

SUN SENIOR NEWS

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IN THIS ISSUE

Meet the Authors	3
Players, Music, Ballroom	5
Line Dance, Country Couples	5
Tap, Squares	6
Ceramic Arts, Mixed Media	7
Needle Arts, Paper Arts	7
Photography, Woodcarving	11
Stamp, Astronomy, Genealogy	11
Lavender, Shalom Social, Italian	13
Singles, Apple User, S.C.H.O.O.L.S.	13
Writers', Travel, RV, Sports Car	14
Rods & Relics, Veterans, Republican	15
Amateur Radio, Hearing	15
SCLH Election News	16
Bosom Buddies, Multiple Sclerosis	17
Alzheimer's	17
Neighborhood Watch	20
Low Vision, Demoratic	21
Bird, Garden	21
Hikers and Walkers	24
Cyclists, Pickleball, Lincsters	25
Lincoln Theater Company	26
Ladies Golf — 18 Hole, Men's Golf	27
Water Volleyball	27
Swimmers & Water Walkers	28
Softball, Table Tennis	28
Tennis, Shuffleboard	29
SSNLH Writers	31
Cribbage, Duplicate Bridge, Pedro	33
SSN Classifieds	35

And Much More . . .

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The SCLH Community — Wide Resident Survey

It's Headed Your Way — Watch for It — Give Your Feedback

A Community-wide resident survey has been identified as needed for some time. As part of the Strategic Planning efforts there is one under development that residents should expect to see mid to late February.

This survey is important to our efforts to hear from as many residents as possible regarding their needs, wants and their priorities for the community. The survey will cover a lot of ground but should only take 10-15 minutes of time to complete.

The goal is to reach as many residents as possible so we will be offering multiple ways for residents to respond. Watch for an eNews with more information on the survey and how to provide your feedback.

We want to hear from you. All Voices Matter.

LH Foundation —

New Year, New Member on Board

BY DENISE BOWDEN

The first couple of months of each year bring changes that set the tone for going forward. The Lincoln Hills Foundation uses January and February to evaluate the year past and make plans for the year ahead.

In January we installed our officers for 2025 with one significant change. Our long-time Vice President and Grant Committee Chair, Frima Stewart, is stepping back from both roles. Kim Hewitt will be taking on the role and has extensive background from both the non-profit and corporate worlds. We want to thank Frima for her 8 years of service and note that she will remain on the Board assisting during the transition. Other positions remain the same with Joan Logue as Secretary, Kent Noard as Treasurer and Denise Bowden as President.

The beginning of a new year also brings the opportunity to look ahead and evaluate how and where we make the greatest impact. As stewards of our supporter's donations, we will be looking with a critical eye on where the needs of seniors are the greatest. This will also include how organizations align with our overall mission, where we can make the greatest difference and new opportunities to support the seniors of Lincoln.

Don't forget that though a short month there is still plenty to celebrate, don't forget your sweetheart on Valentine's Day and the nachos on Superbowl Sunday.

Neighbors InDeed

BY JAN LEE

Which Sounds More Inviting — A House? or a Home?

What feelings emerge when we think of a "Home?" Feelings of comfort, family, and security? Now think of the word "House."

Do you get the same feelings? What makes the difference? The term "House" implies an impersonal building--a mere shelter, not a relaxing place where you feel "at home."

Excess clutter can prevent your home being a nurturing place. Clutter generates bad vibes. And worse — while you're worrying about it, it creeps—as in The Blob!

Clutter is a burden that

may even cause you to avoid your dwelling place, instead of seeking its comfort at the end of the day.

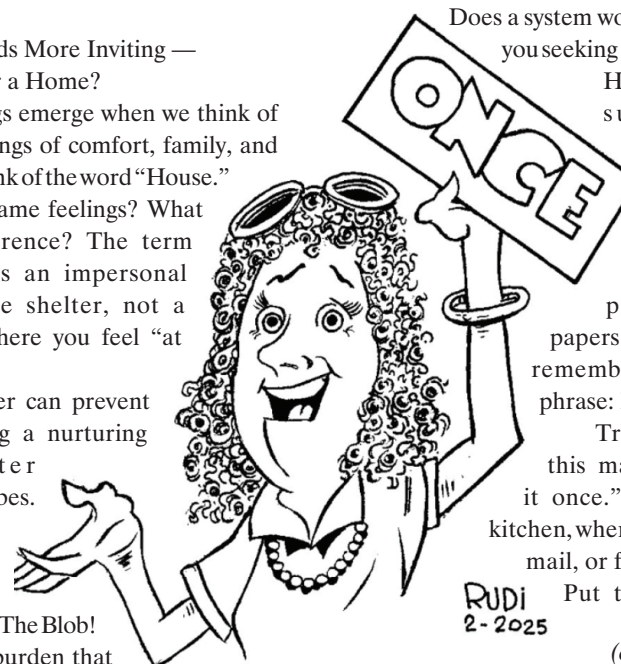
Systems evolved to minimize, clutter. Does a system work for you? Are you seeking a better answer?

Here's one surefire way to ensure objects get placed right away, mail gets handled promptly, and papers get filed. Just remember this simple phrase: handle it once.

Try repeating this mantra--"Handle it once." Say it in the kitchen, when bringing in the mail, or folding laundry.

RUDI
2-2025

(cont' on page 3)



Keep watching for updates regarding Bingo. The ballroom renovation is moving forward, and we are hoping for a late March event. No promises, but we will keep you posted.

LH Chorus

BY GAY MACKINTOSH

"Lights! Camera! Chorus! Songs from the Cinema" — in rehearsal now for our spring concerts May 8-10. Tickets go on sale mid-March so be ready to reserve your favorite seats in the newly renovated OC Ballroom.

You'll surely enjoy your choral arrangements of songs from the 1930s and 40s, the golden age of musical films then at their peak of popularity. Can you guess what we'll sing from "42nd Street" (1932)? Yup, that one. How about "The Wizard of Oz" (1938)? Nope, not that one. "Casablanca" (1942), anyone?

Come "Get Happy" with us (popularized by Judy Garland in "Summer Stock," 1950,

although the song was used in 1930s Warner Bros. cartoons). A medley of two Rodgers and Hammerstein hits, "You'll Never Walk Alone" from "Carousel (1945) and "Climb Ev'ry Mountain" from "The Sound of Music" (1959), will have you following every rainbow.

Sopranos and altos will regale you with "Nine to Five," written for the 1980 film by Dolly Parton, who imitated the typewriter sound clicking her long acrylic nails! Tenors and basses will sing "Hallelujah," featured in the kids' film "Shrek" (2001) but composed by Leonard Cohen in 1984 over five years and 150 drafts.

Back to guessing: What will we sing from "La La Land" (2016)? Too easy? How about "The Greatest Showman" (2017)? Watch this space to find out!

Visit lincolnhillschorus.org for more information and contact membership chair Mari Long at mlong24sjca@sbcglobal.net or 916-409-9136.

Players

BY DOUG BROWN

The Players Club is featuring a couple of February events of interest to all Lincoln Hills residents.

We're excited to announce the launch of free "Scene Study" Actors Workshops starting February 5. You will be partnered with other participants to work on short scenes together. The sessions will be held once a week and require you to rehearse outside of class. Scene Study is an incredible, unthreatening, reassuring way to sharpen your acting skills, explore new techniques, and have a ton of fun

(cont' on page 5)



Director Paul and Accompanist Nina with Producer Karie Geiger.



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Neighbors InDeed

(cont' from page 1)

place before doing something else. Don't leave it in a place that is further out of place! As these words become habit, your residence may cease to be a dwelling for the creeping monster of clutter.

It's a sweet feeling to return home from errands and activities knowing your time is your own—unburdened with invasive thoughts of needing to attack piles of stuff. The mantra may help you rest easier. With fewer messes to nag you, yours can truly become a welcoming Home Sweet Home.



Call Neighbors InDeed at 916-223-2763, 9:00-5:00 Monday-Friday to request assistance with some household tasks, or to request referrals of resident-recommended professionals. We will return your call as soon as possible.

Meet the Author Lecture Series

BY JOY HUTCHISON

Meet the Author Lecture Series: John Ross

Monday, MARCH 3rd at 2:30 PM Presentation Hall (KS)

Author John Ross started wondering where his middle name came from, which lead to a large genealogy project, which lead to enough information gathered to write two books about two different sets of great-great grandparents. Come hear John talk about Tim and Cate Shea and how they survived the Great Irish Potato Famine when he presents his historical novel, The Road to Bantry. Although his book is a work of fiction, John stays true to the historical time, place and events. The story then continues as the Sheas flee to America in 1848 and find a better life for their family. This novel is historical fiction at it's best, and honors those who overcame extreme hardships to survive and prosper.

John and his wife Judy divide their time between homes in Lake Tahoe and the California Gold Country. In addition to The Road to Bantry, John has also written To See the Elephant, a historical novel of the California Gold Rush featuring another of his great-great grandfathers, John Delany.

Kilaga Springs Library Lecture Series coordinator is Rita Rutledge at ritarutledge78@gmail.com

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SUN CITY REAL ESTATE UPDATE

The New Year seems to have awakened some buyers. There has definitely been an uptick in showings in Sun City, and that activity has led to multiple contracts being accepted over the first 2 weeks in January. Good weather certainly helps too. As I've mentioned before, where higher interest rates hurt sales in Sun City is when someone needs to sell their home before they can make an offer. They are then dealing with a more traditional buyer who is not a large downpayment or cash buyer, therefore they are more subject to the effects of higher interest rates, which is putting a bit of a damper on the market.

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Players

(cont' from page 1)

along the way! Memorization isn't mandatory but suggested.

Don't miss out on this rewarding experience! Players Club membership is not required. Sign up today and elevate your acting to the next level! The eight workshop sessions run from Wednesday, February 5 through Wednesday, March 26, from 2:30-4:30 in OC Computer Room. To sign up and/or get more information, email workshop leader Cathy Shanley: cshanley@outlook.com

Our Readers Theater show, free to the public, presents "A Family Affair," written and directed by Alan Lowe, on February 1 and 2 at 3:00 PM in KS Presentation Hall. The play features a Bay Area couple who try to "escape" from their community by starting a new life on their own in a retirement community in Placer County, a good distance from their kids and relatives. But they never expected their four grown children and three sets of relatives to follow them! Come and enjoy Players members on stage in an afternoon of laughs and fun!

And for your long-range planning, Agatha Christie's And Then There Were None will play in Kilaga Springs Presentation Hall June 19-22. Mark your calendar!

Interested in discovering what the Players Club is all about? All residents are welcome to come to our next meeting, Monday, February 10, at 4:00 PM in KS Presentation Hall.

• • •

Music Group

BY BRIAN JEWELL

The first 2025 Music Group meeting was held in January, on the first Monday of the month. We have moved to a new venue in the Fine Arts Room (OC).

The first part of the gathering was for

sing-and-play, with anyone who chooses to participate. This is a popular event, as it provides people of all different proficiency levels a chance to play along with other people in a casual environment. Participants typically play various instruments, including guitars, piano, accordion, flute, percussion, etc. All instruments are welcome. Songs are selected from the Music Group library (on the website) and are generally popular tunes that everyone has heard.

The second half of the meeting is the open mic performances. Anyone can perform in a non-judgmental environment, where the goal is simply to have fun and allow people to display their talents.

You can participate in the Sing & Play from 2:30 to 3:15, or just listen to other musicians. If you choose to perform, which runs from 3:30 to 4:45, sign up on the performance sheet, which is available starting at 2:30. If you do choose to perform, you will find our setting relaxing and supportive.

The Music Group website is <https://lincolnhillsmusicg.wixsite.com/musicgroup>. The password for this website is "musicgroup". For further information on the Music Group, contact Dan Marcus at 201-741-0920.

The goal of the Music Group is to provide various platforms for a variety of musical interests. As such, there are associated groups that offer other musical opportunities.

The first is the Guitar Ensemble. This group explores music theory and practices sight-reading music on the guitar. Contact Sal Caruso at 916-343-5810 for more information. This group meets on Fridays from 1:00 to 3:30 in Kilaga Springs.

The second group is ukulele Ohana, led by Ron Peck at 925-788-5869. Ukulele Ohana meets on Wednesdays from 1:00 to 3:00 in Orchard Creek.

In the near future, watch this space and

the Compass for an announcement of the upcoming Vocal Bootcamp for those interested in expanding their singing skills.

Anyone who lives in Sun City is eligible to attend any of these groups. Exercising the mind is something that is sometimes difficult to do, but very important for older people. Music is one of the best ways to do it and to keep mentally fit. We encourage everyone to visit any of our musical activities.

• • •

Ballroom Dance Club

BY ERNIE MICHELI

The Ballroom Dance Club has commenced its 2025 schedule of lessons and activities, welcoming new dancers to join the community. Throughout the year, we provide comprehensive instruction for eight dances, with each month dedicated to a specific dance style.



Doug and Paula Ong

Our experienced instructors, Sal and Ruth Algeri, excel in teaching ballroom dance. Their clear explanations and demonstrations ensure that students grasp the sequence and positioning of steps effectively. Their goal is to instill a joy for ballroom dance and help dancers experience their new skills on the dance floor.

The club offers a diverse range of dances, including the waltz, fox trot, cha cha, rumba, nightclub two-step, East Coast Swing, West Coast Swing, and tango. Additionally, the Ballroom Dance Club organizes various parties throughout the year, each with a unique theme. Some dance parties are scheduled to be potluck events with at least one dance party an ice cream social.

For a comprehensive calendar of events,

photos, club history, application form, newsletters, and up-to-date information, visit our website at sclhbdc.com.

