

SUN SENIOR NEWS

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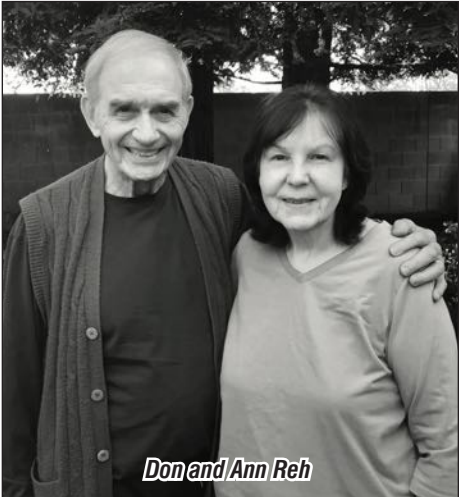
Don and Ann Reh — Living the Adventurous Life

BY JENNIFER MARTIN

When Don and Ann married in Alaska in 1965, they both wanted to be adventurers, to see the world and learn as much as they could about people and cultures.

For Ann, this was already a way of life. Her father was an Air Force officer whose assignments had taken them to three foreign countries and several U.S. states. Ann, who has one brother, was born in Mississippi. When the family moved to Bermuda, she was enrolled in a British school where she acquired her love of words and nearly drowned during a hurricane.

After a few months in Kansas and three years in New York, the family went to England where Ann became a lifelong Anglophile. The next two years in Libya challenged their ability to adapt to a very different culture during a time of political upheaval. The situation in Tripoli became so dangerous that her family moved onto Wheelus AFB, where machine gun nests, barbed wire, and guard dogs kept



Don and Ann Reh

them safe from attack.

Returning to the U.S., Ann graduated from high school in San Rafael, California, in 1961 and attended college in Texas before moving with her family to Alaska. There, on a blind date, she met Don. “I didn’t like him

at all,” says Ann. Turns out someone had told Don that Ann liked assertive men, so he acted that way, thinking he’d endear himself to her, but it backfired. However, when he revealed his true charming self, she warmed up to him. They married in Anchorage eight months later.

Don, the son of a naval officer, grew up in Virginia and Oregon. He graduated from high school in Portland and received an appointment to the USMA at West Point. He chose Alaska as his first assignment after graduation in 1964 because he loved to ski, and he had plenty of opportunities during biathlon training and arctic rescues. He joined an airborne company and then became aide-de-camp to the Commanding General of U.S. forces in Alaska.

A week before Don and Ann’s wedding, Don was on a rescue mission to find two missing hunters who had gotten lost in a blizzard. He was
(cont’ on page 23)

SCR Foundation 2025

Caring For The Caregiver

BY ELIZABETH JARRETT — SCR Foundation Board Member

When we talk about being a Caregiver, what does that mean? A Caregiver can be defined as someone who provides necessary care and assistance to another person who needs help with daily living tasks. Those needs may be present because of a disability, illness or age. We have informal volunteer Caregivers who can be family members, friends, even neighbors or members of a faith-community. The second category of Caregivers are professionally trained, vetted, and get paid to provide the services needed.

As of March 2025, it is estimated there are 76.4 million Baby Boomers. The oldest in this generation was born in 1946 and are now 79 years; the youngest born in 1964 are turning 61 this year. In 2019, pre-Covid, there were 23 million people living from the Greatest Generation which spans birth years from 1925-1945. SCR currently has approximately 4,900 residents; 3,577 or 73% of our neighbors are between 70-90 years of age. The approximate remaining number of residents is a combination that are younger than Boomers and some that are older than 90 years. Regardless of specific statistics, as multiple generations age simultaneously, the need for Caregivers and additional supportive resources in our communities will continue to grow.

Even with the most advanced health

opportunities, fitness and medical options, the supportive need for Caregivers to provide help for seniors will increase. As a SCR resident recently shared, “I love and care about my family member; I want to provide help and support, but I am overwhelmed and not sure how I can continue to care for them and myself.” The challenges of daily Caregiving can be exhausting, isolating, and exacerbate known health issues and lead to additional stress related health conditions.

The following is an overview Announcement of the Pilot Program between SCR Foundation and Del Oro Caregiver Resource Center on behalf of residents:

Del Oro Caregiver Resource Center is a private, non-profit program, chosen by the CA Department of Aging to provide comprehensive Caregiving resources in 13 CA counties, including Placer.

Del Oro receives some Federal, State and Local funding support. The SCR Foundation has committed a total annual contribution of \$40,000 to Del Oro in 2025 specifically to assist providing services for SCR residents. The SCR Foundation Pilot Program will now fund up to \$2,300 per each qualified SCR Caregiver, for one year, beginning from the date of their first Service.

There could be a question as to why SCR Foundation is providing funding for Del Oro. The most direct answer is – we know there are many residents who have caregiving needs. We also know there can be large fluctuations in non-profit funding. SCR Foundation wants
(cont’ on page 29)

Drama Club

BY LENORA DAVIS

If you saw one of our April 29-30 performances, we truly hope you enjoyed that and went home with a smile on your face. How fun to see your friends and neighbors putting on a show for you that will live on in our minds as well.



Signals cast: Tina Kinghorn, Brian Sutton, Bonnie Osborne and Tom Roth.



Directors: Lenora Davis, Susan Glover and Pam Wingo.

But wait...there’s more! Many of you asked to know when our next performance will be, since we so quickly sold out all three of the April showings. Well, it just so happens that we already have the dates of the next
(cont’ on page 7)



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Neighborhood Watch/Citizen Patrol

BY LINDA VINCENT & RON MASCIOVECCHIO - Program Coordinators

Living in an active adult community such as Sun City Roseville – questions to ask yourself - do you feel a sense of involvement in your community, comradery with neighbors and friends, and safe from crime?

There are several ways to get involved in our community and make it the best that it can be! It is all about getting involved by volunteering your time and talents to our active community.

Join Citizens Patrol — Citizens Patrol is out during the day and every night watching out for the “bad guys”, open garage doors, burnt out streetlights, flashing lights on houses – possible wellness check needed and keeping an eye for things “out of place”.

Residents see our “Citizens Patrol” sign and know we are watching over them. It is also a warning to the “bad guys” to stay away.

We invite you to join “Citizens Patrol. We patrol 365 days a year, 2 vehicles each night and 2 persons per vehicle – and we are getting new vehicles this year! We patrol from 7:30 PM to 10:00 PM acting like “Good Neighbors in a Vehicle”. One hour of training

is provided with a manual to take home. We have a recruitment program for anyone joining our valued community service. Fill out your application today and find out about our recruitment program just for you!

Sometimes we forget to close our garage doors. We encourage everyone to keep their garage doors closed. The uninvited guest may have 4 legs but worse, yet they may have 2 legs.

This is a great way to give back to the community. All new applicants are asked to make a monthly commitment, if available. This carries some advantages, such as its on your calendar so you don't forget. And we will always give you a reminder call a few days before your shift. We also need “On Call” people to fill in when needed. Come to the office for an application or download one from the resident web site.

Neighborhood Watch is still looking for may residents to get involved – how about you??? Give us a call – 916-774-3817.

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

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

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Ambassador Committee

BY DAWN HASKIN

On March 29, the Ambassador Committee hosted our second New Resident Orientation (NRO) for 2025 with residents who moved into our community during December 2024 and February 2025. Over forty residents attended along with most of the Board of Directors.

We enjoyed hearing from Ralph Faust (SCR BOD), Redell Moore (Information Technology), Ryan O'Connell (Community Standards), Mary Dial (Solo Group), Pam Wingo (Pickleball Group) and Dawn Haskin (SCR Foundation).

Many people make the decision to move after the first of the year. In our community, at least a dozen homes went on the market in late February. This means there are plenty of open houses to look at many different models of homes. Realtors have been very busy on the weekends here in Sun City.

The Ambassador Committee hosts a breakfast meeting each year for some of the realtors in our community. This year the event took place in the solarium on April 9. Over thirty-five realtors responded



Newest members of the Ambassadors—Tracy Carr, Lyn Amerine, Sharon Kambestad and Judy Myers.

to attend this year's meeting. The realtors heard from Geoff Brown as well as personnel from the Community Standards office.

Have you driven your golf cart to our newest shopping center? With access from Mt. Rose Way, residents can now enjoy Safeway and McDonalds. Soon there will be a Vietnamese Restaurant and Nail Salon. Rumor mill says there will also be a pizza eatery there as well. You can drive your golf cart into the drive-through of McDonalds! It's great to have resources so close to our community.

The next NRO will be held on Saturday, June 28 and will be for new residents who moved into the community during March, April or May of this year. Emails and phone calls will be made to residents who meet those criteria.



Redell Moore



Attendees enjoy hearing from speakers at the NRO.

Charter Club Committee

BY FRANK TOM, *Chairperson*

The month of May is when the eleven SCRCA Committees engage and recruit Association members to volunteer by applying and serving on a committee to enhance our premier Homeowner Association. As such, we hope you attended the "All Volunteer Mix N' Mingle" event that was held on Wednesday, April 30, in the Timber Creek Ballroom from 2:00 - 4:00 pm. This year's theme was Mardi Gras. If you visited our booth, you would have enjoyed some delicious home baked treats, while learning about how our committee supports the 24 Charter Clubs and 26 Resident Groups. If you want to learn first-hand how we support the 50 Clubs and Groups, we invite you to attend our monthly Charter Club Committee meeting. Our next meeting is Thursday, May 1st, at 10:00 am in the Cedar Room. If you miss that meeting, our next meeting is June 5th, same time and location.

A major project the Charter Club Committee has been addressing with a Sub-Committee of the Board (Club and Group Review Committee – CGRC) for the past two months is to simplify the Association's Charter Club/Resident Group Guidelines, and Club Bylaws. The goal is to allow greater autonomy for each club/group to operate in a manner that addresses their needs, within legal and financial parameters that does not expose our Association to legal and/or financial liability.

The CGRC administered an open-ended survey to all Clubs and Groups in February.

The purpose of the survey was to identify their concerns, interests and recommendations. The CGRC received

15 of 24 (63%) responses from Clubs, and 7 of 26 (27%) responses from Groups. Based on their feedback, their responses fell into three categories:

- (1) Concerns and suggested changes to Club and Group Guidelines.
- (2) Concerns and suggested changes to Club Bylaws.
- (3) Request for support from Administration and the Charter Club Committee.

The Charter Club Committee reviewed the feedback from Clubs/Groups, and translated their concerns, interests, and recommendations by simplifying the Club/Group Guidelines, and Club Bylaws to afford greater autonomy for Clubs and Groups. The proposed recommendations from the Charter Club Committee were given to the CGRC to review in April. An update will be shared in next month's article.



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Drama Club

(cont' from page 1)

show: August 10 and 11. These will be in the Ballroom. We have yet to decide which sketches we will perform, but will soon be making those decisions, making cast selections and beginning preliminary rehearsals.

In the meantime, after all of our hard work and rewarding time together rehearsing, staging and acting, we will be having some social events and unwinding. Now is a great time for anyone interested in joining us, or just seeing if this is something you may be interested in, to contact us and get acquainted. You could be part of the next show, acting or providing a supporting function. It is great fun.

Look for photos in next month's Courier.

As always, interested residents can contact Susan Glover (530-388-6367) or Lenora Davis (707-350-1357) for more information.

...

Harmonicoots

BY LINDA B. AUG

May is a great time to dust off your harmonica and start playing again! At one time in your life did you play the harmonica and then set it aside, perhaps now sitting high on a shelf? Is that you? Or did your uncle give you a harmonica as a kid and you threw it in a drawer and never thought about it again? Is that you? Or were you a Bob Dylan fan and imagined yourself playing blues but thought



Dennis and Bill

you never could. Is that you?

