

SUN SENIOR NEWS

Your Community News Source — Serving Sun City Lincoln Hills — ONLINE AT: SUNSENIORNEWS.COM



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SCLH Election News, 2025 Board of Directors

BY TERESA TANIN

It takes a special group of board volunteers to keep our Lincoln Hills community moving forward. Candidates will be running for the four (4) open Board of Directors positions for two-year terms. The five (5) Candidate's names are listed below in the order of a random drawing:

1. Laura Thiele
2. Renee' Plummer
3. Marie Barnes
4. Russ Petruzzelli
5. David Mateer

Ballots will be mailed out April 9 through 14 to property owners/voting members. Ballots are due back no later than May 14 at 3:00 PM. Please follow the directions carefully to avoid an invalid ballot. Candidate Information and video introductions will be posted on the SCLH website.

Candidate handouts with biographies
(cont' on page 23)

Sun City Lincoln Hills 2025 ELECTION DATES

3/3

Campaign Materials display begins, (KS & OC)

3/14
10AM-12PM

Candidate Town Hall, P-Hall (KS)

4/5
10AM-12PM

Candidate Forum, P-Hall (KS)

4/9 – 4/14

Ballots mailed to property owners
(Voting members)

5/14
3PM

VOTING DEADLINE (Close ballots)

5/15

Ballot counting. Election results announced!

LH Foundation — Bingo is Back!

BY DENISE BOWDEN

We are happy to announce that we will be back to Bingo on March 18! It seems so long ago that we called out “Daubers Up” or heard someone shout out “Bingo” and we can't wait to be in the new ballroom.

In addition to Bingo there is a lot to keep us busy in March. Mardi Gras starts us off with colorful beads and king cake. Daylight savings is back again as the month begins and our clocks jump one hour forward. This happens just in time for more daylight in the evening giving us additional time for outdoor sports before the summer heat kicks in. Don't forget the Spring equinox and please celebrate responsibly.

Pi Day (3/14) and Saint Patrick's Day, makes it a big food week with yummy crust filled desserts and lots of corned beef and cabbage.

This year the Foundation will continue to highlight the great organizations that give so much to our community through the grants we are able to provide because of the generosity of our donors. We will start off by putting the spotlight on Del Oro Caregiver Resource Center. This is an amazing and caring organization that provides a range of services to family caregivers of adults with chronic and disabling conditions or diseases. Contact them at www.deloro.org

(cont' on page 37)

LH Photography Club Plans “Seven Days in Spring” Photo Project

BY RON NABITY

The Lincoln Hills Photography Club will be conducting a photography project in the month of April to document “a week in the life of Sun City Lincoln Hills.” The project is called “Seven Days in Spring,” (April 10 - 16, 2025.)

The Photo Club members will spread out in the community during those seven days with their cameras and smartphones to photograph the people, activities, and everyday life. We are doing this educational project to enhance our members' photographic skills and to learn more about this wonderful community we live in. You may see members taking photographs at various club events, informal activities, or simply capturing images that illustrate our daily lives.

We contacted most of the clubs and groups to announce this project and have them tell us if they want their club's activities to be included. We also want to photograph the informal, everyday aspects of life in Lincoln Hills. Residents are encouraged to tell us about potential “photo stories” that they know about.

An additional component of this project will challenge our members to gather caption information about the photos they take, giving this project a photojournalistic flavor. If you are approached by a Photo Club member about



taking a photo of you, they will ask for your name and inquire about your activity. If you don't wish to be in a photo, simply tell the photographer.

We will assemble the final photographs into a presentation at a future Community Forum.

We also plan to produce an e-book of these photographs.

For more information about the Seven Days in Spring project, please contact Ron Nabity, President of the Lincoln Hills Photography Club, at ronnabity.LHPC@yahoo.com

...

Tap Company

BY PAT ROBINSON

The Sun City Lincoln Hills Tap Company is proud to present “Dance Around the World” at its annual show, April 3rd thru the 6th. This year's production will showcase a variety of dance styles, uniting our very own residents from the various dance clubs to pay tribute to global dance heritage. It is a vibrant, colorful, energizing display of movement, rhythms

(cont' on page 5)

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Neighbors InDeed — Lithium Battery Safety

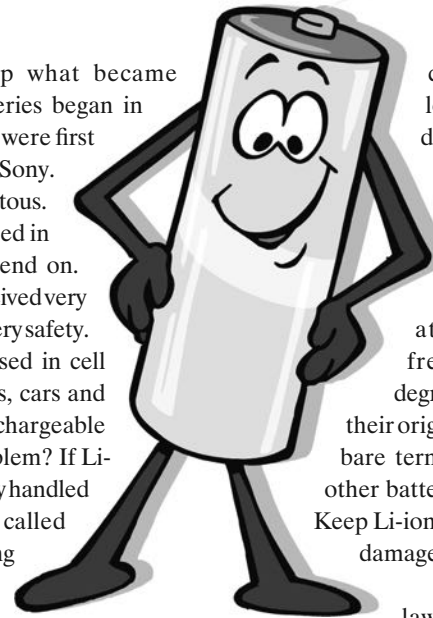
BY DAVE SHORT

Research to develop what became Lithium-Ion (Li-ion) batteries began in the 1970s. Li-Ion batteries were first offered for sale in 1991 by Sony. Today they are nearly ubiquitous. They are currently being used in many devices that we depend on. Unfortunately, we have received very little training on Li-ion battery safety.

Li-ion batteries are used in cell phones, computers, e-bikes, cars and anything that requires a rechargeable battery. So, what's the problem? If Li-ion batteries are not properly handled they can go into what's called "thermal runaway" causing batteries to overheat and to continue heating until failure. The symptoms of this are swelling, smoking, odors, sounds, and eventually ignition and explosion.

How do we prevent this? There are two primary causes for thermal runaway.

1. The battery is physically damaged. This can range from dropped cell phones to automotive crashes. If your Li-ion battery has been subject to this kind of stress, get it checked and replace if necessary.
2. Overcharging can cause thermal runaway. To prevent this always buy brand name batteries, use the charger that came with the device, don't leave the device in the



charger unattended for long periods. Remove the device from the charger when it is charged.

Proper battery storage is important. Charge and store Li-ion batteries at temperatures above freezing and below 105 degrees. Store new batteries in their original packaging. Allowing bare terminals to touch metal or other batteries can lead to damage. Keep Li-ion batteries dry – water can damage them.

Proper disposal is the law. Do not throw them away. Place clear tape over the contacts. Batteries can be recycled at Lowe's and Home Depot.

Neighbors InDeed will assist with many household tasks. Leave a message at 916 223-2763. We will return your call ASAP.



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Tap Company

(cont' from page 1)

and colorful costumes that will define "Dance Around the World". We invite you to enjoy its international flair. Whether it's the exciting, captivating rhythmic tap dancing, the graceful hula, the vibrant Latin number, the exhilarating jazz dance, or the beautiful, mesmerizing moves of Bollywood, we hope you will sway with the music, get toe tappin' and leave feeling uplifted.

It is thrilling to see the work of our award winning, seasoned choreographers and dance teachers, who inspire us with their creativity, talent and passion. We are grateful to Alyson Meador, Janice Hanzel, Melanie

Greenwood, Anna Woods, Yvonne Halsey and so many others for putting together this dance extravaganza. And let us not forget the dedication of the coaches! The show is directed by Kathy Fernandes and produced by Mary Adamson, along with a group of dedicated volunteers: Alison Wolfe, Jennifer Carroll, and Anna Woods.

Come see the enthusiasm of the Sun City dance community as the Tap Company warmly invites you, our neighbors and friends, to embrace your sense of adventure and immerse yourself into an entertaining evening of "Dance Around the World". We hope this show will inspire you to join in the fun of one of the many Dance Clubs here in SCLH. And don't forget, the show will be performed in our newly renovated Ballroom which includes new stage curtains, flooring, wallpaper and dazzling chandeliers, as well as a brand-new control room equipped with state-of-the-art audio and visual equipment to enhance the performance.

It is a good idea to get your tickets early for the best seating. Tickets go on sale Feb 17.

SCLH Tap Company Presents...

Dance Around the World!

Thursday, April 3, 2025 - 7:00 pm
 Friday April 4, 2025 - 7:00 pm
 Saturday, April 5, 2025 - 2:00 pm
 Sunday, April 6, 2025 - 2:00 pm
 Reserved Seating \$21 and \$24
 Orchard Creek Ballroom

The show performances are on April 3rd and 4th at 7:00 PM and April 5th and 6th at 2:00 PM. Tickets are \$21 and \$24.

Players Club

BY SUE VILLARREAL

"All the world's a stage, and all the men and women merely players; they have their exits and their entrances, and one man in his time plays many parts." (William Shakespeare). During the winter season Lincoln Hills Players were busy working on the many roles they play presenting live theater to our community. From producers and directors, to actors, set builders, and many others that hide behind



Participants sharpen acting skills in Cathy's (R) workshop.

the scenes, we have many roles to fill within our club.

Last month our Readers Theater presented "A Family Affair," entertaining audiences with a production written by our own Alan Lowe. The show featured seasoned actors and several new members of the Players Club in this light-hearted comedy.

As Readers Theater was concluding its production, our newly formed "Scene Study" actors workshop participants, under the direction of Cathy Shanley, were busy sharpening their skills. (See photo by Cindy Griswold.) A group of two dozen participants learned techniques, created character analysis, and discussed methodology while gaining the confidence needed to perform in front of audiences.

And speaking of performing, our Play Reading Committee is hard at work, reading scripts of many genres in order to select new shows to perform for our community next fall. Whether it is a musical, a comedy, or a murder mystery, we strive to find plays that will showcase our actors' diverse talents and abilities, as well as entertain our community.

Our summer play will be Agatha Christie's And Then There Were None, with production teams already putting details together. Are you intrigued, interested in performing or taking on a supportive role? We hope you are! Come and "play" with us! Auditions are scheduled for early April.

All residents are welcome to attend our monthly meetings—next one is Monday March 10 at 4:00 PM in KS Presentation Hall.

Music Group

BY BRIAN JEWELL

The February 2025 Music Group meeting was on the first Monday of the month in the Sierra Room (KS). The Music Group will meet in the Sierra Room at Kilaga Springs starting with the April meeting; the March meeting will still be in the Fine Arts Room at Orchard Creek – somewhat confusing, but we will have a permanent home in the Sierra Room starting in April.

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

To see the lead sheets (chords and lyrics) for the sing-and-play songs, visit the Music Group website and drill-down on the meeting date you are interested in.

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

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

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

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

The second group is Ukulele Ohana, led by Ron Peck at 925-788-5869. Ukulele Ohana

(cont' on page 7)

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Kilaga Springs Library News

BY JOY HUTCHISON

It isn't too early in the year to consider where your travels will take you in 2025. Suitcase sales are being advertised and there are even swimsuits on display in local stores. If you would like to get some ideas on where to go, the Travel section at Kilaga Springs Library might give you some ideas. For those of you with wanderlust and a passport, you will discover tour books for Austria, Britain, The Rhine, France, Paris, and Ontario. Warm weather travelers can get some hints about Arizona and Nevada. Other state-side tour books include Alabama, Denali, Virginia, and North Central which includes Iowa, Minnesota,

Nebraska and the Dakotas. Remember; those class reunion invitations will be coming in the mail sometime soon. On the shelf, Dear Bob and Sue by Matt and Karen Smith takes you through their National Parks journey. You will also find Lizard Bites & Street Riots which gives you the scoop on travel emergencies, your health, safety and security. If you have travel books you would like to share with SCLH residents, we would be happy to add them to our collection.

Contact: Volunteer Library Coordinator, Sarah Kevin at sikevin@gmail.com

Kilaga Springs Library Book Adoption Faire

BY JOY HUTCHISON

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

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

Grand Jurors

BY CAROL WITTEN

On February 2nd 2025, 15 current Grand Jurors and 2 past Grand Jurors gathered together to receive the "Grand Jury

Awareness Month" proclamation, presented by BOS Chair Bonnie Gore (pictured below).

Information regarding the Placer County Grand Jury can be found at: <http://www.placer.courts.ca.gov/general-information/grand-jury>



Back Row—from L to R: David Klabunde, David Williams, Aggie d'Esterhazy, David Hughes, Gary Haynes, David Yazzolino, Gary Clark, Scott Williams, Richard Bohrer, Michael Johnson and Alan Witten. Front Row— from L to R: Donald Pfluger, Crystal Elledge, Bonnie Gore, Wendy Biel, James Ralliff, Celeste Licata and Carol Witten.



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Music Group

(cont' from page 5)

meets on Wednesdays from 1:00 to 3:00 in Orchard Creek.

The Vocal Bootcamp kicked-off its first meeting on February 5th. Vivian Bachmann, the instructor, took the class through some singing basics, including posture and breathing. There is a wait list to sign up for this class the next time it is offered; Contact Charleigh Ridgeway (916-625-4024) to have your name added.

Anyone who lives in Sun City is eligible to attend any of these groups or classes. Come feed your brain by challenging yourself to learn to play music or enhance the music skills you already have! We encourage everyone to visit any of our musical activities.

• • •

LH Chorus

BY GAY MACKINTOSH

How many singers does it take to bring you “Lights! Camera! Chorus! Songs from the Cinema”? Seventy-six choristers are in rehearsal now for our spring concerts May 8-10. How many audience members does it take to fill our newly renovated OC Ballroom? Just 336 seats are available for each of three performances.

How many songs from the cinema does it take to round out our concert? We'll regale you with 16 songs from memorable films spanning 87 years, 1930-2017. To further enumerate: come with us to 42nd Street (1932), hear two



lovers woo (“As Time Goes By,” 1942), take a ride in our fine four-fendered friend (“Chitty Chitty Bang Bang,” 1968), feel half now you're whole (“People,” 1968). How many basses and tenors does it take to sing “Hallelujah” (2001)? Only 29, but they must sing in four-part harmony. How many sopranos and altos does it take to sing “Nine to Five”? Dolly Parton wrote it for a trio in the 1980 film, but our four-part arrangement features 49 voices.

And there's much, much more! One-of-a-kind Director Paul Melkonian and 10-flying-

fingers Accompanist Nina Malone inspire us to “Get Happy” (1930). And our all-volunteer tech crew will make us look and sound better than ever from their brand-new control room.

Performances are Thursday, May 8 at 7:00 PM, Friday, May 9 at 7:00 PM, and Saturday matinee, May 10, at 2:00 PM. Tickets go on sale March 17 at both lodges or at www.sclhresidents.com: Ballroom premium reserved \$24, standard reserved \$21.

Visit lincolnhillschorus.org for more

information and contact membership chair Mari Long at mlong24sjca@sbcglobal.net or 916-409-9136.

