

SUN SENIOR NEWS

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



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Tap Company

BY ALISON WOLFE

In just a few days, the Tap Company's Spring production, "Dance Around the World", will take place in the newly renovated Ballroom in the Orchard Creek Lodge. It's a show you won't want to miss. The curtain goes up on April 3rd and 4th at 7pm, with matinee performances on April 5th and 6th at 2pm.

As the name suggests, this production will transport audiences on a global adventure, celebrating the dance and music of countries far and wide. Your Captain and

(cont' on page 7)

SCLH Tap Company Presents...

Dance Around the World!

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

Players — And Then There Were None

BY CINDY GRISWOLD

Do you like mysteries? If so, don't miss the next Players' production, Agatha Christie's best-selling AND THEN THERE WERE NONE, directed by MaryEllen Vogt (on the left, in my photo, with Stage Manager Sue Villarreal). Unlike previous mysteries written by Edgar Allan Poe and Arthur Conan Doyle, Christie wanted to create a plot for her 25th novel that would make it nearly impossible for the reader to guess who the murderer is. She said this was her most difficult book to write, requiring several rewrites, but she certainly achieved her goal. Writers ever since have attempted to imitate her clever plotting, character development, and enduring legacy.

Traditionally, murder mysteries were told from the perspective of the detective-protagonist figure who examines clues to pursue the killer. Readers get access to the

(cont' on page 22)

LH Foundation — Bingo and Big Dog!

BY DENISE BOWDEN

As we start into April, we want to highlight some key dates starting with April Fool's Day. Tax Day is always a big day and if you aren't filing electronically get to the post office early. Once that's over we can ease into chocolate rabbits and Easter eggs and then pay our respects to the planet on Earth Day, which marks its 55th year in 2025.

We have to take this opportunity to remind everyone that we will jump right into the Big Day of Giving, affectionately referred to as BigDog, on May 1st this year. Stop by Meridians Sports Bar or OC Wellfit from 11:00 - 4:00 that day and talk to our Board members about the Foundation and what our work means to seniors in the community. You can even make a donation in person.

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

We are all thrilled to be back to Bingo so mark your calendars for Tuesday, April

(cont' on page 22)

LH Chorus

BY GAY MACKINTOSH

Great seats are now available for our May concert, "Lights! Camera! Chorus! Songs from the Cinema." Performances are Thursday, May 8 at 7:00 PM, Friday, May 9 at 7:00 PM, and Saturday matinee, May 10, at 2:00 PM. Go online at www.sclhresidents.com or get in line at either lodge to reserve your favorite seats in our newly renovated OC Ballroom: premium reserved \$24, standard reserved \$21.

Remember your favorite Hollywood flick and a song it made famous? Our selections from films spanning 87 years, 1930 to 2017, are sure to bring back bittersweet memories. Chorus members will be sharing some personal connections to our musical selections in a

special video. Join us to find out how a song evoked dreams of a long-lost love that finally came true!

Some of our songs have a life of their own, long after the movie is forgotten. Don't remember "Summer Stock" from 1950? But "Get Happy" still cheers us. "Beaches" (1988) has faded from view, but Bette Midler's "The Wind Beneath My Wings" remains a hit. "When I Fall in Love" was written for the 1952 Howard Hughes film "One Minute to Zero" and made famous by Doris Day (plus many others), featured in 1993 in "Sleepless in Seattle," and is now brought to you in our 2010 swing arrangement.

We've got the "Lights! Camera! Chorus!" and the songs. So all we need is you, our audience, for memorable May performances.

...

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CHORUS!

MAY 8, 9, 10, 2025



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

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

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Neighbors InDeed — Volunteers Needed

BY RICK CARREIRO



Hi everyone! Did you ever think you could be a great Superhero or Avenger? Even though you didn't get a call from Hollywood, you can still get the part! The way to do this is really quite simple. Neighbors InDeed is looking for interested recruits for Information and Referral and Dispatchers to become our first line of defense to maintain and improve our homes. When you join our team you can provide essential support through information, referrals, and free services from our Handy Helpers.

Our Information and Referral program connects residents with reliable, vetted vendors, contractors, and professional services. We also offer free services through our Handy Helpers program. These dedicated volunteers help with basic household tasks and minor repairs. Examples are light bulb changes, HVAC filter changes, refrigerator filter changes, smoke alarm installations or battery changes, sprinkler control system checks, garage door lubrication, install doorbell/chime, address sign repair/replace and many other tasks available upon asking. Our Dispatchers assign our Handy Helpers to the various tasks.

Volunteering with Neighbors InDeed is another wonderful way to give back to the community, meet new friends, and make a

difference. You need a computer with internet connectivity, phone, friendly personality and a willingness to help. Training and ongoing support are provided, and your time can be flexible.

Come join us in our tradition of neighbor helping neighbor if you are passionate about sharing information and want to make an impact by lending a hand. Contact our 24-hour NID phone number 916-223-2763. Please leave a message with your name, phone number, service request and we will return your call between 9 AM and 5 PM. Monday to Friday. Be a part of something special-be a Neighbors InDeed volunteer!

Friendly Visitor

BY PAULINE BACCELLI

A new program has started called "Friendly Visitor" for Lincoln Hills residence who may be home bound for many difference reasons and would enjoy a friendly visit from one of the residents. Please contact Pauline Baccelli 916-408-4520; email pbaccelli@att.net. We will set up an appointment and visit you in your home.

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Former Titian 1-A Missile Site — Next Public Meeting of the Restoration Advisory Board (RAB)

BY SANDI DOLBEE, Restoration Advisory Board Member

The next public meeting of the Restoration Advisory Board (RAB) for the cleanup of the former Titian 1-A missile site will be held April 24, 4-6 p.m., in Presentation Hall at Kilaga Springs Lodge, 1167 Sun City Boulevard.

Among the items to be discussed will be the final Remedial Investigation Report, a massive, 2,000-plus-page document that wraps up the investigation phase of the extent of the contamination left behind at the abandoned Cold War-era missile site. The completion ushers in the next step—exploring the cleanup alternatives, including the pros, cons and costs.

Almost as soon as the Army Corps of Engineers (USACE) filed that report, it also released a Treatability Study Work Plan, which deals with ways to evaluate the effects of remediation technologies on the contaminated groundwater.

So, there's lots to discuss at this month's public meeting, with time for your questions at the end. Please plan on being there. Nothing says you care more than your presence.

The former military site, located off Oak Tree Lane and adjacent to part of Sun City Lincoln Hills, was home to three underground missiles in the 1960s. While the missiles have long since been removed, the operation left behind trichloroethylene (TCE), which at the time was a commonly used degreasing solvent

but is now known to be carcinogenic.

The TCE has contaminated the groundwater, though USACE officials say it does not present an imminent threat to life or property because the water is not being used. The USACE is in charge of the cleanup of this contaminated former military site, along with thousands of others across the country.

You may have seen work crews on the site recently. The USACE and its contractors collected baseline groundwater samples and installed passive flux meters last month. Workers also will be on site the first half of this month.

The RAB includes 11 community members whose job it is to represent and liaison with the public and provide feedback to the USACE as the work progresses. The community RAB also is available to speak to your neighborhoods, businesses, clubs and other organizations about this project. Email us at RABTitan1A@scnlha.com.

Want to read the recently filed reports in their entirety? You can access them, along with the history and a wealth of more information, on the USACE website: <https://www.spk.usace.army.mil/Missions/Military-Projects/FUDS/Titan-1-A-Missile-Site/>

SCLH Election News — 2025 Board of Directors Election by Acclamation

Nominations closed on February 18, 2025. Five (5) candidates had submitted their nominations for the four (4) open Board seats. With one candidate's withdrawal, however, we now have four (4) qualified candidates running for four (4) available Board positions, prompting an election by Acclamation: Renee Plummer, Marie Barnes, Russ Petruzzelli, and David Mateer. With such acclamation, there is no longer a campaign, and all campaign events have been cancelled. If, however, you would like to learn more about the candidates and their platforms, please contact them directly. Some have websites or campaign materials they can send, or some might schedule meet-and-greets. NOTICE OF BOARD OF DIRECTORS ELECTION BY ACCLAMATION: Per Civil Code section 5103 and our election rules, as the number of candidates does not exceed the number of open seats, the Association may declare the candidates elected by acclamation

without undertaking the added expense of formal balloting. The Inspector of Elections (IOE) is responsible for verifying that all election procedures, including nomination and notice requirements, were properly followed. The IOE has confirmed that all legal conditions have been met and determined that, because the election is uncontested, the Board candidates may be seated by acclamation during the Annual Meeting on May 15, 2025.

The Annual Meeting remains an important event for our community, providing an opportunity to hear updates, celebrate our progress, and welcome the new Board members. We appreciate all members who stepped forward to serve and encourage ongoing participation in the governance of our community. If you have any questions, please contact the Elections Committee at Elections.Committee@scnlha.com

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

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

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LH Photography Club Ready to Launch “Seven Days in Spring” Photo Challenge

BY RON NABITY

The Lincoln Hills Photography Club is preparing the final details for its photography challenge to document “a week in the life of Sun City Lincoln Hills.” The project is called “Seven Days in Spring,” (April 10 - 16, 2025.) We are doing this educational project to enhance our members’ photographic skills and to learn more about this wonderful community we live in.

During those seven days you may see LH Photo Club members taking photographs at various club events, informal activities, or simply capturing images that illustrate our daily lives.

If you have any knowledge about interesting photo topics that you believe help “tell the story” of life in SCLH, please contact me at the address below. We want to capture as much variety and interest as possible during this busy week.

An additional component of this project will challenge our members to gather caption information about the photos they take, giving this project a photojournalistic flavor. If you are approached by a Photo Club member about taking a photo of you, they will likely ask for your name and inquire about your activity. If you don’t wish to be in a photo, simply tell the photographer.



We will assemble the final photographs into a presentation at a future Community Forum. We also plan to produce an e-book of these photographs.

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

Support Lincoln Public Library on May 1

BY KAREN LINDH, *Board Member - Friends of Lincoln Public Library*

Are you a fan of Lincoln Public Library? Then, mark your calendar for Thursday, May 1, the Sacramento Region’s Big Day of Giving. The Friends of the Lincoln Public Library (FOLL) is raising funds to support library efforts to make Lincoln a more vibrant community for all ages.

In March, Lincoln Public Library launched the fourth year of Read Across Lincoln, which gives free books to kindergartners and

(cont’ on page 24)

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Tap Company

(cont' from page 1)

MC will be piloting our aircraft, delivering informative “flight announcements” before each act as we touch down in different destinations. Meanwhile, your Tour Director will be seen occasionally leading a lively group tour making the audience feel like part of the trip. With over 20 incredible acts, the show will feature the talented singers, dancers and entertainers from the Sun City Lincoln Hills community. From the lively beats of Latin America to the footwork of Irish clogging, each performance will transport the audience to a different part of the world.

Tickets are on sale at the Orchard Creek and Kilaga Springs Activities Desks or online at <https://sclhresidents.com>. Tickets are \$21 for standard reserved seating or \$24 for premium reserved seating. It's not too late to purchase your ticket now for a world-class adventure in song and dance! Come out and support our very own residents from the various dance clubs paying tribute to global dance heritage.

• • •

Music Group

BY BRIAN JEWELL

The March 2025 Music Group meeting was held on the first Monday of the month in the Fine Arts Room (OC). Starting in April, the Music Group will meet in the Sierra Room at Kilaga Springs, which will be the permanent new home (until it changes again!). Note that there is an earlier starting time at 2:00.

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

and are generally popular tunes that everyone has heard.

To see the lead sheets (chords and lyrics) for the sing-and-play songs, visit the Music Group website and drill-down on the meeting date you are interested in. The list for the upcoming April MG meeting has already been posted.

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

You can participate in the Sing & Play starting at 2:15. If you choose to perform in the open mic session, sign up on the performance sheet, which is available starting at 2:00. If you do choose to perform, you will find our setting relaxing and supportive.

The Music Group website is [https://](https://lincolnhillsmusicg.wixsite.com/musicgroup)

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

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

The first is the Guitar Ensemble. This group explores music theory and practices sight-reading music on the guitar. The Ensemble recently performed at the ribbon-cutting ceremony for the new Ballroom at OC. A photograph is included. Contact Sal Caruso at 916-343-5810 for more information. This group meets on Fridays from 1:00 to 3:30 in Kilaga Springs.

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

The Vocal Bootcamp – Level 1 was also launched in February. This is a 12-week course on exploring ways to improve your singing. The class filled up fast, but there is a waiting list for the next session. Contact Charleigh Ridgeway (916-625-4024) for information.

