

SUN SENIOR NEWS

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IN THIS ISSUE

Neighborhood Watch	3
Kiwanis Club of Lincoln Foothills	3
Ballroom, Music, Line Dance	5
Country Couples, Square Dance, Painters.....	6
Creative Glass, Ceramic Arts.....	7
Mixed Media, Paper Arts.....	7
Neighbors InDeed	8
Needle Arts, Woodcarvers.....	9
Photography, Stamp.....	9
Writer's, S.C.H.O.O.L.S., Astronomy	11
Apple User, Democrats, Genealogy, Lavender	13
Portuguese Social, Italian, Shalom Social	14
Singles, Veterans, Republicans	15
Hearing, Low Vision.....	15
Bosom Buddies, Alzheimer's, Multiple Sclerosis....	17
Amateur Radio, RV.....	18
Rods & Relics, Sports Car, Telsa, Travel	18 - 19
Airport Co-op, Bird, Garden	22
Hiker & Walkers, Cyclists	23
Swimmers & Water Walkers, Water Volleyball	25
Pickleball	25
SSNLH Writers, Food Adventures.....	27
Softball, Table Tennis, Tennis	28
Lincsters 9 Hole, Ladies Golf - 18 Hole	29
Letters to the Editors	33
Men's Golf, Shuffleboard, Cribbage	35
Duplicate Bridge, Pedro.....	35
Friendly Visitor, Euchre.....	36
Kilaga Springs Library.....	36
Where the Heck is Roatan?	37
SSN Classifieds	39

And Much More . . .

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Karen Pinomaki — Performer Extraordinaire

BY JENNIFER MARTIN

“Acting is a sport,” said Ralph Richardson, an English actor who dominated the stage for much of the 20th century. “On stage you must be ready to move like a tennis player on his toes. Your concentration must be keen, your reflexes sharp; your body and mind are in top gear, the chase is on. Acting is energy.” Karen Pinomaki, a SCLH resident since 2023, would enthusiastically agree with him.

Born in Hanford, California in 1962, Karen grew up with two older brothers in Burlingame. She attended local schools, graduating from Mills High School in 1980. She then attended California State University Fresno where she obtained a BA in Theater Arts and a BA in Communications in 1985.

Two years later she met Russ Pinomaki whom she married in 1990. They moved to San Ramon where Russ worked as a sales manager for Alliance Manufactured Homes while Karen was an escrow sales representative until their



children, Deanna and Robby, came along. “Both of the children are getting married this year,” says Karen, beaming with excitement.

In 2005, the family moved to Santa Rosa and lived there for 17 years, but multiple

evacuations of threatening fires compelled them to seek an early retirement elsewhere. When they visited friends living in SCLH, they knew they’d found just the place. In 2023, with the children now out on their own, Karen and Russ moved here. A year later, Karen moved her parents to Roseville to manage their health. Sadly, Karen’s father passed away last year and her mother who suffers from dementia remains a priority.

She is an active member of the Lincoln Hill Players, a club with 150 people in its membership. Karen says, “The support of these friends and the outlet to direct and perform is what is getting me through these difficult times.” For his part, Russ helps in the construction of scenery for the Drama Club. Karen was playing Pickleball until her mother’s health needed her attention, and Russ

(cont’ on page 31)

LH Foundation — Summer is Here

BY DENISE BOWDEN

We want to express our appreciation to all who donated to the Lincoln Hills Foundation for Big Day of Giving this year. It is the generosity and support of our donors that allows us to continue supporting a wide variety of programs for our senior community as well as provide the opportunity to expand our reach into new areas.

June brings us seasonal highlights to celebrate. Father’s Day celebrates not just our fathers but also other key male figures in our lives that we would like to acknowledge whether related or not. The Summer Solstice is the longest day of the year as well as the official start of summer and typically the beginning of the hot weather and vacations. Looking for something to do with those young guests? Visit the Twelve Bridges library. The Friends of the Lincoln Library (FOLL) is our highlighted grantee for June and everyone should “check-out” the great programs they have ranging from story times, and family movie nights to large print books and digital downloads available anytime and anywhere. Library cards are quick and easy to get if you don’t have one already.

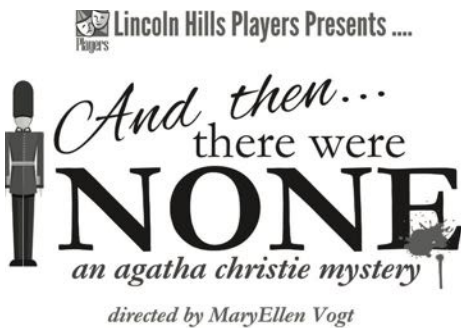
Mark your calendars for Tuesday, June 24th for our next Bingo. Doors open at 12:30 and play starts at 1:00. Twelve cards for \$25,

(cont’ on page 36)

Players — Agatha Christie, Queen of Mystery

BY MARYELLEN VOGT

Agatha Christie’s *And Then There Were None* is one of the most celebrated mystery stories ever written, captivating audiences with its intricate plot and psychological suspense. Originally published as a novel in 1939, Christie later adapted it into a stage play, bringing its chilling premise to life on the theatrical stage in 1945.



The story unfolds on an isolated island where ten strangers, each hiding a dark secret, are lured under different pretenses. Soon, they discover that their mysterious host is nowhere to be found and one by one they begin to disappear. With no escape and mounting paranoia, the guests must uncover the identity of the murderer before it is too late.

And Then There Were None delves into

(cont’ on page 37)

LH Chorus

BY GAY MACKINTOSH

The Lincoln Hills Chorus lit up the Ballroom with “Lights! Camera! Chorus! Songs from the Cinema” May 8-10. Our 82 singers provided the action in three light-hearted performances.

The Chorus thanks our delightful director Paul Melkonian and light-fingered accompanist Nina Malone. Producers Karie Geiger and Doug Brown were “The Wind Beneath [Our] Wings.” What does it take for us to “Get Happy”? A dedicated bunch of volunteers: Costumer Yolanda Molina, production assistants Yolanda Molina and Mari Long, stage assistants Tim Sands and Richard Arness, seating coordinators Kathy Lecas and Rosie Songey, and marketing assistants Judy Green and Rosie Songey. Graphic artist Bonnie Almaguer inspired us to “follow every rainbow.” Moderator Doug Brown with narrators Joanie Adams and Sid Frame delighted singers and audience alike. Our thanks also to staff coordinators Allison Sertic, Cody Meikle, Jim Trondsen, and Braulio Ruiz.

What does it take to make sure the lights and camera showcase all the action? Technical director Jim Moon on audio, Bob Elo on lighting design, Sharon Lefkov on microphones and screen projection, and Ron Peck on video projection, with Pete Beckett on post-production. We “would be nothing

(cont’ on page 35)

Jensen Smith

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The Sun Senior News - Lincoln Hills is a monthly publication, published by ENews Inc.
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 Ad rates are available online at www.SunSeniorNews.com or
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CIRCULATION: The Sun Senior News - Lincoln Hills is mailed free to 7,000 homes in the Sun City - Lincoln Hills community. The delivery is targeted for the first week of each month.

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

Back issues are available to download there as well.

ADVERTISING: Visit www.SunSeniorNews.com or Email: SunSeniorAD@gmail.com for advertising information.

CLASSIFIED ADS - Email: Classified Ads should be emailed by the 12th of each month to: SunSeniorCA@gmail.com. See the Classified page towards the back of this issue for more information.

SUBMISSIONS: The Sun Senior News -

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Neighborhood Watch

BY TERESA TANIN

Whether you take a walk on one of the many trails available to Lincoln Hills' residents or take a short walk around the block, safety is key. Wearing the correct shoes, comfortable clothing and remembering to leash your dog are just the basics. Preparing for a mishap, however, can bring peace of mind for a safe and happy trail wherever you decide to walk. During the annual Community Safety Event, Neighborhood Watch provided safety and security information directly from visiting Lincoln Police and Fire personnel (visit schwatch.org for the event video). Additional information was also provided on how to set your mobile phone for easy Medical ID access referred to as the Mobile Vial of Life (Lifesaving Information for emergencies).

The on-line link to download the instructions is as follows: <https://schwatch.org/pagedownloads/MOBILEVialofLIFEFLYER2025.pdf>.

The next Volunteer Training will be held June 13, 1:30 PM check-in, Fine Arts Room (OC). These sessions are very popular, and seating is limited. To reserve your seat, RSVP to email: executiveassistant@schwatch.org. Include your name, Mail Station number, Village number, and designation, i.e. Mailbox Captain, Coordinator, or if you are interested in being a new volunteer. Training sessions will include how to fill out forms and a



"hands on" training session using the volunteer's own iPad or laptop. Join in on the fun in learning how to navigate the NW website and how to send BCC group emails. All residents are welcome to attend, but rsvp to reserve a seat. For more safety information, plan

to attend the special "Driving Safety Event" to be held June 19, 12:30 PM, Presentation Hall (KS). Local officials will be presenting helpful driving safety tips and answering your questions. A future event is slated for August 23, as the annual "kickoff" to National Night Out (NNO). This event prepares residents for the October NNO event, always the first Tuesday in October. This "kickoff" is not only an information gathering event but moreover a wonderful potluck. Email nnocoordinator@schwatch.org for more information.

Neighborhood Watch events promote the Mission Statement: to strengthen neighborhood ties, to increase personal safety and security awareness, to be the eyes and ears of the Lincoln Police and Fire Departments, and to encourage emergency preparedness. Be safe. Attend Neighborhood Watch events to be more informed. Informed residents are safer residents. Neighborhood Watch thanks its dedicated volunteers, the generous donations from residents, and the continued support of the Lincoln Hills Foundation. Now choose your happy trail and go take that walk!

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Kiwanis Club of Lincoln Foothills

BY LIZ NOEL

Kiwanis Club of Lincoln Foothills held another successful fundraiser in Sun City, Lincoln Hills. Patti Covey, our President, shared with us the proceeds' amount from our first Cinco de Mayo event. All of these proceeds will go to the direct benefit of the children of Lincoln in terms of projects and support that they and their schools need.

Cinco de Mayo was a wild and windy May 5 this year. Our venue was the Sports Pavilion next to the pickle ball and tennis courts. Tablecloths refused to stay fastened, and taco chips took flight!

In spite of Mother Nature, nearly 150 participants shared plenty of laughter and enthusiasm. Margaritas, wine, beer and a Mexican bu et from Tres Hermanos kept us

satiated. We all intermingled with old friends and were able to make new ones.

After dinner, door prizes and a silent auction (a \$2000 Tahoe stay) energized us. The winds died down, and then music picked up.

Patrons danced, thanks to the popular Sun City DJ (and realtor), Steve Evans, whose warmth and talent coaxed even reluctant dancers to participate.

Our third Step Up For Kids luncheon and fashion show will be November 1 at Orchard Ballroom, and our first Holiday House Tour will be December 6. When you join us at an event, you not only warm your own heart but also the hearts of the children who live in our town, Lincoln.

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

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

"I Have My Life Back."

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

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

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

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

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

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

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

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

"Now when I go to bed at night I don't have those shooting pains. I don't have that burning sensation. I can let the sheets touch my feet and it isn't painful,"

Dawn enthusiastically describes life after receiving treatment. "I can wear socks and shoes and I can enjoy working in my garden."

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

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

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

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



PERIPHERAL NEUROPATHY?

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LH Chorus

(cont' from page 1)

without you”!

We'll take the summer off, with rehearsals starting September 2 for our holiday concerts December 12-14. Interested in singing with us? Visit lincolnhillschorus.org for more information and contact membership chair Mari Long at mlong24sjca@sbcglobal.net.

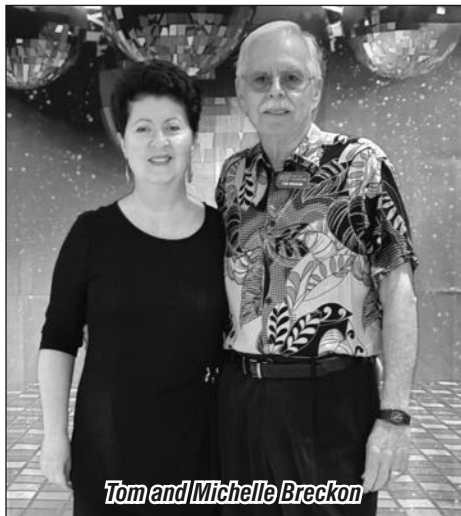


Chorus—Ron Peck, Sharon Lefkov, Jim Moon and Bob Elo in new tech booth.

Ballroom Dance Club

BY ERNIE MICHELI

On April 26, 2025, the Ballroom Dance Club hosted its Spring Potluck, themed after the disco era. The Kilaga Springs Multipurpose Room was meticulously transformed into a 1970s ambiance, complete with a mural replicating a vintage dance floor. Tables were adorned with colorful garlands centered around a disco ball. Disco balls permeated the entire room, including the buffet counter and dessert table.



Tom and Michelle Breckon

The evening's musical entertainment featured a playlist curated by Ruth Algeri, showcasing the timeless hits of Donna Summer, the Bee Gees, Gloria Gaynor, the Village People and other favorite performers of that era.

Members enthusiastically donned their best 1970s attire, with bell-bottoms, vibrant shirts, and other retro outfits being popular

choices. John Kirkwood was recognized for the most impressive male ensemble, while Emma Blandon was crowned the most elegant female. David and Stacey Reynolds were selected as the most stylish couple.

The buffet counter offered a diverse array of salads and entrees, while the dessert table showcased delectable pies, cookies, and brownies.

A poignant moment of the evening was the recognition of Sal and Ruth Algeri. Rob Ryerson, the newly elected chairperson and master of ceremonies, spoke of the Algeri's unwavering dedication to the Ballroom Dance Club. Participants expressed their gratitude through a signed thank-you card. Sal and Ruth were also presented with a gift card to the Harris Center as a token of the club's appreciation.

Many thanks to members who decorated, brought delicious foods, and returned the multipurpose room to its original state.

Annual membership dues for SCLH residents and sponsored guests are a mere \$10.00 per person. Dance lessons are held in the Kilaga Springs Lodge Multipurpose rooms every Tuesday from 2:00 to 5:00 PM. For any inquiries, please contact Rob Ryerson at 916-408-4752.

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Music Group

BY BRIAN JEWELL

The May 2025 Music Group meeting was held on the first Monday of the month in Sierra Room at Kilaga Springs.

The first part of the gathering was for

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

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

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

Performing in front of other people is often not easy. But the Music Group provides a friendly environment for anyone willing to step out of their comfort zone to sing and/or play. Of course, spectators are always welcome, and you might meet somebody you can perform with.