Annual membership dues are just \$10 per person and are open to all SCLH residents and sponsored guests. Lessons are held in the Kilaga Springs Lodge Multipurpose rooms on Tuesdays from 2:00 to 3:00 PM for beginners and 4:00 to 5:00 PM for more experienced dancers. Open dance sessions are held from 3:00 to 4:00 PM, providing an opportunity to practice various dance styles, including the current month's offering.

For further information, please contact Ruth Algeri at 916-408-4752.

• • •

Line Dance

BY ANNETTE PORRECO

Isn't it great to be back to enjoying line dance classes after a month with no classes offered. These classes provide an opportunity to make new friends as well as being great exercise. In addition to classes we also offer line dance labs every Sunday for club members. Labs are held in the fine arts room at O.C. and they are free. The purpose of these labs are to give dancers an opportunity to improve their dance skills and to review dances that are often taught in classes. The annual cost of membership is \$12. Members get weekly emails from our club chairperson, Christine Bluhm, that includes information about upcoming dance opportunities in our area and upcoming events. So join the club and enjoy the benefits of membership.

• • •

Country Couples

BY RICH AND DONNA PICK

2025 brought some changes to Country Couples. We no longer have Friday morning practices. Instead, we now have Monday evening practices in the Lincoln Room (KS) from 6:00 to 7:30 PM. The first hour we practice scheduled dances that we have done in the past. The last half hour is dedicated to helping with individual needs on any particular dance that a member would like to work on. Country Couples holds several dance parties every year, and this is the time we get to dance what we've learned.

Country Couples members are excited about their July 9th cruise to Alaska. This 10-day cruise will be leaving by bus from Club Cruise in Lincoln. We will then board the ship in San Francisco and cruise to visit 4 ports in Alaska. The trip will end back in San Francisco and Club Cruise will bring us back to Lincoln.

(cont' on page 6)



Music Group — Dan Lehrer (Banjo), Gary Shamber (Guitar), Steve Beede (Bass) performing at the January 2025 MG Meeting.



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Country Couples

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So far, we have 18 cabins booked.

In January Country Couples had their first dinner out at Skipolinis restaurant in Roseville. Over 30 of us met at 4:00 PM at the restaurant for happy hour and to get caught up with each other's activities over the holidays.

For more information about our club, please contact John Bibby at 707-592-4891 and visit our website at sclhcc.com

• • •

Tap Company

BY ALISON WOLFE

Prepare for takeoff as the Tap Company invites you onboard Dance Around the World! This high-energy production will transport audiences on a thrilling global adventure, celebrating the dance and music of countries far and wide.



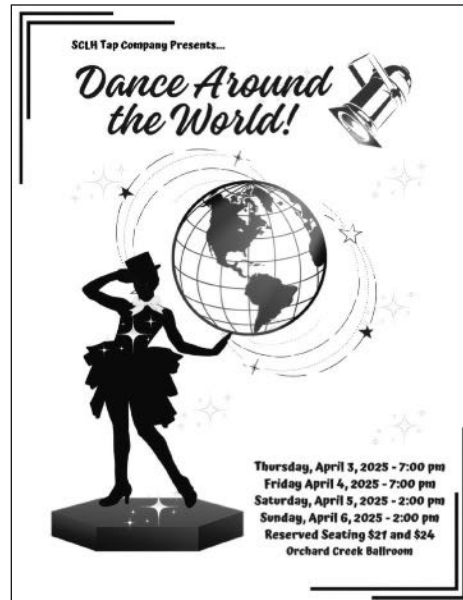
Country Couples — Members Line Dancing at the Holiday Dinner Dance.

With nearly 20 incredible acts, the show will feature talented singers, dancers and entertainers, bringing the rhythm and energy of each destination to life through song and dance. From the lively beats of Latin America to the footwork of Irish clogging, each performance will transport the audience to a different part of the world.

Your Captain and MC will be at the helm, delivering informative "flight announcements" before each act as we touch down in different destinations. Meanwhile, your Tour Director will be seen occasionally leading a lively group tour making the audience feel like part of the trip.



Tap Company Dancers ready to practice!



Adding to the excitement, Dance Around the World will be the first production held in the newly renovated Ballroom (OC), featuring new stage curtains, flooring, wallpaper and dazzling chandeliers. Behind the scenes, the tech crew will unveil their brand-new control room, equipped with cutting-edge audio and visual technology to enhance the experience.

The performance takes off in the Ballroom (OC) on April 3 – 6. Evening performances depart at 7 PM on April 3rd and 4th, while matinees leave at 2 PM on April 5th and 6th. Tickets go on sale Feb 17, online at <https://sclhresidents.com> or at the Orchard Creek and Kilaga Springs lodges. Tickets are \$21 for Main Cabin seating and \$24 for Premium Cabin seating. Don't miss the flight – book your seat now and get ready for a world-class adventure in song and dance!

• • •

Sun City Squares

BY KRIS KNUTSON

Monday afternoon square dancing is the sweet place to be. It's a great way to meet new people might be the perfect activity for you. It's a great way to start the week.



New to square dancing, beginner group starts in April. If your coming alone don't worry we have experienced dancers (angels) to help you along the way. It's a great way to get some exercise, make new friends and have a great Do-Si-Do Monday.

You've danced before, remembered how super satisfying it was to "Load the Boat" for the 1st time. It was pure joy. Time to create some more square dance magic.

For more information about Lincoln Hills Squares our new web site is <https://sclhsquares.weebly.com>

Our club meets Monday 1:00PM - 3:00PM,

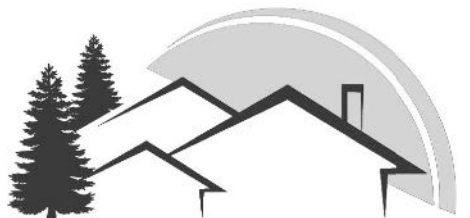
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Sun City Squares

(cont' from page 6)

our callers call Mainstream and Plus Level. Advanced Dancing Tuesday 3:00PM-5:00PM. Round Dancing Thursday 1:00-3:00PM, all our dance instructions are at Kilaga Springs Sun City Lincoln Hills. Club Contact is Tom Bolton 818-321-7708. All square dancers welcome.

• • •

Ceramic Arts Group

BY JIM CARNATHAN

Hopefully everyone has had a great start to 2025. We have some new things going on in the world of clay.

In March, there is going to be a 2-session Thursday evening beginners hand building workshop with instructor Jim Carnathan offered for those who would like to check out working with clay without a big commitment. On the first night you will learn basic coil, pinch and slab techniques while making a small ceramic project. Then 2 weeks later you will come back and glaze the bisque fired piece. The total price of this workshop will include clay, glaze, 2 firings and shared use of tools during class for the beginner project.

In February and March, a 4-session hand building class with instructor Jim Carnathan will be held on Wednesday evenings from 5 PM to 8 PM. This is a project-based class for students with prior basic hand building clay experience. Students provide their own clay, supplies and tools.

Beginner and advanced daytime classes continue Tuesdays and Thursday with Donte Cuellar. Please check the Compass for details and come play in the clay.

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Mixed Media

BY JILL SHORT

The Mixed Media Club is unique because of its focus on blending different art forms and materials. From painting and drawing to collage. Mixed Media allows you to experiment with a wide range of techniques. This versatility encourages you to break out of your creative comfort zone and discover exciting new ways to bring your ideas to life. Or it will allow you to break into a creative zone if you have not been in one before. In the Mixed Media Club, you will have a chance to collaborate with fellow artists, share ideas, share tips, and learn new skills. The supportive community of the club is there to inspire each other, and celebrate artistic achievements together. Beyond creating art, the Mixed Media Club is also about personal growth. It is an excellent way to boost your confidence and discover the joy of expressing your unique perspective. Plus, the connections you make with other creative individuals can lead to lasting friendships that extend beyond the club. If you are passionate about art or simply curious about experimenting with new forms of creative expression, the Mixed Media club is the place for you. Come join us and let your imagination run wild. The possibilities are endless when you mix it up!

The club meets the 3rd Wednesday of the month at 1:00 PM in the Fine Arts Room (OC). For more information contact Chris Fetter at 916-276-7895 or email at: mixed.media.chrisf@gmail.com

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Needle Arts

BY ALICYN GOUGHNOUR

We are back in the swing of things looking forward to exciting events being planned for 2025. Our February general meeting included a presentation of "A Practical Artist" featuring Jean Cross. She recreates unique garments made from previous projects and fabrics. Her secrets for wearable art were shared.

Members are reminded of our monthly workshops on the third Wednesday of every month. Upcoming topics include quilting basics and zipper wizardry. Please let us know if you would be interested in sharing a skill or talent with the membership.

The January /February window display outside of our OC sewing room featured fabulous items from our breakout knitting group. The emotional support chickens stole the show and beautiful sweaters, hats and blankets rounded out the display. Next month's display will feature items contributed by the crochet group. We will be delighted to see the creative talent of our members!

Spring luncheon plans are underway and our chairperson could always use extra volunteers so, again, let us know if you can share time and talent.

Our community service volunteers have been more productive than ever. They reported donations of quilts, crocheted items and port pillows to be a record of 521 items for 2024. Stellar! They are still in need of long arm quilters to finish their donated quilts.

We encourage any and all of those who express themselves through hooks, needles, yarns and fabrics to join us in promoting the needle arts with vigor.

• • •

Paper Arts Club

BY LINDA LUCCHETTI

Keep those creative juices flowing. Come to an Open Lab where the atmosphere is always casual and inviting. Join friends and club members, exchange ideas, work on a project, and utilize some of the club's tools if needed. Check the newsletter to verify Open Lab dates.



In the past, our window at Orchard Creek has displayed cards with a particular theme. Now, we ask that you bring in your choice of style or theme, handmade cards for the window. We receive positive comments about our display case, so let's keep those cards rolling and folding in!

Don't forget to renew your club membership by March 1, in order to keep receiving newsletters and information.

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

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

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(more Club News cont' on page 11)

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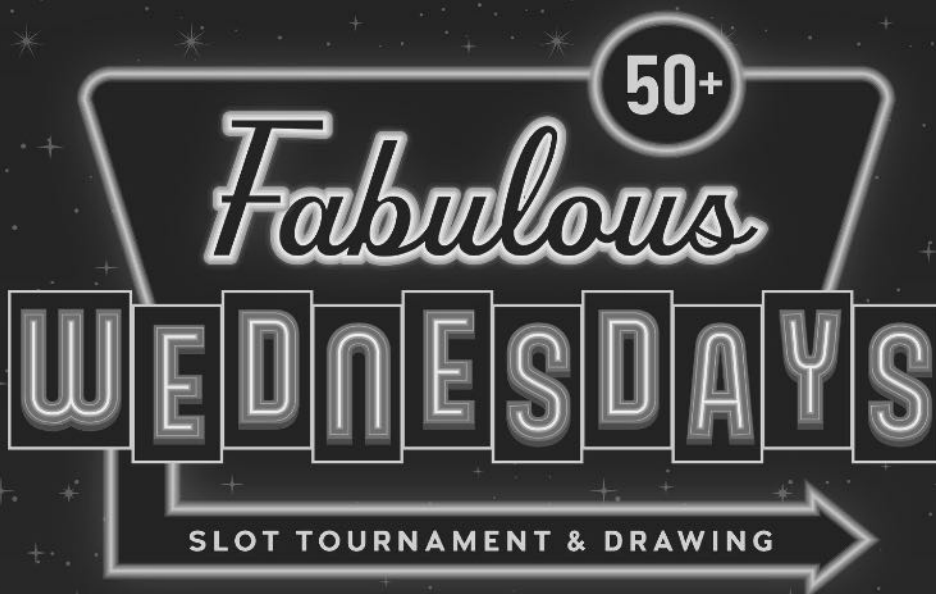
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★★★★★ I got several estimates for my bathroom remodel - LISAC was somewhere in the middle. I picked them because of the product; no grout lines with the appearance that the entire bathroom was one piece. It turned out AMAZING. Even better than I had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

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

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

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



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LH Photography Club

BY DIANE MARGETTS

In January, Sam Shaw gave a presentation on AI in photography. Sam asked members in advance to challenge him with AI photo suggestions and, to our delight, he shared the, sometimes entertaining, AI generated images.

In February, Charlie Willard will make a presentation on “Long Exposure Photography or Why I Find a Tripod to Still be a Useful Tool.” The program will include photos from France, Belgium, Patagonia, Netherlands, and some of the most scenic locations in the United States. The images were all shot with long exposures on a stable tripod allowing for images to be shot in the golden hour, blue hour, after dark, and to make silky moving water. Exposure information will be on each image allowing for explanation of the settings. This will be very useful information for all of us.

Also in February, Rhonda Campbell will educate us on exhibiting and selling your photos in our special learning session. Rhonda is a has

been a professional gallery exhibit coordinator for several large non-profit art organizations.

Our very popular smartphone photography class is ongoing. In addition to the initial class, we will be adding the second phase which is editing photos on your smartphone. Watch our website for updates and schedules for both of these classes.

We have two upcoming local field trips. We are kicking off 2025 with a local adventure at the Sacramento Zoo. Nearly 400 native, rare and endangered animals call the Sacramento Zoo home. There are options to upgrade for behind-the-scenes tours.

The following field trip is the Sac Tower Bridge at sunset. Truman Holtzclaw will be leading this photographic journey providing insights on best ways to approach this shoot. Around the bridge you can stroll along the river or Old Sacramento building fronts for street photo opportunities.

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

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stamps, protectors, you-name-it-we have it) and at prices way under the norm thanks to our access to the sources. We even have a mystery box at each meeting full of goodies at huge bargains. All of this is available to the membership for the yearly dues of \$20, which are due now. Contact Al or drop off a check at the next meeting.