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

• • •

(more Club News cont' on page 9)



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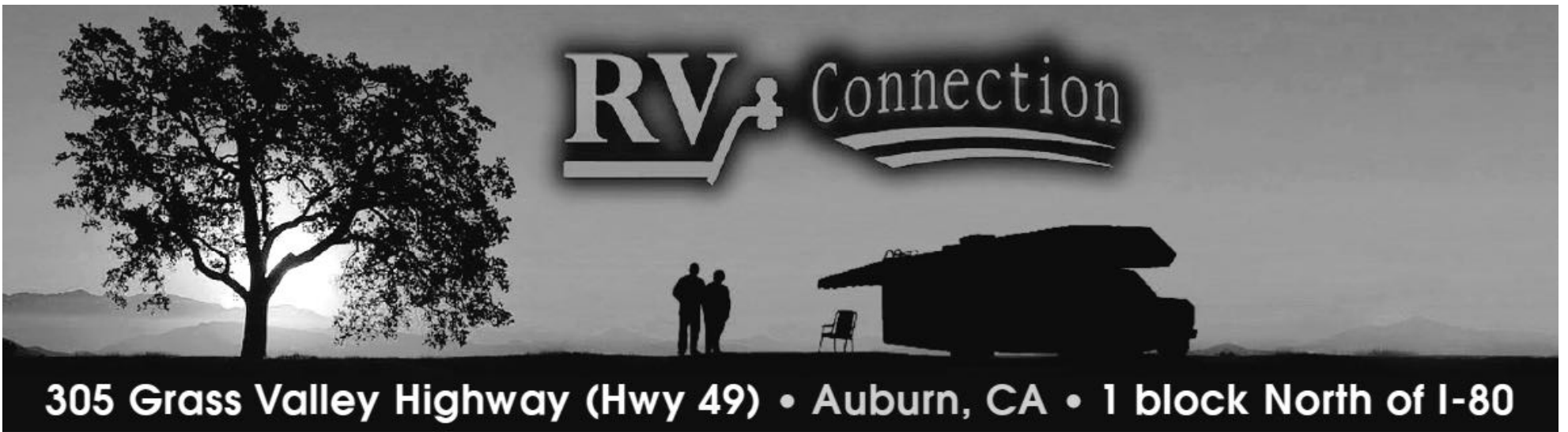
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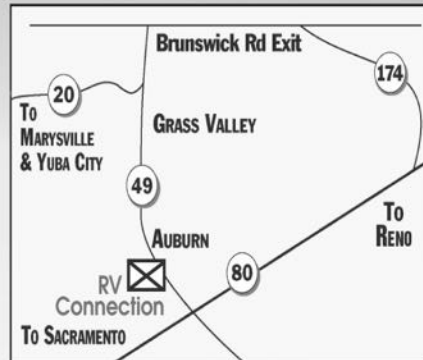
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Ballroom Dance

BY ERNIE MICHELI

Sal and Ruth Algeri, renowned swing dancers, will be teaching the West Coast Swing during April. The West Coast Swing emerged when Dean Collins, a prominent swing dancer from the East Coast, relocated to Hollywood to pursue a career in the music industry. His unique dance style significantly influenced the development of the West Coast Swing. While Collins doesn't claim credit for his impact on the style that later became known as Western swing and ultimately West Coast Swing, his contributions to the history of West Coast Swing are undeniable.

Sal and Ruth offer both West Coast Swing and East Coast Swing lessons. The primary distinction between the two lies in their styles and characteristics. West Coast Swing is a more contemporary form of swing dancing, characterized by an upright posture, smoother movements from a slotted position. The music for West Coast Swing can range from slower tempo to top 40, R&B, and lyrical music.

In contrast, the East Coast Swing is the traditional image of swing dancing associated



David and Toni Curran

with 1920s-1940s swing music. It involves partners moving in a circular pattern around each other. The music for East Coast Swing is generally faster, and it features a distinctive bounce in the dance.

Annual membership dues for SCLH residents and sponsored guests are just \$10.00 per person. Lessons are held in the Kilaga Springs Lodge Multipurpose rooms every

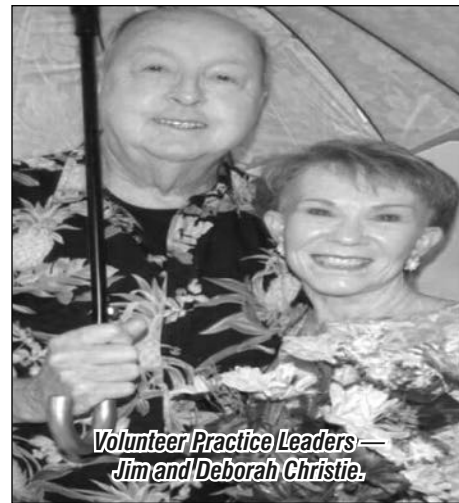
Tuesday from 2:00 to 3:00 PM for beginners and 4:00 to 5:00 PM for more experienced dancers. Open dance sessions are held from 3:00 to 4:00 PM, providing an opportunity for dancers to practice various styles, including the current month's offering. For any inquiries, please contact Ruth Algeri at 916-408-4752.

• • •

Country Couples

BY DTIM TATUM

Spring is in full swing and so are our dance practices on Monday evenings from 6:00 to 8:00 PM in the Lincoln Room (KS) that has made our Club Chairman John Bibby so happy and said, "We have seen great attendance, and it's been great to see everyone having fun practicing our dances." His observation was fully echoed by members and by our



Volunteer Practice Leaders—
Jim and Deborah Christie.

awesome "Volunteer Practice Leaders" Jim and Deborah Christie, Gary and Laura Wermuth, and Brian and Colleen Hope. The positive outcome has greatly encouraged us as a club that we are now moving in the right direction. Needless to say, how grateful we are to our practice leaders and especially to our music man Gary Moulton who has tirelessly played music for us to dance!

Our appreciation is also for our restaurant connoisseur Rich Pick whose dedication to our Club social events is above and beyond. Over thirty members showed up at our social dinner at PF Changs that Rich said, "What a great time we had last night! And what a great addition our new members are making to our Club. They are all very sociable!"

For more information about our Club activities, including our social and dance events, please contact Dtim Tatum at 279-966-8551 or visit our website at www.selhcc.com

• • •

Line Dance Club

BY ANNETTE PORRECO

Hey line dancers! Have you heard that we are having a line dance workshop on April 27th in the Ballroom at Orchard Creek Lodge. This workshop is for line dance club members only and it is free. The format for this workshop will be similar to the Sunday labs. A dance list will be sent out in advance. Dance leaders will cue the dances to assist dancers in dancing as many dances as possible. Doors

(cont' on page 11)



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Roseville resident, Dawn R. had been experiencing the painful effects of Peripheral Neuropathy, "my feet and legs hurt, tingled and burned, all the time and my doctor told me there was nothing they could do. I was told that I would have to take Gabapentin for the rest of my life, that wasn't okay with me." Then she started treatment with acupuncturist, RaeAnn Salvador.

Peripheral Neuropathy is the pain, discomfort and numbness caused by nerve damage of the peripheral nervous system. Dawn explained that daily tasks like opening doors and using the bathroom were overwhelmingly painful. "How can you live for the next 20 years when you don't even want to get out of bed to do simple things?"

She was experiencing the burning, numbness, tingling and sharp pains that those suffering with neuropathy often describe. "The way that I would describe it, it's equivalent to walking on tacks all the time." Dawn hadn't worn socks in five years and was wearing shoes two sizes too big so that nothing would 'touch' her feet.

Unfortunately Dawn's story is all too familiar for the over 3 million people in the U.S. suffering from Peripheral Neuropathy.

If you are unfortunate enough to be facing the same disheartening prognosis, you're not sleeping at night because of the burning in your feet, you have difficulty walking, shopping or doing any activity for more than 30 minutes because of the pain.

You're struggling with balance and living in fear that you might fall. Your doctor told you to "just live

with the pain" and you're taking medications that aren't working or have uncomfortable side effects. Just know that there are options.

Fortunately, three months ago, Dawn read an article about Lincoln Acupuncture and the work being done to treat those suffering from Peripheral Neuropathy without invasive surgeries or medications. She can now share how significantly her life has been changed

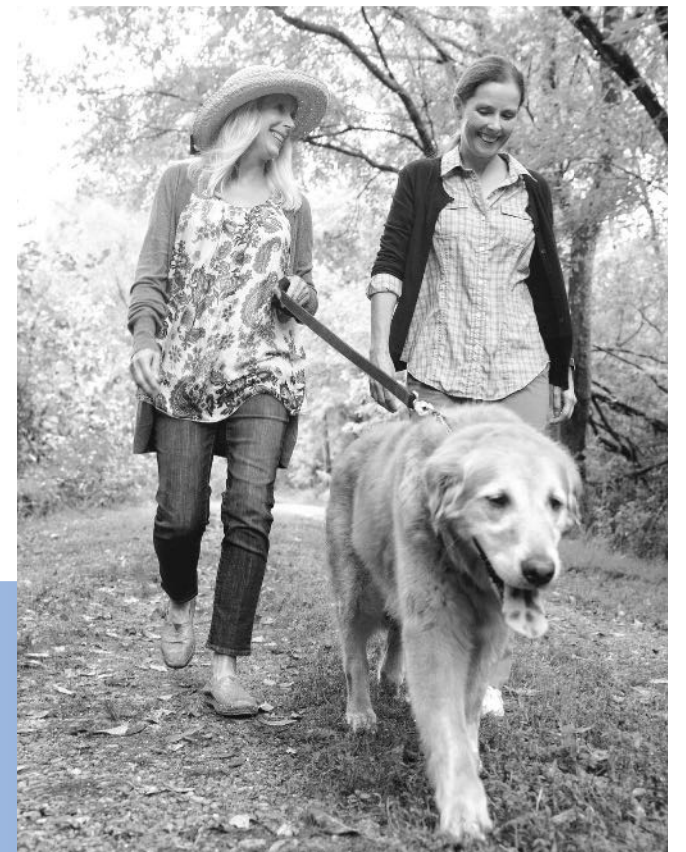
"Now when I go to bed at night I don't have those shooting pains. I don't have that burning sensation. I can let the sheets touch my feet and it isn't painful," Dawn enthusiastically describes life after receiving treatment. "I can wear socks and shoes and I can enjoy working in my garden."

At Lincoln Acupuncture, results are achieved using the time tested science of Acupuncture combined with technology originally developed by NASA that assists in increasing blood flow and expediting recovery and healing to treat this debilitating disease.

What differentiates Lincoln Acupuncture is the use of the most cutting edge and innovative integrative medicine. Specializing in chronic cases, specifically those that have been deemed 'hopeless' or 'untreatable', Dr. Salvador consistently generates significant results. What was once a missing link in senior healthcare is now easily accessible to the residents of Placer County.

If you've missed too many beautiful days outside because of pain or you've passed on dancing along to songs of your youth because you're afraid of falling, it's time to give yourself a new opportunity.

It's time to let your golden years be golden!



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Line Dance Club

(cont' from page 9)

will open at 12:30 PM. Dancing will begin at 1:00 PM and conclude at 4 PM. Again, it's free to club members. So, if you haven't yet become a member, sign up now. The annual membership fee is \$12 (cash only). Registration forms are available at Orchard Creek Lodge in our flyer box near the membership desk. Hope to see you there.

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SC Squares

BY KRIS KNUTSON

The sun is always shining at Sun City Squares on Monday afternoon. It's where laughter, music and oh ya Square Dancing meet. New dancers, new friends link hands, spinning and stepping to the wonderful caller Tom Bolton. The warm afternoon light dances across the faces of dancers as they promenade and twirl. New dancers soon find angels for partners, partners become friends, and Monday afternoon becomes a special place. Under the warm sun every step feels lighter and every smile is brighter.

For more information about Monday



afternoon square dancing visit our web site selhsquares.com. Our club meets 1 :00-3:00 PM for Mainstream and Plus dancing, Tuesday 3:00–5:00pm Advanced Squares and Thursday 1:00-3:00pm round dancing. All dancing is at Kilaga Springs 1167 Sun City Blvd, Lincoln.

All square dancers are welcome.

• • •

Ceramic Arts Group

BY JIM CARNATHAN

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

The 21st annual Lincoln Hills Fine Arts Show will be held in the Orchard Creek ballroom from June 13th-15th. Registration is open to all ceramic artists to enter with their best original artwork. Check the ceramics studio for registration forms with details or contact Marianne Oliphant at oliphant50@gmail.com or Tamsen Armstrong at tamsen345@comcast.net for more information. This year they have added a "Small & Beautiful" category for original art no larger than 12" x 12" and priced for sell between \$100-\$150.

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

Daytime ceramic beginners and advanced

classes with instructor Donte Cuellar are held on Tuesdays and Thursdays. Intermediate hand building classes with Jim Carnathan are held on Wednesday evenings. Please check the Compass for class details and come play in the clay.

• • •

Creative Glass Club

BY TREE JUSTESEN

Join the Creative Glass club for a Fused Vase workshop on Thursday, April 10th! This workshop will be for experienced fused glass hobbyists - email the club contact for details. We will be having evening Open Sessions to work on your pieces on Tuesdays April 1 and April 15th, 6pm - 8:30pm at the Sierra Room (KS). In addition, we will be having a daytime Open Session on April 24th from 9am to 12pm, also at the Sierra Room (KS). Coming soon will be a Mica Magic Workshop. Become a member so you don't miss out on events lined up for 2025!

Contact: Corene Bennett 925-813-8385 coralyn@comcast.net

• • •

Mixed Media

BY JILL SHORT

Art Journaling is a creative and expressive way to combine art, writing, and personal reflection. It is an opportunity to explore different mediums and techniques while capturing your emotions, thoughts, and ideas in a visual diary. Our Mixed Media Club is excited to welcome at our April meeting, guest artist

Kerry Dahlin, a talented artist known for her beautiful and insightful art journals. Kerry has mastered the art of blending various materials such as paint, paper, and found objects into dynamic fun compositions. She has a distinct ability to transform everyday moments into meaningful, colorful narratives within the pages of her journals. Kerry's approach to art journaling is all about embracing spontaneity and joy of discovery. She encourages participants to let go of perfectionism and instead focus on the creative process, which leads to unique and often unexpected results. Join us for an inspiring session with Kerry Dahlin, where she will share her insights on how art journaling can be a tool for creativity, and exploration. This is a fantastic opportunity to learn from a seasoned artist and delve deeper into the world of mixed media. We hope to see our members there for this special event and we will create an art journal project with Kerry.

Take on the "Circle" art challenge by using this simple shape to create a unique art piece! What you can do with circles is endless. Push your creativity and get into creating then share the finished art piece at our April Club meeting.

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

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(more Club News cont' on page 13)



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Needle Arts

BY ALICYN GOUGHNOUR

We are ready to renew and create now that the beauty of Spring has surrounded us. Our March general meeting included a fascinating zoom presentation from the International Quilt Museum in Lincoln, Nebraska which houses the largest collection of quilts in the world. The historic collections and displays were awesomely gorgeous! A presentation was later made to members of the community service group by the Beale AFB Community Engagement Chief in appreciation for donations made to Bundles for Babies and Exceptional Family Deployments.

Our monthly workshop was a huge success and those present went home with a handmade, colorful trivet. Following soon is the womanly art of hand quilting.