• • •

Line Dance

BY ANNETTE PORRECO

Hello line dancers. As we approach Spring, we are looking forward to a second line dance extravaganza in the Orchard Creek Ballroom. The date will be announced soon. Line Dance Club members continue to enjoy attending our Sunday labs. These labs are designed to give club members an opportunity to review dances that are often taught in line dance classes. Sunday labs are only available for club members and they are free! So, if you love to dance consider becoming a line dance club member and come have fun at Sunday labs. Club registration forms are available at Orchard Creek in the club information section near the membership desk. We are currently making plans for an exciting line dance event to be scheduled in April. So, stay tuned for more information. Hope to see you on the dance floor!

• • •

(more Club News cont' on page 9)

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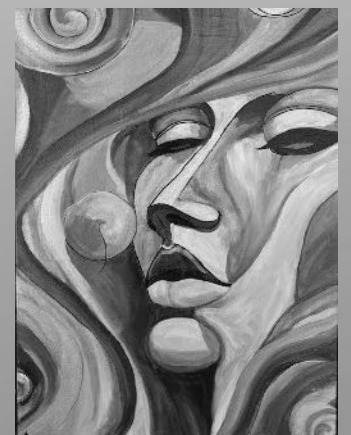


"Sun and Hale" by Bobbie Powell

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"Feminine Mystique" by Nancy Vavul

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"Woodland Trail" by Theresa Leonard



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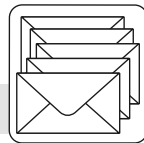


Lincoln Hills January Sales Snapshot

Address	Street	Approx SqFt	Orig. Price	Selling Price	Floorplan
1612	Andover Lane	900	\$450,000	\$420,000	Woodleaf
1864	Stonehouse Lane	1045	\$475,000	\$481,000	Mariposa
2309	Song Sparrow Lane	1190	\$499,000	\$482,555	Calaveras
1621	Hackberry Lane	1322	\$489,000	\$469,000	Bridgegate
1500	Topanga Lane	1509	\$456,000	\$435,000	Condo
905	Magnolia Lane	1626	\$575,000	\$558,000	Lassen
885	Boulder Court	1687	\$640,000	\$640,000	Baldwin
874	Bridalveil Lane	1704	\$669,000	\$629,000	Echo Ridge
2401	Swainson Lane	1795	\$615,000	\$588,000	Tehama
2481	Longspur Loop	1795	\$635,000	\$610,000	Tehama
796	Violet Lane	1967	\$790,000	\$800,000	El Dorado**
406	Cinnabar Court	2045	\$749,900	\$737,500	Tahoe*
1911	Creekcrest Lane	2049	\$798,900	\$799,000	Annadel
1332	Rose Bouquet Lane	2049	\$749,000	\$749,000	Annadel
2086	Stonecrest Lane	2164	\$849,000	\$780,000	Fremont*/**
138	Coach Light Lane	2264	\$749,000	\$749,000	San Mateo
1990	Briarcliff Lane	2585	\$955,000	\$945,000	Monterey**/**

*Casita **Golf Course/ View

Total Homes sold in Sun City per MLS 1/1/25 - 1/31/25



Letters to the Editors...

Authors are solely responsible for the content of their letters.

Upcoming SCLH Vote

Dell Webb Corporation are longtime experts at creating beautiful over 55 communities and writing HOA rules, regulations and CC&R's. Yet Boards here at SCLH, staffed by volunteers who are not as expert as Dell Webb, constantly want to peck away at those rules, regulations and CC&Rs to weaken them, give more power to Boards, and make it easier for Boards to implement their agendas, to spend money, constantly raise dues, eliminate activities, rather than living within their budgets - and steadfastly enforce and live by those HOA rules, regulations and CC&Rs.

The result is never ending dues increases for Community members, less benefits, functions and activities than before, as Boards take on more and more employees, fiscal responsibilities, and liabilities. The last thing SCLH residents need, is for every Board-staffed by unprofessional volunteers with their own agendas, to constantly try to have special votes to give more power to the Boards, and to weaken all the HOA rules, regulations and CC&Rs that have served us, and so many other Dell Webb communities all over the nation - so well for so many years.

Franklin Cain

...

Vote YES on the Amendment!

Our Association's Bylaws now permit multi-year contracts for specified goods and services. A Bylaws amendment on last year's Board election ballot would have extended the Board's ability to lease information technology services, credit card processing, and office equipment from one year to five years. Multi-year leases for these needs would enable the Association to pay less up front and lock in lower rates. Estimated savings are at least \$100,000 per year, equal to \$1.22 per month in dues.

This amendment was supported by 71% of Association Members voting on it. But it required approval by 51% of all 6,783 SCLH properties—3,460 YES votes—to pass, and nearly half of them didn't return their ballots.

Acting on the advice of legal counsel, the Association petitioned Placer County Superior Court to allow approval of the amendment based on its extensive efforts to encourage voting and the strong support it received from Members who voted. In response, the court ruled that the Association may hold another election on the amendment in which a simple majority of voting Members may approve it.

HOA Elections of California as Inspector

(cont' on page 23)

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Country Couples

BY DTIM TATUM

Our recently introduced weekly dance practices on Monday evenings from 6:00 to 8:00 PM in the Lincoln Room (KS) have been very well attended by both existing and new members. During the first hour, we practice dances that we have learned in the past. The second hour is dedicated to individual needs on any particular dance. Our awesome "Volunteer Practice Leaders" always make every session fun and educational. This is in keeping with our mission to help new members get started and to help refresh memories of long-time members to dances that they have done before. Their goal is to make sure that everyone in class has fun dancing! Interested in joining our club? We invite you to stop by any Monday evening to observe our dance practices and meet some of our club members. Hopefully, you will be enticed to join us!

We are also a very active and social club! We enjoy dinners out together at the restaurants chosen by Rich and Donna Pick, our restaurant connoisseurs. We rent the Pavilion in the Sports Complex for food and games once or twice each year. Additionally, we enjoy a bi-annual dance cruise. This year, many of our members are booked on a 10-day cruise in July to Alaska. We're sure to have fun



Restaurant Connoisseurs Rich and Donna Pick

dancing as a group on sea days!

For more information about our past and present activities, please contact Dtim Tatum at 279-966-8551 or visit our website at www.sclhcc.com

...

Ballroom Dance Club

BY ERNIE MICHELI

On February 8th, the Ballroom Dance Club hosted an Oscar Night-themed Saturday Night Dance Party at the Kilaga Springs Multipurpose Room. The room was adorned with three life-sized Oscar statue replicas against a golden mural, and the tables

centerpieces featured a miniature Oscar figurine adorned with roses and golden tinsel. The dessert buffet showcased a delectable assortment of cheesecakes, apple pies, and cookies.

Attendees were encouraged to dress as their favorite movie stars. Ruth Algeri was awarded the best female costume for portraying Chita Rivera, while Jack Craig received the best male costume award for embodying Roy Rogers. Gordon McKenzie and Ann Link were recognized for their exceptional couples' costume, capturing the essence of characters in the movie "Wicked."

We extend our sincere gratitude to all participants who contributed to the resounding



Gene Solarez and Belinda Burns

success of this memorable evening. The meticulous attention to detail in decorations, desserts, ticket sales, check-in, music, and master of ceremonies ensured an unforgettable experience.

March instruction will provide lessons for the waltz. Originating from German folk and peasant dances in 17th-century Austria and Bavaria, the waltz has evolved into a graceful and elegant dance. Its romantic qualities have made it a popular choice for weddings.

Annual membership dues are a mere \$10 per person and are open to all SCLH residents and sponsored guests. Lessons are offered in the Kilaga Springs Lodge Multipurpose rooms each Tuesday from 2:00 to 3:00 PM for beginners and 4:00 to 5:00 PM for more experienced dancers. Open dance sessions are held from 3:00 to 4:00 PM, providing an opportunity for dancers to practice various styles, including the current month's offering. For further inquiries, please contact Ruth Algeri at 916-408-4752.

...

SC Squares

BY CHARLOTTE KNUTSON

2 Free sessions for beginner Square Dancing. Mark your calendar, April 7 & 14 12:15-1:00 PM No experience needed just a desire to have fun and try something new while being active. The sessions offer a great way to meet new people get a basic understanding of square dance terminology and movements. In

(cont' on page 11)

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SC Squares

(cont' from page 9)

In addition to learning a few of the basic steps new dancers will experience dancing with 8 others in the group, this requires cooperation and communication.



Swing your partner...

Square dancing itself improves coordination, balance, memory and mental agility by requiring you to remember steps and follow the callers instructions. It's also a joyful way to relieve stress and boost your mood. It's a good happy place for some.

For more information about Lincoln Hills Squares our web site is <https://sclhsquares.weebly.com>. Our club meets Monday 1:00-3:00

PM Mainstream and Plus. Tuesday 3:00-5:00 PM Advanced Squares and Thursday 1:00-3:00 PM Round Dancing. All dancing is at Kilaga Springs Sun City Lincoln Hills. Club contact is Tom Bolton 818-321-7708 all square dancers welcome.

• • •

Ceramic Arts Group

BY JIM CARNATHAN

New things are happening in SCLH's world of ceramics." Art in the Alcove" will be in the Orchard Creek lobby May 1 – May 31. All ceramic artists are welcome to display their works for viewing and/or for sale. Purchase price and artist's contact information will be displayed with each individual piece. Sales will be direct from seller to buyer, the staff at Orchard Creek desk will not be involved in any sales transactions.

Our first 2025 CAG General Board meeting will be held on Tuesday June 3, 2025, at the Sports Pavilion from 12-4 pm. Please mark your calendar and join us if possible.

February's ceramic classes have had a lot of student participation to start off the new year. The new Wednesday evening hand building class is off to a good start as well. A new beginners two session Thursday evening workshop will be offered on March 6 th and March 20 th with instructor Jim Carnathan. On the first night students will make a small hand-built project and then return two weeks later to glaze the piece. This workshop will be good for those interested in the clay making experience but not sure if it is the medium

for them. Jim's Wednesday evening class will continue in March with a new project to create.

Ceramic beginners and advanced classes with instructor Donte Cuellar continue Tuesdays and Thursdays. Please check the Compass for class details and come play in the clay.

• • •

Creative Glass Club

BY EILEEN MOFFATT

February was a busy month in glass. Club member, Sue Day presented 40 member-made fused glass hearts made in support of Bosom Buddies. She explained a bit about how the hearts were made and what the glass club does.

In addition to a mosaic mirror class, and training for studio and kiln monitors, the club put on a free cutting/grinding workshop. If you

missed it, stay tuned for more.

You can learn to fuse glass. Join a Beginning Fused Glass Workshop on March 27th and April 10th from 9:00 to noon, Sierra Room (KS). The \$80 fee includes both sessions and materials. Reserve your space today--call Corene Bennet at 925/813-8385.

Coming soon are workshops on making a Fused Glass Vase and creating with Mica Magic.

Members bring your tools/projects and join us for open studios the 1st and 3rd Tuesdays (6:00 PM to 9:00 PM) in the Sierra Room (KS).

If you haven't yet joined, now is the time to sign up so you don't miss out on all the events lined up for 2025! It's going to be quite a year.

• • •

(more Club News cont' on page 12)



Club member, Sue Day presents 40 glass hearts made in support of Bosom Buddies.

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Mixed Media

BY JILL SHORT

The Mixed Media Club has been buzzing with creativity as members dove into two exciting projects that showcased a variety of techniques. In January, the art project encouraged participants to explore layering, incorporating gesso, colored pencil scribble, collage, stencils, and paint. This dynamic process allowed each artist to build a rich surface with different materials, resulting in pieces that were visually interesting. The final touch was to choose a word of the year or a focal image, adding a personal and meaningful element to the artwork.

In February the club focus shifted to the exploration of color theory. Participants were tasked with picking a single color and creating its tint, shade, and tone by mixing in white, black, or grey. The mixed media layers in the art piece included collage, painting rectangle shapes with variations of the chosen color, adding a focal point, stenciling and mark making. All these enhanced the piece and brought it to life. This project not only allowed members to practice color mixing but also pushed them to think about how color can evoke different moods and visual interest.

Both projects in the club highlighted the importance of experimentation and exploration, encouraging participants to

step out of their comfort zones and express themselves through diverse techniques and materials.

The art challenge for March is to use items related to St Patrick's Day in an art project. There are no other rules and doing the challenge is always voluntary and done at home and ready to share at the March club meeting.

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

• • •

Needle Arts

BY ALICYN GOUGHNOUR

We welcomed February with a celebration of love in our hearts and rain in the skies and appreciation all around. A recent survey of members indicated that many were interested in more socializing opportunities beyond monthly meetings. Thus, we celebrated our first "Galentine's Day" gathering on February 14th which offered our ladies a chance to meet, greet, share and smile.

Our monthly workshops continue on the third Wednesday of each month. Upcoming topics include trivet making and the art of hand quilting. Please let us know if you can share a talent or interest with others. An opening is still available at the Mercy Retreat in Auburn on August 25-28. Check the website for more information

Remember that the Ben Franklin variety

store in Grass Valley offers a 20% discount on most items on the last Wednesday of each month. To qualify, you need only make a one time purchase of their canvas bag for \$4.99 and then bring it with you on all subsequent trips.

It's great fun!

Our next decorated window at the OC is sponsored by Community Service with a display of quilts to be donated to the Bundles for Babies program at Beale Air Force base. Other handmade quilts and afghans will be collected and brought to a quilt shop in Glendora to be distributed to the Altadena/Pacific Palisades fire victims.

• • •

Paper Arts Club

BY LINDA LUCCHETTI

Sue Dambrosio will lead our March project with three lovely cards perfect for springtime. Sue is donating proceeds from this project to GiGi's Playhouse, a place that



Linda and Ann at February's meeting.

offers therapeutic and educational programs to individuals with Down syndrome. Thank
(cont' on page 13)

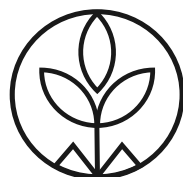


Mixed Media fun with friends.

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Paper Arts Club

(cont' from page 12)

you, Sue, for all you do! Our club membership renewals have been rolling in. Thank you to those who have renewed.

We meet on the first and third Thursday of the month in the Terra Cotta Room at Kilaga Springs Lodge at 9:00 A.M. for general meetings and Open Lab. Check the monthly newsletters (email) for updates. For further information, contact: Pam Abad, pamabad@att.net

• • •

Painters' Club

BY TAMSEN ARMSTRONG

It is with deep sadness we announce the passing of our dear friend and fellow Painters' Club member, Liz Wilmes. Liz was a talented watercolor artist whose beautiful work brought joy to so many. Beyond her artistic gifts, Liz will be remembered for her sweet nature and kind spirit. She will be greatly missed by all who knew her. Our condolences are with her family and loved ones during this difficult time.

Congratulations to Susie Crawford, Joanie Adams and Chuck Gebhardt for their recent sales at the Simple Pleasures Café show. Also keep an eye out for information on this year's Annual Fine Arts Show coming in June.