The club has “open garage sessions” scheduled tentatively for Thursday, February 20 and Friday, February 21 at Al Capparelli’s house (916-771-8288). These sessions are set up so that you can bring a particular need to the session and fill out your collection, whatever the need may be.

Any reader who has an “old” album stashed away and wants a current estimate of price can drop in on any meeting and we’ll be glad to give him a current estimate of value.

Make sure that Bob Barlett (barlett@corsearch.net) has your email address so he can send timely notifications to you about club events.

We are one of the oldest stamp clubs in No. California for only twenty bucks a year.

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LH Astronomy Group

BY BILL WEAVER

The monthly LHAG General membership meeting will be on Wednesday, February 5, 2025, in the Kilaga Springs Presentation Hall. The meeting will begin sharply at 6:45 PM.

The presentation Titled “Best Deep Space Objects of the Winter Skies” will be given by NASA Solar System Ambassador Raj K. Dixit. Raj. He will include, among others, discussions of such objects as the Orion Nebula, Andromeda Galaxy, the Pleiades, Horsehead Nebula and Crab Nebula. Each of these objects holds its own secrets and beauty, making them fascinating subjects for observation and study. Do any of these particularly pique your interest?

Cosmology Interest Group (CIG).

The next meeting is scheduled for Monday, February 20, in the Fine Arts room of the Orchard Creek Lodge at 6:45 PM where Professor Charles Hunt (ret.) will present his final lecture summarizing the history of the Universe. Follow the trail of the greatest unsolved problem in astrophysics. Along the way, get a grip on the past, present, and future of the universe.

Discovered in the 1990s, the problem is “dark energy,” which is causing the expansion of the universe to accelerate. Trace this mysterious force to the lambda term in the celebrated Friedmann equation, proposed in the 1920s. For more information, contact Ron

Yelton at ryelton660@aol.com.

LHAG Telescope Interest Group (TIG) Star Party

The next party is scheduled for Thursday, February 27, 2025. LHAG members will set up their telescopes in the upper tennis courts of the SCLH Sports Complex. SCLH Residents and their families are invited to attend the event and look through the telescopes.

For information contact Bob Collins at bobpcoll@community.net .

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

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Genealogy Club

BY NANCY SWITZER

The Password for today is (whispered): Deoxyribonucleic acid

If you were playing the game “Password,” and if you know what that means, what are some of the clues you would give your partner?

Saliva, Tube, Analyzed, Relatives, Ancestor, Ancestry?

If someone got it off the first clue, they are probably Genealogy fans!

Our speaker this month is Dave Lewis, a 10-year SCLH resident, who worked in Silicon Valley making computer memory chips. Dave has been studying DNA for 24 years and has conducted DNA classes with Big History for four years.

Some of the topics he plans to discuss are: How do they analyze your DNA? Do all companies analyze DNA the same? How do they decide where your relatives come from? Now I have this information, what do I do with it? Do I need to have Y-DNA or mtDNA done? What is that anyway? Would this help me build a family tree? Which company offers the best program to build a family tree?

Please come and join us as these questions and any others that you have will be answered at our February 21, 2025 meeting, held at 10:00 AM at KS in Presentation Hall. Afterwards we will meet for Coffee/tea and Cookies.

P.S. Don’t forget RootsTech is coming March 6-8!

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

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

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(more Club News cont’ on page 13)

Woodcarving

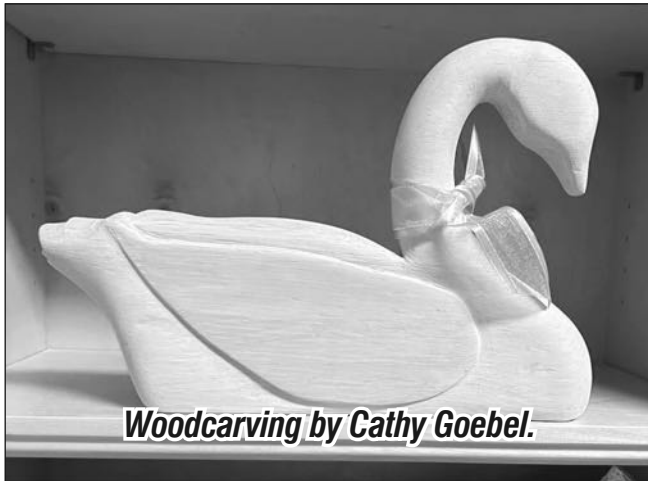
BY LIONEL RAINMAN

Woodcarving is an art form that transforms wood into expressive creations. Various carving techniques are used to turn a nondescript piece of wood into a decorative item. It may be a simple or an artistic masterpiece. The beauty and challenge of woodcarving depends on the type of wood, such as basswood, butternut, mahogany and white pine. Each wood offers textures and colors that reflect in the final project. Woodcarving remains an enduring art form that celebrates the beauty of wood and the skill of the woodcarver.

The Woodcarvers club is open to all members of SCLH. We have a large library of books and magazines relating to woodcarving as well as helpful members. Tools are available to try before you buy.

Woodcarvers club meets every Wednesday in the Sierra Room at (KS) from 1:00 to 4:00 PM
Contact Lionel Rainman 916-253-9534

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Stamp Club

BY TIM MILES

February is here and there is a lot planned for the club. We meet twice a month on Tuesday at the Sun City Roseville Lodge (7050 Del Webb Blvd) at 6:30 pm and we’re usually finished by 8:45 pm. The February meeting dates are February 11 and February 25. The March meeting dates are March 11 and March 25. We have door prizes, games, swaps, guest speakers, giveaways of every sort, and access to anything you need (albums, covers, pages,

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PROSPER US

Lavender Friends

BY JOAN LACKTIS

Lavender Friends didn't have much in the way of outside activities in January. Like a lot of Sun City-ites, we were busy winding down from the holidays, visiting with families and kicking off 2025. Our only organized social activity was the bimonthly birthday breakfast, where we treat our birthday kids to coffee beverage as we eat and visit at Meridians. We also had our biannual business meetings—the Steering Committee and then the general membership meeting. We have gotten too large for the Multi-Purpose Room in Orchard Creek so we met in Presentation Hall. We elected officers, heard reports from the committees and made plans for the year ahead.

Part of the month also was spent planning for a trip to Reno later this February via Amtrak's "snow train" over the Sierras. When it was first announced, more than a dozen households expressed interest. With the signups now underway, the turnout is expected to be many more than that. It's bound to be an interesting trip.

And of course, we can't forget that Valentine's Day is Feb. 14. While this holiday is usually considered a celebration for romantic partners, it is becoming more common for singles to show themselves some love with a nice dinner or a gathering with friends. However you mark the occasion, we hope you enjoy the day.

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

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Shalom Social Group

BY JUDY GANULIN

A review of 2024 projects and programs got 2025 off to a good start for members of the Shalom Social Group. Our annual Hanukkah party was so successful that we are considering moving it to a larger location next year. We continue to volunteer in the community and are looking into several different organizations to determine where our time and skills can be used most effectively. Our January meeting featured a preview of some of the movies in this year's Jewish Film Festival. Our Men's Club is planning an event in March. For more information please contact Margie Gulko, 916-543-5303.

• • •

LH Italian Club

BY LINDA LUCCHETTI

Want to have a winning day? Join us for a Brunch Buffet and La Tombola, Italy's version of Bingo, on Sunday, February 16, at Timber Creek Ballroom in Roseville. Try your luck at the game and play for prizes. Go to the website for the flyer with more information.

Coming soon: "How Italian are You?" will return on March 15 to the Kilaga Springs Lodge. More information to come.

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

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Singles

BY KATHY SHADDOX

Even though February is the shortest month of the year, there are a lot of things happening. I wonder if the ground hog will see his shadow on February 2nd? Hope so.

Our club will have their monthly Birthday Celebration on Sunday, February 2nd at 4:00 pm in the Kilaga Springs Café. So, all you singles born in the month of February, come on over and we will treat you to a cocktail of your choice. Best part is when Dennis Doane calls you up and leads all of us in singing "Happy Birthday." If you were born on February 29th you are still included!

For those that are interested in helping with our events, join us at our Activities Meeting on Tuesday, February 4th at 4:00 pm in the OC Computer Room.

Our 2nd Saturday Breakfast is on February 8th at 9:00 am in the Sports Bar. This is a great way to meet more members. No reservations are needed and you can just drop in. Dennis Reid will greet you and remember you may order anything you want from the menu.

On Friday, February 14th at 5:30 pm at Kilaga Springs we will have our Business Meeting. After the meeting, since it is Valentine's Day, we will show a Valentine's Movie and will serve a special dessert to go with the movie. Now that is something different to do. Please join us!

Be sure to attend our Cocktail Time on Thursday, February 20th at 4:00 pm at Buonarrotti's Ristorante in downtown Lincoln. One of our favorite spots. Many of our members enjoy the cocktails, appetizers and some of us even order dinner.

Take time out to remember that we have two presidents born this month. Abraham Lincoln on February 12th and George Washington on February 22nd.

We end the month with our Social Event

on Thursday 27th at 5:00 pm at Kilaga Springs. This month we will have our ever so popular Casino Night. Come one, come all and enjoy playing, as you may be a winner!

Bocce Ball is played every Wednesday at 2:00 pm at the Sports Park. Golf has been canceled.

Your club dues for 2025 should have been paid by January 31st. If you haven't paid yet, you have been dropped from the roster. But it is not too late to pay and be reinstated. If you want to join as a new member, pick up a flyer in the OC lobby and for \$20 you are in.

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Apple User Group

BY NINA MAZZO

This month's tip for the iPhone and iPad regarding Dark Mode. This innovative setting transforms the color scheme to a dark palette, enhancing usability in low-light environments. To enable Dark Mode, navigate to your iPhone or iPad's settings.

Thursday, February 6th, Ken Silverman will present "Sequoia—Apple's latest operating system for the Mac." This presentation will showcase Sequoia's newest features, including Stage Manager, Tiling, iPhone mirroring, Image Playground and more. Ask the Tech begins at 6:45 PM; program at 7:00 PM. Seminar held in the Presentation Hall (KS). Tuesday, February 11th, Ken Spencer will present "iOS 18.2: Enhancing iPhone Personalization, Capability, and Intelligence." This presentation will introduce users to the novel customization options, the most significant redesign of Photos, powerful updates for connectivity, and Apple Intelligence, the personal intelligence system.

Ask the Tech begins at 6:30 PM; program at 7:00 PM. General meeting held in the Presentation Hall (KS).

Volunteer Opportunity: We seek volunteers with website expertise to join our friendly group of volunteers. Do you have a knack for website projects and enjoy creating something amazing? This opportunity allows you to share your knowledge, contribute to the club's success and engage with a group of likeminded individuals. Interested and want to learn more? Leave a message (no texts) for Helen Rains at 916-913-6833.

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

General information line: 916-913-6833 (no texts, voice message only)

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S.C.H.O.O.L.S.

BY PATTI KINGSTON

As the school year is into the second half and heading toward summer vacation teachers are asking for help in the classroom. There will be end of school year projects to help complete. You can volunteer in grades K-5 in any one of our Lincoln grammar schools. Some volunteers correct papers and make copies of school work sheets for the teacher without being in the classroom. Most enjoy the contact with young people. The days and hours of service are up to the volunteer. No teaching experience is necessary. Many volunteers are in the classroom 1 day a week for a few hours. They work closely with the teacher and are under her direction. The school district has thanked us for our help and we know we are appreciated.

If you have volunteered in the past and would like to share your experience, contact Patti at pkingston@att.net to tell your story. If you would like to write an article about your time in a classroom, you can submit it to Patti. Some volunteers have been profiled in past issues of this newspaper and there are many volunteers with interesting classroom experiences.

Phoenix High School is taking a pause on starting any new tutors this year. The school is going through a major renovation that has demolished several classrooms. Construction equipment and material have also impacted campus space. This has required fitting teachers and students into the remaining limited classrooms. Irma will keep the contact information for those who have volunteered and will check with all of them in July/August. To find out about volunteering in elementary schools K-5 contact Cyndi at ccoloton@yahoo.com.

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(more Club News cont' on page 14)



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Writers' Group

BY RAY BIRGE

Happy third month of winter! February is the Lovers' month with Valentine's Day.

Fun Facts: (1) February is one of the most misspelled words in the English language. (2) It's the shortest month and the only month that grows every four years. (3) One of the most popular days in the month in February is Groundhog Day.

The first Groundhog Day celebration can be traced to a local Elks Lodge that met on February 2, 1887, at Gobbler's Knob in Punxsutawney, Pennsylvania, to consult a groundhog about the weather. If the groundhog does not see his shadow, it means an early Spring. The accuracy of that prediction is about 50-50, the same as flipping a coin. The official Groundhog Club says the famous Groundhog predictor "Punxsutawney Phil, Seer of Seers, Sage of Sages, Prognosticator of Prognosticators and Weather Prophet Extraordinary," is 138-years old. Since groundhogs only live six to eight years, there's room to doubt this fact. This Feb 2, 2025, 40,000 people gathered in Pennsylvania to watch Phil, who did not see his shadow.

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

We meet on the 2nd and 4th Monday each month from 5 to 7 pm in the Computer

Room (OC). Hopefully, we'll see you there. Happy 2025 from the Sun City Writers' Group.

Any questions call Ray Birge 909-965-3558 or raybirge@aol.com

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LH Travel Group

BY LINDA BEVINS &
JOANNE SCHUMACHER

February brings memories from people and places in your past. Call some friends and plan a new trip of your dreams.

When it is hot in the summer, the Canadian Rockies are refreshingly cool. Did you know that due to climate change, glaciers are rapidly melting? Come this summer and take photos of you and your friends standing on a glacier.

