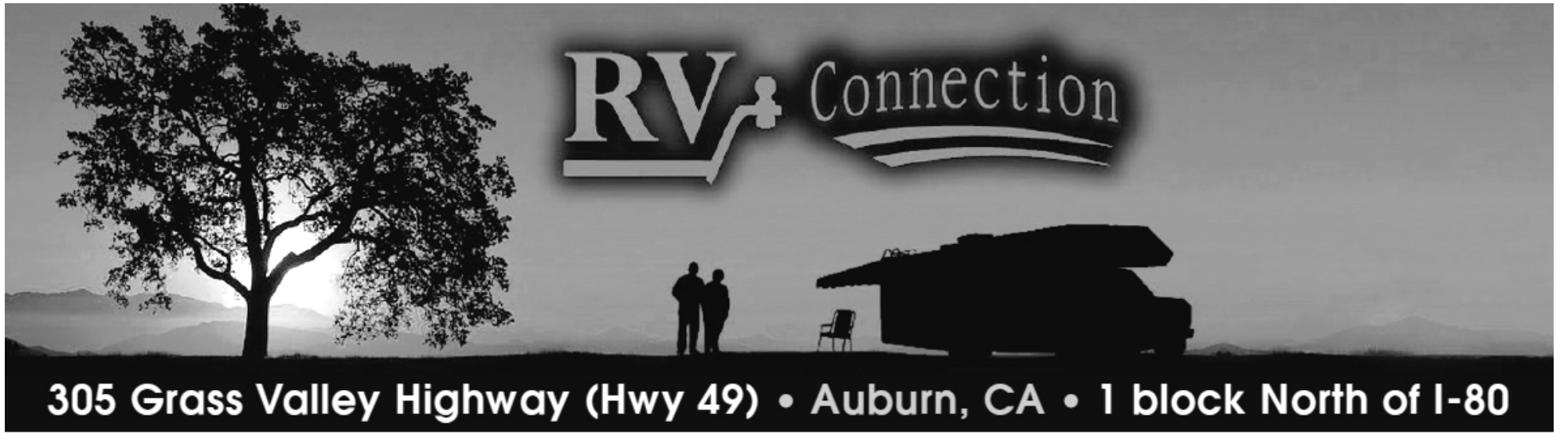


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Sierra Pines Ladies Golf

(cont' from page 19)

and his smile. As an added bonus, Denise put together a very fun game and at the end every lady had a nice gift to take home. After the awards and prizes were given out, the winner of the most coveted award was announced. Drum roll please! The winner of the bronze statue for Most Improved Player for 2024 was Stephanie Tran. Congratulations, Stephanie, you are very deserving of it.



Our sincerest gratitude to the Officers, Council Members, Team Volunteers, Social Events Committee Chairs and all who make our club run smoothly and the awesome club that it is today. Also, a special thanks to Mary Burns who keeps our showcase at the Pines looking amazing.

- Most Improved Players for November:
 Flight A - Leticia Nicholson
 Flight B - Gail Hixson
 Flight C - Carolyn Pittman
 Flight D - Denise Randall
 Great golfing ladies.

As we begin another year, it would be great if we could get better attendance at our General Meetings. Please mark your calendars for the third Wednesday of every other month, starting January 15th. We look forward to seeing all of you beautiful golfers at our next meeting as we are nothing without you.

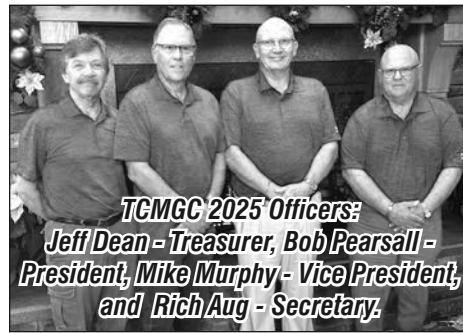
"Dear New Year's Resolution, well, it was fun while it lasted. Sincerely, January 2nd."

From SPLG to all our friends in Sun City, Happy New Year!

