

SUN SENIOR NEWS

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Ingrid Carriker — Dancing Through Life

BY JENNIFER (JEN) MARTIN

“The deadline for complaints was yesterday.” That’s the sign on the front door of Ingrid Carriker’s house when you step in to visit. It speaks volumes about the positive-thinking, humorous, and wise woman living within.

Ingrid, a SCR resident since 2014, was born in Berlin, Germany. At the age of 9, she was taking piano lessons until she went to an American movie with her cousin, Peter and saw a wonderful dancer in a Bing Crosby movie. She told her piano teacher she was through with piano and wanted to be a ballerina. He agreed with her, telling her mother, “Good. She doesn’t sit still for piano lessons, anyway.”

Her family moved to California in 1948 and settled in Sacramento where her father worked for the Army Depot. As a teenager, she enjoyed horseback riding, ballet dancing and drama, but she was consumed with becoming



Ingrid Carriker

a professional ballerina. At age 17, she taught ballet to earn enough money to move to New York after graduating from Sacramento High School.

Her little room in New York, with its hot plate and cockroaches under the bed cover, was a big shock to Ingrid. But she persevered and visited all the ballet companies to learn their audition schedules. Because of her intensive early training and personal absorption in dance, she was selected for the Metropolitan Opera Company’s ballet ensemble and toured with them throughout the United States and Europe for several years. She was also honored with a position in the Russian Bolshoi Ballet during a New York engagement and a European tour with Igor Stravinsky.

Ingrid’s touring time afforded her many outstanding memories. For example,
(cont’ on page 23)

SCR Foundation 2025

BY ELIZABETH JARRETT

March is a time of change. We move from darker days into a time of increased light and activity. We plant and plan for new growth. We want to share some of what we have been working on and how these projects have turned into Resources for residents.

As there is a lot of program information to share, this is Part 1 of 2, to be completed in the April Courier. Programs we will be partnering with are Del Oro Caregiver Resource Center and Senior’s First for Meals on Wheels and Placer Rides. Both are designated programs by the CA Department of Aging (aging.ca.gov). The Board has vetted them and have entered into MOU’s (Memo’s of Understanding) with each of these three resources.

As mentioned in the February Courier, we are partnering with Del Oro Caregiver Resource Center. They provide comprehensive caregiver services for caregivers who become their clients. Their services include Education through specialized information and training, Support groups, Case management and Respite. They can also provide short term Counseling and Legal/Financial Consultation. There are no income requirements or charges for any of their services. All personal information is guided by HIPPA. The first step to receive services is to call for a Phone Assessment at 916- 728-9333; or to contact them through www.deloro.org. Make sure to let them know you are a SCR Resident.

(cont’ on page 25)

Sun City Harmonicoots

BY LINDA AUG

March is National Harmonica Month in the United States. This celebration honors the musical instrument’s rich history and diversity of musical styles. Throughout March, harmonica players come together to share their passion for the harmonica and its lively cheerful sound.

The Sun City Harmonicoots will proudly honor the tradition of musical fellowship on March 13th at Timbers Lobby. Join the sing along to “Peg ‘O My Heart,” “My Wild Irish Rose” and “There is a Tavern in the Town.” Come at 5:30, wear your green and let the sweet sound of “Danny Boy” fill your heart.

Thank you to Barbara and Gary Mills for hosting the Harmonicoot table on February 1st at Courier Days! The Sun City Harmonicoots are seeking new members and welcome anyone who is interested in learning how to play the



Barbara and Gary Mills at February Courier Days.

harmonica. Many may be surprised to learn that several, if not many of our members, have never played a musical instrument before joining the Harmonicoots. Coming to our weekly sessions along with encouragement from the Coots is the perfect environment to pick up a fantastic new hobby: the harmonica! Fun Fact: Other words for the harmonica are mouth harp, kazoo, panpipe, and mouth organ! Another Fun Fact: What do you call a person who plays the harmonica? A Harmonicist!

Thank you to the Sun City Jewish Fellowship for inviting the Coots to play at their April Social! We are quickly booking for Club and Group events! We have playlists for various events that can be tailored to a theme or era. Take a trip around the world with us, reminisce your sock hop years, or ride the wild west with the Harmonicoots. Call JoAnn Stooksberry at 916-749-4425 to snag your next event. Or better yet, come and visit us!

Harps Up!

• • •

Sun City Singers

BY JACKIE PROETT

It’s March and the “greening” begins. Mother Nature starts the process with rain. Spring officially starts on the 20th, but St. Patrick is the guy with the paint brush. We all “relish” the fact that on the 17th we become Irish and with the Leprechauns help, we can legally wear green! The daily menu is also selected — Green cabbage goes well with Corned Beef and Green Beer or a Grasshopper
(cont’ on page 5)



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

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Neighborhood Watch/Citizen Patrol

BY LINDA VINCENT & RON MASCIOVECCHIO - Program Coordinators

Hints from your Neighborhood Watch Office

1. Make friends with neighbors — Familiarizing yourself with neighbors can be a win-win situation. Offer yourself as a resource in case of emergencies or help needed on their end; some neighbors might reciprocate the offer. See if they're comfortable sharing their needs.

Planning get-togethers based on physical activity is a great way to get to know neighbors. Having a monthly or bi-monthly gathering is beneficial to all around your neighborhood. Stay in contact is a safety measure we can all use.

2. Keep up your yard — A well-kept yard can help deter crime since trimmed foliage offers fewer places to hide. And fences can, of course, keep unwanted visitors out. Outside motion lights are a great deterrent for criminals.

3. Exercise caution when out of town — To choose targets, burglars rely most on easily scannable visual cues. We can't overstate the importance of making it look like you're home when you are away.

Ask a neighbor to get your mail and newspapers or stop the service while you are gone. You could even have a neighbor park a car in your driveway occasionally while you're gone.

Use timers on your lights, that will allow you to turn lamps off and on remotely.

4. Close windows/blinds at night — Your blinds open and lights on at night provides a free look into your house, its layout, and the

habits of its occupants. And leaving windows open at night or when you're gone is an invitation for an uninvited guest to come on in.

5. Improve lighting on your street — Ask that each household to turn on their porch lights in the evenings and install motion-detector lights in the backs or sides of the house - potential intruders don't have the darkness to hide in.

Burglars also prefer homes with multiple entry points or detached properties, so ensure that all doorways and pathways are well lit.

Improving neighborhood safety is a team effort, but it needs to start with someone. As you get to know your neighbors, discuss your concerns, and apply some of the ideas above, you'll find that your neighborhood becomes not only a safer place to be but a more enjoyable one. If you and your neighbors are not getting communication from your Neighborhood Watch office, please consider volunteering to be a Team Link for your neighbors. Call our office and we will help get you started. 916-774-3817.

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

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

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Sun City Singers

(cont' from page 1)

is the preferred drink. You are ready now--- Go Green!

The Singers are never green when it comes to planning a Concert. The title of our June 2nd. Production is, ON WITH THE SHOW. We will be singing many of your favorites from Broadway Musicals. There will be chuckles and a tear or two with these savored memories in music.

Another way to stay green is with new growth. Lucky us, new members, include, Linda Case, Toni Decapua, Donna Jones, Tom Roth and ending with Z, Debbie Zan. Perfect! Welcome all and thanks for planting yourselves in our garden. Kermit the frog, approves!

Hospitality adds to the green month of May by hosting a Potluck dinner at Sierra Pines on Wednesday May 7, 4:45 pm. There will be sign-up sheets as to what to bring. Your pot will be your cost for the affair. This should be lots of fun. Marla always has surprises. There will also be a Wrap party on the Monday after our Concert.

Wear Green all month and remember that we would still love to have you join us. We meet every Monday at 2:30 pm, back of the Ballroom. You don't have to be Irish, you just need to love crooning a tune. Happy St. Patty's Day!

• • •

Music and Laughter

BY JANE BOHN

It was a dark and stormy night but that didn't deter our great fan club and entertainers from our monthly joyful "Open Mic." Once again, talented performers signed in allowing us music, laughter, and sing-a-longs that lifted our Spirits. Entertainers included Jan Given (on piano and saxophone) Joe Given on Violin, Jokester Jack McGurk, singer Peggy Wells, our long-time regular comic Ed Lick, singer/guitarist Alan Nichols, and jokester Dennis Hellman. It was fun to utilize the overhead screen once again as the audience belted out some favorite karaoke songs. Hooray for our jubilant Prize winners; 1st prize Jay Javier, 2nd Dennis Hellman, 3rd Linda Comlossy, 4th Irwin Perry, 5th Pam Moll, and 6th Linda Good.

Hearty thanks to the many dedicated fans, entertainers and behind the scenes volunteers who make Music & Laughter possible:



Peggy Wells

Maria Hajgato, Arlette Bennett, Rebecca Hellman, Dennis Hellman, Pam Moll and Doug Hull.

For all you newcomers, we hope you'll bring your \$1 entry for the raffle and join us at our next gathering on Wednesday evening, March 12 at our Sierra Pines Lodge located on the corner of Del Webb and Whistlestop Way. Doors open at 6:30 and show start promptly at 7:00.

• • •

Dance Club

BY VIKKI CLARK

New Hula Class Offered on Wednesdays at 2:00 PM

If you've ever wanted to learn the art of hula, a new class is being offered every Wednesday at 2:00 PM in the Fitness Center. This class is perfect for beginners, as it's taught by 'Ehulani McKnight, a Kumu Hula (master hula teacher) with over 50 years of experience in the craft.

Kumu 'Ehulani studied intensely for three years to receive her Kumu Hula certification. Hawaiian culture, language, and dance have brought so much joy to her life, and her passion is to share that tradition with her haumana (students) in fun and informative classes.



Heather Kendall, Humu 'Ehulani, Phyllis Melberg and Junko Olson.



Hula Class

Students begin with a white skirt, and as they progress, they'll be tested on different calls and hand positions. Once these are mastered, they can advance to a green skirt. This system allows students to track their progress while learning the essential skills of hula.

Hula is a dance that can be done by anyone, some of the dancers have had knee & hip replacement. If you have limited mobility, we offer Chair Hula! The hula movements are graceful, with no impact to joints. The movements are mesmerizing to watch.