Want a summer trip to North America? Travel north to explore the Quebec Province. Visit Montreal, Charlevoix and Quebec. Exploring the French culture will make you feel like you are in France.

Fall is the perfect season to heed the chimes of Big Ben as you cross the ocean to England. Hear the music of our youth - "Ferry cross the Mersey" and "Strawberry Fields Forever" as you explore Edinburgh, Liverpool and London.

If you are a cruising fan, board the Crystal Serenity as you explore Fall sights from New York City to Quebec City in utmost comfort and luxury.

October brings a custom-designed tour by our own favorite Collette - Jay Fehan. Schedule a nostalgic visit to Niagara Falls and patriotic West Point, where our Army leaders are educated.

For the holidays, visit Branson, Mo, and see the top shows, tour a cavern and the College

of the Ozarks.

Upcoming is a new tour to the Florida Keys! It will not be available in the Collette catalog, but you will be the first to see it here.

If you are a solo traveler, come to our next Solo Friends meeting in March 2025. Contact Lisa Viviano for information.

Our website: lincolnhillstravelgroup.com. Thank you to all who came to the January travel show! Next show is April 2!

Lincoln Hills Travel Group Leaders: Joanne Schumacher 415-999-1242 jkschumacher1@gmail.com; Louise Kuret Auerbach 916-408-0554 louisekuret@att.net; Lyle Auerbach 916-847-6544 lea925@att.net; Linda Bevins 916-666-7627 djbevins17@gmail.com; Lisa Viviano 916-798-7462 lisav4747@gmail.com

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RV Group

BY MARY CARBREY

Hop in! Buckle your seatbelt! Then enjoy the open road this year by joining our Rv Club! We have many outings planned for 2025 and we are already planning for 2026. In March we head for the sunshine in Desert Hot Springs. In April we try out the new Grass Valley RV Resort for something more local. The end of May will take us up to Humboldt County in Northern California followed by Chico on the way home. As we roll into warmer weather, we will be going to Minden, Nevada near Lake Tahoe, followed by Lake Siskiyou near Mt. Shasta. For those of us who still haven't had enough of the open road, we will be headed down to Pismo Beach followed by Mission Beach in San Diego in September. Finally we will round out the year closer to home in October at the Vineyards RV park in Vacaville.

Oh! And this doesn't even include all of our own individual RV trips for the year! Bottom line is, if you have a RV, use it! Whether you want to venture farther out of town or stick closer to home, our club has a little bit of something for every type of RVer.

See our website at www.lhrvg.com to learn more and join us on the second Thursday of each month at Kilaga Springs, 4:30 PM in the Placer Room. For general information contact our club president, Jake Baker at 916-838-5253 or jrbaker525311@gmail.com. For membership contact Cindy Aymar at 707-494-8185, or cjaimar@att.net

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LH Sports Car Club

BY ROB PHILLIPS

The LHSCG is starting to plan for the 2025 Driving Season. A number of trips are in the planning stages. Currently trips are "in the works" to the Preston Castle in Ione, the Dancing Tomato in Yuba City, the Grand Island Mansion on the Delta, the Capay Valley, Teresa's Restaurant in Jackson, the Point in Rio Vista and the Little River Inn in Mendocino. There will certainly be more trips coming. On January 13 a training was held for folks wanting to learn "tricks" for leading a trip. Thanks to Tom Breckon and Wood McCann for leading that training.

Our first Social Event is already planned to Celebrate Chinese New Year and the Year of the Snake on February 13 at the China Villa Restaurant.

The 2025 Board consists of President - Dan Roberts, Vice President - Edy Ternullo, Secretary - Rob Phillips, Treasurer - Ed Oravec,

(cont' on page 15)

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LH Sports Car Club

(cont' from page 14)

Webmaster - Ron Goleno, Social Committee - Nadine Miller, Tours - Tom Breckon, and Board Liaison/Historian - Jeanne Cervantes.

January 6 was the first meeting of 2025 and attendees viewed a presentation summarizing the trips and social events of 2024 and members are looking forward to 2025. Reminder - now is the time to renew your 2025 Membership. Also, if you are not a member and you own a sports car and want to join contact Edy Ternullo at edyternullo@yahoo.com

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Rods & Relics

BY ELNA RAGAN

On Friday, January 3, a large number of Club members were a part of a "drive-by" parade honoring Eustaquio Navarro Cortez, a local 102-year-old WWII Veteran who resides at the Summerset Memory Care. Cortez was surrounded by a very large group of family and friends who waved and cheered enthusiastically as the cars drove by in the pouring rain! Chuck Barnhart, and his Grandson, braved the heavy rain and drove his '65 Ford Mustang Convertible!

Ralph Colunga, our Downtown Lincoln Car Show Chair, held his second meeting on Tuesday, January 7. Activities are picking up and we are looking forward to a very successful Car Show on Saturday, June 7.

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

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LH Veterans Group

BY STEVE WITMER

Richard "Steve" Johnson, the Placer County Veterans Services Officer (VSO), will be the featured speaker at the February 20 general membership meeting at 1:00 p.m. in the Kilaga Springs Presentation Hall.

The Veterans Services Office helps veterans, survivors, and dependents obtain benefits by assisting them in filing claims with the U.S. Department of Veterans Affairs (VA) and the California Department of Veterans Affairs (CDVA).

The Veterans Group's popular St. Patrick's Luncheon is coming up on March 20. Reservation forms will be available at the February 20 general membership meeting and in the Veterans Group's monthly Bulletin.

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Republican Club

BY SUE DUMAS

Happy Valentine's Day!

January started off with a bang! The "Pre-Inaugural" Party was a potluck with Inaugural Trivia and general discussion tables. Tables were filled with excited conversation covering everything from trivia questions to Trump's Cabinet selection, to the continued failure of Democrat Elected officials and how we work with them going forward.

Looking forward, we have a very exciting

speaker for our next meeting!

Wednesday, February 12 (KS) Presentation Hall - Doors Open 6:00 PM, Meeting Starts 6:30 PM Author Jesse Petrilla, "If It Takes 1000 Years" from Al Qaeda to Hamas - How Jihadists Think and How to Defeat Them*

This presentation is gripping, with firsthand interviews with some of the world's most sinister terrorists.

After the presentation we will be convening to across the hall for additional discussion with Mr. Petrilla and other members. *Book will be available for purchase.

LHRC BOD has some very interesting events in the store for 2025. If you are not currently a member, you will want to join. Dues are \$15.00 per person, per year, based on calendar year. Make check payable to: LH Republican Club. Mail to Joan Kippert, 577 Northfield Lane, Lincoln, CA 95648.

We are always open to new members. Please visit our website for membership application, Club Calendar, photos, etc.

www.RepublicanClubSCLH.org

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LH Amateur Radio Group

BY DAN LEHRER, KN6DRN

Happy New Year!

Here is the Lincoln Hills Amateur Radio Group February, 2025 article submission for your consideration. The "picture" is a logo and is the biggest I can get.

We participated in Winter Field Day held annually during the third weekend in January. The goals of Winter Field Day include practicing our emergency communication skills in difficult outdoor conditions and making as many contacts as possible. Although we have no snow to contend with, our fingers did get

cold. Results will be posted next month. The Sun cycle peak has helped us make contacts this year.

Meetings are held at the South Tower every Monday night at 6:30 PM. Our club conducts a weekly radio network at 7:00 PM every Monday on the W6LHR Repeater at 147.030 MHz, 167.9 PL. If you are looking for a way to engage in the community and have an interest in amateur radio, please check out the LHARG. We can help with programming handheld radios.

For more LHARG information visit our Website, the URL is: lharg.us or email dlehrer72@gmail.com

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Hearing Support Group

BY JOANNE MITCHELL

The Hearing Support Group will meet on Tuesday, February 4th at 10AM in the OC Multipurpose Room. We will have two speakers from the Health Insurance Counseling and Advocacy Program. Among other things, this organization provides investigations into potential fraud.

Hope to see you there!!

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(more Club News cont' on page 17)

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SCLH Election News, 2025 Board of Directors

BY TERESA TANIN, SCLH Elections Committee

A well-run Association can be linked directly to members desiring the best for their community. The best communities are born out of necessity. The saying, Necessity is the Mother of Invention, warrants our attention. In other words, new ways to do things are found, created, or invented when there is a strong and a special need for them. The need is clear. Four new Directors are needed for the 2025 election. The Elections Committee encourages residents to apply for one of the four openings. The application process is easy and help is provided. If you were unable to attend the January 17 Candidate Information Session, you still have time to submit your application. Obtain the Candidate Information Packet/Application at Membership Desk (OC) next to Guest Services counter (OC). Return by the February 18, 4:00 PM deadline. Email to Michelle.Grizwold@scelha.com or hand deliver by the 4:00 PM deadline to the Membership Desk (OC). Call Michelle Grizwold 916-625-4062 to arrange a time to

drop off to assure receipt. Be sure to attend the Candidate Briefing Session, February 19, at 10:00 AM, in the Solarium (OC). Photos will follow in the Computer Room (OC). The Election Committee welcomes your participation in this necessary process to join the 2025 Board of Directors. Our community deserves the best.

SCLH BOARD OF DIRECTORS

CANDIDATE CALENDAR DATES:

- 2/18/2025...Application & Biography due 4 PM
- 2/19/2025...Briefing Session 10 AM to 12 PM (OC)
Solarium & Photos in Computer Rm
- 3/03/2025...Campaign Materials display begins
- 3/14/2025...Candidate Town Hall Q & A
10 AM Presentation Hall (KS)
- 04/5/2025...Candidate Forum 10AM Presentation
Hall (KS)

NOTE: Dates and places are subject to change.

Questions? Email: elections.committee@scelha.com

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Bosom Buddies

BY DOTTIE SUHRHOFF

Hello from the Bosom Buddies support group! We are a group of ladies who have survived or are experiencing breast cancer. We want to be there for each other in good times or when needed for support. We can listen or give a ride to the doctor. We have meetings on the second Thursday of each month which are held at 1 PM in the Multipurpose Room at Orchard Creek. We have speakers who inform us about things related to breast cancer or other items of interest.

We want to recognize an important person in our group who leads us each meeting in a wonderful devotion. Barbara Mathot always finds the most inspirational poems and



passages and we look forward to hearing them each month.

Our February meeting will be on Thursday, February 13. We have a nurse navigator and others from Sutter scheduled to speak at our February meeting. All are welcome to attend. If you would like to go to lunch at Meridians prior to each meeting, please contact Nanette Sorensen to reserve a spot at the table.

Our March meeting will feature Nanette Sorensen talking about how to plan for the end of life. Nanette is a former funeral home director who has many ideas on how to be prepared.

We want to thank Linda George for making port pillows, Sally Kuhse for making seat belt pillows and Sandy Adame for making the raffle items. Some of the port pillows and seat belt pillows were delivered by us to Sutter and to Kaiser.

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

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

Multiple Sclerosis Group

BY JERI DI FIORE

Bingo! Everyone was a winner, which certainly enhanced enjoyment of December’s MS Holiday party. Sourdough Bread Company Sandwiches and cookies, completed the festivities. Thank You to Joni Deutsch and Corene Bennett, for putting the event together and to their many volunteer helpers.

January’s Meeting recapped the benefits of the Mediterranean Diet, presented by Educator Rex Owen’s, SCLH Well Fit



Supervisor. Rex is a favorite of our group, promoting health through diet and movement.

You won’t want to miss the February 18 MS Meeting when “Senior Helpers” will speak regarding what they offer, including affordable home health care and flexible hours. Bring your questions:

Tuesday, February 18, 1 PM, Orchard Creek Lodge, Multi purpose Room

Thanks always to our MS Sponsors who, among other things, helped our MS Group place #1 in fundraising at the 2024 Folsom Walk. If you contact them, please say you saw their name in an MS posting: Devin ARP, Sun Run Solar; Donna Judah, Coldwell Banker

Real Estate; Hank Rhodes, American Senior Reverse Mortgage.

We also appreciate the Lincoln Hills Foundation for their constant support.

See you February with your questions.

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Alzheimer’s-Dementia Caregiver’s Support Group

BY MARIANNE OLIPHANT

The Alzheimer’s-Dementia Caregiver’s Support Group offers information and support to those caring for a loved one with dementia. We have three monthly group meetings. Our Women’s group meets at 1:00 PM on the 1st Wednesday in the Fine Arts Room (OC). The Men’s group meets in the multi-purpose room at 10:00 AM on the third Thursday. Both groups are focused on individual sharing. The General combined meeting is held on the 4th Wednesday at 1:00 PM in the Fine Arts Room (OC) and features a guest speaker. February’s program is “Caregiving Today: It’s A Balancing Act” presented by Felicity Junta. At all meetings you will find a welcoming community ready to hear your questions and concerns.

Contact: Jo Fratessa – 916-759-8760.