Plans are underway for the annual spring luncheon on May 13 and the theme of Flower Power will hopefully encourage members to dress from the 1960's.

Our recent NA window display was provided by the crochet group and featured blankets, sweaters and assorted crafty cute items. We were grateful for a large donation of designer yarns which will greatly enhance the creativity of our members who love their yarn.

We continue to provide opportunities to hone your needle skills while learning and sharing in a social environment. By all means consider joining our organization and help us keep the needle arts alive and thriving. Check our website at SCLHNA.com for more information regarding classes, workshops and retreats.

• • •

Painters' Club

BY TAMSEN ARMSTRONG

The big news for the entire arts community here at SCLH is the upcoming Fine Arts Show & Sale in June. This will be our 21st year putting on this event and we want to encourage all creative types to participate. The Call to Artists is going out now and we hope to get the word out before the April 29th deadline. Registration Requirements and Entry Forms are available in the OC Lodge kiosk, both the Fine Arts and Ceramics Rooms, and online at the SCLH Residents Website Painters' Club. This year we are trying something new called "Small & Beautiful" in which the participating



artist may submit one smaller, less expensive work of art to be displayed in a special area of the OC Ballroom. We are also expanding our Daily Art Raffles and are asking for donations that will help defray the cost of putting on the show.

Our February "Three Things" Painting Challenge was a big hit with many eye-popping entries that, again, made it hard to choose the winners. We do these challenges for the fun and inspiration of pushing ourselves to paint and show our work in relative comfort of our friendly art community. Our next Challenge is "Sail" in May.

• • •

Paper Arts Club

BY LINDA LUCCHETTI

Rosy Thielke created our April project, three very unique and useful cards – a get-well card, an ice cream birthday card, and a happy travels card. Thanks, Rosy!

Don't forget to bring in your cards for the display window at OC. No particular themes are required – it's up to you. Let's brighten up the window with our creativity!

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

• • •

LH Photography Club

BY DIANE MARGETTS

For the March General Meeting, Truman Holtzclaw challenged us to get creative with sunglass photos. Members submitted up to five photos each and we shared them at our meeting. The creativity of the photographers was, as always, amazing. We had everything from lens reflections to abstract interpretations.

Also in April, we had a field trip to Castle Air Museum to photograph the "Big Boys" including bomber aircraft like the Boeing B-52 and B-36 Peacemaker along with many other aircraft.

We have a very special event coming up in April. The Lincoln Hills Photography Club is preparing to launch its "Seven Days in Spring" photo challenge. Photo club members will be out and about during the week of April 10 - 16 taking photographs of the people, activities and everyday life in our community. Keep a look-out for us!

Also in April, Stephanie Huntingdale, our fellow member, has arranged a private hike within Placer Land Trust. Our goal will be to capture the beauty of Spring's rolling green hill, wildflowers, unique rock formations and the new foliage of the old oak tree groves.

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

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

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

• • •

Stamp Club

BY TIM MILES

Coming into the "good" weather and our meetings still at Sun City Roseville Lodge (7050 Del Webb Blvd) at 6:30 pm. We're usually finished by 8:30 and on the way home. April meetings are April 8 and April 22, and May meetings are May 13 and May 27. We have door prizes, members presentations, mystery boxes (full of philatelic goodies), anything in

the hobby at huge discounts.

We lost only two members from last year and are adding more with each meeting.

In February we had a very nice luncheon at Casa Ramos restaurant in Lincoln and we have Pat Matthews to thank for that.

Our stamp dealer member Ed Dimmick was mentioned in the Sacto Bee article re: Sacramento Stamp Show. Ed is very active in our hobby and is usually at all our meetings.

Members should make sure that Bob Bartlett (bartlett@corsearch.net) has your email address so you can be notified promptly of any club news.

Our open invitation to anybody still holds that if you have an "old" album and need a quick appraisal, drop in at any of our meetings and we'll be happy to give you a rough estimate of the value. We have a complete set of current-value stamp catalogs, so it'll be timely.

Al Capparelli (916-771-8288) will be setting up some "open garage" sessions and you'll be contacted by email as to dates. We'll have stamps, protectors, album pages, you-name-it. They'll all be available. Contact Al and let him know what you need to "flesh" out your collection. From time to time, everything used in the hobby becomes available.

Finally, keep the Sacto Philatelic Society Spring Show (Apr 4-5) in mind. Email Betsy Vallejo at betsyjaney@sbcglobal.net for the location.

• • •

Woodcarvers Club

BY LIONEL RAINMAN

Those of us in the Woodcarvers club can find many things of interest online as it pertains to woodcarving. Projects and features from easy to complex are there. Each carving project can be a learning experience and obviously the more one carves additional experience and knowledge is gained. This is not much different than learning how to play a musical instrument, drawing or painting. Getting acquainted with various carving woods, type of carving tools, carving styles are all part of the learning process. Being in a club or organization is beneficial as members have various experiences and can help or suggest and even admire. All of this is what makes the Woodcarvers club a pleasant way to be with other members and gain knowledge and experience in woodcarving.

(cont' on page 15)

SUN CITY REAL ESTATE UPDATE

Both the Sun City Roseville and Lincoln housing markets are active and properties are selling well. It is neither a buyer nor a seller's market presently and properties need to be properly priced for their locations and state of condition. Buyers are not feeling pressed to put offers in on homes that don't fit their criteria as we are seeing properties come on the market at a pace that is keeping inventory moving. While there is not an over supply of housing coming on, it has been the right ratio to satisfy demand. It's actually nice to see the stability, over heated markets lead to corrections.



WRITTEN BY
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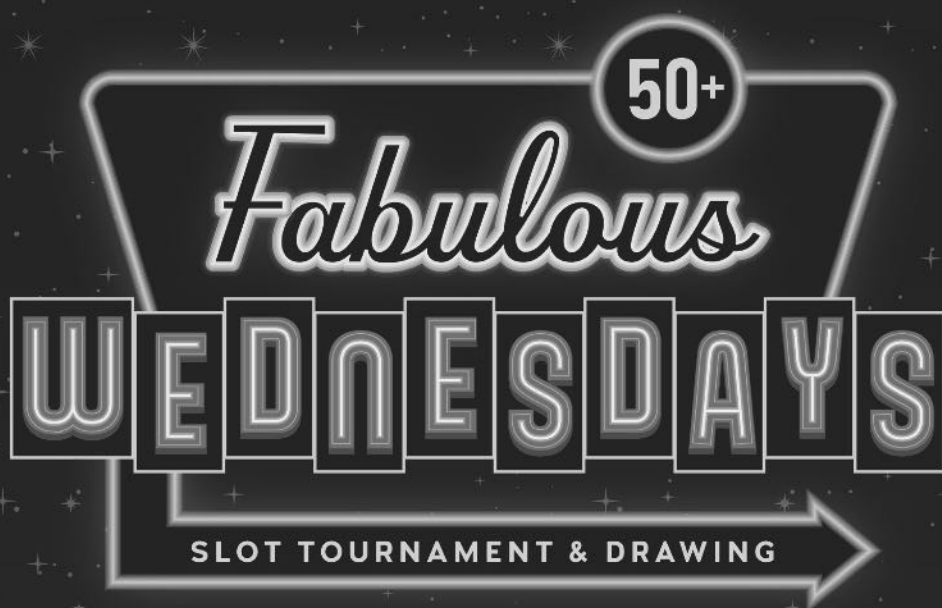
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Woodcarvers Club

(cont' from page 13)

Woodcarvers Club meets every Wednesday from 1:00 to 4:00 PM in the Sierra Room at (KS) The club has a huge library of woodcarving books and magazines

Contact: Lionel Rainman (916-253-9534), lrainman1414@Yahoo.com

• • •

LH Astronomy Group

BY BILL WEAVER

The monthly LHAG General membership meeting.

Wednesday, April 2, 2025, in the Kilaga Springs Presentation Hall at 6:45 PM.

While we're always looking for speakers for our meetings, sometimes our planned speakers have other commitments on our meeting nights, which happens to be the case for our April meeting.

Therefore, this month we'll be taking an in-depth look at the James Webb Space Telescope. We have two videos lined up that will first explore the amazing design, engineering challenges, building and deployment of the telescope. A second video will highlight the extraordinary celestial objects that the JWST has seen and discovered so far in the short three and a half years since its launch.

Cosmology Interest Group (CIG)

Monday, March 17, 2025, 6:45 PM in the Fine Arts Room, Orchard Creek Lodge.

Last January, Professor Charles Hunt (Ret.) finished lecturing his course on the Introduction to Astrophysics. However, he requested to return and give one more presentation that will clarify a couple of the concepts. Therefore, he will be our guest once again as he delves into the science of the Cosmic Microwave Background.

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

LHAG Telescope Interest Group (TIG) Star Party The next party is scheduled for Sunday, April 27. See Mars and Jupiter. Sunset is at 8:00 PM.

Telescopes will be set up on the upper tennis courts of the SCLH Sports Complex. SCLH Residents and their families are invited to attend the event and look through the telescopes.

A solar telescope will be set up during the afternoon about three hours before sunset.

For information contact Bob Collins at bobpcoll@community.net

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

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Shalom Social Group

BY JUDY GANULIN

The Shalom Social Group had many successes in late winter and early spring. Our Men's Group heard Big History Club president Dave Lewis talk about the history of the universe. In recognition of our Purim holiday, our Women Together heard Congregation B'nai Israel Cantor Alexandra Kurland remember "Inspiring Jewish Women throughout History." We celebrated Passover with an inspiring Seder. We collected Judaica (items for Jewish rituals, celebrations and holiday observances) to send to Jewish families who lost their homes in the Los Angeles fires. For more information about our group please contact Margie Gulko, 916-543-5303 or Deanne Iliff, 530-518-3704.

• • •

Lavender Friends

BY JOAN LACKTIS

All aboard Amtrak! Twenty-five Lavender Friends boarded the train in Roseville for a scenic trip through the mountains to Reno. There was plenty of time to visit and get to know people better as we passed through Gold Rush towns on our journey.

We enjoyed grand views of the snowy mountainsides and Donner Lake from our seats, or we could move to the observation car for better views. After a few delays, we arrived in Reno in time for dinner and a little casino action. Most of us headed back the next day



and those that stayed another day toured the National Automobile Museum. We all agreed it was a great trip.

Now that the weather is warming up, we are starting to plan more outdoor activities. We had an afternoon of shuffleboard last month and this month we are planning an excursion to the Medical History Museum in Sacramento. Later this summer, we are planning a repeat of last year's tour of historical downtown Lincoln, which was popular with those who attended.

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

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Singles

BY KATHY SHADDOX

What can you say approaching April? April showers bring May flowers!! Let's hope that it is just showers and no more heavy, windy storms.

On Tuesday, April 1st is April Fools' Day! Are you planning any tricks on anyone? If you are not, join us at our Activities Meeting at 4:00 pm in the OC Computer Room and bring your ideas with you for future events.

Our April Birthday Celebration will be held on Sunday, April 6th at 4:00 pm in the Kilaga Springs Café. If you are a member and have a birthday this month, come and get your free birthday drink. Best part is when Dennis Doane calls you up and everyone joins in singing to you. How much fun is that!

On Thursday, April 10th at 5:30 pm we have our Business Meeting. At this meeting the Nominating Committee, led by Peggy Woods, will present a slate of officers for our upcoming election. Nominations will also be taken from the floor. Following the meeting we will play "Egg-static Guessing Game."

Interested in having breakfast with other members? Join us on Saturday, April 12th at 9:00 am in the OC Sports Bar. No reservations needed and no assigned seating. Order from the menu, whatever you wish to eat. Isn't that just simple?

Our added event this month is our Bowling Outing to be held on Tuesday, April 15th from 1:00-3:00 pm at Strikes Lanes, in Rocklin. Please be sure that you have already paid \$40 with your check payable to Vern Silva and remember that reservations for this event are needed.

Well finally, the end of the month Social

on Thursday, April 24th in the OC Ballroom at 5:30 pm is our Singles Got Talent 3 Show. Shirli is again in charge of recruiting all you talented members! This is a must-see event!! Have you signed up yet to perform? If not, be sure to attend and be entertained!!

Just a note, that Singles play Bocce Ball on Wednesdays at 2:00 pm, of course, weather permitting. Also, a reminder that golf has been suspended.

If you enjoy reading this article and are not a member, well what are you waiting for? Pick up a flyer in the OC lobby and for \$20 you can become member.

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Genealogy Club

BY NANCY SWITZER

Migration is the movement of people away from their usual place of residence to a new place of residence, either across an international border or within a State. Do you know when or how your family came to America, or why they migrated to the place they ended up? Many migrated because of war, famine, or better economic opportunities.

One of the fun pieces of information we get from our DNA tests, is a representation of our ancestors' migration. It shows the places they settled in, but not the reasons why they left—which gives us something to research! Our April 18th, 10:00 AM meeting will be a Zoom Meeting (remember doing this almost 5 years ago?!) at Presentation Hall and the topic is American and European Migration. The presenter, Denise Beeson, is an Adjunct Instructor at the Santa Rosa Jr. College, Santa Rosa CA and teaches various types of classes in Genealogy. She is also a member of the Sonoma County Genealogy Society, AZ State Genealogy Board, and Pebble Creek Genealogy Society. She has been a guest speaker on various topics in genealogy throughout the nation.

She holds a MA in Communications/French and BA in Speech. Genealogy has been her passion for over 20 years.

After the meeting there will be Cookies in the Café.

Genealogy Workshops: Kate McCarthy at starkayak@icloud.com

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

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(more Club News cont' on page 17)



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Big Day of Giving — Give Where You Live

BY DENISE BOWDEN

The Big Day of Giving, also affectionately referred to as BigDog, is a yearly 24-hour online giving challenge that brings together the local non-profits in Placer, Sacramento, Yolo, and El Dorado counties to raise funds and highlight the great work done by non-profits in our communities.