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

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

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

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



Music Group — Cutting the rug to the music of "The Dan Band" at the May MG meeting.

in Kilaga Springs.

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

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

...


Line Dance

BY ANNETTE PORRECO




Hey line dancers. We currently have over 90 members. We continue to celebrate dancing every Sunday with our Sunday Dance Labs. Dance leaders introduce our members to popular dances done at various local dance venues. We also introduce country dances both old and new. We have a one-hour session for beginners followed by improver/intermediate and finally a session for advanced dancers. Sunday labs provide members more dance time to work on their retention and their steps. It also allows time to dance together. It's a fun way to get to know other members while preparing for other dance events. Sunday labs are free and are open to club members only. So, if you aren't a member yet, sign up today. The cost is \$12 annually and provides many fun dance opportunities!

...

(more Club News cont' on page 6)



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Lincoln Hills April Sales Snapshot					
Address	Street	Sq.Ft.	Orig. Price	Selling Price	Floorplan
2201	Monument	1823	\$637,500	\$620,000	Echo Ridge *
1295	Hillhaven	1491	\$600,000	\$600,000	Almanor
686	Orchid Lane	2495	\$870,000	\$870,000	Marin
221	Ruddy Duck	1777	\$635,000	\$627,000	Tehama
560	Rustic ranch lane	1549	\$589,950	\$555,000	Alpine
872	Bridalveil	1515	\$575,000	\$577,500	Pine Hill
1272	Overland	2258	\$1,075,000	\$1,000,000	Napa**
2079	Coldwater	1843	\$659,000	\$645,000	Orchard Crest
120	Coach Light	1795	\$639,000	\$629,000	Tehama
1180	Greenleaf	1322	\$495,000	\$522,375	Bridgegate
820	El Capitan	2090	\$675,000	\$640,000	Orchard Crest***
127	Stags Leap	1549	\$589,000	\$580,000	Alpine
1100	Ivy Arbor	1138	\$484,950	\$480,000	Millpond
1751	Cottage Rose	1705	\$640,000	\$634,600	Echo Ridge *
2333	Song Sparrow	1785	\$615,000	\$605,000	Santa Cruz
263	Snapdragon	1549	\$635,000	\$615,000	Alpine
1197	Longhorn	1673	\$619,000	\$612,000	Trinity
563	Violet	1967	\$699,000	\$700,000	El Dorado
1800	Stone House	2122	\$819,900	\$815,000	Fremont **
2209	Kingfisher	1531	\$575,000	\$585,000	Alpine
2099	Stonecrest	2073	\$779,000	\$787,500	Annadel
1250	Hillhaven	1184	\$495,950	\$495,000	Millpond
2876	Eagles Peak	2246	\$965,000	\$980,000	Napa
1028	Magnolia	1791	\$714,900	\$725,000	Tahoe
1364	Strolling Hills	1298	\$575,000	\$600,000	Bridgegate **
3005	Black Hawk	1367	\$540,000	\$537,000	Madera
1467	Sweet Juliet	1138	\$495,000	\$495,000	Millpond
*Casita **View ***Expanded					
Total Homes sold in Sun City per MLS 4/1/25 - 4/30/25					

Country Couples

BY DTIM TATUM

It is truly magical to dance with or without a partner to music you love on occasions like weddings, anniversaries, Valentines, and other fun parties that we have organized throughout the year. Imagine dancing the waltz steps to lovely lyrics of the song, Their Hearts Are Dancing sung by The Forester Sisters, or the cha cha steps to the song, Still Cruisin’ sung by The Beach Boys!



Long-time Country Couple Ren  and Kathy Lopez.

and is comfortable doing the beginning calls. Surprisingly, it doesn’t take long before all 4 couples are moving as a group. It’s a fantastic mental workout that requires listening, quick thinking, and teamwork. It’s also deeply social; you interact with almost everyone in your square.

New members have the option to dress as square dancers on the 1st Monday of the month just like regular club members. I did notice 1 new member rather excited about buying his 1st pair of cowboy boots. He did seem to have more confidence and enthusiasm in the 1st time he wore them.

Our club dances on Monday afternoon 1:00-3:00 PM Mainstream and Plus levels. Tuesdays 3:00-5:00 PM Advanced Squares and Round Dancing Thursdays 1:00-3:00 PM. All dancing is at Kilaga Springs - 1167 Sun City Blvd, Lincoln. Allsquare dancers are welcome. For more information about Lincoln Hills Squares visit our web site at <https://sclhsquares.weebly.com>

...

Painters’ Club

BY TAMSEN ARMSTRONG

Now in its 21st year, the SCLH Fine Arts Show, and Sale held at the beautiful OCLodge, features 50 resident artists who display and sell their work one weekend every year. This year the show will be starting on Friday, June 13 with a gala opening night awards ceremony, live band and no host bar. The weekend will continue with more live music, art demonstrations and raffles. Judging the show will be Trisa Swerdlow, Marketing Director for the Placer Artists Tour, and award-winning kiln-formed glass artist, who will award cash prizes and ribbons for painting, photography, ceramics, multi-media, wood, and glass art. This event is free to the public, with plenty of parking. Bring dad along for a Father’s Day treat!



Pen & ink by Rudi Franke

...

SC Squares

BY KRIS KNUTSON

Sun City Square’s new beginner sessions is almost a month old as I write this update. The session is going well thanks to our “caller” Tom Bolton who makes sure everyone understands

Our Club’s Summer Luncheon/ Show

(cont’ on page 7)



New Square Dance Class.

Painters' Club

(cont' from page 6)

& Tell this year is once again at the Turkey Creek Bar & Grill, June 17th at 11:30-2:00 PM. Bring a painting to share!

Lunch among the art! Simple Pleasures, that delightful little café on 5th Street in downtown Lincoln, is the place to see some of our club's beautiful work. The show will stay all summer through October 6th.

• • •

Creative Glass Club

BY SUSAN HAAS

Join the Creative Glass Club! A fun way to enjoy a new artistic endeavor and meet new friends! We have Open Sessions the 1st and 3rd Tuesday of each month, from 6pm-8:30pm. We meet in the Sierra Room (KS). You are invited to attend June 3 and June 17. Contact Corene Bennett, 925-813-8385.

• • •

Ceramic Arts Group

BY JIM CARNATHAN

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

When in downtown Lincoln check out The Feats of Clay National Competition going on now at the Art League of Lincoln at 580 Sixth St. until June 29th. Rekindled in 2024 as a regional clay art competition, it is now a national competition for 2025. Also for viewing

is the Contemporary Clay Exhibition at Sierra Hills Framing until June 25th located at 531 Lincoln Blvd. Unit B.

The 21st annual Lincoln Hills Fine Arts Show will be held in the Orchard Creek ballroom from June 13th-15th

Coming up in October is the "Artisans at the Lodge" art and crafts sale sponsored by the Creative Glass Club. It will be held on October 11, 2025, at Orchard Creek Lodge. It is open to all SCLH artists and crafters and the deadline for entry is August 31, 2025. Please contact Sandi Sherwood at sherwoodartz@gmail.com for more information

If you are interested in taking ceramic classes, please check the Compass for details and come play in the clay.

• • •

Mixed Media Club

BY JILL SHORT

In the month when flowers bloom
We gather on a day in June,
With paints and paper, stencils, and glue,

A world of wonders is born anew.
Scissors snip in rhythmic sound,
Glitter spills in a shiny mound,
Brushes dance on canvas white,
Turning daydreams into sight.
Our club creates with hearts so true,

With laughter shared and sticky fingers
of glue.

In June our doors open wide,
With space for all to step inside.

No need for rules or perfect lines,
Just open minds and grand designs.
Join us and see what hands can do
Mixed Media magic waits for you!

The June art challenge is to use the prompt word, "Reflection" in a piece of art. There are no other rules except have fun and let your creative side out. Remember this is voluntary and if you do the challenge bring it to our June 18th club meeting to share.

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

• • •

Paper Arts Club

BY LINDA LUCCHETTI

Last month, the Paper Arts Club's Community Service Group visited Lincoln's Glen Edwards Middle School to donate \$300

to the school's teacher appreciation fund. For the past several years, the group has collected the club's monetary donations to the school. In addition, Paper Arts members donate their handcrafted cards to the school's principal and administrators who in turn send them to staff members and others.

The photo shows (from left) Jessica, principal, with Community Service Group's Mary Emmett, Nancy Younis, Kathy Marfil, and Carolyn Sanfilippo, along with Jenifer, school secretary. Absent from photo: Mary Prindiville, Community Service Group.

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

• • •

(more Club News cont' on page 9)



Paper Arts Club makes donation to Glen Edwards Middle School.



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Neighbors InDeed — *When The Unexpected Happens*

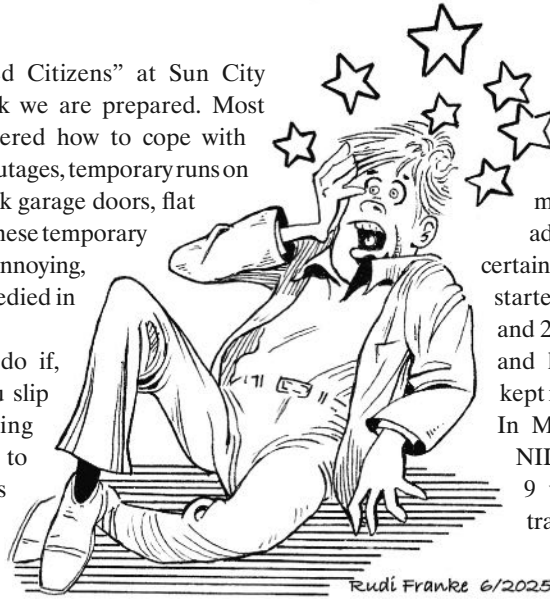
BY JAN LEE

We “Seasoned Citizens” at Sun City Lincoln Hills think we are prepared. Most of us have considered how to cope with occasional power outages, temporary runs on grocery items, stuck garage doors, flat tires and the like. These temporary situations, though annoying, can usually be remedied in a fairly short time.

But what to do if, heaven forbid, you slip or stumble, causing you to pay a visit to ER? After the folks at ER patch you up, you go home and find you still will be having a tough time getting around for a while. There is a simple and inexpensive solution—in fact it is FREE!

You can call Neighbors InDeed (NID), and request the loan of a wheelchair, crutches, a walker or a ramp. One of our volunteers will deliver the item to your door at no cost. These items can be used for a month—or at least until you have time to purchase the item/s you need.

Our volunteers respond to your request within 24 hours. Plus, when they deliver the equipment, they will instruct you on how to use it safely. In addition, volunteers clean all equipment after use.



Rudi Franke 6/2025

In 2006, original NID member, Jean Ebenholtz, envisioned loaning medical equipment, in addition to assisting with certain household tasks. They started with 12 wheelchairs and 25 walkers, which Jean and her husband, Shelly, kept in their garage. Today, In March of 2025 alone, NID loaned 30 walkers, 9 wheelchairs, and 7 transport chairs from our inventory.

Now, we hope you feel a wee bit more secure, knowing Neighbors Indeed is here when the unexpected happens.

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Needle Arts

BY ALICYN GOUGHNOUR

Our May Spring luncheon afforded members an opportunity to laugh, reminisce, and share their memories of the 1960's. Our June general meeting will feature a tour of the sewing rooms of two of our members providing a great opportunity to inspire us all. Sign ups are still encouraged for the fall Mercy retreat as well as our in-house retreat in June. Consider coming to share, create, and enjoy the art of sewing with one another. Colorful charm pack tote bags were the subject of our May workshop with designing personal sun visors the topic for June. These workshops offer unique experiences to learn new techniques from one another and to expand and stretch our own abilities. Our May NA window displayed the incredible quilt work of our member, Sue Pharis, and awed you must have been to stop and gaze upon it. June will see the lovely designs in wearable art from Janet Becker, offered for your amazement. NA members will be asked to create colorful hospital gowns for hospice patients as a part of our community service outreach. Contributing to community needs is an essential part of the NA commitment.

The experiences provided while being an NA member are abundant. Consider taking advantage of classes, trips, seminars, retreats and instruction. Workshops and general meetings will be on hiatus for the summer during July and August. Break out groups will continue to meet as usual. So please remember to keep those needles and hooks

alive and thriving!

Check out the opportunities at our website: SCLHNA.com

Woodcarvers Club

BY LIONEL RAINMAN

Carving wood is so satisfying—especially when you're carving during the Woodcarvers' Club meeting. It's exciting to see a rough piece of wood, imagining what you'll do with it, and then beginning to unfold a character, a comfort bird, a scene, or a sculpture. The unfolding takes places during several meetings, with the reflections, compliments, or sought-after suggestions from fellow carvers. Meanwhile, around the room, new works are being designed and created. There's a good feeling in the room as everyone, together, yet as individuals, endeavor to carve a new image. Come join us! We'll help you get started, with wood, tools, guidance and encouraging words. We meet every Wednesday in the Sierra Room at (KS) from 1:00 to 4:00PM

Contact: Lionel Rainman 916-253-9534

LH Photography Club

BY DIANE MARGETTS

More than 30 LH Photography Club members contributed more than 1,100 images to the Seven Days in Spring photo challenge! The project team for this challenge selected the final images which were presented at the Community Forum on May 19th. The images will be available for Lincoln Hills residents in

other formats in the near future.

Our first overnight field trip of the year to Point Reyes and Tomales Bay took place from May 20 through 23. A photographer's paradise, the area features rolling green hills embracing the Pacific Ocean. Cliffs, wildflowers, Point Reyes lighthouse, historic coast guard station at Chimney Rock and coastal wildlife were our photographic opportunities. The area is sprinkled with several small towns like Point Reyes Station, Marshall and Tomales.

Coming in June, The Sacramento Valley Garden Railway Society is hosting the 40th Annual National Garden Railway Convention. As part of the festivities Phil and Stephanie Huntingdale are opening their backyard garden train display for live viewing. Phil/Stephanie invite members from the Photography Club to join them on Thursday, June 19 from 8AM to 2PM. This is a great opportunity to view and photography the model train hobby, up close.

The LH Photo Club installed its most recent photography exhibit at Buonarroti Ristorante last fall. This exhibit will be on display until Summer 2025. The exhibit features fifteen photographs by three LH Photo Club members: Maggie McGurk, Glenn Fidler, and Ron Nabity. The next opportunity to submit photos for this exhibit venue will begin in summer 2025.