Well, the time is now! According to Wikipedia, the word "may" means "to indicate that something will possibly happen in the future, but not sure." If you are thinking "I MAY like the harmonica" or "I MAY go in the attic and find that little box," or "I MAY start with 'Blowin' in the Wind,'" then the Sun City Harmonicoots want to meet YOU!

You are cordially invited on Thursdays from 1:00 to 3:00 at Sierra Pines to see how the Harmonicoots roll. You will hear us warming up and closing our sessions in a special way. "When the Saints Go Marching In" begins and ends all our practice sessions and performances.

MAYbe you have heard the Coots' put a SPIN on this historical tune!

Learning new songs can bring lots of laughter. Some easy songs can be surprisingly difficult while some difficult songs can be surprisingly easy. We are frequently surprised at this; however, we are not surprised at how much



Harmonicoots entertain at the Art Show.

FUN we have playing the harmonica.

The Harmonicoots had a robust March and April with 5 performances in two months! The Coots will be gearing up for our next seasons. Come and visit us to hear the laughter and joy! You MAY just stay a while or MAYbe you will join the Sun City Harmonicoots!

Harps Up!

...

Sun City Singers

BY JACKIE PROETT

It's May, the month of special "M's". First on the list is Mom and Mother's Day, then we end the month with Memorial Day. How fitting, she gave us life and the fallen heroes gave us a better life. May is also the month to sell the rest of the tickets for our concert, ON WITH THE SHOW. The date is Monday, June



Our favorite "M" Director, Paul Melkonian.

2, 7:00pm in the Timbers Ballroom. Tickets are \$20. Ticket sales at drsusanjames@gmail.com or karenohara2@gmail.com. Let's fill the house to the Max!

MASTERSHIP means now we elect new Officers. If there are no other nominations from the floor, Nominees are, Co-Presidents, Elizabeth Gustafson and Paula Scarpelli, Vice President, Susan James, Treasurer, Kathleen Snook and Secretary, Debbie Zan. (Thanks, Debbie, who is a brand new member!)

MEALTIME, yea! Every member is invited to the Spring Fling Potluck dinner on Wednesday May 7, 5:00Pm. At Sierra Pines. Hope you have signed up and specified your pot. That pot is also your ticket. MARVELOUS MARLA heads up our Hospitality Committee and she always plans fun surprises. You'll be sorry if you MISSED it.

For the Singers, other favorite "M's" are MUSIC, MAGIC and MEMORIES which are contained in every concert. Our own MASTER Director, Paul MELKONIAN, MAKES MELODY MELLOW while MUNCHING our M and M's.


...

Music and Laughter

BY JANE BOHN

Am hoping you'll recognize some of your friends among the following list of talented neighbors who performed at our last Music and Laughter gathering. On piano Jan Given, on Violin Joe Given, singer/guitarist Ken Roberts, jokester Jack McGurk, a cappella singer Peggy Wells, comics Ed Lick, Jan Montero and Dennis Hellman, and lastly duet singers Frank and Jane Bohn. Needless to say, the hour passed quickly, and the audience left with their Spirits high.

(cont' on page 9)




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Music and Laughter

(cont' from page 7)

Per usual we end the show with prize winners and a rowdy audience participation of God Bless America. Our jubilant prize winners included: Kathy Cardoso, Nancy Spurlock, Steve Herrera, Maria Hajgato, and Pam Moll.

Here comes a huge thank you to all our entertainers, our fan base, and our behind-the-scenes helpers including Dennis Hellman, Dwight Rose, Maria Hajgato, and Mike Rueb. We couldn't pull this off every month without you!

Bring your \$1 entry donation and come join us for a hour of fun Wednesday evening May 14, at 7pm in our Sierra Pines Lodge located on the corner of Del Webb Blvd., and Whistlestop Way. Door open at 6:30 so come early for a good seat.

• • •

Dance Club

BY VIKKI CLARK

Jim and Jeanie Keener — The Keener's journey in dance education began in the early 1980's, when Jim was in the military and sent to Texas. During that time, the Keeners went to local bars where country line dancing was being held. They learned some of the dances and brought them back Alisal Ranch in Solvang



to perform. As their reputation grew, Jeanie and Jim were invited to entertain producers at McDonald Ranch, where they continued to build their network and refine their craft. Jeanie's passion for dance and teaching was supported by Jim, who would DJ at many of the events and partner with Jeanie for the couples' classes.

In addition to their work in Lompoc, CA, the Keeners taught County Couples and Line Dances at Vandenberg Air Force Base, where Jim was stationed. Their influence spread throughout the region, as they taught from Lompoc to Santa Maria, often traveling two to three nights a week with their dance team.

When the Keeners moved to Sun City, they entered a community where dance was a cherished activity, but instruction was limited. At that time, there were only two dance instructors in the community, Lura Tamm and Bill Swayne. After attending just one of Lura's classes, Lura quickly recognized Jeanie's natural talent and ability to connect with others. The Activity Director agreed to allow Jeanie to teach one of Lura's classes. Her class was well received, and Jeanie began teaching her own classes.

Jim was also involved in the local dance scene by teaching beginner dance classes and providing the sound for shows, working with Jeanie in creating a dynamic and engaging dance atmosphere. Their partnership brought dance to life in Sun City, creating a welcoming environment where people of all skill levels could enjoy the art of dance.

• • •

Square Dance

BY KRIS KNUTSON

Square dance makes me feel 15 again with Kilaga's wooden floors reminding me of the high school gym and classmates learning to square dance.

Locals and strangers, now square dance partners, sashaying and spinning to Tom's clear cheerful voice commands. Charlotte is nervous at first, smiles like only Charlotte can after she nails her first call. Frank the oldest in the group, dances like his last name is Astaire. The music's rhythm brings joy, weaving a patchwork of energy, smiles and friendship. Each missed call sparked more laughter than embarrassment. By the end of the dancing no one wanted to stop. One more song Tom!

For more information about Lincoln Hills Squares Dance club visit our website www.sclhsquares.weebly.com. Our club dances Monday afternoon 1:00 – 3:00pm Mainstream and Plus levels. Tuesdays 3:00-5:00pm Advanced level Square Dancing. Thursdays 1:00- 3:00pm Cued Round Dancing. All dancing is at Kilaga Springs 1167 Sun City Blvd. Lincoln. All square dancers are welcome.

• • •

Creative Arts Club

CAROL KOVACH & BRIDGET WHITAKER

Allow us to introduce you to CAC artist, John Robeck—the man behind those wildly creative window displays.

Potter, set designer, graphic designer, digital animator; these are just a few of John's

many talents. His digital animation journey began in high school where he had access to a very early version of an Apple computer. This sparked his lifelong interest in creating digitally animated films and set him on a path to study to be a film maker. He describes himself as a digital painter.

Filling in for a friend at Pacific Data Images (PDI) landed a full-time job working on major computer animated films. PDI eventually became part of Dreamworks®, where John would hone his craft for seventeen years before moving to Chico to be close to family and branching out on his own.

In 2006, being self-employed allowed him the opportunity to work intensively on a four-person team making a documentary on social activism and in a two-and-a-half-year period, he worked on producing three films!

In 2018–19, John took pottery classes at Sierra College to expand his skills in both hand-building and wheel-throwing techniques. He helped build a studio in his friend's garage to work on pottery and develop their sculpting skills. He describes his style as flowing/abstract, working on whatever strikes his fancy, but with an eye to precise, meticulous pieces.

Rejoining CAC in 2025, John is responsible for the engaging window displays featuring his imaginative approach to set decoration—often with animated elements! He never fails to awe us with his ability to create what his mind dreams up.

John lives with his mother, Kathy Rott, who is active in Needle Arts and enjoys living near his younger brother, Tim, and his two teenage children.

• • •

(more Club News cont' on page 11)

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Think about the impact that your gift could have on local schools, healthcare facilities, cultural programs, and environmental initiatives. Without your support, these important causes may not receive the funding they need to thrive.

Don't let the opportunity to make a difference slip away. Your community needs your support now more than ever. Contact the Placer Community Foundation today to start building your charitable legacy.

Call (530) 885-4920 or visit PlacerCF.org to learn more.

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**20
Years**

SCR Needle Arts Club

BY PEGGY VOAKES

May 2 is our Annual Fashion Show, and I know I will be seeing many of you there!

You know how sometimes you look at one of our upcoming programs and think, “not something I’m really interested in”? Well, rethink not attending that meeting! I’m sure we didn’t expect a comedy show from our April presenter, Shannon Ertel from the Feathered Nest in Loomis, but that is what we got! Also, some fun home decor ideas, of course. Shannon also had wonderful door prizes for us! She was not only funny, but so endearing that I just want to go up to her shop and spend more time with her!

Past President CJ Kidd presented our slate of officers for 2025-2026. They are: President, Peggy Voakes; Vice-President, Linda Nelson; Secretary, Dianne Faulkner; and, Treasurer, Nancy Dunne. A heartfelt thank you to CJ and her nominating committee for their important work in keeping our club running smoothly and to our volunteers who have agreed to serve on the Board. Our June meeting will open the floor to any other nominations. We will vote for next year’s officers at the June meeting, as well as our budget.

June is also a Show & Tell meeting, one of my favorites. Please do participate, we love to see the work that you have been doing. I encourage those of you who have taken classes to bring what you have made – doesn’t even need to be finished! Also, the Back Table Challenge continues.

Thank you to Lani Cortez for stepping in to the Special Interest Group Liaison position!

Our next General Meeting is Wednesday, June 4, 1:30 pm, in the Ballroom. We are dark in July and I look forward to seeing you all in August!

• • •

Fine Arts Club

BY NANCY VAVUL

May is a month of gratitude and excitement for the Fine Arts Club. We extend our heartfelt thanks to all our supporters from the wider community and the Sun City community, as well as our cherished cub members, for joining us at our recent events. Your presence and encouragement inspire us



Mark your calendars for our general meeting on May 8, where we will vote for our new president and vice president. This meeting will also feature a captivating presentation by Renee Hawkyard, who will share some fascinating watercolor techniques that are sure to inspire us all.

This May, we have a wonderful lineup of classes for our members. Join Donna on Monday afternoons for acrylic painting, catch Renee’s watercolor classes on May 6 and 20, participate in Ed’s oil painting sessions on Thursday mornings, and don’t miss Sherry’s engaging alcohol ink workshop on May 22. As always, details for all of these classes can be found by the art room sign up sheets and remember that the room is available for members’ open studio when there are no classes or meetings scheduled.

Looking ahead, Maria Winkler will return in June with her popular drawing class, “Drawing from the Right Side of the Brain,” offering more inspiration for our creative journeys. Mark your calendar too for our installation brunch on June 12, which promises to be a memorable event. Thanks, you all for being a vital part of our artistic community.

• • •

Roseville Stamp Club

BY TIM MILES

We have our meetings at the Sun City Roseville Lodge (7050 Del Webb Blvd) on Tues at 6:30 pm and we’re usually finished well before 9pm. May meetings are on May 13 and May 27 with June set for June 10 and 24 and July for July 8 and July 22. We have door prizes, special presentations, “mystery” boxes (loaded w/philatelic goodies) and anything else you might need, mostly at huge discounts to the going price. We also have a complete set of catalogs at each meeting.

We have a new Club Secretary in Lee Coen (leejcoen@gmail.com), who is stepping in for Bob Bartlett. Look for notification of anything on your email and make sure that Lee has the address. We want to thank Bob for the great service he rendered to the Club and he, of course, is still a member. Lee’s number is 916-390-1965.

As we always mention, anybody who has that “old” album stashed up on the top closet shelf can bring it to any meeting and we’ll be glad to let him know the current value at no charge. Non-members are more than welcome to attend a meeting.

