# UNSENIOR NEW

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CA 95747 ROSEVILLE, ECRWSS RESIDENT

### Michael Ross — Active and Multi-Talented Scholar

BY JENNIFER MARTIN

Author Stephen King once said, "Talent is as common as table salt. The difference between a talented person and a successful one is a lot of hard work." That describes SCR resident Michael Ross. He's been a writer, futures trader, cinematographer, artist, photographer, athlete since childhood, mountain climber, screenwriter and an anesthesiologist and he's been successful in all these endeavors because he has put in countless hours of study and hard work to perfect his participation in all of them.

Born in Pasadena in 1942, Michael grew up with an older sister, Pat. His father was in the construction business and his mother did secretarial work. The family moved to Santa Rosa in northern California when Michael was nearly five years old. When he was 15, they moved again, this time to Arcata where he attended Arcata High School in his junior and senior years, playing football (lineman,



tackle) and basketball (center). He also acted in the school production of The Caine Mutiny Court-Martial.

After Michael graduated from high school, he attended Humboldt State University where he majored in Zoology. In 1965, Michael was named Regent Scholar at the University of San Francisco, an honor which was based on academic excellence. He became the third person ever to be admitted from Humboldt State University to UCSF, where he attended four years of medical school, followed by an internship at Upstate Medical Center in Syracuse, New York.

Michael joined the US Air Force in 1970, a participant in the Berry plan that allowed him to avoid duty in Vietnam and to enter the military when he preferred. He was a captain and served for two years as a General Medical Officer, and then started anesthesia residency at the University of Washington. After seven months, personal crises of a marriage ending and his having doubts about a future in anesthesiology, he quit residency and worked as an Emergency Room Physician for the next year in Seattle. Eventually he moved to UCLA to complete his residency. Next, he moved to Santa Cruz (cont' on page 21)

#### SCR Foundation 2025

BY KATHI STROPKAI, Vice-Chair/Events Director

Another great turnout for the first Bingo of the year! We hope you had a fun time and for those that won, congratulations! The next Bingo is Sunday March 2, 2025. Pre-sales will begin February 1, 2025 during Courier Days from8:00am-11:00am and to reward you for getting up early, we're giving you a blackout card. We hope to see you there.

Here's a recap of how we have used your donations in 2024 and what we are already committed to fund in this new year.

Speaker Series: Funded by the Foundation and operated by the Association's Activity Department, speakers are invited to Sun City, quarterly for resident enjoyment. The Foundation committed \$20,000 in 2024 for this purpose.

CPR/AED/First Aid Training: Funded by the Foundation and operated by the Association's Fitness Center, American Red Cross-certified training is provided to residents for a \$5 registration fee. The Foundation paid the \$65 cost of training for each resident and committed \$10,400 for up to 8 CPR classes

Sunshine Services organization: The Foundation funded the Sunshine Services organization of the Association by discounting the cost of tickets for Arrow (Dial-A-Ride) transportation.

Flag Day Ceremony (June 14, 2024): Funded \$1,445 in 2024 to SCRCA Activity Department for handouts, event recording, audio setup, video presentation and ice cream

Sun City Singers

BY JACKIE PROETT

It's February and time to remember the boxes of love in our lives. First was the diaper box, then, the toy box, the Valentine box, the juke box, the flower box, the jewelry box, the cake box, the theater box, the Kleenex box, the pill box and the music box. Boxes are okay, as long as they are filled with love. Let's fill this box of February with Valentines and chocolate and most of all, love,

The Singer's big love is music and we received our Valentines las month in that form, a packet of Concert music, and yes, our favorite, Broadway Musicals. This, indeed, is the music of our lives. Paul is sure to throw in a couple of new Musicals that we have not done before. Exciting rehearsals are ahead.

Hospitality has not chimed in at this writing, but, Chair, Marla, is sure to come up with some fun parties. We are not trying to "box" her in, but we love her imagination and with her creative committee, they always give us something to anticipate.

Something else to anticipate is Gail Hixson's talent in putting together a box of music, online, that we can practice. This way we can learn our individual parts and play them as much as needed.

If you'd like to get rid of your box of boredom, come sing with us. We meet Mondays 2:30pm, back of the Ballroom. You'll have four months to learn our Spring Concert music. It's February, it may be a good thing to give boxes of chocolate to loved ones, but, remember, the only thing better than chocolate, is music!

#### **Harmonicoots**

BY LINDA B. AUG

The Sun City Harmonicoots had a robust beginning to 2025 when the Coots gathered and jammed to their favorite tunes. Ready to start the new year off with a bang were Ted Ball, Gary Mills, Linda Aug, Jo Ann Stooksberry, Carolyn Winters, Ann Kelly, Frank Vanacore, Maria Hajgato, and Steve and Amie Cho. The Play List included "Let it be Me"; "Blowing in the Wind"; "Edelweiss"; "Moon River"; "On Top of Old Smokey"; "I'm an Ole Cow Hand"; "My Bonnie Lies Over the Ocean"; "Sentimental Journey"; "Summertime"; "Sweet Caroline" and "The Water is Wide". Before we knew it, it was time to close with the peppiest version of "Oh When the Coots Go Marching Out" that we've ever played. We liked it so much we decided to play it that fast each time!

New officers and council members were selected. Thank you to Past President Ray Benedetto and welcome to Ann Kelly as new President. Continuing as Treasurer is Steve Cho, as well as Dennis Hellman who will stay as Secretary. Thank you to the new Council which includes JoAnn Stooksberry (Gig Coordinator); Linda Aug (Courier Writer); Barbara Mills (Web page); Amie Cho (Communications); and Brian West and Gary Mills (Members at Large). The Harmonicoots are currently developing a small group of members to form a Music Selection Committee.

With all these helpful hands behind the scenes the Sun City Harmonicoots continue to seek a new music director. Please contact Linda Aug 510-468-2154 if interested or have any questions regarding this terrific

(cont' on page 13)

(cont' on page 3)

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



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

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

Back issues are available to download there as well. Visit ADVERTISING: SunSeniorNews.com or Email: SunSeniorAD@gmail.com for advertising information.

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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@

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#### **Harmonicoots**

(cont' from page 1)

opportunity to have some musical fun with the Harmonicoots!

We are always looking for new players to join our group. We have a supportive learning environment and would love to have you stop by the Pines on



Book the Harmonicoots for your next GIG!

Thursdays from 1:00 to 3:00 and see how we roll! All are welcome! Harps Up!

#### **Music and Laughter**

BY JANE BOHN

.....

The crowd kept coming, the entertainers were in best form and although the show ran over fifteen minutes the smiles that ensued continued to the very end. The list

of your talented Sun City neighbors who kept us happily entertained include: Jan and Joe Given, Bruce Barley, Ken Roberts, Letha Dawson, Gary Mills, Peggy Wells, Linda Kosut, Dennis Hellman, Jack McGurk, Jan Montero, Ed Lick, Ray DeBenedetto,

and Rebecca Hellman. What a wonderful way to start off our 2025 New Year at at our "Open Mic" Music and Laughter group. Our exuberant Prize winners included Helen Berott, Joe Given, Dave Hawkvard, Leora Cranmer, Collen Norman, and Barbara Eagle.

If you haven't yet attended, come join us at our next gathering on Wednesday evening February 12th, 7PM (doors open at 6:30) for another surprise "Open Mic" talent. Bring your \$1 entrance fee for our prize raffle and come help us fill the Ponderosa room once again at our Sierra Pines Lodge located on the corner of Del Webb Blvd., and Whistlestop Way.

Once again our heartfelt thanks goes to all our entertainers, our fan club, our prize winners and our steadfast helpers; Jill Aggersbury, Maria Hajgato, Arlette Bennett, Rebecca Hellman, Dennis Hellman, Pam Moll and Nancy Pontier. You all continue to add joy to my life and make my job a true labor of love.

(more Club News cont' on page 5)



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

We ask that Sun City clubs/groups that are, or could be perceived as political, to limit submission content to basic meeting/

event/link info, and avoid advocacy. All club/group submissions should focus on that organization only. Submissions should be 300 words or less and due by the 15th of the month for the following issue.





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#### SUN CITY REAL ESTATE UPDATE

The New Year seems to have awakened some buyers. There has definitely been an uptick in showings in Sun City, and that activity has led to multiple contracts being accepted over the first 2 weeks in January. Good weather certainly helps too. As I've mentioned before, where higher interest rates hurt sales in Sun City is when someone needs to sell their home before they can

make an offer. They are then dealing with a more traditional buyer who is not a large downpayment or cash buyer, therefore they are more subject to the effects of higher interest rates, which is putting a bit of a damper on the market.







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### **Neighborhood Watch/Citizen Patrol**

BY LINDA VINCENT & RON MASCIOVECCHIO - Program Coordinators

Citizens Patrol 2024 Report Card — Citizens Patrol and Neighborhood Watch are sister programs committed to keeping residents safe, crime low, and property values high. Citizens Patrol is aligned to that mission with three primary endeavors.

First, we provide a high visibility deterrent. Sun City has earned, and we try diligently to keep our reputation as a community with its

be an indicator of a medical emergency. We also monitor security measures, such as city streetlights and lighted house number boxes.

Third, we look for suspicious people or vehicles. When we see them, we call the police. That is something we all can do and should do. Our safety, crime rates, and property values could only be affected in a positive manner.

So... how did we do? As you look over

261	Lighted House Number Boxes Found broke or not lit
6	Flashing Porch Lights Found with no emergency
19	City Street Lights Found Not Working/Lit
106	Couriers delivered to Shut-Ins
6	Calls to Police on Suspicious Circumstances/Persons
2539	Volunteer Hours Patrolled – Day & Night
1108	Shift Captain Hours 2-1/2-3 per night volunteered for our Citizens Patrol Drivers
1748	Garage Doors Found Open – That's Right – over 145 per month!
	Residents are getting better remembering to close their garage doors!

"eyes and ears open and its antennae up." Delivery people, contractors, gardeners, etc. see us drive around and the word spreads. When these people see our vehicles out patrolling day and night, they think twice about creating an issue in Sun City.

Secondly, we try to minimize opportunity, such as open garage doors. Thieves can jump out of their cars, grab something from your garage, and be gone in less than a minute. We are also mindful that an open garage door may

our 2024 stats below, please keep in mind that these successes were achieved by your friends and neighbors who volunteer their time to meet the mission of Citizens Patrol and perform these duties. Our mission would be impossible to reach without them. We hope that more individuals will be ready to volunteer this year by becoming a Citizens Patrol volunteer – once a month is all we ask.