Whether you're interested in learning a new dance form, improving your fitness, or immersing yourself in Hawaiian culture, this class offers a wonderful introduction to the world of hula. With Kumu 'Ehulani's authentic instruction, you'll have the opportunity to connect with the rich traditions of this beautiful dance.

Join us on Wednesdays at 2:00 PM in the Fitness Center to get started!

• • •

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 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.

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://selhsquares.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



Swing your partner...

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.

• • •

Drama Club

BY LENORA DAVIS

We are nearly ready for our next performance. Rehearsals are in high gear; our actors, plus stage, lighting, and sound crews, are all working together to dazzle you in April. This performance will be at Sierra Pines. Because our previous performance there in November sold out so quickly, we have decided to do not only two evening performances (7:00 pm on April 29 and 30) but have also added a matinee performance at 1:00 pm on April 30. We will be providing some light snacks and you are invited to bring your own wine or beer (hard



Joe and Pat Urrutia



Cyndi Cotton, Karen Cobb, and Marilyn Phelps.

liquor is not allowed at Sierra Pines).

As in November, tables will be set up Cabaret style, each with seating for 4 and seating first come - first served. We will be at Courier Day on March 1 for ticket reservations,

(cont' on page 6)

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Drama Club

(cont' from page 5)

and informational flyers will be available in the Lodge kiosk. Tickets will be \$15 and available for pick up at Courier Day, April 1. Subsequent reservations and ticket purchases (after April 1) will be through Linda Vincent (206-794-9089) or Joy Winston (916-773-2479). We know you will be delightfully entertained by our line-up of short plays.

We will begin with a reader's theater radio play: "The Naked Myra", where a painting is stolen and a 1940's "who-dunnit" unfolds (no nudity involved). Next will be another episode of the "Jogging Ladies", always a crowd favorite with two ladies chatting about their lives. Third up is "Signals", where two ladies are waiting to meet blind dates and comedy ensues. Finally, you will see "In the Beginning", a spoof of the first meeting of Adam and Eve... at the Garden of Eden Bar & Grill, drinking apple martinis.

These photos are our newest members – you could be one, too.

For more information, contact Susan Glover (530-388-6367) or Lenora Davis (707-350-1357).

• • •

Fine Arts Club

BY NANCY VAVUL

As March rolls in, the Fine Arts Club is abuzz with excitement for our much-anticipated annual art show, taking place on March 14, 15, and 16. This year, volunteers

from the club will once again transform the ballroom and Fine Arts Room into vibrant galleries filled with the incredible creativity of our members. Not only will there be artwork on display for sale, but we will also host drawings for original paintings created by club members, with all the proceeds from these drawings benefiting this year's charity, Acres of Hope. This organization offers assistance and support for mothers and children in our area who are facing homelessness. It's a wonderful opportunity to support a great cause while enjoying the artistic talents of our community.

Other events this month include a workshop on wiring artwork led by Renee Hawkyard on March 7 so members can ready their works for the March show. Our general meeting on March 13 promises to be inspiring as well, featuring a special talk by Sacramento Fine Arts Center member, Aziz Tokhi, a watercolorist from Afghanistan who will share his unique perspectives and techniques.

Weekly classes will continue throughout the month, offering something for everyone. Join Donna Self on Monday afternoons for acrylic painting, Renee Hawkyard on Tuesday afternoons for watercolor, Maria Winkler on Wednesday afternoons for "Drawing on the Right Side of the Brain" and Edward Mallory on Thursday mornings for oils. Additionally, Sherry Bleiweiss will guide an alcohol ink workshop on March 27, which is sure to be a fun and creative experience.

Be sure to check the room for sign-up sheets, information on classes, volunteer opportunities, and details on these exciting

activities. We can't wait to see you there and celebrate the wonderful world of art together!

• • •

SCR Needle Arts Club

BY PEGGY VOAKES

What if our glory days aren't behind us?

Spring is an interesting time of year, as we look forward to a blossoming environment. That brings the above thought to mind. I enjoy meeting and learning about all our members – so many interesting backstories. But, I don't think we are "done", yet! So many of our club members are not only eagerly learning new things, but putting those things to good work. We have a heartwarming number of members who are continuing to improve our community, as well as the world around us.

Our February program of Tea and Tables was a delightful success. The beauty and fun in the room just exploded off the tables. I hope you all enjoyed the wonderful, funny, amazing stories behind each of the fifteen creatively set and decorated tables as much as I did. Kudos to all the hostesses - Barbara Aaberg, Nancy Dunne, Diane Gard, Cindy Stoorza, and Susan Mehrling, Gail Miller and Marion Jones, Cheryl Finley and Yvette Lee, CJ Kidd, Louisa Ferkula, Sandi Patterson and Pat Okasaki, Dawn Haskin, Jean Hurtado, Norma Horrell, Christiane Fitzgerald, Barbara Davis and Diana VonBergen, Cynthia Schuster and Trish Pelascini, and our Vice President Sharon Lawin!

Speaking of tables, we will have six member vendors in our Needle Arts Room

in conjunction with the Fine Arts Club Show. The Show will take place on March 14, 15, and 16. Be sure to come by to enjoy the wonderful artwork produced by our friends and to support our own members!

Fashion Show tickets will be for sale to members, who are welcome to bring guests, prior to our General Meeting, Wednesday, March 5, 2025, outside the Ballroom. Meeting starts at 1:30. Presentation by Teri Umhauer on history of accessories and design. Be sure to come early if you want to shop the returning Back Table. Guests and new members always welcome!

• • •

Roseville 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" 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

(cont' on page 7)

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Roseville Stamp Club

(cont' from page 6)

\$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.

• • •

Jewish Fellowship Circle

BY LOIS ARLEN AND KAREN LEVINE

We appreciate the kind and worthy participation of Karen Levine and Ruth Elkins for our Shabbat (Sabbath) service and the JFC Board members for the Shabbat dinner and Oneg (sweet table) in January.

From our JFC Vice President, Ruth Elkins: "Oh, it was fun! Book Club, that is. There were many insightful comments and revelations about our book choice. I actually

wept when I finished it; the best book I've read in years. We sipped wine and had cheesecake afterwards. We'll meet again on March 10 at 7:00 pm at the home of Ori Kritz, 7508 Council Rock Rd. Our book choice: "One Life": The True Story of Sir Nicholas Winton and the Prague Kindertransport by Barbara Winton. Come and schmooze with us."

We are excited about our new JFC event: It will be wine, cheese, appetizers, and entertainment on March 16 at 5:00 pm at Sierra Pines. JFC members are asked to bring wine of their choice. The JFC Board will supply the cheese and appetizers.

Our annual Passover (Seder) dinner will be held on April 13 at the Timbers Lodge.

The Festival of Purim will take place from the evening of March 13 until the evening of March 14. Purim commemorates the saving of the Jewish people from Haman (A Persian leader) by Queen Esther (Jewish wife of the King). The foods that are usually eaten are Hamantashen. It is a triangular filled pastry and is supposed to symbolize Haman's hat. Haman was the character who plotted to kill the Jewish people. It's a holiday where the "young" dress up as characters of the story.

• • •

Solo Friends

BY NIKKI COMBS

Being a social group, Solo Friends gather almost every month for a catered dinner, games, and entertainment. We meet on the third Saturday in Sierra Pines and enjoy good food, conversations, and laughs. Of

course, these dinners do not spontaneously generate. Someone needs to volunteer to host the evenings, reserve the caterer, choose the games or entertainment, and set the budget. Lucky for Solo Friends, we have volunteers to help these volunteers.

Hosting one of these dinners seems daunting at first. But with the help of a co-host, Social Dinner Coordinator Sharon Hearden, seasoned volunteers, and eager helpers, the dinners are feasible and well appreciated. Sharon has a checklist and timeline of tasks to accomplish. There are budget suggestions and instructions on collecting and disbursing funds. She also has suggestions for games or entertainment and helps with advertising and announcements.

Many hands make work easier and our Council goes above and beyond to ensure each dinner is successful. But it is the hosts who really shine at each event. Even if new, these wonderful volunteers choose a theme and decorations from the large assortment



available. They put together a team who helps with the set-up, serving, and clean-up. And often they are available with advice for the next hosts.

Solo Friends are lucky we have so many wonderful members who step up and volunteer. We can set our calendars, knowing we have a social event each month where we enjoy sharing a meal and being with others. Unfortunately, 2025 is missing hosts for a few dinners. We need hosts for the dinners in June through November. If you are interested or even just curious, please contact Social Dinner Coordinator Sharon Hearden. Your fellow members will help and appreciate you.

• • •

Meditation Group

BY ED CERVANTES

The Heart of Gold Meditation Group of Sun City Roseville invites you to join us for a peaceful hour of mantra meditation, music, and good company.


Come learn a simple method of meditation that uses soothing mantras and music to ease the stress, anxieties, and emotional situations of daily life.

Mantra meditation is as universal as the sunrise. Everyone can enjoy the beauty of a sunrise and be warmed by its rays. Likewise, through this meditation everyone can experience an inner peace, increasing insights and happiness.

The program is donation based and the meditations will be practiced seated in chairs. (cont' on page 9)

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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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Meditation Group

(cont' from page 7)

Here are the dates and locations for our upcoming meetings.

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

Wednesday, March 26th 1:30pm - 2:30pm in the Spruce Room at Sierra Pines

Wednesday, April 9th 1:30pm - 2:30pm in the Ponderosa Room at Sierra Pines

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

mantramedclub@gmail.com

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Democrats of SCR

BY MARISA BERNETTI

With the new Sierra College semester, Democrats of SCR partnered again with the Auburn Area Democratic club to register and



openly discuss with students on today's issues. The focus this semester will mainly be on educating them on the issues and the actions of the Trump Administration.

In January, the Team focused on some New Year's resolutions for US Congress.

In February, students were asked to pick their top three issues that's most concerning to them.

Democrats SCR also participated in two peaceful demonstrations on the Capitol. For inquiries email Marisa, mjbretiree@gmail.com

• • •

Socrates Cafe

BY STEVEN GUSTAFSON

Our Socrates Cafe discussion last month focused on "tolerance." To what extent should we tolerate opinions or behaviors that we

don't agree with? An extreme example is someone who believes in white supremacy and who works to repeal laws that prohibit racial discrimination. Can we be friends with or respect such a person without being accepting or encouraging?