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(more Club News cont’ on page 21)



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*LINCOLN SHUTTLE TO SHIP AVAILABLE!				
10 Day CANADA AND NEW ENGLAND! PRINCESS				
Majestic Princess ~ 3560 Passengers	Sep 9, 19, 29, Oct. 9-2025	\$1,478	N/A	\$2,108
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	\$1,487	\$2,016	\$2,707
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	Mar.8, Sep.24, Oct. 19,-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.				
*LINCOLN SHUTTLE TO SHIP AVAILABLE!				
16 Day PANAMA CANAL - PRINCESS				
Coral Princess ~ 2000 Passengers	Nov. 21, Dec. 7- 2025	\$1,998	\$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!				
14 Day CIRCLE CARIBBEAN - PRINCESS				
Coral Princess ~ 2000 Passengers	Nov. 24, Dec. 8, Dec. 22-2025	\$1,059	\$1,119	\$1,409
Sail round trip from Fort Lauderdale, Florida to St. Maarten; St. Kitts; Dominica; Martinique; Grenada; Trinidad & Tobago; Aruba; Bonaire; Fort Lauderdale, Florida.				
7 Day COASTAL CALIFORNIA NORTHBOUND From SFO! PRINCESS				
Ruby Princess ~ 3080 Passengers	Apr. 27, Oct. 5-2025	\$938	\$1,010	\$1,238
Sail round trip from San Francisco, California to Astoria, OR; Seattle, WA; Vancouver, Canada; San Francisco, California.				
*LINCOLN SHUTTLE TO SHIP AVAILABLE!				
7 Day COASTAL CALIFORNIA SOUTHBOUND From SFO! PRINCESS				
Ruby Princess ~ 3080 Passengers	Apr. 20, Oct. 12-2025	\$988	\$1,035	\$1,538
Sail round trip from San Francisco, California to Santa Barbara, California; Los Angeles, California; San Diego, California; Ensenada, Mexico; San Francisco, California.				
*LINCOLN SHUTTLE TO SHIP AVAILABLE!				
7 Day ALASKA - PRINCESS				
Royal Princess ~ 3560 Passengers	May 31, Jun.14, July 5, Aug. 2, Sep. 6-2025	\$1,378	N/A	\$2,176
Sail round trip from Seattle, Washington to Juneau, Alaska; Skagway, Alaska; Glacier Bay National Park; Ketchikan, Alaska; Victoria, Canada; Seattle, Washington.				

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Days & Destination	Cruise Line ~ Sailing Date	Starting Price/ Inside Ocean-View Balcony
7 Day ROMANTIC DANUBE Cruise with OKTOBERFEST! AMAWATERWAYS~ AMAVERDE~ 190 Passengers	September 19-28, 2026	\$6,199
Package includes a Club Cruise Host Joining You - 2 nights luxury hotel in Munich, Germany with tickets to the original Oktoberfest in a beer tent! WIFI, bicycles and an included excursion at each port. 7-day AMAWATERWAYS Danube river cruise in standard accomodations. Board your small ship river boat and sail from Vilshofen, Germany; Passau, Germany; Linz, Austria; Weissenkirchen, Austria; Vienna, Austria; Bratislava, Slovakia; to Budapest, Hungary. Ask about upgraded cabins. Limited availability! Other dates available without host & tickets. Don't miss this amazing opportunity!		
12 Day PARIS TO THE SWISS ALPS Cruise Viking Longships ~ 190 Passengers	April - November 2025	\$4,598
INCLUDES ROUND TRIP SACRAMENTO AIRFARE! Package includes your home to the Sacramento Airport, Round trip Sacramento airfare, Airport Meet-And-Greet with transfers, WIFI, an included excursion at each port. 12-day Viking River Cruise in standard accommodations. Sail from Paris, France; Reims, France; Trier, Germany; Bernkastel, Germany; Cochem, Germany; Koblenz, Germany; Mainz, Germany; Speyer, Germany; Strasbourg, France; Basel, Switzerland; to Zurich, Switzerland.		
8 Day YANKEE SEASPORTS Cruise American Independence ~ 100 Passengers	May - October 2025	\$5,250
INCLUDES ROUND TRIP SACRAMENTO AIRFARE! Package includes round trip Sacramento airfare, Airport Meet-And-Greet with transfers, 1-night hotel Boston Four Seasons pre night, WIFI, an included excursion at each port. Explore seaport towns and American history and Maritime legacy on an 8-day American Cruise Lines river cruise in standard accommodations. Sail from Boston, Massachusetts; Plymouth, Massachusetts; Newport, Rhode Island; New London, Mystic, Connecticut; Sag Harbor, New York; Old Saybrook, Connecticut; to New York, New York.		
8 Day MISSISSIPPI Cruise Viking Mississippi- 386 Passengers	February - December 2025	\$3,499
INCLUDES ROUND TRIP SACRAMENTO AIRFARE! Package includes your home to the Sacramento Airport, Round trip Sacramento airfare, Airport Meet-And-Greet with transfers, WIFI, an included excursion at each port. 8-day Viking River Cruise in standard accommodations with a window. Sail from New Orleans to Memphis visiting Darrow, St. Francisville, Louisiana; Natchez, Vicksburg, Greenville, Rosedale, Mississippi; to Memphis, Tennessee.		
6 Day MEXICO Cruise - ROYAL CARIBBEAN Ovation of the Seas ~ 4,905 Passengers	Jun., Jul., Aug., Sep., Nov., Dec. 2025	\$750 \$815 \$950
Sail round trip from Los Angeles, California to overnight in Cabo San Lucas, Mexico; Ensenada, Mexico; Los Angeles, California.		
7 Day Europe's Winter Riviera Cruise Windstar Yacht ~ Star Legend ~ 312 Passengers	February - December 2025	\$3,179
INCLUDES ROUND TRIP SACRAMENTO AIRFARE!! Board your Windstar yacht and sail from Barcelona, Spain; Nice, France; Genoa, Italy; Livorno, Italy; to Rome, Italy.		
7 Day DREAMS OF TAHITI Cruise Windstar Yacht ~ Star Breeze ~ 312 Passengers	February - December 2025	\$5,488
INCLUDES ROUND TRIP SAN FRANCISCO AIRFARE!! Board your Windstar Yacht and sail round trip Papeete, Tahiti visiting the French Polynesian Islands of Moorea, Raiatea, Motu Mahaea (Tahaa, Bora Bora, Huahine, and back to Papeete in an Ocean View Suite. Don't put it off any longer. Book your Tahiti trip today! Ask about the all-inclusive package!		
9 Day Columbia & Snake Rivers Cruise American Cruise ~ American Riverboat ~ 180 Passengers	April - October 2025	\$5,755
INCLUDES ROUND TRIP SACRAMENTO AIRFARE!! Package includes 9-day American Cruise Lines river cruise in standard accommodations. Enjoy an included excursion at each port, beverage package & gratuities. Follow the trail of the intrepid explorers, Lewis and Clark and sail from Portland, Oregon; Cruise the Columbia River; Astoria, Oregon; Kalama, Washington; The Dalles, Oregon; Cruise the Columbia River; Pendleton, Oregon; Richland, Washington; to Clarkston Washington.		

Prices are per person based on double occupancy and subject to availability at the time of booking. Taxes, Fees, & Port Expenses as well as Travel Insurance are additional. Please call for current availability and pricing.

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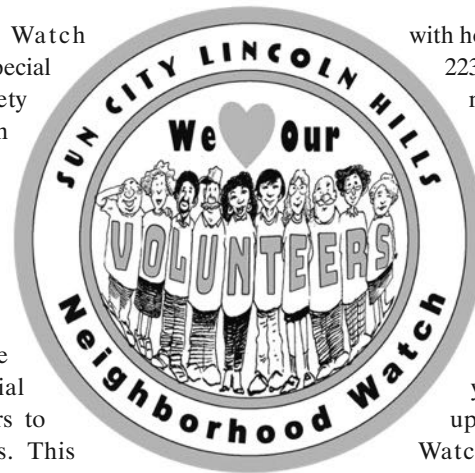
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Neighborhood Watch

BY TERESA TANIN

Neighborhood Watch volunteers provide a special service delivering safety and security information to our community. To celebrate their service, the NW Directors host annually the Volunteer Appreciation Celebration. This is a special evening where Directors serve special desserts and appetizers to honor the volunteers. This is also an evening to give thanks, present awards, and provide wonderful prizes. The event begins at 6:00 PM on March 15, with a no-host bar in the Multipurpose Rooms/Kitchen (KS). Although the Directors will be serving the volunteers, it is the volunteers who are the true servers, serving this community as the “eyes and ears” for the Lincoln Police and Fire. Come join us for this year’s Volunteer Appreciation. Meet fellow volunteers and learn more about volunteer opportunities. Consider joining the team. Help spread important safety and security information while volunteering only a few hours a month. Training on how to be a cluster Mailbox Captain is available several times a year. Learn the easy process of obtaining confidential emergency contact information from your mailbox residents, especially new residents. Pick up and deliver a new residents packet by contacting Dee Fuggiasco at 310-339-9918 or email welcomepacket@schwatch.org to reserve your packet(s) for pick up on a “Welcome Packet Tuesday.” These Packets contain informative information about safety and security and information about Neighbors InDeed, where “Handy Helpers” are available to help residents



with household tasks. Call 916-223-2763 and leave a short message. Visit website neighborsindeed.org to view all services available including Medical Equipment Loan Program, transportation information, and other referral services. Mark your calendar. Coming up is the Neighborhood Watch Community Safety

Event slated for April 17, to be held in the Grand Ballroom (OC). During this program, police and fire personnel will answer real-time questions. The program will include information regarding accident and fire prevention and will provide updated “Alerts” and/or “Incidents” information. This program will also present information regarding 2-1-1 Referrals Services and Elder Abuse issues, including current “Scams” in our area. Plan to attend and receive helpful information and handouts. Visit the NW website schwatch.org for more information, including the calendar listing the “schedule of events,” direct links to the Lincoln Police Department website, Current “Alerts”, Placer 2-1-1 referral services, downloadable forms to complete reports under “Documents” and the perpetual list of Neighborhood Watch Volunteer Honorees under “About Us.” Remember to thank the Neighborhood Watch volunteers for their extraordinary service to this community—a service only possible with our dedicated volunteers and the generous donations from our residents. Neighborhood Watch is also thankful to the Lincoln Hills Foundation for their helpful support. Thank you!

South Placer Transit Information: Education & Training

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Invite a transit Education Specialist to your next group meeting or event and let your audience learn all the ways public transit can make getting around easy, affordable, and environmentally responsible.

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Please contact Tricia Litts at training@southplacetransitinfo.com or 916-745-7560.

Low Vision Support Group

BY STU SINGER

Upcoming Meetings:

Due to the renovation of the Fine Arts Room the scheduled meeting on February 4 has been cancelled and the presentation postponed for one month.

Tuesday, March 4, 2:00- 4:00, Fine Arts Room, Orchard Creek Lodge

Want to get more out of the accessibility features on your smart phone? Ken Spencer and a cadre of fellow tech gurus will be giving small group, hands-on tutoring to members in order to enhance their usage of smartphones. This is not going to be a lecture program but rather a chance to address individual issues while receiving an overview of the stunning array of apps now available for your devices.

Tuesday, April 1, 2:00- 4:00, Fine Arts Room, Orchard Creek Lodge

Another very popular presenter, Cory Hanosh of Northstate Assistive Technology and Society for the Blind, will share with us the technologies designed to aid individuals with low vision. Cory will be joining us after the annual March conference on visual aids and should have the very latest information. As part of the presentation there will be samples for members to "test drive".

Low Vision Support Group Mission Statement

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

The Low Vision Support Group is funded

in part by the Lincoln Hills Foundation.

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

Democratic Club

BY JUDY GANULIN

The Lincoln Democratic Club started the new year with a meeting of enthusiastic Executive Board members and committee chairs, all ready to work toward an exciting and successful year! We ended 2024 with two well attended and enjoyable events. In January Lincoln City Council member Richard Pearl enlightened us about several city issues. In February we continue our local focus with Placer County Supervisor Shanti Landon discussing some current County issues. We continue to volunteer at Feeding the Foothills (formerly Placer Food Bank) and are looking for additional such opportunities. For more information, please see our website, <https://democraticclubLincolnCA.org>.

Bird Group

BY SHERRY SINGER

At the January 13 meeting of the SCLH Bird Group, Sal Acosta and his wife Suzanne Hutchinson were, once again, in front of the group with microphones in hand. Sal, who led the group for six years before stepping down this past September, and Suzanne shared photos and stories about their trip to the rainforests of Borneo. The photographs included brightly colored tropical birds with unique and

often descriptive names such as Flowerpecker, Babbler, Bulbul, Bee-eater, and Frogmouth. Approximately 10% of the birds in Borneo are endemic, meaning that they are only found on the island. It was a fabulous presentation punctuated by the vigorous applause of the approximately 80 bird-lovers in the audience.

But birds can be categorized as endemic even if they don't live on a tropical island. Last year when the Bird Group visited the Johnson-Spring View Park in Rocklin, we catalogued dozens of our very own endemic bird, the Yellow-billed Magpie (see attached photograph). It satisfies the definition of endemic because the only place it is found in the world is in the state of California.

Future Bird Walks —

Note: Non-local walks depart from the Orchard Creek gym parking lot @ 8AM.

February 7: Coyote Pond

February 14: Lincoln Wastewater Treatment Plant

February 21: Bridgeway Island Pond

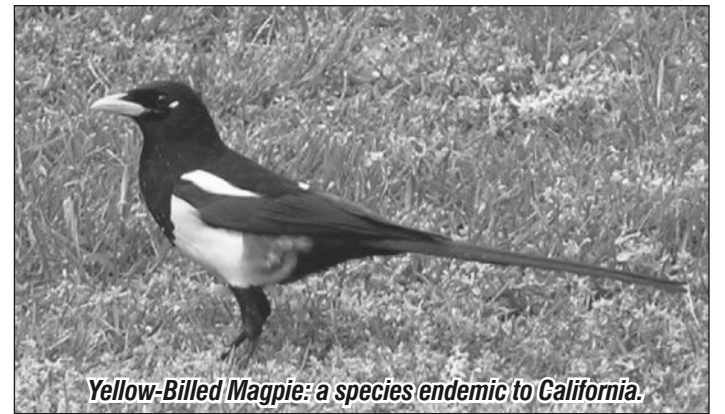
June 4-5, 2025 – overnight field trip to Sierra Valley

Future Meetings —

Note: Meetings are always the second Monday of the month at 1:30pm @ Kilaga Presentation Hall

February 10: Paul Tebbel - Why We Love Sandhill Cranes

March 10: Gaylene Tupen - Wildlife



Heritage Foundation

Contact Information — Visit us at our website www.sclhbirders.org

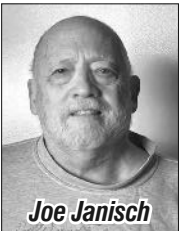
Or contact Don Fallon, our chairperson at donfallon102@gmail.com

Garden Group

BY LORRAINE IMMEL

"Grow Cannabis for Your Health – General Meeting Speaker Joe Janisch. Join us on February 27th at 2:00 PM, KS for an insightful presentation.