We are giving all Citizens Patrol Volunteers an A+ and a huge Thank You for your service!

#### **Sunshine Services**

BY LINDA CILENTI

We are excited to announce that this month is our "TLC for your Tummy" event! We

Services. Our aim is to make this gathering

enjoyable, rather than just a series of speeches. We hope to brighten your day and chase away any winter blues with some delicious comfort foods. For a great entry fee, we will be serving homemade soups, warm breads, salad, and cookies. You will also find tea, coffee, and water available.

there may be some delightful surprises, such as a drawing or silent auction items: it's a surprise!

Important, please RSVP by February 12. To attend, make your checks payable to SCR Sunshine Services. Please include the names of all the people in your party. Drop your check into our Donation Box to the left of the library entrance in the Timbers or you may also bring or mail your payment to Linda Moyer, Treasurer, 5736 Red Willow Lane. For questions, call Linda at 707-266-3335. There will be a check-in list at the door.

#### **Drama Club**

BY LENORA DAVIS

The Drama Club is busy once again preparing for our next performance, scheduled for April 29 and 30 at Sierra Pines. We have received so much positive feedback regarding our Cabaret style venue there that we have decided to do it again. Shows start at 7pm both nights. Seating will once again set 4 people per table – and will be first come, first served (no reserved seating). BYO wine, beer or non-





alcoholic beverage (hard liquor not allowed by Association rules) and we will provide snacks and bottled water. For something a little different, this show will feature some edgier, more adult themes. And if you have previously enjoyed the "Joggers" ... they are back! Tickets will be on sale beginning April 1, at the April Courier Day and through Club members, for the affordable price of \$15. We sold out really quickly for the previous performance, so be sure to purchase your tickets as soon as they go on sale. Seating is limited to 112 persons per show, and you do not want to miss out!

In the attached photos, please see part of our "floor crew" who assure that you get where you need to be, and some of our sketch cast, anxiously (?) waiting to get on stage.

We hope to see you in the theater.

Any questions may be addressed to Susan Glover (530-388-6367) or Lenora Davis (707-350-1357).

#### **Dance Club**

BY VIKKI CLARK

The Sun City Dance Club is a vibrant community organization dedicated to bringing together residents for fun, fitness, and fellowship through the joy of dancing. Located in the heart of Sun City, the club hosts various dance events throughout the year, offering a welcoming environment for people of all skill levels to enjoy. A new class being added to the roster of Jazz, Tap Clogging and Line Dancing, will be Hula Dancing. It meets each Wednesday, 6:30-7:30 pm in the Aerobics room. Each class is designed to foster social connections, promote healthy living, and provide a fun way to spend time with friends and neighbors.



2025 started off with a Sock Hop Dance on January 20th. This themed event invited participants to travel back in time to the 1950s, with the lively sounds of rock 'n' roll filling the air. Whether you're an experienced dancer or simply looking to have some fun, the Sock Hop Dance was a night of nostalgia, entertainment, and great music. Guests were encouraged to dress in their best vintage attire, making it a memorable evening for all.

Beyond the social and entertainment value, dance offers numerous benefits for physical and mental health. Dancing is an excellent form of cardiovascular exercise, improving heart health, endurance, and flexibility. It also helps with coordination and balance, which is especially important as we age. Dance is known to reduce stress, boost mood, and enhance cognitive function, making it a holistic activity that nurtures both the body and the mind. For those looking to improve their fitness, dancing can be a more enjoyable  $and\,engaging\,alternative\,to\,traditional\,exercise$ 

Please visit the Dance Club website to view times of classes, events, and pictures.

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

(more Club News cont' on page 6)

warmly invite you to join us at our Quarterly Resident Meeting to meet our dedicated group of volunteers. After a short presentation enjoy a comfort food luncheon. Here are the details: Date, Wednesday, February 19; Location, Sierra Pines; Doors Open at 9:30 am; Meeting Starts at 10:00 am; Luncheon will be served at 11:00 am. Your bargain entry fee is \$10.00 per person. Please keep in mind that the reservation deadline is February 12 (details below). We cannot wait to see you there.

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#### **Sun City Squares**

BY KRIS KNUTSON

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



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

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

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

Our club meets Monday 1:00PM - 3:00PM, our callers call Mainstream and Plus Level. Advanced Dancing Tuesday 3:00PM -5:00PM. Round Dancing Thursday 1:00-

3:00PM, all our dance instructions are at Kilaga Springs Sun City Lincoln Hills. Club Contact is Tom Bolton 818-321-7708. All square dancers welcome.

#### **Fine Arts Club**

BY NANCY VAVUL

Hello fine arts enthusiasts! February is officially here, and we're thrilled to showcase some vibrant creativity this month! Our gallery wall will feature stunning acrylic art, celebrating the versatility and richness that this medium offers. Be sure to stop by and immerse yourself in the colors and inspiration.

A special highlight during our monthly general meeting on February 14 will be a presentation by local watercolor artist Billie Armstrong. She will share her unique approach to soft nature images of birds and animals, and you won't want to miss her insights and techniques to ignite your own creativity.

This month, we have an array of inspiring classes lined up for all skill levels. Join Donna Self for her colorful acrylic class on Monday afternoons or immerse yourself in watercolor with Renee Hawkyard's class on Tuesday afternoons. Maria Winkler's "Painting on the Right Side of the Brain" continues on February 19 and 26, while Edward Mallory takes you into the world of oils on Thursday mornings. Don't miss Sherry Bleiweiss's intriguing alcohol ink class on the afternoon of February 27 featuring jewelry, notecards and other expressions of the art.

As you plan your artistic journey into these opportunities remember to sign up and pay for your February classes by January 25 to

(cont' on page 7)

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#### **Fine Arts Club**

(cont' from page 6)

secure your spot and insure that our teachers are paid in timely fashion.

Looking ahead, we're excited to announce that our big event, the Annual Art Show, will take place on March 14, 15, and 16 in the ballroom and the art room. This is a fantastic opportunity to spotlight our amazing artists and offer some amazing new works for sale, so mark your calendars because you won't want to miss this prestigious occasion!

Let's make February a month of artistry and inspiration!

#### **SCR Needle Arts Club**

BY PEGGY VOAKES

2025, we're into it now – our trial month is over! I've been reading an interesting article on how engaging in leisure activities can improve our health and lead to increased longevity. How lucky we are to have our Needle Arts Club to provide benefits to improve our brains' neuroplasticity and positively impact our social well-being. Hobbies are a wonderful way to provide a sense of community and lower the negative impacts of stress.

I am encouraging all of us to take advantage of all our club has to offer. Join (or start!) a Special Interest Group, pop into a donation group meeting in the Needle Arts Room, take a class, enjoy a presentation at our General Meeting.

Our room is open to all residents of Sun City every Monday, some holidays excepted, from 9:00 AM until noon. If you are curious about what Needle Arts has to offer, please stop by. A member will be on hand to answer

your questions!

Our January program with Diane Kidwell of New Leaf Senior Transitions was a big hit and very well received. I had seen their vehicles around but had no idea what they do. Diane had so many helpful suggestions for decluttering that I am feeling inspired to get back to cleaning out the garage! She has generously shared her program with us, via VP Sharon Lawin, and encourages us to phone with questions.

If you are reading this prior to Wednesday, February 5, our February meeting will be on that day, back at our regular time of 1:30 PM, in the Ballroom. This is a Members only meeting and there will be no back table. The following meeting will be Wednesday, March 5, 1:30 PM, in the Ballroom.

#### **Creative Arts Club**

BY CAROL KOVACH & BRIDGET WHITAKER

What is the Creative Arts Club? We are a combination of four different artistic disciplines -- Pottery, Ceramics, Creative Glass and Decorative Painting.

Pottery uses raw clay to create hand-built slab-based pieces. Once formed, these items are bisque fired making them ready for glazing. The Club maintains a large variety of glazes in different colors and textures, allowing members to develop unique finishes. Our new slab-roller allows us to easily roll clay into slabs of uniform thickness, resulting in the creation of exciting pieces. We also have two wheels for experienced throwers.

While pottery is often referred to as ceramics, our Ceramics group is a distinct discipline, referring toworking with pre-formed items created by liquid clay poured into a mold.

Pieces are purchased as either greenware or bisque, which is ready for embellishment with low-fire glaze. Greenware requires more preparation and firing, so our members typically work on bisque items. After glazing, often with intricate detail, they are fired to their finished state.

Creative Glass refers to our group working with—you guessed it—glass. Methods include copper foil (Tiffany style), glass-onglass, fused and slumped glass, along with mosaic. The club recently voted to expand support of this discipline, investing in glass inventory purchased at a drastically reduced price, making glass more affordable to members. This and the addition of new classes has paid off with the discipline experiencing an impressive increase in participation.

Our Decorative Painting group works on creatively painting with acrylics on just about any surface—from glass, rocks and fabric to leather, wood and tiles. If it isn't nailed down, it's a candidate for decorative painting!

Ready to try something new? Check out our schedule on the club page of the Sun City Residents website.

#### **Roseville Stamp Club**

BY TIM MILES

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

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

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

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

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

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

#### **Meditation Group**

BY ED CERVANTES

Mantra Meditation – A Deeply Relaxing Experience... 2025 marks the third year that the Heart of Gold Meditation Group has been meeting in Sun City Roseville. When we lived in Orange County CA we hosted a Mantra Meditation Club in the senior community of Laguna Woods, for 6 happy years. Then came Covid and retirement and our life journey led us here to Sun City Roseville.

(cont' on page 9)

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#### **Meditation Group**

(cont' from page 7)

It has been about 47 years since I first learned mantra meditation and through the years of family life, career and all the ups and downs that we encounter, this meditation has been the core aspect of my life. It is the thread that has woven everything together. I would like to share this with you.

You are cordially invited to come learn a simple method of meditation that uses soothing mantras and music to ease the stress and anxieties of daily life. You are welcome to join us for a peaceful hour of mantra meditation, music, and good company.

The meetings are donation based, and the meditations will be practiced seated in chairs.

Here are the dates and locations for our upcoming meetings.

Monday, Feb. 10th 1:30pm - 2:30pm in the Spruce Room at Sierra Pines

Wednesday, Feb. 26th 1:30pm - 2:30pm in the Ponderosa Room at Sierra Pines

Friday, March 14th 1:30pm - 2:30pm in the Ponderosa Room at Sierra Pines

Bring a friend and come make new ones. We look forward to meeting you. Ed Cervantes and The Heart of Gold Meditation Group

mantramedclub@gmail.com

#### **Cinema Group**

BY BRIAN SUTTON

Join us in February for this special Pixar film... "UP" (2009)

Starring: Ed Asner. Run Time: 1 hour 36 minutes.