"Lion at Rest" by Liz Wilmes.

We can only paint what we can see and we must train ourselves to see with both our eyes and with our brains. But in this Information Age, painters can tap into tools that will help them focus on improving their creative vision. With that in mind, our January meeting was a presentation called "Apps for Artists" and featured apps such as Theobot, Value Study, Color Picker and Chroma Magic.

Do you have any paint, brushes, frames or canvases that are going unused? We are collecting gently used art supplies for our auction in April that will benefit our club's programs.

• • •

Woodcarvers Club

BY LIONEL RAINMAN

Finding inspiration for woodcarving. Sometimes after finishing a project or being bogged down with a carving that is not going well one can feel uninspired to carve something



Carving by club member.

else. Possibly other things have come to the fore front such as travel, other activities that are going on here in SCLH, family obligations or I just need a break. So to find that spark here are a few thoughts.

visit a woodcarving show or art show. Other carvings or subject matter may ignite that spark. Woodcarving books and magazines, a lot of inspiration is right there. Take a class to learn or expand your knowledge. Browse for images online. Visual stimulation is an important ingredient for inspiration. Try new subjects, woods, or tools. Look around and take note of tools others are using. This can be a trick that helps you. Carve and visit with others. You may inspire yourself by helping others.

Many of the members of the Woodcarvers Club enjoy the camaraderie and the challenges

wood carving provides.

If you are curious or have an interest in carving please stop by and see what we are doing. We have a large library of carving related books and magazines as well as carving patterns. There are carving tools that you can try before you buy.

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

• • •

Stamp Club

BY TIM MILES

March is here and the club is rolling along. Our meetings are on Tuesday nights at the Sun City Roseville Lodge (7050 Del Webb Blvd) at 6:30 pm. March meetings are March 11 and March 25. April meetings are April 8 and April 22. We are adjourned well before 9 pm and the meetings are full of guest speakers, door prizes, swaps, and anything in the philatelic arena. We offer a "mystery box"

(cont' on page 15)



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SUN CITY REAL ESTATE UPDATE

February's storms and colder weather have slowed buyer traffic some, but there is still plenty of activity. One of the interesting things I've been noting about sales in the two Sun Cities, Lincoln and Roseville is that the final sales prices have been moving closer and closer together. For quite some time, the newer homes in Lincoln were getting a premium, but as those homes have aged, many are in need of updating and it is there that the two communities really start seeing prices overlap. Those homes that are dated and in need of cosmetic improvements have become essentially identical in price. With March on our doorstep, the market should become revitalized as we head into spring.

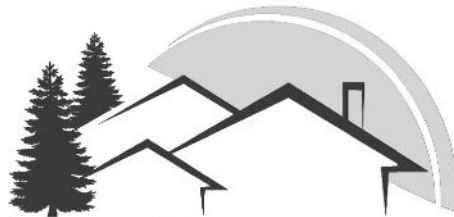



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\$700,000	\$17,500	\$10,500	\$7,000
\$800,000	\$20,000	\$12,000	\$8,000
\$900,000	\$22,500	\$13,500	\$9,000
\$1,000,000	\$25,000	\$15,000	\$10,000

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Stamp Club

(cont' from page 13)

at each meeting that is full of huge bargains. We get rid of surplus inventory at huge savings. Our club has access to stamps, albums, individual pages, mounts, and anything you might need to round out your collecting ability, all at huge discounts compared to regular outlets (store, dealers, the internet). Our yearly club dues are \$20 which are due now and will cease come the middle of March.

Anyone who has an "old" album and wants a quick appraisal is welcome at our meetings. Just show up and bring the album. You'll be surprised at what the current value is, all at no cost to you.

Bob Bartlett (bartlett@corsearch.net) handles email contacts to club members so make sure he has your email address for quick contact, should the need arise.

Al Capparelli (916-771-8288) is setting up some "open garage" sessions to enable you to fill out a specific area of your collection fast and easy. Watch for the email announcements.

We had club luncheon at Casa Ramos in Lincoln in February. It is always nice to get together with your peers and break bread.

Thanks again to Treasurer Al Raub for all his work, especially at this time of year.

• • •

Writers' Group

BY RAY BIRGE

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

We meet on the 2nd and 4th Monday from 5 to 7 pm in the Computer Room (OC). Bring 12 to 14 copies of your less-than 1,200 word 'masterpiece' so we can read along as you read aloud. Join us and we'll laugh or cry together. Let's have some scary fun! "Remember, if you can't laugh at yourself, someone else will."

Any questions, call Ray or Anne Constantin Birge 909.965.3556 raybirge@aol.com

• • •

Singles

BY KATHY SHADDOX

After dealing with the February storms, we are hoping for better weather in March, like maybe a few rainbows!

Singles start the month off with our monthly Birthday Celebration on Sunday, March 2nd at 4:00 pm at Kilaga Springs Café. For all members who were born in the month of March come on down, and receive a cocktail of your choice on your club. When you arrive check in with Mari Long for your drink ticket. As we all socialize and enjoy this event, Dennis Doane will call all those with birthdays up and lead our members in singing Happy Birthday!

If you want to help with planning future activities, you are welcome to attend our Activities Meeting in the OC Computer Room on Tuesday, March 4th at 4:00 pm. At our last meeting, a member suggested we have a Bowling Event. Plans are underway and you will be notified the date soon.

On Saturday, March 8th at 9:00 am we have our 2nd Saturday Breakfast in the Sports Bar. No reservations needed, just join us and Dennis Reid, our host will greet you! You may order anything on the menu you want. Great way to meet more of our members that you may not know yet.

Our monthly Business Meeting is on Thursday, March 13th at 5:30 pm at Kilaga Springs. After our meeting we will play our Horse Race Games. Always a fun event with several races, and your horse may win, place or show!

March 17th is St. Patrick's Day. Enjoy the day with family or friends and maybe you might see a Leprechaun, fairy or find a four-leaf clover?

We end the month with our Social on March 27th at 5:00 PM. Where and what will we be doing? Depending on if the ballroom is open, we will be at Kilaga. Watch for the weekly blast to see what surprise we may have that night for you.

Weather permitting, we will play Bocce on Wednesdays at 2:00 pm. Reminder, that Golf has been suspended.

Save the date of April 24th for our Third Talent Show, get your act together and watch for more details in our upcoming blasts.

• • •

Shalom Social Group

BY JUDY GANULIN

The Shalom Social Group has many interesting activities planned for the rest of this year. Big History Club president Dave Lewis will speak to our Men's Club on March 9. Cantor Alexandra Kurland will talk on inspiring Jewish women throughout history at Women Together on March 12. Our March 30 Membership Meeting will feature Mike Argon providing a program on the legacy of Frank Sinatra. Our Passover Seder will be April 14. We will honor our service members at our annual picnic on May 25, the day before Memorial Day. For more information please contact Margie Gulko, 916-543-5303.

• • •

Lavender Friends

BY JOAN LACKTIS

We like to say, "there's no friend like a Lavender Friend" and now we can add "there's no meeting like Lavender Friends meeting."

Our recent business meeting was held

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LH Italian Club

BY LINDA LUCCHETTI

"How Italian Are You?" is set for Saturday, March 22, at 12:30 p.m. in the Multi-Purpose Room, Kilaga Springs Lodge. We'll have a fun afternoon that includes a boxed lunch and a test of your Italian knowledge. You'll work on a quiz with your tablemates, and each person at the winning table will get a prize! So, brush up on all things Italian and join us. We'll find out just how Italian you

for the first time in Presentation Hall, as we have outgrown the Multipurpose Room. Our business included a presentation on plans for an LGBTQ center in Place County and electing officers (Sandi Dolbee, president; Mary Jo Semmelmayr, vice president; David Black, treasurer, and Maureen Bauman, secretary). We also are going to explore ways to get more involved with the LGBTQ community outside of Lincoln Hills. Afterward we crowded into the Kilaga Café for our post-meeting party, where we enjoyed Old Town pizza provided by our activities committee and bar service provided by the café. We spent time catching up with friends and writing down suggestions for future activities. It was a perfect mix of business with pleasure.

We already have plans for a hayride in the Fabulous Forties in December. Next month we'll have a report on our snow train trip to Reno.

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

• • •

are! On April 12, we'll present another one of our regional events, so stay tuned for more information.

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

• • •

(more Club News cont' on page 17)



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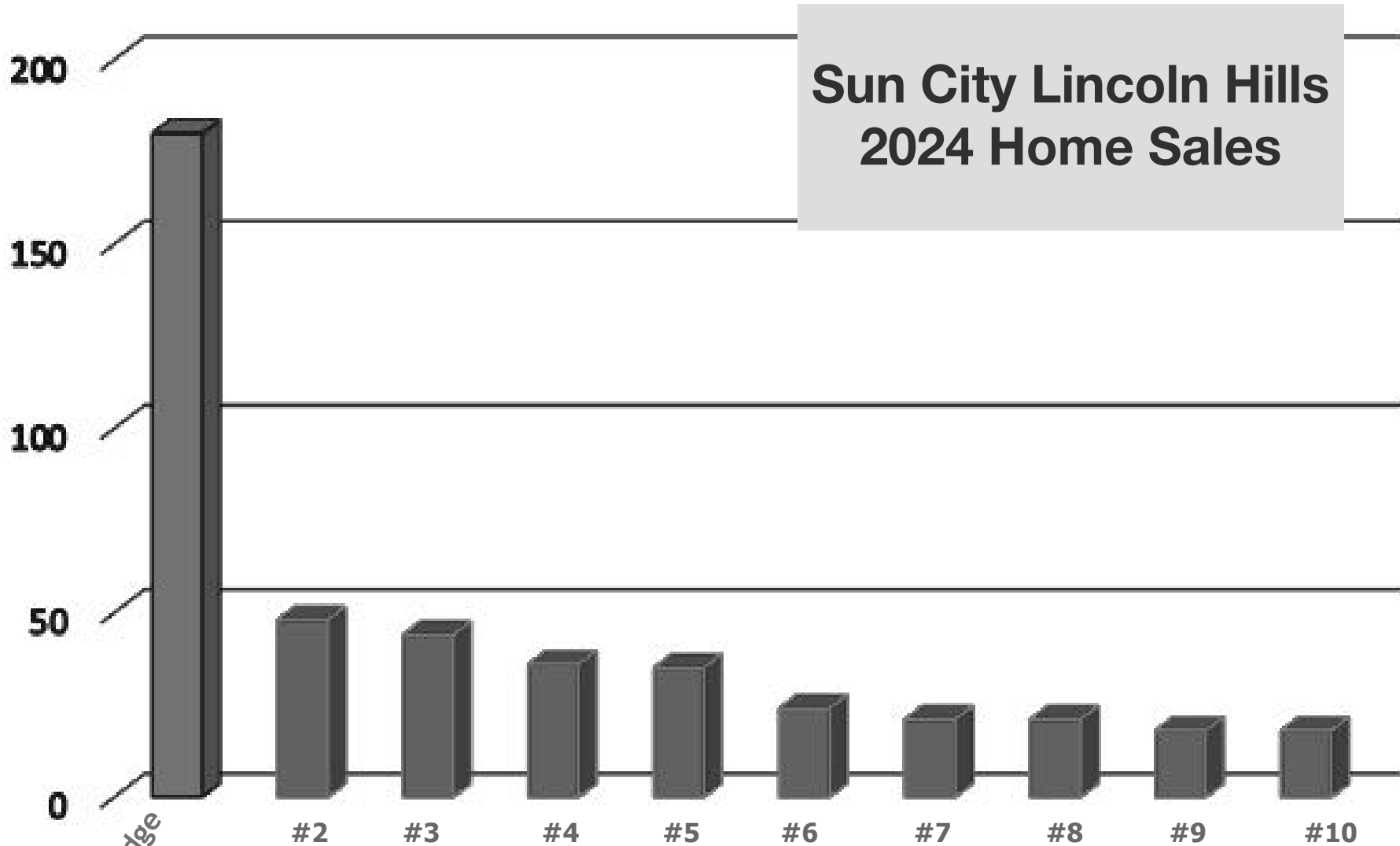
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Food Adventures Club

BY GINGER IKUNO

Like the weather, the Food Adventures Club has roared into the first quarter of 2025. Love was in the air at the Gourmet Pre-Valentine's Day dinner hosted by our own



Valentine's dessert

Meridian's Executive Chef David. He featured a warm duck confit salad, melt in your mouth beef in brazing juices and finished with a pièce de résistance, French pastry with sweet cream topped with chocolate ganache. It was a gastronomic delight. Then to another FAC favorite, Chef Marc's Stonehouse & Farm. In his own unique French style, he hosted several cooking classes and dinners. The experience was a delicious culinary event. Catch us next month for more news, or contact Wendy Nugent at debdeb53@yahoo.com

LH Astronomy Group

BY BILL WEAVER

The monthly LHAG General membership meeting: Wednesday, March 5, 2025, in the Kilaga Springs Presentation Hall at 6:45 PM. The presentation Titled "History and Function of Astronomical Telescopes" will be given by Raj K.

Dixit, a member and past president of the Sacramento Valley Astronomical Society (SVAS).

Raj explains the three types of telescopes

(refractors, reflectors, compound), covering their construction, optical design, pros, and cons. He will discuss basic telescope math, such as calculating magnification, exit pupil, and apparent field of view. The talk will also cover different eyepieces and their impact on viewing and provide examples contrasting telescope photos with actual visual observations.

Cosmology Interest Group (CIG): The meeting is scheduled for Monday, February 17, at 6:45 PM in the Orchard Creek Lodge Fine Arts room.

While the presentation is not directly related to Astronomy, LHAG member John Goeschi, PhD, identifies a connection to the universal mathematical equations that describe many aspects of Cosmology.

John will describe a unique "Extended Square-Wave" protocol to test a mathematical model of the M nch Pressure-Flow Hypothesis of Phloem (complex tissue, which acts as a transport system for soluble organic compounds within vascular plants. For more information, contact Ron Yelton at rylton660@aol.com.

LHAG Telescope Interest Group (TIG) Star Party: The next party is scheduled for Tuesday, March 18, 2025. Telescopes will be set up in the upper tennis courts of the SCLH Sports Complex. This is one of the best times to view the Solar System planets. SCLH Residents and their families are invited to attend the event and look through the telescopes.

A solar telescope will be set up during the afternoon about three hours before sunset (7:15 PM).

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

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

Genealogy Club

BY NANCY SWITZER

Who didn't like field trips when we were in school? (OK, maybe the teachers!) I can remember two, one to the Palm Springs Museum, where we learned about the native Cahullia Band, and another to the Shield's Date farm in Indio, where we learned all about the types of dates they grew, and their farming practices. This was many years ago, and I still remember some of the information they shared.

