

SUN SENIOR NEWS

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LH Foundation — Happy New Year!

BY DENISE BOWDEN

January brings us to the start of a new year. For some, a time to make and stick to resolutions and perhaps drop them soon after, despite any good intentions.

At the beginning of the month, we will experience the Perihelion, the day we are as close to the sun as we will ever get but it's not going to be any warmer so don't get out those shorts quite yet.

This month we also have the first Federal holiday of the year where we honor Dr. Martin Luther King.

A day that is close to the hearts of the Lincoln Hills Foundation is International Thank You Day. This is a day where we offer special thanks to everyone in this community who supports the Foundation in our efforts to provide services to the seniors in Lincoln. The generosity of our donors allows us to help in the areas of food insecurity, caregiver respite, senior counseling, and transportation, among others.

We want to remind everyone that Bingo is on hiatus right now as the Orchard Creek Ballroom is being renovated, so stay tuned for more information on our return date.

From all of us at the Lincoln Hills Foundation Happy New Year and all the best in 2025!

lincolnhillsfoundation@gmail.com.

Meet The Author Lecture Series

BY JOY HUTCHISON

Meet the Author Lecture Series: Anne Constantin Binge. Monday, February 3rd at 2:30 PM Presentation Hall (KS)

If you've visited the Lincoln Museum, you may have seen a military coat liner with many colorful patches hand-stitched on it. Come hear Betty Brown's story. She was a Lincoln resident and former US Army nurse who served during WWII. Written by award-winning author and historian Anne Constantin Birge, Betty's Coat of Many Colors tells of the history of that coat, its patches, and Betty's life. Many of the US Army Veterans for whom Betty cared for gave her a patch from their division in gratitude of her nursing skills before they returned home. Betty stitched her collection of patches onto the liner, which now, 77 years later, is the subject of today's presentation. Before Betty passed away in 2016 at the age of 93, she gave it to the Native Daughters of the Golden West in Lincoln, who then, in turn, donated it to the museum.

Annespent 2500 hours researching history about the coat liner, patches and WWII events. Her book includes information regarding Betty's life, the patches themselves identified by Division, and more. Join us for this captivating and interesting presentation and get a personal view of the coat which will be on display! Kilaga Springs Library Lecture Series Coordinator is Rita Rutledge at ritarutledge78@gmail.com

Players — From Audition to Performance

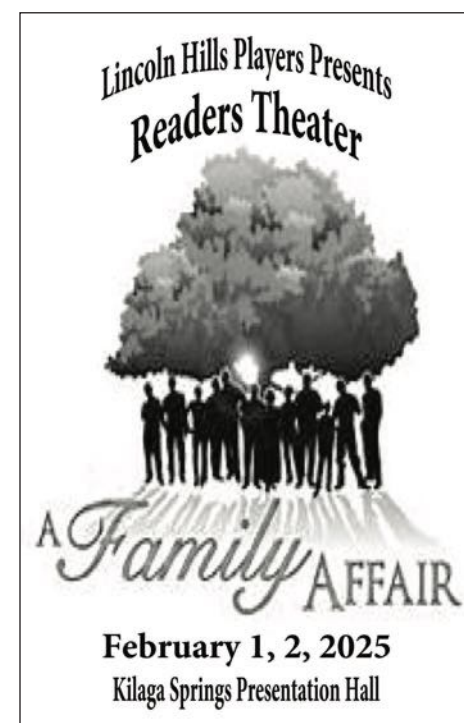
BY JANE PATTON

Perhaps you have attended a Lincoln Hills Players show and wondered how the actors memorize all those lines? Let's look at the process from audition to performance—from an actor's point of view.

Once a play and director are selected, the process begins with auditions. If you choose to audition, prepare by reading audition scenes and deciding which roles appeal to you. At auditions, you'll be able to read several times in a variety of different roles. Shortly thereafter, the cast is announced!

Then, actors receive scripts and a rehearsal schedule (usually - 10 weeks, three evenings/week). With scripts, they familiarize themselves with lines, their character, and get a sense of the whole play. At the first rehearsal, the cast meets for a "read-through."

During the weeks of rehearsals, the director works on "blocking" (where and how to move during each scene), character development, and a gradual familiarity with lines. Actors work at home memorizing lines and blocking, and about a month into rehearsals, you're ready to go "off book" (performing scenes without scripts, while a



prompter stands ready to assist). Sometimes the director meets with certain actors to fine-tune specific scenes. Musicals (with singing and choreography) are more challenging and time-consuming than plays).

Along the way, cast members are costumed, sets are built and the technical crews prepare props, sound and lighting cues. Amazingly, after repeating the scenes over and over and studying at home, the cast is nearly ready to perform.

The final week arrives! The "tech and dress" rehearsals now include costumes, sets, (cont' on page 5)

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SUBMISSIONS: The Sun Senior News -

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

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

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Neighbors InDeed

BY RICK CARREIRO

Winter's Wonderland — Well, it's that time of year again, a time to be informed about the winter needs for our homes and property. At this writing, the rains have started again and many of us have to be aware of the effect it has on our homes. Clogged gutters can lead to overflow which is bad for the foundation of our homes. It is necessary to make sure your gutters are cleaned from the abundant leaves now falling in. Make sure your downspouts are draining properly also. Not just flooding water, but wind can also cause damage, so have your roof tiles checked. Check the seals on your windows, as well as the drip or drain holes at the outside bottom. You can also check the seals on all your exterior doors, as they help keep your home dry and warm.

Filters not only keep your interior air clean, but also allow your heater to operate more efficiently which can save you money. In addition, the effective



operation of your thermostat provides warmth and can reduce heating costs. Some owners have had their air ducts "cleaned" but please use only a reputable well-known company. Our I&R service at NID can give you names of companies that other residents have recommended for all these previous services.

Next, replacing lights is an important issue, since it is darker sooner and longer. It is recommended to replace lights with longer life LED bulbs for safety and convenience.

Another area of concern is your sprinkler system. This is the ideal time to cut back on the programmed watering schedule. By reducing the hours and days you will save on water costs. Please be aware, shutting the system completely off for an extended time can affect the main sprinkler valves.

Our Handy Helpers can do many of the previous tasks for free. Please call NID at 916 223-2763 and leave a message with

your name, phone number, and request. We will return your call Monday through Friday from 9 AM to 5 PM. May you have a Wonderful Winter.

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.

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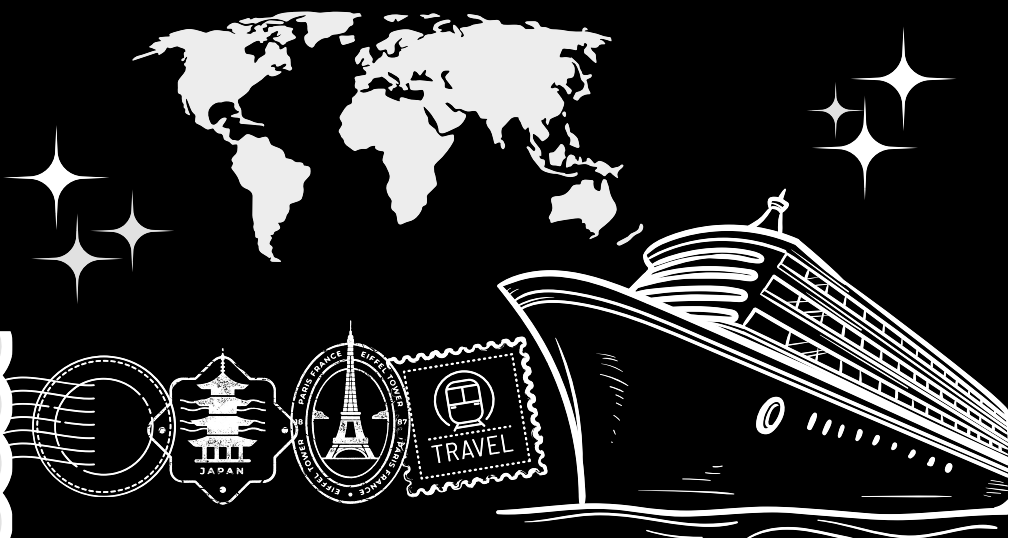
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Players

(cont' from page 1)

props, mics, sound, and lights. Magic! By Thursday, we're ready for our opening night audience and four performances! We worked hard, but at Sunday's last show, everyone says, "Is it over already?"

Mark your calendar: Readers Theater presents "A Family Affair," February 1 and 2!

• • •

LH Chorus

BY GAY MACKINTOSH

The Lincoln Hills Chorus delighted audiences at three sold-out performances of "Season of Light" December 13-15. New this year, some 100 local senior living residents enjoyed a special concert preview.



Jim Walker "Gramps" and Monica Maddern.

The Chorus thanks our delightful director Paul Melkonian and light-hearted accompanist Nina Malone for lighting up our holiday season. Jim Walker as "Gramps" was a highlight, along with Santa and his elf. Producer Karie Geiger, associate producer Doug Brown, graphic artist Bonnie Almaguer, costumer Yolanda Molina, and many other talented volunteers lit up the holiday mood. Technical director Jim Moon with teammates Sharon Lefkov, Bob Elo, Ron Baugh, Chuck Koehler, and Ron Peck made us look and sound our best.

Interested in raising your voice in song with us? Rehearsals begin January 7 for our spring concerts May 8-10 featuring movie music. You'll surely enjoy singing "As Time Goes By" (Casablanca), "City of Stars" (La La Land), and "Never Enough" (The Greatest

Showman). C'mon down to KS Presentation Hall on Tuesday, January 7, at 2:00 PM to see what other great songs we have in store. All Lincoln Hills residents are welcome to try us out. No auditions, but some choral experience is recommended. You'll need to learn your part (with the help of our amazing digital voice files) and attend Tuesday afternoon rehearsals plus sectionals as scheduled.

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

• • •

Music Group

BY BRIAN JEWELL

After our rousing November holiday party, December is a quiet month for the Music Group, where the monthly meeting is cancelled due to the holidays. Going forward into 2025, there are new Music Group officers: Dan Marcus as the new President, and Brian Jewell, the new Vice President.

Starting in January 2025, our future meetings will be held on the first Monday of the month. Meetings begin at 2:30 and run to 5:00 in the Fine Arts Room (OC).

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. Before the performances begin, everyone who chooses to can join the rest of the group playing and singing songs that are on our website.

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

In addition to our monthly music group, there are two other groups that might pique your interest. The first is the guitar ensemble; contact Sal Caruso at 916-343-5810 for more information. This group meets on Fridays from 1:00 to 3:30 in Orchard Creek. The second group is ukulele Ohana, led by Ron Peck at 925-788-5869. Ukulele Ohana meets on Wednesdays from 1:00 to 3:00 in Orchard Creek.

Anyone who lives in Sun City is eligible to attend any of these groups. Music is a great way to focus the mind and build new neural connections in the brain that keep us mentally fit. Come by and check out the Music Group at our next meeting, on January 6th.

• • •

Line Dance Club

BY ANNETTE PORRECO

Hello line dancers and Happy New Year. What a great time we had at our holiday social. Thanks to all dancers who came to make it such a wonderful event. We are looking forward to many more dance opportunities in 2025. Hopefully, everyone enjoyed their time celebrating the holiday season with family and friends in December and are excited and ready to get back to the weekly routine that line dance classes provide. Thanks again for making 2024 such a successful year and let's make 2025 even better!

• • •

Country Couples

BY RICH AND DONNA PICK

Dear Country Couples members, as you are reading this article we have said good-bye to 2024 and welcomed in 2025.

Looking back on 2024, Country Couples had a very busy year. We had four scheduled dances during the year, with much socializing and dance practicing going on during the year.

We had nine fun dinners out together at nine different restaurants in close proximity of our community. This was our great way to keep in touch with all of our members to find out what they have been up to.