Timber Creek Men's Golf Club

BY MIKE MURPHY

Holiday greetings from the Timber Creek Men's Golf Club! Late fall and early winter have brought us cooler days, a brief period of rain and beautiful afternoons. Now is the time to appreciate our Sun City climate. Don't forget that we have switched to 9:00am start times for our Tuesday outings to avoid frost delays and the colder early mornings. If you have not renewed your membership, please contact Neil Hamilton as soon as possible. We invite anyone interested in becoming a member of our club to contact Neil, our Membership Director at 707-529-4038 or email him at neilhamilton6049@gmail.com.



We have completed our tournament schedule for the year finishing with the Last Chance tournament held on December 10. Our schedule of events for 2025 will be out soon and we are looking forward to a wonderful upcoming season including our monthly tournaments, CVS outings and special events. Our new slate of club officers for 2025 were officially elected at the November 6 meeting. For 2025 our officers will be: Jeff Dean, Treasurer, Rich Aug, Secretary, Mike Murphy, Vice President, and Bob Pearsall President. Congratulations and we all look forward to a fun year. We would all like to thank Steve apHugh for his 3 years of service to our club. Steve has completed his tenure as Secretary, Vice President, and President. His leadership has been outstanding in every way and his contributions have had a positive impact. Thank you, Steve!

Our next general meeting is on February 5 at Sierra Pines. Free donuts and coffee will be served by Bill Ledoux at 8:00 and the meeting starts at 8:30. We would like to invite anyone interested in joining our club to attend our meetings, it is a fun way to spend a morning! See you on the links!

Golden Niners

BY WALTER BROMBY

Golfer: Do you think my game is improving?

Caddie: Absolutely, you miss the ball a lot closer than you used to.

November saw temperatures going down, with wet and muddy conditions on the course which meant some Golden Niners handicaps going up. But the Niners were able to play all Tuesdays in November.

It was decided at the last quarterly meeting that there will be two separate payouts for the early and late Niner groups on a trail basis.

The November 5 tournament was the 2 Ball Best Net tournament. First place for the early Niners group went to the team of Paul Garcia, Cal Conley, Joe Albert, and Jim Sexton. First place for the late group went to Rich Peaslee, Jim Wilson, Sam Holsinger,

and Gary Lee.

The November 12 tournament was the 3-2-1 Net tournament and the two teams that finished first were Paul Garcia, Randy Meyers, and two Blind Draws, and the team of Terry Bernardino, Royce Harnsberger, Gary Bass, and Dale Bailey.

The November 19 tournament was a Full Scramble at the Pines. Winners were the teams of Paul Garcia, Bob Schusser, Bill Pagano, with a Blind Draw, and the team of Stan Johnson, Ian Fellerman, Richard Bradshaw, and Gene Martineau. Rumor has it that Paul Garcia may be turning Pro.

The November 26 tournament was a Modified Scramble. Winning teams were Barry Franklin, Randy Meyers, Dan Goldstein, and a Blind Draw, and the team of James Ryan, Bob Yarrigle, Ian Fellerman, and Frank Lahde.

Top money winners for November were Paul Garcia, \$39 (of course), Jack Ramos, and Jason Post, \$36. There were eight Poleys scored in November by Lloyd Leitz (two in the same tournament!), Doug Ladd, Scott Larson, Bob Yarrigle, Gary Lee, Don Cook and Gary Wolff.

Billiards

BY DAVID ZAN

The Billiards Club continued to be very active during November. Monday morning Ladies (9:00 am to 11:00 am) have increased their numbers the last few months. See if you recognize anyone in the picture! Still room for



more lady 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 David Deninno and Jack Londen for being multiple winning teams in November.

Winners of the team tournaments in November were:

November 5: 9 Ball – Tony Cardoso & Jack Londen

November 12: 8 Ball – David Deninno & Roy Stearns

November 19: 8 Ball – Jack Londen & David Deninno

November 26: 8 Ball – David Deninno & Tom Gonzales

SCR Bridge Club

BY COLLEEN TOVEY

About 90 members attended our Holiday Luncheon where they enjoyed lunch and a bridge game.