We also discussed "prejudice" — preconceived opinions not based on reason or evidence. A white supremacist is prejudiced against non-white people and believes they are inferior. Can you reason with him or present scientific evidence that non-white people are not inferior? Will he eventually say "Oh, I get it now. I was wrong!"

In the discussion most of us said no—even strong evidence against the prejudice is unlikely to change minds. For example, hundreds of years ago most people believed that the sun revolved around the earth. When Copernicus presented strong evidence that earth revolves around the sun, the prejudice was largely unaffected. It took over 100 years before Copernicus was widely accepted. This was not due a rational appreciation of the evidence. It was due to death—those prejudiced against the idea that the earth revolves around the sun died, and the next generation did not have the prejudice. Socrates Cafe (usually about 20 of us) meets on the first Monday of each month in the Timbers Lodge. You are welcome to join us.

• • •

SCR Computer Club

BY BARBARA EICHTEN

On February 1, PHOTO SIG members held an Open House to display their photos. The exhibit was well received by the community and staff of Sun City on Courier Day. Thanks to Dennis Studer and Marilyn Sanders for all of their efforts.

The PHOTO SIG group is offering Photo Sharing on Tuesday, February 25 from 10:00-12:00 in the Club Room. This is open to all Sun City Residents. Join a critique session to help you improve your photos. Bring up to 10 digital photos on a flash drive. Images will be displayed on the 55-inch monitor for



discussion.

There will be no computer club meeting in March or April.

Photo: Will meet on the 3rd Friday, March 21 at 10:00 am in the Club Room. Come to the meeting and see how the Photo SIG (camera club) does things. Submission of a maximum of 3 photos, sent to PhotoSIG916@gmail.com, is due by Monday, March 17. The photos will be juried at the regular monthly meeting. February's theme is "Open theme." The photos have no time frame.

Contact Dennis Studer for additional information.

Genealogy: The group will resume on April 10 at 2:00-3:30 in the Club Room.

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

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

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Healthcare Professionals Group

BY LINDA GORDON

For our meeting on March 5, we will have a presentation by Mary Polo, the Amyloidosis Support Group Facilitator for Sacramento & the surrounding area. She will discuss how very difficult it is to diagnose this disease due to its many different types. She stresses that we all must be our own best advocates.

The Healthcare Professionals Group is a social group of SCR residents who have worked in any capacity in the Healthcare Field. We meet the first Wednesday every other month at 11:00am in the

Spruce Room in Sierra Pines. The speaker will start at 11:30 and lunch and social time will be at 12:00. Cost is \$10 for lunch. Our next meeting will be Wednesday March 5.

Nurses from our group hold a Blood Pressure Clinic for Residents on the second Wednesday of the month from 9:30-11:00am in the Fitness Center. This is open to all residents to have their Blood Pressure checked and to discuss any issues they may have. Our next clinic will be March 12.

For more information, to get yourself on the mailing list & to RSVP for the meetings contact Linda Gordon at garlind77@gmail.com or 510-813-7815 (call or text).

• • •

Conservative Action Group

BY SHERRI SCOTT

It is with great sorrow that we report the passing of Steve Cho. He hit the ground running when he and Amy moved to Sun City from Fremont, CA. Besides being a founding member of the Conservative Action Group, he was vice chair and chair of the SCR Governmental Affairs Committee. He promoted the entry of Roseville Sun City into the CAI/CLAC national organization of homeowner organizations from which SCR won two awards bringing nation-wide recognition of excellence to our community. Steve was also a graduate of the Leadership Academy and member of the Finance Committee. He joined the area-wide opposition to the Panattoni warehouse plan for west Roseville which would have brought excessive noise and heavy traffic. The Roseville City Council adjourned their February 5 meeting by remembering his positive contributions to the city. Many fun groups were in his life including Table Tennis, Harmonicoots and Bridge. His favorite thing of all, however, was his love for Sun City and the many friendships he made. He will be missed.



Highlights from Mayor Krista Bernasconi's presentation are: even though each member is elected by district, they work as a team for the entire city; the 2024-25 \$799 million budget is financially sound with fully staffed police and fire departments; the City actively pursued getting Bosch to Roseville where 40% of the nation's silicon carbide chip production will be made with a start-up investment of \$1.5 billion; Costco on Baseline and Fiddymont will open by year end; in pursuit of no blight they are reimagining the oldest commercial areas along Atlantic Street, Douglas-Harding, and Douglas Sunrise; the Placer Valley Soccer complex with 10 fields and 900 parking spaces will open this year.

March 3, 6:30 pm, Sierra Pines is our next meeting with Placer County Water Agency Board Member Gray Allen and GM Andy Fecko.

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(more Club News cont' on page 10)

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Veterans and Patriots Club

BY SUZETTE AUSTIN

At our first Veterans and Patriots Club meeting of the year we elected Steve Stansberry as our President and Michael Hau as our Treasurer. Steve had been our acting president since the beginning of the year. We are continuing to look for members to assume the roles of Vice President and Secretary as well as Council members to chair Membership, Activities and Events, Communications and Publicity, as well as a Club Historian and Photographer. Anyone interested in learning more is encouraged to contact Steve Stansberry.

At our next meeting Sacramento Blue Star Moms President, Juli Traylor, will be our speaker. Blue Star Moms is a non-political, non-sectarian, non-profit Military/Veteran support organization. They send Care Packages, support Veterans and Service Members from all branches of the U.S. Armed Forces, honor Gold Star Families and remember their children. They depend solely on donations to complete their mission. We will be e-Blasting a wish list and collecting donated items at our next meeting on March 5.

Club meetings are the first Wednesday of each month in the Timber Creek Ballroom at 10 am. We encourage all residents of the community as well as guests to enjoy the presentation, coffee, and doughnuts; and don't forget the great free raffle prizes from our sponsors. We also encourage you to patronize our sponsors:



Roseville Auto Spa, Raley's (Pleasant Grove & Woodcreek), Waffle Barn (on Pleasant Grove) and Al's Restaurant and Pizzeria.

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

• • •

Travel Club

BY PAM HEMINGWAY

Some of our lucky Travel Club members just returned from a wonderful trip to exotic Costa Rica. Looks like it was another great trip!

Trips now available for booking for Travel Club members include two holiday trips in 2025 and a new small group trip concentrated on Portugal's wine country (including a stay at a

winery!) Here's the current list:

- "American Music Cities" tour: March 16-23 (Collette) –Sold Out
- Great Lakes Cruise – April 22-29 (Viking through Alamo)
- Italy's Treasures: May 3-14 (Collette)
- Canadian Maritimes and Coastal Wonders: July 19-30 (Collette)
- Croatia Yacht trip with Venice, Italy: August 18-30 (Collette)
- Islands of New England: October 2-9 (Collette)
- Canada and New England Cruise: October 14-25 (Crystal through Alamo)
- Branson Holiday Spectacular: November 4-10 (Collette)
- European Christmas Markets: December 4-11 (Collette)
- Northern Spain and Portugal: March



Travel Club members in Costa Rica.



17-April 1, 2026 (small group trip--Collette)
See the Travel Club web page on the SCR web site for details on all trips. Click on the "Trips" button for links to the flyers for all available trips. Watch for more 2026 trips coming soon too.

The Travel Club meets the 4th Monday of each month at 3:00 pm in the Ballroom. Join us for our next scheduled meeting on Monday March 24. We'll be doing our annual survey and Jay Fehan will be presenting some enticing options, so don't miss this one! Remember to bring any unwanted travel-related items (in excellent condition) for the "back table". Donated items are available to all members on a first-come basis, so check the table when you get to the meeting.

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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

(cont' on page 11)

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Rods & Relics

(cont' from page 10)

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

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Birders

BY JANET MORELLI

The last week of each year, SCR Birders participate in Audubon's Annual North America Christmas Bird Count, in existence since 1900. Last year's count day for the Lincoln Circle, an area of a circle 15 miles in diameter from its center 6 miles west of the town of Lincoln, was on December 26, 2024. SCR's birding team was assigned to count the birds, by species, within the perimeter of SCR. The assigned day turned out to be rainy and cold, making sighting the birds difficult.

Despite the adverse weather conditions, the SCR Birders recorded 61 species totaling 1067 birds. The number of species was close

to prior years' counts, but the number of birds was 108 less than last year. Data collected by birders allow Audubon researchers, conservation biologists, wildlife agencies and other interested individuals to study bird populations across North America.

SCR Birders visited Sacramento National Wildlife Refuge in Willows on January 16 and identified 47 species, including the American White Pelican, Ring-necked Duck, Wilson's Snipe, Snow Goose, and Bald Eagle. Two weeks later, Cosumnes River Preserve in Galt was the destination for the January 30 field trip. This time the Birders saw 38 species, including the Northern Pintail Duck, Blue-winged Teal, Marsh Wren, Ross' Goose, and White-fronted Goose.

Two field trips are planned for the month of March. On March 6, SCR Birders are going to Ferrari Ponds in Sun City Lincoln Hills and on March 20, they are scheduled to go to Gibson Ranch County Park in Elverta. The first trip scheduled in April will be to Bobelaine Audubon Sanctuary in Yuba City on April 3.

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Garden Club

BY SUZETTE AUSTIN

Justin Black from Roseville Water was the speaker at our February meeting. His presentation was about the basics of irrigation for our Sun City landscaping and he brought a variety of brochures, water meters and handheld sprinklers for handouts. Roseville Water is dedicated to education and motivation to help us save water. Their team will send



Justin Black from Roseville Water.

someone to your home and help assess areas to reduce waste and optimize water use in your landscaping for the best results. This is a free service.

Debbie Arrington will speak about roses at our our March 4 meeting. Debbie was the Home & Garden writer at The Sacramento Bee and author of the daily garden blog, Sacramento Digs Gardening. A 24-year member of the Sacramento Rose Society, she has served as their President.

Our May Meeting will be "Show and Tell" of your Sun City garden. We invite Club members to share a part of their landscaping that they are particularly pleased with. Provide ten or so photos to Barbara Eichten and the photos will be projected on the screen and you will be given 6-8 minutes to describe your

pride and joy.

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

Our Garden Club meetings are on the first Tuesday evening of each month at Sierra Pines. Doors open at 6:15 pm, our meetings begin at 6:45 pm and end by 8:15 pm. Please join us and enjoy cookies prior to the meeting. Guests are always welcome.