From time to time, Al Capparelli (916-771-8288) has “open garage” meetings, whereby (with an appointment) you can fill in any gaps in your collections, pick up anything needed in the philatelic hobby and generally close up any gaps in your collection. We’re talking stamps, pages, albums, protectors, and anything else the hobby uses. You will receive an email as to date and time.

We want to thank Susie Smelser for putting on her “Stamp Bingo” game again. Everybody enjoys it. It is a form of Bingo using postage stamps and your knowledge of them.

• • •

Solo Friends

BY NIKKI COMBS

A University of Michigan study revealed that 90% of seniors have at least one close friend. That leaves 10% without a good buddy. Men were more likely than women to be without any close friends. Those without close friends had lower mental and physical health and suffered from feelings of isolation.

Friends bring support, encouragement, and motivation. Friends motivate friends to make healthy choices such as exercise or diet. They encourage appointments for symptoms or issues. And they support stopping unhealthy behaviors.

Friends bring better overall health including brain health. Just having a conversation improves cognitive function. Friends that play games, discuss books, or attend events together reap even more benefits.

But making friends can be challenging. Moving to a new area or losing a partner often means starting over. That next chapter in life can also come with having to find new friends. Lucky for Sun City residents, Solo Friends is primed to help form those new friendships.

Solo Friends has monthly General meetings on most first Mondays. Meetings start at 6:00 pm in the Timbers ballroom and are open to all. Each meeting features a speaker on a variety of subjects.

Also, once a month, Solo Friends sponsors



a catered dinner at Sierra Pines. Members gather for good conversations, food, and entertainment. This is an excellent opportunity to meet new people in a friendly atmosphere.

In addition, Solo Friends play games, read books, take walks, visit each other, and enjoy friendships and community. The group is designed to create good buddies and reduce isolation; activities that promote good health and enjoyment.

If you are single and could use a good friend, Solo Friends has a spot for you.

• • •

Jewish Fellowship Circle

BY LOIS ARLEN AND KAREN LEVINE

A special thank you with appreciation to Faye and Barry Klein for conducting Shabbat (Sabbath) services and to Ruth Elkins and Ray Seamans for hosting the Oneg (sweet table) in March.

A special thank you to Sun City’s “Harmonicoots” for entertaining us with their fine music at our Jewish Fellowship Circle Wine and Cheese Tasting in March. The camaraderie, wine, food and music were enjoyed by all.

Our next Book Club will be on May 12 at 7:00pm at the home of Nancy Schubach. The book, based on a true story of a forgotten hero, is “Beneath a Scarlet Sky” by Mark Sullivan.

We look forward to our annual BBQ on May 18 at Sierra Pines. We will serve hamburgers, chicken, veggie burgers with lots of delicious sides, and we will also have games.

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

In May we celebrate two Jewish holidays: Yom Haatzmaut and Yom Hazikaron. Yom Haatzmaut was established with the founding of the State of Israel in 1948 and enacted into law in 1963. It is also known as Israel Independence Day. It is marked by a variety of official and unofficial ceremonies and observances. Yom Hazikaron is the national Remembrance Day observed in Israel for all Israeli military who lost their lives in the struggle that led to the establishment of the State of Israel and those who have been killed subsequently while on active duty in Israel’s armed forces. Memorial candles are lit in homes, army camps, schools and synagogues, and flags are lowered to half-staff.

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(more Club News cont’ on page 13)



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Fibromyalgia: The Invisible Illness

entire body, and to make things complicated, it affects every body a little differently.

"I would spend my days in bed. I couldn't even anticipate where the pain would be each day. It was an aching sensation that moves under my skin, a sensation I wish on no one. I knew my family needed me, and it was devastating to not be fully present day after day because I didn't feel well," Kelly shares.

So how is it that we have a 90% success rate in treating Fibromyalgia? We incorporate ATP Resonance BioTherapy™. It's a cutting edge technology that targets specific tissues in the body. It then reprograms them for optimal performance, thereby amplifying the effects of acupuncture.

It's in combining the time-tested science of acupuncture

and modern medical solutions like ATP Resonance BioTherapy™ and O3 Regenerative Therapy that we are giving much needed relief to those suffering with Fibromyalgia and other complicated, chronic conditions.

Benefits of Treatment:

- Reduce Fibro fog and improve memory, concentration, and focus
- Improve sleep and increase energy
- Reduce pain and stiffness
- Alleviate anxiety and depression
- Improve gut health

You wake up some days and can't get out of bed.

Most evenings, the pain is so intense you can't even make dinner for your family.

The exhaustion takes over and covers you like a heavy blanket.

And of course, when the depression hits, you can't clean your house or play with your grandkids.

You wonder if you're any good to anyone when you're like this.

This was everyday life for Kelly of Roseville.

This is life with Fibromyalgia.

At Lincoln Acupuncture, we understand how debilitating Fibromyalgia can be - you're in pain all the time, you don't have the energy to do the things you love with the people you love.

Fibromyalgia affects the

By improving these areas, we offer our patients their best chance at living a pain free life!

"Every specialist I met with couldn't offer me a real solution. I had never felt so defeated, but now, I can be the one who hosts the bridge parties. I'm thriving, not just surviving!"

At Lincoln Acupuncture Clinic, an initial consultation is the first step to creating a personalized treatment program for each individual. Call **916-884-0398** to start your healing process.



Meditation Group

BY ED CERVANTES

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

Come learn a simple method of meditation that uses soothing mantras and music to ease the stress and emotional situations of daily life. With mantra meditation, our mind and heart are gradually freed from all kinds of worry, hankering and deep-seated fears. Likewise, through this meditation everyone can experience an inner peace, increasing insights and happiness.

The program is donation based, and the meditations will be practiced seated in chairs. Bring a friend and come make new ones.

Here are the dates and locations for our upcoming meetings.

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

Wednesday, May 28th 1:30pm - 2:30pm in the Ponderosa Room at Sierra Pines

We look forward to meeting you. Ed Cervantes and The Heart of Gold Meditation Group

mantramedclub@gmail.com

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Socrates Café

BY STEVEN GUSTAFSON

Our Socrates Cafe discussion last month focused on the morality of lying. Is it sometimes permissible to lie? Should you lie if doing so would save many lives?

Our volunteer discussion facilitator started with an intriguing (and true) story. After D Day in WW II, a Frenchman who

had collaborated with the Nazis was captured. He had information about Nazi war plans that would save many lives. He knew that the French, but not the British, would execute him. So, he said he would tell what he knew only if afterwards he was handed over to the British. His interrogator was the famous British philosopher Stewart Hampshire, who could have said, "I can guarantee that you will be in British custody after you reveal the Nazi war plans", but this would be a lie, and on moral grounds Hampshire opposed lying under any circumstances. So, the collaborator did not reveal the plans (and was executed by the French), and many lives were lost that could have been saved with a lie.

Hampshire was a "consequentialist" — the moral philosophy that lying is wrong regardless of the consequences. An alternative philosophy is "utilitarianism"—lying is morally proper in some circumstances, such as when it ensures "the greatest good for the greatest number". We discussed some problems with utilitarianism: if a lie will cause the death of ten children instead of one hundred convicts, is it morally correct because the greatest number will be saved? What constitutes a lie was also discussed. How about harmless "white lies"? Can Bill Clinton's "I did not have sex with that woman" and Richard Nixon's "I am not a crook" be considered truthful? Note: a key reason that we often have over two dozen Sun City residents at our Socrates Cafe discussions is that we do not discuss politics!

We meet on the first Monday of every month at 10:00 in the Timbers lodge. You are welcome to join us.

...

Healthcare Professionals Group

BY LINDA GORDON

For our meeting on May 7, we will have a presentation by Erica Caldwell, the Outreach Specialist for InnovAge. This organization helps frail seniors age in their own homes. As the largest provider of the Program of All-inclusive Care for the Elderly (PACE) provides a proactive healthcare model that includes personal home care, medical transport, adult day program and so much more, utilizing Medicare and Medi-cal benefits with no, out of pocket cost.

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

Spruce Room in Sierra Pines. The speaker will start at 11:30 and lunch and social time will be at 12:00. Cost is \$10 for lunch. Our next meeting will be Wednesday May 7.

Nurses from our group hold a Blood Pressure Clinic for Residents on the second Wednesday of the month from 9:30-11:00am in the Fitness Center. This is open to all residents to have their Blood Pressure checked and to discuss any issues they may have. Our next clinic will be May 14.

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

...

Conservative Action Group

BY SHERRI SCOTT

Action is in our name. However, before action can be taken a base of knowledge in "Who, What, Where, and How" is needed in achieving our conservative philosophy in the political system. Since the election is over and to keep what we know up to date, we are focusing our attention on current events. Our monthly meetings in recent months have had speakers who discussed their roles in their respective positions and the challenges they face. They have included:



Gwen, Shirley, Laurie, Linda, and Brian.

- Joe Patterson, CA Assemblyman 5th District
- Ryan Haynes, Dry Creek School District Board
- Kevin Kiley, US Representative 3rd District
- Ryan Ronco, Placer County Clerk-Recorder-Registrar of Voters
- Andrew Tagg, Placer County Board of Education
- Krista Bernasconi, Mayor of Roseville
- Andy Fecko, General Manager Placer County Water Agency
- Laurie Wallace, 1st Vice Chair Republican Party Placer County

(cont' on page 15)

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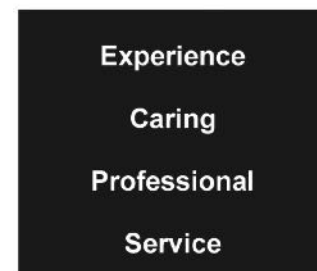
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Conservative Action Group

(cont' from page 13)

Laurie was our latest speaker on April 7. The Placer County Republican Party is also known as the Placer County Republican Central Committee (PCRCC). It is an elected and appointed body. Composed of 35 members that are elected by registered Republicans at the presidential primary election every four years along with their appointed alternates. The primary responsibility of the Placer GOP (PCRCC) is endorsing candidates for elections. Endorsing school board candidates within the county is a primary focus. Among the various boards, about 50 candidates run every other year. The Placer GOP conducts major efforts all year round in the county to fund raise in support of the candidates.

PCRCC and CAG are committed to keeping conservative values in Placer County, making it a desirable place for people to live, raise children, and work.



Courier Days, Gwen and Dee.

Our next meeting is on May 5 starting at 6:30 pm at Sierra Pines. We will notify all members via email as soon as we have a confirmed speaker for the meeting.

...

Veterans and Patriots Club

BY SUZETTE AUSTIN

At our April meeting, Carmela Kube, a SCR resident, spoke and shared pictures of her experiences in the US Army during the Vietnam war. In the 60's she joined the Medical Field Service School in the Physical Therapy section. She was part of an elite group of women who learned how to be an officer, soldier, and physical therapist at a time few women were in the Armed Services. She was later assigned to Letterman Hospital in San Francisco.

Our next meeting will be May 7 and our



Carmela Kube and Amy Cho

speaker will be Jaime Lim, a Naval Vietnam Veteran '66 - '70. Jaime is the son of a WWII Combat Veteran and joined the Naval Reserve out of High School. In 1967 he was activated with the Task Force 77 onboard the USS Coral Sea. He did 3 tours in Vietnam.

Club meetings are the first Wednesday of each month in the Timber Creek Ballroom at 10 am. We encourage all members to attend and invite all residents of the community as well as guests to enjoy the presentation, coffee, and doughnuts; and don't forget the great free raffle prizes from our sponsors. We also encourage you to patronize our sponsors: Roseville Auto Spa, Raley's (Pleasant Grove & Woodcreek), Waffle Barn (on Pleasant Grove) and Al's Restaurant and Pizzeria. Juli Traylor, president of Sacramento Blue Star Moms, attended our April meeting and donated several coupons for their Texas Roadhouse dinner fundraiser.