We had a social picnic at the Pavilion where we were able to have a water balloon contest, and we also played corn hole and many board games. We finished with a well attended game of Left-Right-Center, and the winner this year was Tom Hargis. We hope Tom includes this winning on his tax return form next year.

We ended the year with our annual Holiday Party in the Ballroom (OC). It included a Snow Man Buffet (turkey, ham, and all the fixings), lots of dancing, and lots of celebrations with everyone at the party.

Looking forward, we will be having our first dinner get together in January at Skipolini's Restaurant in Rocklin, the time and date will be determined at a later date.

On January 6, the club resumed dance reviews for members which are now held on

Monday evenings from 6:00 to 8:00 PM in the Lincoln Room (KS). Dances from previous years are reviewed and practiced. This is a club function with no cost to club members. We invite interested residents to stop by and observe a practice!

For more information, please contact John Bibby at 707-592-4891
Website: sclhcc.com

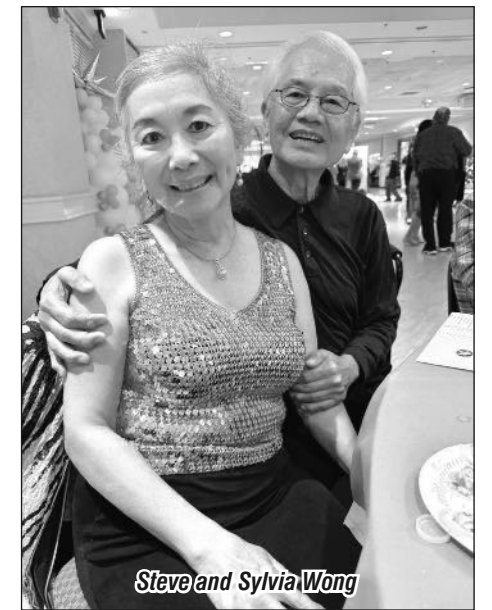
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Ballroom Dance

BY ERNIE MICHELI

On December 10, the Ballroom Dance Club hosted its annual Christmas Potluck. The event was a resounding success, attracting a large number of enthusiastic participants who generously brought a diverse array of delectable dishes to share.

A special shoutout goes to the talented bakers and makers, as well as the dedicated kitchen crew who worked tirelessly to display and serve the incredible array of culinary creations. Millie Lelio, Mary Kirkwood, Sharon Micheli, Josie Vandermat, and Laura Kosbau were instrumental in making the kitchen a hive of activity.



The Kilaga Springs Multipurpose Room underwent a magical transformation, becoming a winter wonderland with a Christmas theme. A stunning Christmas mural featuring Santa Claus and his sleigh adorned a wall, while tables were elegantly draped in red tablecloths, adorned with red and gold Christmas trees, and adorned with silver garlands and a colorful assortment of

(cont' on page 6)

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Ballroom Dance

(cont' from page 5)

ornaments. The meticulous work of Barbara Swerdlow, Fred and Thelma Loessin, Liz Taylor, Ernie Alatorre, John Kirkwood, Peter Vandermat, and David Reynolds breathed life into this beautiful ambiance.

Ruth Algeri, the club's music maestro, curated a playlist that perfectly complemented the festive season. Sal Algeri, the master of ceremonies, took the stage to acknowledge the invaluable contributions of the club's behind-the-scenes team. He also shared the history and origins of the Ballroom Dance Club, introducing Gary Pitt as one of its esteemed founders.

Mary Kirkwood and Ruth Algeri organized a raffle, adding an extra element of excitement to the evening.

As the party drew to a close, the Clean-Up Crew sprang into action, ensuring that the Multipurpose Room was left in pristine condition. A special thank you goes to the dedicated members of the Clean-Up Crew: Gordon McKenzie, Ann Link, Jack Craig, Charlie Schuman, Jim Smyrak, Lia Dresner, Peggy Woods, Jim Gabriel, and Pat Aubin.

Ceramics Arts

BY JIM CARNATHAN

Happy New Year and Cheers to all for an exciting 2025!!

2024 ended with a very vibrant holiday party at Kilgus Springs and a huge thank you to all the CAG members who made it a very joyful and fun evening.

New to 2025 will be an evening hand

building clay class starting in February with instructor Jim Carnathan. The first class will be for those with some basic experience with hand building. The class will be held on Wednesdays from 5pm to 8pm.

Beginner and advanced day classes with instructor Donte Cuellar continue being taught on Tuesdays and Thursdays. Please check the Compass for class details and come play in the clay.

• • •

Needle Arts

BY ALICYN GOUGHNOUR

We would like to hope that 2025 will bring us all a measure of peace, joy and creativity. Our December holiday celebration began with a brief meeting in which the new NA board members were introduced. That was followed by our holiday luncheon featuring the theme of Gnome for the Holidays. The decor, table centerpieces and even a gnome fairy tale all reflected the hard work of the organizers.

We were entertained by Daniele Merrill, well fit project manager, who enthusiastically led us in a short series of creative movements designed to keep us healthy and fit. The door prize drawings gifted 5 lucky recipients with gift baskets, gift certificates, a quilt and a vintage sewing machine.

The community services group completed and donated more than 80 quilts, blankets, hats and scarves to local charities. What an outstanding and dedicated group of volunteers. They also received a \$1000 grant from the Lincoln Hills Foundation to be used for essential items necessary to complete their handmade quilts.

(cont' on page 9)



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Kiwanis of Lincoln Foothills — A Look Back at 2024!

BY LIZ NOEL

Kiwanis of Lincoln Foothills would like to welcome new members. Our monthly meetings are held at Kilaga Lodge the 1st and 3rd Fridays at 1 PM. Our President, Patti Covey, chairs our meetings as board members give their reports, and discussions are held on priorities and projects. Laughter can be a happy interruptor. We usually have a community speaker from a nonprofit or our members volunteer in the classroom (and out) with Sight Word Busters, KClub, Cornerstone and Phoenix School (alternative high school).

Cornerstone is a positive project in the schools where trained members read stories to classrooms about shyness, kindness, bullying and do interactive activities. The children love the opportunity to share their feelings.

At Phoenix High School we are privileged to interact with and support children whose lives are less fortunate than ours. We sent some children to a leadership program at Disneyland. They returned to present to us what they had learned. Small things to us, like a plane flight, were new to some. Speaking to a large group of Kiwanians was new, too, but they spoke with clarity and compassion for each other and what they had learned about themselves. All of us were grateful, despite scrambling for Kleenex.

We help out at school functions and get to watch families enjoy each other at events like Cinco de Mayo, Octoberfest, etc. Their fun is infectious.

On the hottest days of July, we sold

fireworks at a shopping center in Lincoln to families anticipating a fun, patriotic day. Thankfully, we also held one of our meetings at Leatherby's with ice cream.

In October we held our annual Safety Day at Scott Leaman Elementary School. Students enjoyed playground presentations by the Lincoln Police (with drones), the Fire Department (with a fire engine), Highway Patrol (with a car and trained dog), the Red Cross, Union Pacific Railroad and National Safety Council. Our members, Sully and Didi entertained as Safety Dog!

We are grateful for the generous support of Sierra Pacific. We held our board installation at a barn fest in Lincoln. For Octoberfest we gathered in the Lucianos' beautiful backyard for a barbecue and games.

In November, we held our second "Step Up for Kids" luncheon and fashion show at Orchard Ballroom (sold out, by word of mouth). Chaired by its creative originator, Shirley Rainman, the show featured our members modeling Cho Cho's (Fair Oaks) fashions and Whim Be Beautiful (Penn Valley) employees modeling theirs. We are grateful to the staff at Meridians, the generosity of over 300 attendees and our wonderful sponsors.

December, we toasted the holidays at Citizen Vine. So now we wish everyone in our community the blessings of a Happy and Healthy 2025 and our gratitude for helping us help kids.

Kilaga Springs Library Book Adoption Faire

BY JOY HUTCHISON

Long and cold winter days are keeping many SCLH residents tucked indoors, wishing for a good book or more to pass the time until spring arrives. Relief is in sight! The Kilaga Springs Library will hold its first Book Adoption Faire of 2025 on Saturday, February 15th, between 9:00 AM and 1:00 PM. We will have a large assortment of Fiction and Non-fiction hardback and paperback books plus jigsaw puzzles to select from.

Library volunteers will be on hand in the Living Room adjacent to the main lobby at Kilaga Springs to assist you in finding what you're interested in. Donations are appreciated and will be used to purchase large-print books as well as new audio CDs for the Kilaga Springs Library and Orchard Creek Reading Room. Contact: Monica Maddern at fmomoon@gmail.com

Kilaga Springs — Library News

BY JOY HUTCHISON

The Kilaga Springs Library volunteers would like to thank all of our readers and visitors who stopped by during December to enjoy our ever-popular holiday display as well as special books for your reading pleasure.

2025 has just begun, with plans for more events, guest authors and book fairs on the calendar. If you haven't tried checking for special announcements, you can find current library news under "Community Perks" which is updated weekly in the Lifestyle eNews on Sunday mornings. We have heard of requests for a drop-box for returning your library books.

There is no designated area for this purpose outside Orchard Creek or Kilaga Springs, but both buildings are open between 8:00AM-9:00PM Monday-Saturday and 8:00 AM-5:00 PM on Sundays except for holidays.

Books can be returned during those hours at either location. Contact: Volunteer Library Coordinator, Sarah Kevin at sikevin@gmail.com

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

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

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

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

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

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

uncommon for those diagnosed with peripheral neuropathy.

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

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

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

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

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

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

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

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

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

Lincoln Acupuncture & Integrative Health

120 F St. Lincoln, CA 95648

Needle Arts

(cont' from page 6)

Monthly workshops are being planned throughout the year for the third Wednesday of each month from 9:00-12:00 AM. Our next general meeting on February 11, will feature Jean Cross who will share her knowledge of wearable art. Yearly dues need to be submitted by March 1. We welcome anyone interested in sewing, quilting, needle pointing, knitting, crocheting, and any other needle discipline. We are 206 members strong and would hope to include anyone who shares our love of the needles.

• • •

Painters' Club

BY TAMSEN ARMS

Painting alone in the studio can be both a blessing and a curse. While it provides the necessary space for creative exploration, it can also lead to feelings of loneliness and disconnection, especially during the holiday season when everyone is busy and distracted. Thank goodness for the lull of January! And for the companionship offered at the Painters' Club. We have the good fortune to have a strong, active membership of friendly, talented painters who are willing to share the ups and downs of their artistic journey.

Our last challenge was to paint something on the theme of "Looking Up" and boy, did we have some amazing creations to choose from. Congratulations to all of the wonderfully

talented people who entered. Tom Watson, took first place in the Advanced category. Bob Shaw ran a close second and Rudi Franke won third place. Every entry in this category was worthy of a prize! Mia Mills, Jeff Anstrom, Joan Kline and Genine Ahrens took the Intermediate category into new heights with their work. Hats off to our only entry in the Beginner category, Ursula Neil, who won first place. We want to encourage painters who are just starting out to gather the courage to share your work! The next challenge will be at the February meeting and the theme is "Three Things." Did you know that in Numerology, the number three symbolizes creativity, optimism, communication and curiosity? That is a powerful mantra for a painter in this new year, to be sure.

• • •

Mixed Media

BY JILL SHORT

2025: a new year and a great time to step into the world of Mixed Media. Starting this month the club has launched its invitation for 10 people to join us for 3 months for \$3.00 with a trial membership. January, February, and March a leader will take everyone through an art project. All necessary materials will be provided. If you are interested contact Chris Fetter to see if there are any seats left for the trial membership special.