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SCR Hiking Group

BY SILVANA HUGHES

On our recent trips we visited Cronan Ranch Regional Park which has trails for hiking, biking, and horseback riding and offers stunning scenery and spectacular views of the Sierra Foothills and South Fork of the American River. The land for Cronan Ranch and river trail corridor was purchased by the American River Conservancy, BLM and other partners over a period of 16 years and placed into public trust to be used for recreation and wildlife conservation. The purchase was made possible through generous donations by individuals, private foundations and government agencies, including the Wildlife Conservation Board and the California State Resources Agency (www.blm.gov). We also hiked the Foresthill Divide (south trail),

(cont' on page 15)



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Neuropathy Relief Is Possible

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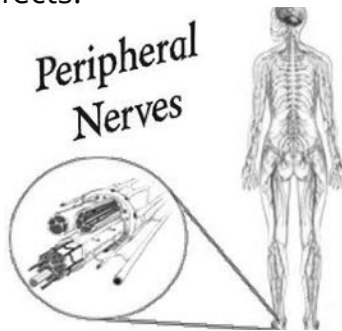


Figure 1: Notice the very small blood vessels surrounding each nerve.

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.

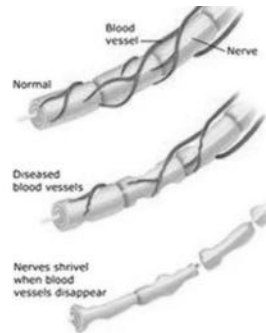


Figure 2: When blood vessels become diseased, they shrivel and are no longer able to provide nourishment to the surrounding nerves.

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

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Sunshine Services

BY LINDA CILENTI

This month highlights information for Sunshine Services programs, and services provided by the City of Roseville and the United States Postal Service (USPS).

Medical Equipment Loan Program: If you temporarily need a wheelchair, walker, cane, crutches, knee walker or ice machine, call 916-960-8091 and leave a message. Our volunteer will return your call and arrange a time to meet at the onsite Medical Equipment storage unit. If unsure whether we have a specific item, don't hesitate to give us a call!

Arrow Discounted Tickets: We administer the sale of discounted Arrow tickets. The City of Roseville operates Arrow which provides door-to-door transportation within the city limits of Roseville. Transportation is provided on smaller, wheelchair-accessible buses that meet Americans with Disabilities standards. A ticket for ten rides costs \$10, a substantial savings, full cost would be \$25. To purchase a ticket, call 916-886-7008 and leave a message, our volunteer will return your call. For ride reservations call the City of Roseville Transit office at 916-745-7560. (Partial funding by the Foundation)

Personal Care Home Items: We have received generous donations of new personal care home items, including moist towelettes, adult briefs, and bedding protectors. If you need any of these items, call Sharon at 916-261-1181 or Jill at 415-246-3038. They will let you know what's available and arrange for

pickup or delivery.

Solid Waste Assistance Program: If you find it physically challenging to place your garbage and green waste containers at the curb for collection, call the City of Roseville, 916-774-5302 to learn more about the Solid Waste Assistance Program.

Mail Delivery (USPS): To request mail delivery at your door, write a letter making this request and include a statement from your doctor. Send both the doctor's statement and your request to: Postmaster, U.S. Postal Service, Roseville, CA 95747, for approval.

Architectural Review Committee

BY JUDY SINGLETON

What is your favorite color? If you ask that question of ten people, you might get ten different answers as color is very subjective. You like sage green but hate olive green; red makes me think of apples and makes you think of a stop sign; orange and black may bring images of Halloween. Because each person sees color differently, choosing colors that will please everyone in a community of over 5,000 people is impossible, but that is what the paint subcommittee of the Architectural Review Committee has tried to do!

Keeping up the exterior of our homes, both paint and landscaping, is important to maintaining property values and our

community's cohesive look. To compete with newer senior communities, Sun City Roseville's look needs an update of its paint palettes. SCR has three different elevations/styles of homes: all stucco, stucco and wood siding, and stucco with stone or brick. Homes feature various trim details, and stone, brick, and roof colors differ. The subcommittee considered these unique features when creating the new SCR Paint Palette.

Kelly Moore Paint went out of business in January 2023 so, moving forward, Sherwin Williams will be our exterior paint provider. Updating the SCR Paint Palette with revised color schemes was important as exact matches of prior colors are not available. Last September, ARC's Paint Subcommittee, comprised of six people, reviewed all current color schemes, deleted colors, revised other schemes, and proposed additional, new schemes. This task took many long meetings, input from staff and residents, and significant compromise. The Board of Directors considered the SCR Paint Palette at their February meeting for approval.

While wanting to update the paint colors for SCR, the committee realized that this process had to be done carefully with a gradual transition from the mostly tan, brown and grey current look to one with more options and 2025 colors. The new Palette allows homeowners the opportunity to provide personality to the exterior of their homes, includes monochromatic options for houses with stone/brick wainscot, and adds additional door and trim colors.

We know that this is not the end of the color story. Ongoing, new paint subcommittees will evaluate the success of the current colors, consider resident feedback, and make future needed Palette refinements. This will continue to be an ongoing process in our attempt to keep Sun City Roseville updated, looking fresh, and keeping market values up. The SCR Paint Palette is available to view by appointment in Libbie Greene's office which has special lighting that mimics natural sunlight.

Before painting your home's exterior, we recommend buying samples and testing paint colors on sample boards that you can view in various locations. Paint colors look different in full sun or shade, or as the day progresses from morning to night. If you are touching up exterior paint, know that color fades, so the area you are touching up could stand out from the original color and you cannot buy an exact color match if the manufacturer is out of business. If you have old cans of paint you wish to dispose of, you can schedule a free pick-up with the City of Roseville: 916-774-5780 or online. Sherwin Williams paint stores also accept paint for recycling.

ARC approval is required to paint the exterior of your home. To assist with this process, please call and make an appointment with Libbie Greene, Architectural Review/Landscape Coordinator at 916-774-3879 or email her at libbieg@scrca.org

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Ambassador Committee

BY DAWN HASKIN

What makes this community a great place to live? What would your answer be?

Perhaps you enjoy being able to play golf regularly. Or maybe you belong to one or more groups or clubs here! Free access to a fitness center! Yes, that's great! Restaurant? Yum! With so many amenities here, you may not feel the need to venture out and about! But what about the features outside of the SCR boundaries?

Location, location, location... We are surrounded by so much more than what is within our boundaries. We have access to five grocery stores within a two-mile radius of all the entrances! The newest one, Safeway at Pleasant Grove and Fiddymont, if not already open, will be within the first week of March. There is a golf cart access to this store on Mt. Rose Way. Need something for dinner? You can now hop into your golf cart and pop over to do some shopping. Also on the site is a McDonalds with a few other small shops due to be leasing soon.

Love to walk? Not only are there great open spaces here inside our community, but several wonderful walking paths located adjacent to us including Mahany Park and Pleasant Grove trails.

Spring will soon be upon us. Get out and explore!

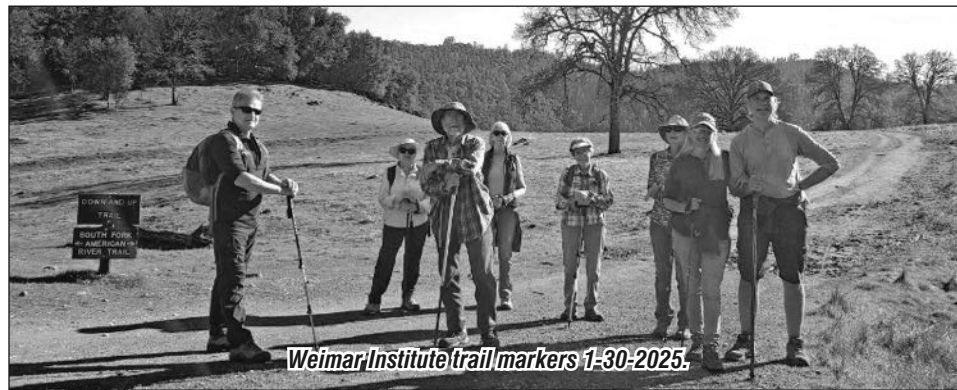
On March 29, the Ambassador Committee will be hosting the second New Resident Orientation for the year. This one will be for

residents who moved in between December 2024 and February 2025. Residents who qualify for this NRO will be contacted via email.

SCR Hiking Group

(cont' from page 11)

Skunk Hollow Loop, and Weimar Institute trails. While official trail rating systems use numbers that account for length, elevation gain and difficulty in terrain, some trail markers have descriptive names like "Down and Up Trail" or whimsical names like "Cardiac Hill" (moderately



challenging) and "Cardiac Bypass" (an easier alternative), leaving room for interpretation and imagination!

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

Below is the March schedule, subject to change depending on weather and trail conditions. Bring water, snacks/lunch, and a change of shoes to keep the driver's car clean. We meet at 8:45 am in the lodge parking lot near the tennis courts for carpooling and a 9:00 am departure. All carpool rides this month are \$10.00.

March 6: Yuba Rim Trail, #5 (moderate), 5.25 miles, elevation gain 950 feet.

March 13: Capay Valley (Road 53), #5.5 (moderate), 7 miles, elevation gain 1200 feet.

March 20: Bridgeport, #4.5 (moderate), 5.5 miles, elevation gain 750 feet.

March 27: Deer Creek to Stocking Flat, #4.5 (easy to moderate), 5.75 miles, elevation gain 770 feet.

...

Cycling Group

BY SUZETTE AUSTIN

"Gear Up for Spring" is the theme of our next Cycling Group social. It will be a catered dinner on March 14 starting at 5:30 pm in Sierra Pines. Please wear a fun cycling shirt and bring a picture of yourself with your bike or with your riding group. We will place all the pictures on a presentation board for us to share that evening.

We did not have a Cycling Group meeting in February and our next meeting will be combined with this social.



Coffee at Panera on a Rainy Friday.

Although we have rides normally scheduled to leave from the tennis courts, we know this time of year they're sometimes cancelled due to rain, chilly weather and strong winds. Please contact any of our Club Officers for information on rides or text 916-759-9495 to subscribe to up-to-date texts about rides.