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

...

Computer Club

BY BARBARA EICHTEN

Photo: Will meet on the third Friday, May 16 at 10:00 in the Club Room. Come to the meeting and see how the Photo SIG (photo club) does things. Only Photo SIG members may submit photos for the monthly contest. Submission of a maximum of 3 photos, sent to PhotoSIG916@gmail.com is due by Monday, May 12, 2025. The photos are juried at the regular, monthly meeting. May's theme is "Flower or Flowers" There is no time frame for all photos. Contact Dennis Studer for additional information.

Genealogy: There will be no meeting will be no meeting in May.

There will be no General Computer Club meeting in May. See you in September.

OPEN sessions will be on Friday May 2, 9, 16, and 23 from 1:00-3:00 in the Club Room. These sessions are to assist individual residences with their iPhone, iPad or a computer. For further information call/text Barbara Eichten (901-626-9821) or email barbara.eichten@gmail.com.

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

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SCR Democrats

BY MARISA BERNETTI

Democrats of Sun City Roseville have again partnered with the Auburn Democrat Club to spearheaded voter registration at Sierra College throughout the 2024-25 school year. Since August 2024, more than 150 young voters have been registered. The two clubs are at the College on Tuesdays and Wednesdays (10:00am-1:00pm) when school is in session. Surveys concerning current political and/or social issues are used to encourage students in a dialogue about current events. This is in



an open and non-threatening environment. The goals are to educate and also to register them to vote. This being a non-election year, registration is at a standstill, but students are still very interested in participating in the surveys.

The Dems Group meets monthly on the 4th Wednesday, at Sierra Pines, with interesting speakers. Even months (e.g., February = 2, April = 4, etc.) are Evenings at 6:00pm (a social with refreshments) and 6:30pm meetings. Odd months are mornings (e.g., January = 1, March = 3) at 9:00am and 9:30am meetings. More information available at <https://www.facebook.com/DemocratsOfSunCityRoseville>.

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Rods & Relics

BY ELNA RAGAN

April saw a large number of Car Show events being held between the events in Roseville and Wheatland. Our members enjoyed the fellowship and talking with other classic car owners!

On Tuesday, April 18 our monthly "lunch get-together" was held at the Waffle Farm with 18 Club members and guests in attendance.

Later in the day, our 5th Car Show Chair Meeting was held. Many new changes are being made to ensure a highly successful 19th Annual Downtown Lincoln Car Show on Saturday, June 7 from 9:00 a.m. to 3:00 p.m. There will be about 500 beautiful classic vehicles on display, a Pancake Breakfast provided by Boy Scout Troop #160, 50 food and product Vendors, a DJ and live music, a large Raffle Booth with fantastic items, and a BBQ lunch in Beermann's Plaza! So mark June 7 on your calendar to come to Lincoln's shady tree-lined downtown streets to enjoy the beautiful classic vehicles... a bit early Americana!

On Wednesday, April 23, our General Business Meeting was held at Strike's Unlimited in Roseville. Nominations for new Board members were held.

A few of our members will have their vehicles on display at Butch Gardner's Clubhouse at the Cal Expo Autorama being held May 2 - 4.

On May 13, our monthly "lunch get-together" will become a "dinner get-together" at Old Town Pizza at 5:00 p.m. Plan to join us!

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

Contacts: Tom Indrieri, President 916-645-2035; Mike Faga, Membership Director 916-812-2749

Web Site: www.rodsnrelics.net

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(more Club News cont' on page 18)

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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	Jul. 20, Aug. 11, Sep. 13-2025	\$1,599	\$2,051	\$2,699	
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, Nov. 15-2025	\$999	\$1,139	\$1,349	
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	\$2,009	\$2,269	\$2,799	
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	\$2,697	\$3,647	\$4,497	
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	\$2,249	\$2,289	\$2,749	
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.					
22 Day ULTIMATE ALASKA SOLSTICE From SFO! PRINCESS					
Ruby Princess ~ 3080 Passengers	June 6, 2025	\$2,093	\$2,534	\$4,649	
Sail round trip from San Francisco, California to Ketchikan, Alaska; Wrangell, Alaska; Haines, Alaska; Sitka, Alaska; Glacier Bay; Hubbard Glacier; Valdez, Alaska; Anchorage, Alaska; College Fjord, Alaska; Icy Strait Point, Alaska; Juneau, Alaska; Endicott Arm & Dawes Glacier; Vancouver, Canada; Victoria, Canada to San Francisco, California.					

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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.	June - November 2025 INCLUDES ROUND TRIP SACRAMENTO AIRFARE!	\$5,298
15 Day GRAND NEW ENGLAND Cruise American Patriot- 130 Passengers Round trip Sacramento airfare, Airport Meet-And-Greet with transfers, WIFI, an included excursion at each port. Pre-night at 4 Seasons Boston, 15-day Cruise in a balcony cabin. Sail round trip from Boston, MA; Portland, ME; Bath, ME; Boothbay Harbor, ME; Bar Harbor, ME; Bangor, ME; Rockland/Camden, ME; Portsmouth, NH; Gloucester, MA; Provincetown, MA; Newport, RI; Martha's Vineyard, MA; Nantucket, MA; Plymouth, MA; to Boston, MA.	June - September 2025 INCLUDES ROUND TRIP SACRAMENTO AIRFARE!	\$13,730
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.	June - 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!	June - 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!	June - December 2025 INCLUDES ROUND TRIP SAN FRANCISCO AIRFARE!!	\$5,488
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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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May 2025



Travel Club

BY PAM SCHEEL-HEMINGWAY

As of this writing, Travel Club members are exploring America's "Music Cities". Tapping our toes just thinking about it!

Trips now available for booking for Travel Club members include two holiday trips in 2025 and a small group trip concentrated on Portugal's wine country (including a stay at a winery!) Here's the list as of the date of this writing, with more 2026 trips expected to be available by the time you read this.

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

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

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

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

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

Branson Holiday Spectacular: November 4-10 (Collette)

European Christmas Markets: December 4-11 (Collette)

Northern Spain and Portugal: March 17-April 1, 2026 (small group trip--Collette)

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

The Travel Club meets the 4th Monday of most months at 3:00 pm in the Ballroom. Join us for our next scheduled meeting on Monday June 23. Also, hope you bought your tickets to "Come Fly Away" with the Travel Club at our Spring Social on Monday May 26. This will be at Sierra Pines, with a short general meeting prior to the Social.

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

• • •



Travel Club members enjoying a southern feast in the "Music Cities".

Garden Club

BY SUZETTE AUSTIN

Lani Houck spoke on at our April meeting

about the ideal trees to plant in Sun City. Lani has taught environmental horticulture and agriculture classes at Sierra College and has worked with the Roseville Urban Forrest Foundation (RUFF) as a certified arborist and program manager.

Our May meeting will be "Show and Tell" of your Sun City gardens. Club members will share a part of their landscaping that they are particularly pleased with. They'll show us photos which we will be project on the screen and then our members will describe their pride and joy.

Our June meeting will be a Root Beer and Ice Cream Float Party, along with our "Garden Potluck" exchange, and additionally we would like you to share ideas for speakers and topics for meetings next year. Start gathering your extra "stuff," such as pots and planters, seeds and seedlings, tools and books to bring with you to our June meeting.

The Garden Club does not meet in July and August.

Our Garden Club meetings are on the first Tuesday evening of each month at Sierra Pines. Doors open at 6:15 pm, our meetings begin at 6:45 pm and end by 8:15 pm. We have a table at our meetings to "Share the Bounty."



Lani Houck

If you have a garden and have extra fruit, herbs or vegetables you are invited to share. Please join us and enjoy cookies prior to the meeting. Guests are always welcome.

• • •

Birder

BY JANET MORELLI

SCR Birders only have two more birding field trips remaining on this birding season's field trip schedule (ending in mid-May), having completed 17 scheduled trips since the beginning of the season (mid-September) and only 1 canceled because of rain. Birders participating in the field trips increased their bird identifying skills through sharing sightings and tips on identification with other birders on the trips. More experienced birders are pleased help beginner birders gain birding skills.

Gibson Ranch County Park in Elverta was the scheduled trip for the end of March where the Birders identified 37 species, including the Orange-crowned Warbler, Junco, Great-tailed Grackle, Spotted Towhee, and Ladder-backed Woodpecker. Early in April, the Birders visited the Bobelaine Audubon Sanctuary along the Feather River near Yuba City. There they sighted 38 species, including the Cooper's Hawk, Brewer's Blackbird, Tree Swallow, Wood Duck, and American Coot.

Two birding field trips are scheduled for the month of May, the end of our 2024-2025 birding season. On May 1, the Birders will be going to the Linda Creek Trail in Roseville and on May 15, they will be birding at Natomas Regional Park in Northern Sacramento.

During the break in scheduled field trips, mid-May to mid-September, Birders

(cont' on page 19)



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Birder

(cont' from page 18)

will continue to watch birds despite the challenges of leafy coverage on deciduous trees and seasonal hot weather. Most will continue to increase their knowledge of birds by studying field guides, reading "bird books", and checking out the many on-line websites concentrating on bird information. In August, a group of SCR Birders will create a new field tripschedule for the months of September 2025 to May 2026 and will post it to the Birders' Group website at <https://scres.org/Sys/Login>

SCR Hiking Group

BY SILVANA HUGHES

At our March meeting we welcomed Pilar, who joined our group because she enjoys being active outdoors and making new friends. If you have similar interests, we invite you to give us a try and come hike with us. Our next meeting will be on June 9.

On recent excursions we observed an abundance of wildflowers, mushrooms, and a few butterflies. The colorful Western Redbud was abloom! It has silvery-gray branches that contrast beautifully with masses of brilliant magenta flowers attractive to hummingbirds, bees, butterflies, and other pollinators. On our hike to Coyote Pond in Lincoln we observed a variety of birds, including egrets, Canada geese, and mallards. There was also evidence of beaver activity, where they had felled trees to build dams.

Fun fact: Some people use "beak" when referring to songbirds with pointed bills, and "bill" when discussing birds like ducks with more fleshy beaks. Both words are used in



reference to a wide variety of species. The words are synonymous, though ornithologists tend to use the word "bill" more often than "beak." (www.allaboutbirds.org)

Below is the May schedule, subject to change depending on weather and trail conditions. We meet at 7:45 am in the parking lot near the tennis courts for carpooling. See the detailed schedule online (www.scres.org/Hiking-Group).

May 1: Yuba Rim Trail, #5 (moderate), 5.25 miles, elevation gain 950 feet, \$10 carpool ride.

May 8: Brown's Ravine toward NY Creek, #5 (moderate), 6.5 miles, elevation gain 850 feet, \$8 carpool ride.

May 15: Jenkinson Lake, #4 (easy to moderate), 8 miles, elevation gain 500 feet, \$10 carpool ride.

May 22: Burton Creek, #5 (moderate), 6.5 miles, elevation gain 600 feet, \$12 carpool ride

May 29: Sagehen Creek, #3.5 (easy), 5.5 miles, elevation gain 275 feet, \$12 carpool ride.

Cycling Group

BY SUZETTE AUSTIN

"Gear Up for Spring" was the theme of our March Cycling Group social. It was a delicious catered dinner in Sierra Pines.