Mixed Media Club uses all kinds of supplies, such as paper, glue, acrylic paints, watercolor, and fibers. You name it and we probably use it. Every month the club presents an art project to do during the club. Members are encouraged to let go and just enjoy the process of playing. Throughout the year we will demonstrate or talk about different supplies. We do not want people to feel they need to buy a lot of supplies. Start with some basics, like a glue stick, scissors, paint brush, a variety of inexpensive acrylic paints. Members are wonderful about sharing supplies plus the club has some supplies to use. A voluntary challenge is given each month to do at home for those that want extra fun. The challenge for February is to use a coloring page in your art in some way. Those who attend the club meeting in January will be able to pick up a coloring page for this challenge or use a coloring page of your own. We have a time to share the challenge projects at our meetings. 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

• • •

Paper Arts Club

BY LINDA LUCCHETTI

We had a wonderful holiday luncheon in December, with good food and company to enjoy. Club President, Sarah Kevin, welcomed us and asked that we complete a short survey about the club's activities. This input will be

was set for January 2. Our Project Coordinator, Mina Bahan, presented three distinctive cards - "a wobble" lady; a tri-fold; and a bee card. Thanks, Mina for your originality and creativity!

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



important as we plan for, and move into, the new year. Thank you to all participants for taking time to share your thoughts!

Our first 2025 general meeting and project

meetings and Open Lab. Check the monthly newsletters (email) for updates.

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

• • •

LH Photography Club

BY DIANE MARGETTS

In December, we replaced our regular General Meeting with our annual Holiday Breakfast. As a thank you to the members, the board subsidizes part of this deliciously fun event! It was a wonderful way to conclude the year as we look forward to a busy new year.

AI technology is making huge changes in photography - new tools and techniques are changing everything. From smarter cameras to advanced editing software, AI is helping photographers take their work to the next level. In January, Sam Shaw will do a presentation on AI in photography.

In February, our very own incredible photographer, Bill Kress will make a presentation on macro photography. Bill is a phenomenal flower photographer. He can capture a tiny nondescript flower and showcase how incredibly beautiful it really is.

Our very popular smartphone photography class is ongoing. In addition to the initial class,

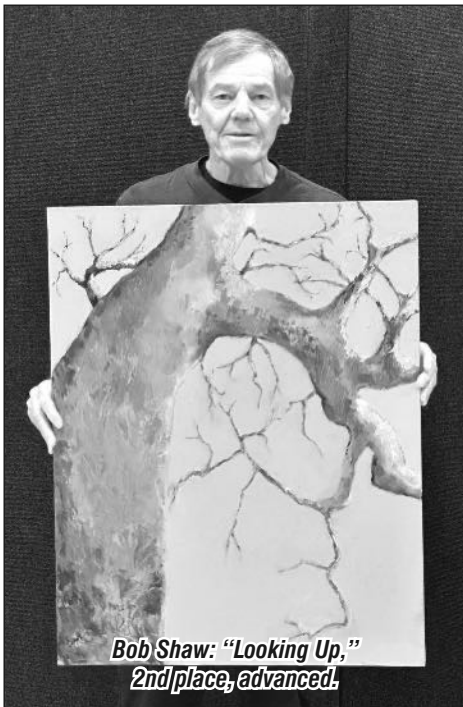
we will be adding the second phase which is editing photos on your smartphone. Watch our website for updates and schedules for both of these classes.

Thinking about joining the Photography Club? We always welcome new members. You can sign up at any of our monthly General or Photography Special Interest Group Meeting. For information of meeting times and schedules, please check out our website.

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

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(more Club News cont' on page 11)





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Neighborhood Watch

BY TERESA TANIN

2025 Directors (photo by Klara Kleman) are resident volunteers who are dedicated to spreading the message of safety and security to the SCLH residents. Directors are pictured left to right: Carole Edwards



2-1-1 referral services. Also available is a link to current and previous publications of the Sun Senior News, and much more. Learn about the many links and helpful documents available by attending the next



(Treasurer); Denise Hexom (Training/Funding Coordinator); Patricia Hammer (Director of Volunteer Records); Dee Fuggiasco (Welcome Packet Tuesdays/Previous Director); Linda Minor (Executive Director); Renee' Plummer (Executive Assistant/Web Master); Suzanne Rosevold (Assistant Executive Director/NRO Coordinator); and Teresa Tanin (Writers Coordinator/Lost Pet Alerts Team member. The ball may have dropped welcoming 2025, however, it is the Neighborhood Watch volunteers who truly bring in the New Year. Volunteers, from the cluster Mailbox Captains, to the Village Coordinators, the support staff and Directors, help to reinforce the mission statement.

Our community toasts them all for their dedication to the mission statement: Strengthen neighborhood ties, increase personal safety and security awareness, be the "eyes & ears" of the Police & Fire Departments, and encourage emergency preparedness. Informed residents are safer residents. Visit the NW website sclhwatch.org to view and sign up for community "Alerts." Click on the direct links to the Lincoln Police Department website and the Placer

training and informational session January 17, 1:30 PM sign-in, Fine Arts Room (OC). RSVP to reserve your seat or seats. Perhaps bring a neighbor. Email Renee' Plummer at executiveassistant@sclhwatch.org Join in on this informative and fun session. Mailbox Captains will learn the best way to complete the Resident's Emergency Contact Form due to their Village Coordinators by February 15. Visit sclhwatch.org website and view the NW calendar of events for more sessions and scheduled events. There are several training and informational sessions throughout the year. Attend to learn about the updates to community safety and security issues. Bring your questions and join in on the Q & A portion of the session.

Help keep our community one of the safest places to live in California. Consider joining the Neighborhood Watch safety and security team. Don't drop the ball. Keeping neighbors safe is the goal. You could be a part of that goal beginning this New Year. Neighborhood Watch would like to wish everyone a happy and safe New Year. May 2025 be filled with joy and prosperity for all.

Election News, 2025 SCLH Board of Directors

BY TERESA TANIN

Embrace the New Year with new opportunities. Explore the possibility of joining the SCLH Board of Directors. Four new members are needed for 2025. New insights are always welcome. Volunteer and share your ideas while making the important decisions needed to help keep this community thriving. Apply today by picking up the Candidate Information Packet at the Guest Services desk (OC). Last day to apply with your biography is February 18 at 4:00 PM. Don't let this opportunity pass you by. Perhaps nominate yourself and/or a neighbor. Imagine working together as part of a team. A team dedicated to the betterment of our community, our neighborhoods, and our lives. It's a new year. Be a new you. Volunteer your talents and join the 2025 Board of Directors. Learn about the easy nomination process at

the Candidate Information Session, January 17, at the Presentation Hall (KS) starting at 1:00 PM. Questions? Please email elections.committee@selhca.com. Thank you.

SCLH BOARD OF DIRECTORS

JOIN THE 2025 TEAM TO HELP OUR
COMMUNITY THRIVE
Sun City Lincoln Hills
BOARD OF DIRECTORS

IMPORTANT CALENDAR DATES:

- 1/17/2025...Candidate Information Session
1 PM to 3 PM Presentation Hall (KS)
- 2/18/2025...Application & Biography due 4 PM
- 2/19/2025...Briefing Session 10 AM to 12 PM (OC)
Solarium & Photos in Computer Rm
- 3/14/2025...Candidate Town Hall Q & A
10 AM (OC) Presentation Hall (KS)

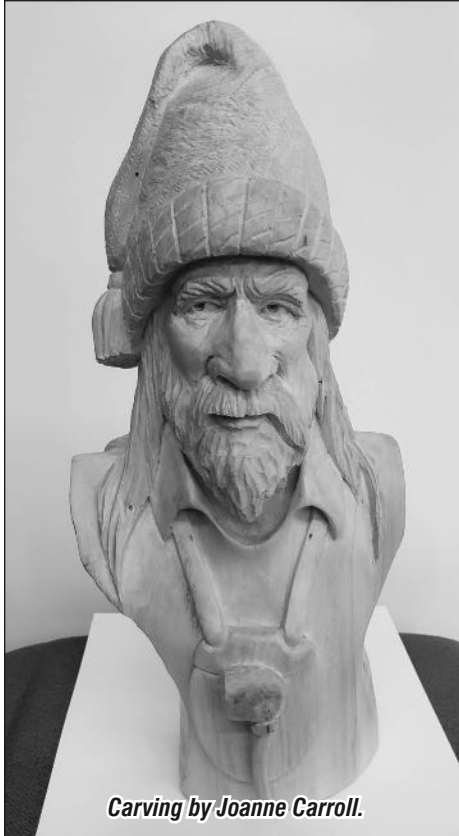
Questions? Email: elections.committee@selhca.com

Woodcarvers Club

BY LIONEL RAINMAN

If you drop in to one of our meetings, you will see woodcarvers in action and possibly some finished carvings. Members can talk about their carvings or answer questions about woodcarving. Our member's range in experience is from beginners to advanced.

Woodcarvers club is open to all members



Carving by Joanne Carroll.

of SCLH and carvers choose their own designs to carve or there are several club projects available as an option. Carving books and magazines are plentiful as well as help from members. We have tools to try before you buy so you can get a handle on knives, chisels, and gouges as well as safety items.

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

...

Stamp Club

BY TIM MILES

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

Should any of our readers have an "old" album gathering dust on the closet shelf please don't hesitate to bring it to a meeting and we'll be glad to make you happy by showing you how much it has appreciated in the interim since it was last evaluated. Members should make sure that Bob

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

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

...

LH Italian Club

BY LINDA LUCCHETTI

Let's get crackin'! It's time to shell-abrate! We'll kick off our new year's activities with the very popular and delicious annual Crab Feed,

set for January 10. Afterward, don't forget to check out the photos from the event, on the website. Keep your eyes peeled for details of future events in 2025.

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.

...

(more Club News cont' on page 13)



Italian Club Christmas Dinner

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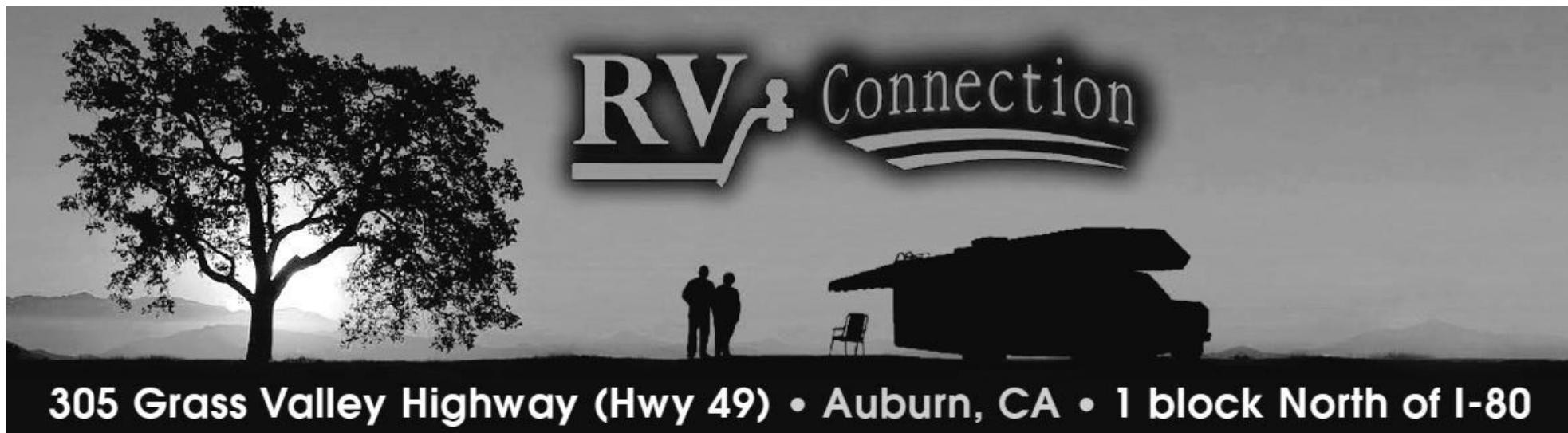
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Lavender Friends

BY JOAN LACKTIS

Lavender Friends had lots of fun in December. Our 16th annual Holiday Dinner Dance is always a highlight for those that like to get out for a festive evening. Earlier in December, we got outdoors with a visit to Colwell Thundering Herd Mandarin Ranch in Penryn.