Carl Fredricksen (voiced by Ed Asner),

a 78-year-old balloon salesman, is about to fulfill a lifelong dream. Tying thousands of balloons to his house, to fly away to the South American wilderness. But Carl's worst nightmare comes true, when he discovers a little



boy named Russell (voiced by Jordan Nagai) is a stowaway aboard the balloon-powered house.

Reviews: "Up" is considered a great movie for adults. An exciting, funny, and poignant adventure, the movie offers an impeccably crafted story told with wit and depth; another visual Pixar treat.

Ratings: (Internet Movie Data Base) IMDB: a high 8.3 out of 10; Rotten Tomatoes a high 98/90 out of 100.

Awards: 2010 Oscar Winner: Best Animated Feature Film of the Year; Best Original Score.

2010 Oscar Nominated: "Best Motion Picture of the year (the third time an animated film was nominated in this category); Best Original Screenplay, Best sound editing.

The movie finished its theatrical run as the sixth-highest-grossing film of 2009.

Friday, February 21, 1:30 pm, Spruce Room, Sierra Pines. As always, admission is free!

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

#### **Jewish Fellowship Circle**

BY LOIS ARLEN & KAREN LEVINE

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

Thank you to all our JFC members and Board members who participated in lighting the Hanukkah menorah at the Timbers Lodge during the week of Hanukkah.

The catered Hanukkah dinner in December was very nice and enjoyed by all. Vivian Friedman, a JFC member, graciously announced the installation of the new JFC Board Officers and Directors for 2025.

Our event for this month is the Lox and Bagel brunch on February 16 at 10:00am at Sierra Pines. The brunch is free to those JFC members who have paid their annual 2025 dues.

There will be a wine and cheese tasting on March 16. Details will be in the JFC newsletter.

If any JFC members are unable to drive and need a ride to any of our events, please contact our JFC member, Irwin Perry, our Transportation Committee coordinator, at 609-915-9746. He will arrange to have one of our JFC members provide transportation to the JFC event.

What is Tu BiShvat? Tu BiShvat is a Jewish holiday that is also known as the "New Year of the Trees." It is celebrated on the 15th day of the Hebrew month of Shevat which usually falls in January or early February. In Israel people plant trees to celebrate the holiday and to symbolize the reclaiming of land for agriculture. People around the world plant trees to honor loved ones or in memory of friends. A traditional Tu BiShvat meal is called

a "seder," which includes eating various fruits and nuts from trees, along with wine or grape juice of different colors.

#### **Solo Friends**

BY NIKKI COMBS

Imagine a boiling pot of crabs with some trying to escape by climbing up and pulling the others down. This is how Logan Whiteagle



began his talk at the General Meeting last month. His topic "Crab Conspiracy" taught us how to avoid letting others pull us down or dissuade us from reaching our dreams.

Most people do not maliciously stifle their friends or family. They just want what they believe is best. We give up and follow their advice because we are afraid; afraid of failure, of not fitting in, of being judged or criticized, or being alone.

Fear is an evolutionary development that has kept humans safe for centuries. But there is a difference between being afraid of lions and never taking chances in everyday life. It is easy to give in to peer pressure, to sacrifice our desires to please someone else. But that means that someone else is writing our story.

Since all fears are based on the unknown, knowledge removes those fears. Once we have the knowledge of what needs to be done, we need to know how to act on that knowledge. Once we realize what is pulling us down, we are empowered. Use that knowledge to act on that power. Change is not easy; it pushes us out of our comfort zone. We agonize about

(cont' on page 11)

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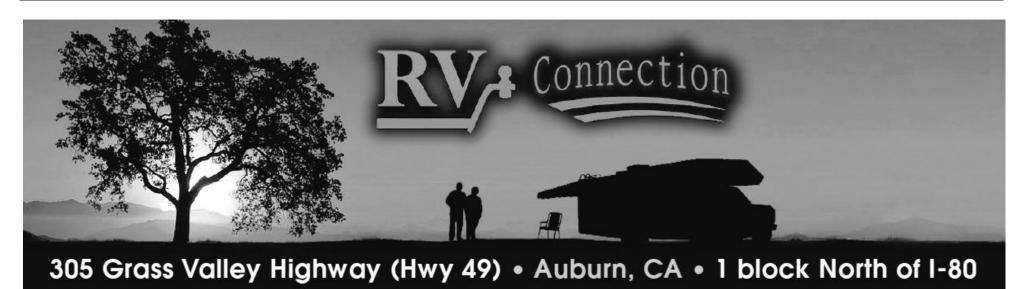
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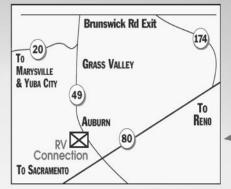




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#### **Solo Friends**

(cont' from page 9)

"what if it's worse." But think about, "what if it's better?'

Take a personal inventory to find your truth. Examine your attitudes, beliefs, commitment, desires, determination, and discipline. Find the answers within you and make your own choices.

The General Meeting on Monday, February 3, will feature Deborah Whitman speaking on "Photography Made Easy." Deborah is a nature photographer specializing in travel, landscape, and botanical still life. Join us in the Timbers ballroom at 6:00 pm.

#### **Veterans and Patriots Club**

BY SUZETTE AUSTIN

At our Veterans and Patriots Club Holiday Dinner Dance in December we transitioned to our new leadership team including Mike Reub, Treasurer and Michael Hau, Bob Wagner and Mike Dover as Council Members. Steve Stansberry will be our "Acting President" until we elect a new President.

We continue to look for members to take the roles of President and Secretary. Anyone interested in learning more about our Council, Officers or Committees is encouraged to contact Steve Stansberry, 541-280-7572, or email yellowstreet67@gmail.com. Council positions are open to any resident of Sun City who is a member of the Veterans and Patriots Club.

We sincerely thank Geoff Marshall for his dedication, service and creativity as our Club President for that past two years.

Our next meeting will be on February 5 at 10 am. At this meeting we will introduce our new Council members, allow them to tell us about themselves, and the Council will discuss some of our plans to move our Club ahead in 2025.

Club meetings are the first Wednesday of  $each \, month \, in \, the \, Timber \, Creek \, Ballroom \, at \, 10$ am. We encourage all members to attend and invite all residents of the community as well as guests to enjoy the presentation, camaraderie, complimentary coffee, and doughnuts; and don't forget the great free raffle prizes from our sponsors. We also encourage you to patronize our sponsors: Roseville Auto Spa, Raley's (Pleasant Grove & Woodcreek), Waffle Barn (on Pleasant Grove) and Al's Restaurant and

Consider replacing your flag if it is worn or frayed. Bring your old flag into front lobby area of the Lodge where we have a bin and we'll have it properly destroyed. If you would like a new flag our group can provide you one for a \$30 donation.

#### **SCR Computer Club**

BY BARBARA EICHTEN

There will be no club meeting in February. Visit Photo Sig Exhibit on Saturday, February 1 in the Club Room from 8:00 -4:00. Very Talented photographers from our community will showing their photographs.

Photo: Will meet on the 3rd Friday, February 21 at 10:00 am in the Club Room. Come to the meeting and see how the Photo SIG (camera club) does things. Submission of a maximum of 3 photos, sent to PhotoSIG916@ gmail.com, is due by Monday, February 17. The photos will be juried at the regular monthly meeting. February's theme is "Person(s) Facial Expressions (formal-informal-candid)." The photos have a 3-year time frame (2022-2025).

Contact Dennis Studer for additional information.

Genealogy: The group will resume on February 13 at 2:00-3:30 in the Club Room.

OPEN sessions are on Friday February7, 14, 21 and 28 from 1:00 - 3:00 in the Club Room. These sessions are to assist residences with individual problems with iPhone, iPad, or the Computer.

Check the scres.org website for further information or call/text Barbara Eichten (901-626-9821) or barbaraeichten@gmail.com

#### **Conservative Action Group**

BY SHERRI SCOTT

Roseville Mayor Krista Bernasconi, who represents District 4 including Sun City, will join us for our February 3 meeting. She was initially elected to the City Council in November 2018 and reelected in 2022. During her tenure she has served as vice mayor from 2018-2020 and 2022-2024 and as mayor from 2020-2022. Krista has had extensive involvement in our Roseville community: former member in the Chamber of Commerce; eight years on the Roseville City School District Board of Education; founding board member of IGNITE Young Professionals and the Roseville City School Foundation. Krista is term limited and will be leaving the Council at the end of 2026.

Krista is a Roseville native and a veteran of the Unites States Navy. She earned her bachelor's degree from Sacramento State. Her work here led her to receiving several awards for demonstrating professional excellence, community service and leadership skills.

Andrew Tagg, Placer County Board of Education (PCOE), attended our January meeting. He was introduced in last month's Courier article as Vice President of the Board-he has since been elected as President. He gave us an overview of



the goals and activities of the Board in support of 16 school districts, 131 schools and 75,000 students. PCOE is not an agency of county government but works hand-in-hand with the Placer County Superintendent of Schools. During his presentation he emphasized the need for families and parents to directly involve themselves in their children's education. Parents are the key to education success.

Our next meeting will be held on Monday February 3, starting at 6:30 pm in the Ponderosa Room at Sierra Pines. Everyone is welcome. If you would like to become a member of CAG, you may sign up during Courier Days at our every-month table or just come to our meeting.

#### Rods & Relics

BY ELNA RAGAN

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

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

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

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

Web Site: www.rodsnrelics.net

#### **Travel Club**

BY PAM SCHEEL-HEMINGWAY

Hope you made it to our January meeting where the first trip of 2026 was previewed. The dates were not available as of this writing, but go to our web page for all the details!

Eleven Travel Club members enjoyed a holiday trip to the famous Greenbrier resort in West Virginia. Don't they look spectacular in their holiday finest?!



Trips now available for booking for Travel Club members include:

Patagonia: Feb 21-March 6 (Collette)

"American Music Cities" tour: March 16-23 (Collette) - Sold Out

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

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

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

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

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

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

Branson Holiday Spectacular: November 4-10 (Collette)

European Christmas Markets: December 4-11 (Collette)

Northern Spain and Portugal: Small trip in 2026 (Collette)

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

all available trips. Watch for more 2026 trips coming soon too. The Travel Club meets the 4th Monday of each month at 3:00 pm in the Ballroom. Join us for our next scheduled meeting on Monday,

February 24. Remember to bring any unwanted travel-related items (in excellent condition) for the "back table." Donated items are available to all members on a first-come basis, so check the table when you get to the meeting.