Cannabis has been used for thousands of years as an herbal medicine. Learn how cannabis is becoming an alternative to pharmaceutical medicine for your general health. More and more research is becoming available describing the benefit of using



Joe Janisch

(cont' on page 24)

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Has your chronic back pain made life difficult, unbearable even?
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You are not alone. Nearly 38% of the world's population suffer from debilitating back pain. And even more unfortunate, the surgeries recommended to fix you have such a high failure rate that there is a medical term for it, Failed Back Surgery Syndrome (FBSS). FBSS comes with a whole host of symptoms that often make life more difficult than it was before you opted to have surgery and include persistent pain that can affect not only the back, but the neck and limbs as well.

"For our 45th anniversary our children gifted us an Alaskan cruise," shared Max G. of Wheatland, "It's the trip of a lifetime! But while the excitement of exploring the Tundra Wilderness was almost too much to bear, so was my back pain. I've had two failed surgeries and my surgeon keeps pushing for another. One of those fool-me-once situations, but I also didn't want to spend 10 days in a cramped cruise room miserable and taking pain pills."

Not all hope is lost however. We specialize in treating back pain. Whether it's from a disorder, repeated injury, osteoarthritis, or something more complex like FBSS, we are helping people live lives free from pain!

Our patients are typically individuals who have been told they should have surgery but would either have a difficult time going under the knife or have tried that route with little success and decided to explore other options. There is more to healthcare than prescription pills and scalpels. By offering several integrative therapies at Lincoln Acupuncture we are able to combat and treat your pain from several angles ensuring the possible outcome.

We have pioneered non-pharmaceutical, non-surgical innovative medical solutions that not only address the back pain itself, but its cause as well.

Acupuncture has been used for thousands of years to reduce inflammation, increase blood flow, and stimulate the release of endorphins, the body's natural painkillers. To expedite this process, we integrate a targeted microcurrent therapy called ATP Resonance BioTherapy™. This technology was originally developed by NASA to expedite healing and recovery.

In especially complicated conditions they will also utilize BioVantage Regenerative Therapy™, a proprietary technique that makes use of terahertz frequency. We use it today to combat inflammation and in a majority of cases, offer our patients a more permanent solution.

"If you would've asked me 3 months ago if I thought I would feel this good after acupuncture treatments, I would've told you, you're nuts! But I'm a believer! My wife and I are currently booking excursions for the cruise and I'm actually looking forward to it. Before I would've been hesitant to even schedule something like dog sledding knowing my pain was through the roof, but now I can't wait! Obviously I have my kids to thank for this trip but I can't help but take my hat to the team at Lincoln Acupuncture because those ladies are the reason I'm going to truly enjoy this trip."

The staff at **Lincoln Acupuncture** have the skills to help. Your success is our priority.

Ready to schedule your new patient consultation? Call **(916) 884-0398**, a Vitality Coordinator is ready to help you get started living life pain free.

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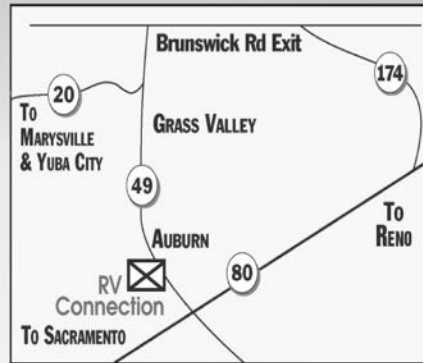
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Garden Group

(cont' from page 21)

cannabis as pain relief and a sleeping agent. As an eight year resident of Lincoln Hills, Joe has grown cannabis from seed for over ten years. He is an advocate for using cannabis as a natural alternative to pharmaceutical drugs, and Joe will share how cannabis has helped him maintain his health.

During this meeting, Joe will demonstrate the process of growing and processing cannabis. If you enjoy growing your own vegetables, see how you can grow cannabis for your personal needs. He will have some seeds available for you to try growing cannabis this spring and a demonstration of drying and processing cannabis for your day to day use.

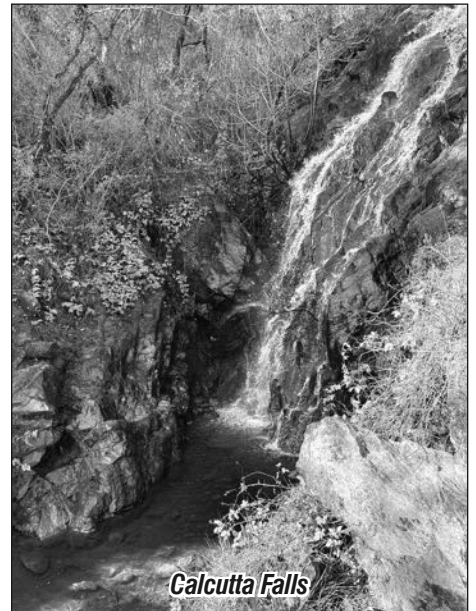
Available at February's meeting: New and Renewal Member registration, Master Gardener's pre-meeting (1:30 PM) Q's & A's on gardening, tickets for Door Prizes (2 tickets for those of you who bring flower seeds -purchased or home dried- for Twelve Bridges HS garden project). Sorry, no Brown Bag sales.

Hikers and Walkers

BY GAY MACKINTOSH

Layer up and get outside for some February fun! Are you a hiker, a walker, or both? Check out our website lincolnhillshikers.org. for lots of ways to enjoy nature even in midwinter.

Meet up with the Walkers any Wednesday at 8:00 AM. Choose a brisk 2½-3-mile trek on our own SCLH trails or a slower-paced Walk for Wellness with Karl Aitken, karlaitken@comcast.net. Call Coordinator Debbie



Calcutta Falls

Schryver, 916-666-1741, with questions about the Walkers.

Here's our February hike schedule as of press time. But watch the website for changes, and be sure to read the detailed hike descriptions to pick the best hikes for you.

Tuesday, February 4. Winchester Country Club (Meadow Vista). Moderate 6-mile network of trails with forest and mountain glimpses. Leader Tom Denzler.

Thursday, February 13. Cool Lunch Hike (Confluence). (Rescheduled.) Moderate 7 miles with 1000' elevation gain to lunch in town of Cool. Leader Bruce Quick.

Friday, February 21. Stagecoach/Manzanita/Western States Trails (Foresthill). Strenuous 7 miles, 1400 ft. elevation gain to

(cont' on page 25)

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Hikers and Walkers

(cont' from page 24)

Calcutta Falls. Leader Lisa Mariotti.

Tuesday, February 25. SCLH Trails plus Hikers Stretch. WellFit Program Manager Danielle Merrill will conduct a 20-minute stretch session customized for hikers, followed by a moderate 6-mile hike on our trails. Hike leader Marilyn McCullough.

Our first AllTrails Training Workshop in January filled quickly with a wait list. We're offering an additional hands-on workshop on Saturday, February 22, 1:00-3:00 PM. Limited to 20 participants, so sign up soon if you're interested.

Call President Tom Denzler, 530-368-2564, for information about LH Hikers and Walkers. New members are always welcome: see website "About Us/Join Us" tab. Contact Gay Mackintosh, Vice-President for Hikes, mackintoshbg@msn.com or 916-209-3628 for lots of resources to support new and returning hike leaders.

• • •

LH Cyclists

BY TOM FRADY

New officers were elected by acclamation at our business meeting in January. Greg Sandusky – President, Joan Hassett – Vice President, Lisa Leto – Secretary and John Wright – Treasurer. Thanks to these fine folks for stepping up. And, of course, our stellar group of ride leaders continue to be the heart of the club. The club has 153 members, including 17 new riders this year, and at least eight different ride groups.

Activities for 2025 were outlined, albeit

there are few definite dates. Our January dinner has been moved to October 30 due to the ballroom remodeling and there will 4 -6 more opportunities for fellowship throughout the year, including the summer/fall potluck/meeting, the Club Expo and some more beer busts. Of course, there will be about 200 days of club rides with up to 1600 options. While not an official club event, the Tour de Lincoln is on October 18th. Club members play crucial roles in the presentation of that event. President Greg suggested we plan some more day trips

If you are new to the club and wondering where you fit in, come out to the Sunday Social Ride, and easy 27-mile route with lots of ways to make it shorter. You will get a chance to meet a cross-section of riders who can advise you on gear, donuts and what group to join.

There are a few club t-shirts left for \$15 and just a couple club jerseys.

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Pickleball Club

BY DIANE FERRARI

Don't give up on your New Year resolution to become more active! Come out and learn the fastest growing sport. We offer opportunities to improve your play through Drill Classes, Academies and Private Lessons. Learn how to play the game with a free Intro to Pickleball class and learn why so many are having fun with this new game. For reservations, email CarolJudd@welcometopickleball@gmail.com

The Pickleball Club held its first meeting of the Players Forum on January 16th. Member Relations Director Ally Goodwin met with Club members to get input from our members—especially beginner and intermediate players. The "Players Forum,"

provides the opportunity for players to discuss a variety of Pickleball related topics including programs, classes and ways we can enhance the opportunities for all level of players. These meetings will be held monthly with the dates posted on the Pickleball Club calendar of events for exact place and time.

Come check out the Pickleball Bulletin Board on the walkway near the Upper Courts for information, dates and time of events and pictures of what's happening with the Pickleball Club. It's not too early to start talking to your friends about the Presidents Cup "Frenemies Scramble" April 22-23, 2025. Pick your own group of friends to play. Friends vs. Enemies = Frenemies. Plan now for April 2025! Hope to see you at the Valentine's Day Social, join us for fun, food and friendship on the Courts! Website: www.lhpbclub.com

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Lincsters 9-Hole Club

BY LORA FINNEGAN

January's sunny, dry days got us off to a great golfing start, unlike last year when we were rained out almost the entire month of Wednesdays. From now until the end of March, play starts at 1 PM. Check out our bulletin boards at the pro shop showing photos of our recent events and tournaments.

Coming up: March 26 the Big Sister/Little Sister Tournament; April 28 the Inter Club Scramble. If you love the game, we hope you'll consider joining the Lincsters. Our members love to greet new members and share our golf insights and local course knowledge. Weekly prizes include winnings for closest to the pin, the putt pool, and tops in flight.

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

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Lincoln Hills December Sales Snapshot

Address	Street	Sq. Ft.	Orig. Price	Selling Price	Floorplan
2019	Gatehouse	1298	\$510,000	\$500,000	Bridgegate
2621	Winding Way	1491	\$575,000	\$475,000	Almanor
444	Stags Leap	1531	\$575,000	\$575,000	Alpine
1010	Tioga	1626	\$632,000	\$568,000	Lassen
2251	Stepping Stone	1791	\$750,000	\$750,000	Tahoe 3 car
1277	Hillhaven	1845	\$700,000	\$639,000	Echo Ridge **
2392	Kingfisher	1854	\$650,000	\$623,000	Plumas
2407	Granite Lane	1910	\$799,900	\$780,000	Fremont*
916	Dogwood	1944	\$599,900	\$619,500	Orchard Crest
1685	Delta Wind	2068	\$725,000	\$715,000	Tahoe 3 car*
500	Stillwater	2073	\$750,000	\$720,000	Annadel 3 car
589	Northfield	2073	\$650,000	\$630,000	Annadel *
1869	Creekcrest	2151	\$849,000	\$840,000	Sausalito 3 car
2678	Kingfisher	2245	\$700,000	\$670,000	Shasta
2143	Lavender Hill	2258	\$960,000	\$866,200	Napa *
1842	Homewood	2536	\$958,000	\$925,000	Tiburon
841	Northfield	2883	\$1,150,000	\$1,075,000	Springcrest*/**

* View / Golf Course **Casita

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Lincoln Theatre Company Presents Noises Off

BY PEGGY SCHECHTER

The Lincoln Theatre Company is thrilled to present the classic comedy, *Noises Off*, for three weekends starting Friday, February 14, 2025. This uproarious play, written by Michael Frayn, offers a behind-the-scenes look at a theater troupe's hysterical attempt to stage this farce. Frayn was inspired to write *Noises Off* after experiencing the chaos of a theater production which often involved misunderstandings, mishaps, and personal conflicts. He wanted to share the behind-the-scenes antics of actors and crew members, highlighting the often-chaotic nature of live performances. The play was written in a unique structure, showcasing both the on-stage performance of a fictional play and the off-stage interactions among the cast and crew. It is renowned for its intricate staging and rapid-fire humor.

Noises Off premiered in London in 1982. It received rave reviews for its clever writing, intricate staging, and the way it captured the essence of theatrical chaos. Following its success in London, *Noises Off* made its Broadway debut in 1983, where it continued to receive positive reviews and garnered a Tony Award for Best Revival



Back stage chaos-onstage laughs in *Noises Off*... Gary Giurbino as Selsdon; Carter Medlin as Lloyd; Crystal Mayer as Dottie.

of a Play in 2001. In 1992, *Noises Off* was adapted into a film, featuring a star-studded cast including Michael Caine, Carol Burnett, and John Ritter.