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

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

Stamp Club

BY TIM MILES

Our meetings are held at the Sun City Roseville Lodge meeting rooms (7050 Del Webb Blvd) on Tues at 6:30 pm. Being one of the oldest stamp clubs in Northern California, we have a varied and interesting agenda consisting of door prizes, "mystery" giveaways, guest speakers, drawings and access to anything needed in the hobby at huge discounts. Anybody who needs albums, pages, stamps, protectors, etc can usually be taken care of at the meeting.

Our Club Secretary, Lee Coen (leejcoen@gmail.com) will notify all of us as to anything upcoming or important to the membership, but he needs your email address.

We always point out that anybody who has an "old" album stashed away can get an updated estimate of value by dropping in at any meeting and the membership will be glad to help you out. We have a complete set of up-to-date stamp catalogs to establish value of identification, which can be daunting.

From time to time, Al Capparelli (916-771-8288) has "open garage" meetings, where you can really fill the gaps as far as collection needs. The only thing needed is an appointment.

The June meeting dates are June 10 and 24 and July dates are the July 8 and 22 and the

(cont' on page 11)



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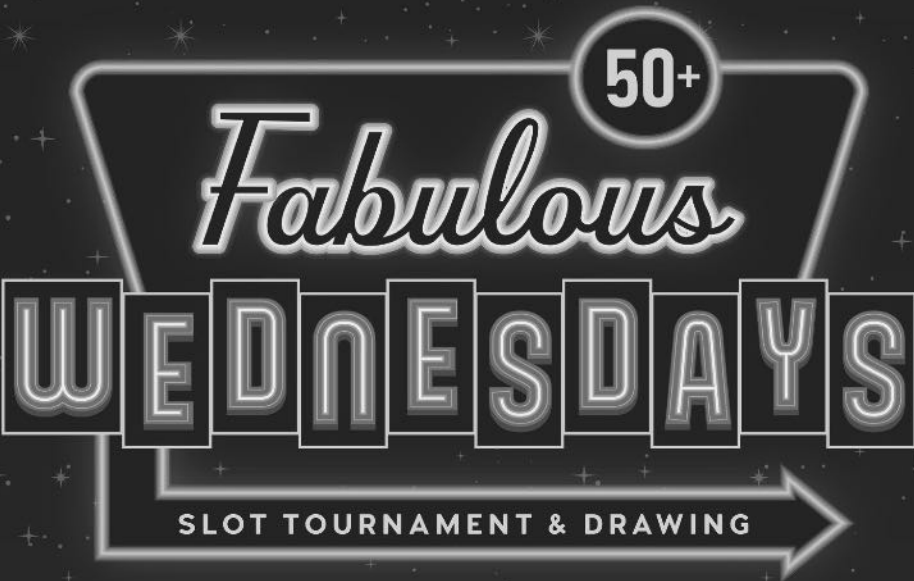
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Stamp Club

(cont' from page 9)

August dates are August 12 and 26, so mark the dates on the calendar!!

The American Philatelic Society has a special going of 18 months membership for \$25.50, but I would check their website and make sure it is viable. They furnish a monthly magazine about the hobby that is very factual and informative.

As to local stamp shows, the next show available is the Reno Stamp and Cover Show at the National Bowling Stadium on July 26-27. Contact (renostamp.org).

...

Writer's Group

BY RAY BIRGE

June marks the start of summer. Shade, cool beverages and air conditioning become the topic of conversations.

Fun facts about June —

- In June, the Summer Solstice features the longest daylight hours of the year and occurs around the 20th or 21st.
- Flag Day is June 14th.
- We celebrate the third Sunday as Fathers' Day.
- June flowers are roses and honeysuckles.
- Donuts were invented in 1847.
- In 1964, Arthur Melin was granted a patent for his Hula-Hoop — the cause of many a Boomer's skinned knee.
- June is associated with Juno, the goddess of marriage and is a popular month

for weddings Interestingly, the antacid Roloids was trademarked in June 1847... it is unknown if there was a relationship between the two events.

Looking for fun topics to write about — Remember, if you can tell it, you can write it!

- Childhood memories
- Foods you 'don't' like
- Your pet's quirks
- Living in a world without technology
- Where do you want to visit in the U.S.?

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

We meet on the 2nd and 4th Monday each month from 5 to 7 pm in the Computer Room (OC). Hopefully, we'll see you there. Happy 2025 from the SCLH Writers' Group. Any questions, call Ray Birge 909-965-3558 or raybirge@aol.com

...

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

BY PATTI KINGSTON

Lincoln schools are out for the Summer, so teachers are recharging their enthusiasm and students are enjoying a break. The 2025-2026 year will begin on August 14. If you are considering helping in our schools now is a

good time to contact SCHOOLS to let us know you are interested. By signing up now, you will be ready to start volunteering in the new school year. Volunteers are needed in grades K-5. Some volunteers correct papers and make copies of school work sheets for the teacher without being in the classroom. Most volunteers, however, enjoy the contact with young people. The days and hours of service are up to you. No teaching experience is necessary. Many volunteers are in the classroom 1 day a week for a few hours. They work closely with the teacher and are under her direction. The school district has thanked us for our help and we know we are appreciated.

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

Phoenix High School will be opening in the Fall like a new High School. The campus has the ever-growing Atlas Program so there will be a period of adjustment when school starts. If you are interested in tutoring students in Math, English or History this summer will be a good time to sign up so you will be ready when the school is ready for the help they look forward to. Contact Irma at jmeidm@aol.com and she will keep the contact information to be able to check with you in July/August. To find out about volunteering in elementary schools K-5 contact Cyndi at ccolloton@yahoo.com

...

LH Astronomy Group

BY BILL WEAVER

The monthly LHAG General membership meeting, Wednesday, June 4, 2025, in the Kilaga Springs Presentation Hall at 6:45 PM.

"The best summer viewing objects presented by Raj Dixit, a member of the Sacramento Valley Astronomical Society (SVAS). Some examples include: Mars & the Beehive Cluster (M44): See with binoculars.

T Coronae Borealis Nova: Predicted to erupt, visible to the naked eye.

Eta Aquariid Meteor Shower Comet SWAN: near the Pleiades; binoculars recommended.

Raj Dixit has observed all the planets (including Pluto), multiple comets, the entire Messier Catalogue, as well as the Herschel 400 Parts I & II objects.

Cosmology Interest Group (CIG)

Monday, June 16, 2025, 6:45 PM in the Fine Arts Room, Orchard Creek Lodge.

"Monster of the Milky Way." This lecture looks at how we can use infrared to see into the center of our galaxy to observe how our own supermassive black hole affects stars that are nearby.

Quasars - "Feasting Supermassive Black Holes."

It was found that powerful sources of radio waves emitted from very powerful distant objects that were spewing out long jets of particles that travel at close to the speed of light.

(cont' on page 13)

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LH Astronomy Group

(cont' from page 11)

These turned out to be Quasars, the central black hole of a galaxy, that was consuming material from an accretion disk.

LHAG Telescope Interest Group (TIG) Star Party — The next star party is scheduled for Tuesday, June 24. See Mars and Jupiter. Sunset is at 8:30PM.

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

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

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

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Apple User Group

BY NINA MAZZO

Apple's website is a goldmine of info, and I recently checked out how to manage and delete contacts on your iPhone or iPad. There are also some other tips on managing your Apple products.

But sometimes, you might need help in person, and that's where our club comes in. We have open labs for members where you can meet with a tech and get your question answered. Check our calendar for the dates of these labs.

Thursday, June 5th our presentation format will be a bit different. Our meetings

usually begin with "Ask the Tech" however, this time the entire meeting will be dedicated to answering your questions. Bring your Mac, iPhone, or iPad questions, and the techs will discuss and demonstrate. You might even stump them!

The presentation starts at 7:00 PM in the Presentation Hall (KS).

On Tuesday, June 10th, Ken Spencer will be presenting "What is iCloud and what does it do for you?" He'll explain how to use iCloud and provide tips on how to take advantage of this valuable resource. He'll also help you discover how to sync your data across devices.

The general meeting starts at 6:30 PM with Ask the Tech and the presentation begins at 7:00 PM in the Presentation Hall (KS). Hope to see you there!

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

General information line (do not text, voice message only) 916-913-6833.

• • •

Democratic Club

BY JUDY GANULIN

This is an exciting time for the Lincoln Democratic Club! Our membership has grown substantially over the past few months! We are working to schedule a talk by Professor Erwin Chemerinsky, UC Berkeley Law School Dean. At our May meeting Dr. Diana Cassady, retired UC Davis professor, shared ideas on saving the planet. Also in May, we participated in an enthusiastic and well-attended in-person Town Hall with Representatives Sam Liccardo

and Jared Huffman, who addressed pressing concerns from constituents about recent actions of our federal government, something our Representative has refused to do. We meet at Kilaga on the third Thursday of each month. We always welcome new members. For more information, please see our website, democraticclubLincolnCA.org and follow us on Facebook (Lincoln CA Democratic Club).

• • •

Genealogy Club

BY NANCY SWITZER

Are you a possible genealogist? **Here are some clues that could indicate very helpful skills:

1. Attention to detail—like are you a detail freak?
2. Do you like to do research? Can you find almost anything online in a matter of minutes? Can you read ancient handwriting?
3. How are your problem-solving abilities? Do you like puzzles? (Family Trees are puzzles!)
4. Are you persistent and patient? Genealogists don't quit, even if the research takes years!
5. Are you an analytical thinker? Do you like to find patterns, study history, and do you question everything?
6. How are your storytelling skills? Can you tell your ancestor's stories without putting your family to sleep?
7. Are you good at networking? Do you share your resources?
8. Are you Tech-savvy?

If you can answer yes to these simple questions, you belong in the Genealogy Club.

Sadly, due to scheduling conflicts, we will not have a June meeting. We will be having the annual Ice Cream Social for Club Members in July. More info to come next month.

A Genealogy Workshop open to all SCLH residents is on the 2nd Monday of the month from 1-3 PM in the Media Room (OC). Help is available to learn how to start a family tree, how to research, and how to scan documents. If you have specific questions, contact Kate at 916-975-5052 or starkayak@icloud.com and leave a specific question with contact information.

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

**Ideas for this article were borrowed from an article in "Genealogy Explained," by Marc McDermott.

• • •

Lavender Friends

BY JOAN LACKTIS

A trip to the Medical Museum in Sacramento recently was one of the more unusual outings we have gone on lately. Lavender Friends went on a tour led by enthusiastic and knowledgeable retired doctors to view the exhibits showcasing medical history in the local area from the 1800's. Artifacts included an iron lung from the time before the polio vaccine and amputation kits from the Civil War. Fascinating stuff!

(cont' on page 14)

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Lavender Friends

(cont' from page 13)

This month will bring one of our favorite annual events — our members-only Mixer at the Sports Pavilion. We will dine on barbecued tri-tip and chicken and veggie kebabs with a variety of sides, washed down by a no-host bar. A highlight is always the entertainment provided by our talented members. Tables will have rainbow-themed decorations in honor of Pride month.

Gay Pride celebrations are held in June throughout the free world to celebrate the rights we have gained in the past 50 years — and our Mixer, begun originally for members to get a chance to meet and greet, is our own version of this celebration. Roseville held its Placer Pride celebration in May but there's still time to plan an outing to Sacramento on June 14-15 for their parade and festival.

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

• • •

Portuguese Social Club

BY MARY LUCIANO

Annual Linquica BBQ: On June 5th the famous Portuguese Sausage - Linquica will be served at one of our member's home. This event is the most popular event of the



Lavender Friends — Soher Youssef and Celinda Cantu show their Pride at last year's all-member Mixer.

year. Nothing better than a BBQed Linquica Sandwich. Linquica is a favorite BBQed item for the summer.

The cost is \$10 per person. Members bring side dishes to go along with the BBQed Linquica. As Portuguese people always bring a lot of food, you will not go away hungry! Of course, there is wine, Sangria and soft drinks.

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

• • •

LH Italian Club

BY LINDA LUCCHETTI

On Thursday, June 12, it could be "cloudy — with a chance of meatballs." But, more likely, it will be sunny with a good chance of meatball sandwiches! That's when we'll celebrate our club's members during our Membership Appreciation Event in the Sports Pavilion. The saying goes, "It takes a village." Well, it takes a lot of dedicated members to sustain a club. We hope you've already signed up for this "drop in" event for members and potential members, from 12:00 to 2:00 p.m. Time is running out. Learn more details in the flyer.

For information about upcoming events and activities, check email announcements, flyers, updated information, and our website at www.lhitalianclub.org. For membership information contact Sandi Graham at 916-826-5711.

• • •

Shalom Social Group

BY JUDY GANULIN

The Shalom Social Group never goes long without a fun and/or educational activity for its members. First up was our annual picnic on May 25 featuring good food, great fun and lively music. Our Men's Group heard about the Placer County Grand Jury at its June 8 brunch. Our June 22 membership meeting will be a breakfast. New members learned more about our group at a New Member social. Several of our members stapled food collection cards to shopping bags for the Auburn Interfaith Food Bank. For more information contact Margie Gulko, 916-543-5303 or Deanne Iliff, 530-518-3704.

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(more Club News cont' on page 15)



Italian Club — Piedmont event in April.



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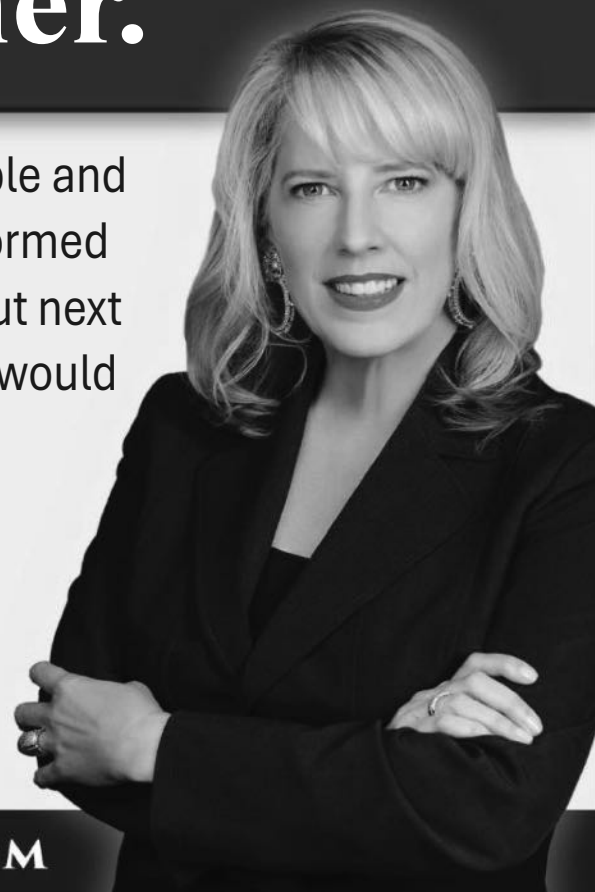
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Singles

BY KATHY SHADDOX

Singles kick off this month with our Birthday Celebration on Sunday, June 1st at 4:00 pm in the Kilaga Springs Café. If you are a member and a June baby, come and get your free birthday drink on your club. Dennis Doane will be there to lead the rest of us in singing to you!!