The Thursday Bridge group is for those who are new to bridge and those who want to update and improve their bidding and play. A brief instructional lesson is held before play. Bidding boxes are used.

Wednesday Bridge is "Fun and Friendly" Duplicate run by volunteers. Participants play with the same partner all session. Bidding boxes, Bridgemates, and the same hands of bridge are used by all.

Monday is the ACBL (American Contract Bridge League) sanctioned bridge game which uses equipment like the equipment used Wednesday except for cards which are marked to allow players to study how everyone handled each deal. Also, a director is hired to make the event "sanctioned," and the top players



are awarded ACBL points.

We are looking for volunteers to help set up the Fun and Friendly Wednesday game. Judith Shively has prepared instructions for the volunteer to follow. Contact Judith if you would like to help us.

At this year's luncheon the winners were Thursday Social: Barbara Adams and Joan Watts, Fun and Friendly: Carl Kube, Joan

(cont' on page 25)

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

Sandi Nordquist

(cont' from page 1)

was over, the girls challenged their moms to a soccer match. "Soccer is pretty strenuous," Sandi recalls, "and I couldn't get enough moms from our team, so I reached out to other soccer moms to organize a team." Although Sandi's team lost the match, her team endured and became the first women's soccer team in Sacramento. "The Sacramento Valley Women's soccer league has been ongoing for 45 years," she says.

In 1981, Dan was offered a job promotion, so the family moved to Oregon. Four years later, Sandi left Oregon and her husband and returned to California. When she'd been in her 20's, she worked to put her husband through college, so now it was her turn. She worked full-time for PG&E and studied full-time at CSU, Sacramento, earning a degree in Business in 1990. She remembers getting off work at five, rushing to get to the university to take classes until ten p.m., then getting up at 4 a.m. to study before going to work and starting all over again. Luckily, the business acumen she acquired

really came in handy after she retired from PG&E in 2007. She received a severance package at the same time as the global financial



Sandi Nordquist car, damaged in the Camp Fire in 2018.



Sandi Nordquist with her granddaughters—taken in 2024.

crisis was happening around the world. She took the package, added her 401K, stocks and savings, and bought six properties—all paid for in cash. Sandi became a landlady.

Getting tired of the Sacramento heat, Sandi decided to move to Paradise in April, 2018. She had just gotten back from a month-long visit with her brother in Australia, when the Camp Fire hit. She noticed the ash in the orange sky and realized it was a fire. She woke up her granddaughter who was living with her and told her they had to evacuate immediately. She grabbed the bag she hadn't yet unpacked from her trip to Australia and headed out the door. The

escape route was harrowing. It took three and a half hours to go what normally would take 13 minutes. There were embers flying everywhere, people running down the road, while cars burned down, clogging the road. Residents gathered at the Raley's in Chico and Sandi recalls waiting in agony for 45 minutes before her granddaughter finally got there safely.

After the fire, Sandi moved to one of her rentals for two years. Then, she moved to SCR in 2021 to be near her family which now includes four grown granddaughters (Gabrielle, Elle, Kara, and Paige) and a recent addition this year of a great-granddaughter, Eris. She has continued her love of sports, participating in golf, bocce, pool volleyball, bowling and cornhole. She also is an active member of Solo Friends and often plans events for the club. For example, last September, she planned and organized a Back-to-School dinner which featured school bus races, a bubble gum blowing contest, paper airplane races, a spelling bee, and a best costume prize. She got a kick out of the person who came in second place in the best costume contest wearing a shirt that said "Reform School."

Sandi has been a worldwide traveler, visiting more than 30 countries, including Russia, Estonia, Finland, Guatemala, Peru, Austria, the Bahamas, Bermuda, Uzbekistan, Jamaica, Belgium, Wales, Portugal and Spain.