This month's Genealogy Club meeting is a field trip! We will meet on March 21st, 9:30 AM at Kilaga Springs near the café's garden entrance and carpool to the Lincoln Area Archives Museum at 640 5th St., on Beerman Plaza. Afterwards there will be a no-host luncheon at Lincoln Chinese Restaurant.

Leading our tour will be Elaine Hunt Van Camp. She is a genealogy addict and also part of a Pioneer family in Lincoln. Her father's family's ancestors were Placer miners on the Consumnes River in El Dorado County in 1850. Her 2nd Great-Grandfather came by wagon train to this area in 1852, and developed a ranch between what is now Camp Far West Reservoir and Nevada City—which eventually enlarged Camp Beale. After losing that property to eminent domain, he started a Dairy farm on Virginiatown Road in Lincoln, where Elaine lives now. Elaine is a retired Large Animal Veterinarian and University Professor, and has been a volunteer docent at the Lincoln Museum for 10 years. She hopes to provide an overview of the Museum, describe their developing areas for genealogical support, familiarize us with their support volunteers, and give a condensed History of Lincoln and Surrounding Areas.

Genealogy Workshops: Kate McCarthy - starkayak@icloud.com

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

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

BY PATTI KINGSTON

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

If you have volunteered in the past and would like to share your experience, contact

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

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

Apple User Group

BY NINA MAZZO

Innovative technology is frequently featured in the news, but understanding its utilization can pose challenges. While we may be excited about new Apple products or operating system updates, we sometimes wonder if we are using them correctly or even getting the full benefits. Fortunately, the Apple User Group provides members with opportunities to enhance their technology knowledge through monthly seminars conducted by our technical experts.

On Thursday, March 6, Ken Silverman will present "How to Use Apple Intelligence (AI) Writing Tools on Your Mac with macOS Sequoia." Apple has introduced Writing Tools to assist with text proofreading, summarizing lengthy paragraphs, and rewriting text for enhanced professionalism, friendliness, or conciseness.

Please note that Apple Intelligence is available on Macs with the M1 chip or later, iPads with the M1 chip or later, and iPhone 15Pro, iPhone Pro Max, and all iPhone 16 models.

Ask the Tech begins at 6:45PM; program at 7:00PM in the Presentation Hall (KS).

On Tuesday, March 11, our general meeting will be held. Jim Moon will present "Atrial Fibrillation: Your Apple Watch

(cont' on page 25)



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Neighborhood Watch

BY TERESA TANIN

Neighborhood Watch Directors look forward to serving the dedicated volunteers on March 15, at the Volunteer Appreciation Party. We hope you all have rsvp'd to:

ExecutiveAssistant@schwatch.org

Reminder: February 15 is the annual date where Mailbox Captains report their resident's contact information to their Village Coordinators. If you have not been contacted by your Mailbox Captain, please log into website schwatch.org and click on "Who is my Captain?"

Next Event: April 17 Safety Event. Would you like more information about community safety? Attend the Community Safety Event, April 17, starting at 1:00 PM, in the Grand Ballroom (OC) and you will be able to participate in a Q & A session. Ask questions directly to local police, fire, and Placer PROTECT personnel. Topics of interest during the event will focus on several safety concerns including crime, fire, scams, and elder abuse. The presentation will also include other Placer County services to help answer your questions. Neighborhood Watch encourages all residents to increase their safety



and security awareness. As a community we also benefit when we all work together to encourage emergency preparedness. Mark your calendar to attend this important event with free handouts available before and after the event. Remember to bring your questions for a personalized response. The harmony of safety awareness is our goal. Working together to be aware, to be safe, and to be prepared, is supported by the Neighborhood Watch mission statement: to strengthen neighborhood ties, to increase personal safety and security awareness, to be the eyes and ears of the Lincoln Police and Fire Departments, and to encourage emergency preparedness. Following this mission statement helps to make our community and our residents safe. Knowing your neighbors would-be criminals we are not open to crime. We see

something; we say something. Neighborhood Watch works closely with local police and fire. Volunteer to be on the safety and security team. For more information about Neighborhood Watch and volunteer opportunities, please visit our website schwatch.org and click on "Want to Volunteer?" Click on "Alerts" to view current and past "Alerts." Sign up to receive "Alerts" directly through your own email by clicking on "sign me up for Alerts." Helpful direct links to police and Placer County services are also

available. Do you need to know what is coming up next or the date of an upcoming event? Click on the "Calendar" of events. Neighborhood Watch continues to be grateful for the support of our residents and from the Lincoln Hills Foundation. This support contributes to the mutual goal of supplying our seniors with helpful safety and security information.

A shared goal—a shared success. Thank you!

NEIGHBORHOOD WATCH – where local leadership & safety begins!
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Days & Destination	Cruise Line ~ Sailing Date	Starting Price/	Inside	Ocean-View	Balcony
15 Day HAWAII From SFO! PRINCESS					
Ruby Princess ~ 3080 Passengers	Apr. 4, Oct. 30- 2025	\$1,888	\$1,995		\$3,288
Sail round trip from San Francisco, California to Kauai, Nawiliwili Hawaii; Honolulu, Hawaii; Hilo, Hawaii; Ensenada, Mexico; San Francisco, California.					
*LINCOLN SHUTTLE TO SHIP AVAILABLE!					
10 Day CANADA AND NEW ENGLAND! PRINCESS					
Majestic Princess ~ 3560 Passengers	Aug. 30, Sep 9, 19, 29, Oct. 9-2025	\$1,398	N/A		\$1,688
Sail from Boston, ME; Portland, MA; St. Johns Bay; Halifax, CA; Sydney, CA; Charlottetown, CA; Saguenay, CA; Quebec City, Canada					
11 Day ALASKA From SFO! PRINCESS					
Ruby Princess ~ 3080 Passengers	Jun. 28, Jul. 9, 31, Aug. 22-2025	\$1,527	\$2,043		\$2,377
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	Sep.24, Oct. 19,-2025	\$948	\$1,075		\$1,399
Sail round trip from San Francisco, California to Manzanillo, Mexico; Puerto Vallarta, Mexico; Mazatlan, Mexico; Cabo San Lucas, Mexico; San Francisco, California.					
*LINCOLN SHUTTLE TO SHIP AVAILABLE!					
16 Day PANAMA CANAL - PRINCESS					
Island Princess ~ 2000 Passengers	Nov. 21, Dec. 7- 2025	\$1,748	\$1,938		\$2,571
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 or VICE VERSA!					
14 Day CIRCLE CARIBBEAN - PRINCESS					
Coral Princess ~ 2000 Passengers	Nov. 24, Dec. 8, Dec. 22-2025	\$1,169	\$1,229		\$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	\$1,038	\$1,116		\$1,388
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	\$858	\$925		\$1,358
Sail round trip from San Francisco, California to Santa Barbara, California; Los Angeles, California; San Diego, California; Ensenada, Mexico; San Francisco, California.					
*LINCOLN SHUTTLE TO SHIP AVAILABLE!					
17 Day ULTIMATE ALASKA - PRINCESS					
Grand Princess ~ 2590 Passengers	May 6, 2025	\$1,847	\$2,100		\$3,947
Sail round trip from Seattle, Washington to Ketchikan, Alaska; Juneau, Alaska; Skagway, Alaska; Icy Strait Point, Alaska; Hubbard Glacier; Anchorage, Alaska; College Fjord; Sitka, Alaska; Haines, Alaska; Glacier Bay; Wrangell, Alaska; Victoria, Canada; Vancouver, Canada to Seattle, Washington.					

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Days & Destination	Cruise Line ~ Sailing Date	Starting Price/ Inside Ocean-View Balcony
7 Day ROMANTIC DANUBE Cruise with OKTOBERFEST! AMAWATERWAYS~ AMAVERDE~ 190 Passengers	September 19-28, 2026	\$6,199
Package includes a Club Cruise Host Joining You - 2 nights luxury hotel in Munich, Germany with tickets to the original Oktoberfest in a beer tent! WIFI, bicycles and an included excursion at each port. 7-day AMAWATERWAYS Danube river cruise in standard accomodations. Board your small ship river boat and sail from Vilshofen, Germany; Passau, Germany; Linz, Austria; Weissenkirchen, Austria; Vienna, Austria; Bratislava, Slovakia; to Budapest, Hungary. Ask about upgraded cabins. Limited availability! Other dates available without host & tickets. Don't miss this amazing opportunity!		
12 Day PARIS TO THE SWISS ALPS Cruise Viking Longships ~ 190 Passengers	April - November 2025	\$5,298
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.		
9 Day MAINE COAST & HARBORS Cruise American Independence- 90 Passengers	May - October 2025	\$5,250
INCLUDES ROUND TRIP SACRAMENTO AIRFARE! Round trip Sacramento airfare, Airport Meet-And-Greet with transfers, WIFI, an included excursion at each port. 9-day Viking River Cruise in standard accommodations with a window. Sail from Portland, Maine; Bath, Maine; Boothbay Harbor, Maine; Rockland, Maine; Camden, Maine; Bay Harbor, Maine; Bar Harbor, Maine; Belfast, Maine; to Bangor, Maine.		
8 Day MISSISSIPPI Cruise Viking Mississippi- 386 Passengers	February - December 2025	\$4,498
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.		
15 Day ICELAND, BRITISH ISLES & IBERIA Cruise Viking Mars ~ 930 Passengers	June, July, Aug. 2025	\$7,698
INCLUDES ROUND TRIP SACRAMENTO AIRFARE!! Package includes your home to the Sacramento Airport, Round trip Sacramento airfare, Airport transfers, WIFI, an included excursion at each port. 15-day Viking Ocean Cruise in balcony accommodations. Sail from Reykjavik, Iceland; Liverpool, England; Dublin, Ireland; A Coruna, Spain; Porto, Portugal; Lisbon, Portugal; Granada, Spain; Valenica, Spain; to Barcelona, Spain.		
7 Day MEDITERRANEAN ISLAND MOSAIC Windstar Yacht ~ Wind Star ~ 148 Passengers	April & October 2025	\$4,150
INCLUDES ROUND TRIP SACRAMENTO AIRFARE!! Board your Windstar yacht and sail from Rome, Italy; Amalfi, Italy; Marina Velentia, Italy; Reggio Calabria, Italy; Taranto, Italy; Otranto, Italy; Rab, Croatia; to Venice, Italy in an Ocean View Suite.		
7 Day DREAMS OF TAHITI Cruise Windstar Yacht ~ Star Breeze ~ 312 Passengers	February - December 2025	\$5,488
INCLUDES ROUND TRIP SAN FRANCISCO AIRFARE!! Board your Windstar Yacht and sail round trip Papeete, Tahiti visiting the French Polynesian Islands of Moorea, Raiatea, Motu Mahaea (Tahaa, Bora Bora, Huahine, and back to Papeete in an Ocean View Suite. Don't put it off any longer. Book your Tahiti trip today!		
9 Day COLUMBIA & SNAKE Cruise American Cruise Lines~ American Riverboat ~ 180 Passengers	April - October 2025	\$5,755
INCLUDES ROUND TRIP SACRAMENTO AIRFARE!! Package includes 9-day American Cruise Lines river cruise in standard accommodations. Enjoy an included excursion at each port, beverage package & gratuities. Follow the trail of the intrepid explorers, Lewis and Clark and sail from Portland, Oregon; Cruise the Columbia River; Astoria, Oregon; Kalama, Washington; The Dalles, Oregon; Cruise the Columbia River; Pendleton, Oregon; Richland, Washington; to Clarkston, Washington.		

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

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(cont' from page 8)

of Election has mailed us ballots for this new election on the amendment. This time its fate will be determined by those who vote, not by those who don't. Please join us in voting YES on this cost-saving measure and returning your ballot by March 19 (extended date).

Barry and Gay Mackintosh

• • •

SCLH Election News

(cont' from page 1)

and photos will be available at specified areas in both Orchard Creek and Kilaga Lodges. Resident's questions to the Candidates may be submitted to elections.committee@sclhca.com through March 21, or placed in collection boxes at both lodges; boxes will be removed March 21. During the April 5 Forum, Candidates will be stating their positions and responding to selected questions submitted by residents. For additional information regarding the Board of Directors Election for 2025, please email elections.committee@sclhca.com.

Lincoln Missile Site Update

BY SANDI DOLBEE — Member, Restoration Advisory Board

The investigation phase is wrapping up at a former Cold War-era missile site in Lincoln and a Feasibility Study is now under way to explore alternatives for cleaning up the trichloroethylene (TCE) in the groundwater and soil vapor beneath the site.

The U.S. Army Corps of Engineers (USACE), which is tasked with cleaning up formerly used defense sites, is expected to discuss this next phase, along with the results of the Remedial Investigation Report, at a quarterly public meeting of the Restoration Advisory Board (RAB), scheduled for 4-6 p.m. April 24 in Presentation Hall at Kilaga Springs Lodge. The RAB, formed last year to offer input and guidance on this undertaking, is comprised of local community representatives, along with officials from the Corps of Engineers and state regulatory agencies.

The quarterly public meeting planned for January was canceled because of unexpected circumstances in which key RAB members required for a quorum were unable to attend. But the April meeting will include updates on the recently completed Remedial Investigation Report, as well as the next phase — the Feasibility Study — involving the former Titan 1-A missile facility.

Meanwhile, the new year also brought some new faces. Linda Mercurio, a project management professional and an environmental engineer with more than 25 years of experience,

has been named the interim project manager by the USACE. Mercurio will take the lead while project manager Tim Crummett is on extended leave to temporarily shift his focus to a personal matter.

"I am excited to work with the team to move the Feasibility Study forward and engaging with the RAB as interim co-chair," Mercurio said. The Feasibility Study will look at the cleanup alternatives, along with the pros and cons and the costs.

Charity Meakes, another USACE environmental engineer, will take over as technical lead from Matt Marlatt. Marlatt was recently promoted to be the Sacramento District manager for the formerly used defense sites. U.S. Army Maj. Kara Greene, who is with the USACE public affairs office, also joined the team.

Mercurio, Greene and Marlatt met with members of the community RAB's communications team in late January to discuss how better to share information and keep the public informed. They also planned a series of internal sessions with others on the RAB in preparation for the April public meeting.

The 46 acres off Oak Tree Lane, which is adjacent to one border of Lincoln Hills, was home to three 160-foot-deep silos armed with surface-to-air missiles for three years in the 1960s. In the 1990s, it was discovered that the groundwater beneath the site was

contaminated with trichloroethylene (TCE), a chemical historically used as a degreasing compound and cleaning agent, among other uses. TCE is now a known human carcinogen.

The Corps of Engineers maintains that there is no immediate risk to residents in nearby communities because the groundwater there is not used for drinking water.