On Tuesday, June 3rd at 4:00 pm we have our Activities Meeting in the OC Computer Room. Join us with any new ideas you may have for planning future events.

On Wednesday, June 11th at 5:30 pm in the OC Ballroom we will have our monthly Business Meeting. This meeting will have the past officers pass their chairs to the newly elected officers. We will have a no-host bar and play "Cars Trivia."

Our 2nd Saturday Breakfast will be on June 14th at 9:00 am in the Sports Bar. No reservations needed. Just pop in and enjoy anything you wish from the menu while you enjoy meeting other members. Dennis Reid, our host, will greet you!

Dining Out is back! Singles will be going on Wednesday, June 18th at 4:30 pm to Lazy Dog Restaurant in Roseville. Reservations are needed, please contact Sue Ereno at sueereno@gmail.com.

A big Social Event is our In-N-Out Officers Party Wednesday, June 25th at 5:00 pm at the Sports Pavilion; with a Hawaiian Theme, dinner, and dancing. Be sure to purchase your ticket before the event is

sold out!!

We end the month of June with our bus trip to a Rivercats Baseball Game on Saturday, June 28th. For those that bought a ticket, please be sure to meet in front the OC Gym parking area sharp at 5:00 pm. This trip is sold out!

Weekly activities are Bocce Ball on Wednesdays at 10:00 am; and Golf on Tuesdays am at various courses by contacting Marty Miller martyym41@AOL.com

Are you interested in becoming a member? You can join for only \$20 a year.

...

LH Veterans Group

BY STEVE WITMER

Veterans Group, members and guests need to make their reservations now for our popular Flag Day Barbecue on Saturday, June 14 in the Sports Pavilion. The celebration will begin at 5:00 p.m. Dinner will be served at 6:00. Clay City BBQ will cater this popular event this year. A cash bar will open at 5:00. Sign-up forms have been distributed by email. Additional forms are available in the June issue of the Vets Group Bulletin. The deadline for reservations is June 6. For questions, contact Dottie Monroe at 650-208-2500.

Residents whose American flags took a beating and faded in the recent changeable and windy weather can pick up a bright, new flag on the 15th of the month when the Veterans Group sells replacement flags in the Orchard Creek lobby from 8:00 a.m. to 4:00 p.m. Flags are \$20 each.

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Republican Club

BY SUE DUMAS

As everyone bustles around during one of the prettiest most active months of the year, we find ourselves looking back at the fun of "May Fiesta"! Members enjoyed celebrating with popular Mexican traditions including dancers, music, and hearty cuisine. Games, and lively political discussions with other club members on positive changes being made!

Wednesday – June 11 – PH (KS) - doors Open 6:00 PM, program starts 6:30 PM. PC Supervisor Shanti Landon will be our guest speaker. Shanti will be updating LHRC on Placer County issues. Coffee and cookies served in California and Placer Rooms following Q and A.

BOD News: Aggie Marsh will be stepping down as lead Social Chair after serving on BOD for 12 years. Aggie was known for her creative table centerpieces. Pennie Provo will be the new Social Chair.

Thanks again to Kevin Kiley — our club is looking forward to even more positive changes in the next election cycle. If interested in volunteering, sign up at check in, and note how you would like to help. Also, it is important for us to continue to support Kevin Kiley's efforts. If so inclined – you can visit his website to donate. Kevin is working very hard for positive change in California Politics.

Currently we have over 300 members... triple the number of 4 years ago! To ensure our continued growth and success, we need your participation. There is a suggestion box

for your thoughts and recommendations at the check-in table. Let us hear from you!

We encourage everyone to visit our website for Calendar of Events, Membership applications, Community Events, and volunteer opportunities. www.RepublicanClubSCLH.org

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Hearing Support Group

BY JOANNE MITCHELL

Our next meeting will be Tuesday, June 3rd at 10AM in the Orchard Creek Multipurpose Room. Last month we held an open session discussion which was quite lively and lasted 1 1/2 hours. For June, we do not have a speaker yet lined up so will probably have another open session. Hope to see you all there.

...

Low Vision Support Group

BY STU SINGER

Upcoming Meetings:

Tuesday, June 3, 2:00-4:00 pm, Fine Arts Room, Orchard Creek Lodge

Mike Costa, Principal Transportation Planner, Placer County Transportation Planning Agency, and members of his staff will return to discuss what new services are currently offered for our members. Last year they introduced a number of innovative programs which were extremely beneficial to many of our members. They will also listen and respond to our concerns to achieve better

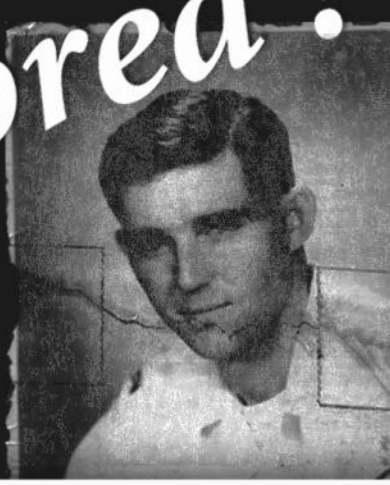
(cont' on page 17)

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Low Vision Support Group

(cont' from page 15)

access to local facilities.

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

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

Save the Date: Tuesday, October 7, 2:00 pm Fine Arts Room.

A panel of professionals from the Society for the Blind will be addressing the emotional issues associated with low vision. This will be a wonderful opportunity for our members to explore insights to many of the challenges they face.

Low Vision Support Group Mission Statement

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

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

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

stuartsinger3@gmail.com

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Bosom Buddies

BY DOTTIE SUHRHOFF

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

Our May meeting featured two speakers



from Sutter Health. Ashwini Kadam is a physical therapist who spoke on oncology rehabilitation. We learned why it's so important to exercise and move about after treatment. She talked about a program at Sutter that helps us stay active, lessen the side effects of cancer treatment and improve our quality of life. Meghan Ring, a certified lymphedema therapist, gave us great guidance on prevention and treatment of lymphedema. The website Klosestraining.com is an excellent source of information for videos, massages to remove fluid, and exercises for prevention and care of lymphedema. We learned about compression garments, how to check our skin, what to do when travelling and many other recommendations about lymphedema.

The June meeting will be held on Thursday, June 12 and will feature Kenneth Tune. He is an attorney from Rocklin and will speak on trusts and probate. We will not have a regular meeting in July due to the Caregivers Luncheon at Kilaga Springs on July 19.

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

If you have any questions regarding

Bosom Buddies, please contact Dottie Suhrhoff (815-236-0197) or Patty McCuen (530-575-2889).

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

• • •

Alzheimer's-Dementia Caregiver's Support Group

BY DENISE WEBFIELD

This group provides an opportunity to meet with others in a similar situation of caring for someone with dementia. We share experiences, discuss resources and offer support to each other. The Women's Group meets on the first Wednesday of the month at 1:00 PM in the Fine Arts Room (OC). The Men's Group meets the third Thursday of the month at 10:00 AM in the Multipurpose Room (OC). The combined General meeting is held on the fourth Wednesday at 1:00 PM in the Fine Arts Room (OC) and features a guest speaker. June's program: Stages of Alzheimers is presented by Marissa Payne. We are grateful to the Lincoln Hills Foundation for their ongoing support. Contact: Jo Fratessa 916-759-8760, mfratessa4@icloud.com

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Multiple Sclerosis Group

BY JERI DI FIORE

Our last in-person MS gathering till September 15 was on Tuesday, May 19.

But do not despair! A June Zoom is scheduled for Tuesday, 6/16, 1 PM, focusing on the Unmentionables and topics you prefer not to bring up at a general meeting. Prior Zooms have been honest, helpful, interesting, and eye-opening. A Detailed posting will be emailed in early June.

Energetic Captain Joni Deutsch led the Lincoln Trailmixers on two wonderful and



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productive walks, supporting the National MS Society, No. California.

The first Walk was from the SCLH Sports Pavilion, where around 50 strollers enjoyed a picnic lunch afterwards. Second, a Historic Old Town Folsom Walk, with 46 Central Valley Teams walking (or scootering) across the beautiful American River bridge for 1 to 3 miles. Especially exciting, we were honored as the Number 1 Top Fundraising Team (out of 46) with a special tent, food, and the company of additional top fundraising teams.

Thanks to our current Sponsors, Devin Arp, Sun Run Solar; Hank Rhoads, American Senior Mortgage, and Donna Judah, Coldwell Banker Real Estate for helping us to reach our goal and supporting the terrific work of the National MS Society, the largest MS researcher in the World!

Also, thanks to the Lincoln Hills Foundation for their constant support.

We are now focusing on additional sponsors to hold on to our #1 Position in 2026.

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(more Club News cont' on page 18)

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LH Amateur Radio Group

BY DAN LEHRER, KN6DRN

We attended the Annual Club information meeting and brushed up on Compass guidelines, room reservations procedures and other pertinent information. The meeting also served to make face to face contacts with staff we often interact only thru email.

Field Day 2025 will be held near the Sports Complex Saturday, June 28th 11:00 AM thru Sunday the 29th, ending 2:00 PM. Several operators will be on hand to demonstrate their radios and techniques. On Field Day, Ham operators attempt to contact as many other stations throughout the US and Canada as possible. Using various methods of sending messages such as voice, digital and Morse code hones our skills. The event helps us practice for emergencies, serves as an informal contest and most of all is fun! We will have a "Get on the Air" station where you can also try sending a message. So, stop on by and have a chat with us or someone across the country.



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

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RV Club

BY MARY CARBREY

What do these things have in common: coloring eggs, tiptoeing through the tulips, sitting on top of each other – underground, and chasing three runaway canopies? Why, the Lincoln Hills RV Club, of course! These are



a few of the crazy and exciting things we got ourselves into at the Grass Valley RV resort in April. If you own an RV and don't mind getting crazy once in a while, we may be just the club for you. All types of RVs are welcome. Future RV rallies include going to Arcata and the Humboldt County region, Minden and Genoa, Nevada, Lake Siskiyou, Pismo Beach, and Mission Bay in San Diego.

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

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Rods & Relics

BY ELNA RAGAN

May provided many Car Show events from Sheridan to Loomis which were held despite scattered rain drops!

On May 13, 26 Club members and guests had a fabulous "Late Brunch" at Old Town Pizza! Ralph Colunga, Car Show Chair, gave an update on the progress being made on the Car Show... one of Lincoln's largest events that brings many thousands of people to Downtown Lincoln. We are very excited about the big Car Show event being held on Saturday, June 7.

Car Show Chair Meetings are now being held weekly as the 19th Annual Downtown Lincoln Car Show date quickly approaches! The event is 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 Vendor Booths, a DJ and live music, a large Raffle Booth filled with fantastic items, a BBQ lunch in Beermann's Plaza, and even free face

(cont' on page 19)

SUN CITY REAL ESTATE UPDATE

While technically a seller's market in Sun City Lincoln, with less than two months of inventory available as of 5/12/25, (55 homes active and 29 homes in pending sale), to call it a seller's market is a bit misleading. Homes are taking longer to sell and the number of price reductions has increased. Buyers are using more discretion and spending more time looking. So it's really important to keep in mind, if you are considering selling, to make sure you have your home prepared and priced properly when it first comes on the market as you will get the most looks early on.



WRITTEN BY
GEORGE BROWN
gbrown@thompson-brown.com

Rods & Relics

(cont' from page 18)

painting! So, mark Saturday, June 7 on your calendar and come down to Lincoln's shady tree-lined streets to enjoy the beautiful classic vehicles and all that the event has to offer!

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 Fraga, Membership Director 916-812-2749. Web Site: www.rodsnrelics.net

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LH Sports Car Club

BY ROB PHILLIPS

At our regular monthly meeting on May 5th, we hosted our third Mini Car Show in the parking lot of the Kilaga Clubhouse. The event showcased more than 20 beautifully maintained cars. After the meeting members

gathered for a mini-tail-gate event with treats provided by Jane and Bill Hall. This gathering offered a wonderful opportunity for members to admire each other's vehicles and engage in friendly conversations.

There was only one Tour/Driving event in May. On May 15th, 30 members embarked on a new adventure for the Club. The route for this trip was a scenic short ride, approximately 1 hour and 15 minutes long. The journey took us through the quaint town of Nicolas, up Highway 99, passing by the city of Yuba City, and onto Highway 20 leading to Colusa. Colusa, the county seat of Colusa County, is renowned for its rich history as a trading post on the Sacramento River and its picturesque agricultural surroundings.

The group enjoyed a delightful lunch at the Slough House Social Restaurant, which is charmingly situated on the banks of the Sacramento River. The restaurant boasts a stunning view, with two large patios for outdoor dining as well as cozy indoor seating. Members were pleased with the quality of the food, which was both delicious and reasonably

priced. The consensus among the group was that the restaurant truly lived up to its claim of offering "five-star fast food." It was mentioned, though not confirmed, that some members made a stop at the Hard Rock Casino before heading back home.

Many more Day Tours as well as Overnight Tours are being planned for this year. If you are not a member and you own a sports car and want to join contact Edy Ternullo at edyternullo@yahoo.com

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LH Tesla Club

BY WAYNE FORD

The Lincoln Hills Tesla Club has had organizational meetings and is inviting all Tesla owners, prospective owners, and any Lincoln Hills resident interested in Teslas to come to our next meeting. It will be in the Multi-Purpose Room at Orchard Creek Lodge on July 17th at 4:00 PM. We plan for meetings to be educational and social. We will share experiences, technical knowledge, and how much fun and enabling it is to ride in one of these wonderful machines. Bring your enthusiasm, questions, and tips and techniques. All types of activities will be discussed.

The club can be reached at LHTeslaClub@gmail.com

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Travel Group

BY LINDA BEVINS & JOANNE SCHUMACHER

Happy Birthday America! Come along and celebrate the 250th Anniversary of America on a history-filled new tour.

Begin in Boston, the "cradle of the American Revolution. Travel to Lexington where the first shots of the American Revolution were fired in 1775. Continue to Concord and visit a tavern where the minutemen gathered and then the spot where the actual "shot heard round the world" was fired.