What's on her bucket list? She wants to snow-mobile, travel on a sailboat, and ride a jet ski. And she wants to add Cambodia, Viet Nam, Sri Lanka, and Croatia to the list of countries she's toured.

Sandi has only been living here for three years, and she loves it. "I'm so happy to live here," she says. "I can plan and organize Solo Friends' events, and I can play all kinds of sports

and not have to organize or arrange any of it." She is also grateful to all the volunteers who help with these activities. And we're grateful that Sandi has made her home in SCR a return to paradise.

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

Winterize Your Home and Garden

When the temperature dips in our area, you want to make sure that your home and garden can weather those cold spells. While each home will have individual needs, use this list as a quick review to prevent freeze damage and costly repairs.

- Turn off your sprinkler system and drain the pipes to avoid underground cracks or bursts that can be hard to find and repair.
 - Drain garden hoses and store them in the garage or shed to prevent cracking.
 - Wrap outside pipes with insulation or heat tape.
 - Check outside faucets for leaks and repair them.
 - Know where to find your water shut-off valve in case you need to turn it off in an emergency.
 - If you plan to be away from home for an extended period, turn off the water at your home's main valve to prevent pipes breaking in your home. Consider hiring a plumber to flush your pipes, as well.
- And don't forget to let Mother Nature take over your irrigation duties for the winter!



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Lincoln Speech Contest Showcases Young Voices

BY SANDI SHERWOOD

What do area high school students think about climate issues?

You will hear young people with original ideas tackle the topic at the annual Eleanor Stem Allen Memorial Speech Trek contest in Lincoln on February 7. Sponsored by the American Association of University Women Roseville-South Placer (AAUW-RSP) branch and the Gray Allen Family, the event is free and open to the public.

“We’re honored to host an event that celebrates the power of communication and highlights the ideas, dreams, and insights of our young people,” said Michelle Colletto, AAUW-RSP President Elect and this year’s event chair.

Students compete for cash awards totaling \$3,000 and the honor of proceeding to the statewide competition level for additional cash awards.

Now in its 16th year, Speech Trek is designed to showcase critical thinking and public speaking skills. A panel of distinguished judges is drawn from local leaders within our community.

Open to all high school students from South Placer County, this year’s topic, as chosen by AAUW California, is:



Speech Trek 2023



“Climate change is happening. The effects are widespread and touch upon almost all aspects of our life on this planet. Select one area of impact and explore the effect climate change is having on women in the USA and around the world.”

Join us on February 7 at 4 PM at Sun City Lincoln Hills’ Kilaga Springs Presentation Hall, 1167 Sun City Blvd, Lincoln. Complimentary refreshments and a no-host bar will follow the presentation.

Note that seating is limited, register at www.aauwrosevillesouthplacer.org/events

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SCR Bridge Club

(cont' from page 21)

Donlon, Wiliam Huber and Dave Bucher, ACBL Bridge: Marilyn Glynn, Irene Lynn, John Long and Teresa Leonard.

•••

Mah Jongg

BY BECKY MATSON

Happy New Year 2025!

As we greet the new year, please join us to play Mah Jongg on Mondays at 12:30 pm and Fridays at 9:00 am in the Card Room. Remember all Mah Jongg play is fragrance free. Our 2025 dues are \$15 and we will start collecting the dues in January 2025.

It is also time to order our 2025 Mah Jongg cards. There will be a folder, for each, available in the Card Room. Please follow directions on the outside of the folders. The last day to order is January 24, 2025. Standard size cards are \$14 and Large Print cards are \$15. If you do not play Mah Jongg in the Card Room, you may mail or deliver your order and check (made out to SCR MJC) to: Jackie Spencer, 7613 Timberrose Way, Roseville, CA 95747. Checks will not be cashed until the end of January. Cards will be mailed to you in the spring. Remember, \$5 from each order is donated to the Sun City Roseville Foundation, so we encourage both members and non-members to purchase their cards through the Mah Jongg Club. Last year, we donated \$645.00 to the Foundation which benefits all Sun City residents.