We have several groups of riders who ride on a regular basis, weather permitting. Our Rovers ride in Sun City and on nearby bike paths and usually go about ten miles. Leaving from the tennis courts daily, weather permitting, Bill Swayne leads a group for a 15 - 20-mile ride at a faster pace, going outside Sun City on bike lanes and paths, along with

(cont' on page 21)

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Executive Director Comments

BY GEOFFREY BROWNE

Spring Updates! Once again, the annual Sun City Roseville Board election process is underway! The Election Committee mailed their ‘Call for Candidate’ letter on January 15 (with a reminder eblast sent out April 9) and prospective applicants had until April 17 to get their applications submitted to the Administration Department. There are two openings for the Board, and our Elections guidelines call for two potential candidates for each open position by the filing deadline. The Board President activated the Nominating Committee (appointed at the February Board Meeting) on April 2 in an effort to secure additional candidates. At the time of this article, it was unknown how many members had submitted a nomination form.

Staff presented the 2024-25 draft budget to the Finance Committee in the week of March 24th with three days of departmental budget presentations. On the fourth day, staff presented proposed Reserve equipment and project expenditures as well as proposed New Capital and Capital Improvement projects. Staff worked very hard to find savings in the Association’s expenses, shaving significant costs that would have added to the assessment increase. The Board hosted a final open meeting on April 8 to listen to additional input from the community prior to approving the final budget at the regular Board Meeting on April 2.

Work on various projects around the

community continues. Work continues on the Landscape Master Improvement Plan (MIP) with several projects completed at the Lodge facility and several more ongoing throughout the community on streetscapes and medians. Work will slow through the summer as maintenance needs increase. Special Projects will resume in the fall and winter in line with our goal of revitalizing our common area landscape and enhancing the community appearance throughout the neighborhood. Approval for some work on the MIP for Golf was included in the 2025-26 Budget and that work may commence sometime after July 1 when funding permits.

We are still developing plans for the voter-approved Fitness Center Expansion and Renovation Phase B project. In mid- April the General Contractor was working on a review of the Design Documents with some of our partners on this project. We expect to see completed design documents in May. In addition to the Phase B project, the Strategic Planning Committee is working on our updated 10-year Plan, evaluating a number of potential projects for the next steps in our quest for continuous improvement. There are solar projects, shade projects and other capital projects in development, along with a potential new Golf Cart Barn. Attend an upcoming Strategic Planning Committee meeting to learn what the community’s exciting future building projects might look like!

SCR Library News

BY ELIZABETH GUSTAFSON

The SCR Library is now open 10:00–4:00 every day. In April we celebrated National Library Week with a panel discussion by resident authors and refreshments in the library one morning. Perhaps you noticed the balloons by the entrance. In addition to books, we have puzzles that you can take home and also audiobooks. This library is a great resource for our residents. If you have not yet used our library, stop in and get acquainted.

In this article we list the newly purchased books for the month. In the SCR Courier article, there is a brief description of the new books. A copy of that article is also available at the library monitor’s station.

If you have books you would like to donate to the library, please see our donations policy on the library web site or pick up a copy in the library before bringing in the books.

New Books – Fiction: Berry, Steve - The Medici Return; Bohjalian, Chris - The Jackal’s Mistress; Brown, Sandra - Blood Moon; Coben, Harlan - Nobody’s Fool; Donoghue, Emma - The Paris Express; Hall, Clare Leslie - Broken Country; Henry, Patti Callahan - The Story She Left Behind; Hunter, Georgia - One Good Thing; McConaghy, Charlotte - Wild Dark Shore; Patterson, James - The Writer; Steel, Danielle - Far From Home.

Non-Fiction: Carter, Graydon - When

the Going Was Good (Memoir).

Large Print: Brown, Sandra - Blood Moon; Coben, Harlan - Nobody’s Fool; Hall, Claire Leslie - Broken Country; McAllister, Gillian - Famous Last Words; Patterson, James - The Writer; Robb, J.D. - Bonded in Death; Sanford, John - Lethal Prey; Steel, Danielle - Far From Home; Yang, Jane - The Lotus Shoes.



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Cycling Group

(cont' from page 19)

a stop for coffee. We also have a number of members who no longer ride but join us for camaraderie and social events. On Friday mornings many of our Sun City Cyclists ride or drive to Panera Bread, off Pleasant Grove at 9:30 for coffee, camaraderie and a bagel. You're welcome to join us. Please contact any of our Club Officers for information on rides or text 916-759-9495 to subscribe to up-to-date texts about rides.

We're planning a ride to Lincoln and and Ice Cream Ride to Taylors as well as Koffee Klatches in members's back yards. Watch your email for eBlasts on activities, check our webpage on the SCR website (Community/Clubs & Groups), and visit our photo gallery for fun pictures of our rides and group activities. Sun City residents are invited to attend our meetings or socials if you plan to take up or to resume cycling.

...

He & She Golf

BY JAHNA HOLMES

Here we are in the merry month of May, and that means it's time for the He and She club to make merry with our annual Spring Invitational Golf Tournament and luncheon! It will be held on Monday, May 12 at Timbercreek. The whole club will play a nine-hole shotgun that will be followed by a buffet luncheon on the patio at 11:30. There will be drawings, games and prizes to follow. Separate signups for both the golf and the luncheon are currently in both Pro Shops with prices and menu. Plan to come and make May even merrier!

We had good weather play days on both Mondays in March. On the 10th, the Nine-hole group 1st place team scoring a 64 was Jim & Lindy Ruan, Jahna Holmes & blind draw. Second place scoring 67 was Don & Marilyn Meyers and Gus Ballis & Shelley Weisman. Third place team scoring 69 was Dirk & Kathy Fowler and Paul & Denise Roberts. CTP was

Johanna Anderson at 49' 4". Gus Ballis was 22' 1", with Don Meyers second place at 40' 8".

The Timbercreek group on the 10th had a first-place score of 126 by Julie & Steve Harris and Nicki & David Wampold. Second place scoring 129 in a playoff was Darrell Herold, Marsha Suter, Joan Munn and Cal Conley. Third place, also with 129 was Sherrill Pahl, Mary Jorgensen, Mark Gregson and Blind Draw. CTP was Sherril Pahl at 13' 1", while Terry Dooley was at 4' 13" for the men. On March 24th, the highlight was Jerri Lehnhoff's hole-in-one on #16 with her new 7 wood! Congratulations, Jerri!

Bring a resident non-club member golfer to play in the Invitational! Our current membership as of this writing is 167.

...

Sierra Pines Ladies Golfs

BY JOAN ROSE

Welcome to May and all the activities going on with the SPLG club. Putts for Points will be on May 7, Fun and Games on May 14,

and we will have an opportunity to play the Oaks at 8:00 am on May 28. The 9 hole/18 hole mixer is on May 21. As a result, the Council Meeting and General Meeting will both be on May 14.

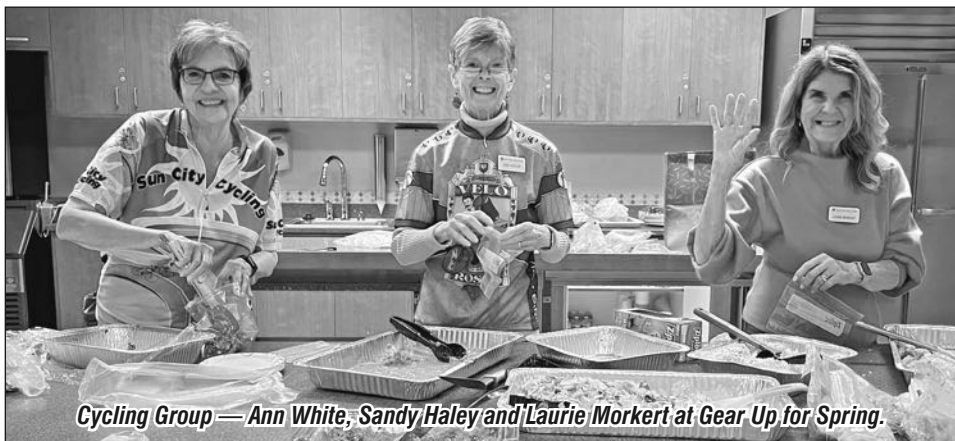
At our March General Meeting, Steve Kimbrough, our grounds manager, gave us a very informative update. Aerification was completed at the end of March and early April, and some bushes have been removed at the #2 tee box. The course is in good condition despite the all the rains and the crew has been working to reduce summer heat issues. Thank you Steve, and all your crew, for your diligent work.

April saw some great activities for our club. The Spring Luncheon hosted by Andrea Norcia and her committee was

(cont' on page 24)



Steve Kimbrough



Cycling Group — Ann White, Sandy Haley and Laurie Morkert at Gear Up for Spring.



Andrea Norcia and her committee.



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Don and Ann Reh

(cont' from page 1)

motivated to locate them fast because he didn't want to miss the wedding. After 3 days, his team found both men frozen to death. Don remembered that outcome when he was hiking in the Himalayas and found himself in a sudden blizzard. His hiking companion wanted to rest, but Don knew it would prove fatal, so he kept prodding him to continue until they reached safety and saved both their lives.

A year after they married, Don went to Vietnam where he commanded an infantry company during the heavy fighting of the Tet Offensive. On his return, he was accepted into the Foreign Area Specialist program. After a few months in Georgia, he and Ann moved to Washington, D.C., where their son Bruce was born. They both spent a year studying Hindi at the Defense Language Institute and afterwards moved to California, where Don completed his Master's degree at Claremont Graduate School. Then, they were off to India.

The fifteen months they were in India had a great impact on them. "You carry India with you for the rest of your life," says Ann. She and Don lived in New Delhi but traveled throughout the country, learning all they could about Indian culture. One month, they rented a car and drove all over South India. On other trips, they visited Bombay, Calcutta, Kashmir, and hill stations in the foothills of the Himalayas. "You come face to face with life there. Abject poverty. Debased living conditions contrasting with ostentatious displays of wealth and fascinating traditions," Ann says. "Life and customs are so diverse that it's impossible to generalize about them."



Ann and Don Reh on their wedding day in 1965.

Their next assignment sent them to Washington, D.C. again, where their daughter Erica was born, and then they got orders for Saudi Arabia. That meant flying back to Monterey, CA for a few months of language school and then on, first to Dhahran and then to Riyadh. The two years they spent on the Arabian Desert were challenging ones, especially because of

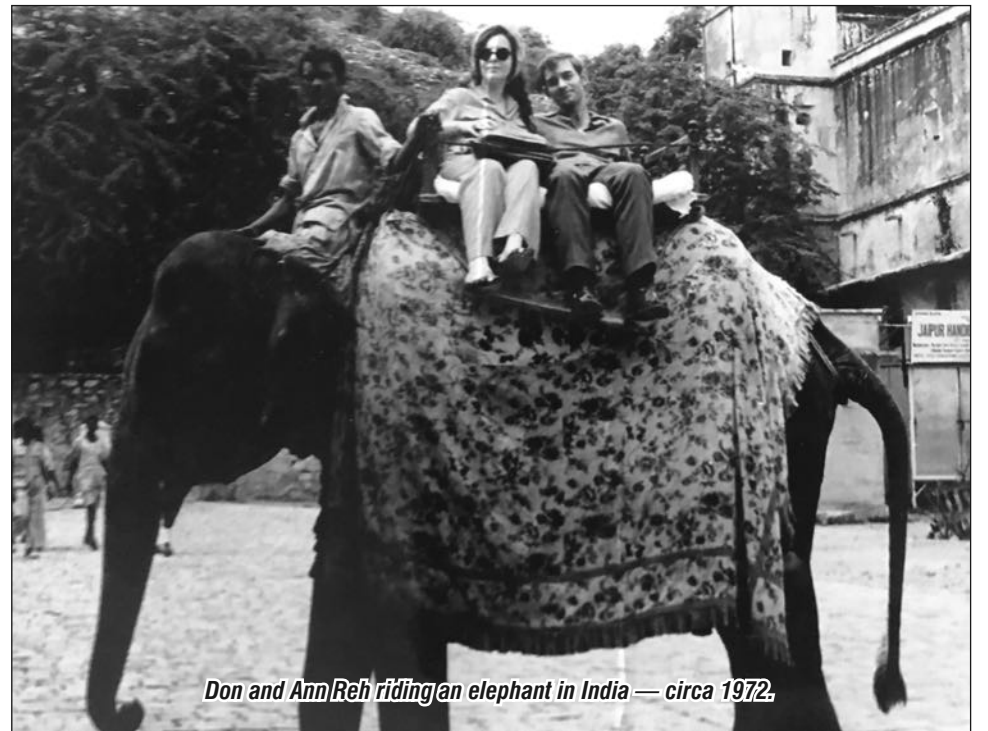


Don and Ann Reh's son and daughter, Bruce and Erica — circa 1988.

the restrictions on women's lives in that culture.