(more Club News cont' on page 13)



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#### **Ambassador Committee**

BY DAWN HASKIN

The Ambassador Committee is one of over a dozen committees formed to help our Sun City community to thrive and be the best place to live! The committee meets monthly

We held a New Resident Orientation on January 4, 2025 which included a champagne brunch, talks by several folk in the community including the Board of Directors, the Website Development department, the SCR Foundation, Golf and Activities Department personnel. Over sixty new residents attended



to discuss the myriad of projects we assist with. From being greeters and ticket collectors at the monthly concerts and special events, to giving tours to potential new residents and realtors, we are the smiling faces that represent all of you in the community.

Several people on the committee are responsible for visiting open houses throughout the month to be sure the realtors who work in our community know about all the amenities here in Sun City. They are privy to an Ambassador packet which includes a map of our community, a list of our top agents here, as well as other relevant information.

We also are available to give tours to potential residents or new realtors to the area. An appointment can be made for this personalized tour. We know that the best way to encourage new residents is to get a tour by current residents because who knows better than we do about all the various activities we have access to!



and won prizes. Congratulations to not only these winners, but every single new resident who is lucky enough to call SCR their home!

Upcoming activities we will be hosting this year include another New Resident Orientation on March 29 for residents who moved into the community during the months of December 2024 through February 2025 as well as a Realtor Information Breakfast on April 9.

## Website Community Service Group

BY CHARLYN ROSS

"The Time Has Come... The walrus said, to speak of many things." That sentence, from "Alice in Wonderland," came to my mind as I started to write this month's article. For almost 20 years I have authored this monthly column to keep our community updated on our Resident Website (www.scres.org). I have written about its features, to encourage residents to utilize the Website to help enjoy all the facilities, activities, and events that are available. Intermittently, I have promoted our well-designed Public Website (www.suncityroseville.org), which helps market Sun City Roseville (SCR) to future residents.

Well, "my time has come" to end this assignment, as my personal needs require me to leave Sun City Roseville. However, I will take with me the memory of the many residents who let me know that they read my article, found it helpful and enjoyable.

In today's world of the Internet, we have come to understand the importance of having a website to communicate information, and the importance of providing website updates to meet the needs of its users.

As SCR is a community where resident members are involved in the community operations, I would encourage you to consider becoming involved by volunteering to the many Clubs, Groups, and Committees.

In fact, our Website Community Service Group provides a volunteering opportunity for you to provide input on maintaining our Website's features. Visitors are welcome to our group, which meets at 9:00 am, on the first Wednesday of each month, in the Lodge Club Room. The meeting is led by Redell Moore, our Director of Information Technology, assisted by Juliana Artemov, our Website Designer.

Just One More Thing! There is a need to clarify the difference between the Resident Website (www.scres.org) and the "Sun City Roseville Club Now" Website (scrmember. scres.org).

The "Club Now" Website can be reached from a link at the bottom, left side of the Resident Website's "Announcements" screen. The "Club Now" Website provides information posted by the Activities Department about future community events, activities, and trips, and whether a reservation may be necessary due to limited space or a required fee.

"Club Now" requires a resident to login and enter a password. You might want to take a minute to check out the "Club Now" Website to become familiar with accessing it from the Resident Website, and learning when you might need to use it.

Our Resident and "Club Now" Websites are your portals to information on all that our community has to offer. It is my hope that with input from its residents, the Websites will continue to develop to meet the needs of our community.

Finally, I thank you for the opportunity to provide this monthly article for all these past years. It allowed me to share my interest in helping Sun City Roseville continue to be the "Premier Active Adult Residential Community in Northern California."

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

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#### **Charter Club Committee**

BY FRANK TOM, Chair

The CCC developed and recommended that the Board consider a proposal to unify Charter Clubs and Resident Groups into one system referred to as Community Clubs. The goal of unification is to afford more flexibility for Clubs and Groups to govern themselves, but within the parameters of the Association Governing Documents, Bylaws, and Guidelines. Based on 41 Clubs and Groups who attended a forum last Fall regarding the unification proposal, 39 Clubs and Groups were in favor of the concept of unification.

At the November 2024 Executive Session of the Board, the Board did not approve the unification of Clubs and Groups into Community Clubs due to legal issues. However, alternatively the Board drafted a Resolution to establish the Club and Group System Review Committee to review proposals and ideas raised regarding the Clubs and Groups Systems, and to make recommendations to the Board. The Resolution was approved at the December Board Meeting.

The Board members of the Committee include Steve Gustafson as Chair, Yvonne Bond, and Tom Webster. Steve attended the January 2025 CCC Meeting to provide a context for establishing the Board Committee and its purpose. He further stated that the Committee will invite the CCC to serve on the Committee.

I would like to commend the members of the Charter Club Committee for their heavy lifting in developing a proposal to give more flexibility and autonomy to Clubs and Groups. The CCC will provide updates in March.

#### **SCR Foundation 2025**

(cont' from page 1)

Permanent Exterior Lighting for Timbers and Pines Lodges – Funded \$18,255 in 2024 to SCRCA for lighting.

License Plate Reader Cameras: Funded \$21,300 (half to be expended in each of 2024 and 2025) for installation of cameras at 4 entrances to Sun City and 2 years of service.

Portable AED (defibrillator): Funded \$1,479 for an AED for SCR clubs and groups to check out for events that are outside the confines of Sun City Roseville.

Library Shelving: Funded \$3,800 for replacement of the library fireplace with additional book space shelving.

2025 -

CPR/AED/First Aid Training: Funded by the Foundation and operated by the Association's Fitness Center, American Red Cross-certified training is provided to residents for a \$5 registration fee. The Foundation will pay the \$65 cost of training for each resident. The Foundation has committed \$10,400 for up to 8 CPR classes in 2025.

Caregiver Relief: Committed \$40,000 to Del Oro Caregiver Relief nonprofit organization for relief to in-home family caregivers in Sun City.

Rehabilitation Staircase: Funded \$1,975 to SCR Fitness Center for a staircase with a trainer or independent use for pre/post operative rehabilitation, practice, and confidence and strength building,

Sunshine Services organization: Committed \$2,500 to the Sunshine Services group to provide discounted tickets for Arrow (Dial-A-Ride) transportation.

#### **Birders**

BY JANET MORELLI

The SCR Birders have scheduled 20 birdwatching field trips for this birding season (mid-September 2024 to mid-May 2025). At the beginning of February, 10 more trips are still to be taken. The



schedule for this season can be found on the Birders Group website at www.scres.org.

In December, Birders travelled to Yolo Bypass Wildlife Area and found a total of 45 species of resident and migrating birds, including the Greater White-fronted Goose, Double-crested Cormorant, Northern Harrier, Horned Lark, and Western Meadowlark. In early January, the Birders identified 32 species at Staten Island Nature Conservancy. Among the species seen were the Cackling Goose, Sandhill Crane, Snow Goose, Horned Lark, and Loggerhead Shrike.

Scheduled for March are two trips, one to Ferrari Ponds in Sun City Lincoln Hills on March 6 and the other to Gibson Ranch in Elverta on the March 20. Still to be scheduled for March is a field trip to Sierra View Country Club in Roseville on a Monday when the golf course is closed. When scheduled, SCR residents who are on the Birders' email roster will be notified a week before the trip date.

An adult Sand Hill Crane is a tall bird, at approximately 4 feet, with a long neck and legs. It is mostly gray with a large "bustle" of feathers covering its tail, a red forehead and black bill. The Crane that winters in the California's Central Valley from late September through

mid-March, breeds in Alaska and migrates back and forth in family groups at very high altitudes. They feed in agricultural areas, eating grains, seeds, large insects, and small animals and roost at night in the center of shallow ponds. Courtship displays involve elaborate dancing displays and pairs bond for life.

#### **Garden Club**

BY SUZETTE AUSTIN

"Irrigation 101" will be the topic of next meeting on February 4. Our speaker will be Justin Black from Roseville Water. He will speak to us about seasonal start up of irrigation systems, maintenance and repair issues, drip components, drip conversion, weather-based irrigation control and sensors. Justin is Water Conservation Specialist for the City of Roseville is responsible for overseeing the field technicians and operation of our city's Water Conservation program.



We are starting now to plan for the Sun City Garden Tour for early May of 2026. We're looking for residents who would like to have their homes on the tour. The homeowner does not have to be a Garden Club member to be on the tour. If you are interested, please contact Linda Gordon at garlind77@gmail.com.

(cont' on page 18)

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**Ruby Princess ~ 3080 Passengers** 

Jun. 28, Jul. 9, 31, Aug. 22-2025

\$1487

\$2,016 \$2,707

Sail round trip from San Francisco, California to Skagway, Alaska; Juneau, Alaska; Glacier Bay National Park, Alaska; Ketchikan, Alaska; Prince Rupert, BC, Canada; San Francisco, California.

\*LINCOLN SHUTTLE TO SHIP AVAILABLE!

#### 11 Day MEXICO From SFO! PRINCESS

**Ruby Princess ~ 3080 Passengers** 

Mar.8, Sep.24, Oct. 19,-2025

\$948

\$1,091 \$1,928

 $Sail\ round\ trip\ from\ San\ Francisco,\ California\ to\ Manzanillo,\ Mexico;\ Puerto\ Vallarta,\ Mexico;\ Mazatlan,\ Mexico;\ Cabo\ San\ Mexico;\ Cabo\ San\ Mexico;\ Mazatlan,\ Mexic$ 

Lucas, Mexico; San Francisco, California.

\*LINCOLN SHUTTLE TO SHIP AVAILABLE!

#### 16 Day PANAMA CANAL - PRINCESS

**Coral Princess ~ 2000 Passengers** 

Nov. 21, Dec. 7-2025

\$1,998

\$2,127 \$2,619

Sail from San Francisco, California to Fort Lauderdale visiting Puerto Vallarta, Mexico; Puerto Quetzal, Mexico; Guatemala; Puntarenas, Costa Rica; Fuerte Amador, Panama; Full Transit of the Panama Canal; Cartagena, Columbia; Fort Lauderdale, Florida.

\*INCLUDES LINCOLN SHUTTLE TO SHIP & SACRAMENTO AIR RETURN!