In late November, we had a table at the SCLH new resident orientation where we signed up a new member. Two others joined separately that month, bringing our membership up 102.

Speaking of membership, our biannual general meeting is coming up January 25 (watch your weekly email for details). We will elect new officers. We are fortunate that three of our four officers — president, vice president and treasurer are seeking re-election, and the nominating committee has recommended them for another term. One of our newer members has been nominated to step into the secretary position. We love to see a new person getting involved with club leadership. SCLH requires recognized clubs to have approved bylaws and elected officers, so we couldn't have a club without members willing to fill these roles. Thank you to our officers past, present and future.

As for the future, we are looking forward to more fun and friendship in 2025. We wish you all a happy, healthy new year. Lavender Friends is a club for LGBTQ residents and their supporters, who we call allies; check out our website at lavenderfriends.com.

• • •

Shalom Social Group

BY JUDY GANULIN

We really enjoyed our annual Hanukkah dinner. With great food, live music and warm comradeship, it's always a highlight of our year. We thank Harriet Kroot, Tammy Theodore, Aaron Theodore, Suzy Wilcoxon and Debra Skolnick for creating beautiful Hanukkah displays at both Kilaga and Orchard Creek. We participated in several volunteer projects with the Auburn Interfaith Food Closet as well as Feeding the Foothills (formerly Placer Food Bank). Our group focuses on Jewish history, culture and food, but membership is open to all. For information, please contact Margie Gulko, 916-543-5303, or Deanne Iiff, 530-518-3704.

• • •

Singles

BY KATHY SHADDOX

Here we are waking up to 2025! Our Singles Club had a fabulous active 2024 year. End of the year parties were filled with friends, beautiful deco and great dinners. So now that the holidays are behind us, we are still planning on having fun.

We start the 2025 year off on Sunday, January 5th at 4:00 pm with our Monthly Birthday Celebration at Kilaga Springs Café. Don't forget, all members who were born in January should attend and receive a free drink ticket. Then, watch for Dennis Doane, who is our host who leads all of us in singing Happy Birthday to those January babies!!

Your Activities Committee is back in full swing with their first meeting of this year on Tuesday, January 7th at 4:00 pm in the OC Computer Room. If you have any super ideas then you should join us at the meeting. Here is where we plan all our activities and volunteer to help.

Our first Business Meeting of the year will be held on Wednesday, January 8th at 5:30 pm in Kilaga Springs, Multipurpose Room. Please Note: because of remodel of the OC ballroom, the date is not on Thursday. Following the meeting, we will play Left-Right-Center games. Be sure to bring several \$1's bills.

On Saturday, January 11th at 9:00 am, we have our 2nd Saturday Breakfast in the OC Sports Bar. Come, mingle and share stories with our members. Enjoy ordering off the menu whatever you wish to eat. Our host, Dennis Reid, will greet and welcome you when you arrive. Great way for new members to get acquainted with all members.

Our end-of-the-month Social – Pre-Superbowl Party will be on Thursday, January 23rd at 5:00 pm in the Kilaga Springs, Multipurpose Room. More details will follow in a future Singles E-blast. Be sure to sign up when the flyer comes out as this event fills up quick.

Weather permitting our weekly activities are Bocce Ball on Wednesdays at 2:00 pm and Golf/18 holes on Fridays at various courses.

January is when our yearly dues are due! If you haven't paid yet, please plan on sending a check for \$20 to Mari Long. After January 31st if your dues are not paid, you will be dropped after the roster. Oh no, don't miss out on all the fun we have planned for you. Not a member? Just pick up a membership application in the OC lobby, and join for \$20 for the whole year of fun!

Hope to see all of you in January.

• • •

Food Adventures Club

BY PAUL WANKLE

At our final meeting for 2024, we appointed our new leadership team. Congratulations to Wendy Nugent, President; Paul Wankle, Vice President; Katie Bloom, Treasurer; and Patricia

Wick, Secretary. After the meeting, members celebrated a busy year and shared homemade sweets and hot chocolate. Our first gathering for the new year included a general meeting



Food Adventures Club, new leadership team.

Wick, Secretary. After the meeting, members celebrated a busy year and shared homemade sweets and hot chocolate. Our first gathering for the new year included a general meeting

Secretary, Patricia Wick, recently stated, we're "enjoying food, fellowship, and fun with fellow members." Happy New Year!

• • •

Writers' Group

BY RAY BIRGE

Happy New Year! Well, I went to lunch, came home, and somehow it was another year. I don't know how that happened. Remember, "The bad news is time flies. The good news is you are the pilot." New Year's is a time to usher in the new year by watching the ball drop, overeating and making New Year's toasts.

Fun Traditions: (1) Switzerland – people drop cream on the floor to bring a year of abundance. (2) Philippines – people jump for joy at midnight to grow taller, and (3) Americans – drink about 360 million glasses of champagne on New Year's. We are the happiest of all.

For some, New Years is a time for reflection and making those well-meaning but seldom fulfilled resolutions. I'll be making mine as soon as Anne tells me what they are! What was yours? Most common resolutions are: Losing weight, saving money, more time

with family and quitting a bad habit. Now is the perfect time to begin your writing career or just have fun by sharing your goals, or your disastrous attempts and why they failed. Remember, if you can tell it, you can write it!

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

We meet on the 2nd and 4th Monday 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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(more Club News cont' on page 14)

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Lincoln Hills November Sales Snapshot

Number	Street	Approx SqFt	Orig. Price	Selling Price	Model
665	Stockman	1020	\$515,000	\$510,000	Mariposa
1884	Andover	1155	\$499,900	\$510,000	Sequoia
450	Hopkins	1155	\$515,000	\$515,000	Sequoia
1231	Hawthorne	1195	\$520,000	\$520,000	Sequoia
1221	Tarapin	1361	\$545,000	\$529,900	Madera
2048	Prairie View	1491	\$580,000	\$579,000	Almanor
1574	Perdita	1515	\$575,000	\$575,000	PineHill
1218	Hawthorne	1531	\$579,000	\$555,000	Alpine
367	Stags Leap	1549	\$599,900	\$589,000	Alpine
704	Wagon Wheel	1549	\$609,000	\$609,000	Alpine
1551	Sweet Juliet	1571	\$589,000	\$589,000	Quail Cove
1259	Picket Fence	1626	\$689,000	\$685,000	Lassen
1631	Andover	1626	\$599,999	\$599,999	Lassen
1834	Emily	1767	\$675,000	\$640,000	Tahoe
1502	Perdita	1767	\$649,500	\$612,000	Tahoe
1317	Dapple Dawn	1767	\$675,000	\$710,000	Tahoe
1814	Grand Pheasant	1785	\$675,000	\$695,000	Santa Cruz
205	Norden	1791	\$689,000	\$680,500	Tahoe
1154	Truchard	1837	\$805,000	\$755,000	Plumas*/**
2784	Black Hawk	1855	\$719,000	\$705,000	Plumas
2343	Blue Heron	1949	\$699,900	\$700,000	El Dorado
101	Walden View	2128	\$865,000	\$865,000	Ventura
1244	Magnolia	2176	\$799,000	\$778,767	Sausalito
2161	Pebblestone	2176	\$899,900	\$860,000	Sausalito
2468	Sutter View	2262	\$799,000	\$815,000	Shasta
205	Reinecke	2264	\$890,000	\$890,000	Napa
520	Violet	2372	\$899,000	\$899,000	San Mateo
2028	Caravelle	2513	\$995,000	\$975,000	Marin
845	El Capitan	2612	\$975,000	\$960,000	Tiburon
1221	Lasso Lake	2635	\$1,150,000	\$1,108,000	Sonoma*
2724	Winding	2955	\$1,100,000	\$1,015,000	Meadowgate*/**
117	Walden View	3081	\$1,225,000	\$1,195,000	Santa Barbara*/**

*Golf Course **Casita/Golf Cart Garage

Total Homes sold in Sun City per MLS 11/1/24 - 11/30/24

Apple UserMo Group

BY NINA MAZZO

Did you make any tech resolutions for the new year? Maybe you're determined to use your iPhone for more than just making calls. With iOS 18, Apple totally revamped the Home Screen, giving you more options to personalize it. You can now put icons wherever you want, change their size, and even give them new colors. We're always on the lookout for tips, tricks, and more for your iPhone and other Apple products. We host seminars and meetings throughout the year to share our knowledge. As we write this, we're busy planning the January and February program calendar. Check out the club website for the dates and details. Happy New Year!

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

General information line: 916-913-6833

Democratic Club

BY JUDY GANULIN

Always focused on the future, the Lincoln Democratic Club is finishing the old year and starting the new one in a flurry of activity. Our much-enjoyed holiday dinner featured an excellent presentation by political cartoonist Jack Ohman. We mourned the losses this year of our members Mike DeRosier and Bill Lauritsen. We continue to serve Feeding The Foothills (formerly the Placer Food Bank) and are considering other volunteer opportunities as well. Our new officers were installed and are ready to hit the ground running when the new year starts! For more information please visit our website, <https://democraticclubLincolnCA.org>

LH Astronomy Group

BY BILL WEAVER

The monthly LHAG General membership meeting will be on Wednesday, January 8, 2025, in the Kilaga Springs Presentation Hall. The meeting will begin at 6:45 PM.

Ron Yelton will present part 3 in his astrophotography processing series that illustrates the

photo processing of globular clusters. He will give a short review of how Telescope Live works and how he captures the raw data for processing. He will describe the assignment of star colors using plate solving and the importance of "Luminance sub-frames" in LRGB images. Globular clusters pose a unique set of challenges when processing since they have very bright, dense central regions. Ron will show how he tames the brightness to get as much resolution as possible on the central regions.

Cosmology Interest Group (CIG): The next meeting is scheduled for Monday, January 20. Retired professor Charles Hunt will continue his last lecture on the origin of the Elements. The discussion will include the Big Bang theory, the cosmic microwave background radiation, dark matter, and the cosmic abundances of the lightest elements. SCLH residents are welcome to attend this presentation at no cost.

The meeting will be held in the Fine Arts room of the Orchard Creek Lodge at 6:45 PM.

For more information, contact Ron Yelton at ryelton660@aol.com.

LHAG Telescope Interest Group (TIG) Star Party: The January star party will be announced through a separate bulletin to

(cont' on page 15)

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LH Astronomy Group

(cont' from page 14)

LHAG members. 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

Genealogy Club

BY NANCY SWITZER

Great-Grandma Showalter or Onnie as we called her, was a strong woman. In her mid-70's she would happily keep one of her great-grandchildren for the night, and the next day take them for a shopping walk. Don't remember if Onnie had a car, but most days she would walk to the town of Eagle Rock CA, and visit the shops to show off those great-grandchildren. Onnie would do her shopping each day, as it was the custom when she was growing up. My six-year-old legs thought it must have been a million-mile trip, but it was interesting and fun to have all that attention!

I would love to hear from her again after all these years... and thanks to AI and MyHeritage, there is a program called DeepStory, that with a photo, can have those ancestors miraculously speak to us! Just think of the stories they could tell! (One would have to write them first!) Our presenter for this month, Ken Caswell, who also is our Webmaster and has extensive Genealogy experience will show us how this works. Come learn the joys of bringing your

genealogy to life.

We meet January 17, 2025 at 10 AM in Presentation Hall for this very interesting class. Afterwards, we will meet in the Placer Room for Coffee/Tea and refreshments.