On Friday mornings many of our Sun City Cyclists ride or drive to Panera Bread, arriving at 9:30 for coffee, camaraderie and a

(cont' on page 19)

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|--|-------------------------------------|-----------------|---------|------------|---------|
| 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. | | | | | |
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| 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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| 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 |
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| 9 Day COLUMBIA & SNAKE Cruise American Cruise Lines~ American Riverboat ~ 180 Passengers | April - October 2025 | \$5,755 |
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Cycling Group

(cont' from page 15)

bagel. You're welcome to join us.

Watch your email for eBlasts on activities, check our webpage on the SCR website (Community/Clubs & Groups), and visit our photo gallery for fun pictures of our rides and group activities. Sun City residents are invited to attend our meetings or socials if you plan to take up or to resume cycling.

• • •

Softball

BY BOB MONTALVO

They say March comes in like a lion and goes out like a lamb. Or is it the other way around? I guess it doesn't really matter. We can just look out our windows and check today's weather. In either case we're slowly inching our way toward "Opening Day" of our 2025 softball season. As we did when we were kids eagerly awaiting Christmas, we can't wait to hear the umpire yell "Play Ball" to start our season.

Four teams were drafted on February 24, and they've been hitting, fielding and getting ready to play this game we've loved all our lives. So, mark your calendars for Wednesday, April 2, and make plans to come out to Mahany Park with your Sun City friends and neighbors for a double header on field 1, starting at 9:30 am.

Frank Tom has been coordinating practices at Mahany Park since January, but we may be able to use a brand-spanking new field at Riego Creek Park by mid-March. It's located on the corner of North Hayden Parkway and

Holt Parkway. Frank will let us know when that happens, so look for an email from him.

The season game schedule being prepared by Ken Miller will have some interesting differences from previous years, starting with the April 2 games for our four teams being played back-to-back on one field. When it is set, the schedule will be posted on the club website (rosevillesseniorsoftball.org), so look for it there.

As we move through these last few weeks, waiting for the season to begin, all club members are encouraged to attend the meeting Wednesday March 5, as your opinions and active participation are vital to the health of our club. Responding quickly to emails asking for information is also strongly encouraged. We need your help.

• • •

He & She Golf

BY JAHNA HOLMES

The month of March brings us tiptoeing into spring, probably on soggy fairways and greens. It also brings us the green of St. Patty's Day when we choose to wear green as well as play on it! Let's hope that our two days of play this month, on the 10th and the 24th, are dry and sunny!

Although the weather in January was pretty chilly and frosty in the mornings, it was sunny for a few weeks, so there was a fair amount of play. On January 20, the Nine-hole group played its first tournament of the year. First-place team scoring 56: Garrie Yacap, Lora Lee Del Rosario, Bill Pagano & Jim Ryan.

Second-place team scoring 58: Bob Niznik, Denise Gilbert, Dennis Hellman and Phyllis Melberg. Third-place team scoring 59: Dwight & Joan Rose, Geri Womack & Jay Dameron. CTP woman was Gail Hixson at 53 feet; CTP men were Jim Ryan, 28 feet, and 2nd place Garrie Yacap, 35 feet.

The 18-hole first place team scoring 227 was Mark & Jo Anne Gregson, Connie DeBlaquiere and Jim Lynch. Second place scored 242 with Marsha Suter, Terry Dooley, Darrell Herold & Cal Conley. The third-place team scoring 245 was Kathy Hamilton, Gary Parker, and Sol & Nancy LaBrada. CTP woman was Judy Bickell at 11' 4". CTP man was Steve Harris at 4' 8".

March 31 is the deadline to renew your dues. Please renew ASAP! As of this writing at the end of January, we have 123 paid members, including 7 new members.

Finally, a fun fact: The rarest score of all, the Condor, is when a golfer makes a hole-in-one on a par 5. This score is so unique that it has only been officially recorded four times!

• • •

Sierra Pines Ladies Golf

BY JOAN ROSE

Welcome to March! March madness, Day light savings time begins, St Patrick's Day and plenty of green on the golf course. There will be four Wednesday's of regular play this month.

The General meeting on January 15 was interesting and informative. The budget was reviewed and adopted and we met several new members. Don't miss the next General

Meeting on March 19 at 2:00pm at the Pines. Get informed about what is going on with your club.

Eclectic has already begun. If you haven't already signed up, the book is in on our shelf at the Pines. The cost is \$5. Checks only please.

Putt for points will begin April 9. The registration book is at the Pines and will remain there until March 19. The cost is \$5 for the year. Play will be the second Wednesday of each month from April through November.

Congratulations to our January Chip-ins. Pat Horning on January 8, Kathy Hagiwara on January 15, Annette Eastman and Lois Hobein on January 22, and Kathy Fowler and Pat Decroix on January 29. Great job ladies, keep up the good work.


And lastly, a big SPLG welcome to our new members for 2025. Marian Kubriak, Jahna Holmes, Lois Hobein, Mariette Araya, Shirley Libis, Jean Nakao, Cheryl Welch, Yvonne Miller, Debra Behrens, and Madeline Bajurin. We look forward to meeting you on the course. Sierra Pines Ladies Golf is always welcoming new members, so if you think you might be interested, please contact Joy Winston at 773-2479, or any current member.

• • •

Timber Creek Women's Golf Club

BY NANCY LABRADA

This month's article will hopefully catch us up a bit, as we had no articles in the January or February publications. We ended 2024 with our annual Holiday Luncheon hosted by our
(cont' on page 20)




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Timber Creek Women's Golf Club

(cont' from page 19)

outgoing Captain, Barbara Simon. It was a great affair with many prizes awarded and a wonderful meal. The most improved players for the year were announced. Congratulations to Julie Harris (1st Flight), Theresa Howard (2nd Flight) and Christina Leaman (3rd Flight).

We start 2025 with new officers: Deb Gassen - Captain, Linda Stenvick - Co-Captain, and returning officers Julie Harris - Secretary, Karen Shahoian - Treasurer. Thanks for making sure we have a club to be proud of.

We had a monumental increase in our membership at the end of the year and in January. There are too many to have individual bios but we give a heartfelt welcome to Pam Cabezas, Cindy Carnaghe, Patricia DeCroix, Annette Eastman, Nancy Edgar, Raquel Godfrey, Debbie Huntington-Delgado, Marian Kubiak, Sharon Lawin, Yvonne Miller, Latricia Nicholson, Carolyn Pittman and Roxanne Warloe. We now have 94 members, 33 that are dual members of the 18 and 9 hole Clubs.

Our Most Improved Players for January are Lynn Pearsall (1st Flight), Mariette Araya (2nd Flight), and Debbie Huntington-Delgado (3rd Flight). Congratulations ladies!

We return to "shotgun" starts in April. Be sure to check the back of your scorecard for instructions.

Our first special event, "Beat the Pro," will be on April 30. Look for announcements for the event.

Our next General Meeting will be April 16, 1:30 pm in the Aspen Room.

But for March, Happy St. Patrick's Day! Stay warm and dry.

• • •

Timber Creek Men's Golf Club

BY MIKE MURPHY

Warmest greetings from the Timber Creek Men's Golf Club! As winter progresses and we look forward to spring, we are still able to play golf on a regular basis between rainstorms. We are fortunate to live in this wonderful location where even on the worst weather days you can still brave a round if you like and there are plenty of favorable weather days. The course has been in excellent condition, and we'd like to thank the groundskeeping staff for doing such a fantastic job maintaining our beautiful courses. While our annual membership renewal is complete, we are looking for new members to share our club with. If you'd like to join or even explore the possibility of joining please contact Neil Hamilton, our Membership Director, at 707-529-4038 or email him at neilhamilton6049@gmail.com

Our tournament calendar for the year has been set and has been posted to our club website. Our St. Valentines Challenge event was held on February 18 and the always exciting Irish Shamble is next on the schedule to be played on March 11. Our NCGA slate of events is also underway with the Zone Qualifier held on February 11 and the Senior Net set for March 18. Our Central Valley Seniors Schedule

should also be on our website with our first event to be held on April 14 at Woodbridge Country Club. What a terrific way for members to sample the region's finest courses.

Our next general meeting is March 5 at Sierra Pines. Free donuts and coffee will be served by Bill Ledoux at 8:00 and the meeting starts at 8:30. We would like to invite anyone interested in joining our club to attend our meetings, it's a fun way to spend an hour and meet some new folks!

See you on the links!

• • •

Golden Niners

BY KEN HANSEN

New kid on the block reporting. Hoping to fill the big shoes of Walt Bromby and Ralph Friend, my very able predecessors. I wear 17s.

I have some experience, having been secretary and president of the Men's Club.

I'll be getting info from Niner leadership, but I'd like to hear from members about things happening on the course or about our members. You can email kenandpenni@yahoo.com.

A guy shanks his drive on the first hole. His buddy says: "Shake it off. You had a bad lie."

We have 159 members with 111 playing in January and 101 winning money. An average of 85 played weekly (once a week).

Top winners were Jack Ramos \$39; Tom Guisto \$36; Mark Dixon \$32; Jeff Mattimoe \$30; Paul Thies \$29.

I'd like to share my experiences since joining Niners. I've played with several men

90+. I've played with a gentleman who is legally blind.

The men I've played with were there to enjoy themselves. The formats are fun and the payouts small, but this is the most fun I've had on a golf course. The leadership is to be commended for the great job they are doing to make our senior golf experience an enjoyable one.

In the future, in order to increase readership, there will be a golf related trivia question in the text and the first to answer it correctly and email it to me will receive a special prize.

Until next time, gentlemen.

• • •

Tennis Club

BY WENDY LEIMBACH

Greetings from the Sun City tennis club. The start of our 2025 season has been very wet and cold. Despite weather constrictions, our in-house men's league as well as Saturday drop-in have been well attended. The club will be looking at marketing these existing programs as well as exploring other new opportunities for play this year.

To that end our club sponsored an Adult Red Ball, Triples & Live Ball event on February 2, 2025. This event was led by The Lincoln Sun City Tennis Pro Eric Garcia. Eric is a professional Tennis Coach and organizer of racquet events. He is also available to teach clinics, provide both group and individual

(cont' on page 21)

ROG

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Tennis Club

(cont' from page 20)

lessons at our Roseville courts. The following is the contact information if you are interested in contacting Eric for tennis lessons: gamestmc@yahoo.com or 530-945-8618.