Tour West Point enroute to the Big Apple to see landmarks such as St. Paul's Church where George Washington prayed after his inauguration and Trinity Church where Alexander Hamilton is buried. Lunch at Founding Fathers where George Washington gathered his men to celebrate after the last British troops left American soil. And take in "Hamilton" one of Broadway's biggest musicals.

Travel to Philadelphia, "the birthplace of America." See the Liberty Bell, tour Constitution Hall where the Declaration of Independence was signed, and dine on the legendary Moshulu, the world's largest and oldest rigged sailing ship.

Stop at Valley Forge National Historical Park, the winter home of the continental Army. Spend three nights in Washington DC. Enjoy

(cont' on page 22)



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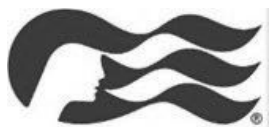
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15 Day HAWAII From SFO! PRINCESS				
Ruby Princess ~ 3080 Passengers	Oct. 30, Dec. 01, Dec. 17- 2025	\$1,799	\$1,895	\$2,599
Sail round trip from San Francisco, California to Kauai, Nawiliwili Hawaii; Honolulu, Hawaii; Hilo, Hawaii; Ensenada, Mexico; San Francisco, California.				
*LINCOLN SHUTTLE TO SHIP AVAILABLE!				
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	\$949	\$1,080	\$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				
Coral Princess ~ 2000 Passengers	Nov.21, Dec.7- 2025	\$1,499	\$1,609	\$2,159
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!				
13 Day CIRCLE JAPAN FALL FOLIAGE- PRINCESS				
Diamond Princess ~ 2670 Passengers	Nov. 12- 2025	\$1,950	\$2,127	\$2,619
Sail from Tokyo, Japan; Akita, Japan; Sakaiminato, Japan; Busan, South Korea; Nagasaki, Japan; Kagoshima, Japan; Kochi, Japan; Kobe, Japan; Wakayama, Japan; Omaezaki, Japan; to Tokyo, Japan.				
11 Night ALASKA DENALI EXPLORER EXCLUSIVE CRUISETOUR - PRINCESS				
Sapphire Princess ~ 2670 Passengers	Jul. 22, Aug. 19, Sep. 2-2025	\$3,145	\$3,195	\$4,495
Land and Sea Includes a 4-night land tour and a 7-day Voyage of the Glaciers Cruise. 1-night Anchorage, 1-night Mt. McKinley, 2 nights Denali. Cruise one way from Anchorage, Alaska; Glacier Bay Scenic Cruising; Hubbard Glacier Cruising; Skagway, AK; Juneau, AK; Ketchikan, AK; Vancouver, Canada. *Package includes 3 breakfasts, 2 Dinners, Upgraded Denali Tour, Husky Homestead Excursion and a Welcome Reception on the ship! Call for Availability!				
32 Day SOUTH PACIFIC ISLANDS AND HAWAII From LAX! - PRINCESS				
Sapphire Princess ~ 2670 Passengers	October 15-2025	\$3,489	\$3,939	\$6,389
Sail round trip from Los Angeles, California; to Kauai, Nawiliwili Hawaii; Pago Pago, American Samoa; Cross the International Date Line; Apia, Western Samoa; Suva, Fiji; Dravuni Island, Fiji; Cross the International Date Line; Tahiti, French Polynesia, Moorea, French Polynesia; to Los Angeles, California.				
26 Day MEDITERRANEAN GRAND ADVENTURE- PRINCESS				
Sun Princess ~ 4300 Passengers	October 21-2025	\$2,912	\$3,552	\$4,082
Sail from Rome, Italy; Naples, Italy; Santorini, Greece; Kusadasi, Turkey; Athens, Greece; Crete, Greece; Sicily, Italy; Mallorca, Spain; Barcelona, Spain; Malaga, Spain; Gibraltar; Seville, Spain; Santa Cruz De Tenerife, Spain; to Ft. Lauderdale, Florida.				
14 Day CIRCLE CARIBBEAN HOLIDAY- PRINCESS				
Coral Princess ~ 2000 Passengers	December 8-2025	\$1,159	\$1,299	\$1,389
Sail from round trip Ft. Lauderdale, Florida; St. Maarten, St. Kitts; Martinique; Dominica; Grenada; Trinidad and Tobago; Curacao; Aruba; to Ft. Lauderdale, Florida.				

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Days & Destination	Cruise Line ~ Sailing Date	Starting Price/ Inside Ocean-View Balcony
8 Day WONDERS OF COLUMBIA Cruise AmaMagdalena ~ 60 Passengers Package includes Airport Meet-And-Greet with transfers, WIFI, beverages, and an included excursion at each port. 7 day AmaWaterways River Cruise in French balcony accommodations. Ask about pre and post nights in Columbia or Panama! Sail from Cartagena, Columbia to Palenque, Columbia; Calamar, Columbia; Santa Barbara De Pinto, Columbia; Mompox, Columbia; El Banco, Columbia; Magangue, Columbia; Neuva Venecia, Columbia; to Barranquilla, Columbia.	June - December 2025 *INCLUDES ROUND TRIP SACRAMENTO AIRFARE!	\$4,950
12 Day SECRETS OF EGYPT & THE NILE Cruise AmaWaterways Longship ~ 82 Passengers Package includes round trip Sacramento airfare, Airport Meet-And-Greet with transfers, WIFI, an included excursion at each port. 3 nights hotel accommodations in Cairo, 7-day AmaWaterways River Cruise in standard window accommodations, 1 night in Cairo. Sail roundtrip Cairo, Egypt to Luxor, Egypt; Edfu, Egypt; Aswan, Egypt; Kom Ombo, Egypt, Luxor, Egypt; Qena, Egypt; to Cairo, Egypt. Ask about upgraded stateroom and airfare!	June - December 2025 *INCLUDES ROUND TRIP SACRAMENTO AIRFARE!	\$6,194
10 Day PORTUGAL'S RIVER OF GOLD Viking Longship ~ 106 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. 10-day Viking River Cruise in standard accommodations. Sail from Lisbon, Portugal; Porto, Portugal; Regua, Portugal; Pinhao, Portugal; Sail the Douro River; Barca d'Alva, Portugal; Salamanca, Spain; Pinhao, Portugal; Regua, Portugal; to Porto, Portugal.	June - December 2025 *INCLUDES ROUND TRIP SACRAMENTO AIRFARE!	\$5,798
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; Memphis, Tennessee.	November- December 2025 *INCLUDES ROUND TRIP SACRAMENTO AIRFARE!	\$4,399
16 Days NATIONAL PARK & LEGENDARY RIVERS Cruise American River Boat~ 180 Passengers Package includes 1 night hotel in Portland Oregon, 7-day Columbia & Snake Cruise with American Cruise Lines and 8 days National Parks land tour, shore excursion at each port, WIFI, and beverage package. Sail from Portland, Oregon; Cruise Columbia River; Astoria, Oregon; Kalama, Washington; The Dalles, Oregon; Cruise the Columbia River Gorge; Richland, Washington; Snake River; Clarkston, Washington; Glacier National Park; Yellowstone National Park; Grand Teton National Park; to Jackson, Wyoming.	June - September 2025 *INCLUDES ROUND TRIP SACRAMENTO AIRFARE!!	\$14,410
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! Call your Tahiti experts at Club Cruise!	June- December 2025 *INCLUDES ROUND TRIP SAN FRANCISCO AIRFARE!!	\$5,488
11 Day Vatican & Croatian Coastlines Cruise Windstar Yacht ~ Wind Surf ~ 342 Passengers Board your Windstar Yacht and sail from Rome, Italy; Sorrento, Italy; Giardini Naxos; Sicily; Kotor, Montenegro; Dubrovnik, Croatia; Split, Croatia; Rovinj, Croatia; to Venice, Italy in an Ocean View cabin. Ask about the all-inclusive package and pre and post hotel extensions!	August - October 2025 *INCLUDES ROUND TRIP SACRAMENTO AIRFARE!!	\$7,299

*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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Travel Group

(cont' from page 19)

a guided tour of the US Capitol, Arlington National Cemetery, view the Tomb of the Unknown Soldier and Kennedy gravesites, visit the World War II, Vietnam, and Korean War memorials, see George Washington's home, Mount Vernon.

This tour is from June 1-9, 2026; \$4399 Dbl, \$5799 Sgl. Contact Joanne 415-999-1242 jkschumacher1@gmail.com for a brochure.

Our next Travel Show is on August 27 at Lincoln Public Library so mark your calendars.

Remember you need a REAL ID license or current passport to travel on domestic flights now. Passports must be good for 6 months after the tour date.

This tour and more are found on our website: www.lincolnhillstravelgroup.com. All trips include airfare and rides to/from the airport. You do not have to live in Sun City Lincoln Hills to be a member. For assistance contact one of our Travel Group Leaders listed on our website.

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LH Airport Co-op

BY GINNY SATO

Become a Lincoln Hills Airport Co-op member and get a ride for giving a ride to or from the Sacramento Airport. Membership is \$15 a year per household.

For more information, please contact Ginny Sato at 916-253-3919 (gsato2002@yahoo.com) or Barb Iniguez at 916-408-7812.

Flyers can also be found in the Lincoln Hills Airport Co-op bin for clubs near the membership desk at Orchard Creek.

...

Bird Group

BY SHERRY SINGER

At our May 12 meeting, the SCLH Bird Group hosted Kate Marden of the West Coast Falconry and her avian ambassadors to Kilaga Presentation Hall. The audience not only learned about raptors and Falconry but also had the unique opportunity to observe a Red-Tailed Hawk, an Aplomado Falcon and a Screech owl (see photo) fly from Kate's gloved arm to a perch held by Don Fallon!

At our April 14 meeting, Susanne Hutchinson presented a very informative talk about how to use two free apps from the Cornell Lab of Ornithology which most birders use to expand their knowledge of birds: "Merlin Bird ID" and "eBird". The "eBird" app uses the unique knowledge of every birdwatcher to help gather information in the form of a checklist of birds. Users construct their own lists, photos and audio recordings thus joining



Red-Tailed Hawk

the world's largest biodiversity-related science project. More than 100 million bird sightings are contributed annually by eBirders around the world. <https://ebird.org/about>

You may have personally experienced one of the phenomena that eBirders have helped to document - fewer birds visiting your backyard feeders this spring. In fact, since 1970, North America has lost nearly 3 billion breeding birds, a slow-moving extinction crisis that threatens our entire ecosystem. <https://www.washingtonpost.com/climate-environment/2025/05/01/bird-loss-population-decline/>

Why should we be concerned? Birds support habitats and food crops through pollinating, eating destructive pests, and dispersing seeds. They serve as ecosystem engineers, constructing structures like nests and tree holes that are used by other organisms when abandoned by the birds. As a bonus, they are beautiful to watch and a joy to listen to.

Future Bird Walks:

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

Bird Walks will begin again in the Fall when the weather cools down.

Future Meetings:

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

JUNE 9: Don Fallon presents his experiences from his recent birding trip in Bhutan.

JULY 14: SCLH photographers Annual Photo Extravaganza (volunteers will share

their 10-12 best photos).

Contact Information: Visit us at our website www.sclhbirders.org Or contact Don Fallon, our chairperson at donfallon102@gmail.com

...

Garden Group

BY LORRAINE IMMEL

"Growing Avocados and Subtropical Fruit Trees in the Sacramento Area" is the subject of our Thursday, June 26, 2 PM, General Meeting at Kilaga Springs. Learn about citrus varieties, care, and selection, both in-ground and containers. Quentyn Young will talk about pruning, planting, and fertilizing. He will also discuss the recent interest in growing avocados in our area, how to select the right strains, how to plant them, and care for them in the home garden. We'll also touch on other tropical fruit trees such as bananas, mango, passion fruit, and more, including seed germination and propagation.

Quentyn Young has owned his own landscaping design and consulting company here in the Sacramento area since 2006. Previously he was the manager of Fair Oaks Boulevard Nursery in Sacramento, where he worked for the past fifteen years.



Quentyn Young

(cont' on page 23)



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Garden Group

(cont' from page 22)

He has been a University of California Sacramento County Cooperative Extension Program Master Gardener since 2011. He is the current project co-lead for the Fair Oaks Horticulture Center Demonstration Orchard.

Quentyn also appears on local radio and television stations. He has had his own garden and landscape design and installation company for over twenty years, both in the San Francisco Bay area and Sacramento valley area. His designs highlight water efficient plants and edible landscaping. Quentyn is also a United States Returned Peace Corps Volunteer, having served in northern Thailand.

• • •

Hikers and Walkers

BY GAY MACKINTOSH

Welcome summer this month with other nature-lovers on a walk or hike just right for you. Outings are scheduled every week. Check our new website www.lhhikersandwalkers.org regularly for all the information you need. We invite you to give us a try before joining our club.

Want to explore our own Lincoln Hills nature trails? Walkers meet every Wednesday at 8:00 AM at different trailheads for a brisk

2 ½-3 miles. Relaxed-paced Wellness Walkers meet at 8:30 AM Wednesdays as well as some Mondays. Meeting places and route maps are on the website. Watch for earlier summer start times. Call Coordinator Debbie Schryver, 916-666-1741, with questions about the Walkers. Contact Karl Aitken, w4wleader@gmail.com about Walk for Wellness.

Want to venture further afield? Hikes are moving into higher altitudes to beat the summer heat. Here's our June hike schedule as of press time. Be sure to read the detailed hike descriptions to pick your perfect challenge level. And watch the website for cancellations/changes/additions.

- Tuesday, June 3. Empire Mine Historic Park Trails. Easy/Moderate 4.4 miles
- Monday, June 9. New! Fordyce Falls. Strenuous/Fast Pace 9.5 miles
- Thursday, June 19. 2PACE! Point



Point Mariah Overlooking Royal Gorge.

Mariah/Rowton Peak. Moderate/Fast, 6/8.6 miles

- Tuesday, June 24. Sugar Pine Reservoir. Easy/Moderate 4.6 miles

Interested in sharing your favorite hike? New leaders are needed to help us continue offering an exciting array of hikes in every season. Easy, moderate, or strenuous, mileage and pace up to you. Contact Gay Mackintosh, Vice-President for Hikes, mackintoshbg@msn.com or 916-209-3628 for lots of resources to support new and returning hike leaders.

New members are always welcome. Call President Tom Denzler, 530-368-2564, for information about LH Hikers and Walkers.

• • •

LH Cyclists

BY TOM FRADY

Is it just me, or is there more going on in the ol' LHC than usual?