Genealogy Workshops: Kate McCarthy at starkayak@icloud.com

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

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

BY PATTI KINGSTON

Happy New Year to you and your families. Don't forget that 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 schoolwork 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 ccolloton@yahoo.com

LH Veterans Group

BY STEVE WITMER

Longtime Veterans Group leaders Doug Cooper and Bob Stackhouse will be the featured speakers at the January 16 general membership meeting in the Kilaga Springs Presentation Hall at 1:00 p.m. They will discuss their involvement in the Library of Congress' Veterans History Project.

Congress created the Veterans History Project in 2000 to give veterans a platform to share and preserve their personal narratives about their time in uniform and help Americans understand military service and its importance to our country's history. Managed by the Library of Congress' American Folklife Center, participation is open to all veterans who served in the U.S. military in any capacity from WWI to the present.

The project collects, preserves and makes accessible the firsthand recollections of U.S. military veterans so that future generations may hear directly from those veterans and better understand what they saw, accomplished and felt during their service.

Both Doug and Bob are U.S. Air Force retirees and have served in leadership positions

in the Veterans Group for many years. Bob was a founding member of the group and board secretary during its formative years. Doug was involved for multiple years on the board and served as president in 2009.

The group is still looking for a few good volunteers. If you or someone you know would be interested in serving as a member of the group's board of directors, please contact Jeff Davis, president, at 408-483-2860 or jdavis879@me.com. We're also looking for a social events coordinator and a person to serve as backup to our public relations officer. The social events coordinator finds and oversees coordinators and other volunteers for 4-5 major social functions a year. He or she acts as the link between the board of directors and these volunteers. If interested, contact Shirley Schultz, 916-645-7539, sstlouis@gmail.com. We're also looking for a public relations assistant, who would apply their writing/editing skills, PR/outreach experience and a basic capability in digital publishing to the group's internal and external communications. For more info. or to volunteer, contact Steve Witmer, 916-408-2455, switmer@ymail.com

(more Club News cont' on page 16)



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Republican Club

BY SUE DUMAS

Happy New Year! A year of hope and Making America Great Again!

Our Christmas Party was a tremendous success with 120 members attending. We also enjoyed a delicious lunch, sang carols, including a fun rendition of "12 Days of Christmas", and danced the "Trump Dance" to "Jingle Bell Rock"!

Three representatives from Beale AFB were also at the party to thank members for our continued support to the Beale Families Christmas Fund.

Moving into the new year, we have an exciting agenda for our members:

Guest Speakers, Socials, Themed Get Togethers, etc. You will still be receiving meeting and update monthly newsletters from our Club Chair, Rita Piziali, in the new year.

We are also looking to expand our Board, Social Coordinator, and Technology Leader. If interested, contact Rita Piziali or Carol Wilson.

Reminder: Club Dues are \$15 per person, per year, based on the calendar year. Dues are payable on or before January 1st; can be mailed or paid at January meeting as well. Make check payable to LH Republican Club. Mail to Joan Kippert, 577 Northfield Lane, Lincoln, CA 95648.

You will be excited to learn we now have 337 members in our Club... and growing! Bring your family and friends! We are making a difference, one day, one person at a time. We have many opportunities where you can volunteer and make a difference.

Wednesday, January 15th 5:30 PM - Placer and California Rooms. Pre-Inauguration Celebration! Bring your favorite appetizer

to share, No-Host Bar, desserts provided by board. We will have "Inauguration Trivia Fun" and table discussion on policy and cabinet of the new Trump Presidency.

Looking forward to seeing everyone in 2025! The calendar of events as well as "Opportunity Posts" will be on our website soon. Take a look! Be safe!

www.RepublicanClubSCLH.org

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Multiple Sclerosis Group

BY JERI DI FIORE

The Holidays are over but now you are wearing them!

Listen to one of our favorite speakers, Rex Owens, SCLH Well Fit Supervisor, refreshing our memory on the benefits of the Mediterranean Diet.

Do you need some incentive? You'll get it with Rex, who generously shares his Can-Do knowledge and experience.

Tuesday, January 21, 1 PM at the SCLH Orchard Creek Lodge, Multi-Media Room.

Also, we have a celebration to share with attendees... our Facilitator's 85 Birthday!

The Room is small so you may wish to reserve with Joni Deutsch, deutschjoni@gmail.com.

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(more Club News cont' on page 17)



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Hearing Support Group

BY JOANNE MITCHELL

The Hearing Support Group will meet on Tuesday, January 7, in the multipurpose room at OC Lodge at 10AM. Our speakers will be Ulysses Palencia and Lindsay Gordon of 211. They will fill us in on the services provided. In December, we had an excellent presentation by Dr. Beverly Chang, who discussed the connection between hearing loss and dementia.

• • •

Bosom Buddies

BY DOTTIE SUHRHOFF

Happy New Year to everyone from the Bosom Buddies support group! We hope everyone is doing well and will continue to celebrate those birthdays.

Our support group is there for each member experiencing breast cancer in good times or when needed for support. We can just 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.

Our December meeting was a wonderful experience. We had a Holiday Party with delicious food and gorgeous table decorations made by Sandy Adame, which some lucky people got to take home. We want to thank Cheryl Hansen, Dee O'Hara and

Nanette Sorenson for organizing the party. And we thank Kay Brady for designing and crafting special plates for each member. Our entertainment was singing holiday songs led by Corinne Ehlers. In addition, we filled more than two barrels for the Marine's Toys for Tots.

Our January meeting will be on Thursday, January 9. We have a radiologist 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 Sorenson to reserve a spot at the table.

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!"

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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. January's program is "Caregiving: Which 'P' will it be - Prepared or Panicked" presented by Peggy Rossi. 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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Vision Support Group

BY STU SINGER

Our Next Meeting: We are starting an exciting and informative 2025 with one of our favorite presenters. On Tuesday, January 7 at 2:00 in the Fine Arts Room at Orchard Creek, Dr. Glenn Yiu, chairman of the Ophthalmology Department at UC Davis Medical School, will be sharing with us all of the latest medical breakthroughs for individuals with low vision. We have been fortunate to have Dr. Yiu visit us on numerous occasions in the past and he always comes with a tremendous amount of critical information and a willingness to answer our questions.

Dr. Yiu is a wonderful speaker who is at the cutting edge of all that is new and exciting in the field of we Ophthalmology.

And in the Future: Tuesday, February 4 in the Fine Arts Room at Orchard Creek from 2:00-4:00 PM

Want to get more out of the accessory 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.

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 stuartinger3@gmail.com

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(more Club News cont' on page 20)



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Days & Destination	Cruise Line ~ Sailing Date	Starting Price/	Inside	Ocean-View	Balcony
15 Day HAWAII From SFO! PRINCESS					
Ruby Princess ~ 3080 Passengers	Jan. 30, Mar. 19, Oct. 30- 2025	\$1,663	\$1,727	\$2,939	
Sail round trip from San Francisco, California to Kauai, Nawiliwili Hawaii; Honolulu, Hawaii; Hilo, Hawaii; Ensenada, Mexico; San Francisco, California.					
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10 Day CANADA AND NEW ENGLAND! PRINCESS					
Majestic Princess ~ 3560 Passengers	Sep 9, 19, 29, Oct. 9-2025	\$1,448	N/A	\$2,148	
Sail from Boston, ME; Portland, MA; St. Johns Bay; Halifax, CA; Sydney, CA; Charlottetown, CA; Saguenay, CA; Quebec City, Canada					
11 Day ALASKA From SFO! PRINCESS					
Ruby Princess ~ 3080 Passengers	Jun. 28, Jul. 9, 31, Aug. 22-2025	\$1,448	\$1,934	\$2,288	
Sail round trip from San Francisco, California to Skagway, Alaska; Juneau, Alaska; Glacier Bay National Park, Alaska; Ketchikan, Alaska; Prince Rupert, BC, Canada; San Francisco, California.					
*LINCOLN SHUTTLE TO SHIP AVAILABLE!					
11 Day MEXICO From SFO! PRINCESS					
Ruby Princess ~ 3080 Passengers	Jan. 19, Mar.8, Sep.24-2025	\$948	\$1,091	\$1,928	
Sail round trip from San Francisco, California to Manzanillo, Mexico; Puerto Vallarta, Mexico; Mazatlan, Mexico; Cabo San Lucas, Mexico; San Francisco, California.					
*LINCOLN SHUTTLE TO SHIP AVAILABLE!					
16 Day PANAMA CANAL - PRINCESS					
Coral Princess ~ 2000 Passengers	Jan. 20, Dec. 7- 2025	\$1,950	\$2,127	\$2,619	
Sail from San Francisco, California to Fort Lauderdale visiting Puerto Vallarta, Mexico; Puerto Quetzal, Mexico; Guatemala; Puntarenas, Costa Rica; Fuerte Amador, Panama; Full Transit of the Panama Canal; Cartagena, Columbia; Fort Lauderdale, Florida.					
*INCLUDES LINCOLN SHUTTLE TO SHIP & SACRAMENTO AIR RETURN!					
11 Night ALASKA DENALI EXPLORER EXCLUSIVE CRUISETOUR - PRINCESS					
Sapphire Princess ~ 2670 Passengers	Jun.10, Jul. 22, Aug. 19, Sep. 2-2025	\$3,045	\$3,095	\$4,195	
Land and Sea includes a 4-night land tour and a 7-day Voyage of the Glaciers Cruise. 1-night Anchorage, 1-night Mt. McKinley, 2 nights Denali. Cruise one way from Anchorage, Alaska; Glacier Bay Scenic Cruising; Hubbard Glacier Cruising; Skagway, AK; Juneau, AK; Ketchikan, AK; Vancouver, Canada. *Package includes 3 breakfasts, 2 Dinners, Upgraded Denali Tour, Husky Homestead Excursion and a Welcome Reception on the ship! Call for Availability!					
7 Day CLASSIC CALIFORNIA From SFO! PRINCESS					
Ruby Princess ~ 3080 Passengers	Apr. 27, Oct. 12-2025	\$978	\$1,049	\$1,288	
Sail round trip from San Francisco, California to Astoria, OR; Seattle, WA; Vancouver, Canada; San Francisco, California.					
*LINCOLN SHUTTLE TO SHIP AVAILABLE!					
22 Day ULTIMATE ALASKA SOLSTICE From SFO! PRINCESS					
Ruby Princess ~ 3080 Passengers	Jun. 6-2025	\$3,107	\$4,026	\$5,807	
Sail round trip from San Francisco, California to Ketchikan; Endicott Arm & Dawes Glacier Scenic Cruising; Haines; Sitka; Glacier Bay & Hubbard Glacier Scenic Cruising; Valdez; Anchorage; College Fjord Scenic Cruising; Icy Strait Point; Skagway; Juneau; Wrangell; Vancouver, Canada; Victoria, Canada; San Francisco, California.					
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8 Day CHATEAUX, RIVERS & WINE Viking Longships ~ 190 Passengers 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. Sail round trip from Bordeaux, France; Scenic cruising: Dordogne River, France; Libourne, France; Saint-Emilion, France; Bourg, France; Blaye, France; Medoc & Margaux Wine Country, France; Bordeaux, France; Scenic Sailing; Garonne River, France; Cadillac, France; Bordeaux, France.	March - November 2025 INCLUDES ROUND TRIP SACRAMENTO AIRFARE!	\$3,498
11 Day CHRISTMAS ON THE RHINE & MAIN Viking Longship ~ 190 Passengers 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. 11-day Viking River Cruise in standard accommodations. Sail from Nuremberg, Germany; Bamberg, Germany; Wurzburg, Germany; Marktheidenfeld, Germany; Frankfurt, Germany; Karlsruhe, Germany; Strasbourg, France; Breisach, Germany; Basel, Switzerland.	November - December 2025 INCLUDES ROUND TRIP SACRAMENTO AIRFARE!	\$4,798
8 Day MISSISSIPPI Cruise Viking Mississippi- 386 Passengers 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; Memphis, Tennessee.	January - December 2025 INCLUDES ROUND TRIP SACRAMENTO AIRFARE!	\$3,499
32 Day SOUTH PACIFIC ISLANDS AND HAWAII From LAX! PRINCESS Sapphire Princess ~ 2670 Passengers	Oct. 15-2025	\$2,788 \$3,140 \$4,988
Sail round trip from Los Angeles, California to Kauai, Nawiliwili Hawaii; Honolulu, Hawaii; Pago Pago, American Samoa; Cross the International Date Line; Apia, Western Samoa; Suva, Fiji; Dravuni Island, Fiji; Cross the International Date Line; Tahiti, French Polynesia; Moorea, French Polynesia; Los Angeles, California.		
7 Day DREAMS OF TAHITI Cruise Windstar Yacht ~ Star Breeze ~ 312 Passengers Board your Windstar Yacht and sail round trip Papeete, Tahiti visiting the French Polynesian Islands of Moorea, Raiatea, Motu Mahaea (Tahaa, Bora Bora, Huahine, and back to Papeete in an Ocean View Suite. Don't put it off any longer. Book your Tahiti trip today! Call your Tahiti experts at Club Cruise!	January- December 2025 INCLUDES ROUND TRIP SAN FRANCISCO AIRFARE!!	\$5,488
15 Day ITALIAN TRIO Cruise Windstar Yacht ~ Wind Surf ~ 342 Passengers Board your Windstar Yacht and sail from Venic, Italy; Rovinj, Croatia; Split, Croatia; Dubrovnik, Croatia; Kotor, Croatia; Giardini Naxos, Sicily; Sorrento, Italy; Rome, Italy; Portoferraio, Italy; Portofino, Italy; Monte Carlo, Monaco; Cannes, France; Sanary-sur-Mer, France; Palamos, France. Ask about the all-inclusive package and pre and post hotel extensions!	April - October 2025 INCLUDES ROUND TRIP SACRAMENTO AIRFARE!!	\$5,550