If one of your New Year's resolutions was to learn Mah Jongg, please let Pat Oberlander know, at 916-929-5582. Lessons are given several times a year.

•••

Observations — Looking Back on Football and Baseball

BY MARTIN GREEN

Last month's "Observations" noted the changes in baseball since the time, quite a long time ago, when I paid 55 cents to sit in the sun in the center field bleaches to watch the Yankees play an afternoon game. Of course, there have been changes in other sports. Let's take football.

Football: So let's turn to football. As in baseball, the players are bigger, faster and better. They are also more specialized. I can remember the days when players played both ways, on the offence and defence. Some player also did the kicking, not a specialist. They also ran the ball a lot more. Today the quarterback is by far the key player. There are players who do nothing but the kicking, and players who do the snapping and holding. And today's players routinely kick field goals of fifty yards or more. Analytics also tell coaches when it's better to go on fourth down or not, and maybe the punt will eventually disappear from the game.

Basketball: This sport has completely changed from the time when I watched it as a kid. Back in those days, the center, or big man, who was maybe 6'8" or 6'9", was the hub of the game, scoring and rebounding at one end of the courts, and defending and rebounding at the other. The quintessential big man was a fellow named George Mikh, who'd probably be a forward nowadays, if he could make it in the NBA at all. The game

was slow with scoring maybe half of what it is now, and the smaller players threw up two-handed set shots. Some player, from Stanford, I think, introduced the jump shot and that created a sensation. Nowadays, a seven-footer may be a power forward, the players race up and down the court at top speed, and everyone, or almost everyone, throws up three-pointers. It's no wonder there are so many injuries in this sport, with those big bodies zooming around, and crashing into each other.

All Sports: There is of course one other thing that has completely changed in sports. Players back then, besides being average in size, also were average in what they were paid. Many had off-season jobs. And players stayed with one team throughout their careers. Today, players in all sports make an obscene amount of money, and the best players become free agents, and make even more. You can't tell from season to season what players will be on which teams. As for seeing a game for 55 cents---well, you know how that is.

While on the subject of sports, as I write the 49ers' playoff hopes are hanging by a thread, and the Sacramento Kings have a long season to go. In any case, here's hoping for a happy new year for our teams and also to all readers.

FYI: AARP Foundation volunteers will prepare and electronically file Federal and California income tax returns for low-to-middle income Sun City Roseville residents at the Timbers Lodge Club Room on Sundays. There is no charge for these services that are sponsored by the IRS and the AARP Foundation. Appointments are required and can be made by calling 916-741-0932 beginning January 13, 2025. Appointments will be made for Sundays from February 2nd through April 13th. This appointment line makes appointments for several sites in Roseville so if you want your appointment to be at Sun City, you must mention that when you leave your appointment request.

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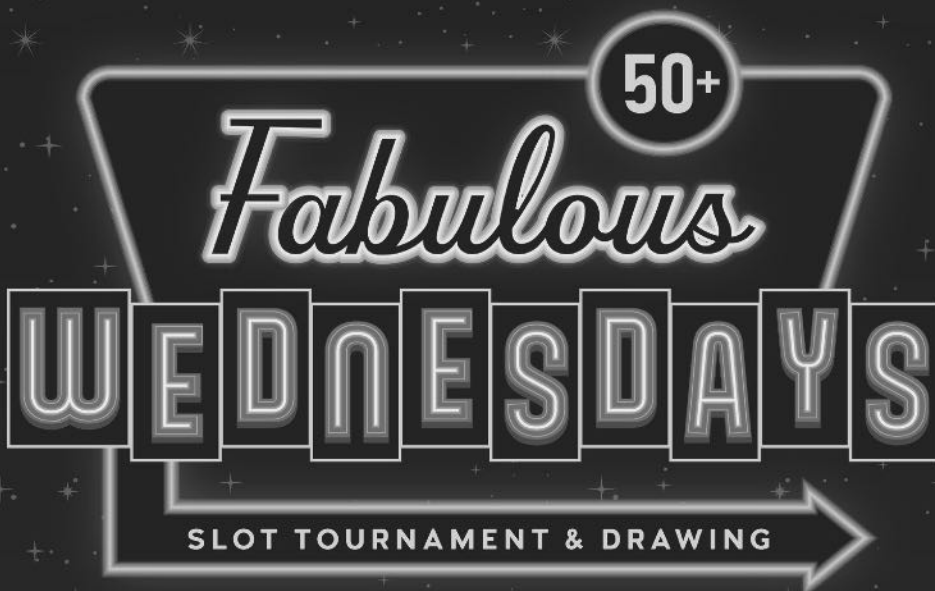
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SCR Foundation 2025