Realizing the Army offered few career opportunities for him, Don resigned and took a job with FMC Corporation, and the family moved back to California. Ann did the coursework for her Master's degree in English Literature during the next two years, and they moved to Greece where Don became Marketing Manager for FMC's defense equipment sales in the Middle East, South Asia, and North Africa.

Ann took care of the children in Athens and wrote her Master's thesis while Don traveled. On their return to the U.S., she began looking for teaching jobs, but in 1985 their son Bruce, aged 16, was diagnosed with bone



Don and Ann Reh riding an elephant in India — circa 1972.

cancer. The next five years, his treatment and survival occupied all the family's lives. After his death in 1991, they struggled to find a way to plan a future.

Ann became an Instructor at De Anza College in Cupertino and taught English and Creative Writing there for 20 years. Don embraced his concern for the environment and became Vice President of a small company helping auto dismantlers and metal recyclers throughout the state comply with California's complex system of storm water regulations.

Ann and Don moved to Auburn, California, in 1999 and enjoyed living in the Foothills for 22 years. Don traveled with his company while Ann taught at Sierra College and continued to teach at De Anza, commuting to the Bay Area once a week and then teaching online courses.

After she retired, Ann began writing full-time as Ann Saxton Reh. Her mysteries *Meditating Murder* and *See the Desert and Die* are based on her experiences. Currently, she's working on a third novel set in India and on a collection of memoir sketches. She is a feature writer for the Sun City Courier and earlier this year was included in a panel of authors from SCR.

Don is a dedicated genealogist who is writing a biography of his grandmother. He's spent years tracking down original documents

from Austria and other parts of Europe to piece together her early life before she immigrated to the U.S. in 1914. Research was difficult during COVID because so many offices were shut down, but Don eventually learned his grandmother was born in Vienna in a foundling home and raised in Bohemia.

Their daughter Erica, who co-founded a skincare company, continues to work in e-commerce and is planning to move back to California from Nevada to be closer to her parents who are overjoyed at the prospect.

The Rehs moved to Sun City Roseville in 2023 after a friend who lived here encouraged them to join the community. Ann became a member of the Needle Arts club and Don joined the Garden Club. "We just love it here," says Don. "I've never lived in a place where everyone is so friendly. It's a very comfortable place to live."

The Rehs will celebrate their 60th anniversary in August. As they look back on the years, they are certain their lives have fulfilled the promise of adventures they set out together to find.

**Want to share your story or know a neighbor who should be recognized?
Just let us know!
E-mail us at: SunSeniorNews@gmail.com**

SUN CITY REAL ESTATE UPDATE

Sun City Roseville is still seeing very few homes on the market, 15 at the time of this writing with 13 in pending sale. Sun City Roseville is benefiting from the traffic issues on highway 65, which is causing some buyers to shy away from Sun City Lincoln Hills which has seen an uptick in their number of homes for sale. The market in Sun City Roseville is solid, not over heated and not cold. Properly priced homes sell quickly and homes that have been updated to today's standard sell quickly and at a premium. Homes in need of work are sitting longer and selling much lower.



WRITTEN BY
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Sierra Pines Ladies Golfs

(cont' from page 21)

fun, delicious and entertaining. Donna Self, a resident comedian, did a very funny skit to get things started, followed by a homemade salad assortment. We also got a brief update on our new golf teaching pro.

The first new member social was held on April 21. Hosted by Cathy Hurst, in her home, most of our new members were attended to hear about our club activities and socialize with morning coffee and sweet treats.

The chip ins for March are as follows: March 5, Linda Osgood on holes one and seven. Wow, two in one day. Congratulations Linda. March 12, Sharon Young on hole six, and March 26, Carolyn Pittman on hole four. Great job ladies. Keep up the good work.

• • •

Timber Creek Men's Golf Club

BY MIKE MURPHY

Greetings from the Timber Creek Men's Golf Club! We hope you are enjoying the beautiful spring weather! Aerification is complete, the courses are healing nicely and will be back in top condition soon. This is the perfect time of the year to enjoy pleasant days golfing with your friends, fellow club members and family. We are currently looking for new members, so if you'd like to join or even explore the possibility of joining, please contact Neil Hamilton, our Membership Director, at 707-



*Our Veteran of the Month
Mr. Harry Temple.*

529-4038 or email him at neilhamilton6049@gmail.com

We recently completed our annual club putting championship, Mr. Chuck Gielow is our 2025 champion. It was a great event and everyone that participated had a wonderful time. Congratulations Chuck! We would like to extend a special thanks to Mike Carrol and his tournament committee for coordinating a terrific event. The next tournament on the schedule will be the annual Medal Play Championship on May 13 and May 20. The last NCGA qualifier of the year is the Senior Four Ball Net which will be held on May 6. The CVS schedule continues with the next outing at Yolo Flyers on April 28



Our 2025 Putting Champion Mr. Chuck Gielow.

followed by our club hosting at Timber Creek on May 19. Congratulations to Greg Gonzales and Jeff Dean, both had their first holes in one. This is an incredibly special event in the life of a golfer, and we wish both Jeff and Greg sincere congratulations. By the way Greg, you still owe me a drink!

Our next general meeting is May 7 at Sierra Pines. Free donuts and coffee will be served by Bill Ledoux at 8:00 and the meeting starts at 8:30. We would like to invite all our members, and anyone interested in joining our club to attend.

See you on the links!

• • •

Golden Niner

BY KEN HANSEN

Golf can be best described as an endless series of tragedies obscured by the occasional miracle.

Please welcome 2 new members: Mark Hyjek and Bob McCleary.

Member Bio: Keith Ivy

Keith Ivy and his lovely wife Joyce have lived in Sun City since '08. In fact, they were our neighbors when we moved here. Keith joined Niners four years ago and really enjoys the mixing of foursomes and playing various formats. Keith and Joyce have 3 kids, 2 in the Sac area and one in New York. Keith worked for Levi's Jeans in marketing/sales for 31 years.

501 Jeans was his big product, and he said, "We covered the asses of the masses" What a great company slogan.

Question of the month: How old was Tiger when he won his first Masters. First to correctly respond wins a great prize. Email kenandpenni@yahoo.com.

Membership is now 162. 105 played in March and 97 won something of the \$1381 won.

Top 5 winners: David Lamon \$36; Rick Robinson \$34; Lloyd Leitz \$33; Ken Mack \$30; and San Holsinger \$30.

Until next month, gentlemen.

• • •

Tennis Club

BY WENDY LEIMBACH

The month of March has been cold and wet. Tennis play has been sporadic depending on the weather. The Tennis members are looking forward to more sunny and dry tennis weather as we head into April.

Last night we held our general meeting along with a tasty ham dinner to commemorate the holidays. Kudos to Linda Gordon and her trusty support staff to provide a memorable evening. The ham and potatoes and bean salad along with fresh fruit and ice cream for dessert was delicious. Linda has been our



events coordinator for a number of years, and we take time to give her a huge thank you for all that she does for this club. Another special thanks to John Desmond, who takes pictures at our events.

On a sweet note, one of our members for 30 years Bob Hall got up to tell us a story of how he met his future wife at the Tennis ham

(cont' on page 25)

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Tennis Club

(cont' from page 24)

dinner meeting about 7 years ago. So, you see, you never know what will happen at one of our meetings so keep on coming.

Our tennis drop-ins and fun leagues are still going on despite the weather. Coed drop-in is on Saturday from 9:00 till 10:30. Men's drop-in is on Monday, Wednesday and Friday starting at 9:00. The men in-house league is on Tuesday and Thursday starting at 9:00.

Call Patrick Maglione at 916-740-2353. The club also sponsors Red Ball / Live Ball/ Triples games periodically at the tennis courts on the weekend or evening. The cost is \$5, and tennis pro Eric Garica will be facilitating it. Come on down and experience a quick paced game and make new friends.

The women's SATA league is currently in second place. If you are interested in SATA contact Nancy Kacey at 408-718-6725.

...

membership of over 200 players, while we have 50 plus players. The average age of all players is in their mid-70's. Sun City has the most senior players, ranging in age from 83 to 88.

We invite you to join us for a little table tennis (also called ping pong) at Sierra Pines on Tuesdays and Thursdays from 2:00 pm – 5:00 pm, and on Saturdays from 9:00 am – 12:00 pm. We offer free paddles and balls for you to use, and we also offer free lessons!

...

Volleyball

BY MARISA BERNETTI

As we are enjoying spring's warmer weather, we are still considering restarting outdoor court volleyball. Over the winter, court volleyball has taken a hiatus due to the wet weather. We are now revisiting its longevity. Is there any interest? Especially with newcomers to Sun City? We need new players! If you'd like to try court volleyball on Fridays 8:30-10:00am, or some other day/time TBD, call Marisa at 916-745-9571.

However, in the cool waters of our spacious indoor pool, water volleyball is electric with enthusiasm, camaraderie, exercise,



Dave Dingman, Pat Beck, Karen Hangsleben, Doug Hull and Marisa Bernetti

laughter, and friendly competition. We meet every Monday, Wednesday, and Friday from 11:00am to 1:00pm. Two of the fastest hours ever are enjoyed regularly in those waters.

The group enjoys quarterly socials mostly at Sierra Pines. In mid-March, in an early celebration of the Easter holidays, the room was decorated with bunnies and eggs on pink and blue table coverings throughout. The group feasted over a delicious make-your-own Taco/ Burrito table catered by Los Cabos Grill and

(cont' on page 27)

SCR Table Tennis Group

BY FRANK TOM

Our Table Tennis Resident Group had a fun time competing against Lincoln in the 9th Annual Interclub Social hosted at Lincoln Hills. They served us delicious pizza, a healthy salad, drinks and cookies. Lincoln had 21 players, and we had 15. Total matches lasted almost two hours. They beat us by a lazar-thin

margin of 73 wins to our 72 wins. As such, they'll hold on to the perpetual trophy for bragging rights. The players' skill level ranges from beginners to advanced. There was plenty of laughter, moans and groans at times, and lots of sweating. We'll host Lincoln Hills at our home turf in September and hopefully claim the perpetual trophy.