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

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CST # 2033380-40 December 2024



LH RV Group

BY CRAIG CARBREY

What a year we have had! 2024 was full of unforgettable road trip adventures with our RV friends! We started out in Pasadena at the Rose Parade followed by trips to Lake Shasta, Santa Barbara County, Lake Tahoe, the Sonoma Coast, Amador County, the Albuquerque Balloon Fiesta in New Mexico, and finally Feather Falls near Lake Oroville. Along the way we enjoyed golf, museums, wine tastings, campfires, hikes, boat rides, games, exploring caverns, and even visited an ostrich farm! There is never a dull moment with this group. Santa even showed up at our annual Christmas party to round off another wonderful year. Thank you Santa!

See our website at www.lhrvg.com to learn

more and join us on the second Thursday of each month at Kilaga Springs, 4:30 PM in the Placer Room. For general information contact our club president, Jake Baker at 916-838-5253 or jbaker525311@gmail.com. For membership contact Cindy Aymar at 707-494-8185, or cjaimar@att.net.

Rods & Relics

BY ELNA RAGAN

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

The Club's annual Christmas event was a luncheon held on Monday, December 16 in

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

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

We look forward to the New Year and the many events we will be participating in. Be sure to mark your 2025 calendar for the Saturday, June 7 Downtown Lincoln Car Show.

The Rods & Relics Car Club is always looking for new members. All owners of vehicles model year 1979 or before, or replicas of such vehicles, are eligible to be regular members. For more information, check out our Web Site listed below.

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

Web Site www.rodsnrelics.net

LH Sports Car Club

BY ROB PHILLIPS

2024 ended with a Gala Event at Catta Verdera on December 12 where nearly 100 members enjoyed fine food, games and camaraderie with fellow LHSCG Members. Those who were leaving the Board (Tom Breckon, Vic Kremesec, Kathy Fernandez, Linda Snyder and Wood McCann) were recognized and thanked for their service. The 2025 Board Members were introduced. They are, President - Dan Roberts, Vice-President - Edy Ternullo, Treasurer - Ed

Oravec, Secretary - Rob Phillips, Historian/Liaison - Jeanne Cervantes, Socials - Nadine Miller, Webmaster - Ron Goleno. While the weather is not conducive to car trips currently the 2025 Board met in mid-December to start planning for the upcoming driving season as well as for our Social Events.

The club consists of residents who own and drive sports cars. We take tours in our cars, participate in select civic and/or community events, and take part in social and/or competitive activities centered around sports cars.

The LHSCG is always welcoming to new members. If you are interested in joining or want to learn more about the club visit our website at lhsportscars.com, or contact Edy Ternullo at edyternullo@yahoo.net

LH Travel Group

BY LINDA BEVINS &
JOANNE SCHUMACHER

Happy New Year! Time to book your 2025/2026 travel!

Final call: Our next free Travel Group meetings will be Wednesday, January 22 in the Willow Room at Lincoln Public Library. Two sessions: 1:00 and 3:00 pm. RSVP to travelgroup1h@gmail.com: name, phone number, email, which session you will attend and the number in your group.

Upcoming trips:

Mackinac Island - filling fast! Visit Chicago, the Ford Museum, Frederick Meyer Gardens and Sculpture Park. Take a horse drawn carriage ride on the island where cars are not allowed.

Tulip Cruise in Holland and Belgium -

(cont' on page 21)



RV Group — Christmas Party, Naughty or Nice?

Michelle's Featured Listings



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LH Travel Group

(cont' from page 20)

New date added for 2026. This 7-night cruise sells out quickly and is only available for a few weeks each year.

Branson, Missouri – Christmas season shows. See College of the Ozarks, Dolly Parton's Stampede, the Irish singer Daniel O'Donnell, Clay Cooper, the Petersen's and more. This is a November tour not available in the general catalog.

Fall Foliage Cruise – New York City to Quebec City on Crystal Cruises. Beautifully redecorated 650-passenger ship stopping at Halifax, Nova Scotia, Prince Edward Island.

Niagara Falls to New York City. This tour has been a top seller for 9 years and was designed and led by our favorite Collette guy, Jay Fehan.

These and more tours are on our website -lincolnhillstravelgroup.com. All trips include airfare and rides to/from the airport. Sign up on our website or contact any committee member to get assistance.

All Travelers must be members, but you do not have to live in SCLH to be a member. Membership application on the website; dues are \$15 per year.

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

LincolnHillsTravelGroupLeaders: 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

...

Amateur Radio Group

BY DAN LEHRER, KN6DRN

Doug, N0PGQ gave an informative demo on FT8 hunting tips and propagation maps. Various website addresses were shared by Doug to enable us a better sense of active FT8 international stations. We participated in the ARRL Sweepstakes SSB contest amassing 55 QSO's, including 25 States for 3,850 points. Although the exchange was very complicated, we gained more confidence in communicating vital information which can help in emergency situations. Our Hams & Coffee/Holiday get together was fun as we adapted to the Café being closed. Mark, KM6HDI and John NQ6Q made a coffee run and really made our Morning. Conversations were wide ranging

and time flew by. Dan, KN6DRN traveled to NY and braved the cold to activate a State Park for POTA credit, a first out of State activation for him.

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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Hams & Coffee

Bird Group

BY SHERRY SINGER

Prior to the turn of the 20th century, hunters engaged in a holiday tradition known as the Christmas Side Hunt. They would choose sides, shoot as many birds as they could and whoever brought in the largest number of dead birds was, remarkably, declared the "winner"!

Fortunately, beginning on Christmas Day 1900, an ornithologist with the nascent



Audubon Society, Frank M. Chapman, proposed a new holiday tradition — a Christmas Bird Census that would count birds during the holidays rather than kill them.

As a result, from December 14 through January 5 each year tens of thousands of volunteers throughout the Americas brave the elements to participate in the Christmas Bird Count. On December 26, volunteers from our own SCLH Bird Group participated in this citizen-science endeavor, as we have since 2009, collectively citing 56,000 total birds. Audubon

(cont' on page 24)

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Bird Group

(cont' from page 21)

and other organizations use data collected in this long-running wildlife census to assess the health of bird populations and to help guide conservation action.

At our December 9 Bird Group meeting, JD Bergeron, CEO of International Bird Rescue, spoke to us about his organization's work rescuing and rehabilitating birds. His presentation was both educational and inspiring. If you encounter a bird or animal that looks like it is in trouble, Bergeron encouraged us to contact an expert such as Gold Country Wildlife Rescue. Their Wildlife Emergency Phone System is 530-885-0862 and their web site is <https://goldcountrywildliferescue.org>

Future Bird Walks —

Note: Non-local walks depart from the OC gym parking lot @ 8am.

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

Future Meetings —

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

January 13: Suzanne Hutchinson and Sal Acosta: Rainforest Birds and Mammals of Borneo

February 10: Paul Tebbel - Why We Love Sandhill Cranes

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

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

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Garden Group

BY LORRAINE IMMEL

Guest Speaker, Kevin Marini says “In suburban areas with smaller yards, it can be challenging to find the space to grow all the wonderful plants one wants to grow. What if you could expand the space of your yard by growing UP! That’s right, instead of that melon plant crawling over half of your yard and taking up a huge footprint, what if you could train it to reach for the sky instead!” Kevin will share many ways to make efficient use of your yard by leveraging structures and techniques to grow plants up vertically.

Kevin Marini started growing food in college and upon graduating with a degree in Ethnobotany, he was involved for two years building school gardens throughout Oakland Unified School District (14 elementary



Kevin Marini

schools). This amazing experience led to a commitment to teaching people about growing food and to an overseas adventure learning to farm in the heart of Tuscany, Italy. Upon returning from Italy, Kevin became the Program Manager for the University of CA Placer and Nevada Counties’ Master Gardener program and has been for 17 years now. He has trained over a thousand Master Gardener volunteers up and down the state and also teaches the public through workshops and speaking engagements. His areas of expertise are soils, vegetable gardening, composting, fruit trees, and, as a Certified Arborist, tree care.

Membership in the Garden Group is open now for 2025. If you are already a member for 2024, you do not have to re-register-just send your check made out to SCLH Garden Group for \$20 (it covers 2 people in a household) and mail it to Marjie Anderson (1560 Millpond Lane) 916-408-7685, conmarand@sbcglobal.net. Be sure to let her know if you have any changes in email or phone.

New members can register at the Jan.23 General Meeting or Pre-register. The form is on the Garden Group Website-www.lhgardengroup.org. Anyone who pre-registers can go through the FAST TRACK at the General Meeting and not wait in a long line.

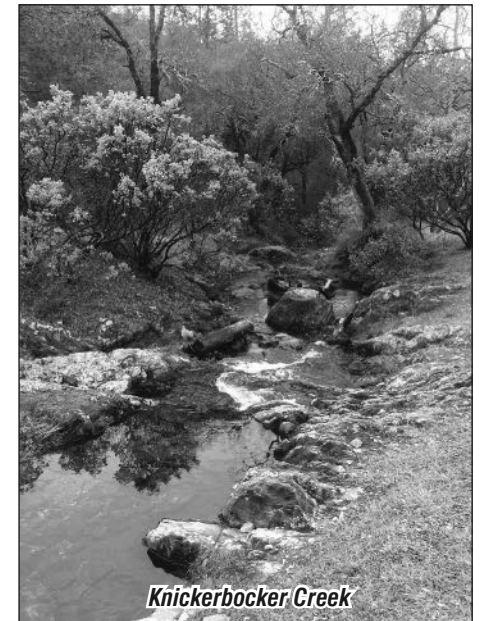
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Hikers and Walkers

BY GAY MACKINTOSH

New year! New hikes!! New leaders!!! Whether you’re a hiker, a walker, or both, check out our website lincolnhillshikers.org. for all the ways to celebrate 2025 in the great outdoors.