Lincoln Hills Cyclists were immortalized by the Photography Club in April with a photoshoot showing club members on the road. Can't wait to see the pictures.

Two club rides-in-one occurred on April 25th. on the American River Bike Trail. Six riders braved the 38-mile route and another 11 cruised through the 24-mile version. Everyone refueled and rehydrated

at Out of Bounds Brewery afterwards. If you haven't spent bike time on the ARBT, it's a fab experience.

Still more riding fun. May 3rd three club members and a couple of hangers-on participated in the Buttes Charity Ride. Again, there was a choice of distances to ride, 20-40-70 or 100 miles. LHC focused on the 40-mile version. My sources tell me it was a great ride with a mostly beneficial breeze.

And still another opportunity to sip craft beer and mingle with like-minded folks occurred June 4 at Mindscape Fermentation in Rocklin. The event was well-attended by club members and SOBs (Spouses of Bikers).

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(more Club News cont' on page 25)



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Swimmers and Water Walkers Club

BY ROSEMARY TANFANI

July 11 is National Swimming Pool Day, and this special day will be celebrated with a fun event at OC outdoor pools, from 11:00 AM to 1:00 PM. The Swimmers and Water Walkers Club, along with the Water Volleyball Club, will be participating, with a half hour of swimming and water walking demonstrations.

Are you curious about how to use a snorkel while swimming? Come watch an experienced

snorkel swimmer give a demonstration. Learn about pool accessories for swimming or water walking. And watch and join in the pool, with the water volleyball players.

Gift cards from Dick’s Sporting Goods in Roseville have been donated and will be given away at the drawing.

We still need ‘greeters’ for the event. If you can help, please e-mail us at the club address. See you July 11.

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

• • •

Water Volleyball

BY HOLLIS BISCHOFF

Curious about what water volleyball is all about? Stop by National Swimming Pool Day on July 11th and check out our exhibition games. Don’t want to wait until July to see what all the excitement is about? We support all levels of play from beginner to expert, with 2 types of balls - a soft green ball and a regulation ball. We have recreational and competitive play, within each level and across levels. Set your plans to “fun” and join us!

Come and try us out at a free drop session any Saturday at 9 am. Please contact us beforehand so we can let you know where to meet and what to bring. Find us at LHWaterVolleyball.com or call Ernie Ferrier: 925961-2372.

• • •

Pickleball

BY DIANE FERRARI

Pickle Palooza, what is a Pickle Palooza you ask? It’s a fun, carnival atmosphere of crazy games, music, prizes, food and vendors at the lower courts on Thursday, June 19, 4:00 - 6:00 PM. Demonstrate your skills with games galore and win some fun prizes! Tickets are sold in advance so check the club website. Team Pickleball is halfway through the season and invite you to come out and cheer on your friends during these friendly and often very competitive games. All games start at 12:30 PM at the upper courts and they love to hear the cheers from the crowd! Save the date for Oktoberfest fun on October 7. This year the

event will be held at the golf tent. Want to improve your skills or learn new ones? Local Pro Ian Dickson offers classes through WellFit with online signups at SCLHResidents.com or the Fitness Front desk. Are you new to pickleball? There are classes to introduce brand new players to pickleball. Paddles and balls are provided. Wear court shoes. Bring your own water. Send an email to Carol Judd: welcometopickleball@gmail.com for a reservation. Court 4 is reserved for novices every day from 9:00 am to 1:00 pm. For more information on pickleball events and info www.lhpbclub.com

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(more Club News cont’ on page 27)



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SSNLH WRITERS...

The Nightmare That Comes in the Morning

BY STU SINGER

They are two of the most dreaded words in the English language. They confront us when we first arise in the morning. Prior to that critical first sip of coffee, they prey on our emotions before the cobwebs of sleep are gone. But for anyone who owns a smart phone, computer or other tech device, this subject/verb combo bring a shudder to the strongest of spines and despair to the those with abundance of confidence.

The two words? UPDATE COMPLETED
It begins with a barrage of “You are due for an update”. Each time there are two options “Install Now” and “Remind Me Later.” Dutifully, I always hit the latter button believing the tech gods would spare me from this rabbit hole.

Trust me, they are as relentless as the Pinkerton Agents in “Butch Cassidy and the Sundance Kid.

A recent message of doom arrived as my wife, and I were landing at SMF. Ignoring the “Update Completed” on my phone, I texted a friend in Sun City that we had arrived. Almost immediately, my phone began ringing.

“Stu, are you okay? The unsettled voice spoke in a rapid staccato.

Confused I asked, “Susan, what are you talking about?”

“Let me talk to Sherry. I’m really worried.”
I remained mystified. “Susan, what is the problem?”

“You just sent me the same text message five times in the past minute, that’s what.”

I immediately checked my text history. Sure enough, my message had been sent five times. But there was more reason to worry. I always use voice-to-text when communicating on my phone. I believe evolution has gifted me with opposable thumbs for opening jars and gripping round objects not for typing on tiny keyboards. Thus, I was stunned to find within these messages random utterances I assume came from some passengers who had been sitting near me. This had never happened to me before.

THE USUAL SUSPECT—
A few experimental texts between Sherry

and I revealed we both were creating multiple texts whenever we tried to send messages. This chaos had to be the result of some techie’s ill-conceived changes to “improve” our lives.

Once home I spent more than two hours scrolling into areas of my phone’s “settings” where I had previously had neither the courage nor the expertise to venture. But desperate times call for desperate measures. I was now taking a deep dive into areas not inhabited by individuals with my limited skillset. This unlikely journey led me to a screen where I found three texting options “Samsung” (the one currently highlighted), “Google” and “Other.” My quivering right index finger switched the highlight to “Google.” With that the multiple messages appeared.

A few days later we discovered that there had also been changes to our GPS settings none of which made sense. Why would anyone in Sun City opt for “Avoid Ferries”?

But the nightmare was over...for now.
IT’S BACK—

Those dreaded words returned to my phone this morning and the carnage was equally extensive. The target this time was not texting but rather readability.

Like many people, I use my cellphone in lieu of a wristwatch. But due to my serious vision issues, this latest group of “improvements” put that in jeopardy. Suddenly, the original time display which I could comfortably read was replaced by one half the size. Adding insult to injury, someone in an office somewhere decided that the extra space afforded by shrinking my clock would allow the deletion of my very basic weather app in lieu of a larger one which was filled to overflowing with a vast array of small print climatology information none of which I could read...or understand.

Of even greater concern, however, was the decision by the update gods to change the typeface in my emails. This new smaller font offered far less contrast. Adding to the confusion, new or unread messages in my inbox were no longer in significantly bolder print than those I already opened.

So, what about all the various accessibility features on my phone? Why wasn’t I aware of those items. Of course, I was. Previously, I had installed the largest icons possible, the best contrast settings, a magnifier app on my

first screen as well as using voice-to-text for at least 98% of all my interactions with the device. Which raises the question—if these tech guys are so savvy, why would they make reading so much more difficult on a phone owned by someone utilizing just about every resource available to enable him to read? Perhaps, the next update will address that issue.

My tech world has finally returned to normal...for now.

• • •

The Cane And I

BY JOY S. HUTCHISON

Looking back on musical history, I recall several actors and actresses who used a cane during their performances. Do you remember a dancer (was it Fred Astaire or Dennis Day or someone else) who danced with a cane? And what about endearing Maggie Smith from Downtown Abbey with her Victorian demeanor walking with her cane, upright through every scene she appeared in. Or more recently, the New York Rockettes with their top-hats and thigh-high kicks prancing with their canes along Broadway. Canes have been in existence through the ages. Ages? That’s me! Here I am, creeping ever closer to that big 90, and my loved ones keep nagging me to “Use Your Cane!!” How can I? I don’t want to look old (well, let’s face it...I am!). After all, my heart tells me I’m still in my prime, but my body objects otherwise. What will people think? And then, after all the feedback, I had to think about my well-being and what I may face if I didn’t succumb while my pride got in the way.

Just within the last few months, through different groups I belong to, I heard about two women much younger than me. Both had severe injuries due to tripping or falling. Both are recovering, but broken hips and other bones take much longer to heal when you are in “that certain age.”

Then, a friend who carries a cane, informed me that she carries a cane to beat off possible suitors! Well, with that attitude, perhaps it’s worth a try. I’ll let you know.

• • •

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

Food Adventures Club

BY GINGER IKUNO

The Food Adventures Club, dedicated to culinary exploration, recently celebrated Mother’s Day with a festive gathering at Bennett’s. Members toasted mothers with Champagne and enjoyed an extensive brunch



menu. The club continued its adventure in June with an ever popular Hawaiian Luau at the Sports Pavillion. Members donned on their leis, Hawaiian shirts, and grass skirts. The luau featured a delicious spread, including Kahlua pork, Hui chicken, vegetarian portobello mushroom/pineapple stir fry, shrimp/chicken skewers, rolls, and a melt in your mouth pineapple upside cake. The Home Appetizers Parties was a member’s favorite. Join us for a Summer of fun. For membership, please contact Debbie Clawson at debdeb54@yahoo.com join us for a connection of friends and culinary delights.

• • •

(more Club News cont’ on page 28)



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Softball

BY HEIDI MAZZOLA

The Coed season is shaping up to be a competitive one. Terrie MacDonald’s Intero Real Estate team leads the league at 7–1, with Schaack Physical Therapy hot on their heels at 6-2. The season has had its share of surprises, including a couple of rainouts in May—who would have thought! For current standings and league updates, be sure to visit our website.

Mark your calendars for June 21–22, when the Women’s Division will be selling hot dogs at the Coyote 75’s Tournament. Swing by Del Webb Field, grab a hot dog meal deal, and enjoy some top-notch softball action.

And don’t miss our Independence Day celebration on Wednesday, July 2, featuring All-Star Games, a Women’s Exhibition matchup, and our Hall of Fame Induction Ceremony. The Hall of Fame honors the League’s founders and those individuals whose contributions, character, and achievements have shaped our success. Congratulations to our 2025 inductees: John Gho, Jim Stapleton, Carlos Zavala, Joe Bellah, and David Hughes!

Don’t miss out on the fun—visit LHSSL.net for the latest league news.

See you at the ballfield!

• • •

LH Table Tennis

BY ILENE MARSHALL

Ping pong is a game of skill,
A sport that takes both might and will.
It’s played with paddles and a ball,
And can be played by one and all!

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

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

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

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

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

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

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

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

We set up a ‘Robot’ table tennis ball machine on Fridays to use for beginner coaching, warm up, training, and practice.

Players may use it on a “first come first served” basis, and the signup sheet is located there with the ball machine.

For more information, check out our webpage: LHTTC

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Tennis Group

BY SUSAN KUUKKA

We have had quite an active year so far with our tennis club. Our Spring Fling Tournament in April was a well-attended fun event. The winners of the tennis themed prizes were Hal McLaughlin, Trish Wahlberg, Michael Cramer, Sue Kuukka, Jill Gossard, Larry Lidia, Sarah Solberg, and Bruce Drews. Congratulations and great job, everyone!

Several of our members enjoyed the Cinco De Mayo potluck on May 3rd, where they got to taste a variety of Mexican themed dishes.

May was National Tennis Month, and to celebrate it, Sun City Lincoln Hills was again 1

of 300+ tennis facilities across the country that hosted the 2nd Annual USTA’s National Hit to Be Fit Day, on Saturday, May 10th. There were several SCLH residents and guests that participated in the on-court games.

Our next event will be the Wimbledon Woodie Social on Saturday, July 12th, 9:00am-12:00pm. This fun filled event is a non-competitive event where players can enjoy the matches on TV, participate in Tennis Triples games, enter a ‘Best Dressed in All Whites’ Costume Contest, indulge in delicious strawberries and cream, along with scones, just like they serve at the All England Lawn Tennis and Croquet Club in Wimbledon, London.

Interesting fact: Did you know that every year 24 tons of strawberries are consumed during Wimbledon.

We hope to see many of you at the General Membership Director’s meeting on June 4th at

(cont’ on page 29)



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Tennis Group

(cont' from page 28)

4pm at Orchard Creek in the Fine Arts Room. Come and hear what the Board has to say.

For all tennis activities offered by the club check out the LHTG website, the WellFit website or contact our resident RSPA/USTPA Teaching Pro, Eric Garcia at Eric.Garcia@selhca.com

...

Lincsters 9-Hole Club

BY LORA FINNEGAN

Our Bring A Friend Tournament teed off on a bright, sunny morning in May. The winning team: Nancy Dame, Ann Harvie, Sharon Klotz and Kathy Kimura tallied a

gross score of 40! Second place team: Kim Hall, Linda Mann, Colleen Connell and Nancy Dodgion. Third: Barbara Korenthal, Edda Ashe, Janet Adler, Pat Shafer. Fourth: Betsy Williams, Barbara Gorden, Gay Gladden, Pat McMurray. Closest to the pin: Pat Shafer. Don't forget to sign up for our big, bold Red White & Blue Tournament (June 25); you'll want to deck your cart out in flags, bunting, and other patriotic gear. There will be prizes for best decorated cart, best theme-dressed golfing gal, closest to the pin and more. April's WHNGA winner: Meredith Nelson. And our new website is <https://Lincolnhillslincsters.memberplanet.com>

...



Ladies Golf – 18 Hole Club

BY CATHY JAICKS

April was jam-packed with golf events, including three Play Days and two Tournaments!

Play Day First Place Champs:

Gwen Hare & Sharon Knoll, Nancy McDonald & Bonnie Hing, Georgia Richie-Lynch & Wendy Seagraves, Patricia McNiff & Eileen Boore, Cameron Feldman & Mitsuko Jenkins, Nancy Jenkins & Yeong Hur.

March NetChix Winner:

A round of applause to Maggie Tse for taking home top honors. Way to go, Maggie!

Friends & Family Tournament

Our first big tournament of the season was a total blast! Fun, laughter, and some seriously good golf made it a day to remember.

Interclub Scramble The course was buzzing with energy as we teamed up with the Men's Club and the 9-Hole Lincsters for a day of friendly competition and lots of laughs. First Place Finishers: Lovotti, Barriero, McNiff, Martin, G. Wusching, Cameron, Feldman, Monsees, Finnegan, McKinnon, Williams, G. Lucas, Tamanti, McCann, Kiley, Housley, Carr, C. Lopez, Clawson, Brown, R. Link, J. Wusching

Mark Your Calendars – Tournament Season is Just Getting Started!

Guest Day – June 5

Bev Ansboro – July 3

Team Match Play – July 21
Captain's Cup – August 14
Club Championship – September 18 & 25

Breast Cancer Tournament – October 9

Turkey Shoot – November 20

Rules Corner – Don't Let the Rulebook Rattle You Golf rules can be a bit tricky, but we've got your back!