#### 14 Day CIRCLE CARIBBEAN - PRINCESS

**Coral Princess ~ 2000 Passengers** 

Nov. 24, Dec. 8, Dec. 22-2025

\$1.059

\$938

\$1,119 \$1,409

Sail round trip from Fort Lauderdale, Florida to St. Maarten; St. Kitts; Dominica; Martinique; Grenada; Trinidad & Tobago; Aruba; Bonaire; Fort Lauderdale, Florida.

#### 7 Day COASTAL CALIFORNIA NORTHBOUND From SFO! PRINCESS

**Ruby Princess ~ 3080 Passengers** 

Apr. 27, Oct. 5-2025

\$1.010 \$1.238

Sail round trip from San Francisco, California to Astoria, OR; Seattle, WA; Vancouver, Canada; San Francisco, California.

\*LINCOLN SHUTTLE TO SHIP AVAILABLE!

#### 7 Day COASTAL CALIFORNIA SOUTHBOUND From SFO! PRINCESS

**Ruby Princess ~ 3080 Passengers** 

Apr. 20, Oct. 12-2025

\$988

\$1,035

\$1,538

Sail round trip from San Francisco, California to Santa Barbara, California; Los Angeles, California; San Diego, California; Ensenda, Mexico; San Francisco, California.

\*LINCOLN SHUTTLE TO SHIP AVAILABLE!

#### 7 Day ALASKA - PRINCESS

**Royal Princess ~ 3560 Passengers** 

May 31, Jun.14, July 5, Aug. 2, Sep. 6-2025

\$1,378

N/A

\$2,176

Sail round trip from Seattle, Washington to Juneau, Alaska; Skagway, Alaska; Glacier Bay National Park; Ketchikan, Alaska; Victoria, Canada; Seattle, Washington.

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Days & Destination

**Cruise Line ~ Sailing Date** 

Starting Price/Inside Ocean-View Balcony

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September 19-28, 2026

Package includes a Club Cruise Host Joining You- 2 nights luxury hotel in Munich, Germany with tickets to the original Oktoberfest in a beer tent! WIFI, bicycles and an included excursion at each port. 7-day AMAWATERWAYS Danube river cruise in standard accomodations. Board your small ship river boat and sail from Vilshofen, Germany; Passau, Germany; Linz, Austria; Weissenkirchen, Austria; Vienna, Austria; Bratislava, Slovakia; to Budapest, Hungary. Ask about upgraded cabins. Limited availability! Other dates available without host & tickets. Don't miss this amazing opportunity!

#### 12 Day PARIS TO THE SWISS ALPS Cruise

**April - November 2025** 

\$4.598

#### **Viking Longships ~ 190 Passengers**

#### **INCLUDES ROUND TRIP SACRAMENTO AIRFARE!**

Package includes your home to the Sacramento Airport, Round trip Sacramento airfare, Airport Meet-And-Greet with transfers, WIFI, an included excursion at each port. 12-day Viking River Cruise in standard accommodations. Sail from Paris, France; Reims, France; Trier, Germany; Bernkastel, Germany; Cochem, Germany; Koblenz, Germany; Mainz, Germany; Speyer, Germany; Strasbourg, France; Basel, Switzerland; to Zurich, Switzerland.

#### 8 Day YANKEE SEASPORTS Cruise

May - October 2025

\$5,250

#### **American Independence ~ 100 Passengers**

#### **INCLUDES ROUND TRIP SACRAMENTO AIRFARE!**

Package includes round trip Sacramento airfare, Airport Meet-And-Greet with transfers, 1-night hotel Boston Four Seasons pre night, WIFI, an included excursion at each port. Explore seaport towns and American history and Maritime legacy on an 8-day American Cruise Lines river cruise in standard accommodations. Sail from Boston, Massachusetts; Plymouth, Massachusetts; Newport, Rhode Island; New London, Mystic, Connecticut; Sag Harbor, New York; Old Saybrook, Connecticut; to New York, New York.

#### 8 Day MISSISSIPPI Cruise

February - December 2025

\$3,499

#### Viking Mississippi- 386 Passengers

#### **INCLUDES ROUND TRIP SACRAMENTO AIRFARE!**

Package includes your home to the Sacramento Airport, Round trip Sacramento airfare, Airport Meet-And-Greet with transfers, WIFI, an included excursion at each port. 8-day Viking River Cruise in standard accommodations with a window. Sail from New Orleans to Memphis visiting Darrow, St. Francisville, Louisiana; Natchez, Vicksburg, Greenville, Rosedale, Mississippi; to Memphis, Tennessee.

#### 6 Day MEXICO Cruise - ROYAL CARIBBEAN

Ovation of the Seas ~ 4,905 Passengers

Jun., Jul., Aug., Sep., Nov., Dec. 2025

\$815

\$950

Sail round trip from Los Angeles, California to overnight in Cabo San Lucas, Mexico; Ensenada, Mexico; Los Angeles, California.

#### 7 Day Europe's Winter Riviera Cruise

**February - December 2025** 

\$3.179

Windstar Yacht ~ Star Legend ~ 312 Passengers

**INCLUDES ROUND TRIP SACRAMENTO AIRFARE!!** 

Board your Windstar yacht and sail from Barcelona, Spain; Nice, France; Genoa, Italy; Livorno, Italy; to Rome, Italy.

#### 7 Day DREAMS OF TAHITI Cruise

February - December 2025

\$5.488

#### Windstar Yacht ~ Star Breeze ~ 312 Passengers

INCLUDES ROUND TRIP SAN FRANCISCO AIRFARE!!

Board your Windstar Yacht and sail round trip Papeete, Tahiti visiting the French Polynesian Islands of Moorea, Raiatea, Motu Mahaea (Tahaa, Bora Bora, Huahine, and back to Papeete in an Ocean View Suite. Don't put it off any longer. Book your Tahiti trip today! Ask about the all-inclusive package!

### 9 Day Columbia & Snake Rivers Cruise

**April - October 2025** 

American Cruise ~ American Riverboat ~ 180 Passengers

**INCLUDES ROUND TRIP SACRAMENTO AIRFARE!!** 

Package includes 9-day American Cruise Lines river cruise in standard accommodations. Enjoy an included excursion at each port, beverag package & gratuities. Follow the trail of the intrepid explorers, Lewis and Clark and sail from Portland, Oregon; Cruise the Columbia River; Astoria, Oregon; Kalama, Washington; The Dalles, Oregon; Cruise the Columbia River; Pendleton, Oregon; Richland, Washington; to Clarkston Washington.

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

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- $\star\star\star\star$  Wonderful company. The product is beautiful. The crew arrived on time and were conscientious, professional and courteous. H.M. from Lincoln
- ★ ★ ★ ★ We couldn't be happier with the beautiful walk in shower and vanity with integrated sinks that Stanko and his crew constructed for us using the fabulous Kerrock product! Everyone involved was very professional, efficient, and attentive to details. We are going to love the easy care and timeless beauty of our new seamless shower, vanity and sinks! Thank you so much!! J.W. from San Francisco
- ★ ★ ★ ★ We have had almost our entire house re-modeled and have worked with numerous contractors. Some of them were great and some were a complete nightmare. LISAC far exceeded my expectations in both customer service and workmanship. Our project consisted of a full master and guest bathroom remodel. We love our seamless shower and vanities. We would highly recommend this company.

S.W. from Sacramento





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#### **SCR Library News**

BY ELIZABETH GUSTAFSON

In January, the library celebrated some of our resident authors in two delightful panel discussions. Watch for additional panels in the spring because we have more authors. Look for their books on the Local Authors shelves in the library.

See the library article in the SCR Courier to read short descriptions of the new books we have this month. Our new books include continuations of popular series by Leon, Evanovich, Parker, Jance, Clancy and Woods. Richard Osman, author of the wonderful Thursday Murder Club series, has the first in a new series, We Solve Murders. Having just visited China, I want to read Daughters of Shandong, historical fiction set in the 1948 Chinese Communist Revolution.

The SCR Library is open for Sun City

residents Monday-Saturday 10:00-4:00 and  $Sunday\,10:00\hbox{-}2:00\,and\,is\,staffed\,by\,volunteers.$ When we are not open, you can return books in the drop box by the door.

New Books - Fiction: Deaver, Jeffrey -Fatal Intrusion; Leon, Donna-A Refiner's Fire; Martin, Madeline - The Booklover's Library; Miller, Linda Lael - Where the Creek Bends; Parker, Robert B - Broken Trust; Williams, Beatriz- Husbands & Lovers.

Non-Fiction: Clavin, Tom - Bandit Heaven - History.

Large Print: Chung, Eve J. - Daughters of Shandong; Clancy, Tom - Defense Protocol; Erdrich, Louise - The Mighty Red; Evanovich, Janet - Now or Never; Garden, Ina - Be Ready When the Luck Happens (Memoir); Jance, J.A. - Den of Iniquity; Osman, Richard - We Solve Murders; Parker, Robert B.-Hot Property; Rejulak, Jason - The Last One at the Wedding; Woods, Stuart - Golden Hour.

#### Roseville Selected to Host 2025 Lineworkers Rodeo

Electric and the City of Roseville proud to are announce that we were selected to host the 2025 Public Power Lineworkers Rodeo right here in Roseville. Mark your calendars for Saturday, March 29, and join us @the Grounds for this free community event!

The daywill be filled with thrilling competitions unlike anything vou've seen before.

Lineworkers from public power utilities across the nation attend this epic event every year and compete in a series of contests designed to test their technical skills, safety practices, and teamwork. From challenging timed events to demonstrations of everyday tasks, the rodeo is a unique opportunity to watch the incredible skill and daring dedication it takes to be a lineworker.

"We are honored to host this year's rodeo and excited to welcome lineworkers,

and public power supporters from around the country to Roseville, said Dan Beans, CEO of Roseville Electric Utility. "We have planned a rodeo like none other before, and we can't wait to see it come to life for our community, our visitors, and the courageous lineworkers who put it all on the line for us every day."

@ t h e Grounds will be transformed into

a hub of energy and excitement, with activities and exhibits for all ages. In addition to the competitions, attendees can enjoy the family funfair (complete with bounce houses, petting zoo, train rides and more!), food vendors, and locally sponsored exhibits. Admission is free, and everyone is encouraged to attend to cheer on the participants and celebrate public power.

ROSEVILLE

Stay up to date on all Rodeo event details at Roseville.ca.us/Rodeo.