Below is a picture of the participants from Lincoln Hills and Sun City. They have a



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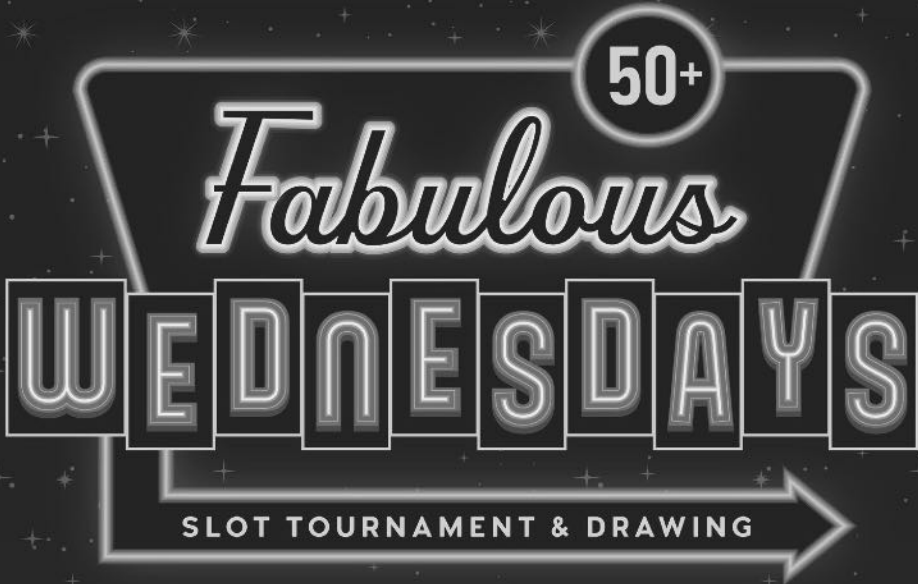
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MAY 2025

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8	9	10	11
15	16	17	18
22	23	24	25
29	30	31	

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Volleyball

(cont' from page 25)

Cantina, Roseville. This table included three kinds of meats, beans, rice, guacamole, salsas, and corn tortillas. All were accompanied by a Caesar salad and a Mixed-greens salad prepared by Marisa Bernetti. Desserts were provided by our bakers-extraordinaire members Pat Beck, Karen Hangsleben and Debra Dingman. There was plenty of everything, so many took some home for the next day's lunch. Two lucky winners of the dice games (L, R, C) came home with some extra quarters. Both were down with no coins but ended victorious! That proves you're never really out until the end. Our next quarterly social will be on Friday, June 20th. Stay tuned!

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

Softball

BY PATRICK MAGLIONE

April 2nd. Softball Opening Day. Our usual festivities and ceremonies were not planned this year, as we decided to simply "play ball". For a couple of weeks prior to our first game, it appeared Mother Nature might not work in our favor. In fact, the afternoon of April 1st, she dumped some showers on us but relented and gave us a beautiful morning to start our season.

After team player announcements, our 9:30 game pitted Your Roofing Contractor (managed by Rich Muentner) against the home team, Ivy Blue Oaks (managed by Frank Tom), in a very close see-saw game. Ultimately, Your Roofing Contractor pulled ahead and won 12-10.

Team players were also announced prior to our second game at 11:30, with Oakmont (managed by Rory Wilkerson) playing home team Eskaton (managed by Lupe Rios). While both teams scored five runs in the first inning, Oakmont went on to beat Eskaton 16-10.

One of our team sponsors, Oakmont of Westpark, whose staff not only attended the game and cheered us on but also were very gracious and generous. How may you ask? By setting up tables, BBQing hot dogs, and serving cookies, Cracker Jacks and goodies for everyone in attendance! Word has it they adopted our only female player, Stephanie Lyons, who plays for their team! Thank you much, Oakmont.

First game on April 7 had IBO visiting Oakmont. While IBO put up quite a fight, Oakmont overpowered IBO to take the

win at 21-9.

The second game matched visiting team Eskaton with YRC, in a battle of hit and run. But in the bottom of the 7th, YRC held on to a 15-13 lead to win the game.

Teamstandings after two games: Oakmont – 2 & 0, YRC – 2 & 0, IBO – 0 & 2, Eskaton – 0 & 2.

Pickleball Club

BY MARILYN PLUTH

Pickleball Thought for The Day: It's a fun and social activity for some, as well as being a professional sport for others, but either way Pickleball isn't just about hitting the ball—it's about balance, and coordination that benefits your game and your daily life.



Join the Sun City Roseville Pickleball Club and COME OUT AND PLAY Monday through Saturday from 8:00 am to Noon. As a club member you can also take part in our fun tournaments, social events, and great parties.

Welcome to our new members: Janelle Avery, Kathy Barlow,

Dianne Discolo, Ian Freer,

Mandy Freer, Brad Guenther, Charlotte Johnson, Marti Mondell, Lee Van Pelt and Ken Weinstock.

If you are a beginner player, consider attending a free clinic offered by Wayne Miller. He explains the basic rules, techniques, scoring and safety. Contact Wayne at Tollman80@yahoo.com to see when the next clinic will be scheduled.

The Pickleball Club Spring Fling on March 22 was a great success! It was enjoyed by our rookie club members and some residents that wanted to learn about this super fun sport. After lessons, challenges, and games, a bagel

brunch with mimosas was enjoyed along with a fun pickleball trivia game and a raffle with prizes. Thanks to all those who volunteered, and those that participated to make it such a great event.

Fun times were had by all who attended our Rookie Play Date on Saturday, April 5! We had six courts that offered games, clinics, general practice, serving techniques and of course, the ball machine!

Bocce

BY DAVID MOORE

The first official tournament of the year, a mixed blind draw was held on April 5 with 14 teams competing under gorgeous sunny and warm conditions. The shade tents which were discussed in our report last month could not be used since heavy winds had blown them down so umbrellas were substituted. However, some of the best minds in Sun City Roseville are working on a longer-term solution to provide shade on the bocce courts.



The tournament was won by the team of Gregg Hutchinson, Janet Patrick and Lynn Jones. Second place was taken by the team of Paul Carnaghe, Susan Moore, Sidnee McKinney and Kenny Smith. Finishing third was the team of Dianna Rischling, Medina Lane and Mary Ovalle.

Three tournaments are scheduled for

Saturdays this month starting with a women's blind draw on May 3 followed by a mixed blind draw on May 17 and concluding with a Women Choose Women tournament on May 31.

As of publication time the Spring Mini League is about at its midpoint with a record 524 players competing in sessions every night of the week as well as on Tuesday and Thursday mornings. The league will wrap up with an awards party on June 11.

The Bocce Ole spring party was a big success with the sellout crowd giving accolades to Don Quixotes of Rocklin, which provided the tasty meal as well as the West Roseville restaurants which contributed the door prizes: Masa Masa, Kitchen 747, MoJoe's and the Great Greek as well as Sun City's own Second Act Studio.

Billiards

BY DAVID ZAN

Let's get to the important information first! The Billiards Club will hold their annual Member Dinner on June 18th starting at 5:30pm at the Sierra Pines. The dinner is free for paid members. The price for guests will be \$15. Signup sheet is posted in the Billiards Room. Make checks out for guests to "SCR Billiards Club" and drop it in lock box in the Billiards Room.



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

(cont' on page 30)



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Observations Looks at LLAs and TGHs...

BY MARTIN GREEN

It's been a while since "Observations" has looked at LLAs (Life's Little Annoyances) and TGHs (Things Guaranteed to Happen, usually bad). This does not mean that they're not still around, as daily robocalls and scam e-mails remind us. During the Covid era (remember Covid?), Beverly and I started ordering our groceries from Safeway rather than risk going to the store. This is something I've continued doing, with the instruction on my order that the delivery person ring the doorbell and wait to help me bring the bags in, as, at my age, if I bend down to pick them up, I might keep going and land on my head. This might seem a simple enough request, but half the time the delivery person doesn't ring the doorbell, or if he (or she) does, by the time I get to the door to open it, that person and the car he (or she) came in are gone. Those delivery people are faster than Olympic sprinters. The same annoyance occurs when I order something delivered from a local restaurant. In this case my simple request is simply to ring the doorbell to let me know whatever I ordered is there, but again, most of the time it seems too much to ask for.

Readers may know that I consider automated phone systems to be one of the worst inventions of our technological times. I recently wanted to get the phone number of a person who was not in the Sun City phone directory. I recalled that you used to be able to get a phone number by dialing 411, so I did so.

The automated voice asked for the name and the first three letters of the last name. I gave this information. In return I got the name of someone else that didn't remotely sound like the name of the person I was calling about. This went on for nine or ten times until I finally gave up. (I called the SCR administrative office, and they provided the phone number.).

It was bad enough when, with automated phone systems, you had to answer a dozen or so questions before being allowed to talk to a real person, but lately the automated system won't even allow you to talk to a real person. Maybe there are no longer real persons left to talk to. The worst offender I've encountered so far is the Comcast (or Infinity) system. I recently called Comcast's customer service and was told that if I wanted to continue getting the channel that aired Sacramento Kings' games, I had to do such-and-such. I was calling about my bill, not about this, but the automated voice kept repeating this while I kept saying, Connect me to an agent. Finally, the voice relented and reluctantly passed me on to possibly the only agent remaining, and of course she had an accent I could hardly understand.

Well, that's enough of LLAs and TGHs for now. I'll get back to them sometime in the future.

21st Annual Voices of Lincoln Poetry Contest — Poets Wanted! Enter Now!

BY ALAN LOWE

The 21st Annual Voices of Lincoln Poetry Contest officially began in April, as part of the celebration of National Poetry Month. The theme of this year's contest is "Believe In The Power Of Words Brought To Life Through Poetry." The five (5) new contest categories include the following: Wishes Do Come True, Open Your Mind To Change, Rise To Life's Challenges, Do A Good Deed, Smile Every Day. Poets may submit a maximum of three poems, no more than one in each of three of the five contest categories.

Poems may be in rhyme, free verse, haiku or other accepted poetry forms and of any length, up to a maximum of 60 lines.

Everyone is encouraged to enter the contest. Poets do not have to live in Lincoln to be eligible. There is no entry fee. Young Poets, 18-years of age or under, are encouraged to submit poems and will compete in a special "Young Poets" category.

The "Rules and Entry Form" can be downloaded from the following blog:

<https://slolowe44.blogspot.com/2025/03/2025-voices-of-lincoln-poetry-contest.html>.

Poems should be written in English. They should be typewritten and not centered. Please use the Arial font 12-point. The title should be listed at the top of the poem and the category should be included at the top right corner of

the poem page. The name of the poet should not be included on the poem. Entry Forms must be received no later than Wednesday, July 16, 2025. Early submissions are appreciated. If you have questions, please contact Alan Lowe, Contest Coordinator, at slolowe@icloud.com.

The Voices of Lincoln Poetry Contest is presented by the Poets Club of Lincoln. Winners will receive a commemorative chapbook of the winning poems.



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Sunshine Services

BY LINDA CILENTI

Save the date! On May 21, we'll host our quarterly speaker event at Sierra Pines from 10:00 am to noon. We're finalizing details for a "Senior Scam Stopper" panel with the CA State Licensing Board, covering topics like technology scams, moving and appliance repair scams, and insurance fraud. Join us for this important event, as seniors are often targeted by unlicensed contractors and scams. Watch for posters and Eblast notifications.

This month, we're excited to highlight our Sunshine Services programs. We enjoyed meeting new neighbors during April Courier Days and want to remind everyone that "We're Here to Help."

Medical Equipment Loan Program: If you have a temporary need for a wheelchair, walker, cane, knee walker, crutches, or ice machine, please call us at 1-916-960-8091 and leave a message. Our volunteers will call you and arrange to meet at the onsite Medical Equipment storage unit. If you're unsure whether we have what you need, please contact us!

Arrow Discounted Tickets: Arrow, operated by the City of Roseville, offers door-to-door transport with accessible buses. Sunshine Services sells tickets for \$10 each, compared to \$25 for a full-price ten-ride ticket through the city. To buy a ten-ride ticket, call Lani at 1-916-886-7008. Ride reservations are made by calling the City of Roseville Transit Office at 1-916-745-7560.

Personal Care Home Items: We have donations of new personal care items like moist towelettes, adult briefs, and underpad protectors. For items or to donate, call Sharon at 1-916-261-1181 for availability and assistance with pickup or delivery.