The production is directed by Leslie Duran. The cast features a talented ensemble of outstanding actors including both popular returning cast members and a bevy of remarkable newcomers. Performances are scheduled for February 14-May 2 and with evening shows at 7:30 PM and matinees at 3:00 PM. It's an evening or afternoon of laughter and theatrical mayhem at Lincoln Theatre Company. Tickets may be purchased online at www.lincolnthatrecompany.org or by calling 916-409-7030.

Safety First — Protect Yourself Against Romance Scams

BY ROSEVILLE POLICE DEPARTMENT

Are you or a family member looking for that someone special... Now, more than ever, people are using their smart phone for almost everything, including finding their soul mate. According to the Federal Trade Commission (FTC), in 2022 nearly 70,000 people reported a romance scam and this resulted in a loss of \$1.3 billion dollars.

You've no doubt heard of people being scammed on dating apps, but according to the FTC a more common way romance scams began was with an unexpected message on a social media platform.

Older adults that are lonely or have recently lost a spouse are especially vulnerable to romance scams. These scammers are unscrupulous and will exploit any vulnerability of their victim. In the end, these scammers have one thing in common. They want your money. The FTC states in 2022 the largest aggregate reported losses were in cryptocurrency, but more people reported paying the scammer with gift cards than any other method.

The Department of Homeland Security's Immigration and Customs Enforcement (ICE) (<https://www.ice.gov/features/LoveOnline>) offers the following tips to avoid losing money to a romance scam:

- Protect yourself and older loved ones by raising awareness. Although this can be an uncomfortable topic, make sure you, your family, and your friends are familiar with romance scams. The more you know about these scams, the better prepared you are to

prevent being a victim.

- Check in on older loved ones. Scammers are seeking to target those living alone or grieving the loss of a spouse as they are more vulnerable.

- Limit what you share online. Scammers can use details shared on social media and dating sites to better understand and target you.

- Do your research. Research the individual's photo and profile using online searches to see if the image, name, or other details have been used elsewhere.

- Go slowly and ask lots of questions. Don't let the individual rush you to leave a dating service or social media site to communicate directly.

- Listen to your gut. If the individual seems too good to be true, talk to someone you trust.

- Don't overshare personal information. Requests for inappropriate photos or financial information could later be used to extort you.

- Be suspicious if you haven't met in person. If the individual promises to meet in person, but consistently comes up with an excuse for cancelling, be suspicious.

- Don't send money. Never send money (i.e. gift card, cryptocurrency, or money wire) to anyone you have only communicated with online or by phone.

If you've lost money to a romantic scammer or think that they may have stolen your personal information, report it to the FTC (www.reportfraud.ftc.gov) and file a report with your local police department.

Ladies Golf – 18 Hole Club

BY CATHY JAICKS

As the 2024 season draws to a close, the Annual Holliday Luncheon and Awards Ceremony provided a perfect opportunity to reflect on the accomplishments, friendships, and camaraderie that defined the year. Hosted by our club to honor the outstanding achievements of our women golfers, this year's event was a heartwarming celebration of unity, resilience, and success both on and off the course.

While we all feasted on a delicious meal, our 2024 Captain, Wendy Seagraves, took to the stage to present the following awards for the year:

Leading the charge Liz Phillips, named Most Improved Golfer of 2024, cut 4.1 points off her handicap, showcasing exceptional dedication and setting a new standard for excellence.

We proudly recognized our 2024 Club Champion, Beth Morton, closely followed by Patti Tilton, with Kelley Royball as the Low Net Over the Field. We also celebrated the Net Chix tie winners, Mary D'Agostini and Kathie

Sutter, for their outstanding performances.

Eclectic tournament winners:

1st place, Flights 1-3 - Orchard: Mitsuko Cameron, Ginny Smith, Phillips

2nd place, Flights 1-3 - Orchard: Royball, Georgia Richie-Lynch and Seagraves (tie), Maureen Senn

3rd place, Flights 1-3 - Orchard: Donna Sanderson, Ilene Marshall, Dee Grimm

1st place, Flights 1-3 - Hills: Kathi McCoy, Richie-Lynch, Phillips

2nd place, Flights 1-3 - Hills: Royball, Seagraves, Marcella Christoff

3rd place, Flights 1-3 - Hills: Tilton and Cameron (tie), Donna Brinkerhoff & Judy Dong (tie), Lissi Bedford and Bonnie Hing (tie)

Birdies, Chip -ins and Eagles, were accumulated throughout the year and calculated on a point

basis for each player with three positions awarded in each flight.

1st place: Flights 1-3: McCoy, Phillips, Bedford

2nd place: Flights 1-3: Tilton, Barbara Grant, Sandy Tamanti

3rd place: Flights 1-3: Gwen Hare, Sharon Knoll, Carol McCann

As the awards ceremony concluded, Captain Seagraves passed the gavel to Eileen Boone, our 2025 Club Captain, and introduced the new executive board, (pictured below), and the extended board members.

What a year 2024 has been! Filled with laughter, friendship, and unforgettable moments, our regular Thursday morning play has truly made this golf season special.

Men's Golf Club

BY CARL LYNCH

Congratulations to all the golfers who played our 2024 2-Man Pinehurst Holiday Challenge Tournament in December and braved the fog, cold, soggy fairways, and dreaded "cart path only" conditions. We ended up with 86 rugged golfers who had a great time. The scores were very impressive for these conditions! Low Gross Winners were Flight #1: Jaicks + Black with a low gross of 72. Flight #2: Gentile + Francis with a low gross of 76. Flight #3: Phillips + Barrierio with a low gross of 85. Flight #4: Andrews + Merlo with a low gross of 87. Flight #5: Messelbeck + Brumley with a low gross of 88. Flight #6: Chan + Galvan with a low gross of 91.

Closest-To-Pin: Hole #5 Warren Mercer 10' 4", Hole #7 Greg Klink 7' 1/2", Hole #12 Joe McDonnell 5' 3", and Hole #16 Don Cook 1' 5"

Long Drive from the White Tees: Fred Jaicks and from the Green/Red Tees: Rob Davies.

Our February tournament is the "Valentine's Day Massacre". The format is 4-Man Lone Ranger and is played on both the Hills and Orchard Courses.

The Men's Golf Club is an excellent way

to make new friends and enjoy a game of golf. We encourage SCLH golfers to come out and participate in our monthly tournaments.

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

SCLH Water Volleyball

BY HOLLIS BISCHOFF

We're down one pool, but up with new styles of team play and practice as we get ready for semi-annual rankings next month. We're also welcoming the '25 steering committee, with Millie Hubbard as our new chairperson, Ernie Ferrier as Membership, Roni Barger as Recreational Play Coordinator, Kim Catrow-Ferrier as Secretary, Cheryl Johnson as Treasurer, Anami Justesen as Email Coordinator, and Tom Bolton as Webmaster. Thanks to all who have served us well over the last 2 years!

Come and try us out at a free drop session any Saturday at 9 am. Please contact us beforehand so we can let you know where to meet and what to bring. Find us at LHWaterVolleyball.com or call Ernie Ferrier: 925-961-2372



2025 Executive Board Members.

(more Club News cont' on page 28)

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Swimmers & Water Walkers Club

BY ROSEMARY TANFANI

In the fitness world, an old adage is “couples who work out together, stay together.” This sentiment encapsulates the benefits of exercising as a pair, intertwining physical health with emotional connection. And, here in Lincoln Hills, we have couples who swim and water walk together.

John Dopp and David Lumadue are avid athletes, who came back to swimming when they moved to Lincoln Hills in 2014. Though they started slowly, they now swim 3-4 times a week in the OC pools. When they swim now, they swim the first 10 lengths together in sync, counting strokes, so as to reinforce techniques and try new ones. Dopp says, “Swimming has become a powerful bond between us, and it fun and exercise at the same time.”

The benefits of having a water partner are: Motivation and accountability, Improved communication and connection, Shared goals and progress, and Quality time together. In addition, the endorphins released during exercise, create a natural high, enhancing your mood.

Whether you have a partner or not, come to the pools and swim or water walk. There are unofficial early and late afternoon groups that walk together, and there are many twosomes and threesomes at the KS pool, and in the OC outdoor lap pool.

Turn your exercise time into fun! And happy Valentine’s Day to all...

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



Dedicated Partners and Swimmers, John Dopp and David Lumadue.

LH Senior Softball League

BY HEIDI MAZZOLA

The 2025 LHSSL summer season is right around the corner! As in past seasons, we offer Coed, Women’s and Tournament play. Opening Day is tentatively set for mid-April, with the exact date to be finalized in the coming weeks.

Player applications are now available on our website, LHSSL.net, so don’t wait to sign up! If you prefer a hard copy, you can pick one up at the Orchard Creek entertainment kiosk, located across from the reading room. Applications are due by February 20. New players will be asked to attend a rating assessment in late February or early March. Details will be sent via email. Shortly after, we’ll hold our annual player draft to determine team rosters.

Want to kick off the season in top form and stay injury-free? Don’t miss John Moran’s annual Conditioning Clinic! Open to all members, this clinic is a great way to get in shape and connect with fellow players. Keep an eye on your email and our website for dates and times.

The Women’s Division is hard at work planning for the 2025 season. Details will be shared as they become available. Joining the Steering Committee for 2025 are Lanette Stratton and Didi Martin, who will work alongside returning member Cynthia Horne. A heartfelt thank you to outgoing committee members B.J. White, Jean De Simone, and Kathleen Wilens for their dedicated service and contributions.

The LHSSL is more than just a league—it’s a community built on fun, friendly competition, and camaraderie. If you’ve been thinking about

playing, now’s the perfect time. Visit LHSSL.net for the latest updates, event schedules, and details.

We can’t wait to see you on the field!



LH Table Tennis

BY ILENE MARSHALL

The Table Tennis Club was very active in December with a lovely holiday luncheon and entertainment by Dennis Zaro playing holiday tunes on the piano. Everyone had a great time and we’re looking forward to a busy 2025.



Our first event is February 12th at China Villa. It will be a banquet ushering in the Chinese New Year.

We’ll also be having our Doubles Happiness Round Robin on February 16th at 1PM. Come out to watch all the fun. I’m sure it will bring back childhood memories and you’ll want to join us!

(cont’ on page 29)

Michelle’s Featured Listings



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Echo Ridge Model
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2.5 Car | Den
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LH Table Tennis

(cont' from page 28)

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

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

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

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

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

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

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

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

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

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

• • •

LH Tennis Group

BY SUE KUUKKA

A big thank you to the 2024 LHTG Board for their efforts and a smooth transition to the new 2025 LHTG Board. Many SCLH residents already know our new President, Kathy 'Kat' Jaskot from her participation in many activities here in SCLH and you can find her at the courts several days a week. The new board has already prepared a robust calendar of events for 2025 and are looking forward to a fun filled year of social events and tournaments. Check www.sclhtg.com for more information on our upcoming events.

In addition to our ongoing tennis activities, we have several free and/or paid offerings through WellFit. Live Ball is one of the most popular free events and paid classes include Cardio Tennis and the new Women's Doubles Drill & Play. For more information on these and many more, look in the Compass magazine or online.

If you are thinking of learning to play tennis or just getting started again, there are several ways to do that through LHTG and/

or our own resident RSPA/USTPA Teaching Pro, Eric Garcia. He can be reached at Eric.Garcia@sclhca.com. Looking forward to seeing everyone on the courts!

• • •

Shuffleboard Club

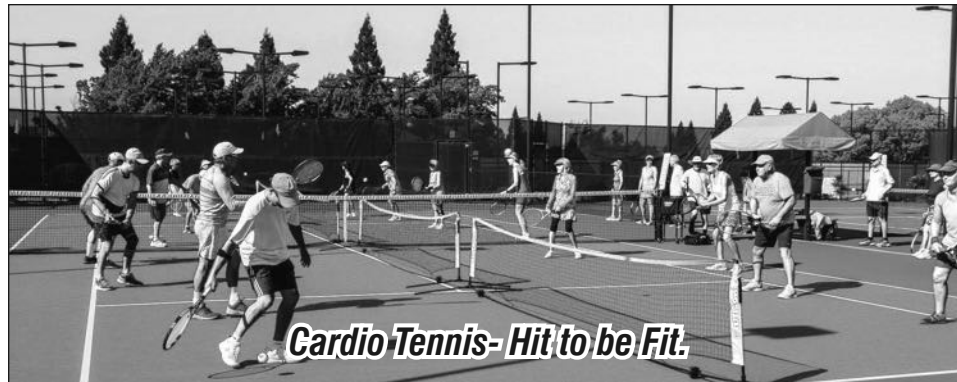
BY JON KLINE

Great fun at our 2025 kickoff lunch on January 13th in the OC Solarium (See Photo).

Congrats to Wanda Sherrill who won a private lesson with our shuffleboard "Pro" Jon Kline, and thanks to Irene Hesson, social director for putting it all together. All residents are invited to play shuffleboard on our 5 all-weather PolyCourts on Court #10, located in the Sports Plaza adjacent to the rear of the softball field parking lot. Club play continues every Wednesday and Saturday from 1:30 to 3:30 PM, with new player orientation offered at every session. Evening or morning rain has



2025 Shuffleboard Club kickoff luncheon.



Cardio Tennis- Hit to be Fit.

no effect on the courts except to clean them; they are virtually hollow and sit 3/8 of an inch above ground level. Winter and spring social events, tournaments and free beginner and basic strategy clinics are being planned, so come out and meet a great group of Lincoln Hills Shufflers. Scheduled events will be posted outside of Court #10. For open play and practice, reserve courts for 1-3 hours up to 7 days in advance at: Resident Website / Wellfit Reservations / Shuffleboard Courts. All

(cont' on page 33)



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SSNLH WRITERS...

Valentine's Day

BY JIM FULCOMER

When came the day of Valentine, I cobbled up a grand design - of planning something really fine, to make her tender heart resign.