## **Executive Director Comments**

It's February, and that means that work is underway on the Budget for 2025/2026. We will be hosting a Budget Town Hall Meeting on February 15th as well as working with the Finance Committee during Budget Week which starts on March 24th. Prior to those meetings, staff are working hard to prepare the foundation for those important and meaningful discussions about what I call "the business" of Sun City Roseville.

 $As you \, may \, know, the \, Sun \, City \, Roseville$ Community Association (SCRCA) is a registered California nonprofit, mutual -benefit Corporation. Mutual benefit corporations are formed for common gain purposes - in our case, those include managing common property and promoting the social or economic welfare of member individuals.

Funds we use to carry out these functions come, generally, from two sources: member assessments, and revenues from our business activities, such as our golf courses, our restaurant, and our special events. Each year we must review the budget and make adjustments (based on several factors, including economic projections) so we can continue to provide the high level of service that our members expect, and deserve.

There is currently a lot of uncertainty and anxiety around economic projections. Most projections are based on current laws governing spending, and taxes generally remaining the same. Changes to laws particularly those affecting revenue and spending policies—could lead to budgetary outcomes that are considerably different from baseline projections. Unanticipated changes in other factors (such as adminis ¬trative actions. regulatory changes, and judicial decisions) also affect spending and revenues.

The general sentiment for consumer

spending appears to be that, due to a slow decrease in interest rates, 2025 will see slower growth in spending. Since consumer spending represents 70% of the economy, we must adjust our projections for growth in our business revenue activities for the remainder of 2024-25 and are planning to see this slowdown continue in the next budget year. In previous years, resident assessments were the majority of the Associations revenue but in recent years that has dipped to about 44%. That means we depend on business activities to generate about 56% of the revenues we need to operate.

On the expense side of the equation, we continue to maintain tight expense controls taking steps as we can to mitigate the "normal" rise in many expenses. Our goal is to continue to build on measures taken in the last several years to shift expenses and new capital costs outside of the resident monthly assessment. Our strategy of relying on Business Revenue to fund a larger share of the rising costs needed to keep the community relevant is still valid, but must be closely monitored. As business revenue softens, more pressure will be added to the monthly assessments.

To recap, we anticipate that softening revenues in our Business Sectors, as well as increased operating costs for payroll, utilities, insurance, and goods sold, will add pressure to our monthly assessments. Our approach to help offset these challenges is to continue to focus on increasing or expanding Operating Revenue and maintaining tight expense controls, including reviewing service and maintenance contracts as well as purchasing controls. The Community will need to continue to be innovative in the discussions on how to increase revenues, control expenses, and keep increases to the assessment to a minimum.

#### Senior (50+) Prom

.....

Enjoy an evening of fun, food and dancing at Woodcreek Golf Club for the Senior (50+) Prom on April 26 from 5:00 to 8:00pm.

Our FAB (Fifty and Better) Club is hosting the event which includes a plated gourmet meal featuring options like tri-tip & vegetables, chicken marsala or a specially crafted vegetarian pasta dish.

Your registration includes a drink voucher for red or white wine and a chance to win fantastic raffle prizes, from rounds of golf to fitness passes and exclusive event tickets.

Dress to impress and be part of the crowning of our prom king and queen.

FAB members: \$55.00 non-members: \$65.00

Get your tickets early because prices go up \$10.00 starting March 1st!





#### **Garden Club**

(cont' from page 13)

At our first meeting of 2025 Suzette Austin, a Garden Club member, presented a slide show and video presentation of Filoli House and Gardens in Woodside. She told us about the families who lived there, how they acquired their wealth, and discussed the interior and history of the mansion.

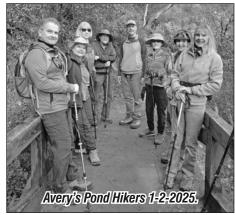
Our Garden Club meetings are on the first Tuesday evening of each month at Sierra Pines. Doors open at 6:15 pm, our meetings begin at 6:45 pm and end by 8:15 pm. Please join us and enjoy cookies prior to the meeting. Guests are always welcome. Don't forget to wear your name badge.

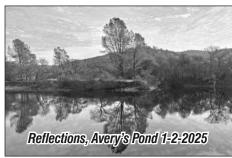
We will have a table at our February meeting to "Share the Bounty." If you have a garden and have extra fruit, herbs or vegetables you are invited to share. You may want to add serving suggestions, such as "allow to ripen on the counter" or "chill and enjoy" as well as the name of the donor.

#### **SCR Hiking Group**

BY SILVANA HUGHES

In winter much of the vegetation lies dormant, showing muted shades of browns and greys. Yet on our first hike of the year in January we were treated to lush green grasscovered meadows, and delightful bursts of color, curious shapes and interesting textures from a variety of mushrooms like the Golden Chanterelle, Western Jack O'Lantern and Witches Butter, along with Spike Moss, Feather moss, and lichen. A Whiteleaf Manzanita shrub with its deep red bark and pale green leaves displayed delicate clusters of bell-shaped white





flowers dangling from reddish twisted branches. Avery's Pond - home to ducks and pond turtles among other species -- offered lovely reflections of the tree-lined shoreline and a cloud-dotted blue sky. You are invited to view the Hiking Group's photo gallery on the SCR website to see these natural wonders as captured by our talented photographers and expertly curated by Bill Haley. We invite you to try out a hike or two with us in February!

The next Hike Group meeting will be on March 10, 2025 at Sierra Pines; more details will be provided soon.

Below is the February schedule, subject

to change depending on weather and trail conditions. Bring water, snacks/lunch, and a change of shoes to keep the driver's car clean. We meet at 8:45 am in the lodge parking lot near the tennis courts for carpooling and a 9:00 am departure. All carpool rides this month are \$8.

February 6: New York Creek, #4.5 (moderate), 7 miles, elevation gain 870 feet.

February 13: Cascade Canal, #2.5 (easy), 6 miles, elevation gain 175 feet.

February 20: Stagecoach/Manzanita Loop, #4.5 (moderate), 5 miles, elevation gain 880 feet.

February 27: Hidden Falls - 7 Pools and River Otter Loop, #5 (moderate), 6.6 miles, elevation gain 1000 feet.

#### Cycling Group

BY SUZETTE AUSTIN

A fun exchange of cycling apparel and gear was included at our January meeting. We will not meet in February and our next meeting will be combined with a social event on March 14 at 5:30 pm in Sierra Pines. Sun City residents are invited to attend our meetings or socials if you plan to take up or to resume cycling.

Although we have rides normally scheduled to leave from the tennis courts, we know this time of year they're often cancelled





due to rain, chilly weather and strong winds. Please contact any of our Club Officers for information on rides or text 916-759-9495 to subscribe to up-to-date texts about rides.

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

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

#### **Bocce**

BY DAVID MOORE

Three weeks of Monday rain has delayed the results of the afternoon Winter League.

As of this writing, with one week and two games left to play, the Rolling Stones were the team to beat with 119 points. The battle for second and third couldn't have been any closer with Deboccery at 115 followed by the Buzzards at 114 and the Rookies at 113. But as anyone who has played bocce knows, it can only take one "o" game to topple a team out of the winner's circle.

(cont' on page 19)

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#### Bocce

(cont' from page 18)

Even the teams whose scores are only in the double digits have enjoyed the fresh air, camaraderie, and the special treats such as brownies and banana bread provided by ace bocce player and accomplished baker Medina



Lane. For those looking ahead, sign-ups for the Spring Mini-League are March 26th with play beginning on April 2 and continuing through June 3.

Ending on a sad note, we must report the death of Gil Lugo. Gil and his wife Connie joined the mini-league in 2009 having never played bocce before. Gil did not want to play but immediately fell in



love with the game and later started teaching it to others. Known for his sense of humor as well as his backward palino toss, he taught many players the intricacies of the game. He was a club champion twice and played until his health prevented it.

#### **Softball Club**

BY BOB MONTALVO

If you are wondering whether New Years resolutions are still a thing, well according to the "Phantom Authority" they are, but only for those under the age of 65, which lets most of us off that proverbial hook. So, you can breathe easily and tell yourself that you really didn't need to lose those eight pounds you gained over the holidays or clean out your garage as you promised you would. Instead, you can focus on doing right by your loving spouse and decide on the best way to shower them with love and attention on Valentine's Day, which is just 13 days away. For those of us eagerly awaiting the upcoming softball season, we can hope that February 14 will bring us new athletic socks, a half-sleeve undershirt we can wear under our jersey, or even a promise of leg massages after a few hours chasing fly balls or running the bases. Setting hopes and dreams aside, do focus on getting yourself back in shape for softball by exercising and attending those pre-season practices at Mahan Park. If you haven't already gotten a practice schedule, it should be emailed to you soon. The tentative date for the team draft is February 5.

Club members are strongly encouraged to attend the upcoming Membership Meeting on Wednesday, February 5. It's an opportunity to catch up on club news, vote on suggested rule changes, and most importantly, to voice your opinion. Last month's article spotlighted Ivy Blue Oaks Signature Senior Living becoming a team sponsor for 2025. Team sponsors are still being sought, so if you know of a business that is willing to sponsor a team or be an All-Star sponsor, let Frank Tom know who to contact. All Team and All-Star sponsors will be acknowledged in a future Courier article.

#### **SCR Table Tennis Group**

BY GARY GREGSON

Over the course of history of the game of table tennis important changes have been instituted bettering the game and providing more enjoyment for players and fans alike. In the late 1800's the game evolved in the fancy homes of wealthy English families where they used a row of books as 'nets' on dining tables in their homes. The original table tennis balls were made from tightly wound balls of string or shaped clumps of cork, and cigarette boxes were the players 'paddle' of choice. The game sure has changed. Here's a look at some of the more significant changes made to the game over time.

In the early 1900's celluloid balls were



introduced, and paddles were made of rubber glued to wooden handles.

In 1926 the International Table Tennis Federation was established, and the first world championships were held in London.

In 2000 the ball size was increased to 40 mm from 38 mm for better visibility during televised events.

In 2001 the scoring system was changed from 21 points to 11 points to win a game. This was perhaps the most significant change to the game.

Regardless of the evolution of the game, the thrill and enjoyment of table tennis still remains. Come join us for the thrill of victory when our group meets at the Sierra Pines clubhouse each Tuesday and Thursday at 2:00 pm and on Saturdays beginning at 9:00 am. All Sun City Roseville residents are invited to join our membership.

#### **SCR Tennis Group**

BY WENDY LEIMBACH

Happy new years to all. December was a cold and rainy month with tennis being played intermittently when we saw some sun. It looks like the new year may bring some dryer weather which will be welcomed by our Tennis players.