The Red Ball event was well attended by both tennis and pickle ball players. There were about 30 players enjoying learning new, fun ways to play racquet games that required no skill but a lot of smiles and laughter. Tennis Triples was a fast-moving game with one player at the net and two at the baseline. Rotating player positions at every point allowed for maximum involvement by all. Whether you played tennis for 20 years or 20 minutes, you can play Triples.



Live Ball is a tennis workout that includes action, camaraderie and fitness. Two players on each side of a pickle ball net try to become "king of the hill". Live ball is a situational point play without having to serve. It combines all levels of players.

The event lasted 90 minutes and was a lot of fun, while attendees got to meet other players and learn new skills. The overall result was a resounding thumbs up!

• • •



they consider awesome about the game and our club, and why others should join us in this weekly celebration. Here's what they said.

-Jae says the exercise and the social life make table tennis awesome.

-Carol says I always leave with a smile on my face.

-Patty says it helps with hand eye coordination and my balance.

-Klaus says it a good workout and I meet awesome people.

-Sharon says there's awesome camaraderie and friends

-Rob says simply good people.

-Terri says you burn a ton of calories.
-Dave says there's great leadership.
-Judy says there are a lot of awesome people here.

-Gary says the most awesome things about the Table Tennis Group are the cheap annual membership fee of \$15 and the group parties! Yeah!

Join us for awesome table tennis play each Tuesday and Thursday from 2 pm to 5 pm and Saturdays from 9 am to noon. All games are played at the Sierra Pines Clubhouse. Come take a look!

• • •

Table Tennis

BY GARY GREGSON

On March 10th the world celebrates the International Day of Awesomeness. It's true. Considering how much our members enjoy the sport of table tennis, we asked a few of them what



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

Ingrid Carriker

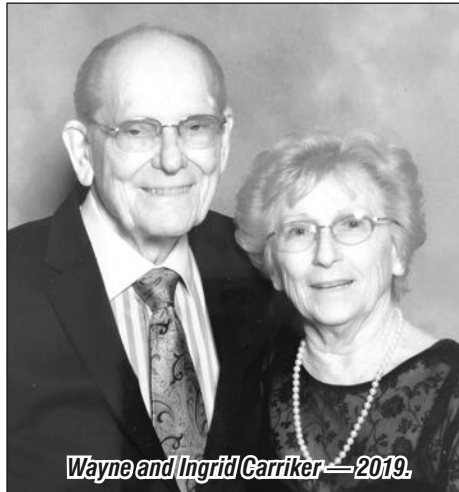
(cont' from page 1)

she remembers being in a restaurant in Yugoslavia where the entertainer, Sammy Davis, Jr. was eating yogurt. She went up to him and announced that she was going to buy him a steak and potatoes, real food. He looked at her and just smiled, recognizing her teasing as a polite way of saying hi but not intruding on his privacy too much.

Another time she was getting off a bus in New York when her high heel snagged as she was stepping off the bus. She started to fall but was caught by a gentleman before she could get hurt, which would have potentially jeopardized her dancing career. She thanked him profusely and he walked away before she could get a good look at his face. A fellow passenger said to her, "Do you know who that was? That was Harry Belafonte." Ingrid was stunned.

With her income now much improved from those early days in New York, Ingrid was able to move to a nicer apartment. Eventually, she was even able to arrange for her parents to move to Kew Gardens in Queens.

Returning home in 1964, Ingrid opened her own Ballet Academy in Fair Oaks. She rented an upstairs apartment and would often come home late and night, get inspired to try a new move to teach her students, and danced (jumped) in her living room. This spontaneous choreography would result in the person



Wayne and Ingrid Carriker — 2019.



Ingrid Carriker and her son David — 1974.

below her pounding his ceiling, objecting to her thumping. The third time it happened, the man living below her knocked on her door. She apologized profusely, saying she wasn't aware that anyone was home below and promised it wouldn't happen again. His response was, "Would you like to go out to dinner tonight?" That's how she met John Wayne Carriker who went by the name, Wayne, and would eventually become her husband and the father of her son, David.

In August of 1975 Ingrid helped form the Capitol City Ballet, a non-profit company created to develop young, professionally oriented local dancers and provide opportunities for them to perform locally and throughout the West. She was the founding Artistic Director and still keeps close ties with the local dance community.

Ingrid married Wayne in 1967 when he was working at Aerojet Liquid Rocket Company as a professional engineer and scientist. When their son, David, was 5 years old, he needed open heart surgery. Soon afterward, Wayne felt the need to switch from rocketry to designing artificial hearts and circulatory support devices. He sensed that his son would eventually need repairs on his heart as he aged. So, Wayne left Aerojet and joined Nimbus Medical Inc. in Rancho Cordova.

After retiring as director of the Capitol City Ballet Company, Ingrid worked at Sacramento Savings as the New Accounts

supervisor and notary. In 1981, she and Wayne moved to Gold River which is a Robert C. Powell development in Rancho Cordova. Mr. Powell soon hired Ingrid to be the assistant property manager at his Selby Ranch Apartments in Sacramento.

Gold River was what Powell named his development, but he soon found out that in order to keep the name "Gold River," a post office was needed in the area with its own zip code. Ingrid, wanting her address to be Gold River, too, volunteered to help. She did the research, passed the necessary test, and opened a Gold River post office which was considered a contact branch, as opposed to a full-blown post office. Still, it wouldn't have happened without Ingrid's perseverance.

While David went to Capital Christian School, Wayne continued working hard at Nimbus, receiving recognition for developing three blood pumps. One, in particular, stands out: the Percutaneous Axial Flow Blood Pump, which slows down the blood flow, giving longer and safer time for surgery.

Ingrid got her real estate license and began her 15-year career with Robert C. Powell's development company. After both retired, the couple moved to Fort Bragg and fulfilled their dream of living in a home with an ocean view right from their bedroom. Ingrid also returned to teaching ballet at a local studio because as she puts it, "I love teaching."

In 2014, Wayne and Ingrid moved to Sun City Roseville to be near their son, David, who lives in Rancho Cordova. Wayne enjoyed golfing while Ingrid, continuing to give ballet lessons outside of Sun City, enjoyed line dancing and exercise. She and Wayne took ballroom dance lessons together and celebrated their 55th wedding anniversary.



Ingrid Carriker in rehearsal — 1963.

After Wayne passed away in 2022, Ingrid joined Solo Friends, which offers social activities for those of us who live alone.

In 2023 David found out that he needed repairs on his heart. David's wife, Debbie drove him and Ingrid to San Francisco where David had open heart surgery at age 53. The day before his release, a male nurse entered his room to remove the last tubes out of his chest. Debbie mentioned that his dad was the inventor of three blood pumps, showing him the pictures of the plaques he had received, which still hang in Wayne's office, stating United States Patent, granted on July 31, 1990, to J. Wayne Carriker for the Percutaneous Axial Flow Blood Pump. The nurse who had assisted in David's surgery looked at him admiringly and said, "David, we used your dad's blood pump on you, and it's used at every open-heart surgery." Ingrid is proud of Wayne's foresight and gratified that his work has helped save so many lives.

Look for Ingrid on the dance floor as she continues to enjoy life in retirement at Sun City Roseville.

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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.



WRITTEN BY

GEORGE BROWN

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Executive Director Comments

The Economy is Unpredictable and We Still Need Responsible Budgeting

NOTE: This article has been reprinted, with updates, from The Village Courier, March 2024

BY GEOFFREY BROWNE

In the ever-shifting landscape of today's economy, maintaining financial stability within our HOA is paramount, not to mention one of the top Board Goals for the last several years. As we navigate through periods of uncertainty, such as the fluctuations in market conditions, variations in jobs growth, low unemployment and unforeseen challenges like the global supply chains or trade imbalances, a responsible budgeting process emerges as a cornerstone of financial resilience and long-term sustainability.

For any HOA, whether small or large-scale, the budget serves as a roadmap for financial decision-making. It not only outlines projected expenses and revenue but also reflects the values and priorities of the community it serves. In the current economic climate, characterized by potential volatility and a larger degree of unpredictability, the need for a robust budgeting process becomes even more imperative.

One of the primary reasons why a responsible budget process is crucial in this economy is its role in ensuring financial stability. By carefully analyzing income streams and expenditures, HOA boards can identify potential risks and take proactive measures to mitigate them. In our case, this involves keeping reserves funded at close to 100% to cushion against economic downturns or material cost increases, and adjusting spending priorities to align with current needs. For the last few years, expenses have grown faster than revenues can (in part, due to our emphasis on limiting assessment increases and balancing access to amenities in favor of our members, important commitments to our community members).

Moreover, a well-thought-out budget fosters transparency and accountability within the HOA. When residents have a clear understanding of how their assessments are being allocated and managed, it enhances trust and confidence in the association's leadership. Open communication about budgetary decisions also encourages community engagement, allowing residents to provide

valuable input and feedback. As you read this, we will have already hosted our Annual Budget Town Hall – I hope you had an opportunity to attend in person, or view it online. We are committed to keeping this process in the light. During March (24-27), we will host a series of open Budget Meetings to review prospective Departmental Operations, Reserves, and New Capital purchases for the year.

Prudent financial planning is essential to safeguard the interests of all homeowners. By incorporating contingency measures and regularly revisiting budget projections, we can adapt to changing circumstances and maintain financial health. This flexibility is particularly crucial when faced with unexpected expenses or revenue shortfalls, enabling the Association to navigate challenges without compromising its long-term viability.

Responsible budgeting promotes financial sustainability by fostering a culture of fiscal discipline and restraint. It encourages prudent spending practices and discourages reliance on debt to finance operations or capital projects. By living within its means, an HOA can avoid the pitfalls of excessive debt and ensure that financial resources are used wisely for the benefit of the entire community. Our promise to fund New Capital and Improvement projects without using regular or special assessments or loans has worked well for us historically.

Overall, responsible budgeting involves prioritizing spending that enhances the quality of life for residents and preserves property values. This may include funding for maintenance and repairs, community amenities, and landscaping improvements. By allocating resources strategically, HOAs can create an attractive and desirable living environment that enhances the overall appeal of the community. Our goal of "Continuous Improvement" requires careful oversight and targeted spending, and setting aside funds for major capital improvements and planning for the future will ensure that the community remains vibrant and resilient for generations to come. And who doesn't want to live in a community like that?