(cont' from page 1)

we can not offer. Here are just a few: fence repair, roof repairs, bring items (Christmas Trees) down from attic, rake leaves, pick fruit from trees, pick-up groceries that have been ordered and hook up security cameras and link to the internet.

If you need assistance, call our Help Line at 916-774-9040, leave a message and a volunteer will call you back. We operate most days Monday through Thursday, and every other Friday. Service is first-come, first-served.

SCR Library News

BY ELIZABETH GUSTAFSON

The SCR Library is open for Sun City residents Monday-Saturday 10:00-4:00 and Sunday 10:00-2:00 and is staffed by volunteers. When we are not open, you can return books in the drop box by the door.

New Books – Fiction: Baldacci, David - *To Die For*; Booth, Stephanie - *Libby Lost and Found*; Brown, Lauren Ling - *Society of Lies*; Cameron, W. Bruce - *My Three Dogs*; Ellison, J.T. - *A Very Bad Thing*; Evanovich, Janet - *Now or Never*; Loigman, Lynda Cohen - *The Love Elixir of Augusta Stern*; Parker, Robert B - *Hot Property*; Patterson, James - *The House of Cross*; Rieger, Susan - *Like Mother, Like Mother*; Roberts, Nora - *The Mirror*; Shaffer, Meg - *The Lost Story*; Steel, Danielle - *Trial by Fire*; Williams, Niall - *Time of the Child*.

The Team will call when they are available to provide service. We don't make appointments, so please use a phone number that will be answered.

There are several ways to request a service: Complete a form located by the Monitor's desk or visit our website, www.scrfoundation.org and submit an electronic request. We do not charge for any services we provide but we do leave behind an optional donation form in the event you wish to support the Foundation. All donations are voluntary, tax deductible (as permitted by law) and sincerely appreciated.

Non-Fiction: Carr, Jack and James M. Scott - *Targeted Beirut: The 1983 Marine Barracks Bombing and the Untold Origin Story of the War on Terror (History)*; Fuller, Thomas - *The Boys of Riverside: A Deaf Football Team and a Quest for Glory (Sports)*; McMahon, Sharon - *The Small and the Mighty: Twelve Unsung Americans Who Changed the Course of History from the Founding to the Civil Rights Movement (History)*; Presley, Lisa Marie - *From Here to the Great Unknown (Memoir)*.

Large Print: Baldacci, David - *To Die For*; Brown, Lauren Ling - *Society of Lies*; Cornwell, Patricia - *Identity Unknown*; Dave, Laura - *The Night We Lost Him*; Patterson, James - *The House of Cross*; Penny, Louise - *The Grey Wolf*; Presley, Lisa Marie - *From Here to the Great Unknown*; Steel, Danielle - *Trial By Fire*; Stout, Elizabeth - *Tell Me Everything*; Wang, Weike - *Rental House*.

Safety First — Keeping Your Cell Phone Safe from Hackers

BY ROSEVILLE POLICE DEPARTMENT

Your cell phone holds a lot of personal information, from passwords and bank accounts to emails, photos, and messages. If your phone falls into the wrong hands, hackers can steal your identity, make purchases with your money, or gain access to your email and social media accounts.