More information about the project can be found on the USACE website: <https://www.spk.usace.army.mil/Missions/Military-Projects/FUDS/Titan-1-A-Missile-Site/>; the State Water Resource Control Board GeoTracker website:

[https://geotracker.waterboards.ca.gov/profile_report.asp?global_id=T0606189198](https://geotracker.waterboards.ca.gov/profile_report.asp?global_id=T0606189198;); and, on the RAB's community newsletter: <https://sclhresidents.com/group/pages/titan-1-a-missile-site>.

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

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

Michelle's Featured Listing



432 Sawmill Lane - Santa Barbara Model with Owned Solar, Casita, View, and 3-car garage

Experience the tranquility of your own private oasis in the prestigious active adult community of Sun City Lincoln Hills. This highly upgraded Estate Series Santa Barbara Model with casita and OWNED Solar offers 3,063 square feet, 3 bedrooms, and 2.5 bathrooms and 3-car garage, all nestled on a beautifully landscaped property overlooking the golf course and within steps of Kilaga Springs Lodge/Fitness Center. The unique floor plan boasts soaring tall ceilings, cherry cabinetry, granite countertops, double ovens, custom built-in cabinets, upgraded carpeting, marble flooring, and a meticulously maintained interior with newer interior paint, heating/air conditioning, dishwasher, light fixtures, ceiling fans, plantation shutters and sun tunnels. Expansive windows fill the area with an abundance of natural light, adding to its inviting ambiance. The spacious floor plan flows effortlessly into the open kitchen perfect for entertaining or casual family moments. Step outside to your resort-style backyard, where shades are made to order offering added comfort while listening to the custom designed water feature soothe the spirit after a long day playing golf, tennis or pickleball. If you're looking for a 10+ turnkey property, this is it!

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

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

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

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



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Apple User Group

(cont' from page 17)

could save your life.” Jim will discuss what Atrial Fibrillation is (Afib); what are the complications of Afib and why it is important to detect it early. He also will review how the Apple Watch can play an important role in safeguarding your health.

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

Volunteer opportunity assisting club webmaster. For more information- call and leave a message for Helen at 916-913-6833 (no texts)

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

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

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Republican Club

BY SUE DUMAS

Happy St. Patrick's Day!

February 12 Speaker, Author Jesse Petrilla, "If It Takes 1000 Years" from Al Queda to Hamas – How Jihadists Think and How to Defeat Them. This presentation was eye opening on the importance of knowing who we are dealing with in the mid-east. If you missed the presentation, you may purchase Petrilla's book on Amazon.

February Lincoln, Reagan, Trump Dinner was a PCCC fundraiser, heavily supported by many Lincoln Hills Republican Club members. An annual event to wine, dine, entertain, and

raise funds - primarily (but not exclusively), for local candidates. Several guest speakers including Steve Hilton and Kevin Kiley were part of the entertainment; as were the silent, and real time auctions.

Next Up —

Thursday, March 20 - 4:00 PM will be our first offsite social "Mixer"! It will be at Buonarroti's Ristorante located in Lincoln. There will be a no-host bar offering reduced prices on beer and wine. Starters and dinner after, will also be available. Come and introduce yourself to someone you don't know, "Mix" and make a new friend in the Club. (Please RSVP by March 15, so we can give the restaurant an idea of our numbers, so they can plan accordingly.)
RSVP@RepublicanClubSCLH.org

Tuesday, April 15 – Guest Speaker (TBD)
Wednesday, May 21 – "Fiesta de Mayo"- Republican Style

Wednesday, June 11 – Guest Speaker; Shanti Landon, PC Supervisor

Wednesday, July 16 – Bingo and Ice Cream Social

Dues are \$15 per person/per year. Pay to: Lincoln Hills Republican Club. Mail to: Joan Kippert 577 Northfield Lane, Lincoln 95648
www.RepublicanClubSCLH.org

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LH Veterans Group

BY STEVE WITMER

It's not too late to sign up for the Veterans Group's annual St. Patrick's luncheon in the Orchard Creek Ballroom on March 20. A no-host bar will open at 11:30 a.m. Luncheon will

be served at noon.

The price of \$30 per person includes a choice of three entrées: corned beef and cabbage with potatoes; lemon caper chicken; or eggplant parmesan (vegetarian). All meals include rolls and butter, iced tea or coffee, and cake for dessert. Contact Lois Gilbert at 650-759-5583 for further information. Reservations are needed by March 7.

Residents whose American flags took a beating over the winter months can pick up a bright, new flag on the 15th of the month when the Veterans Group sells replacement flags in the Orchard Creek lobby from 8:00 AM to 4:00 PM. Flags are \$20 each.

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Travel Club

BY LINDA BEVINS & JOANNE SCHUMACHER

March is huffing and puffing with rain clouds and wind. On these dreary days call your friends to plan your next travel adventure. You don't want to miss another exciting trip. Our next Travel Show is April 2 at 1 pm in the Willow Room of the Lincoln Public Library (485 Twelve Bridges). All Lincoln residents are welcome!

To meet new friends to perhaps travel with come to a Solo Friends meeting on March 17. For more information contact Lisa Viviano.

A group of friends is going to the Canadian Rockies where it is cool when summer heats up. Experience a scenic train ride on the Rocky Mountaineer! Take a Crystal Cruise on the Serenity from New York to Quebec

City during the Fall when leaves are turning. Another group is heading to Costa Rica to see butterflies, monkeys and colorful macaw in their natural habitat.

Trips for 2025/2026

- Canadian Rockies with Rocky Mountaineer - August 6-13, 2025
- Coast and Countryside of England - September 24- October 7, 2025
- New York to Quebec City Cruise on Crystal Serenity - Oct 14-22, 2025
- Niagara Falls to NYC - Oct 15-22, 2025
- Branson Holiday Spectacular - November 4-10, 2025
- Christmas Markets of Montreal & Quebec - December 11-17, 2025
- Tropical Costa Rica - Feb 12-20, 2026
- Australia, South Pacific Wonders - February 11-25, 2026
- Mysteries of India - February 13-27, 2026
- Music Cities - March 15-22, 2026
- Imperial Cities - April 8-18, 2026
- America's 250th Anniversary, May 31-June 8, 2026

Visit our website at www.lincolnhillstravelgroup.com for details. Check out our Trips page for links to Zoom recordings from our last show. All trips include airfare and rides to/from the airport. Sign up for trips on our website with a secure link directly to Collette. As always, contact any committee member to get assistance or ask about a destination you are interested in visiting. Email: travelgroup1h@gmail.com

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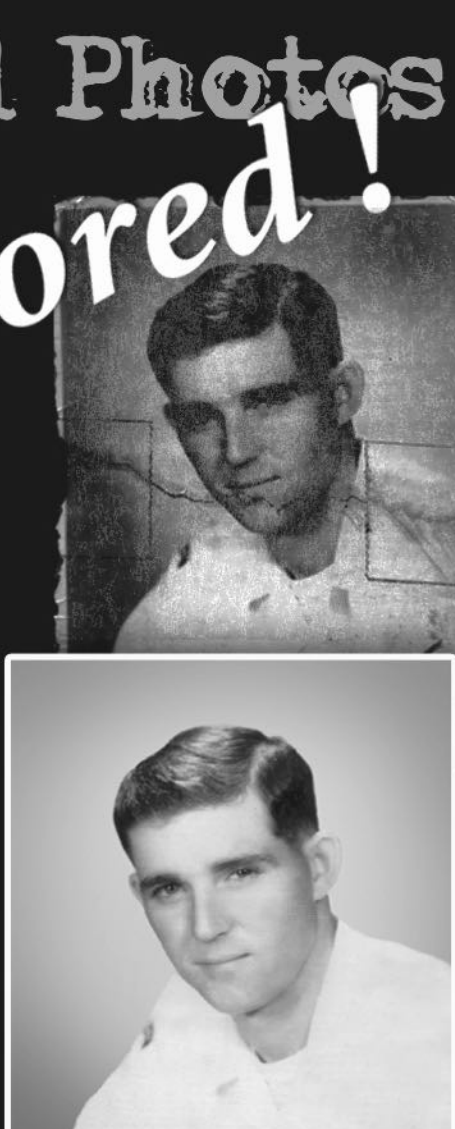
(more Club News cont' on page 27)

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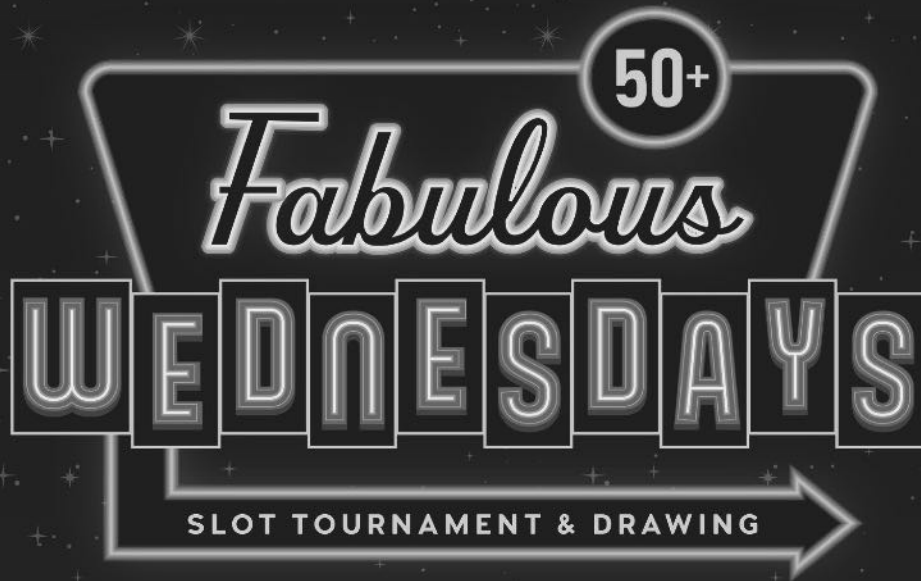
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MARCH 2025

THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1	2
6	7	8	9
13	14	15	16
20	21	22	23
27	28	29	30

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RV Group

BY MARY CARBREY

As Winter winds down, we are all looking ahead to drier months for RV travel, and have spent this time making reservations at various campgrounds to enjoy in 2025. One of our greatest resources for RV travel is each other! By joining our group, you have the opportunity to meet and make new friends with fellow RVers. Many members have traveled extensively throughout the United States in their RVs, and can help you out with recommendations for travel routes, campgrounds, and sightseeing. If you have an RV and wish you were using it more, we encourage you to take advantage of this wonderful resource right here in Sun City.

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

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Democratic Club

BY JUDY GANULIN

The Lincoln Democratic Club's programs cover a wide range of interesting and important topics. Placer County Supervisor Shanti Landon will speak to us about Placer County issues on February 20. UoP McGeorge School of Law Professor Blake Nordahl will speak on

immigration on March 20. Attorney Beverly Crawford will discuss misinformation on April 17.

We continue our volunteer work at Feed the Foothills (formerly Placer Food Bank) and are considering additional volunteer opportunities. We meet at 6:30 PM at Kilaga Lodge on the third Thursday of each month. For more information about our club, please see our website, democraticclubLincolnCA.org

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LH Amateur Radio Group

BY DAN LEHRER, KN6DRN

For Winter Field Day we contacted 140 stations using phone, PSK31 and JS8Call. Over a dozen States were recorded and several Canadian Provinces as well. Our participation in the 2025 World Wide RTTY Contest yielded over 40 contacts, including 17 States and 5 International contacts. Art, KI6GY has undertaken a redesign of our Club Information Portable Display Board. The Group has discussed possible exhibits for the display. This display is brought to the Lincoln Hills Annual Club Expo, New Resident Orientations, Field Days and other outings. It highlights activities, goals, emergency communication capabilities and of course the pure fun of Ham radio.

Meetings are held at the South Tower every Monday night at 6:30 PM. Our club conducts a weekly radio network at 7:00 PM every Monday on the W6LHR Repeater at 147.030 MHz, 167.9 PL. If you are looking for a way to engage in the community and

have an interest in amateur radio, please check out the LHARG. We can help with programming handheld radios. For more LHARG information visit our Website, the URL is: lharg.us or email dlehrer72@gmail.com

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LH Sports Car Club

BY ROB PHILLIPS

Despite the chilly February weather, the Lincoln Hills Sports Car Club (LHSCG) remains active and vibrant. To kick off the Lunar New Year, 74 enthusiastic members gathered at the China Villa Restaurant in Rocklin for a sumptuous 10-course meal to celebrate the Year of the Snake. It was a delightful evening filled with delicious food and great company, a perfect way for club members to connect and enjoy each other's company. A big thanks to Nadine Miller, and her crew for all the work they put into

the event.

Looking ahead, we're excited to announce our first ride of 2025, scheduled for March 13th. We'll be cruising along the scenic Delta to Rio Vista, culminating in a delightful meal at The Point Restaurant, which offers stunning views of the Sacramento River. As we move into April, we have even more adventures planned, including trips to the picturesque Capay Valley and later to the charming town of Jackson, where we'll enjoy lunch and a visit to the renowned Lockeford Sausage Co.

If you are not a member and you own a sports car and want to join contact Edy Ternullo at edyternullo@yahoo.com

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(more Club News cont' on page 29)



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Rods & Relics

BY ELNA RAGAN

On Tuesday, February 11, Ralph Colunga, Downtown Lincoln Car Show Chair, held his third Car Show meeting. Work on Window Posters and Flyers is wrapping up. We recently heard that Terry Edwards will be the Chair in charge of the Judging function.

On Saturday, February 15, several of our Car Club members participated in a "Cars & Coffee" event at Leatherby's Family Creamery on Twelve Bridges, in Lincoln.

The 18th Annual Downtown Lincoln Car Show is being held on Saturday, June 7. Be sure to mark your calendar and attend one of Lincoln's largest events held on its shady tree-lined streets! There will be over 500 classic vehicles, a Pancake Breakfast, a Bar-B-Que lunch, product and food vendors, a large Raffle Booth with lots of items, and great music.

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

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

Web Site: www.rodsnrelics.net

Alzheimer's-Dementia Caregiver's Support Group

BY MARIANNE OLIPHANT

The Alzheimer's-Dementia Caregiver's Support Group offers information and support to those caring for a loved one with dementia. We have three monthly group meetings. Our Women's group meets at 1:00 PM on the 1st Wednesday in the Fine Arts Room (OC). The Men's group meets in the multi-purpose room at 10:00 AM on the third Thursday. Both groups are focused on individual sharing. The General combined meeting is held on the 4th Wednesday at 1:00 PM in the Fine Arts Room (OC) and features a guest speaker. March's program: "The Perfect Day - Living with Someone with Dementia" presented by Marissa Payne from Country House. At all meetings you

will find a welcoming community ready to hear your questions and concerns. Contact: Jo Fratessa - 916-759-8760.