This year’s 24-hour event starts as the clock strikes 12:00 am (midnight) on May 1st and runs through to 11:59 pm, allowing ample time for supporters to donate to their favorite local organizations, which we hope includes the Lincoln Hills Foundation.

In its ninth year of participation the Foundation depends a great deal on this program to raise funds for the grants and services we provide to the seniors of Lincoln. We are the only local non-profit organization that solely focuses on the needs of seniors. We fund caregiver respite, large print and audio books and digital literacy for the library, senior counseling, and low-cost transportation within the city through Dial-a-Ride.

We live in a wonderful community and it may be hard to imagine but food insecurity among our neighbors grew by 30% last year and we expect that number to grow in 2025. Our grant to The Salt Mine assists in providing

fresh food boxes, pantry staples, and nutritional supplements such as Ensure, the one meal a day for some seniors.

In 2025 we were pleased to add a new grantee, Silver Wishes, a group that responds to a one-time item or event that inspires hope and makes a meaningful difference in a senior’s life.

In support of BigDog this year the Needle Arts Group of SCLH is donating one of their beautiful handmade quilts for a drawing. Anyone who donates to our BigDog efforts will be entered into the drawing and the lucky winner will be announced May 16th.

Donate now – Call 916-409-2016 and a member of our Board will pick up your donation. Mail your donation to LHF, PO Box 220, Lincoln, CA 95648 or donate online at www.lincolnhillsfoundation.org

You may not need the services the Foundation grantees offer at this time but you may have a friend or neighbor that does. Help us continue to meet our mission of promoting and funding solutions and programs that enhance the quality of life for senior residents in Lincoln. Every donation has an impact on the lives of neighbors and friends.

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Writers' Group

BY RAY BIRGE

April is named after the Greek goddess of love, but ironically it begins with April Fool's Day... I'm not sure if there is a connection!

It's said, "April comes in like a lion and out like a lamb." It brings with it the Spring Equinox (Thursday, April 20, 2025) when hours of daylight equal the hours of darkness. It announces the end of Winter's cold weather and the beginning of the warm days of Spring. April is a time when we see the beauty of the Daffodils, Hyacinths, Tulips and Crocus.

Fun facts about April: (1) It's National Humor Month (2) NASA announced our first astronauts in 1959, (3) Webster's dictionary was copyrighted in 1828 (4) The Titanic sank in 1912. (5) AND, it's the beginning of Professional Baseball Season.

Since April is also National Poetry Month, it's a perfect time to show off your masterpiece or start one. You may be a poet and not even know it!

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

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

Room (OC). Hopefully, we'll see you there. Happy 2025 from the SCLH Writers' Group. Any questions call Ray Birge 909-0965-3558 or raybirge@aol.com

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Apple User Group

BY NINA MAZZO

During my recent air flight home, I utilized my mini iPad extensively, highlighting its versatility and convenience. As the cabin lights dimmed, I enabled dark mode to minimize the bright light distraction as I read. After a bit, I played a game, then began to write out a grocery list in notes while listening to music. Wow! I appreciate and enjoy the iPad. The Apple User Group offers valuable resources

to address technical challenges. Our club will help me if I find myself having a tech problem through our open labs with hands on assistance or the tech support line. If you want to learn more about Apple products, take a look at our club website calendar for meetings, open labs, and videos of past presentations.

Let's take a look at the April schedule. Thursday, April 3rd - Have you ever been using your Mac and thought, "There has to be an easier way to do this"? Maybe there's a simple trick right at your fingertips - you just don't know it yet! We looked at some common questions from our club open labs and support calls and we found that many of them might be considered basic - but they make a big difference in how easily you use your Mac.

Join tech Ken Silverman and non-tech Nina Mazzo as they help you understand some key basics on your Mac computer.

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

Our general meeting on Tuesday, April 8th, will have Ken Spencer taking a look at Mail on our devices.

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

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

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

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(more Club News cont' on page 18)

LH Italian Club

BY LINDA LUCCHETTI

On Saturday, April 12, we'll present another one of our interesting regional events, this time, a virtual tour of the Piedmont region of Italy. In May, look for our popular annual BBQ and Bocce at the Sports Pavilion. To learn more about these and other upcoming monthly events and activities, check for email announcements and flyers, or visit our website at www.lhitalianclub.org. For membership information contact Sandi Graham at 916-826-5711.

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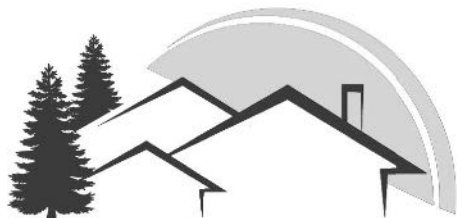


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Neighborhood Watch

BY TERESA TANIN

Don't be fooled. Be Prepared. How? Attend the free Community Safety Event to be held this Thursday, April 17, 1:00 PM, Grand Ballroom (OC). Participate in an open Q & A session with the Lincoln Police, Fire, and Placer County Health Services. Receive free handouts before and after the event providing helpful safety and security tips. Learn how to be better prepared for emergencies, including fire evacuation preparedness. Also provided will be discussions about elder abuse including current "scams" and information about the procedures for welfare checks. Learn more about how calling 2-1-1 will connect you to a 24/7 Placer Connecting Point representative who is ready to refer you to the help you may need. For more information visit the NW website schwatch.org. View current crime "Alerts" or sign up to receive emailed "Alerts." Click on helpful direct links to the Lincoln Police Department, Adult Protective Services, Neighbors InDeed, Lincoln Hills Foundation, Animal Control and many other helpful links. Information is readily available. Don't be fooled. Take the time to learn how



NEIGHBORHOOD WATCH
MARK YOUR CALENDAR!
All Residents Welcome

THURSDAY, APRIL 17, 1 PM
Free Community Safety Event, Ballroom (OC)

THURSDAY, MAY 15, 1 PM
General Board Meeting, Fine Arts (OC)

FRIDAY, JUNE 13, 1:30 Check-in
Training plus Q&A, Fine Arts Rm (OC)

Questions? Email executivedirector@schwatch.org

to be prepared. To be more connected, consider joining the safety and security team of Neighborhood Watch. Join us for the General Meeting to be held Thursday, May 15, 1:00 PM, Fine Arts Room (OC). The volunteer Training Session plus Q & A will be held June 13, 1:30 PM check-in, Fine Arts Room (OC). Learn more about Neighborhood Watch and how to be more prepared and safe. Neighborhood Watch volunteers follow the mission statement: to strengthen neighborhood ties, to increase personal safety and security awareness, to be the eyes and ears of the Lincoln Police

and Fire Departments, and to encourage emergency preparedness. Following this mission statement helps keep our residents safe. Helping neighbors know their neighbors is the aim of every Mailbox Captain. Showing community solidarity helps to deter crime. Remember if you see something, say something. Local police and fire personnel work closely with the volunteers of Neighborhood Watch. Volunteer to be on the safety and security team. For more information about Neighborhood Watch and volunteer opportunities, please visit our website schwatch.org and click on "Want to Volunteer?" To view past and current Alerts click on "Alerts." Sign up to receive direct emailed "Alerts" through your own email by clicking on "sign me up for Alerts." Helpful direct links to the Lincoln Police and to Placer County services (including Placer County Animal Shelter services for Lost & Found Pets) are also available. Neighborhood Watch volunteers are grateful for the very helpful donations from our residents and for the continued support from the Lincoln Hills Foundation. Donations and continued support help the Neighborhood Watch organization pass along important safety and security information, keeping our seniors informed. Informed residents are safer residents. Thank you for your dedicated support.

Food Adventures Club

BY PAUL WANKLE

Spring into flavor with FAC's exciting culinary adventures! Our new Executive Chef, David, kicked off the season with two unforgettable Solarium dinners. February's romantic Valentine's Day menu and March's festive St. Patrick's Day feast were more than just meals; they were immersive experiences. Guests enjoyed detailed explanations of each dish and captivating cooking demonstrations, providing insights into the chef's creative process.



Looking ahead to April, join us for "The Joy of Simple Sourdough," a hands-on cooking class led by Kat Kepus. Discover the secrets to crafting delicious sourdough bread from scratch, a skill you can enjoy for years to come. Our Q2 meeting focuses on navigating the "Diet Roller Coaster" with a presentation

(cont' on page 19)



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Food Adventures Club

(cont' from page 18)

by Hagai Narkis. Learn valuable strategies for achieving "Balance & Moderation" in your eating habits. Following the presentation, we will indulge in delightful appetizers in the Kilaga Kitchen, fostering a sense of community and shared learning.

FAC is committed to providing enriching experiences that nourish both body and mind. Join us as we celebrate the flavors of spring and embrace a healthier lifestyle. For membership inquiries, please contact Debbie Clawson at debdeb53@yahoo.com and embark on your own culinary adventure.

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Portuguese Social Club of LH

BY MARY LUCIANO

The Portuguese Social Club of Lincoln Hills had its first event of the year at Timber's Restaurant in Sun City Roseville on March 20th. Friends gathered to enjoy dinner and mingling with friends. Evening was enjoyed by all.

The Portuguese Club of Lincoln Hills has nine events during the year. Our next event is a Portuguese Wine Tasting and Appetizers. This event will be held on May 20th at Cante Ao Vinho Winery in Rocklin. We will be tasting 6 wines from Cante Ao Vinho Winery and Total Wine.

We will attend and help at the Lincoln Portuguese A.P.D.E.S. Holy Ghost Festa in May and in October, we will attend the Lady

of Fatima Festa & Bull Fights in Thornton.

June is our month for a traditional Linguica BBQ. You don't want to miss this event. Everyone brings a dish to go along with our Linguica. We all know Portuguese are known for great food.

If you are of Portuguese decent, love having fun with Portuguese friends, enjoy eating Portuguese food, attending Festas and enjoy tasting Portuguese wine, we have

a club for you!

To learn more about this fun social club, contact Mary Luciano by Phone: 1-916-543-9094 or eMail: mary_luciano@marcomadvantage.com

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Portuguese wine tasting at Cante Ao Vinho Winery.

Low Vision Support Group

BY STU SINGER

Upcoming Meetings:

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

Cory Hanosh of Northstate Assistive Technology and Society for the Blind, will share with us a variety of devices designed to assist individuals dealing with the challenges of low vision. Cory will be joining us after attending the annual national conference showcasing new visual aids. Consequently, he will be sharing the very latest information. During our meeting he will have samples that will be available for members to "test drive" and discuss.

Tuesday, May 6, 2:00- 4:00, Fine Arts Room, Orchard Creek Lodge

Laura Kellen from the California Library Outreach Program will share with the group the latest updates on the remarkable array of services the library offers to California residents with low vision. These benefits include free loans of both hardware devices and the software they use. All are delivered directly to the user. All of our members are eligible to enjoy reading or hearing materials ranging from the New York Times, Wall Street Journal and Washington Post to your favorite magazine or the latest book releases.

Due to budget cuts, Laura is no longer allowed to speak to groups in person. Instead, she will be interacting with our members with

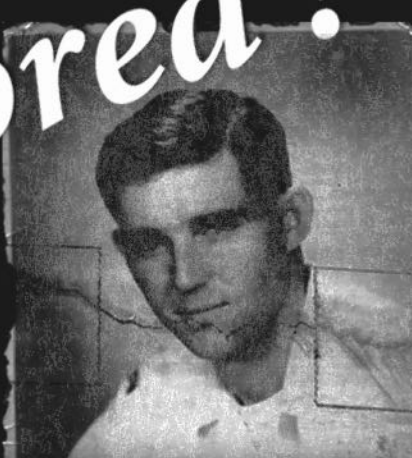
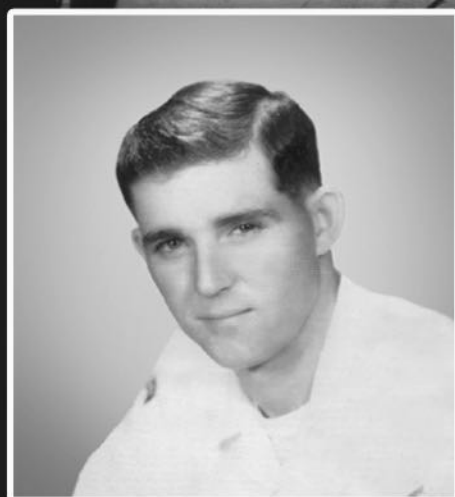
(cont' on page 23)