A dinner, with expensive wine. Perhaps a show, "A Chorus Line?"

And in the moonlight, she'd be mine. Perhaps the stars would realign.

It wasn't for my lack of trying, but my romance she wasn't buying.

And now I'm left with eyes a-crying. I'm devastated, no denying!

Explanations may, to some degree, assuage my world of misery.

"It really isn't you, It's me," does little for my sanity.

Chocolates, Roses, are temptations, to prove our fervent adorations,

which may exact some invitations, involving mutual palpitations.

How we love to play this game, where Cupid is the one to blame.

And how we yearn to stake our claim, in the "Lover's Hall of Fame."

How exciting is the chase, when willing arms find soft embrace.

When passion rules your every thought and despair when it comes to naught.

You always hope for real romance and pray you have an even chance.

For Cupid's arrow often strikes, when affection springs from "likes."

Casanova seemed to know, how to set a lady's heart aglow.

His recipe for swift seduction does not come with mere deduction.

He left a legacy of broken hearts, with his conquests off the charts.

No "breach of promise" was recorded, in his cupidity so sordid.

Romeo worked up a sweat, about his love for Juliette,

Oh, you can make an even bet, that story isn't over yet.

But in this crazy world today, where there are fifty shades of grey,

Love can walk in, but may not stay. Where this will end I dare not say...

Driving in the Rain

BY JOY S. HUTCHISON

It was over fifty years ago when I took my three children to Disneyland. We lived in a small town between Oakland and San Jose, and left one early morning in my two-tone tomato red and black Ford Maverick. It was springtime, and the weather was still unpredictable with rain on and off on a daily basis. The kids were bundled up and drowsy, not yet ready for a breakfast break, as I drove south on Highway 99. There weren't many vehicles on the road since it was early on a Saturday morning, and about an hour later as we neared one of those sleepy towns, I saw a sign indicating that there was a stop light ahead. Here? In the middle of no-where? The light was green, so keeping my foot on the pedal I figured I would get through the intersection before it turned yellow and then red. All of a sudden, the car seemed to lose traction on the slick pavement and we skidded into a 360-degree spin-out! When we stopped, I was in the middle of the deserted intersection. The kids were crying in the back seat and my knees were shaking.



Fortunately, one of the locals had seen the action and calmed me down, blamed the wet pavement, and assured me I was safe to continue my journey. After settling in for a cup of coffee and breakfast for the family, we continued on our way.

Fastforward to a more recent experience: I spent the holidays in Oregon where many of my relatives live, including my grandson's family. My great-grandson is a senior in high school, and not long ago became the owner of a beautiful blue Mustang. You know what I mean... it looks like it's moving even when it's standing still. He has fixed it up over the last year and is his pride and joy. After a family meal while I was there, I asked him if

he could just give me a ride around the block. "Sure, Gigi, I'd be happy too!" he exclaimed. We got in the car and before I knew it we weren't only going around the block, he took me on a Joy Ride (pardon the pun) that blew my socks off! It brought me back to that long-ago memory of my Disneyland trip, with the wet road and perhaps a bit more speed than would be practical.

At the end of the ride, I shared that long-ago experience with my beloved great-grandson. Sometimes life experiences are the best things to share with those we love. I hope my lesson is his lesson, too, and he will remember it when he gets behind the wheel on those wet country roads.

An Open Letter to Mike Tyson About Aging

BY STUART SINGER

Dear Mike:

I am writing to you about what happened during your recent "appearance" against Jake Paul. You may rightfully be asking "What could this guy have to say to me?" Granted, I was never a world champion. In fact, I was never a champion of anything. There was that second-place finish in a community tennis tournament, though that would hardly be considered a valid credential. What is relevant is that I live in a community of individuals who deal with the realities of aging on a daily basis; have developed sound strategies for navigating that journey and would never provoke a physical confrontation with someone thirty-one years their junior.

A Little Bit of Background — One week before you faced off with Paul, my daughter was all aflutter. With a short-term Netflix subscription in hand, she was already

predicting with certitude the outcome of the fight between you, a 58-year-old man who had last won a title fight in 1996 and an opponent who was born one year later. "Have you seen the way Tyson looks," she raved, "his body is amazing. I can't wait to see what he does to that big-mouth jerk on Friday." By Saturday morning her attitude had taken a significantly negative shift. "Good grief," she texted us, "As soon as the first bell rang, Tyson looked like he was a hundred years old. It was pathetic. How could this happen?"

Let me explain.

Aging is Real and It is Relentless — Mike, although she is only four years younger than you, my eldest child is clearly unaware of the difference between her early AARP life—work at a desk job, walk the dogs and occasional visits to the gym—with the realities of being a professional prizefighter who is well beyond his competitive expiration date.

Perhaps it is time to bring William Shakespeare into this conversation. To

the best of my knowledge the Bard never ventured into a boxing ring, but he did address the concept of aging. He focused on the topic with "The Seven Stages of Man" in his play "As You Like It." He posited that life was circular in nature with the following stops along the way:

1. Infant; 2. Schoolboy; 3. Lover; 4. Soldier; 5. Justice; 6. Pantaloon ("The old man still in control of his faculties, but who is so thin that his stockings become loose"); 7. Old age (which he equated to a return to the helplessness of infancy).

Trust me Mike, he was talking to us.

The 21st Century Seven Stages of Man — While the world has changed significantly since "As You Like It" was in its initial Globe run, the aging process has not. Here is an updated outline of the process.

1. Infant: we are born into the world naked and helpless. Our best strengths are crying and producing burps.

2. Schoolboy: The preteen years. Our heroes are "The Big Kids," the savvy, (cont' on page 35)

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Shuffleboard Club

(cont' from page 29)

equipment is in the onsite locker; instructions for using the equipment are posted in the locker. For evening play, enjoy the bright LED lighting until 9:00 PM.

Email the club for the basic game rules. We are a no dues club. People of all ages and fitness levels can play shuffleboard because no bending or lifting is required.

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

• • •

SCLH Cribbage

BY MEL SWITZER

All You Need Is Luck
The Beatles
Love, love, love!
Love, luck, love!
Luck, luck, luck!

There's a game you can play that can be won.

You must have some skill or you are done. There's nothing you can say without luck on your side,

It's easy!

All you need is luck.
All you need is luck.
All you need is luck, luck,
Luck is all you need.
Luck is all you need...

There is some skill to winning at Cribbage and basic math skills HELP too, but having "A Little Luck" is essential. Lovely Rae will greet you at the door any Tuesday morning at 8:30 in the OC card room. You may be singing I'm a Loser or money Can't Buy Me Love, but you won't be saying I Should Have Known Better,

Because, a splendid time is guaranteed for all.

Our recent winners will attest to having both luck and skill. They are: 12/10 Eleanor Jones, 12/17 Harry Hirsch, 12/24 Jerry Carlson, 12/31 Pat McGough and 1/7 Susan Rodgers.

Recently, although there were three who used their skills by getting 6 perfect scores of 121 points, poor Bruce Swift, Ron Moody and Howard Beaumont were out of the money, because three other players had skunks to their names. Oh well!

There's nothing you can do that can't be done.

Nothing you can sing that can't be sung.
Nothing you can say,
But you can learn how to play the game.
It's easy!
Yes It Is!

And you may be singing Baby, I'm a Rich Man too. So All You Gotta Do is show up on a Tuesday morning, buy your Ticket To Ride and you'll be singing Any Time at All.

Yes, there are 13 Beatle references above. Come play Cribbage any Tuesday and verify your knowledge of Beatle music.

• • •

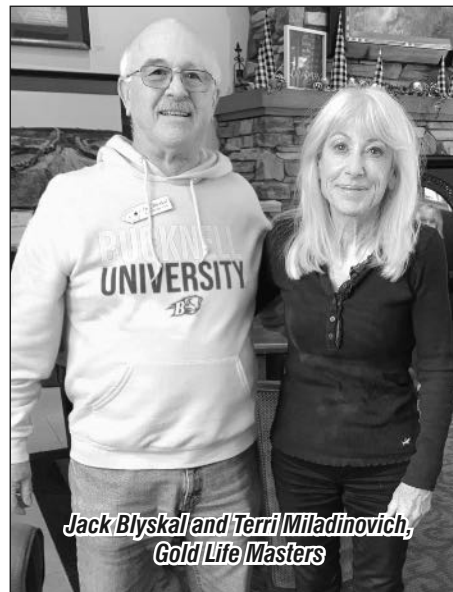
Duplicate Bridge

BY MONA STRYKER

Congratulations to Terri Miladinovich and Jack Blyskal for achieving Gold Life Master, awarded by the American Contract Bridge League. Gold Life Master ranking is not easily reached, requiring 2500 Master Points.

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

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



Jack Blyskal and Terri Miladinovich, Gold Life Masters

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

For further information, go to our website shown below.

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

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

Website: www.bridgewebs.com/lincolnhills/

• • •

Pedro Group

BY BONNIE KING


Pedro is a slightly challenging bidding card game. If you have never played, or it has been a long time since you played, we are happy to teach you the basics or refresh your memory. We meet from 9:00 AM to Noon in the Card Room (OC) on the first and third Fridays. For more information, please call Denise or Bonnie King at 916-303-3525. We look forward to seeing you soon.

Contact: Denise Jones – 916-543-3317.

• • •

Lincoln Police Department Volunteer Program


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




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An Open Letter to Mike Tyson about Aging

(cont' from page 31)

sophisticated, super cool thirteen -year-olds who ride bikes in the street and are not terrified by girls. The elite can burp on command.

3. Teenager: We now idolize adults. For me that included Mickey Mantle, John F. Kenned, Paul Newman, Willy Mays, Elvis Presley, Sean Connery and Sugar Ray Robinson.

4. The Age of Coming to Grips: The most ambivalent of all stages. In my late thirties I was training to compete in a marathon, playing tennis on a regular basis and weightlifting ridiculous amounts yet the first signs of impending doom were presenting themselves. Most prominent was the realization that all of my current heroes were far younger than me. Am I really sixteen years older than Steve Young?" Kate Winslet is really only 22 years old in "Titanic"?

5. The Age of Invisibility: Sorry Mike, but this is your current stage. Thirty years ago, Mike you were called "The baddest man on the planet" for good reason. Episodes like the one with Paul make you among the saddest.

6. The Age of Loose Pantaloons: Surprisingly Mike, the view from stage six is in some ways better than it was for Shakespeare. At this point we are in many ways back into our best infant selves. With a bit of acceptance and a fair amount of humor it can be highly survivable. Remember how your parents cheered your first steps? Now my personal trainer gives me high-fives for walking a quarter of a mile. Stating the correct date elicits the same positive response as that of your first utterance of "Mama." A nurse will ask if you have "fallen down" in the last six months and a "no" you get an approving nod. Sure, it's a low bar but so much more satisfying than being punched in the face by a twenty-something.

7. Old Age: Keep reminding yourself how cool it was when the only thing you had to worry about was your sagging pantaloons. Champ, I hope this has been helpful.

.....

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

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HANDYMAN: 916-724-5207 phileb@live.com. Drywall, plumbing, fans, hang pictures & t.v.s, and more.

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

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

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

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

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

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FAMILY-OWNED HANDYMAN AND REMODELING SERVICES, Proudly Rated 5 Stars! Landrum Construction Lic# 1126021- Call 510-901-1166.

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

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

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

FOR RENT

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

FOR SALE

EASYPOWER EXTERNAL SOLAR Powered Window Shade 8' wide 64" long. \$350. Call Rob 916-802-0550.

GOLF CAR FOR SALE. 2023 Champagne iCon i40. 60 miles on odometer. \$8500. Call Lois 916-798-2538.

MODEL TRAINS AND ACCESSORIES "HO" Scale "ON30", "O", "G". Feb 8th, 10am - 2pm, 2777 Black Hawk Ln, Lincoln Sun City, Ca. I have great prices, you make offers 916-577-3480.

Walker \$10, Commode \$10, Security Pole \$50. Large Transfer Board \$50. Call 916-626-0254. Leave Message.

WANTED

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

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

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.


ANNOUNCEMENTS

ESTATE SALE: February 14, 15, 16., 8a.m. to 4p.m., 1977 Hawk Hill Lane, Lincoln.

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


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

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



We Cancel TIMESHARES for You

Every year 150,000 people reach out to us for help getting rid of their timeshare. In 2019, we relieved over \$50,000,000 in timeshare debt and maintenance fees. We can help.



Get your free information kit and see if you qualify:

855-946-0763

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)

- Contact name and phone number.
- Which category to place your classified ad in: (Service, For Sale, Wanted, Announcement)
- 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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As Broker and Owner of Thompson+Brown I have worked with thousands of sellers to achieve their goals. This year marks my 40th year in Real Estate. I have seen every market condition and I use that vast experience to make the sales process easier for my clients. Please give me a call or text me and I will be happy to come and meet with you and answer any questions you may have.



George Brown

RECENT SALES IN LINCOLN HILLS

1612 Andover Lane	900 Sq. Ft.	\$420,000
2621 Winding Way	1491 Sq. Ft.	\$475,000
1010 Tioga Court	1626 Sq. Ft.	\$568,000
444 Stags Leap Lane	1531 Sq. Ft.	\$575,000
2481 Longspur Loop	1795 Sq. Ft.	\$610,000
874 Bridalveil Lane	1704 Sq. Ft.	\$629,000
589 Northfield Lane	2073 Sq. Ft.	\$630,000
2678 Kingfisher Lane	2245 Sq. Ft.	\$670,000
500 Stillwater Court	2073 Sq. Ft.	\$720,000
2407 Granite Lane	1910 Sq. Ft.	\$780,000
841 Northfield Lane	2883 Sq. Ft.	\$1,075,000

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