Bosom Buddies

BY DOTTIE SUHRHOFF

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

Our February meeting was a good example of the different speakers we have and what we can learn. We had a breast cancer navigator, Trish Salter, and an oncology social worker, Leslie Duket, from Sutter Health Roseville, speak at our meeting. Part of the presentation included meeting Juvy, a beautiful black lab facility dog, and learning how service dogs are used to treat



Verity Gould with Juvy, facility dog.

patients. We also had Sue Day and Maureen Morton from the Creative Glass group here in SCLH showing us examples of what they make. Each member was given a heart shaped glass pendant.



Sandy Adame, Patty McGuen (President) and Sue Day.

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

All are welcome to attend the meetings. If you would like to go to lunch at Meridians prior to the meeting, please contact Nanette Sorensen to reserve a spot at the table.

We want to thank Sandy Adame for making the raffle items.

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

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

Hearing Support Group

BY JOANNE MITCHELL

Last month we had an extremely interesting and helpful presentation by Deborah Tyler of the Health Insurance Counseling and Advocacy Program. She discussed at length important details involving the very complex system of insurance coverage available. We are working on getting one of their representatives to hold office hours twice a month here in Lincoln Hills, and we will keep you posted on that.

We will not have a speaker for our March meeting, so we can have discussions on any topic of interest. In April we will have a presentation on hearing solutions for every need. We will next meet on March 4, at 10:00AM in the OC multipurpose room.

Multiple Sclerosis Group

BY JERI DI FIORE

A feared and misunderstood topic will be discussed at the Tuesday, March 18, 1 PM, MS Meeting, Sun City Orchard Creek Lodge.

Senior Executive Director of Sonrisa Independent Living, Assisted living & Memory Care, Carol Pickard, will guide us through the differences between normal aging and memory loss. She'll share the common signs of dementia, along with proven strategies to help.

Bring your questions.

Also, Trailmixers alert!

Captain Joni will update us on Walk Fundraising and events:

Saturday, April 26 Sports Plaza picnic/walk

(Bring \$ to this March meeting for Your Walk Picnic Sandwich)

Sunday, May 4, Folsom Walk, where Trailmixers will be honored as #1.

Join 2025 Trailmixers team now 855-372-1331.

Start asking for donations.

Text Joni 916-398-0349 for assistance depositing donations received.

We wish to thank our 2024 sponsors for helping obtain the 2024 #1 Title: Devin Arp - Sun Run Solar, Hank Rhoads - American Senior Mortgage,

Donna Judah - Coldwell Banker.

And, as always, thanks to the Lincoln Hills Foundation for their constant support.



Joni

Low Vision Support Group

BY STU SINGER

Upcoming Meetings —

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

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

(cont' on page 30)

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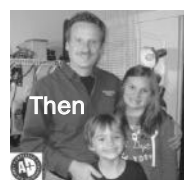
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Lincoln Hills 5 Days a Week



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Installs
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Camera Installs



Low Vision Support Group

(cont' from page 29)

We will also have a brief presentation by the president of SCLH Shuffleboard Club who will explain how his sport lends itself to people with visual limitations.

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

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

Low Vision Support Group Mission Statement

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

The Low Vision Support Group is funded in part by the Lincoln Hills Foundation.

For questions or to suggest speakers, topics, request electronic copies of our notices or remove your name from our mailing list: Contact Stu Singer at 703-864-8161 or stuartsing3@gmail.com

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Garden Group

BY LORRAINE IMMEL

We remind members who have not registered for 2025 that you will be dropped from the Membership and Email lists at the end of March.

Julie Long, Placer County Master Gardener, will be the speaker for the General Meeting, March 27, 2 PM, KS."From Blah to Beautiful, Sheet Mulch Your Lawn and Create a Pollinator Paradise!" is the title of her presentation about a chemical-free way of getting rid

of lawn with very little grunt work.

Julie states: "Gardeners have never stopped learning! I have been a Master Gardener of Placer County since 2013 and

love the camaraderie and shared interests of our group. Since joining, I have learned so much about the importance of sustainability, water savings, pollinators and native plants.

It is fascinating! In 2017 my husband and I decided to remove the lawn in our small front yard by sheet mulching. (Also called layer mulching, or lasagna mulching.) We then landscaped the area using plants that are all low-water use, interesting to the eye, and attract pollinators and other wildlife. We also added a dry creek bed for interest, and to catch rain run-off so that it percolates back into the soil. At the time I did not know too much about native plants, but did incorporate some into the landscape. So, each year I add more natives to the mix, understanding more and more how important they are."

Available before and after the presentation will be 2025 Membership registration (checks are preferred-\$20 per household), Brown Bag Sales, Sign-ups for various events (check your email for more info), Door Prizes, and Master Gardeners Q's & A's at (1:30 PM).

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Bird Group

BY SHERRY SINGER

At the February 10 Bird Group Meeting the featured speaker was Paul Tebbel, a renowned Sandhill Crane expert. His presentation kept the audience riveted for an hour and a half as he provided us with information and amusing stories about his 50 years of research with these unique birds that visit us every winter. In fact, 16 of our members saw Sandhill Cranes, among many other species of birds, on their January 10 bird walk to Cosumnes River Preserve in Lodi, California. Some of the most interesting facts he shared with us included:

Height up to 4.5', wingspan up to 8'

Red cap is made of bare skin, not feathers

A leg bone from a bird resembling a Sandhill was dated to be over 9 million years old

They are omnivorous and mostly monogamous

Crane trumpet-like calls can be heard up to one mile away

Newly hatched cranes grow 10% per day
Future Bird Walks —

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

March 14 – Bobelaine Audubon Sanctuary

June 4-5, 2025 – overnight field trip to



Sandhill Cranes mating dance by Sal Acosta.

Sierra Valley

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

March 10: Gaylene Tupen – a senior biologist with the Wildlife Heritage Foundation with over 25 years of experience in natural resource management and environmental consulting

April 14: Ted Beedy – author of the book, Birds of the Sierra Nevada

For Bird Group Members who wish to take a deep dive into the evolution of birds from dinosaurs, check out the latest NOVA special @ <https://www.pbs.org/video/dino-birds-cgdyzw/>

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

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

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Hikers and Walkers

BY GAY MACKINTOSH

March promises some early glimpses of spring. Check out our website lincolnhillshikers.org for all our walks and hikes.

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

Tuesday, March 4. New Pick Your Pace! False and Miners Ravines (Roseville). This one's for everyone: Hike in pairs or small groups as far and fast as you wish for one hour, turn around, and all meet back up at the park for lunch. Easy to Moderate 4 to 7 miles on rolling terrain, 360 ft. elevation gain. Your choice of pace, Relaxed to Moderate to Fast. Leaders Tess Devenish and Debbie Knowles.

Friday, February 14. Cool Lunch Hike (American River Confluence). (Rescheduled.) Moderate/Strenuous 7 miles with 1000 ft. elevation gain, River views and oak woodlands to lunch in town of Cool. Leader Bruce Quick.

Thursday, February 20. Veterans Park and Lunch at Timbers (Sun City Roseville). Easy 5 miles in-and-out on paved trail through neighborhoods and parklands ending at Timbers. Leader Marilyn McCullough.

Wednesday, February 26.

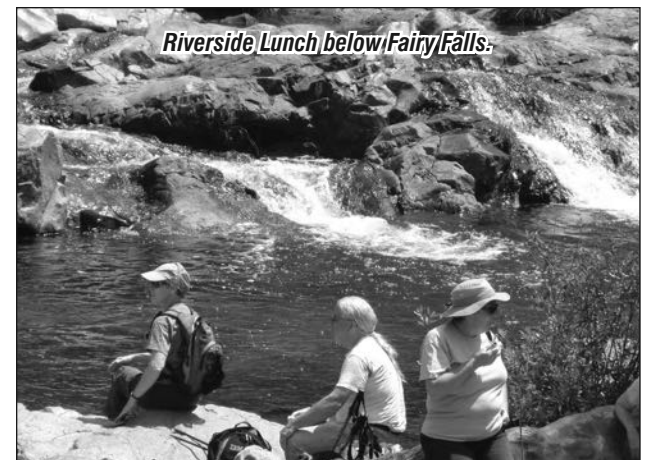
Fairy Falls (Spenceville). Moderate 6-mile loop, 495 ft. elevation gain, verdant meadows to lovely waterfall and lunch on the river. Leader Joe Byrne.

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

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

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(more Club News cont' on page 33)



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Neuropathy Relief Is Possible

The most common method your doctor will recommend to treat neuropathy is with prescription drugs. While this may temporarily reduce your symptoms, medications such as Gabapentin, Lyrica, Cymbalta, and Neurontin are primarily antidepressant or anti-seizure drugs. These drugs may cause you to feel uncomfortable and have a variety of harmful side effects.

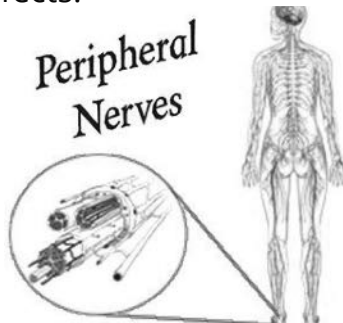


Figure 1: Notice the very small blood vessels surrounding each nerve.

Peripheral neuropathy is a result of damage to the nerves, often causing weakness, pain, numbness, tingling, and the most debilitating symptom, balance problems. This damage is commonly caused by a lack of blood flow to the nerves in the hands and feet. Every part of the body relies on blood via blood vessels, for oxygen and nutrients. Without it, the body begins to lose function.

As shown in Figure 2, as the blood vessels that surround the nerves become diseased, they shrivel. This prevents the nerves from getting the nutrients necessary to survive. The nerves begin to degenerate and no longer conduct sensation adequately.

When these nerves begin to "die" they cause you to have balance problems, pain, burning, pins and needle sensation, and other symptoms.

Three Factors to consider for Effective Neuropathy Treatment:

1. Underlying cause?
2. Amount of nerve damage sustained?
3. How much treatment is required?

Three goals of treatment at Lincoln Acupuncture:

1. Increase blood flow
2. Stimulate nerve fibers
3. Decrease brain based pain

The main problem is that those with Neuropathy have been given limited options for treatment: medications which often make you feel

sick or uncomfortable, or have to come to terms with the idea of "just living with it." There is now a clinic in Lincoln that offers you hope without worrisome side effects.

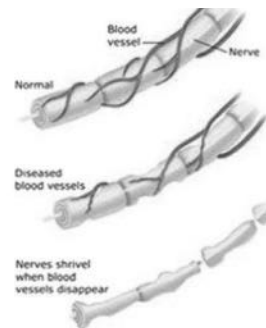


Figure 2: When blood vessels become diseased, they shrivel and are no longer able to provide nourishment to the surrounding nerves.

The treatment to increase blood flow utilizes Acupuncture, ATP Resonance BioTherapy and O3 Regenerative Therapy. Acupuncture helps to stimulate the blood vessels and the peripheral nerves such that they are able to receive proper nutrients needed to heal and repair. Collectively, these treatments function to increase blood flow and expedite recovery and healing.

The amount of treatment needed to allow nerves to fully recover varies from

person to person and can only be determined after a detailed neurological and vascular evaluation.

We will conduct an exam that consists of detailed sensory vascular testing and an analysis of neurological findings. After the exam, you will meet with the practitioner to discuss your results and determine if you are a good fit for our program.

This life impacting condition affecting millions of individuals can be helped and even reversed. Whether the neuropathy affecting you is chemical in nature, due to diabetes, or mechanical such as disc disease or arthritis, treatments are available to help you alleviate your suffering.

Call **916-884-0398** to make an appointment to determine if the peripheral neuropathy affecting you can be treated.

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YOU DON'T HAVE TO JUST LIVE WITH IT

LH Water Volleyball

BY HOLLIS BISCHOFF

Now that we're recovered from our Jessup Invitational against the Men's Volleyball team, we're hot in the middle of our semi-annual rankings. Don't be intimidated by rankings, it assures that we are all playing with our peers, increasing competition and safety. We also feature cross level play, with a chance to improve skills, no matter the level.



LH Water Volleyball vs Jessup Men's Volleyball. PC: Millie Hubbard.

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

• • •

Swimmers & Water Walkers Club

BY KATHY CARPENTER

The Swimmers and Water Walkers Club is dedicated to enhancing the aqua experience at our three Lincoln Hills community pools. We work closely with



Swimmers & Water Walkers Club — We love our OC pool.

the HOA staff to prioritize the upkeep and improvement of these valuable and well-loved amenities

Stay informed about pool related issues and club activities, by subscribing to our free monthly newsletter. Simply e-mail us to join our mailing list.

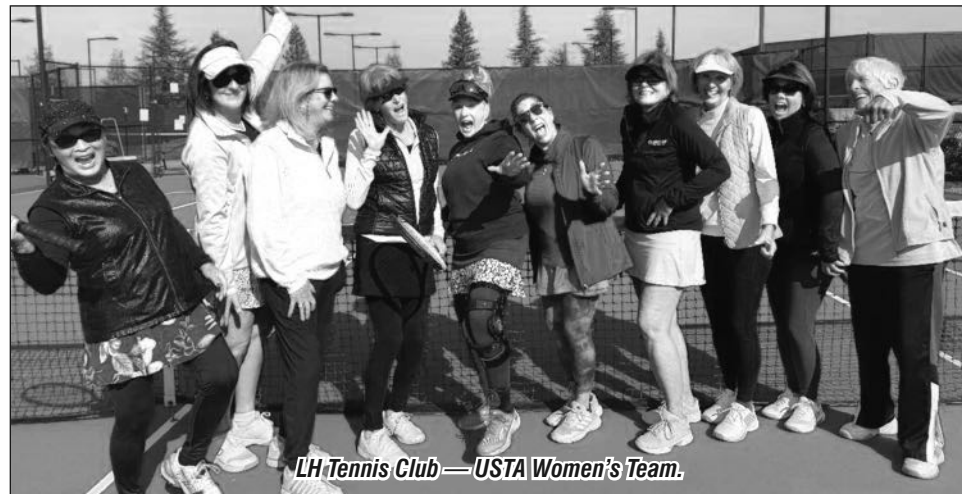
Club Contact: Kathy Carpenter at swimmers.walkers@gmail.com

• • •

LH Tennis Club

BY SUSAN KUUKKA

February was a busy month on the courts, although some events were canceled due to the rain! We hosted both the USTA Adult 70 and over Men's 7.0 and USTA Adult 70 and over



LH Tennis Club — USTA Women's Team.

Women's 7.0 playoffs. Plenty of classes were held including the Grandparents/Parents and Grandkids Tennis Playday on February 15th. This is always a fun event and a great way to have the kids interact and have fun with their grandparents.

As we head into March, we look forward to

the upcoming St. Patrick's Day Mixed Doubles Round Robin Tournament on March 22nd as well as our Spring Fling Mix and Match tournament on April 19th. Make sure you sign up for these through the tennis club web page or through the link on our members weekly newsletter.