As we reflect on 2024, it was a year of growth and change for the club. The ladies had several competitive opportunities that were made available for their participation. Our SATA league under the leadership of Nancy Kacey came in second in 2024. Some of our members also played in the USTA 5.5 league. Although we were one and done in playoffs we came in first place during the season. Congrats

(cont' on page 23)

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

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

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

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

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

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

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

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

#### **Michael Ross**

(cont' from page 1)

to practice anesthesia and travel in Europe and Africa. Monthslater, he moved to San Jose for a better position in anesthesia.



Duringa mid-life crisis

in 1979, Michael applied to film school, was accepted, and moved to San Francisco. He took classes there for two and a half years, supporting himself as a part-time anesthesiologist. Although he made two student films which were shown publicly, he didn't see much of a future in filmmaking for himself, so he started working at the Los Gatos Community Hospital. He occupied his time writing screenplays and practicing anesthesiology until 1991 when he decided to start life over in Lake Tahoe as a futures trader.

Michael enjoyed Tahoe, skiing, hiking and mountain biking. He joined Sierra Club and led a few hikes between 2001-2002. He also played golf and scaled Mt. Freel and Mt. Tallac three times. Eventually, he moved to Orangevale and after living there and Lake Tahoe for 16 years, he moved to SCR in 2019.

Currently single, Michael has two daughters from prior marriages. JoAnne, born in 1971, lives in West Sacramento, and Erica, born in 1984, resides in Alameda with her two children.

Michael participates in pickle ball, bridge, the art club, and Socrates club. He's also played pool and golf and is thinking about joining the computer/photography club. Lately, he has been writing his memoir and hopes to finish it this year.

Writing his memoirs has been a labor of love for him, one which, after combing through journals, travel logs and letters, has allowed lots of memories to surface. For example,

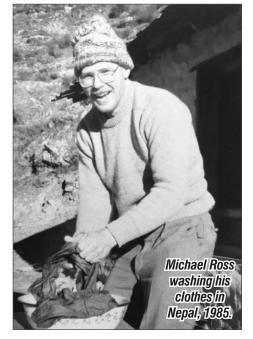


there was the time he was playing high school football and injured his right shoulder. The coach asked him to raise his right arm, which he did to the coach's satisfaction. He went back in the game, playing both offense and defense in the second half with a fractured shoulder, the very definition of the word "tough." But it was worth it because his team won the game.

He also remembers living in Syracuse, New York, in 1969 and buying tickets to Woodstock. He got started late to the concert,  $hit an \, unbelievably \, clogged \, line \, of \, traffic \, going \,$ to the event, and decided to turn around and go home. "The worse part was, I threw the tickets away. They're worth a lot of money now," he recalls.

Another memory happened in 1985 when he was living in the Santa Cruz mountains and decided to join a group making a month-long trek in Nepal which included climbing up Mount Everest. Michael was proud to have reached 18,000 feet. He recalls washing his clothes in a bucket outside when the weather was 45 degrees. Another definition of being

One of his favorite memories was a fourmonth trip to New Zealand in 2008 where he mostly camped outside and occasionally used a back-packer's inn. He hiked throughout the



North Island and enjoyed the semi-tropical landscape immensely.

He recalls being in Park City, Utah, and seeing Robert Redford drive up and park nearby. Michael wanted to tell him that watching the movie, Butch Cassidy and the Sundance Kid, five times helped get him through a grueling internship, but decided in the end not to bother the actor. They ended up smiling at each other and that memory was enough for Michael.

Throughout the years, Michael has kept track of his academic life by saving the transcripts from all the schools he's attended. He has logged 252 semester units in college, film school and art school, not including four years of medical school. He remains active in his later years as well. He took up golf at age 50, entered Art school at age 60 and started playing bridge, self-taught, at the age of 70.

Michael has always been a reader, especially of the classics. He's read all of Hemingway and Thomas Wolfe. His favorites include The Great Gatsby by F. Scott Fitzgerald and The Things They Carried by Tim O'Brien. His love of books is evidenced by the many bookcases he has built through his house.

Speaking of his house, Michael's paintings and photographs dominate the walls of every room in his beautiful home. He has stunning collections of Matisse and other well-known artists. And, of course, his own works, some of which have won Best of Show awards, are on display as well. He has converted one of

the rooms into an artist's studio and plans to return to painting once his memoir, which he started two years ago, is finished.

A worldwide traveler, Michael has been to more than 30 countries. In 2012 he went to Ecuador to see if he wanted to move there permanently, but he never really learned Spanish like he thought he might, so he came back to the states. Michaels' future travel goals include a visit to Patagonia, a region in the southern end of South America known as a mecca for hikers.

Michael's overall aim in his retirement years is to be reasonably happy, stay healthy (he puts in a rigorous workout at the gym most days), and get his memoir published. No doubt, with his persistence, determination, and hard work, he will succeed.

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

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#### Friends of Roseville **Public Library Book Sale**

BY MARSHA LUCAS

Friends of Roseville Public Library is having their next huge book sale on Saturday, February 8th with all subjects of books at bargain prices: Hardcover \$3, Softcover \$2, children's hardcover \$ 1, children's softcover and board books \$ .50--very few exceptions. The book sale will be held at the Downtown Roseville Library, 225 Taylor St, 10:00am to 3:00pm, and Friends members can enter early at 9:30 (yes, you can join at the door). We will have tons of mystery, history, fiction, diction, science fiction/fantasy, military history, art/ music/film, biography, geography, philosophy, theology, poetry, plays, crafts, cooking, railroad, science, health, and everything inbetween--also DVDs, CDs, LPs and anything else we can find that you might not be able to live without. Visit our in-library bookstores which are open during all library hours, at all three libraries.





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### Safety First — Scams to Avoid in 2025

BY ROSEVILLE POLICE DEPARTMENT

Americans lose billions of dollars to online scams every year. With the rise of Artificial Intelligence (AI), scammers have even more tools to trick unsuspecting individuals into giving away their personal information or money. The FBI's Internet Crime Complaint Center, reported losses in 2023 exceeded \$12 billion. Digital tools like chatbots have made it easier to deceive people, and this trend is expected to continue.

Below are some of the top scams to watch out for in 2025:

1. Job Offer Scams — This scam often appears on job boards or comes via phone calls, messages, or unsolicited emails offering quick cash for little work. Scammers may ask for personal details like your Social Security number, bank account information, or even money to cover training or equipment costs under the guise of "routine paperwork" for employment.

Prevention Tip: Apply only for jobs on reputable sites. If an offer sounds too good to be true, it probably is.

2. Lottery Scams — These scams involve contact through email, text, or social media claiming you've won a lottery, sweepstakes, or big-ticket prize like money or a trip. Scammers often ask for payment to cover taxes or legal fees. Warning signs include having to pay to claim a prize, not remembering entering a contest, or the lottery originating from a foreign country.

Prevention Tip: Don't trust anyone claiming you've won a lottery, especially if you have to pay to receive the prize.

3. Government Impersonation Scams — Scammers pose as officials from government agencies such as law enforcement, the Internal Revenue Service (IRS), or the U.S. Postal Service. They may threaten fines, jail time, or other consequences to pressure you into sending money or personal information. Common payment methods requested include gift cards, cryptocurrency, or wire transfers.

Prevention Tip: Verify the agency's authenticity by using a trusted phone number—not one provided by the caller. Government agencies will never request payment through gift cards or cryptocurrency.

4. Grandparent Scams — This scam targets older adults by exploiting their willingness to help family members. Scammers pose as a grandchild or relative in distress, often claiming they need money urgently to get out of trouble abroad, such as being in jail.

Prevention Tip: Take time to verify the family member's identity by asking specific questions only they would know. Contact other family members to confirm before sending any money.

How to Report a Scam — If you fall victim to a scam, it's important to report it. File a police report by calling (916) 774-5000, extension 1. You should also report the scam to the FBI's Internet Crime Complaint Center. The more information authorities have, the better they can track scammers and prevent future crimes.

Remember, if something feels off or too good to be true, it probably is. Stay vigilant and protect your personal information.





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#### **SCR Tennis Group**

(cont' from page 19)

to all our tennis players competing in t leagues.

Our men had the opportunity to play in a coordinated house league lead by Pat Maglione. This league is played on Tuesday and Thursday mornings. The men played against different players each week and enjoyed the competition. This league is also open to any player who would like to participate or be a substitute.

We were fortunate to add six additional tennis players to the club's roster. Our Saturday drop-in is in full swing as long as the weather is friendly. Throughout the year, it has steadily increased in membership with now three courts going usually each Saturday morning.

The club added both beginner and advanced beginner clinics to ensure that first-time players as well as those that have been away from the game for a while and wanted to dust the rust off could practice. Anyone interested in joining a clinic please contact Nancy Kacey, 408-718-6725 for information.

We look forward to an exciting new year of tennis, new opportunities for both fun and competitive play along with our socials and future round robin weekend play.

#### **Croquet Club**

BY JIM WILLSON

Happy Valentine's Day month from the Croquet Club to the Sun City Roseville residents who are interested in participating in new adventures and challenges. The two croquet courts have been converted into one larger court which offers a different perspective to the game. The basic concept remains the same but now requires a different strategy and conceptual concept. The exercise factor remains the same as it does not require a lot of strenuous exercise so it is well suited for our seniors.

Formerly the club required white attire for the players, but now white is optional. The white attire originated in England along with the white attire at the Wimbledon tennis tournament and was required for many decades.

The croquet games usually last for approximately 75 minutes and for newcomers there is free lessons. Annual dues are only \$10 so membership is a bargain for SCR residents. In addition, the club hosts four dinners annually with the next general meeting and dinner being convened on February 23, 2025 at 4:00pm at the Spruce Room at Sierra Pines.

For more information in the lobby of the Timbers Lodge is a kiosk with fliers for the various clubs including the Croquet Club. Feel free to pick up a membership application and for additional facts please contact Louisa or Patrick Maglione at 916-740-2353. The game offers an excellent vehicle to meet new friends and have a great time.

#### He & She Golf

BY JAHNA HOLMES

February is the month of love, and time to reaffirm your love of golf by renewing your 2025 dues! You have until March 31st to pay before your name will be removed from the roster and Eblast list. A check for \$12 per person can be put into the red Membership folder available at each Pro Shop, or in the blue folder on Jahna Holmes' porch pillar.