Our amazing Rules Chair Sylvia Feldman is always happy



to help clear up any confusion.

Need a quick lesson? The NCGA website is your new best friend – packed with easy-to-follow videos and tips:

ncga.org/education-and-resources

Summer Start Time Alert! Starting June, we're teeing off at 8:00 a.m. to help beat the heat.

New Members Welcome!

Know someone who's been itching to join the fun?

Have them contact Kathy Lee at 925-998-3538. We love growing our golf family!

...

(more Club News cont' on page 35)



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

Karen Pinomaki

(cont' from page 1)

keeps busy mountain biking and working as a handyman in the community. Karen and Russ both love living here.

What led her to catching the acting bug? When she was five years old, Karen's parents gave her the, *Fiddler on the Roof* record soundtrack in her Easter basket. "I would listen to the record over and over, memorizing all the songs and acting out all the parts," she recalls. When the Broadway show came to San Francisco, her parents took her to see the performance. She remembers sitting on the aisle as she couldn't see over the heads in front of her. To the dismay of the other audience members, she sang all the songs along with the actors. She was so enamored by the production, from then on, set her sights on becoming a stage actress. And, at the age of 6 her first role was in a summer program cast as the Heroine in a melodrama. There was no looking back.

Although Karen and Russ have done some traveling—Hawaii, Mexico, and England—Karen's true passion has kept both of them involved in local productions. Throughout her youth and adulthood, Karen studied tap, jazz and voice. In high school, she was voted "Most Talented" for Senior Awards and received a Bank of America College Scholarship for Performing Arts. While in high school, she performed in her school productions and was accepted to the San Francisco State Summer Stock Program as an intern. At Fresno State, she not only acted, but got a chance to direct a production and competed in the Kennedy Center American College Theatre Festival, receiving an award as a finalist in the Irene Ryan Acting Scholarship for outstanding student performance. She also acted in the

local professional company, Roger Rockas Dinner Theatre.

After graduating from college, Karen studied at the American Conservatory Theater in San Francisco and performed in Ashland,

in musicals.

Over the years, Karen has received countless awards and accolades in performance. She was Student of the Year for Tap Dancing at the



Russ, Deanna, Karen and Robby Pinomaki in 2023.

Oregon, at the New Playwrights Theater Festival. She became the Founding Member, Director, and Actor of Front Row Theater in San Ramon, as well as taking on the job as Summer Camp Instructor for Youth at the Dublin Theater Company. "Everybody should have a creative outlet," says Karen. "Being in theater is important for young people because it builds their confidence and teaches them to be team players. It's empowering." To this day, Karen seeks out ways to engage young people in the theater and performing arts. She feels that giving back to the community, especially its youth, is something she is called upon to do.

Karen's participation in theater companies throughout the greater Bay Area is ongoing. She was a Founding Member, Programs Director, and Instructor for Napa Academy of Performing Arts (Lucky Penny Napa) where she created the content and programming, managed the Academy, and led classes for youth and adults, as well as youth performing arts summer programs.

Karen's natural proclivity is for acting in character roles. Her all-time favorite was playing Louise Seeger in the 2019 production of *Always... Patsy Cline*. She also loves acting



Karen Pinomaki acting in her favorite play, Always... Patsy Cline—2019

Glenn Shipley School of Dance (age 12), a finalist in the Kennedy Center American College Theater Festival (excellence in solo performance) and has received recognition

for her roles in performance and ensemble productions from the San Francisco Bay Area Theater Critics Circle, ARTY and MJTA awards (excellence in Sonoma, Napa and Solano County theater performance).

After she and Russ moved to SCLH in 2023, she became a member of the Lincoln Hills Players Club, acting and directing in such productions as *The Shame of Tombstone*, *Guys and Dolls*, and *Old Hams*. It was after *Old Hams* that she was approached by Susan Glover, an audience member and president of Sun City Roseville's Second Act Studio Drama Club. Susan asked Karen if she would give her players some acting lessons which she graciously agreed to do. Then, Karen invited the SCR players to participate in her acting classes at SCLH. "It was a really fun experience bringing the two groups together," Karen says. "We have so much talent in the two communities, and I hope to see future collaborations happen. Or, at least making new friends and sharing our creative juices."

Susan Glover is grateful that Karen agreed to teach acting lessons to the members of the SCR drama club. "Watching Karen on stage in 'Old Hams,'" says Susan, "I recognized that she

stood out as a most professional actor. When I heard that she also taught acting workshops, I immediately booked her for our Drama Club in Roseville. After her workshop, our actors were so much more confident and knowledgeable that we couldn't wait to get started on our next series of short plays."

Karen and Russ are enjoying their retirement years at SCLH, but they're not content to sit idly in their rocking chairs just yet. Karen will continue teaching classes (both for SCLH and SCR) directing productions, and, of course, acting. Russ will continue pitching in with the creation of sets and scenery and work his Handyman business. He and Karen agree that, after all, the show must go on.

Want to share your story or know a neighbor who should be recognized?
Just let us know!

Call us at 916-727-6383 or e-mail us at:
SunSeniorNews@gmail.com

Lincoln Police Department Volunteer Program

The program is open to Lincoln Residents, who are 21 years old or older. This is an on going recruiting effort for those individuals who would like to volunteer for either our Patrol Division (vehicle patrol, "Eyes and Ears" in the community) or the Front Office Staff (secured office, "meet & greet, lite phone and office work"). For more information, contact Roy Osborne at 916-645-4081.

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Letters to the Editors...

Authors are solely responsible for the content of their letters.

Fair Elections Matter in SCLH

Protecting the Integrity of Our Community Voting Process

A fair and open election process is the foundation of trust in our community. In recent elections, however, some members have grown concerned about our HOA's communication practices. During the 2021 and 2023 board elections—and again in the 2025 special election—official HOA newsletters, emails, and website updates appeared to promote only one side of the issues. Unfortunately, requests to share opposing views equally were not granted. In the end, it's not about who wins or loses—it's about everyone getting a fair chance to be heard.

California law backs up this fairness principle. It requires HOAs to give equal access to all sides if any election-related messages are sent out (Civil Code § 5105). The law also forbids using HOA funds or staff time to influence votes (Civil Code § 5135). If these rules aren't followed, courts can even throw out the election results.

In the 2025 special election, the usual Elections Committee process was not used, and one member's opposing statement was delayed and handled unequally. These actions fell short of the fair and open process our community expects.

In light of these issues, members are asking the Board to take the following steps:

1. Re-run the 2025 special election with a fair, impartial process.
2. Comply fully with state election laws in all future elections to ensure equal access for all viewpoints.
3. Update HOA policies to align with these laws and prevent such issues from happening again.

As neighbors, we all benefit from trust, fairness, and open communication. By staying informed and working together, we can ensure our elections reflect the values that built our community and keep it strong: integrity, inclusion, and respect.

Deborah Turnor

• • •

SCLH Mismanagement

In the April 2025 issue of the Compass magazine, Board member Jack Harris accused a group of residents on social media of spreading "disinformation and untruths." He further claimed there is "evidence that this negativity discourages prospective home buyers." Similar accusations were made by Board member Denny Valentine in 2023 regarding "potential impacts on home values"—yet no supporting evidence has ever been provided... not then and not now.

Board members are free to make statements, whether true or not, fully aware that residents are not allowed to respond in the Compass... not even through a "letter to the editor." As a result, the wider community remains uninformed about the details of the most pressing issues. When the Board denies residents a voice in the Compass or on Enews, they in effect control the narrative for 11,000 residents. This likely impacts the number of residents who might otherwise run for office or serve on committees.

These are some of the key issues that the wider community should be alerted to:

Bullying and Harassment: While social media has its share of disrespectful "bad actors," the Board is not immune to similar behavior.

Some Board members have bullied residents during meetings and then harassed them afterward. No obvious disciplinary action was taken, nor were apologies offered for this behavior. Ms. Donna Fields has posted on social media and reached out to Board members, advocating for communication and conflict resolution training to address these concerns.

Police Involvement and Discrimination Complaints: The Lincoln police were called on residents playing cards, and at a public concert, a resident was arrested and charged with trespassing. The individual was jailed for several hours and eventually the Placer County District Attorney dismissed the charges. This incident, along with related concerns, has led to a lawsuit. Additionally, discrimination complaints were filed with the California

Civil Rights Department. These events likely contributed to the sudden resignation of the Executive Director. Once again, Ms. Donna Fields urged the Board to implement mediation and conflict resolution training to prevent similar incidents that could damage our community's reputation and our financial standing.

Mismanaged Expenditures: Thousands of dollars in HOA funds were spent by the Board on legal fees in a failed attempt to deny closed captioning for residents with impaired hearing. More recently, the Board—excluding Gary Kawula—approved a \$500,000 expenditure for cardio equipment without conducting due diligence in collecting data on equipment usage. Fitness Director Deborah McIlvain did not survey gym users at Orchard Creek or Kilaga Springs to determine the most appropriate and user-friendly equipment. As a result, more than \$185,000 has been wasted on unneeded treadmills. At Orchard Creek, cardio equipment worth \$300,000 is set to be installed in the fitness center, despite the fact that the roof has been leaking rainwater for over a decade. Additionally, Ms McIlvain has proposed spending \$60,000 to replace the gym floor, even though the source of the roof leak—and the water seeping up through the floor—remains unclear. Meanwhile, six weight machines remain in disrepair... some since January.

Pool Damage and Extended Closure: An attempt to repair a crack at the bottom of the Orchard Creek indoor pool was unsuccessful, resulting in a large hole. As a result, the entire pool has been drained and will require replastering. Additionally, the delayed replacement of the pool's dehumidifier has led to rust forming on the ceiling structure, which now needs to be sandblasted and repainted. Temporary fixes and deferred maintenance have led to the pool being closed for the remainder of the year and possibly longer. The estimated costs for repairs and replacement of parts range from \$500,000 to \$1,000,000.

These issues—not social media criticism—are the true threats to our community's reputation. A realtor shared that she avoided showing clients the Orchard Creek weight room last winter due to the leaking roof, the buckets on the floor and the warning signs attached to six weight machines in disrepair.

This is part of your legacy, Mr. Harris, Mr. Valentine, and other Board members. Consider

this the next time you contemplate using the Compass magazine to bully residents... residents who are raising valid concerns. Some speak out after being bullied or denied due process, others point to the lack of due diligence and accountability, and many worry about the absence of transparency in the decisions that affect us all.

As previously noted, if more residents fully understood why the pool is closed for the rest of the year, and why significant amounts of money are wasted because of lawsuits and lack of due diligence, and why our HOA dues continue to increase, more would be motivated to run for office or serve on committees to bring about necessary change.

With new Board members and a new Executive Director, we remain hopeful that our community will finally receive the responsible leadership that it deserves.

J. Ken Newell

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Plan of Fairness and Transparency

This is my action plan of fairness and transparency for the new BOD effective 5-15-2025 and the new Executive Director, Jessica Sedgwick scheduled to arrive July 1-2025.

4 amendments to be included in any Suggestion Revisions to the Governing Documents and to be placed on any ballot if a Special Election is held.

In the interim these guidelines that I believe should be followed for items 1, 2 & 4,

1. Chairs and members of Committees, Task Forces such as Revision of Governing Document Revision (GDR) Strategic Planning, standing committees etc etc.

Will Require the BOD to solicit from members in good standing, the chair and members of the committees, task forces and not arbitrarily appoint members.

• Members in good standing that have not served on committees or Task Forces will be given preference to ensure opportunities for diverse opinions and avoid the recycling of preferred members or the chair with alliances to the BOD.

An appeal process will be provided if a member is denied membership in a committee.

(cont' on page 39)



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

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

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



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Men’s Golf Club

BY CARL LYNCH

Congratulations to our NCGA Qualifiers Two-Man Net Better Ball Tournament. All players played to a maximum index of 18.4 and played only from the white tees. The top two teams were Dan Guth + Ray Otis and Jim Smyrak + Rich Yoshikawa. They will now play the NCGA Fourball Event at Poppy Hills on Sept 8-9.

Congratulations are also in order for the top two NCGA Low-Gross teams. Flight 1: Fred Jaicks + Mike Black and Flight 2: Chuck Martin + Dan Martin.

Closest to Pin (CTP): Herb Ingraham 8’ 1”, Jeff Warner 2’ 7”, Ciro Estremo 2’ 6”, and Dan Harlander 1’ 3”. CTP prize money was \$12.50 per player.

Long Drive (LD): White Tees Walter Milgroom. LD prize money was \$15.00 per player.

Congrats to the low Gross in the JFF Tournament in Flight 1 to Mike McGuire-Back + Herb Ingraham.

Low Net JFF Flight 1 to Rich Henrikson + Sylvan Braa, Low Net JFF Flight 2 to George Wuschig + George Booker, Low Net JFF Flight 3 to Gene Andrews + Frank Merlo, and Low Net JFF Flight 4 to Mike Monsees + John DeWildt Each Low Net player won \$17.50

Long Drive (LD): Green/Red Tees Tom Horan. LD prize money was \$15.00 per player.



Let’s also congratulate Ciro Estremo on his May 2 Hole in One on Orchard’s, hole 11. He hit the 118-yard shot with his 8-iron dead into a very strong wind. It took a short hop and rolled right in.

The Men’s Golf Club is an excellent way to make new golfing buddies and enjoy a game of golf in our monthly tournaments and other events during the year.

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

• • •

Shuffleboard Club

BY JON KLINE

Our annual membership meeting was held on May 12. Club officers for 2025-26 are: Jon Kline-President; Ivan Hesson-Vice President; Kathy White-Secretary; Bob Vincent & Jim Ripley-Directors. Thanks to retiring Director Dave Zurich. Members enjoyed our annual “brown bag” club picnic on May 10 at the sports plaza. Club play continues: Wednesday and Saturday from 9:00 to 11:00 AM. Arrive earlier and set up a court if the weather gets hot! New players are welcome to attend; orientation to game rules is offered at all sessions. We are located on Court #10 in the Sports Plaza, adjacent to the rear of the softball field parking lot.

New: Thursday evening socials – come meet a great group of shufflers every Thursday from 6:30 to 8:30 PM. Bring a snack or desert for yourself or to share. Our next club tournament was scheduled for May 24; results will be announced in next month’s article. More socials, tournaments and basic strategy clinics are being planned. Scheduled events will be posted outside of Court #10 and in the club “bin” at the OC Lodge. For open play and practice, reserve courts for 1-3 hours up to 7 days in advance at: Resident Website / Wellfit Reservations/ Shuffleboard Courts. All equipment is in the onsite locker; instructions for using the equipment are posted in the locker. For evening play, enjoy the bright LED lighting until 9:00 PM.