We appreciate all the new members that joined the tennis club. The winner of the LHTG Membership Drive is Brodie Trap. She was chosen randomly and is the lucky winner of a free tennis lesson from Eric Garcia, RSPA/USPTA Teaching Professional. Congratulations, Brodie!

The club offers a wide range of ongoing tennis activities; tennis clinics of all levels, coffee, tea and tennis social events, Cardio

Tennis and Women's Doubles Drill & Play classes, plus individual lessons. Two of our most popular free events are Live Ball held the first Sunday of the month at 10 am, and the Tuesday Night Mixed Doubles Group, which gives an opportunity to play tennis for those that work during the day.

For more information on these and many more, check out the Compass magazine or online, or contact our resident RSPA/USTPA Teaching Pro, Eric Garcia. He can be reached at Eric.Garcia@sclhca.com

A random fact about tennis. Did you know that the game of tennis became the indirect reason for the death of King James I of Scotland in 1437. Apparently, a drain outlet, through which he hoped to escape from assassins, had been blocked to prevent the loss of tennis balls during tennis games; King James was trapped and killed.

• • •

LH Table Tennis

BY ILENE MARSHALL

The Table Tennis Club is excited to announce we have begun a Lessons and Clinics Program with JZ! JZ is a highly ranked player in Northern California and is a great teacher. He charges \$75.00 per hour and can accommodate up to three players to split the cost. Lessons will be scheduled for Sunday mornings at 10AM. There will only be lessons when someone has signed up. Not sure you want to make the investment? Come on by and watch JZ in action!

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

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

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

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

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

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



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

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

We set up a 'Robot' table tennis ball

(cont' on page 34)

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LH Table Tennis

(cont' from page 33)

machine on Fridays to use for beginner coaching, warm up, training, and practice. Players may use it on a “first come first served” basis, and the signup sheet is located there with the ball machine.

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

• • •

Senior Softball

BY HEIDI MAZZOLA

Get ready to play ball! Opening Day is set for Wednesday, April 16, and it's shaping up to be a great one. Along with Coed Division action, the Women's Division will take the field for an exciting exhibition game. And, of course, no Opening Day is complete without our almost-famous Hot Dog Meal Deal—yours for the unbeatable price of just \$6!

Need to get in shape before the season starts? Join our free conditioning clinic every Wednesday starting March 5, and running through the month, weather permitting. Open to all members, it's the perfect way to shake off the offseason rust.

Saturday practices kicked off on March 1 and will continue throughout the season, open to all members. With the player draft complete, team practices are now in full swing. If you missed the deadline to sign up, don't worry—you can still submit your application with payment and be placed on a Coed team. Applications are available at LHSSL.net.

The Women's Division is gearing up for their season following their first General Meeting in February. Be sure to check our website for their schedule and other important information. Most games are played Sunday mornings, with a few exceptions. The best part? Women's Division applications are accepted all season long!

In February, a select group of LHSSL players faced off in a doubleheader against the premier Omen 80s tournament team, delivering some outstanding softball action. If you missed it, you missed a great show!

Stay in the loop with the latest updates and event details at LHSSL.net. We can't wait to see you out on the field for another action-packed season of softball!

• • •

Pickleball

BY DIANE FERRARI

The luck of the Irish is with you. There are so many exciting events coming up, it's time to sign up now! The “Frenemies Scramble” opened March 1, so sign up now with the tournament play April 22-23. Want to help our club become an even better experience for all? Join us at the Players Forum Monday, March 17, at 3:30 PM Fine Arts Room (OC). Intro to Pickleball March 19th. Learn to play the fastest growing sport for senior athletes and meet new friends. Sign up at Welcometopickleball@gmail.com. Team Pickleball is coming back this Spring. A survey went out to members asking about interest. Draft and play dates in April and competition beginning in May. Don't forget to check out the March/April classes with our local pro Ian Dickson. Sign up through

online enrollment at SCLHResidents.com or the Well Fit Desk. With better weather, be aware of court injuries and a big thank you to Sarah Solberg and Andrea Mayorga for their diligence in keeping us stocked with First Aid supplies. From Band-Aids to ice packs, the First Aid Kits at both the upper and lower courts are there in case of any minor emergencies. There is also AED equipment both upper and lower courts. It's great to have so many retired medical people on the courts to help out in case of an unexpected emergency. Pickleball angels everywhere! It's heading into a fun filled springtime, so come out and let's safely play some Pickleball!

• • •

Lincsters 9-Hole Club

BY LORA FINNEGAN

The Sweetheart Tournament swung into action on a bright winter day. Players got a bag of sweet treats from tournament co-chairs Susan Friedlund and Linda Morley. Everyone enjoyed the game—and the last sunshine before a spate of rainy days. First Place (net score 64): Barbara Korenthal, Janet Adler, Pietrina Magna, Nancy Dame. Second Place (net score 68- they won in a card off): Joyce Kirk, Sue Pharis, Darlyne Giorgi, Mary D'Agostini. Third Place (net score 68): Donna Ray, Lynn Hamman, Ann Beede, Sara Cannon. Closest to the pin: Liz Kelley (10 ft. 3 in. on hole #7). Chip-Ins: Mary D'Agostini, Darlyne Giorgi, Rose Heckman, Carol McCann, Pat Shafer.



Linda Salmon and Laura Niles give a pre-game rules review.

Awards were given for Best Decorated Cart. First Place: Rosemary Heckman and Jan Varin. Second Place: Judy Josse and Kim Shultz. Prizes were also awarded for Most Amazing Outfits. First Place: Patti Alderete. Second Place: Jane Hall.

WNHGA January low net winners: Marie Bossert and Marisue Flannigan. Thanks go to Linda Salmon and Laura Niles for their quick pre-game rules review.

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

• • •

Ladies Golf-18 Holers

BY CATHY JAICKS

What a fantastic way to start the year! January blessed us with beautiful weather, allowing us to host five Tournament Thursdays. A big part of the fun is the variety of games we play, and with so many tournaments, it's hard to list all the winners. Below are our first-place winners:

January 2 – “Ones” (Counting only holes that start with the letters in the word “ones.”)

First Place Winners: Sylvia Feldman, Lissi Bedford, Mimi Arighi

January 9 – NetChix Tournament (The winner is the player with the lowest net score.)

(cont' on page 35)

Ladies Golf-18 Holers

(cont' from page 34)

Winner: Mitsuko Cameron, Congratulations Mitsuko!



January 16 – Stableford (A scoring system that awards points based on performance at each hole. The goal is to achieve the highest score at the end of the round.)

First Place Team: Sharon Knoll, Kelley Royball, Carol McCann, Diana Lilienthal

January 23 – 1BB Odd Holes / 2BB Even Holes (A team format where one best ball is counted on odd holes and two on even holes.)

Flight 1 Winners: Linda Chappellear, Gwen Hare, Nancy Jenkins, Patricia McNiff

Flight 2 Winners: Bedford, Carol Lopez, Nancy Sartor, Karen Thom

January 30 – “Cha Cha Cha” (A team format where players compete in foursomes, with the number of scores used to calculate the team score rotating in a “one, two, three” pattern. On the first hole, only the best score counts; on the second hole, the two best scores count; on the third hole, the three best scores count, then the rotation repeats.)

Flight 1 Winners: Eileen Boore, Katherine Meske, Sartor, Sharon Knoll

Flight 2 Winners: Patti Tilton, Suzanne Hutchinson, Arighi, Dell Parker

What an exciting month of golf! We're looking forward to more fun tournaments and, hopefully, plenty of beautiful weather

ahead. Visit our website for more information on joining our fantastic group: www.lincolnhillsladiesgc.memberplanet.com

Men's Golf Club

BY CARL LYNCH

The Winter Slosfest this year was a 4-Man Scramble played on only the Orchard course. In a Scramble, all players hit tee shots, then the team chooses the one best shot following every stroke, with each team member playing again from that spot. Each player must use 3 tee shots.

Congratulations to our Winter Slosfest January 4-man scramble Flight Winners on the Orchard Course!

Flight 1 Low Gross: Eisenhower+Zielen ski+Schneider+Milgroom, score of 58.

Flight 1 Low Net: Kaholokula+Overton +Reuter+Citarella, score of 57.

Flight 2 Low Gross: Lucas+McGeough+Herbert+Packard, score of 65.

Flight 2 Low Net: Yoshikawa+Drinkard +Smyrak+Miller, score of 57.

Flight 3 Low Gross: Brumley+Kramer+Hazen+Plattner, score of 67.

Flight 3 Low Net: Budelli+Lopez+Klink+McKnight, score of 57.

Closest-To-Pin: Hole#4: Chuck Gould 1' 7", Hole#7: Gary Wang 1' 11", Hole#11: Jack Smith 2' 1", Hole#16: Les Hanson 1' 4".

Long Drive Contest: White Tees: Walter

Milgroom, Green/Red Tees: Tom Horan

With your MGCLH membership, and when you play in our tournaments, there are many payouts included by the club. Here are the Winter Slosfest Tournament Payouts (per Flight). There were three flights in this tournament and the total payout was over \$1000!

Low Gross: Team: \$70. Each Player: \$17.50

Low Net: Team: \$70. Each Player: \$17.50

2nd Net: Team: \$60. Each Player: \$15.00

3rd Net: Team: \$50. Each Player: \$12.50

4th Net: Team: \$40. Each Player: \$10.00

5th Net: Team: \$30. Each Player: \$7.50

Closest to the Pin Each Player: \$12.50

Long Drive, Each Player: \$15.

The payouts are added to your credit book at the Lincoln Hills Golf pro shop.

The Men's Golf Club is an excellent way to make new friends and enjoy a game of golf. We encourage SCLH golfers to come out and participate in our monthly tournaments.

Check our website <https://mgclh.club/>.

Mad Hatters Bocce Group

BY RUSS PETRUZZELLI

The Mad Hatters play bocce ball year-round each Thursday morning, and all skill levels are welcome. While it's cold outside, we begin at 10:00 am. (Arrive 9:50 AM) Teams of 4 players are formed on-the-fly each week so just show up! The focus is on recreation not competition, and we rotate players and teams with each 20-minute round. Our players

usually spend about 90 minutes on the courts. New, inexperienced, and handicapped players are always welcome. Don't know how to play? We'll guide you. There is plenty of parking available at the courts, and it's a great way to meet new people.

If Thursday mornings aren't convenient for you, or you just can't get enough bocce, there's also a Monday Morning bocce group that plays at 9:00 am.

Mad Hatters Contact: Russ Petruzzelli, LHBocce@gmail.com / 408-439-1848.

Shuffleboard

BY JON KLINE

Free Introduction to Shuffleboard Clinics Scheduled: Mondays-from 10:00 to 11:30 AM on March 17 and 24; April 7 and 21. Maximum 8 residents per clinic, so if you've been curious about our newest sport, now is the time to learn how to play shuffleboard on our 5 all-weather PolyCourts. Reserve your spot by contacting Jon (see below). We are located on Court #10 in the Sports Plaza, adjacent to the rear of the softball field parking lot. Club play continues every Wednesday and Saturday from 1:30 to 3:30 PM, with new player orientation offered at every session. A great dinner outing was held on March 5th at Orchid Thai! Save the date on May 10th for our annual club picnic at the sports pavilion. More socials, tournaments and basic strategy clinics are being planned, so come out and meet a great

(cont' on page 38)

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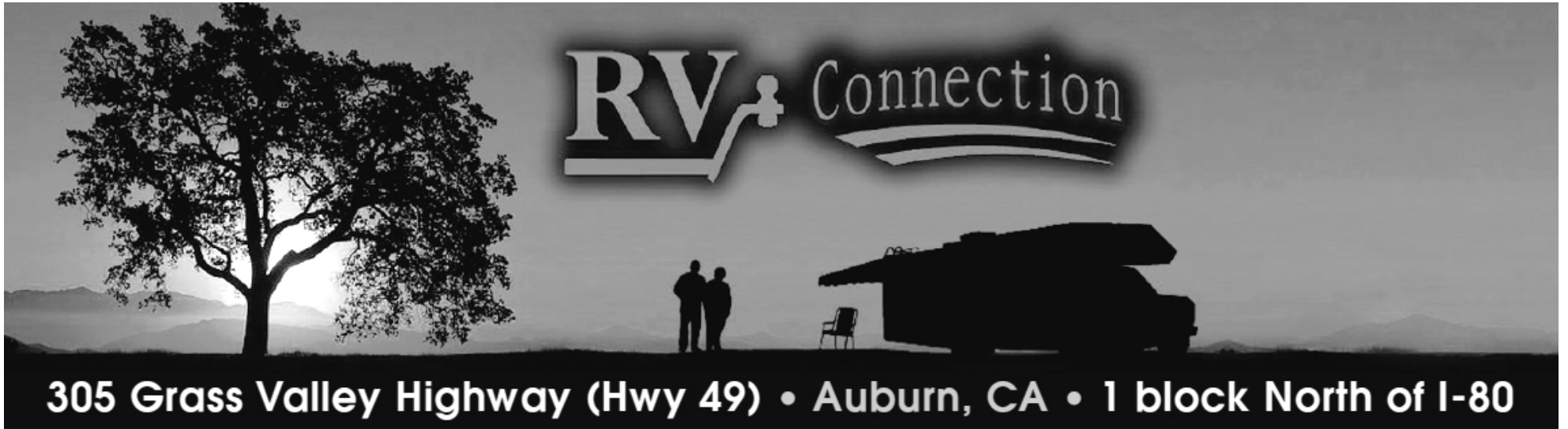
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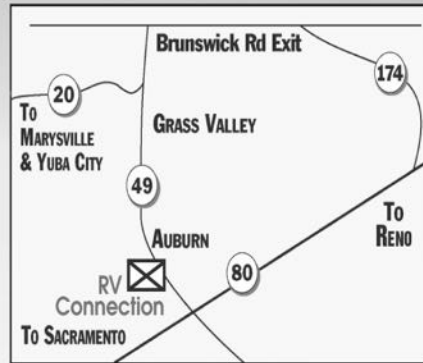
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SSNLH WRITERS...

The Ides of March

BY JIM FULCOMER

'Twas sometime in the Ides of March, when Caesar's toga lost its starch.

And now again, as that time nears, it comes with unrelated fears.

Winter ends officially, which most of us regard with glee.

Shedding coats and Winter duds, anticipating flower buds —

Is now a long-awaited thing, a well considered sign of Spring.

The winds of March still cause a chill, but summon up a distant thrill, of top-down drives down Lover's Lane, as April enters once again.

Daylight lingers even longer and creaky joints get ever stronger.

As solar warmth replaces cold and somehow you feel not so old.

Life again renews us all, as we detect the mating call - of feathered creatures of all kind, as they proclaim the ties that bind.

Most born in March are of Piscenan and thus may have a stormy mien.

Remember while you plan relaxing, these are times most sorely taxing.