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SCR Foundation 2025

(cont' from page 1)

Because of the SCR Foundation's committed support for Del Oro, residents will now receive an easier and quicker path to needed services.

We are also partnering with Meals on Wheels and Placer Rides; both managed by Senior's First. Those will be discussed further in the April Courier. If you want to find out more about these Resources immediately, call Senior's First at 530-889-9500 and let them know you are a SCR Resident. www.

SCR Library News

BY ELIZABETH GUSTAFSON

Sunday hours have been extended so that the SCR Library is now open 10-4 every day. When we are not open you can return books in the drop box by the Library door. On the SCR Library website, found in sres.org under Amenities, you can search the Library database to see if we have the book you want. The database will not tell you whether or not the book is already checked out but you can call the Library at 774-3824 during Library hours to ask the monitor on duty.

Looking for a book club? Sign up in the library to be put in touch with others who are interested.

New Books – Fiction: Crais, Robert - *The Big Empty*; Davis, Fiona - *The Stolen Queen*; Evison, Jonathan - *The Heart of Winter*; Fargo, Layne - *The Favorites*; Feeney, Alice -

seniorsfirst.org

The Home and Health Fair is March 17. SCR Foundation is hosting a table. Board members will be joined by staff from each of the new programs. Come by our table to say Hi and get questions answered about these new Resources. If you know a neighbor that can't come down, please consider picking up information for them.

BINGO! Sunday, March 2. If you haven't got tickets, come to the Lobby before Bingo and purchase what you need to play. Have fun!

Beautiful Ugly; Finder, Joseph - *The Oligarch's Daughter*; Garcia, Jessie - *The Business Trip*; Gaylin, Alison - *We Are Watching*; Genova, Lisa - *More or Less Maddy*; Grippando, James - *Grave Danger*; Kang, Han - *We Do Not Part*; Knight, Emma - *The Life Cycle of the Common Octopus*; Koval, Kristin - *Penitence*; Lange, Tracey - *What Happened to the McCrays?*; Patterson, James - *Holmes is Missing*; Steel, Danielle - *Never Say Never*.

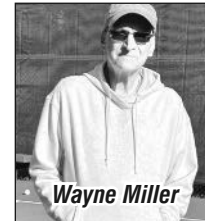
Non-Fiction: Case, Neko - *The Harder I Fight the More I love You (Memoir)*; Zusak, Markus - *Three Wild Dogs (Memoir)*,

Large Print: Evison, Jonathan - *The Heart of Winter*; Finder, Joseph - *The Oligarch's Daughter*; Grippando, James - *Grave Danger*; Kang, Han - *We Do Not Part*; Le Carrre, John - *Karla's Choice*; Patterson, James - *Holmes is Missing*; Steel, Danielle - *Never Say Never*; Turow, Scott - *Presumed Guilty*.

Pickleball Club

BY MARILYN PLUTH

Pickleball is America's most popular growing sport, and what many might find interesting is how it



Wayne Miller

Pickleball" clinics so if you're interest in attending, contact Wayne at tollman80@yahoo.com for more information.

"Dinking in the New Year" was the theme for our holiday party held



came about in the first place. It was invented in 1965 just outside Seattle on Bainbridge Island by three dads - Joel Pritchard, Bill Bell, and Barney McCallum--who, as dads often do, decided to create some summertime fun for their kids.

What is Pickleball? And why is it so darn FUN? Join us for the Pickleball Club's Spring Fling "Meet-n-Greet" Open House, and find out. It's happening on March 22 from 8:30-10:00 am on the Pickleball Courts. Enjoy a light brunch (including mimosas) while our awesome members show you how to play. Please RSVP to Pam Wingo at wackywingo@gmail.com by March 15.

We would like to introduce the following new members: Gary Betz, John "JJ" Johnson, Devin Olson, Lori Zeledon, and Kristi Zuniga. Welcome to the club. We have free "Beginners

in January. A delicious dinner was served with DJ Tom Freddy playing great music for dancing afterwards. Some of our members had very cool dance moves and showed us they could be light on their feet on the dance floor as well as on the Pickleball courts.

On a Saturday in January new and beginner players came together to work on their technique, and get familiar with scoring and the rules. Plus have some FUN! Court 1 has been designated for the newbies to play with people at their same skill level.

There was a good turnout of people who attended the club's Council meeting on February 3. We discussed upcoming events and are looking for volunteers to help out.

• • •

(cont' on page 26)

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SCR Volleyball

BY MARISA BERNETTI

Volleyball, both court and water, is enjoyed regularly by many of our Sun City Roseville neighbors. No annual dues are required, just your desire to have fun and get some exercise, on the court or in the water. Since the Group owns the equipment, a \$5 equipment charge will be required of new members, after their third play.

Ongoing events are:

- Water Volleyball: Indoor pool - Mondays, Wednesdays, and Fridays from 11:00-1:00pm. Play is in lanes one to three; so, no deep-water play. One can join the play at anytime; you'll just rotate in at side out. It's fun and easy, like water aerobics, while volleying a soft ball back 'n forth. Join us or just come to watch (you'll laugh along with us!).
- Court Volleyball: Winter months – on Hiatus until late April. Played at Pickleball court #1, (by Del Webb Blvd). Summer hours are Fridays, 8:30-10:00am. If interested, text Marisa at 916-745-9571.
- Group Socials: The Group has quarterly



Court Volleyball

meetings (very short) followed by a social dinner, BYOB, and games, such as cornhole, a left-right-center dice game, and others. Socials are on the third Friday of March, June, and September at Sierra Pines. Our socials are always well attended and spouses/partners are always welcome to enjoy the festivities. Our next social is Friday, March 21, 2025, at 6:00pm at Sierra Pines. It will be a Taco/Burrito Salad Bar with all the fixings.

Please join us, young, old, experienced, or not! For more information, call Marisa at 916-745-9571 or email her at mjbretiree@gmail.com

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Bocce

BY DAVID MOORE

All things bocce are about to get rolling full tilt this month after a slight slow-down over the winter.

Two big events are scheduled for the end of the month. On March 26 signups will be at 6:30 p.m. at Sierra Pines for the Spring Mini-League. Play begins on April 2 and continues through June 3. Leagues are planned for every night of the week plus daytime leagues on Tuesday and Thursday with Tuesday being women-only. Don't forget you must be a bocce club member to participate.

On Sunday March 30th is the Bocce Ole' party at Sierra Pines.

The food will be catered by Don Quixote and will feature an appetizer of bean dip, salsa and chips followed by a street style adovada (pork) taco, a chicken taco and a cheese enchilada. Also included is lettuce, cheese, tomatoes, onion, cilantro, sour cream, sauces plus refried beans and rice. For those who still have room after all that, there will be flan for dessert. Doors open at 5:30 and dinner will be served at 6:15 p.m. There will be raffle prizes and props for photos.

As avid readers of this report will remember, last month in the winter league, with one week left to play, the Rolling Stones were leading with Deboccery in second and the Buzzards close behind in third place.

The final results saw the Rolling Stones remain in first place. The winners consisted of Steve and Lisa Aphugh, Gus Balls, Lynn



Jones and Rich Campagna. Deboccery tied for second place with the Rookies. The Buzzards finished out of the money.

Team members of the Rookies were Larry and Lisa Ivancich, Mike and Sandee Murphy, and Kevin Myers. Deboccery players were Ron Judd, Ralph Leaman, Dave Zan, and Ken and Medina Lane.

• • •

Croquet Club

BY JIM WILLSON

For Sun City Roseville residents who are seeking new activities requiring a minimum of physical exercise, consider the SCR Croquet Club where you can participate in a new and challenging endeavor requiring a lot of

planning and strategy as well as a group where you can make new acquaintances.

Here in SCR we have one large croquet court which is considered to be one of the nicest in Northern California. The game itself requires a lot of concentration, steady nerves and the willingness to take on new challenges. Previously the dress attire was all white which had been in effect for years, but now the dress code is optional, although many of the participants still prefer white.

The morning games consist of two - two person teams which weather permitting usually start at 9:00am on the weekdays and last approximately 75 minutes, although the start time and duration length can be adjusted. For individuals interested in joining, there are free lessons and instructions. Membership in the club is extremely reasonable as it is only \$10 annually.

There are quarterly meetings which fall on the fourth Sunday in February, May, August and November followed by a catered dinner which price wise is very reasonable. The meetings and dinner are held 4:00 pm in the Spruce Room at Sierra Pines. At our last meeting in November, we had a great dinner from El Pollo Loco, followed by a fun visit by Mr. and Mrs. Wright.

For more information regarding the club, there is a kiosk with fliers in the lobby of Timbers Lodge which contains membership applications. For additional information please contact Louisa or Patrick Maglione. The club offers a great opportunity to meet new friends and participate in a new and challenging game.

• • •

Cornhole Group

BY STEVEN GUSTAFSON

In Sun City we play cornhole on Tuesdays at 3:00 in the winter because then it's usually not too cold, and we play at 9:00 in the summer because then it's usually not too hot.

In the five years since Sun City's Cornhole group was started, we've played every Tuesday except three (due to bad weather). We have had as many as 20 players and as few as 2, but if the weather is nice we usually have about 10.

Cornhole is a gentle game that features mild exercise. It could improve your eye-hand coordination, and it's always friendly. You are welcome to join us every Tuesday at 3:00 on the Sierra Pines horseshoe lanes.