Email the club for the basic game rules.

We are a no dues club. People of all ages and fitness levels can play shuffleboard because no bending or lifting is required.

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

• • •

Cribbage

BY MEL SWITZER

Hey Monkee Fans —
Here we come
Playin’ the game of crib
We tell the funniest jokes till
Someone cracks a rib
Hey, hey, we play Cribbage
And people say we’re messing around
But we’re too busy winning
To put anybody down
We play every Tuesday
Do what we love to do
We always try to be friendly
To anyone that’s new
Hey, hey, we play Cribbage
And people say we’re messing around
But we’re too busy winning
To turn anybody down
We’re just tryin’ to be friendly
Come join ‘n learn to play
We’re the Boom generation
And we’ve got plenty to say!!!
Hey, hey we play Cribbage
Hey, hey we play Cribbage

If you catch the last train to Lincoln and if you’re a Daydream Believer or a Homecoming Queen, you might be interested in playing Cribbage with us because, there’s a winner every week and here are the latest ones.

On 4/15 Paul Winters skunked his way to victory. On 4/22 our leader, Rae Cook, was the best. On 4/29, we had a first-place tie, with Lana Venturi and Wayne Peterson sharing the glory and on 5/6 Bruce Quick, the renown walker, strolled into first place all by himself. We hear that he bought new shoes with his winnings.

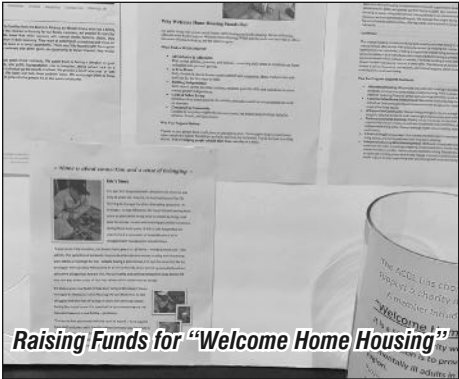
We play every Tuesday in the OC Card Room starting at 8:30AM. We welcome new players all the time. Even if you haven’t played in a long time, come and join us and you can Monkee around a bit, but bring your own bananas.

• • •

Duplicate Bridge

BY MONA STRYKER

We thank our members for their \$652 in donations to Welcome Home Housing, a non-profit organization in Sacramento, California that provides affordable housing and services to individuals with mental illness. Dianne Conforti successfully spearheaded this fund raiser.



Mark your calendar for Wednesday, November 19, our Christmas luncheon/bridge game.

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

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

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

For further information, go to our website shown below.

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

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

Website: www.bridgewebs.com/lincolnhills/

• • •

Pedro Group

BY BONNIE KING

Pedro is a slightly challenging bidding card game. If you have never played, or it has been a long time since you played, we are happy to teach you the basics or refresh your memory. We meet from 9:00 AM to Noon in

(cont’ on page 36)

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Are You Prepared for the Summer Heat?

BY DENISE BOWDEN

There has been a lot of talk about wildfire concerns in Sun City Lincoln Hills. The Association has formed a Fire Safety Team to review wildfire concerns and provide information regarding those concerns. The team is made up of the Chairs of the Architectural Review Committee (ARC), Properties Committee, the Communications Committee (CCRC), Community Standards, Neighborhood Watch and residents with experience implementing fire safety protocols in prior communities.

We believe that residents of Sun City Lincoln Hills should be made aware of potential risks and actions homeowners can take to reduce the risks to our homes and community.

Concerns that have been expressed include but are not limited to:

- Weather in California is getting hotter with higher average temperatures each year.
- Despite abundant rainfall during the past 3 years, drought is still possible.
- Sun City homes are 25 years old and aging.
- Landscapes that were installed 20 years ago are now mature and some have overgrown and unhealthy plants.
- Home insurance has become difficult to get and some insurance companies are canceling their policies.
- Open space concerns.

• Most Sun City residents are unprepared for a wildfire event.

• Senior citizens in Sun City may need more time to react in a wildfire event.

Over the next weeks, the Fire Safety Team plans to provide information to residents about these concerns and recommended actions to improve wildfire safety for our homes, landscaping, and community. You can look for this information in sources such as The Compass magazine, Sun Senior News, and electronic communications.

We also plan to hold meetings periodically when topics are chosen and speakers are available.

Questions, suggestions or topics you would like to know about? Email ccrc@schca.com or mailbag@schca.com

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Friendly Visitor

BY PAULINE BACCELLI

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

LH Foundation –

(cont' from page 1)

with exact change appreciated. Payouts are \$100 for the first eleven games and \$250 for the final game. Make an afternoon of it and enjoy lunch at Meridians beforehand.

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

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

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Pedro Group

(cont' from page 35)

the Card Room (OC) on the first and third Fridays. For more information, please call Denise or Bonnie King at 916-303-3525. We look forward to seeing you soon. Contact: Denise Jones – 916-543-3317.

...

Euchre Club

BY SUSIE SMELSER

Join the Euchre Club at the Orchard Creek Lodge, 6:00-8:00 PM each 2nd and 4th Thursday. Always open to new players, this game that originated in Germany is played by many in the midwest. Quick to learn, easy to play and lots of laughs by all. For more information, please contact Susie Smelser: susiesmelsers@gmail.com or text/call 707-362-6518.

...

Kilaga Springs Library Book Adoption Faire

BY JOY HUTCHISON

Summertime, and the living is easy... especially if you have a supply of books to enjoy whether you staycation or vacation away from home. The next Kilaga Springs Library's Book Adoption Faire will be held on Sunday, June 15th, between 9:00 AM and 1:00 PM. We will have a large assortment of Fiction and Non-fiction hardback and paperback books plus jigsaw puzzles to select from. Library volunteers will be on hand in the Living Room adjacent to the main lobby at Kilaga Springs to assist you in finding what you're interested in. Donations are appreciated and will be used to purchase large-print books as well as new audio CDs for the Kilaga Springs Library and Orchard Creek Reading Room. Contact: Monica Maddern at fmomoon@gmail.com

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Players

(cont' from page 1)

themes of justice, guilt, and paranoia. The tension steadily builds as the characters turn against each other, leading to an eerie atmosphere uncommon in Christie's detective-centered works. Stylistically, the play follows Christie's trademark intricate plot, clever twists, and well-paced suspense. The play has seen countless adaptations, from film and television to new stage productions worldwide, cementing its place as a cornerstone of the murder mystery genre. And Then There Were None is more than just a thrilling whodunit—it is a masterclass in suspense, offering audiences an unforgettable theatrical experience that challenges them to unravel the mystery alongside its doomed characters.

And Then There Were None, produced by the Players Club, will run in Presentation Hall on June 19, 20, 21, and 22. My Assistant Director Cindy Griswold and I, along with our cast and production team, are excited to be entertaining Lincoln Hills audiences with this fascinating thriller by the "Queen of Mystery." Tickets usually sell fast in the intimate venue of Presentation Hall, so, tickets — while they last! — should be available in the Lodges or online at www.sclhresidents.com

Where the Heck is Roatan?

This summer Sun City Lincoln Hills residents (since 2005) Tony and Peggy Johnson and their family will once more be returning to Roatan, a small island located in the Caribbean off the coast of Honduras. But this time the family will be building two homes for needy families.

Roatan is a well-kept secret with beautiful beaches and some of the best diving and snorkeling in the world. Once you leave the beaches, however, you will realize the island is in its early stages of development and living conditions for many of the residents leave a lot to be desired.

The project is part of The DwellingsNow program which transforms lives through constructing homes and building meaningful relationships in Roatan and beyond. This work brings dignity, hope, and security to families and strengthens communities. To date over 200 homes have been built in Roatan for families who otherwise never would have a home.

The houses may seem basic by our standards but to the families who live in a shack

with no floor, walls made from scrap wood or cardboard and roofs that leak, they seem like

with their kids and grandchildren they have undertaken to build two homes at a total cost of \$54,000. Along with the local families and a local crew the Johnsons will provide all the labor. If anyone would like to partner with them in this great project Tony and Peggy Johnson



Peggy and Tony Johnson



Our goal is to raise \$27,000 which will be matched dollar to dollar by the Johnson family, allowing us to build 2 homes (total of \$54,000).

a mansion. Their new home will have running water, two bedrooms, a kitchen, bathroom, and a solar system to generate lights for the kids to do their homework.

The complete cost to build a home is \$27,000. The Johnsons have a large family and

will match dollar for dollar any contributions received from Sun City residents. Your contribution will go entirely to the building costs. No part of your contribution will be used for travel, accommodation or other expenses

DwellingsNow is a 501(c)(3) nonprofit so all contributions are tax deductible.

To partner with the Johnsons simply log on to DwellingsNow.com

Hit the "Donate" button then select the "Johnson Family Build." You will also get an opportunity to read the profile of the two families selected. They cried real tears when they were told they would have a home of their own to live in this July.



We Cancel Timeshares for You

Many people believe their timeshares cannot be canceled, but they often can be. Our founder and CEO, Chuck McDowell, has successfully fought in federal court for the right to help timeshare owners — like you — out of their "binding" agreements. Whether you were misled or pressured, you may have an easy exit.

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VOICES OF LINCOLN

Presented by the
Poets Club of Lincoln

*In The Power Of Words
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2025

POETRY CONTEST

❖ POETS WANTED ❖

Enter Now!

Enter Now!

1st, 2nd, and 3rd place winners selected in each contest category

- Five (5) 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 (3) poems. Select three (3) of the contest categories and submit one poem from each. Poets do not have to live in Lincoln, CA. There is no entry fee.
- Poems may be in rhyme, free verse, haiku, or other accepted poetry forms and of any length, up to a maximum of 60 lines.
- **Young Poets**, 18-years of age or under, are encouraged to submit poems and will compete in a special "Young Poets" category.
- **Entry Forms and Contest Rules** can be downloaded by clicking on the link below.
- **Contest Deadline:** Poems must be received **no later than Wednesday, July 16, 2025**. Early submissions are appreciated. Questions—contact Alan Lowe at

✧ RULES AND ENTRY FORM ✧

1. **POETS WANTED!** 1st, 2nd, and 3rd place winners will be selected in each contest category.
2. The five (5) 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**
3. Poets may submit a maximum of three (3) poems. Select three (3) of the contest categories and submit one poem from each. Everyone is encouraged to enter. Poets do not have to live in Lincoln, CA. There is no entry fee.
4. Poems may be in rhyme, free verse, haiku, or other accepted poetry forms and of any length, up to a maximum of 60 lines.
5. Poems should be written in English. They should be typewritten and not centered (read left to right). 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 indicated on the poem.
6. **Young Poets**, 18-years of age or under, are encouraged to submit poems and will compete in a special "Young Poets" category. Young poets should follow the same rules as noted above. However, they should include their age, grade, and school on the Entry Form.
7. All poems must be submitted on hard copy to the address listed on the Entry Form below and must be received **no later than Wednesday, July 16, 2025**.
8. Early submissions are appreciated. A separate Entry Form should be attached to the hard copy of each poem submitted. Duplication of the form is permitted. Questions—contact Alan Lowe at
9. The top three winners in each category will be contacted. They will be asked to submit their poems electronically, by email attachment. All winning poems will be printed in a commemorative chapbook, which winners will receive as a gift.

2025 VOICES OF LINCOLN POETRY CONTEST ENTRY FORM

(One Per Poem – PLEASE PRINT)

Name: _____ Phone: _____ Email: _____

Address: _____ City: _____ State: _____ Zip: _____

Young Poets Only--Age: _____ Grade: _____ School: _____

Contest Categories (Check appropriate category of poem submitted): ☐ **Wishes Do Come True** ☐ **Open Your Mind To Change** ☐ **Rise To Life's Challenges** ☐ **Do A Good Deed** ☐ **Smile Every Day**

Title of Poem Submitted: _____

Please insure that poems comply with all contest rules. No names should appear on the poems submitted. Include the title at the top of the poem. Place the category at the top right corner of the poem page. Use a paper clip to attach a copy of this Entry Form (cut along dotted line) to each poem submitted. Mail poems to Voices of Lincoln Poetry Contest, c/o Alan Lowe, 1235 Picket Fence Lane, Lincoln, CA 95648. Poems must be received **no later than Wednesday, July 16, 2025**. Early submissions are appreciated.

Plan of Fairness and Transparency

(cont' from page 33)

2. Nepotism an amendment that addresses nepotism - in that members of the BOD, Committees and Task Forces will be required to sign an agreement stating that they will not vote & will recuse on matters that come before them that a relative, spouse, significant other may have an interest in or advocated for or against. Example if a spouse serves on the Finance Committee and votes for an expenditure then the spouse serving on the BOD will recuse from voting for that expenditure.

3. An amendment that will make the Accessibility add Safety Committee a Standing Committee.

The committee will be known as The Accessibility-Safety Committee and not subject to termination as a Task Force and being sunsetted by the BOD.

4. Association meetings must be zoomed and placed on the Resident Website with at least quarterly 1 meeting being held in the evening or weekend to allow access for homeowners that can not attend during the day. All meetings will be open to the membership with the exception of the Executive Sessions of the BOD which are governed by the Civil Code.

All Association meetings will be placed on the Association calendar on the Resident Website with written hard copies provided to members not using computers or signed up for e-news.

Donna Fields

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SUN SENIOR NEWS CLASSIFIEDS

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BUYING ANY CAR, TRUCK, SUV, VAN. I am a licensed Auto Dealer. I do all DMV paper work. Always paying TOP prices. Free appraisal at your home. Montie Boatwright 916-417-7468. LH Resident.

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ANNOUNCEMENTS

GRIEF SHARE, a faith based grief support group. New sessions begin April 22, 9:30 am at Granite Springs Church, Lincoln. Call Cherie for information 916-250-8526.

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

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

****FREE ADS — INCLUDE:**

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

BUSINESS ADS:

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

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

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

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



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



George Brown

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1800 Stone House Lane	2122 Sq. Ft.	\$815,000
301 Elderberry Court	1967 Sq. Ft.	\$820,000
2460 Monument Court	2211 Sq. Ft.	\$880,000
2876 Eagles Peak Lane	2246 Sq. Ft.	\$980,000
1888 Audubon Hill Place	2264 Sq. Ft.	\$990,000
2280 Hidden Hills Lane	2801 Sq. Ft.	\$1,149,000
1178 Secret Lake Loop	2955 Sq. Ft.	\$1,150,000

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