Cover-ups/Adult Bibs: Thanks to Needle Arts, we now have materials to create cover-ups, also referred to as adult bibs. We are busy sewing and have a limited supply available for purchase at \$10 each. Visit us during Courier Days. "We're Here to Help!"

SCR Foundation 2025

(cont' from page 1)

residents to have access to these needed support services regardless of changes in other funding sources. Chair of the SCR Foundation Board, Doug Smoot has stated "by partnering with Del Oro, we are making sure their services and expertise get to our residents."

Del Oro's website is comprehensive and user friendly. The process is simple to access services. You can use their website or call to walk through the assessment process. If you are interested in Services, it is important for you to identify as a SCR resident. This step is only for accurate SCR Foundation funding. HIPAA is fully in place and neither the SCR Foundation nor SCR will have access to private information.

After an Assessment, a resident will work

with a Case Manager to determine services most needed. There are many resources available through Del Oro. Support groups are offered in various locations for different medical issues such as Dementia, Parkinson's and Alzheimer's. Ongoing educational workshops and training are available both in-person and virtually. Respite care can be provided for the specific purpose of giving the Caregiver an opportunity to have a small break from their responsibilities. There is also access to short-term counseling and legal resources if needed.

If there is a resident need and interest, SCR Foundation can bring educational presentations by Del Oro or other Resource Partners to SCR. A Caregiver support group could also be developed. SC Lincoln Hills Foundation has brought Del Oro resources, to their residents for several years.

For more information, please visit Del Oro Caregiver Resource Center at their website www.deloro.org or call their office at 916-728-9333.

Drop by the SCR Foundation Table on Courier Days. We have printed material about the projects the SCR Foundation is involved in as well as information from our Resource Partners. We also have information slots on the shelves outside of the Administration Office. The SCR Foundation website is: scrfoundation.org or call 916-774-9040

This Article reflects many of the reasons SCR Foundation has given time and effort as a Board to become a more resident-focused, non-profit organization. When we talk about

"resident health and well-being" in our Strategic Plans and our Mission Statement, those are not just words. The SCR Foundation Board will continue to be committed to working on behalf of all our neighbors.

Shade Tree Rebate

Did you know planting shade trees on the south facing side of your house can help you save energy and money all year long?

During the warmer months they can help reduce cooling costs by up to 40%, and during the cooler months when they lose their leaves, they let the sunlight through to help warm your home.

Roseville Electric is here to help you find the right tree and planting location for your house! We offer free shade tree consultations and rebates to our customers no matter the season! Plus, we help you decide the when, where and what to ensure you plant the best tree for your home.

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Billiards

(cont' from page 27)

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

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

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

Winners of the team tournaments in March were:

March 4 - 9 Ball: David Zan & Ken Neal

March 11 - 8 Ball: Barry Markman

March 18 - 8 Ball: David Deninno & Bob Cecil

March 25 - 8 Ball: Ken Lane & Ken Neal

...

Croquet Club

BY JIM WILLSON

On May 25, 2025, the Croquet Club will hold the second of four annual meetings accompanied by a catered dinner at Sierra Pines. The club hosts these meetings and dinners for the members on the fourth Sunday in February, May, August and November and are well attended.

Croquet is a non-contact game, ideally suited for seniors. It does not require a lot of physical exercise but requires a lot of strategy and tenacity. In a way it is a lot like billiards

in that one needs to set up the first shot and the second shot and so forth to be successful. It's a game that requires mental acuity thus a challenging endeavor. For seniors it's an ideal sport as it also requires some physical skills, while important, are not overly challenging.

Last month we mentioned that Billy the Kid and his gang called the Regulators were avid croquet players. An anecdote to that story is several years ago in Fresno, California, an individual purchased a photograph for two dollars in a junk shop of Billy the Kid and his gang playing croquet. Subsequently it was determined the photograph was legitimate and the value of the picture is now worth upwards of five million dollars.

Our morning croquet games consist of two-two person teams commencing at 9:00am lasting approximately 75 minutes and then another group starts around 10:15am. Many times, the games are closely fought with the outcome determined by the last shot.

For more information, check the kiosk in the lobby of the Timbers Lodge containing club applications, or contact Louisa or Patrick Maglione, club officers. Once again, the club offers an outstanding opportunity to meet new friends and participate in a challenging and competitive game.

...

Cornhole

BY STEVEN GUSTAFSON

Cornhole has an interesting history. An early version was patented in 1883 (142 years ago!). It was similar to the modern game, except that the hole was square instead of round, the bags were rectangular instead of square, and

the board dimensions were different. The popularity of Cornhole surged in the early 1980's when the board was lengthened from 3 feet to 4 feet, which makes it easier to slide the bag into the hole.

According to several studies, cornhole has now been played by more Americans than any other sport. One reason is that it's easy to play—most people can toss a one-pound bag 21 feet (the “senior distance” that we use in Sun City). Compare this to traditional horseshoes, in which you throw over two pounds 40 feet. However, in Sun City's “Cornhole and Horseshoes” storage box there are special lightweight horseshoes — you might want to give them a try.

We play cornhole every Tuesday at 3:00 on the Sierra Pines horseshoe lanes. You are welcome to join us.

...

SCR Bridge Club

BY IRENE LYNN

The Bridge Club St. Partick's Day luncheon followed by bridge play was well-attended and enjoyed by all. The Pines was decorated for the occasion. The Bridge Club provided the entrée, rolls, water, and paper products while members contributed an array of side dishes and desserts. First place winners were as follows. For Duplicate bridge, Dick Pankopf and Lynda Hammel came in first for North/South and Dan Blatt and Bill Huber took first for East/West. For Fun & Friendly, Karen Cochran and Maddi Robison took first place for North/South and Virginia Lynam and Irene Lynn were the East/West first place winners. For Social Bridge, Jim Stewart came in first.



Many thanks to Bob and Cynthia Cecil and those who helped to make this event a success.

Next up will be the June annual meeting and luncheon also at the Pines. Attending members will be voting on a new slate of officers for the Bridge Club. Their terms start July 1. The slate of officers will take office beginning July 1. A nominating committee will put together a recommended slate of officers and additional nominations can be made from the floor. The proposed slate of officers will be posted where the regular Bridge games are held in both the Card Room at the Timbers and at the Pines, at least 30 days prior to the meeting on June 2.

Beginning Bridge lessons are being held in the Card Room at the Timbers on Saturdays starting April 19 and continuing for six consecutive weeks. Many thanks to Judith Shively for teaching the lessons. At the end we look forward to increasing the Bridge Club membership.

...

(more Club News cont' on page 31)

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Mah Jongg

BY BECKY MATSON

Well, Ladies, a month has passed since we started with our 2025 cards, how are you doing? It's a challenge, but also a way of making us equal as we learn the new combinations together. And, of course, we're all experts already or maybe not! Let's laugh at our mistakes knowing, eventually, we'll once again be pros!

We play Monday afternoons at 12:30 pm. The Monday group continues to grow, sometimes with 10 tables in play. We also play Friday mornings at 9:00 am. If you're interested in learning to play Mah Jongg, please let

Pat Oberlander know, 916-929-5582. We have many new members, taught by Pat, who are now having fun on both of our MJ play days.

Mah Jongg functions are fragrance free and nametags are encouraged!

Happy Mother's Day and Memorial Day! Memorial Day is celebrated to honor and remember the men and women who died while serving the U.S. Military. It's roots trace back to the Civil War, when communities began to decorate the graves of fallen soldiers.

...

Bunco

BY PAT OBERLANDER

May flowers are here! Take a break from your gardening and come join us at Bunco on the 2nd and 4th Mondays. We start with signing in at 8:30am and the fun and games begin at 9am. Good way to meet neighbors and have lots of fun. We'd love to see you. We're in the card room at Timber's Lodge. You don't have to commit to every time, but once you start,



Bunco winners!



you'll be hooked. Come on down!

Winners for March 10: Yoshi Polgar, Judy Spencer and Becky Matson.

Winners for March 24: Jackie Spencer, Linda Solomon and Theresa (Teri) Lane.

...

Safety First — Scams Happen... Can you identify them?

BY ROSEVILLE POLICE DEPARTMENT

Tackling fraud and scams takes more than posting warnings about suspicious links and online shopping gone wrong. Everyone needs to do their part by identifying and reporting fraud/scams and telling authorities if they fall victim or become aware of one.

The FBI identifies common scams you need to know:

- Charity and disaster fraud — Unfortunately, not all donation campaigns are legitimate. To protect yourself when donating to a charity or disaster relief fund, give via checks or credit cards and research the organization by examining its history through the FTC.

- Elder fraud — If you're a senior, you may be more likely to become a target of fraud due to scammers hoping you'll be a homeowner, have a good credit score, and have retirement/savings money. To protect yourself or a loved one, talk with family before making significant financial decisions, such as getting a substantial amount of gift cards or giving to someone who claims they need to help your relative out of a tight spot.

- Tech support scams — Impersonators can scam you via false tech support services by charging you a fee before they fix the issue, demanding payment immediately, or asking you to share your bank info before they continue. These scammers initiate contact through unsolicited calls or texts, Internet

pop-up windows, or fake tech support websites.

- Skimming — "Skimmers" are devices illegally installed on pay terminals, ATMs, or other points of transaction for cards. When you enter your PIN, they can record your info and use it to create fake accounts, open cards, or make unauthorized and illegal charges. Look for pinhole cameras on ATMs, use tap-to-pay, and carefully inspect terminals before using your card.

- Healthcare fraud — This type of fraud can be committed by medical providers, patients, and others. For example, Providers could double bill or phantom bill their patients, Patients might let another person use their insurance, and Others might impersonate health care professionals by providing a service without a license. To keep yourself and others safe, do your research and be a responsible patient.

To test your knowledge and learn to identify a wider variety of scams, visit www.fbi.gov/how-we-can-help-you/scams-and-safety/common-frauds-and-scams.

Roseville PD takes fraud and scams seriously, and we need you to do your part in keeping yourself AND others safe by reporting to the FBI, FTC, and local law enforcement (that's us!).

FBI: www.ic3.gov

FTC: www.reportfraud.ftc.gov

RPD: www.roseville.ca.us 916-774-5000

SUN SENIOR NEWS CLASSIFIEDS

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QUALITY FENCE BUILDING, repair & painting. Veteran & SC resident. Years of satisfied customers. **Now available with optional smooth (S4S) surfacing of all boards. ** Call Bob Lincoln 916-505-7674.

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GUTTER CLEANING, WINDOW CLEANING, Solar Panel Cleaning, & Christmas Lights... Home Detail Services. Call/Text: 916-500-4314.

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FOR SALE / WANTED ANNOUNCEMENTS

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

COLLECTOR WILL PAY CASH FOR MILITARY ITEMS & COLLECTIBLES. I will pay cash for military and vintage collectibles. Helmets, maps, knives and bayonets, old west items, vintage military photos, model trains, unbuilt plastic models, old documents and more. Contact George 916.768.4694

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

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.

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:

- ◆ 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

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

133 Pony Bob Court



This beautiful Shasta model has been completely updated, with new paint, quartz countertops, new sinks, vanity, water proof wood plank style flooring and beautiful high end stainless steel appliances. The stove and oven have been upgraded to a 6 cu foot convection oven with a built in air fryer and 5 burners, it is also smudge resistant stainless steel, the dishwasher is extremely quiet and efficient. This bright open floor plan is located on a nice sized lot at the end of a quiet cul-de-sac, it is very private and there is a feeling of seclusion. The landscaping has been freshened up and there is a large patio off the kitchen which is perfect for the morning coffee. Why buy a home that is outdated and out of style when you can have one that is modern with beautiful water proof flooring and warm color palette throughout. This home is a bargain at \$589,000 which is tens of thousands of dollars below similarly upgraded Shasta models that sold last summer.

Offered at \$600,000