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Days & Destination	Cruise Line ~ Sailing Date	Starting Price/	Inside Ocean-View	Balcony
15 Day HAWAII From SFO! PRINCESS				
Ruby Princess ~ 3080 Passengers	Oct. 30, Dec. 01, Dec. 17- 2025	\$1,888	\$1,995	\$2,919
Sail round trip from San Francisco, California to Kauai, Nawiliwili Hawaii; Honolulu, Hawaii; Hilo, Hawaii; Ensenada, Mexico; San Francisco, California.				
*LINCOLN SHUTTLE TO SHIP AVAILABLE!				
10 Day CANADA AND NEW ENGLAND! PRINCESS				
Majestic Princess ~ 3560 Passengers	Aug. 30, Sep. 9, 19, 29, Oct. 9-2025	\$1,398	N/A	\$1,688
Sail from Boston, ME; Portland, MA; St. Johns Bay; Halifax, CA; Sydney, CA; Charlottetown, CA; Saguenay, CA; Quebec City, Canada				
11 Day ALASKA From SFO! PRINCESS				
Ruby Princess ~ 3080 Passengers	May 26, Jul. 20, Aug. 11-2025	\$1,349	\$1,587	\$2,279
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!				
21 Day BEST OF THE MEDITERRANEAN - PRINCESS - NEW SHIP!				
Sun Princess ~ 4300 Passengers	October 11-2025	\$3,247	\$4,147	\$5,197
Sail round trip from Barcelona, Spain; Marseille, France; Genoa, Italy; Florence, Italy; Bar Montenegro; Naples, Italy; Rome, Italy; Naples, Italy; Santorini, Greece; Kusadasi, Turkey; Athens, Greece; Crete, Greece; Sicily, Italy; Mallorca, Spain; to Barcelona, Spain.				
14 Day CARIBBEAN - PRINCESS - NEW SHIP!				
Sun Princess ~ 4300 Passengers	Nov. 16, Nov. 23 Dec. 7, Dec. 14-2025	\$1,719	\$2,149	\$2,599
Sail round trip from Fort Lauderdale, Florida to Princess Cays, Bahamas; San Juna, Puerto Rico; St. Thomas, Virgin Islands; Ft. Lauderdale, Florida; Grand Cayman, Cayman Islands; Roatan, Honduras; Cozumel, Mexico; Fort Lauderdale, Florida.				
32 Day SOUTH PACIFIC ISLANDS AND HAWAII From LAX! PRINCESS				
Sapphire Princess ~ 2670 Passengers	October 15-2025	\$2,789	\$3,141	\$5,848
Sail round trip from Los Angeles, California to Kauai, Hawaii; Honolulu, Hawaii; Pago Pago, American Samoa; Int. Date Line; Apia, Western Samoa; Suva, Fiji; Dravuni Island, Fiji; Int. Date Line; Tahiti, French Polynesia; Moorea, French Polynesia; Los Angeles, California.				
20 Day ANDES & SOUTH AMERICA - PRINCESS				
Sapphire Princess ~ 2670 Passengers	November 16-2025	\$3,149	\$3,202	\$3,849
Sail from Los Angeles, California to Manzanillo, Mexico; Puntarenas, Costa Rica; Panama City, Panama; Lima, Peru; Pisco, Peru; La Serena, Chile; to San Antonio, Chile.				
17 Day ULTIMATE ALASKA - PRINCESS				
Grand Princess ~ 2590 Passengers	May 6, 2025	\$2,619	\$2,785	\$4,519
Sail round trip from Seattle, Washington to Ketchikan, Alaska; Juneau, Alaska; Skagway, Alaska; Icy Strait Point, Alaska; Hubbard Glacier; Anchorage, Alaska; College Fjord; Sitka, Alaska; Haines, Alaska; Glacier Bay; Wrangell, Alaska; Victoria, Canada; Vancouver, Canada to Seattle, Washington.				

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Days & Destination	Cruise Line ~ Sailing Date	Starting Price/ Inside Ocean-View Balcony
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12 Day PARIS TO THE SWISS ALPS Cruise Viking Longships ~ 190 Passengers Package includes your home to the Sacramento Airport, Round trip Sacramento airfare, Airport Meet-And-Greet with transfers, WIFI, an included excursion at each port. 12-day Viking River Cruise in standard accommodations. Sail from Paris, France; Reims, France; Trier, Germany; Bernkastel, Germany; Cochem, Germany; Koblenz, Germany; Mainz, Germany; Speyer, Germany; Strasbourg, France; Basel, Switzerland; to Zurich, Switzerland.	May - November 2025 INCLUDES ROUND TRIP SACRAMENTO AIRFARE!	\$5,298
11 Day AMERICAN REVOLUTION Cruise American Liberty- 100 Passengers Round trip Sacramento airfare, Airport Meet-And-Greet with transfers, WIFI, an included excursion at each port. 11-day Cruise in a balcony cabin. Sail round trip from Washington, DC; Annapolis, Maryland; St. Michaels, Maryland; Norfolk, Virginia; Williamsburg, Virginia; Mount Vernon, Virginia; to Washington, DC.	May - November 2025 INCLUDES ROUND TRIP SACRAMENTO AIRFARE!	\$8,995
8 Day MISSISSIPPI Cruise Viking Mississippi- 386 Passengers Package includes your home to the Sacramento Airport, Round trip Sacramento airfare, Airport Meet-And-Greet with transfers, WIFI, an included excursion at each port. 8-day Viking River Cruise in standard accommodations with a window. Sail from New Orleans to Memphis visiting Darrow, St. Francisville, Louisiana; Natchez, Vicksburg, Greenville, Rosedale, Mississippi; to Memphis, Tennessee.	May - December 2025 INCLUDES ROUND TRIP SACRAMENTO AIRFARE!	\$4,498
15 Day SOUTHEAST ASIA & HONG KONG Cruise Viking Venus ~ 930 Passengers Package includes your home to the Sacramento Airport, Round trip Sacramento airfare, Airport transfers, WIFI, an Included Excursion at each port. 15-day Viking Ocean Cruise in balcony accommodations. Sail from Bangkok, Thailand; Sihanoukville, Cambodia; Scenic sailing Gulf of Thailand; Ho Chi Minh City, Vietnam; South China Sea; Hue, Vietnam; Ha Long Bay, Vietnam; to Hong Kong, China.	October 2025 INCLUDES ROUND TRIP SACRAMENTO AIRFARE!!	\$6,998
10 Day GREEK ISLES CRUISE Windstar Yacht ~ Wind Spirit ~ 148 Passengers Board your Windstar yacht and sail round trip from Athens; Delphi; Meteora; Acropolis; Athens; Mykonos; Kusadasi; Patmos; Santorini; Milos; Monemvasia; to Athens, Greece. Ask about the All Inclusive Option!	May & October 2025 INCLUDES ROUND TRIP SACRAMENTO AIRFARE!!	\$6,920
7 Day DREAMS OF TAHITI Cruise Windstar Yacht ~ Star Breeze ~ 312 Passengers Board your Windstar Yacht and sail round trip Papeete, Tahiti visiting the French Polynesian Islands of Moorea, Raiatea, Motu Mahaea (Tahaa, Bora Bora, Huahine, and back to Papeete in an Ocean View Suite. Don't put it off any longer. Book your Tahiti trip today!	May - December 2025 INCLUDES ROUND TRIP SAN FRANCISCO AIRFARE!!	\$5,488
9 Day COLUMBIA & SNAKE Cruise American Cruise Lines~ American Riverboat ~ 180 Passengers Package includes 9-day American Cruise Lines river cruise in standard accommodations. Enjoy an included excursion at each port, WIFI, beverage package & gratuities. Follow the trail of the intrepid explorers, Lewis and Clark and sail from Portland, Oregon; Cruise the Columbia River; Astoria, Oregon; Kalama, Washington; The Dalles, Oregon; Cruise the Columbia River; Pendleton, Oregon; Richland, Washington; to Clarkston, Washington.	May - October 2025 INCLUDES ROUND TRIP SACRAMENTO AIRFARE!!	\$5,755

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

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Players

(cont' from page 1)

same information as the detective and so they have a chance to solve the case for themselves. At the end of the novel the detective exposes the killer and sums up the case, explaining the mysterious events to fit all the puzzle pieces together.

But in 1939, when Christie wrote *And Then There Were None*, she broke the rules—not only is there no detective, but the intricate plot construction makes it nearly impossible to guess the identity of the killer. Plus, in previous murder mysteries the victims were innocent bystanders – is



that the case here? Ambivalent moral questions related to justice and judgement that have no easy answers add yet another layer to this intriguing play.

Agatha Christie is widely considered to be a world-renowned mystery writer, often referred to as the “Queen of Mystery.” Yes indeed, you are in for a treat! Mark the dates: Auditions, April 7-8; Performances, June

19-22 in KS Presentation Hall. Tickets are on sale April 17 in the lodges and online at www.sclhresidents.com

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LH Foundation —

(cont' from page 1)

22nd . Doors open at 12:30 and play starts at 1:00. Twelve cards for \$25, with exact change appreciated. Payouts are \$100 for the first eleven games and \$250 for the final game.

Make an afternoon of it and enjoy lunch at Meridians beforehand.

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

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



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Low Vision Support Group

(cont' from page 19)

an "in-person Zoom-style".

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

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

For questions, requesting electronic copies of our notices or to remove a name from our mailing list contact Stu Singer at 703-864-8161 or stuartsinger3@gmail.com

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Bosom Buddies

BY DOTTIE SUHRHOFF

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

Our March meeting featured Nanette Sorensen who talked about how to plan for the end of life. She is a former funeral



home director and was quite informative about what needs to be done to get prepared. She was direct but also entertaining about a subject that most don't want to consider. Thank you, Nanette!

Our next meeting will be on Thursday, April 10. We will have Dr McDonald, head of radiology at Sutter Health Care, speak. In May we will have someone from Sutter speak about lymphedema and oncology rehab services. The June meeting will feature an attorney.

All are welcome to attend the meetings. If you would like to go to lunch at Meridians



prior to the meeting, please contact Nanette Sorensen to reserve a spot at the table.

We want to again thank the very creative Sandy Adame for making a St Patrick's Day theme basket for all attending. She is the best at helping to build camaraderie with her crafts and raffle items.

If you have any questions regarding Bosom Buddies, please contact Dottie Suhrhoff (815-236-0197) or Patty McCuen

(530-575-2889).

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

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Alzheimer's-Dementia Caregiver's Support Group

BY DENISE WEBFIELD

The Alzheimer's-Dementia Caregiver's Support Group offers information and support to those caring for a loved one with dementia. We have three monthly group meetings. Our Women's group meets at 1:00 PM on the first Wednesday in the Fine Arts Room (OC). The Men's group meets in the Multipurpose Room (OC) at 10:00 AM on the third Thursday. Both Groups are focused on individual sharing. The General combined meeting is held on the fourth Wednesday at 1:00 PM in the Fine Arts Room (OC) and features a guest speaker. April's program is "Navigating Senior Living Options" led by Mark Wolff (Placement Advisor). At all meetings you will find a welcoming community ready to hear your questions and concerns.

Contact: Jo Fratessa - 916-759-8760

• • •

Hearing Support Group

BY JOANNE MITCHELL

Our next meeting will be April 1st at 10AM in the Orchard Creek Lodge Multipurpose Room. We will hear a presentation by two representatives of Advanced Bionics cochlear implants. They will discuss the latest available hearing solutions for every need.

• • •

(more Club News cont' on page 25)

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Lincoln Hills February Sales Snapshot

Address	Street	Sq. Ftg	Orig. Price	Selling Price	Floorplan
1141	Sun Valley	1195	\$515,000	\$500,000	Calaveras
599	Orchid	1195	\$495,000	\$490,000	Calaveras
2197	Prairie View	1298	\$499,000	\$502,000	Bridgegate
1796	Farmgate	1322	\$524,900	\$515,000	Bridgegate
1392	Picket Fence	1473	\$535,000	\$535,000	Almanor
2621	Winding	1491	\$599,950	\$599,000	Pine Hill
1375	Tahoma	1515	\$574,500	\$550,000	Pine Hill
247	Stags Leap	1549	\$595,000	\$570,000	Alpine
1308	Lasso Lake	1549	\$575,000	\$554,000	Alpine
722	Orchid	1549	\$599,000	\$605,000	Alpine
101	Turtledove	1549	\$575,000	\$555,000	Alpine
306	Daylily	1549	\$575,000	\$575,000	Alpine
1739	Andover	1595	\$550,000	\$528,000	Quail Cove
654	Gold Strike	1595	\$589,000	\$600,000	Quail Cove
2037	Coldwater	1789	\$629,000	\$629,000	Tahoe
1211	Picket Fence	1791	\$725,000	\$715,000	Tahoe
1563	Gingersnap	1791	\$639,000	\$644,000	Tahoe
3066	Coopers Hawk	1795	\$614,000	\$610,000	Tehama
1267	Tiger Lily	1795	\$613,500	\$600,000	Tehama
1919	Carnelian	1836	\$789,000	\$799,000	Plumas
1939	Grand Pheasant Ln	1854	\$725,000	\$710,000	Plumas
1157	Paragon	2073	\$775,000	\$759,000	Annadel
2100	Laurelhurst	2151	\$715,000	\$690,000	Sausalito
1156	Secret Lake	2151	\$895,000	\$895,000	Sausalito
2340	Hidden Hills	2163	\$920,000	\$924,330	Fremont**/**
1499	Perdita	2176	\$749,000	\$759,000	Sausalito
2323	Granite	2536	\$939,000	\$945,000	Tiburon

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Total Homes sold in Sun City per MLS 2/1/25 - 2/28/25

Meet the Author Lecture Series

BY SARAH KEVIN

Meet the Author Lecture Series — Monday, May 5th

Doors Open — 2:00PM Lecture starts 2:30PM

Presentation Hall Kilaga Springs Lodge
After the newspaper she works for folds and freelance assignments no longer pay the bills, Maya Wong reluctantly returns to her native Hawaii to ghostwrite controversial developer Parker Hamilton's biography. When the Hamilton patriarch is found dead under suspicious circumstances, Maya is drawn into

the investigation. In her debut mystery Jennifer Morita explores issues in Hawaii such as locals getting priced out of paradise, native versus newcomer cultures.

Jennifer is a fourth-generation Asian American who lived in Hawaii as a child, but has experienced the nomadic life as a child of Federal Employee. Jennifer started this book during the Pandemic, and will talk about her experiences writing and publishing her novel. Jennifer was a reporter for the Sacramento Bee, and covered the Roseville Lincoln area.

Support Lincoln Public Library
(cont' from page 6)

first grade students in Lincoln and nearby communities. Just one example of the many library literacy programs and book giveaways aimed at children.

For teens, the Library offers a variety of teen-oriented programming intended to foster teen engagement and leadership skills. As an example, the Library created a Teen Advisory Board to plan fun events and activities, such as the Youth Literary Festival, Cover to Cover Book Club and family craft days.

For adults and seniors, check out the impressive collection of large print books, plus the convenient digital book and video collections available on library app Hoopla.

The library's two brand new 24/7 hold lockers enable patrons to pick up requested books at their convenience. The Lincoln Book Festival and Candlelight String Quartet help make Lincoln a more fun and creative place to live!

None of these mentioned programs, services and activities would be possible without FOLL's financial support. You can help too by making a donation to the FOLL by making a BDOG donation anytime between April 17 and May 1 at bigdayofgiving.org/FOLL or mail a check to FOLL, PO Box 1177, Lincoln CA 95648.