• • •

Blackout Experiment

BY JOY S. HUTCHISON

These time changes seem to play havoc with my nocturnal sleep pattern. It's only 4:32 AM and I'm wide awake. Perhaps it's the glow of all the gadgets I have plugged in that surround my bed. The clock radio on my nightstand shines the numbers in bold green fluorescent numbers. In addition to the glow of the clock radio, there are two beady eyes looking at me from my hearing aid charger. On top of that, there is a red glow from my phone glaring it's rays into my periphery. After tonight's tossing and turning, I decided to hopefully darken the room by transferring my electronics elsewhere.

Going back a very long way, I've had a clock radio on my nightstand since I was twelve years old. That year, my dad gave me my first one on my birthday, saying I was now old enough to depend upon myself to get up in the morning and get ready for school. Then, during adulthood, I enjoyed hooking up with walking friends for early jaunts before work, which required an alarm clock to arouse me at sun-up. But now that I'm in elder-hood, I have no excuse. I can sleep until noon if

I want, although my body clock wakens me consistently between 6:30 and 7:00 AM no matter when I go to bed.

For the current problem, I moved the hearing aid charger to the kitchen. The only problem was that I forgot, until I had turned off all the lights and was ready for sleepy time, that my hearing aids were still in my ears. I then had to turn on all the house lights and traipse back into the kitchen to put them in the charger. For the clock radio issue, I turned it away from the bed so the face was pointed in the other direction. Except since I couldn't see the time, I had to get out of bed to turn it to face me, and then I was wide awake again! As for the telephone, well, safety first, right? I just ignored it's glow and hoped I wouldn't need it in the dark of night.

Sorry to say, the sleep fairy had other ideas. Whatever your challenge, there are solutions. On the other hand, sometimes it's best just to leave well enough alone.

• • •

All Critters Great and Small

BY STUART SINGER

Her panic was quickly escalating. It was obvious in the messaging as she progressed from concern (email) to worry (text) to full blown tizzy (phone call).

"There is something in our attic", a close friend of my wife exclaimed, "We can hear it scratching in the wall!"

Clearly, she was in need of support. Human-animal interactions in Lincoln can be challenging. Our own backyard has hosted coyotes, bobcats and bloody hawk attacks but nothing INSIDE the house. Her angst needed to be addressed and the question was could we do anything to assist our friend.

There were some complicating factors.

I am an inherent coward when facing off with wild animals while also averse to heights. Thus, the prospect of me climbing into her attic to fix the situation was out of the question. A quick assessment of my remaining attributes told me that, sadly, I had only one strong suit to utilize in this crisis—creative writing.

Certainly not the stuff of the Marvel Universe, but...

WITH APOLOGIES TO EDGAR ALLAN—

An hour later, while suffering through one of my thirty-minute workouts on a rowing machine, I began to create my contribution—a weak remake of a classic Poe poem. (Obviously, I do not take my exercise program seriously enough.)

The Squirrel

"Once upon a noontime dreary,

Came a sound to make me leery, Scratching coming from the hall, Scratching, scratching in the wall.

"The Orkin man soon confessed, After the time he had assessed, Why the scratching had appeared Quote, the pest guy, 'Nothing here'.

"The roofer was of little help, 'I found no culprit he would yelp', So, who can stop this endless scratching, Scratching, scratching behind this wall!"

"Then another pest guy came to see, He had an answer to share with glee. 'It's a squirrel; I'll even the score' Quote the pest guy; Scratching, scratching...never more"

Alas, my questionable creativity alone did not rectify the situation. Our friend did say the poem was cute while seeking people who could give real assistance. The ultimate solution required three weeks, one roofer and two pest control professionals.

BEEN THERE, ENDURED THAT—

What we could really supply was empathy.

During our years living in the suburbs of Washington, D.C. we had encountered many unwanted visitors. We had annual visits from mice in our basement. A group of flying squirrels set up shop in our attic and at night above our bed it would sound like they were performing a Cirque du Soleil routine. And once I came face to face with an opossum nesting comfortably in an old tire in the garage. It took nearly thirty minutes and gallons of water from my garden hose to convince him to leave. As he sauntered out, he offered a dismissive snarl in what could only be described as his victory lap.

But far worse was yet to come.

While watching TV in the family room one evening, my peripheral vision sensed something moving in the living room. Initially, I dismissed it as my eyes playing tricks. A third sighting forced me out of my recliner. Much to my horror, I discovered a huge bat was flying in my living room. (Yes, I said BAT!) Stunned I spent the next two minutes trying to decide which tool in my athletic skillset would best serve the situation. Hitting it with a football was out—knocking it down with a tight spiral was at best unlikely and at worst a recipe for disaster. Techniques learned in wrestling were non-starters. I was not going to subdue this beast with a half-nelson; plus, I had no intention of touching the thing.

Tennis was the answer. Racket in hand, I began my pursuit of the flying menace. For ten minutes the bat and I basically took

turns chasing one another around the room. Nearing exhaustion, I yelled upstairs to my then seventeen-year-old son for assistance. Still half asleep he was greeted by my sweat soaked face and crazed look while I frantically gripped my tennis racket in both hands.

"What's wrong dad?" he mumbled as he rubbed his eyes. Suddenly the bat flew around my left side, spun six inches above his head and fled into an upstairs bedroom.

He was now fully awake.

We stumbled up the staircase, slammed the bedroom door and stuffed towels under it to block any escape route. I then called Animal Control. Despite my explanation that a bat with a wingspan of at least six feet was trapped in my middle bedroom, they were remarkably calm.

"We can get out there by early afternoon tomorrow," the receptionist replied then added, "And don't let it out of the room."

Fat chance of that.

The next day a man did arrive, went into the room and using his bare hands gently pulled my monster/adversary off of a drape. He then placed the beast in a small shoebox. My nightmare was over.

Looking back, maybe coyotes, bobcats, hawks and certainly squirrels are not so bad after all.

• • •

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

LH Foundation —

(cont' from page 1)

Mark your calendars for Tuesday, March 18th as we get back to Bingo. Doors open at 12:30 and play starts at 1:00. Twelve cards for \$25, with exact change appreciated. Payouts are \$100 for the first eleven games and \$250 for the final game. Make an afternoon of it and enjoy lunch at Meridians beforehand.

Bringing a group? We are taking table reservations. Email your request to lincolnhillsfoundation@gmail.com.

Looking to volunteer? Contact us at www.lincolnhillsfoundation.org



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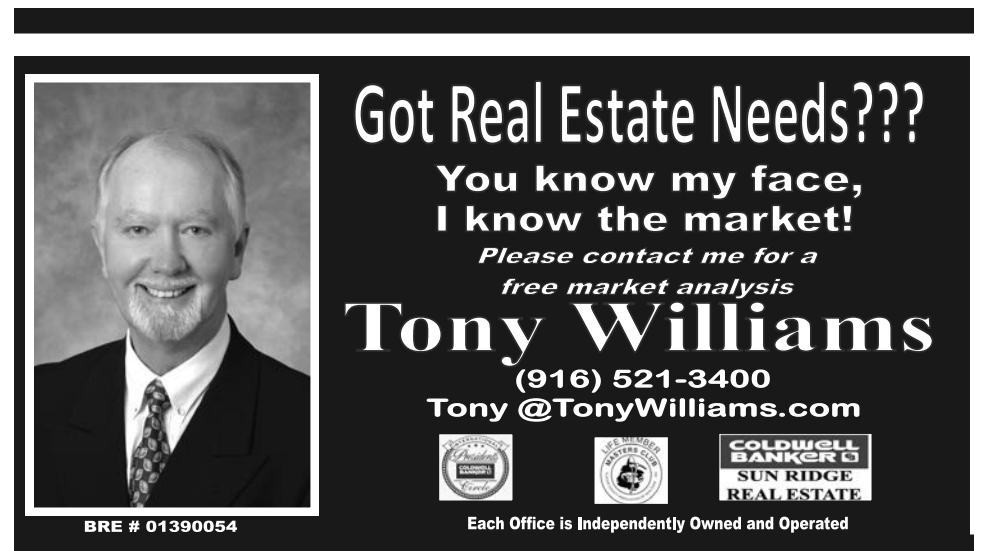
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Shuffleboard

(cont' from page 35)

group of Lincoln Hills Shufflers. Scheduled events will be posted outside of Court #10. For open play and practice, reserve courts for 1-3 hours up to 7 days in advance at: Resident Website / Wellfit Reservations / Shuffleboard Courts. All equipment is in the onsite locker; instructions for using the equipment are posted in the locker. For evening play, enjoy the bright LED lighting until 9:00 PM.

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

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

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Cribbage

BY MEL SWITZER

In tribute to David Letterman:

The Top Ten Things to do to win at Cribbage

Drum Roll Please!

#10. Never lead with a 5 Card.

#9. Bring your "lucky" teeth jar.

#8. Pick a comfortable seat.

#7. Forget to shower.

#6. Start talking about "the good old days".

#5. Don't ask for help; you might get some.

#4. Start talking about your latest hospital visit.

#3. Keep as many Aces as possible in your hand.

#2. Get some sleep before showing up.

And the number one thing to do to win at Cribbage,

#1. Pass gas at the table.

Gas Masks are not provided!

Using the above tactic, while all the players lose their collective minds, your opponents play into a three card straight and you score three extra points and win.

The following players followed some of the above advice and won. 1/14 Marianne Crosby, 1/21 Paul Winters, 1/28 Dan Odem, 2/4, Lana Venturi and on 2/11, first time winner Jean Westvold.

On a very sad note, our friend and fierce Cribbage competitor, Howard Beaumont passed away recently. He will be missed by all those who knew him for his great Cribbage playing and unique sense of humor. Bye Howard.

8:30 AM Tuesdays in the OC Card Room*

*Maybe get there by 8:20. We are filling up fast and some people have been turned away because of lack of table space. Just ask Bruce Quick!

• • •

Lawn Activities Friends

BY HAL SILLIMAN

New lawn sports club forming in Lincoln Hills — A club to promote lawn sports such as croquet, badminton, and cornhole is forming. The club, "Lawn Activities Friends," is going through the process of becoming formal, with

recognized status. There'll be no club fee. The Lawn Activities Friends will hold a welcome event for all interested residents at the Lawn Activities Court at 10:30 AM Tuesday March 4. (If it's raining, meet in the nearby gazebo.) Games are played at the Sports Complex's designated lawn sports field, near the bocce courts. Currently, croquet is played at 9:00 AM Tuesdays. Anyone is welcome to join. For more information, email SCLHLawnFriends@gmail.com

• • •

Duplicate Bridge

BY MONA STRYKER

Our annual membership meeting was held in March with the added enticement of donuts, a creative idea of our president Denise Morgan!

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

Wednesdays: starting at 12:30 in Multipurpose



Dianne Conforti and Tina Amerio serve donuts at annual membership meeting.

Room (KS). Open and limited sections

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

For further information, go to our website shown below.

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

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

Website: www.bridgewebs.com/lincolnhills/

• • •

Pedro Group

BY BONNIE KING

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

Contact: Denise Jones – 916-543-3317.

• • •



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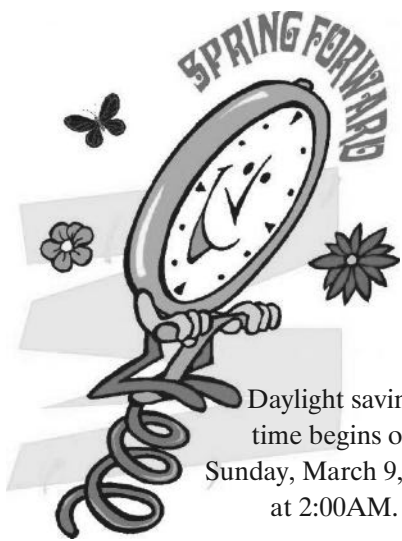
Meet The Author Lecture Series

BY JOY HUTCHISON

Meet the Author Lecture Series: Thomas C. Brutting. Monday, April 7th at 2:30 PM Presentation Hall (KS)

Do you have a spunky older cousin who lives on the 12th floor of a high-rise in San Francisco? When you were a college student, were you awarded with a traveling fellowship that took you to the Soviet Union during the Cold War? These stories are two of the chapters in author Thomas (Tom) Brutting's book, *Unlocking Cousin Daisy's Cabinet*, subtitled *Personal Recollections*. It details and highlights the experiences, challenges, and adventures that the author has lived. Beautifully written and at times provocative and frequently amusing, chapters include stories of regional life in America, work, politics, prejudice, religion, family dynamics, education, world travel and culture. During his presentation, Tom will also discuss the stages of publishing and read excerpts from his book. There will also be time for Q&A afterwards.

Tom is a New York City native, holds a Master of Architecture degree from Tulane University, and has served on several non-profit boards. He spent 35 years of his career as an architect in the Bay Area designing active adult communities before retiring. Kilaga Springs Library Lecture Series coordinator is Rita Rutledge at ritarutledge78@gmail.com



Daylight saving time begins on Sunday, March 9, 2025 at 2:00AM.

SUN SENIOR NEWS CLASSIFIEDS

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

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

ANNOUNCEMENTS

CRAFT FAIRE. Saturday, April 5, 10am-3pm, Pleasant Grove Community Church. 1730 Pleasant Grove Blvd, Roseville, CA 95747.

LET'S PLAY DUNGEONS AND DRAGONS or other roleplaying games. I've been playing since 1975 and cannot believe I'm the only gamer in Sun City! Have you played before and want to get back to it? Did you never get the chance before but wanted to play? Maybe this is a new way of meeting folks and having fun that you'd like to try? Let's talk. I've got the games, old and new, and am ready to start D&D, Traveller Science Fiction, TOON! comedy and more. Call or email DAVE 916-295-1912 cataraft_2000@yahoo.com

SCLH AIRPORT CO-OP: Become a Lincoln Hills Airport Co-op member and get a ride for giving a ride to or from the Sacramento Airport. Membership is \$15 a year per household. For more info, please contact Ginny Sato at 916-253-3919 (gsato2002@yahoo.com) or Barb Iniguez at 916-408-7812.

PORTUGUESE SOCIAL CLUB of Lincoln Hills: If you are of Portuguese decent, love having fun with Portuguese friends, enjoying eating Portuguese food, attending Festas and enjoy tasting Portuguese wine, we have a club for you. Dues are \$20 a year for membership. To learn more about this fun social club, contact Mary Luciano by: Phone: 1-916-543-9094 or email: mary_luciano@marcomadvantage.com



**Lincoln
United Methodist Church
Sunday Worship 10 AM**
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Pastor Vinny's sermons available on [YouTube.com Lincoln UMC](https://www.youtube.com/channel/UC...)

For more information visit us online at lincolnumc.com
See upcoming events on our Facebook page
or call us at 916-645-3588

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

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

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

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

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



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George Brown

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

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