The Federal Trade Commission (FTC) offers the following tips on how to protect your phone from hackers:

1. Lock your phone — One of the easiest ways to protect your phone is by locking it when you're not using it. Set up a PIN or passcode with at least six digits. Many phones also allow you to unlock it using your fingerprint, face, or retina. By locking your phone, you're keeping prying eyes out of your personal data.

2. Update your software — Operating systems are updated regularly to protect against new security threats. Always keep your phone's

software up-to-date by enabling automatic updates. The same goes for your apps—regular updates help close security gaps that hackers could exploit.

3. Back up your data — Backing up your data ensures that if your phone is lost or stolen, you won't lose access to important information like contacts, photos, and messages. Depending on your phone type, you can back up your data to the cloud or your computer.

4. Use phone finder services — Apple and Android devices have built-in services to help locate your phone if it's lost. These features can also lock your phone remotely or even erase your data if you believe it's been stolen. Be sure to activate this feature in your phone settings.

A little prevention goes a long way. Keep your phone secure to avoid headaches down the line.

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FENCE REPAIR, PAINTING & Power Washing: Reasonable, many Sun City references. Please call Josh at 916-307-8430.

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

RETIRED NURSE LOOKING TO PROVIDE CARE IN YOUR HOME. Bathing, cooking, cleaning, running errands or anything you might need. Beverly Johnson 916-316-1737

PET SITTING AND DOG WALKING by experienced Sun City Resident. References available. Debbie McClelland, 650-814-7414.

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

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

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

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

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

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

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

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

Classified Ad Submissions — WHEN: By the 12th of the month. Please email the information below to: SunSeniorCA@gmail.com.
Subject Line should be SCLH Classified and your Phone Number (Example: SCLH Classified 916-123-4567)
 1. Contact name and phone number.
 2. Which category to place your classified ad in: (Service, For Sale, Wanted, Announcement)
 3. Classified ad text - including the phone number you want readers to call.
 SCLH residents get FREE non-business Classified Ads; limited to 15 words; one per household per month.
Non-business Ad items include selling personal used items such as furniture, tools, books, rugs, electronics, personal car, golf cart, etc.

Business Ads include anything of a commercial nature or service, including pet sitting, real estate, rentals, timeshare/condos, any service etc.
Business Ads are 15 words for \$35 for one-month. Additional words \$1 each. (\$90 for three months for the same ad.)
 If your classified ad is determined to be "business" related, we will email you an invoice that will allow you to pay immediately with a credit card, or mail a check.
 *HINT on Word Counts: A "word" is anything separated by spaces, or as reported by word-process software like Microsoft Word.
 If you have any questions, please email us at: SunSeniorCA@gmail.com



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**Wells Fargo Home Projects credit card is issued by Wells Fargo Bank, N.A., an Equal Housing Lender. Special terms for 24 mo. apply to qualifying purchases of \$1,000 or more with approved credit. Minimum monthly payments will not pay off balance before end of promotional period. APR for new purchases is 28.99%. Effective - 01/01/2023 - subject to change. Call 1-800-431-5921 for complete details. *The leading consumer reporting agency conducted a 16 month outdoor test of gutter guards in 2010 and recognized LeafFilter as the "#1 rated professionally installed gutter guard system in America." *For those who qualify. One coupon per household. No obligation estimate valid for 1 year. Offer valid at time of estimate only. See Representative for full warranty details. Manufactured in Plainwell, Michigan and processed at LMTMercer Group in Ohio. AR #0366920922, CA #1035795, CT #HIC.0649905, FL #CBC056678, IA #C127230, ID #RCE-51604, LA #559544, MA #176447, MD #MHIC148329, MI # 2102212986, #262000022, #262000403, #2106212946, MN #IR731804, MT #226192, ND #7304, NE #50145-22, NJ #13VH09953900, NM #408693, NV #0086990, NY #H-19114, H-52229, OR #218294, PA #PA069383, RI #GC-41354, TN #7656, UT #10783658-5501, VA #2705169445, WA #LEAFFW822JZ, WV #WV056912.



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