Finally, if you aren't yet aware of all the Lincoln Public Library offers, come and visit. Tours are available, just sign up on our website: LincolnLibraryFriends.org

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Multiple Sclerosis Group

BY JERI DI FIORE

At the April 15 MS Meeting, 1 PM, Sun City Orchard Creek Multipurpose Room, plans will be finalized for the two 2025 Multiple Sclerosis Walks, one on April 26 and the other on May 4. All are welcome to join the #One Award-Winning Lincoln Trailmixes Multiple Sclerosis Group in both Fundraising Walks —

Saturday, April 26, 9:30 AM, Sun City Lincoln Hills, Orchard Creek Sports Pavillion. Bring your lunch to enjoy afterward with the group in the Pavilion’s picnic area.

Sunday, May 4 Folsom Walk, the Lincoln

Trail Mixers will be honored as the 2024 #One Fundraiser Team, competing against 46 Teams throughout the Central Valley. An amazing feat accomplished by Captain Joni Deutsch and 10 active Senior Fundraisers, with the help of Corporate Sponsors:

Devin Arp - Sun Run Solar; Donna Judah - Coldwell Banker Real Estate;

Hank Rhoads - American Senior Mortgage.

After planning the above walks, we’ll catch up with you, to see how you are doing!

• • •

LH Veterans Group

BY STEVE WITMER

Richard “Steve” Johnson, the Placer County Veterans Services Officer (VSO), will be the guest speaker at the Veterans Group’s April 17 general membership meeting at 1:00 PM in the Kilaga Springs Presentation Hall. The County Veterans Services Office helps veterans, survivors, and dependents obtain benefits by assisting them in filing claims with the U.S. Department of Veterans Affairs (VA) and the California Department of Veterans Affairs (CDVA).

The Veterans Group will once again present its annual Memorial Day community celebration on Monday, May 26. The event will be held in the outdoor amphitheater behind Orchard Creek Lodge at 9:00 a.m. Everyone is welcome.

• • •

Republican Club

BY SUE DUMAS

Happy Easter and God Bless America! In March, LHRC celebrated an exciting first quarter with a Happy Hour Social at Buonarroti’s.

Upcoming Events...

Tuesday, April 15 – Doors Open 6:00 PM – Program Starts 6:30 PM - Presentation Hall (KS); Speakers: Pete Constant, Department Chair and Professor at William Jessup University. Pete has held multiple positions in local politics with a focus on education in organizations and affiliations, spanning

decades in Santa Clara and Placer Counties. Second Speaker is his son, Pete Jr., who is a “Civic Leader Fellow” with Ronald Reagan Presidential Foundation and Institute. Also, twice elected Student Body President at WJU, and has published research on the failed College System in California. Different speakers, with parallel goals; better education for future generations.

Wednesday, May 21 – Doors Open 5:30 PM – Placer Room (KS); “Fiesta de Mayo” - Festive attire suggested! Join us for tasty Mexican food, fun, and great conversation and prizes! Cost: \$20 per member \$25 per guest (“guest” is anyone not a paid member). You can RSVP at the April 15 meeting, or email RSVP@RepublicanClubSCLH.org and mail checks payable to LH Republican Club to: 577 Northfield Lane, Lincoln, CA 95648. Deadline to RSVP is May 15.

Wednesday, June 11 - Doors Open 6:00 PM – Program Starts 6:30 PM – Presentation Hall (KS); Speaker: Shanti Landon, current PCSupervisor. She will be discussing decisions made, and current or upcoming events. Take this opportunity to ask questions, voice concerns, and get to know our Supervisor. Meet and greet coffee and cookies in Placer Room following meeting.

See website for Club news, calendar, community events.

www.RepublicanClubSCLH.org

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(more Club News cont’ on page 27)



Lincoln Multiple Sclerosis members.

Funny, our dining schedule is the same as yours

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

BY PATTI KINGSTON

Then end of the 2024-2025 school year is approaching, and elementary school teachers are asking for help in the classroom. There will be end of school year projects to help complete, papers to correct, and children to help with reading and math. You can volunteer in grades K-5 in any one of our Lincoln grammar schools. Some volunteers correct papers and make copies of schoolwork sheets for the teacher without being in the classroom. Most enjoy the contact with young people. The days and hours of service are up to the volunteer. No teaching experience is necessary. Many volunteers are in the classroom 1 day a week for a few hours. They work closely with the teacher and are under her direction. The school district has thanked us for our help, and we know we are appreciated.

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

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

Travel Club

BY LINDA BEVINS & JOANNE SCHUMACHER

Like to Travel? You are Invited!
The Lincoln Hills Travel Group welcomes everyone to our Travel Show on April 2nd, at 1:00pm in the Willow Room of the Lincoln Public Library at 485 Twelve Bridges Road in Lincoln. All Lincoln Residents are welcome!
Jay Fehan of Collette Tours will present

an entertaining slide show on some of the tours that the Lincoln Hills Travel Group is highlighting for the next two years. The show is free but please make a reservation by emailing your name, the number of people in your group, your email address to travelgroup@att.net

More tours can be found on our website: www.lincolnhillstravelgroup.com. All trips include airfare and a ride to/from the airport. You can sign up for trips on our website with a secure link directly to Collette. As always, contact any committee member to answer questions, get assistance or ask about a destination you are interested in visiting.

All Travelers on our tours must be members, but you do not have to live in Sun City Lincoln Hills to be a member. Membership application is on the website.

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

RV Group

BY MARY CARBREY

Spring has sprung! Last month our group didn't waste any time letting the grass grow under our feet. We headed down to the desert near Palm Springs for a rally at Catalina Spa RV Resort. Activities included a visit to the Palm Springs Air Museum, the Cabot's Indian Museum, and the Aerial Tram Way up to the top of San Jacinto Mountain. We also played plenty of pickleball, cards, and even had a miniature golf tournament! Next month we will stay closer to home and have a rally up at the beautiful new Grass Valley RV Resort while we explore the foothills. Our itinerary will include a tour of the historical Empire Mine at Empire Mine State Park, as well as going to a Spring Tulip Festival at a tulip farm.

See our website at www.lhrvg.com to learn more and join us on the second Thursday of each

month at Kilaga Springs, 4:30 PM in the Placer Room. For general information contact our club president, Jake Baker at 916-838-5253 or jbaker525311@gmail.com. For membership contact Cindy Aimar at 707-494-8185, or cjaimar@att.net

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RV Friends Enjoying a Hike in the Palm Springs Desert

Lincoln Democratic Club

BY JUDY GANULIN

The Lincoln Democratic Club is turning its disappointment over the November election results into positive action to counter the recent disruptive steps by the president and his acolytes. Our multi-faceted actions include planning, messaging, and other activities such as attending Lincoln City Council meetings. We are delighted that our club is growing, with 38 brand new members! Professor Blake Nordahl, Supervising Attorney for the University of Pacific McGeorge School of Law Immigration Clinic, will speak on immigration at our March 20 meeting. For more information about our club, or to join, please see our website, democraticclubLincolnCa.org

LH Amateur Radio Group

BY DAN LEHRER, KN6DRN

We participated in the ARRL International DX Contest and made close to 40 contacts. This Single Side Band contest yielded 20 different countries including Italy, Sweden, France, Bosnia-Herzegovina, Caribbean Islands and several South America nations. Single Side Band is a mode where the operator speaks into a microphone directly with another station. Our Hams & Coffee get together generated stimulating conversations and laughs covering diverse topics.

We continue to brainstorm the items to include on our renovated poster board. There are so many wonderful aspects of ham radio to convey it is hard to put them all on one board! Stand by for future developments.

Meetings are held at the South Tower every Monday night at 6:30 PM. Our club conducts a weekly radio network at 7:00 PM every Monday on the W6LHR Repeater at 147.030 MHz, 167.9 PL. If you are looking for a way to engage in the community and have an interest in amateur radio, please check out the LHARG. We can help with programming handheld radios. For more LHARG information visit our Website, the URL is: lharg.us or email dlehrer72@gmail.com

(more Club News cont' on page 29)



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LH Sports Car Club

BY ROB PHILLIPS

The old adage, “The only thing constant is change,” holds true for the LHSCG. Our President for 2025, Dan Roberts, had to resign his position due to health issues after only two months. Fortunately, a former Club President stepped in and was elected President at our March 3rd meeting. We extend our gratitude to Chuck Schmidt for taking on this role.



VP Edy Ternullo passes the Gavel to Chuck Schmidt.

Despite the forecast predicting rain, our first ride of 2025 took place on March 13th. Fourteen cars and 28 Members embarked on a scenic cruise along the picturesque Delta, culminating in Rio Vista. Members were treated to the delightful spring scenery of the Delta, with fruit trees in full bloom, verdant fields, and wild mustard flowers. The day concluded with a delightful meal at The Point Restaurant, which offers stunning views of the Sacramento River.”

Looking forward to April, three exciting trips are being planned. Members are eagerly anticipating a ride to Jackson for lunch, followed by a visit to the Lockeford Sausage Market in Lockeford. Additionally, there are day trips scheduled to the historic Preston Castle in Ione and later in April, a scenic drive past the Sutter Buttes and through the picturesque Capay Valley.

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

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Bird Group

BY SHERRY SINGER

On Friday, February 21st, members of the SCLH Bird Group visited the City of Lincoln’s Wastewater Treatment Facility looking for birds. We observed 44 species of birds, the most numerous were 160 American Wigeons and 100 Buffleheads in the ponds. Why, you might ask, are all of these birds swimming around the wastewater treatment facility? Looking for food, of course.



American Wigeon

The ponds contain treated wastewater that is then exposed to sunlight, beneficial bacteria and algae that remove remaining pollutants and pathogens - much like how water purifies itself in natural environments. This water is monitored for parameters like dissolved oxygen, pH, and bacteria levels until it is of a quality suitable for discharge into a waterway or reuse for irrigation purposes. In the meantime, birds use algae and small aquatic organisms as a food source. Bird lovers all over the country know that wastewater treatment facilities are excellent places to watch birds.

On March 10th, Gaylene Tupen from Wildlife Heritage Foundation spoke to the Bird Group about the Foundation’s stewardship of Sun City Lincoln Hills 487 acres of permanently protected preserves. Among other things, she monitors wildlife populations, invasive species, and habitat enhancement. Tupen’s presentation was filled with important information and accompanied by numerous pictures of our beautiful common areas.

Future Bird Walks (weather permitting):
Note: Non-local walks depart from the OC gym parking lot @ 8am.

April 11 – Linda Creek Roseville

April 25 – Traylor Ranch Loomis

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

Monthly Meetings:

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

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

May 12 – Kate Marsden from West Coast Falconry will bring live raptors!

For Bird-Lovers Who Also Love to Read:

below is a link to an article by the Pulitzer-winning science journalist Ed Yong about his discovery that birds can be a balm for modern anxieties. <https://www.allaboutbirds.org/news/ed-yong-writer-bird-immersion/>

Contact Information:

Visit us at our website www.sclhbirders.org

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

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Garden Group

BY LORRAINE IMMEL

“Won’t you come into my garden? I want my roses to see you!” -Richard Sheridan

With that thought in mind, the Garden Group invites you to visit 9 Gardens in SCLH, April 24, 2025, 10 AM to 2 PM for our Annual SCLH Garden Tour. We thank the residents who offer to show their yards this year. The purpose is to have people enjoy looking and gathering ideas from a variety of Gardens. We select large/medium/small lots and those

that are professionally done/do it yourself/or a mixture-something for everyone.

Drive into the parking lot at OC by the Fitness Center-far right to pick up a map for directions. Each map costs \$5-preferred cash-no need to exit your car. Carpooling with friends is encouraged for parking at yards.

Also, this month-April 26/27, the Garden Group sponsors an Annual Amateur Rose Show in the OC Library Area. Members compete for prizes in a variety of colors and arrangements. If you are not a member but have a rose(s) that you are very proud of, bring them and we have a display area for them at the show!

There will be no General Meeting this month in lieu of the two events.

May 1 will be the Spring Social for Garden Group Members. All members were sent an invite via email, but remember the RSVP is no later than April 21.

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(more Club News cont’ on page 30)



Garden Group Tour of SCLH Yards-April 24!

Amazing Grace

Seventh Day Adventist Church

Saturday Mornings - Bible Study 11:15 am
(English)

— • —

Worship Service 9:30 am - Pastor: Diego Barreto

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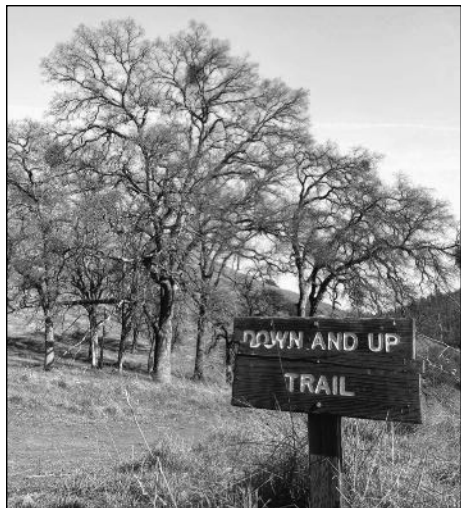
Hikers and Walkers

BY GAY MACKINTOSH

New website! www.lhhikersandwalkers.org. Whether you're a walker or a hiker or both, join us for a lovely April outing. Check the website for all the information you need to choose what's just right for you.

Walkers meet every Wednesday at 8:00 AM on our own SCLH trails. Slower-paced Wellness Walkers meet some Mondays as well. Meeting places and route maps are on the website. Call Coordinator Debbie Schryver, 916-666-1741, with questions about the Walkers. Contact Karl Aitken, w4wleader@gmail.com about Walk for Wellness.

New hikes and new leaders! Plus an array of old favorites. Here's our April hike schedule as of press time. But watch the



website for changes, and be sure to read the detailed hike descriptions to pick your perfect challenge level.

- Tuesday, April 1. Placer Land Trust Harvego/Bear River Preserve (North Auburn). Must RSVP by March 28.

- Friday, April 4. Cool Lunch Hike (American River Confluence).