 $Golfwas\,pretty\,slow\,in\,December.\,Due\,to$ 

the busy holidays and iffy weather, there were no actual tournaments, only open play. The month was pretty chilly, wet and unpredictable, so not many were inclined to play. January and February are also Open Play months due to weather issues. Tournaments will start up in March. You still need to sign up for the Open Play events on the second and fourth Mondays in either Pro Shop. The He and She Website has the Calendar for the entire year, including social events and meetings. A lot of good information is on our website as well, Check it out!!

Rich Aug, our 18-hole Captain, has suggested that if members have ideas for games that might be fun for the club to play, please let him or Michael Hemingway, our new 9- Hole Captain, know. They're always looking for fun ideas!

Fun Fact: The word "golf" comes from the Dutch word for "club", which is "kolve" or "kolf", through trade in the 14th to 16th centuries with Scotland. The Scottish dialect changed the pronunciation which became "gouff" (which looks like "goof" to us!), and then to "goff." By the 16th century it had morphed to our current "golf." So go out and play some golf, and try not to goof!

#### **Sierra Pines Ladies Golf**

BY JOAN ROSE

This is my first article for the Sierra Pines Ladies Golf and I would like to thank Pam Skarg for her term of service doing this. She will be a tough act to follow. But here goes.

The much-needed rain has hampered play over the last few months, and the Lady Niners have been no exception. Hopefully, February will be a fresh start. Spring flowers are beginning to bloom, the course is a brilliant green and thanks to our maintenance crew, in wonderful shape. Come on ladies, let's play golf!

February will have four regular play dates with a 9:00am shotgun start. And we finish just in time for lunch and socialization on the patio.



If you haven't played for a while, dust off those clubs and join us. Sign ups begin on Sunday, ten days before play and you should be getting an email from Golf Genius every week.

If you haven't gotten your 2025 Membership Directory, contact Linda Vincent. The Directory has a list of all members, the 2025 Calendar and is a good source of information for rules and etiquette.

Birdies and Chip ins are in effect from January through November. All birdies and chip ins scored during regular Club play dates are recognized. The Binder is on the shelf at the Pines. Putts for Points will begin on April 9. Play will be on the second Wednesday. Sign ups will begin at the end of February and continue until March 19.

Eclectic will begin in April also. Look for notices about sign ups.

Most Improved players for December
— Flight A: Barb Simon; Flight B: Katherine
DeVito; Flight C and D: none.

Congratulations ladies for still golfing in the inclement weather.

(more Club News cont' on page 25)

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#### **Timber Creek Men's Golf Club**

BY MIKE MURPHY

Happy New Year from the Timber Creek Men's Golf Club! We hope everyone enjoyed a great holiday season. We have entered the winter months but thanks to living in Northern California we are still able to enjoy playing golf with our friends and fellow members in between rainstorms. As we begin 2025, we look forward to beginning the new season with exciting tournaments, CVS outings to the area's best courses and our unique events including our putting championship and our summer BBQ. Our 2025 club schedule will be out soon, look for more events to include after tournament lunches. By now members should have renewed their memberships but if you haven't yet or would like to join the club for the 2025 season please contact Neil Hamilton, our Membership Director, at 707-529-4038 or email him at neilhamilton6049@gmail.com.

As we begin the new year, for any new residents of Sun City or for those who are not familiar with the Timber Creek Men's Golf Club, we are a chartered Club dedicated to the game of golf and the pursuit of friendship and companionship amongst our members. We hold a weekly outing typically on Timber Creek on Tuesday mornings at 9:00am in the winter and at 8:00am the rest of the year. We conduct monthly tournaments focused on fun and friendly competition. Our Central Valley Seniors program is a way to sample the region's finest courses. We invite you to join us today!

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

See you on the links!

#### **Golden Niners**

BY WALTER BROMBY

"You know it's too wet to play golf when your cart capsizes."

December saw more wet, cold weather for the Golden Niners. Cart path only restrictions resulted in member cancellations during the month. The Golden Niners were able to play three tournaments. The Christmas Eve tournament, which was open to the Niners as well as the public, and non-Niner residents, was cancelled due to inclement weather.

The annual Golden Niner Holiday Breakfast was held on December 16 at the Timber Creek Ballroom. One hundred and thirty members and spouses attended. They all

enjoyed good food, and 130 prizes were won by lucky attendees. Picures taken at the breakfast are in the Niners wooden box at Sierra Pines.

Top money winners for December were Greg Worth, \$29, Paul Thies, \$23, Tom Martin, \$21, Stan Johnson, \$20, Mark Dixon and Jack Murphy, \$18, and Jason Post, Steve Schmidt, and Scott Larson, \$17. Total winnings for December was \$824, and total winnings for 2024 was \$16,784.

The Golden Niners golf club is open to residents of Sun City. Members play a weekly Tuesday nine-hole tournament. The tournaments are team play with teams changing each week based on Golden Niner handicaps. The tournaments are played in a relaxed, fun atmosphere, but still competitive. Applications can be picked up at club slots in The Timber Creek Lodge or from the starter at the Sierra Pines golf Course.

#### **Billiards**

BY DAVID ZAN

The Billiards Club continued to be very active during December. Monday morning Ladies (9:00 am to 11:00 am) would like to increase their numbers and are looking for new players. No experience necessary. If you are not coming out because you are worried about your skill level, I am happy to give informal lessons (group or individual). Any afternoon except on Wednesdays is good for me. Just email me (David Zan) at dzan@surewest.net to get a lesson scheduled.



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

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

The Team Tournaments on Tuesday at 1:00pm are attracting a full house and are very competitive. Congratulations to Bob Cecil and Ken Neal for being on multiple winning teams in December.

Winners of the team tournaments in December were:

December 3: 9 Ball - Bob Cecil

December 10: 8 Ball - Don Warden & Jeff Manes

December 17: 8 Ball - Boc Cecil & Jerry Crosby

December 24: 8 Ball - Ken Neal December 31: 9 Ball - Tie - Ken Lane & Ken Neal / Ron Judd

#### **SCR Bridge Club**

BY COLLEEN TOVEY

Want to improve your bridge game?

American Contract Bridge League (ACBL) was founded in 1937 and serves over 130,000 members. At its website (ACBL.org) you can learn how to play bridge, play bridge with friends or robots, and find out about upcoming events. Once you have joined you can earn masterpoints by participating in sanctioned events. ACBL publishes a monthly magazine for members. Each issue includes instructional articles. Sun City Roseville ACBL games are played on Mondays. In the last game of 2024 32 players participated. The winners were North/South: Karen Cochran and Maddi Robison; and East/West: William Huber and Dan Blatt.

#### Bunco

BY PAT OBERLANDER

Hope you will truly celebrate Ground Hog Day this year by joining us repeating it over and over again on the 2nd and 4th Monday of the month. Sign in starts at 8:30 am and we start playing at 9:00 am.

We're in the card room at Timber's Lodge. You don't have to commit to every time, but





once you start, you'll be hooked. We are always looking for fun loving players. And if you win, you'll get your 15 minutes of fame! Spread the word to your neighbors and friends

Winners for 12/9: Theresa Lane, Candy, and Barbara Adams

Winners for 12/23: Dottie Thornton, Margrit Grenier, Pat Oberlander & Cindy

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#### Observations — Basketball and Tattoos

Recent "Observations" have commented on how much sports have changed over the years. Basketball players have become bigger, stronger, and faster, the game itself has become much faster, and of course, the three-point shot has completely changed everything. One thing not commented on is that, to a casual viewer, it might seem obligatory for a pro basketball player to have tattoos. This is not strictly true as research, i.e., Googling, found that only 55% of NBA players have tattoos, although this was back in 2022, and I think it is safe to assume the percentage now is much higher.

Further research found that it was Dennis Rodman, a free spirit if there ever was one besides being a great rebounder, was the pioneer in pro basketball players getting tattoos. Rodman is quoted as saying, "I was just trying to break out of the monotony and the noise and the deceitfulness the sports world was bringing to me at the time. So, I said, I'm just going to go out there and do something different." Another early tattoo advocate was Alan Iverson, and since Iverson was a superstar, this boosted the stature of being tattooed.

Other NBA players with tattoos are the NBA's all-time leading scorer, LeBron James, Kevin Durant, and Kobe Bryant. Sacramento Kings' fans probably noticed that this season's new acquisition, DeMar DeRozan, has any number of tattoos, 15 of them in all, with his arms and his entire back covered. Melik Monk has tattoos on his left arm but none on his right arm, which he says is reserved for buckets, i.e., for making baskets. I don't recall D'aaron Fox having tattoos, but Google says that he does.

I have noticed some pro football players having tattoos on their arms, and Google says that one-third of NFL players have tattoos, not as prevalent as the NBA, but still a respectable number. MLB players have an agreement not to have visible tattoos, but Google says some baseball players do have them, not visible ones I assume. What about tennis? It turns out that several do.

What about the general public? I have noticed in recent years that more and more people seem to have gotten tattoos, and, sure enough, Google says that almost one in three American have a tattoo and 22% have more than one. I knew I should have invested in a tattoo parlor. So, are tattoos getting more popular? Yes, Google says they are getting more mainstream and socially acceptable. It may be that seeing all of those sports stars with tattoos has contributed to this popularity. Or, possibly, sports stars getting tattoos are a reflection of what has been going on in American society in general.

Okay, enough of the fascinating worlds of tattoos... next month beards.

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FOR A FREE HOME VALUATION EMAIL: GBROWN@THOMPSON-BROWN.COM



As Broker and Owner of Thompson+Brown I have worked with thousands of sellers to achieve their goals. This year marks my 40th year in Real Estate. I have seen every market condition and I use that vast experience to make the sales process easier for my clients. Please give me a call or text me and I will be happy to come and meet with you and answer any questions you may have.



George Brown

#### **RECENT SALES IN SUN CITY ROSEVILLE**

121 Golden Spike Court	1119 Sq. Ft.	\$445,000
7580 Council Rock Road	1119 Sq. Ft.	\$455,000
6065 Plum Canyon Lane	1476 Sq. Ft.	\$525,000
6392 Buckskin Lane	1476 Sq. Ft.	\$545,000
308 Sugar Loaf Court	1578 Sq. Ft.	\$550,000
2064 Arlington Drive	1645 Sq. Ft.	\$559,000
7752 Rosestone Lane	1840 Sq. Ft.	\$580,000
300 Comstock Court	1741 Sq. Ft.	\$590,000
4200 Echo Rock Lane	1618 Sq. Ft.	\$645,000
8033 Steamboat Lane	1869 Sq. Ft.	\$650,000
6161 Rose Garden Lane	1869 Sq. Ft.	\$700,000