Here’s our January hike schedule as of



Knickerbocker Creek

press time. But watch the website for changes.

Friday, January 3. Winchester Country Club (Meadow Vista). (Rained out in December.) Moderate 6-mile network of trails with forest and mountain glimpses. Leader Tom Denzler.

Tuesday, January 7. New route! Knickerbocker Creek/Rim/Olmstead Trails (Cool). Moderate/Strenuous 8-mile loop through rolling grasslands with American River views. New leader Maureen Baumann.

Thursday January 16. Hidden Falls (Auburn). Moderate 6-mile South Legacy/Gold Eagle Loop. Leader Carol Yoder. RSVP carolann123@me.com

Tuesday, January 28. New route! Whistler

(cont' on page 25)



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Hikers and Walkers

(cont' from page 24)

and Coyote Ponds (Twelve Bridges). Easy/Moderate 6-mile "Y" with grand oaks and two ponds, midway rest stop at Wilson Park. Leader Tess Devenish.

Is this your year to consider stepping up as a hike leader? Your club needs YOU to help fill our expanding schedule. Contact Gay Mackintosh, Vice-President for Hikes, mackintoshbg@msn.com or 916-209-3628 for lots of resources to support new leaders.

Our first AllTrails Training Workshop on January 15 filled quickly with a wait list. We plan to offer another hands-on session in February, so let Gay know if you're interested.

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

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.

• • •

LH Table Tennis

BY ILENE MARSHALL

It's a New Year and while I'm not a fan of New Year's resolutions, maybe you are! A great resolution is to get out and check out the Table Tennis Club. It's a great way to meet new people, socialize and get in some exercise. And who doesn't need to burn some calories after all the wonderful food we ate over the holidays.

You don't have to play when you come. We welcome observers and cheerleaders! I know that once you see how much fun we have, you'll want to join us.

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/>

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LH Tennis Club

BY SUSAN KUUKKA

The end of 2024 was very busy for the tennis club. We had a very successful Membership Appreciation Day with over 100 members attending. We had the ladies and men's holiday luncheon, and lots of activities on the court.



Membership Appreciation Day

Now it is that time of year when the holidays are over, and we make New Year's resolutions to lose weight and get fit. So why not try tennis. Come down to the courts and get started. It is a great way to get fit and

they say it extends your life by up to 10 years! Everyone is welcome.

There are several activities that are ongoing with the club, classes through Wellfit, Wednesday, Saturday and Sunday drop in, Ball Machine, Live Ball first Sunday of the month, and Tuesday evening mixed double tennis group for all levels. If you want to know how to get started or have a free evaluation contact

Eric Garcia at Eric.Garcia@sclhca.com or go to: <https://www.sclhtg.com>

Our 2025 Board has been elected and we are looking forward to continuing these activities and adding more.

• • •

LH Senior Softball League

BY HEIDI MAZZOLA

Another successful LHSSL Fun Ball season has come to a close, and we'd like to thank everyone who participated. A special shoutout to Karl Wenzler, Steve Wallraven, and all our volunteers for organizing, managing teams and assisting with set-up and tear-down.

Our last Board meeting for 2024 finalized positions for our incoming 2025 Board members. Heidi Mazzola (President), Joe Budelli (First Vice President), Pat Sabia (Second Vice President), Phil Suek (Treasurer), Steve Tadevich (Secretary) and Karl Wenzler (Commissioner). We would like to thank

(cont' on page 29)



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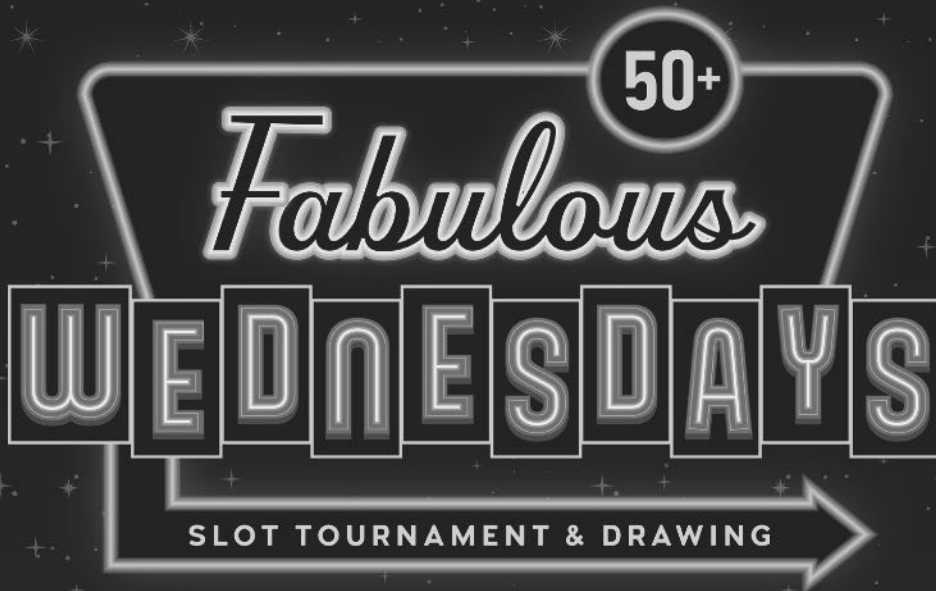
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SUN CITY REAL ESTATE UPDATE

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



WRITTEN BY GEORGE BROWN

gbrown@thompson-brown.com



Lincoln Speech Contest Showcases Young Voices

BY SANDI SHERWOOD

What do area high school students think about climate issues?

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

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

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

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

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



Speech Trek 2023



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

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

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

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LH Senior Softball League

(cont' from page 25)

outgoing Board Members Karl Hess, Steve Wallraven and Virgil Dahl for their outstanding service on the Board.

The 2025 Player Application is now available for download on our website. We encourage you to submit your application soon to help us determine the number of teams and finalize the playing schedule.

J.R. Jackson has graciously volunteered to serve as the new chairperson for the Hall of Fame (HOF) committee. We greatly appreciate J.R. for stepping into this important role! He replaces Bec Cannistraci, who has served on the committee for several years. If you would like to nominate someone for the HOF, please send the nomination application to J.R. no later than January 31.

Proposed 2025 rule changes must be submitted to Commissioner Karl Wenzler by the end of this month. We also have several events coming up, including new player rating assessment, conditioning clinic, and practices in February and March. The player draft will take place in March, with the season scheduled to begin in April. Our next General Meeting is February 4, at 3:00, KS Presentation Hall. We look forward to seeing you there. For the Player Application, HOF Application, and additional information, please visit our website at LHSSL.net.

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SCLH Water Volleyball

BY HOLLIS BISCHOFF

Banish post holiday blues with exercise and fun in the pool with Water Volleyball. We offer team, league and open play at all

levels and with soft or regulation balls. Water volleyball is a low impact sport with high social and play impact. If learning new skills and making new friends were your New Year's resolutions — we're here for you.

Want to try us out? Come to a free drop session any Saturday at 9 am. Please

contact us beforehand so we can let you know where to meet and what to bring. Find us at LHWaterVolleyball.com or call Jerry Grisler: 209.648.9534. Not sure if you have the skills? Attend a Skills and Drills class the first Tuesday night every month.

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Swimmers & Water Walkers Club

BY ROSEMARY TANFANI

It is 2025, and if you are looking for more exercise in the new year, look no further than our beautiful swimming pools.

Water exercise incorporates the four main types of exercise that seniors need to stay healthy: Endurance, for heart, lung and circulatory health. Flexibility, to make everyday activities easier. Balance, to prevent falls. Strength training, to increase bone density and muscular strength.

In addition, the buoyancy of the water,

makes it easy to do movement, you could not do on land. Over and over again, we hear from people with knee, neck and back problems, with pain problems, and with aging problems. They all say that nothing hurts when you are exercising in the water.

Bob LeRoy, past club president, encourages all to swim or water walk, but especially those with health problems. LeRoy, himself, went through several surgeries, and started swimming as therapy, then continued swimming for years.

Both indoor OC and KS pools are open



from 5:30 AM – 8:30 PM for Lincoln Hills residents only. (KS pool closes at 6PM on weekends.) Reservations are needed to use three lanes in each pool for swimming or water walking. The OC pool has a wide open area that is available to any resident without reservation, as long as there is no class or volleyball in the area. At the KS pool, the first two lanes are open to any resident for water walking, without reservations. Contact the Sun City Lincoln Hills web site, Activities tab to reserve a lane.

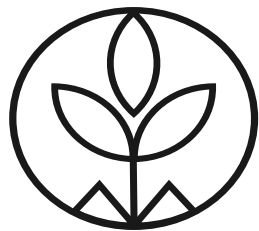
Club Contact: President Kathy Carpenter, swimmers.walkers@gmail.com

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(more Club News cont' on page 31)

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SSNLH WRITER...

Are You One of Those People?

BY STUART SINGER

The headline was dire. “Insect Populations Around the World are Collapsing.” The story underneath was even more disturbing. It related that the possible loss of so many bugs would destroy the precarious balance of life on the planet would be in peril. My wife Sherry, a retired biologist, reacted to the article with alarm.

“This is potentially catastrophic,” she said as she looked up from her computer. “The disappearance of insects could completely destroy the earth’s ecosystem.

I must admit this calamitous threat to life as we know it left me somewhat ambivalent.

A bit of explanation. — While I have always been a strong advocate for human survival, I also have equally despised bugs. These very strong emotions are firmly based on my reality. Yes, let me announce it publicly—I am one of those people. We may be a small minority but we do exist.

Let me explain — In the course of insect and human interactions there are two groups of people—most individuals, who I call “bystanders,” and a much smaller group identified as “victims.” Scientific study has shown that there are those individuals who either have a particular skin microbiome, emit large quantities of carbon dioxide or possess type O blood attract bugs and for some reason also encourage them to bite with a remarkable amount of enthusiasm. This is not conjecture; these conclusions while not completely specific have been proven under rigorous testing procedures. Worse, no source of escape from this incessant targeting has been found. Nothing has been developed that can hide, eliminate, coverup or alter insects’ irresistible desire to bite those people like me with reckless abandon. Apparently, those of us are doomed to a life of scratching, itching and complaining.

Thank you, science.

Calling in the professionals — I actually spoke with my dermatologist concerning my plight. After I asked him about the situation he responded, “Yes, I saw that research and it was quite compelling. Actually, my wife has the same problem you do. Just the other day we went out for a walk and when we got back,

she had eight big red bug bites on her arms. So, I said to her,” he paused for emphasis, “how about I try this new treatment I have been given on four of them and leave the other four alone? Then we can see if it does any good.”

I pictured how I would respond if someone near and dear to me offered me the opportunity to be a human insect bite guinea pig.

“Anyway,” he continued, “the treatment did no good whatsoever. All eight bites just got equally red and swollen.” He shook his head, “That is when I really realized it must be tough to be one of those people.”

Thank you, medicine.

A situation that truly bites — Usually, I do not feel the moment of attack by the little creatures. In fact, I rarely even sense their presence around me. But all too often, usually at night in bed, I will suddenly feel a powerful itch and lo and behold there will be a large, red welt located on an arm, a leg, my back or sometimes, unfortunately, in a bodily region far worse.

One of the most impressive aspects of my attackers is their tenacity. I have gone on bike rides and come back with bites on my neck and arms. That means these little buggers will hunt down someone moving 14-18 miles per hour over extended periods of time much like the Pinkerton deputies in “Butch Cassidy and the Sundance Kid”.

Just how tasty am I?

Two Roads Observed into a Yellow Wood — My complaints are about more than just the aftermath of a bug bite. The world looks different when you are one of those people. It is fascinating how differently one’s environment appears when seen through the eyes of individuals who are not insect feeding grounds and those who are.