- Tuesday, April 8. Table Mountain (Oroville).

- Monday, April 14. Salt Creek Loop Geology Hike (Cool area). Must RSVP (see website)

- Thursday, April 17. Nimbus Fish Hatchery to Willow Creek Park (Folsom).

- Tuesday, April 22. Down and Up Sky Ridge (Cronan Ranch).

- Marin Getaway April 28-May 1. Full with wait list.

Wednesday, April 9 Hikers Meeting, "Get Ready for Great Hiking!" All are invited 3:30-5:00 PM, OC Multipurpose Room, for useful tips on hike preparedness from both long-time and new leaders. "Guess Where This Hike Is?" We'll have a special slideshow of favorite hikes from years past due for revival.

Call President Tom Denzler, 530-368-2564, for information about LH Hikers and Walkers. Contact Gay Mackintosh, Vice-President for Hikes, mackintoshbg@msn.com or 916-209-3628 for lots of resources to support new and returning hike leaders.

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LH Cyclists

BY TOM FRADY

Our first Ride Leaders' Breakfast Meeting under President Greg Sandusky's regime went well, conducting business between bites of blueberry pancakes and hashbrowns at the Waffle Shop. It's going to be a good year for Lincoln Hills Cyclists.

The Social Committee remains active, announcing our next social will be back at

Moska on Foothills at 5:00pm on April 2nd. Sometime in June there will be a get-together at Hildebrand's, no date yet. The annual potluck (and business meeting) has been set tentatively for September 24. Our big fancy dinner has been moved to October 30 due to the renovation of the Orchard Creek Ballroom. So, mark your calendars, but use pencil.

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(more Club News cont' on page 31)



Duplicate Bridge

BY MONA STRYKER

We not only play bridge, but we also have special treats! St. Patrick's Day was celebrated with delicious treats. Many thanks to Tina Amerio, Barbara Wheeler, and Denise Morgan for bringing them.

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

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

sections

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

For further information, go to our website shown below.

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

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

Website: www.bridgewebs.com/lincolnhills/

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LH Senior Softball League

BY HEIDI MAZZOLA

The LHSSL is set to launch its 26th season on April 16, promising an exciting day of coed softball, a women's division exhibition game, and classic ballpark fare. Games run from 8:00 AM to 5:00 PM, with hot dogs for sale and plenty of seating available—whether in the stands or on the right-field hill. Bring your chair, grab a hot dog, and enjoy the action! Street parking is permitted for the event, so come out and support the teams.

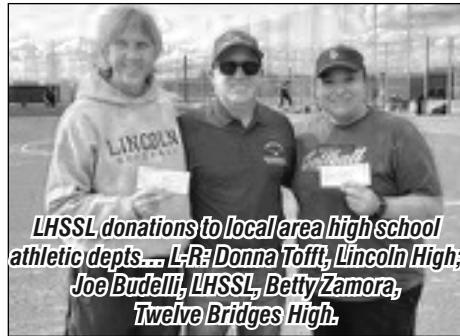
The league has been busy gearing up for the season. The player draft, held in early March, welcomed over 20 new players allowing us to field 10 teams. Saturday practices continue, weather permitting, with two sessions to accommodate the high turnout. Two conditioning clinics, led by John Moran and some of LHSSL's top athletes, were well attended, helping players shake off the offseason rust. Volunteer umpires, scoreboard operators, and field crew have been identified, playing rules reviewed and updated, sponsors secured, uniforms ordered, and schedules finalized.

Coed games will be played every Monday and Wednesday with a few Thursday and Friday games in hotter months. The schedule is posted on our website. Make sure you don't miss any action by checking it frequently.

Although teams have been drafted, new players can still join by submitting an



LHSSL donation to Phoenix High athletics... L-R Laura Sliopen, Kirstie MacQueen; Heidi Mazzola and John Moran for LHSSL.



LHSSL donations to local area high school athletic depts... L-R: Donna Toffi, Lincoln High; Joe Budelli, LHSSL, Betty Zamora, Twelve Bridges High.

application with payment to be placed on a team.

The Women's Division has also kicked off Thursday afternoon and Sunday morning practices, gearing up for their Opening Day on April 27. Their schedule is available under the Women's tab on the league website.

In March, the league presented its annual hot dog day proceed donations to the three Lincoln High Schools—Phoenix High, Lincoln High School, and Twelve Bridges High to support their respective athletic departments.

For those interested in playing or volunteering, applications and other valuable information can be found at LHSSL.net. Whether stepping onto the field or cheering from the stands, we look forward to seeing you at our beautiful field.

• • •

Pickleball Club

BY DIANE FERRARI

April already? We are ready to SPRING into action with tournaments and fair-weather play. Come watch your friends in the "Frenemies" Scramble April 22 and 23. Tune up for spring by attending the Academy drills that start up May 1st. Our own dedicated coaches will help you develop new skills. Signups begin April 26th. The club

Championship "Double Vision" tournament is on May 20-21st so line up your partner for signups. Team Pickleball starts in May. Come out and cheer your friends as they compete. Local Pro Ian Dickson has camps scheduled for May with focused development in small groups or private lessons. Online Enrollment at SCLHResidents.com or at the Fitness Front Desks. May 1st is the next Membership Meeting at 3:30 P.M. in the OC Ballroom. Please make it a point to attend, it is our Membership meeting requiring a quorum of attendees. Please be a good conservationist and recycle your old pickleballs. Curt Clawson has recycled approximately 2000 of our used pickleballs. There are more than 500 million manufactured yearly so do your part, drop

(cont' on page 33)



Our own Club Vice President Diana Henrickson wins gold at the Johnson Ranch APP Tournament.



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SSNLH WRITER...

The April Fool

BY JIM FULCOMER

If April be the month for fools, then please include me in.

For Winter has hung on too long, my patience wearing thin.

Yes, I enjoy soft breezes, far more than chilly gales,

which Winter gives in great amount and constant cold prevails.

Now I can drive top down again, with sunscreen head to heel.

No longer like a Frigidare, encased in glass and steel.

And to enjoy the Rites of Spring, well into my "mellow years."

Or at least the contemplation, while my "inner teen" still cheers.

Who dares to think so far ahead, when summer falls upon us?

Days in the hundreds soon will come when shade will be a bonus.

So shed the garb of Winter days and break out summer gear -

Reset the thermostat to "Cool," for Spring is finally here.

Warning: Forever is a Long, Long Time

BY STU SINGER

I love science. After all, it is what allows me to live a longer and healthier life. If I had been born one hundred years ago, I would have been expected to live to be 64 years old;

having been born in 1946 that number has jumped to nearly 72 and a grandson born this year on average could look forward to being around 82 years old. Thanks to breakthroughs in medical treatments, safer living conditions and an improved understanding of nutrition, those numbers represent an increase of nearly 30% in the past century.

Thank you, science.

But the folks in the labs tend to be a relentless bunch and are not resting on their laurels. An article in the Washington Post detailed how some recent research is now focusing on actually REVERSING the aging process which would give humans the ability to live far longer and possibly forever.

According to the report, there have been a few major stumbles at this juncture. The first level of experiments involved giving lab mice a variety of treatments designed to cause them to age prematurely, followed by injections to offset that process. Despite all that tinkering, in the end, the mice only lived a normal life span. Scant progress toward the ultimate goal but high marks for effort, along with sympathy for those poor rodents. Aggravating the situation were the observed side effects. In many of those little test subjects, the various injections caused huge, fast-growing tumors that sprouted up all over their bodies. Also, there was no clear understanding of how effective the treatments would be over time and, of course, no knowledge of long-term negative consequences. At this point the Grim Reaper is still winning.

But in reality, do we really want this to work?

LIVING A LIFE THAT MAY NEVER END

Let's take a few moments to think about

a world in which these scientists actually succeed in reversing the aging process. There are some extremely negative side effects that would extend far beyond any medical concerns.

The concept of retirement would become obsolete. If you live to be 200, when could one realistically stop working? At age 65 it is highly unlikely that most of us could have enough money to fund another century or two. The more likely outcome is that as a high school math teacher, I would have to teach the derivation of the quadratic formula for at least 150 years. And speaking about jobs, how does one move up the corporate ladder if the boss is going to be around for another couple of centuries?

The institution of marriage will be fraught. I love my wife; I adore being with her. But what will those morning conversations be like after 250 years of matrimonial bliss? I have been told that I can wear on people after merely an hour. In marriages measured by centuries, love may fail to conquer all. And what is the appropriate gift for a bicentennial wedding anniversary?

And then there is the inevitable culture crisis in a world without aging. How many of us really want to see Tom Cruise in "Mission Impossible 529"? Consider three centuries listening to Bob Dylan or Drake? How many books can John Patterson write? Eventually would we know the questions to every Jeopardy answer?

What if there is a lack of precision in the process? Who wants to live 300 years as a teenager? A life of going to middle school every day...forever. The only "A" s to be had in those classrooms would be angst, acne and anarchy.

Sports as we know them would be gone.

With aging halted we may find ourselves in one hundred years cheering Labron James for scoring point number 1,000,000. Think of the cruelty for an ardent Cleveland fan who lives until 3025 and never sees his beloved Browns win a Super Bowl. Try dealing with Aaron Rodgers and Stephen A. Smith for eternity.

Keeping up with technology for centuries would be a nightmare. It took me over a year to master the switch from Windows 7 to Windows 11. One shudders at the thought of coping with the "improvements" shoved into Windows 129.

Finally, pity the poor planet. Increasing life spans tenfold will leave the entire world looking like New York City. NYC is a great place to visit but only the rats would flourish from it being everything everywhere all at once. The Blue Marble will become a whole lot less blue. And who will feed all of those folks?

Perhaps stopping the aging process is not such a great idea. A happier, healthier life for maybe a few extra years would be wonderful but forever is, indeed, a very, very long time.

Stick and Sip

BY JOY HUTCHISON

Not long ago I was invited to attend a Stick and Sip afternoon, and I called my hostess to find out what it was about. "Oh, just a group of my friends who get together, bring appetizers to share, and do a little craft project." she replied. Being one of those people born with all thumbs, I thought perhaps I should just join in and see what my creative non-talented hands could do.

(cont' on page 33)



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Stick and Sip

(cont' from page 32)

When I arrived, my hostess-friend announced that due to the number of people coming, we would break up into two different groups. She pointed to four of us and led us to the kitchen table, where we were shown a petite floral arrangement and were told this was the alternate craft for the afternoon. The hostess had picked up several cups and saucers from various thrift shops and provided fresh colorful blooms and greens for our creations. We literally snipped our way through the afternoon, resulting in sweet bouquets that were oh'd and ah'd by the card makers in the other room.

I brought my little cup and saucer bouquet home to enjoy. A few days later my daughter from Auburn stopped by. I proudly showed her my creation. "I can't believe it!" she said. "Huh?", I replied, not knowing what she meant. "Mom, that cup and saucer were part of the set I gave to Goodwill when I replaced it awhile back". We both looked at the flower arrangement, our eyes laughingly realizing that this connection was just unbelievable. How in the world could it have made this little circle from her house to Sarah's kitchen and then to me? I guess stranger things have happened. It truly is a small world, isn't it?

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

Pickleball Club

(cont' from page 31)

them in the recycle bin lower courts! There isn't a full movement on the part of pickleball nationwide, but we will try to do our part to assist in recycling to prevent the millions of balls going into the landfills. Thanks Curt, you make a difference! For more information on club activities, you can access www.lhpclub.com/ event or Lincoln Hills Pickleball Club - Player Development. See you on the sunny courts!

• • •

LH Tennis Group

BY SUE KUUKKA

The LHTG Board has been very busy the last couple of months with the launching of the new website so take a moment and check it out sclhtg.com

The Men's and Women's Adult USTA and SATA teams have been playing several matches at Lincoln Hills. In February, the LHTG USTA Adult 70 & Over Men's 7.0 repeated as NorCal Section Champions and are looking to three-peat next year. The women's seasons final match is Tuesday April 8th. Come out and watch some exciting tennis and support your SCLH teams.

Hopefully many of you played in our St. Patrick's Day Mixed Doubles Tournament and are signed up to play in our Spring Fling Mix and Match Tournament on April 19th. Make sure you sign up for this tournament through the LHTG website's events page or through the link in the LHTG member's weekly newsletter.



Men's 70+ 7.0 USTA Team.

On Friday, May 2nd we have our Cinco De Mayo Mixer Potluck at 6 pm. For the potluck, please bring a Mexican-Inspired dish for all to share, outfit, dancing shoes and your own beverages. This is a free event only open to LHTG members.

The club offers a wide range of ongoing tennis activities. One of these activities is the Free 15-Minute Tennis Evaluation (all levels), second and fourth Wednesday of every month, for April it is the 9th and 23rd. These sessions will run in 15-minute increments. This one-on-one session will allow the player to express areas within their game that they would like to improve upon. The Tennis Pro will observe and evaluate the player's level of play and discuss ways the player can improve their game.

For more information on all the tennis activities offered by the club, check out the LHTG website, Compass magazine, WellFit website, or contact our resident RSPA/USTPA

Teaching Pro, Eric Garcia. He can be reached at Eric.Garcia@sclhca.com

• • •

LH Table Tennis

BY ILENE MARSHALL

On February 12th a large group of Lincoln Hills Table Tennis members enjoyed a delicious New Years-banquet at China Village to usher in the Year of the Snake. Everyone had a fabulous time with great food and lots of laughs.

This was just one of many events planned for this coming year. We have several tournaments planned as well as fun social events. Stop by the Multi-Purpose Room at Kilaga Springs to learn more.

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

(cont' on page 35)

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LH Table Tennis

(cont' from page 33)

12:00 PM.

If you are a resident of SCLH you can drop in and join the fun. You can also join our Lincoln Hills Table Tennis Club (LHTTC). Membership dues are not required.

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

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

We play on 7 tables, beginner to advanced levels on a drop-in basis. We play women's doubles, men's doubles, mixed doubles, and singles. Reservations are not required. Please wear non-marking tennis shoes. Loaner paddles are available.