• • •


Billiards


BY DAVID ZAN

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

For Members and Guests, please remember to sign in on the sign-in sheet when

(cont' on page 29)






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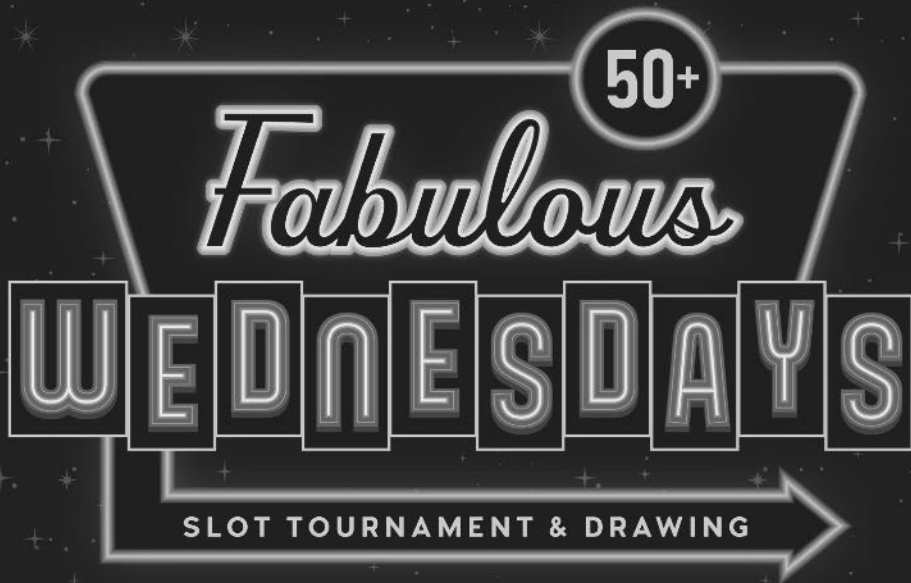


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MARCH 2025

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|----------|--------|----------|--------|
| | | 1 | 2 |
| 6 | 7 | 8 | 9 |
| 13 | 14 | 15 | 16 |
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Billiards

(cont' from page 27)

entering the Billiards Room and please print your name. Some signatures are hard to read... thanks.

A gentle reminder to any member canceling their pool cue locker rental should drop their locker key in the drop box after cleaning out their locker.



Tony Cardoso and Barry Markman.

The Team Tournaments on Tuesday at 1:00 pm are attracting a full house and are very competitive. Congratulations to Tony Cardoso for being on two winning teams in January.

Winners of the team tournaments in January were —

January 7: 9 Ball - Tony Cardoso & Barry Markman

January 14: 8 Ball - Terry Satchell & David Deninno

January 21: 8 Ball - Ken Lane & Jeff Mapes

January 28: 8 Ball - Tony Cardoso & Ken Lane

• • •

Mah Jongg Club

BY BECKY MATSON

Happy St. Patrick's Day. May the luck of the Irish be with you.

The yearly Mah Jongg Club, member only, luncheon was held Friday, February 28 in the ballroom breakout rooms. The Club provided the delicious Timber's luncheon. After lunch was another fun afternoon of playing Mah Jongg!

Pat Oberlander, the MJ Club President, has recently given lessons to 8 new players. If you'd like to learn this brain-stimulating game, please give Pat a call at 916-929-5582. Lessons are given several times a year. Mah Jongg is a

challenging game of strategy. A bit of luck also helps! It can be somewhat addictive.

The new 2025 Mah Jongg cards have been ordered and you should receive yours in your mailbox in early April. It's always fun anticipating the combinations we will be playing for the next year.

Anyone is welcome to come by the Card Room and watch the play, in order to see how this game is played. We play Monday afternoons from 12:30 pm to 3:30 pm and Friday mornings from 9:00 am to 12:00 pm. As always, all Mah Jongg events are fragrance free and name tags are encouraged.

• • •

Bunco

BY PAT OBERLANDER

March is for leprechauns and the luck of the Irish, but we don't care if you are either. Just come try your luck on the 2nd and 4th Monday. Come join us! No training necessary, just luck. The cost is \$4 Sign-in starts at 8:30 am and we start playing at 9:00 am. Good way to meet neighbors and loads of fun. We'd love for you to join us. We're in the card room at Timber's Lodge. You don't have to commit to



Bunco Winners!



everytime, but once you start, you'll be hooked. Come on down! Dues are \$5 per year and we celebrate our club members annually in January. Our luncheon was held on the 27th and we had a great time and good food.

Winners 1-13-25 - Pat Oberlander, Judy Spencer, Barbara Perry & Dottie Thornton

Winners 1-27-25 - Salli Scott, Dottie Thornton, Jackie Spencer and Margrit Grenier

• • •

Fire Station 8 Grand Opening Celebration

Please join the City of Roseville and the Roseville Fire Department for the Grand Opening Celebration of Fire Station 8.

The event will feature a ribbon-cutting ceremony with community leaders, a dedication of the station to retired Captain Tracy Chimenti, who sadly passed away from occupational cancer, and guided tours of the new facility. This is a family friendly event



open to the community.

Saturday, March 8, 2025

10:00 a.m.

Fire Station 8

7951 Painted Desert Drive

Roseville Parkway Extension Project Now Open to the Public

The Roseville Parkway Extension Project is now complete, connecting Washington and Foothills Boulevard, and is open to travel across the newly constructed bridge.

You can look forward to seeing these improvements:



- A new bridge over Industrial Avenue and the railroad tracks, providing a better connection for residents, businesses, and visitors,

- Improved east-west traffic flow, helping alleviate traffic on nearby roadways,

- Landscaping, and

- Sidewalks, bike lanes, and a separated multi-use path.

"This \$26 million improvement project came in under budget, showcasing our commitment to responsible stewardship of public dollars. It's a great example of how we are continuously working to enhance our infrastructure, ensuring that we meet the future needs of our growing community," said Roseville Mayor Krista Bernasconi.

Completed ahead of schedule, closing the roadway gap between Washington and Foothills Boulevard helps make travel more

convenient for drivers, cyclists, and pedestrians.

"This project showcases the City of Roseville's mission of providing exceptional services in a fiscally responsible manner that enhances the quality of life," said Public Works Director Jason Shykowski.

The \$26 million improvement project was funded entirely by developer-paid Traffic Mitigation Fees.

Learn more about the project at roseville.ca.us/ParkwayExtension.



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

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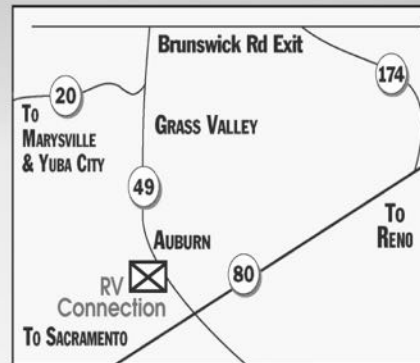
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Observations — Pro Players and Beards

BY MARTIN GREEN

In last month's "Observations", I talked about how a lot of pro basketball players have tattoos... another thing I've observed watching basketball on TV is that, although not as prevalent as tattoos, a goodly number of pro players have beards. Google says that there isn't much information about the percentage who have beards, but it may be around one in ten. Of course, the best known beard in the NBA belongs to LaBron James. Another well-known beard is that of James Harden, and in fact, Harden's nickname is The Beard.

There's not much information on bearded pro football players, but there are some at least. One who's been on TV a lot because he's the brother of Travis Kelce, who's having a romance with Taylor Swift, is Jason Kelce. Jason has recently retired, but he appears on TV now probably more than when he was playing. Ryan Fitzpatrick, a quarterback, once with the New York Jets, also has a beard, a full one, and I believe that current Jets quarterback, Aaron Rodgers, now also has a beard, one with

a little gray in it.

There's not too much information about major league baseball players with beards, and until recently, I haven't watched baseball games on TV, but I do know there are a number of beards in that sport. I also recall a Giants relief pitcher named Brian Wilson who, like James Harden, was nicknamed The Beard, and who evidently had a fearsome one, because when he entered a game the fans would chant "Fear the beard."

Getting away from just sports, I've noticed that beards, and also stubble, have become more prevalent on men, like newscasters, who appear on television. Beards were standard in the 1800's, and presidents Lincoln, Grant, Hayes, and Garfield all had them. The last president with a beard was Benjamin Harrison, 1889-93. I was interested to find out that President Truman had a beard, but a short-lived one from a two-week vacation. It seems to me that stubble is gaining in popularity, and AI tells me that I wasn't wrong. AI says that during Covid, men started experimenting with facial hair, and stubble was found to be a favorite. I think that stubble gives a lot of guys a tough guy look.

Safety First — Donating to Wildfire Relief? Beware of Scammers...

BY ROSEVILLE POLICE DEPARTMENT

In the aftermath of the devastating wildfires in Southern California, communities across the nation are rallying to help those affected. While many people are eager to contribute, it's crucial to remain cautious when donating. Scammers are taking advantage of the situation, using increasingly sophisticated methods to steal money from well-meaning donors.

With the abundance of charitable organizations, it can be difficult to determine which ones are legitimate. Adding to the confusion, federal laws allow legitimate charities to make fundraising calls, which scammers can exploit by impersonating real charities. They may even manipulate Caller ID to appear more convincing. Advances in artificial intelligence have made their schemes even harder to detect, and social media has become another tool scammers use to trick potential donors.

If you want to help wildfire victims, it's essential to ensure your money is going to trustworthy organizations. The BBB Wise Giving Alliance offers several tips for safe and thoughtful giving:

1. Verify the charity's trustworthiness: Use Give.org to search for charity reports and confirm whether the organization meets BBB Standards for Charity Accountability. Only donate to charities you can verify as trustworthy.
2. Look for specific relief activities: Be wary of vague appeals that don't clearly outline how your donation will be used.

Legitimate organizations should provide detailed information about their relief efforts.

3. Avoid clickbait and phishing scams: After disasters, scammers often send emails, texts, or social media links that appear to connect you to a familiar charity. Instead of clicking these links, visit the charity's official website directly.

4. Examine crowdfunding requests: Crowdfunding platforms vary in how they screen and verify campaigns. Research the platform's procedures, and pay attention to fees and other details. When in doubt, donate directly to well-known organizations rather than individual campaigns.

5. Check state charity registrations: About 40 states require charities to register annually. You can verify an organization's registration through your state's attorney general or secretary of state's office.

6. Understand disaster relief phases: Disasters typically involve three stages—rescue, relief, and recovery—each requiring different types of support. Knowing these phases can help you direct your donation to where it's needed most.

Your contribution can make a real difference to wildfire victims, but vigilance is key. Scammers often rely on emotions and urgency to manipulate donors. By taking a few extra steps to verify organizations and avoid suspicious appeals, you can ensure your generosity truly benefits those in need.

Stay informed, donate wisely, and help Southern California rebuild.

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****FREE ADS — INCLUDE:**
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 ♦ ONE AD PER HOUSEHOLD, PER MONTH
 ♦ *Any Real Estate or Business Ads* are not free. Please see "Business Ads"
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