Think about having dinner with friends who choose to eat outside as the sun begins to set. To them this is a grand opportunity to dine in the great outdoors, enjoy the cool, evening air, feast upon delicious entrees and beverages and engage in fascinating conversations. I, on the other hand, see such a setting as a feeding frenzy of a far different kind.

When my wife and I go out birding near a pond, she observes ducks, egrets, herons and cormorants. I see a night spent scratching while filled with regret.

For the good of the human race — I guess when the future of world depends upon the continued existence of creatures whose sole reason for existence seems to be to feed on

my bodily fluids, I need to be less selfish. Okay insects, go ahead and thrive and eat and be eaten and keep everything in balance. Return to the numbers that are needed to make this world survive. That, however, does not mean I have to like it.

After all, I am one of those people.

• • •

Pill Poker

BY JOY S. HUTCHISON

Oh, my, what’s going on? I thought I had sorted out my pills in the AM-PM plastic case, and tonight my PM pill section was empty! Where are the pills that should have been in that little cubbyhole? Panic! Did I take the pills this morning by mistake? Did I forget last night? What if I’ve gotten the “T” from Tuesday to Thursday? What if the “S” was for Saturday instead of Sunday? How do all the pharmacists in the country keep track of all their orders when I can’t even keep my minuscule group of pills in the right slot?

Beyond our local drug store, I thought about the many pharmaceutical companies who advertise their products on television. Most of the commercials show happy, singing people prancing around or spending time on lakes, rivers or mountains. Then, at the end of each commercial, (probably required by law), they disclose the side effects. Most of the ads include words such as “infection,” “can lead to ... (you can fill this in)”...” or “fatal”. Then there are those who warn you about allergic reactions. Well, common sense tells me that unless I take the drug I won’t know if I’m allergic or not, and then it’s too late!

Many of us received holiday cards wishing us a Happy and Healthy New Year. Even though we are the oldest generation most practitioners care for, we still want to strive for the best quality of life available to us. We’re encouraged to bring someone along when you need to see a physician, as two sets of ears are better than one. And if you don’t understand something, ask for a clearer explanation. After all, it’s your body and your health.

As for my AM-PM plastic case, I guess I’ll just have to be a little more careful when I’m dealing out my pills.

• • •

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

Men’s Golf Club

BY CARL LYNCH

We had about 170 players for our popular 2024 Fall Favorite 4-Man scramble!

Flight 1 Low Gross of 61 went to John Eisenhower, Torr Zielenski, Rob Schneider, and Walter Milgrom. Flight 2 Low Gross of 64 went to Sandy Merola, Stan Perry, Ciro Estremo, Tom Horan. Flight 3 low gross of 65 went to Dave Wilens, Ike Ogata, Ike Jeff Griffith, and Tim Reasonover. CTP went to Jerry Noonan, Ron Cook, Rick Ray, Jerry Maynard, Tony Portman, Rick Green, Steve James and Rick Lyau. Long Drive went to Jeff Griffith, Torr Zelenski, Bill Hal and Skip Greulich.

It is pretty clear why golf is perfect in retirement. Golf provides an enjoyable and compelling activity that’s good for you both physically and mentally. It delivers a ready-made social scene both on the course and off and it allows for competition as well as friendly interaction. Also, and without making a specific effort to maintain an exercise routine, golfers retain strength and suppleness simply by playing the game. There’s always something to focus on within the game such as trying to get better, trying a new putter, or trying a new driver, studies have shown that people who play golf twice a week or more and walk the golf course live five to 10 years longer on average.

Happy New Year from the MGCLH and we hope all of your New Year’s resolutions come true!

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

• • •

Ladies Golf - 18 Holers

BY CAROL LOPEZ

What was your New Years resolution... play more golf, take a lesson, reduce your handicap index, assume a club responsibility or mentor a new lady to the club? Weather permitting, we will be out there each Thursday morning for a 9:00 tee off after our new Captain, Eileen Boore, sends us off. Judy Dong and Eddie Ashe continue to lead the tournament committee in providing us with many different golf games and tournaments on both of our eighteen-hole courses.

As 2024 drew to a close weather forced cancellation of the Turkey Shoot Tournament. The Christmas “Snowman Buffet” and Awards ceremony celebrating the accomplishments of our ladies, acknowledging with grateful thanks our outgoing board and various committee members and welcoming our new board and extended board members is always an

(cont’ on page 32)



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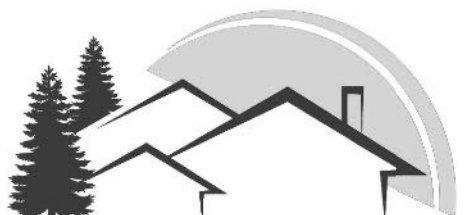
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Ladies Golf - 18 Holers

(cont' from page 31)

enjoyable event many look forward to. Next month we will be able to share the names of these accomplished ladies (most chip-ins, birdies & eagles; best eclectic score; and most improved golfer) as we go to press before the event occurs. Our group is plentiful in knowledgeable, helpful, friendly and fun ladies that make it a special club to be part of!

Add to your calendar these special events —

General Membership Meeting: January 16th

Friends and Family: April 10th
 Interclub Scramble: April 28th
 Guest Day: June 5th
 Bev Ansbro Red, White & Blue: July 3rd
 Captain's Cup: August 14th
 Club Championship: September 11th & 18th
 Breast Cancer Tournament: October 9th
 Turkey Shoot: November 20th
 Looking for a new club to join? Please check out our website: www.lincolnhillsladiesgc.memberplanet.com and contact our Membership Chair, Kathy Lee, (kathy.lee2@att.net 925-998-3538). Happy 2025 to all!

...

Lincsters 9-Hole Club

BY THE LINCSTER TEAM

The Holiday Par-tee was a jolly affair, led by President Jane Hall and past President Sue Mox. Jan Varin sang beautifully. Congratulations go to our Club Champions. Lora Finnegan, low gross and Sue Pharis, low net. Other awards included: most improved- Linda Morley. Most dedicated – Barbara Parsons. The Golden Putter award was won by Mary D'Agostini.

Par stars: Flight 1-Cathy Jaicks (1st); Jane Hall (2nd); Lora Finnegan, Rita Blanchard (3rd tie). Flight 2-Sara Cannon, Kim Hall, Jeannine Wuschign (1st tie); Marie Bossert (2nd); Sue Pharis (3rd). Flight 3-Judy Matson (1st); Margie Jewett (2nd);

(cont' on page 33)



Sue Mox, Jane Hall award Low Gross Club Champion Lora Finnegan.

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Lincsters 9-Hole Club

(cont' from page 32)

Patty Alderete (3rd). Flight 4-Barbara Parsons (1st); Gay Gladden, Judy Josse (2nd tie); Kathy Lindner (3rd). Birdies: Flt 1- Lora Finnegan, Cathy Jaicks, Kim Schutz (1st tie). Flt 2-Sara Cannon; Flt 3- Carmen Farrington, Margie



Low/Net Club Champion Sue Pharis.

Jewett, Linda Morley (1st tie). Chip-ins-Flt 1: Lora Finnegan (1st), Rita, Blanchard, Kim Schutz (2nd tie), Ranny Eckstrom (3rd); Flt 2: Sara Cannon, Kim Hall (1st tie); Flt 3-Hedy Hallams, Margie, Jewett (1st tie), Linda Morley, Carmen Farrington, Meredith Nelson (2nd tie). Flt 4- Barbara Parsons (1st).

Low net: Flt 1: Linda Salmon; Flt 2: Jeannine Wuschmig; Flt 3: Judy Matson; Flt 4: Judy Josse.

• • •

Shuffleboard Club

BY JON KLINE

There's still time to reserve your seat for the club's 2025 kickoff luncheon on Monday, January 13th at 11:45 in the OC Solarium. For details and availability contact social director

Irene Hesson at: ininse@gmail.com. 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 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 and free beginner and basic strategy clinics are being planned, so come out and meet a great group of Lincoln Hills Shufflers. For open play and practice, reserve courts for 1-3 hours up to 7 days in advance at: Resident Website / Wellfit Reservations / Shuffleboard Courts. All equipment is in the onsite locker; instructions for using the equipment are posted in the locker. For evening play, enjoy the bright LED lighting until 9:00 PM.

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

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

• • •

Cribbage Club

BY MEL SWITZER

Want to laugh more in 2025? What to make new friends too? Well, remember when Aunt Gertrude or Uncle Milton, or even Grandpa Floyd taught you how to play Cribbage? Well, you're in luck. Sun City has a Cribbage Club that you can join next Tuesday at 8:30 AM in the OC Card Room..

It's a semi - fast, not boring, card game that can require you to add up cards to the

magical number of 31. Fifteen is an important number and flushes and runs are great point makers too! Is the fog starting to clear? Do you remember that time you "skunked" your Uncle? That was a thrill, right?

So in the spirit of the new year, here is a song we all remember, a Calendar Song that starts in January that might spur you on to join us then. It kinda goes like this:

I'd love, I'd love to give cribbage whirl!
A sweet cribbage twirl.
I'd love, I'd love, to give cribbage whirl.
Each and every Tuesday of the year!
(January) You start the year off fine.
(February) You're my little valentine.
(March) I'm gonna win with a smile.
(April) There's no losing for a long, long while!

Yeah, yeah, my heart's in a whirl.
I love, I love, I love my little cribbage twirl.
Every week (every week), every week (every week) of the year! (Every week of the year)!

More verses to come in the months ahead, but... for now, four months is enough!

Our recent winners were: 11/12 and 11/19 Wayne Peterson,

11/26 Lynn Bell, 12/3 Jean Stefani and 12/10 Eleanor Jones.

So, if your heart is in a whirl and if you're free on Tuesday mornings at 8:30AM, head to the OC Card Room and try out Cribbage. Grandpa Floyd would approve!!!

• • •

Duplicate Bridge

BY MONA STRYKER

We thank our outgoing board members for serving another two years. Officers are Denise Morgan, President; Elise Homer,

Vice-President; Dianne Schulte, Secretary; Jan McKay, Treasurer.

Our Christmas luncheon/game on December 18 was a wonderful way to finish off 2024.

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

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)

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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.

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- Exquisite Client Care
- Competitive Fees
- Residential Sales
- Trust and Probate Sales
- *And much more...*

Proud Sponsor of Sun City Softball League

Nick Sadek
Sotheby's
 INTERNATIONAL REALTY
 DRE #01911208

Lifetime Master's Top Producer Member

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

****FREE ADS — INCLUDE:**

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

BUSINESS ADS:

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

Classified Ad Submissions — WHEN: By the 12th of the month. Please email the information below to: SunSeniorCA@gmail.com.
Subject Line should be SCLH Classified and your Phone Number (Example: SCLH Classified 916-123-4567)

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

SCLH residents get FREE non-business Classified Ads; limited to 15 words; one per household per month.
Non-business Ad items include selling personal used items such as furniture, tools, books, rugs, electronics, personal car, golf cart, etc.

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

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



**Thompson + Brown
Real Estate**

**CALL/TEXT US
FOR MORE
INFORMATION
ON THESE HOMES
OR FOR THE
MARKET VALUE
OF YOUR HOME**

**916-297-
3500**

**PROFESSIONAL REAL ESTATE SERVICES
THOMPSON+BROWN
OLD FASHIONED HARD WORK WITH A NEW ANGLE**

**New year, new goals! We're excited to
help you reach them!!**



George Brown



Interested in the value of your home?

We will be happy to help, no obligation.

- ◆ **No "Zestimates" or computer generated home values**
- ◆ **Home values based on ACTUAL transactions**
- ◆ **30+ Years of hands on experience**

**CALL/TEXT 916-297-3500 OR VISIT www.thompson-brown.com
Gbrown@thompson-brown.com**