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

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

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

Lincsters 9-Hole Club

BY LORA FINNEGAN

It may seem like computer stuff has little to do with playing golf, but for Lincsters, having a smoothly functioning club website means an easier way to sign up for tournaments, join foursomes, find out who won recently, and contact other players without compromising privacy. That's the idea behind creating a whole new website on a new platform—Member Planet, a project Kim Schutz took on. "It was fun to learn this new platform," says Kim. President Jane Hall, Edna Linville, Linda Salmon and the board assisted the effort. The new website address is now up-



Table Tennis—New Years-banquet at China Village.

-check it out!

WNHGA February low net winner is Linda Salmon. April marks return to early play. Upcoming: Interclub Scramble April 28. Bring A Friend Tournament May 14. Join us! Go to LINCSTERS

Ladies Golf -18 Holers

BY CATHY JAICKS

February Recap & Exciting News!

February brought plenty of rain, limiting us to just two playable Thursday Play Days. Despite the weather, we had some fantastic rounds!

2BB of Foursome:

1st Place: Mitsuko Cameron, Elizabeth Phillips, Lissi Bedford, Mary D'Agostini

2nd Place: Robyn Kain, Donna Brinkerhoff, June James, Dee Grimm

Tied for 3rd Place: Patti Tilton, Kathy Lee, Peggy Carr, Dell Parker and Sylvia Feldman, Nancy Jenkins, Ilene Marshall, Barbara Korenthal

February Net Chix:

Wendy Seagraves and Lynn Lapera were our February Net Chix winners! Congratulations



Ladies Golf—Wendy Seagraves and Lynn Lapera our February Net Chix winners.



Lincsters 9-Hole Club — Kim Schutz leads club members through new website.

to both ladies for an impressive net 67—well played!

Be sure to save the date for our upcoming April tournaments:

Friends & Family Tournament – April 10 This is our first tournament of the year, and it's all about fun! No official game or lunch—just grab a friend or family member and enjoy the day. No handicap is required to play!

Interclub Scramble – April 28- Get ready for our annual Interclub Scramble! More details coming soon.

Exciting News: New Executive Tees!

We now have new Executive Tees (yellow markers) on both Lincoln Hills Golf Courses! These tees, officially rated by the NCGA, provide a shorter and more accessible playing option, giving all players a better chance of hitting the green in regulation.

- Tee-off area is marked in yellow on the fairway (no official tee box)

- Soon to have yellow-painted curbs on the cart path for easy identification

- Approximately 1,500 yards shorter for a more enjoyable round

With spring right around the corner, we're looking forward

to more sunshine, more golf, and more fun on the course. See you all out there soon!

Men's Golf Club

BY CARL LYNCH

Congratulations to our Valentine's Day Massacre tournament winners, in a 4-Man "Lone Ranger" format.

The Low Gross of 141 went to the team of Walter Milgroom, Rob Schneider, Tor Zielenski, and John Eisenhower.

The Low Net of 131 went to the team of Manny Costa, Ted Francis, Tom Gentile, and Bruce Gentile.

The Lone Ranger tournament format is a fun game that is played with foursomes. Every hole, one player in that foursome is assigned to be the Lone Ranger. On the 1st hole, player in position 1 will act as the Lone Ranger. On the 2nd hole, player in position 2 will act as the Lone Ranger. 3rd hole, player in position



Bill Hall and Bruce Lyau—Hole in Ones!

3, 4th hole, player in position 4. The cycle then repeats for the rest of the round. The team adds the Lone Ranger hole score to the best hole score of the other 3 players for the team score on a particular hole.

Congratulations to Bill Hall and Bruce Lyau for some recent Hole in Ones!

The Men's Golf Club is an excellent way to make new friends and enjoy a game of golf in our monthly tournaments.

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

Mad Hatters Bocce Group

BY KIM PETRUZZELLI

April temperatures are great for playing outdoors, and our community has many different bocce groups welcoming new (and old) players.

The Mad Hatters are still playing on Thursday mornings at 10:00 am. Come by yourself or come with a friend. If you don't know anyone when you arrive, you will before you leave. We are a social group who don't take ourselves too seriously. On a good day we'll have 40 players spread out on the courts. New, inexperienced, and handicapped players are always welcome. We are happy to teach you the game, and the equipment is provided.

Can't get enough bocce? There is also the Monday Morning Bocce Group that plays at 9:00 am and is open to everyone.

You can also play bocce on your own. The court schedule is on the resident website, and you can check out a key to the bocce supply closet from the OC sports desk.

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

(more Club News cont' on page 37)

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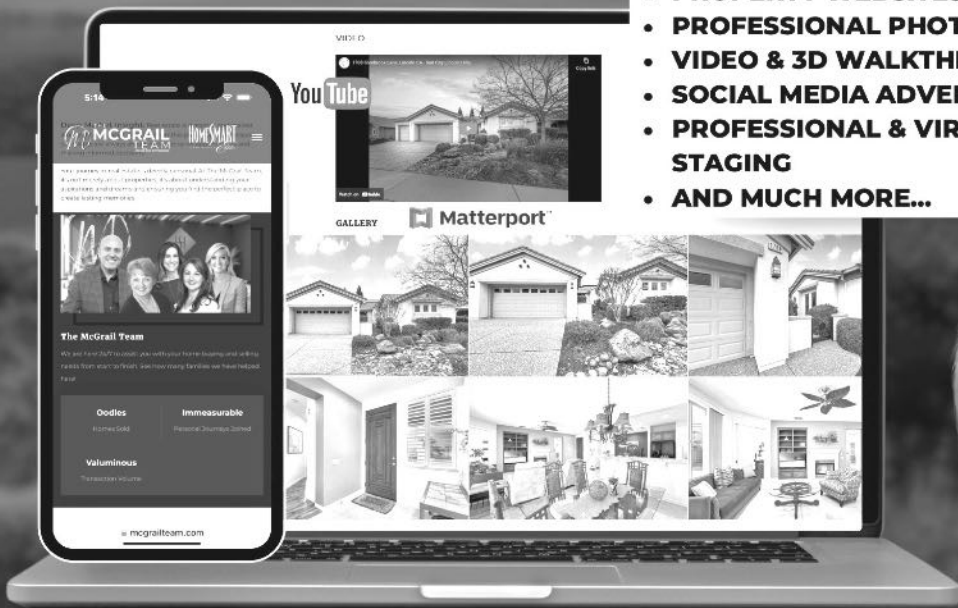
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Swimmers & Water Walkers Club

BY JIM KLEIN

Water walking or swimming? What is best for you? Either provides improved strength, power and endurance, but in different ways.

To water walk, just get in the pool and start moving. To increase your benefits, go to deeper water, move faster, walk sideways or backwards. Use your arms to pull hard in the water, as you are walking. You can also use Styrofoam weights, kickboards or webbed water gloves to reduce resistance. Water shoes may also help. Water walking is an excellent no impact exercise anyone can do, even when talking to others.

Swimming exercises the upper body more but is more technical. Incorrect techniques may increase shoulder problems. For those with back issues, a snorkel is advised to decrease back twisting. Swimming is an excellent



Swimmer Hagai Narkis and walker Kathy Carpenter.

cardiovascular and upper body exercise.

For more information on both water activities, e-mail the club, or for members, sign up for mentoring.

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

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LH Water Volleyball

BY HOLLIS BISCHOFF

We just completed our “Some Spike it Hot” Tournament, and are continuing our regular team, multi-level team, ladies’, skills n’ drills, and open drop in nights - lots of opportunities to have fun, workout, make new friends and improve skills no matter whether you are a rookie or varsity level. The fun doesn’t

stop there as there are as we head for dry land and our Cinco de Mayo event

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

• • •



Shuffleboard Club

BY JON KLINE

FREE Introduction to Shuffleboard Clinics Scheduled: Mondays-from 10:00 to 11:30 AM on April 7 and 21. Maximum 8 residents per clinic, Reserve your spot by contacting Jon (see below). We are located on Court #10 in the Sports Plaza, adjacent to the rear of the softball field parking lot. The club tournament on March 10 used a new fun scoring system and resulted in an 8-way tie for the medals! Using plus/minus points tiebreakers, we awarded Gold to Helmut Koehne, Silver to Kathleen Wilson and Bronze to Dave Zurich. Our basic strategy clinic on 3/31 gave players some valuable tips on how to improve their scoring and a new appreciation for the complexity of this easy to play sport. Club play continues every Wednesday and Saturday from 1:30 to 3:30 PM, with new player orientation offered at every session. Save the dates: May 10th at 11:30 AM for our annual club picnic at the sports pavilion and May 12th at 2:00 PM or our annual membership meeting at the OC Lodge art room. More socials, tournaments and basic strategy clinics are



March Tourney Medalists: Helmut, Kathleen and Dave.

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

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

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

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LH Lawn Sports Club

BY HAL SILLIMAN

The Lawn Activities Friends of Lincoln Hills held its first official meeting March 4 on the way to becoming an official club in the Sun City Lincoln Hills Association. More than 30 people gathered at the official lawn games area at the Del Webb Sports Complex.

The club now has 60-plus members, said acting President Steve Olcott. There is no membership fee. The club aims to promote lawn sports and enjoyment of the multi-use lawn area behind the bocce ball courts at the sports complex.

Attendees enjoyed croquet, corn hole, badminton and even some Frisbee tossing. The following Tuesday a number of new players joined the regular Tuesday morning croquet game. All association members and guests are welcome to play. The game starts at 9 a.m.

The next official organizing meeting of Lawn Activities Friends will be 10:30 a.m.



Paul Mac Garvey, right, gives croquet tips to new club members. Photo by Hal Silliman

Tuesday, April 8, and the third meeting is set for 10:30 a.m., Tuesday, April 29. The club is looking forward to becoming official sometime in May.

On the agenda for upcoming meetings will be rules review for croquet and corn hole and discussion of a staging a croquet tournament in the summer. Any interested Lincoln Hills resident is welcome to attend.

To contact the club, email SCLHLawnFriends@gmail.com

• • •

(more Club News cont' on page 39)

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Cribbage

BY MEL SWITZER

Cribbage Dream (Yellow Submarine)
 In the town where I live now,
 Lives a Rae, who gets the key.
 And she told us of her life,
 In the land of cribbage dreams.
 So she wakes before the sun,
 And she seeks a sea of green.
 Then she drives up to the lodge,
 To seek out her cribbage dreams.
 Chorus: We all live in a green cribbage
 dream. A green cribbage dream, a green
 cribbage dream. We all live in a green cribbage
 dream. A green cribbage dream, a green
 cribbage dream.
 And our friends are not a bore,
 Yet the losers are often sore.
 And the gang begins to play.
 "In your head, insert the music that we
 all know"
 Repeat Chorus
 Full steam ahead, all players, full steam
 ahead. Full steam ahead it is, Mister Jack.
 Move from table to table. Aye-aye, Rae,
 aye-aye. Captain, captain.
 As we live a life of ease (a life of ease),
 Every one of us (every one of us),
 Is all we need (is all we need).
 Sky of blue (sky of blue),
 We seek the green (seek the green),
 In our mellow (in our mellow),
 Cribbage dream (Cribbage dream, aha).
 Repeat Chorus Again
 These hearty souls saw a sea of green last
 month: 2/18 – Joanne Quermann, 2/25 – Pat
 McGough, 3/4 – Susan (Mel, there's no D in)
 Rogers and 3/11 – Eleanor Jones
 Many of our cribbage gang attended the
 Celebration of Life for Howard Beaumont in
 March. He will be missed.
 If there are any other "Hearty Souls" who
 want to show off their cribbage skills, there
 are sometimes a few seats left in the OC Card
 Room on Tuesdays @ 8:30AM. Getting there
 at 8:20 is a good idea!!! Just ask Bruce!

Pedro Group

BY BONNIE KING

Pedro is a slightly challenging bidding
 card game. If you have never played, or it
 has been a long time since you played, we are
 happy to teach you the basics or refresh your
 memory. We meet from 9:00 AM to Noon in
 the Card Room (OC) on the first and third
 Fridays. For more information, please call
 Denise or Bonnie King at 916-303-3525. We
 look forward to seeing you soon.
 Contact: Denise Jones – 916-543-3317.

SUN SENIOR NEWS CLASSIFIEDS

SERVICES

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 Kristi 916-223-4796.

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**WANTED: BUYING RECORDS JAZZ,
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**COLLECTOR WILL PAY CASH FOR
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 I will pay cash for military and vintage
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 photos, model trains, unbuilt plastic models,
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ANNOUNCEMENTS

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

**GRIEF SHARE, A FAITH BASED GRIEF
 SUPPORT GROUP.** New sessions begin April
 22, 9:30 am at Granite Springs Church, Lincoln,
 CA. Call Cherie for information 916-250-8526.

MISSING CAT: Finn - male, black with white
 chest, belly, and paws. Chipped 813-440-7973.

LET'S PLAY DUNGEONS AND DRAGONS
 or other roleplaying games. I've been playing
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 and want to get back to it? Did you never get
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 this is a new way of meeting folks and having
 fun that you'd like to try? Let's talk. I've
 got the games, old and new, and am ready to
 start D&D, Traveller Science Fiction, TOON!
 comedy and more. Call or email DAVE 916-
 295-1912 cataract_2000@yahoo.com

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

**FREE ADS — INCLUDE:

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

BUSINESS ADS:

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

Classified Ad Submissions — WHEN: By the 12th of the month. Please email the information below to: SunSeniorCA@gmail.com.


- Subject Line** should be SCLH Classified and your Phone Number (Example: SCLH Classified 916-123-4567)
1. Contact name and phone number.
 2. Which category to place your classified ad in: (Service, For Sale, Wanted, Announcement)
 3. Classified ad text - including the phone number you want readers to call.

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

Business Ads include anything of a commercial nature or service, including pet sitting, real estate, rentals, timeshare/condos, any service etc.

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

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






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



George Brown

RECENT SALES IN LINCOLN HILLS

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

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